

PANTRY & FRIDGE ESSENTIALS



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FATS

- SARDINES
- GUACAMOLE CUPS
- HUMMUS CUPS
- NUT BUTTERS
- NUTS & SEEDS
- AVOCADOS
- LIGHT MAYO
- HALF AND HALF
- CHIA SEEDS
- OILS (AVOCADO, OLIVE, COCONUT)
CHEESE

SNACKS

- DRIED FRUIT
- RX BARS
- RICE CAKES
- PROTEIN POWDER
- HARD BOILED EGGS
- DELI MEAT
- STRING CHEESE

DAIRY

- LOW OR FULL FAT
COTTAGE CHEESE
- GREEK YOGURT
- LAUGHING COW CHEESE
- ALMOND MILK
- FAIRLIFE SHAKES

SAUCES

- APPLE CIDER VINEGAR
- LIME/LEMON JUICE
- MUSTARD
- PICKLES
- BOLTHOUSE DRESSING
- SEASONINGS
- SALSA
- KEVIN'S SAUCES
- HOT SAUCES
- AVOCADO SPRAY

PROTEIN

- LEAN OPTIONS
- CANNED TUNA
- PANKO CHICKEN BREAST
- ROTISSERIE CHICKEN TENDERS
- DELI MEAT
- KEVIN'S MEALS
- BONE BROTH
- CANNED CHICKEN
- EGG WHITES
- CHICKEN SKEWERS
- BLACK FOREST HAM
- PBFIT
- TUNA PACKETS
- JERKY
- CANADIAN BACON
- HIGHER FAT
- WHOLE EGGS
- SALMON
- BEEF
- PORK SHOULDER

GRAINS

- LENTILS
- QUINOA
- RICE PACKETS
- TORTILLAS
- BANZA NOODLES
- JOSEPH'S LAVISH PITAS
- ENGLISH MUFFINS
- SOURDOUGH BREAD
- INSTANT OATMEAL
- GRANOLA
- HIGH QUALITY CEREAL

FRUITS

- LOWER CARB
- BERRIES
(FRESH OR FROZEN)
- TOMATOES
- PLUMS
- HIGHER CARB
- BANANAS
- PEACHES
- PINEAPPLE
- APPLES
- MANGO
- GRAPES
- ORANGES
- WATERMELON

VEGGIES

- LOWER CARB
(FROZEN OR FRESH)
- BROSSEL SPROUTS
- CAULIFLOWER RICE
- BROCCOLI
- ASPARAGUS
- CUCUMBERS
- ZUCCHINI
- PEPPERS
- BAGGED SALADS
- HIGHER CARB
- WHITE POTATO
- YAMS
- CARROTS
- CORN
- BEETS
- BEANS