

Healthy eating starts with having healthy ingredients on hand in your pantry, fridge and freezer to make eating nutritious meals easy. Keep these basics handy in your kitchen each week to cut down on your weekly shop.



FRIDGE & FREEZER

- Reduced-fat milk or a2 Milk® Light
- Frozen mixed berries
- Frozen mixed vegetables
- Frozen peas
- Eggs
- Reduced-fat Greek-style plain yoghurt
- Grated reduced-fat cheese
- Reduced-fat cheese slices
- Grated/shaved parmesan

DRESSINGS & CONDIMENTS

- Extra-virgin olive oil
- Sesame oil
- Peanut oil
- Almond butter
- Reduced-salt soy sauce/tamari
- Hoisin sauce
- Oyster sauce
- Fish sauce
- Sweet soy sauce
- Wholegrain mustard
- Dijon mustard
- Rice vinegar
- Balsamic vinegar/glaze
- Chicken stock cubes
- Vegetable stock cubes
- No-added-salt tomato paste/puree

PANTRY

- Weet-Bix
- Rolled oats
- Untoasted muesli
- Jordan's Low Sugar Granola Strawberry & Seeds
- Wholegrain Bread
- Wholegrain wraps/tortillas
- Vita-Weat 9-Grain crispbreads
- Mixed unsalted nuts
- Wholemeal pasta (spirals, penne, spaghetti)
- Vermicelli rice noodles
- Brown rice
- Chilli flakes
- Plain flour