

■ **FILL YOUR PANTRY** ■

## **WITH THESE ESSENTIALS**

**It's easy to create tasty and nutritious meals when your pantry is packed with the following ingredients.**

So make sure you fill your cart with these essentials the next time you head to the store.

- One pound bag of whole almonds, almond butter, almond milk, almond flour**  
Stock up on almond specific ingredients. They're perfect for snacking, cooking, baking, and more.
- Heart Healthy Oils**  
Oils such as canola and extra virgin olive oil are rich in monounsaturated fat, add flavor to salad dressings, and can be used in essentially any dish from pastas and veggies to fish and chicken.
- Canned & Dried Fruits**  
Canned fruits in their own juice are an easy way to add a serving of fruit to snacks, salads, or desserts. Dried cherries, cranberries, apples, apricots and raisins are a quick source of energy and an easy way to add fiber and flavor to your favorite foods.
- Low-Sodium Chicken or Vegetable Stock**  
Create low-fat soups, sauces and marinades.
- Oatmeal, Whole-Grain Cereals**  
A filling breakfast and great way start to your day. Top it with almonds to add some extra crunch.
- Canned or Dry Beans**  
A favorite way to add fiber and protein to any salad, soup or dip.
- Natural Unsweetened Applesauce**  
Add a serving of fruit to your meals or snacks.
- Canned Tomatoes**  
A perfect ingredient for soups, sauces, salads and salsas.
- Whole Wheat Pasta and Couscous**  
A simple way to add some fiber to your staple items. As a main dish or side, these foods will add some flavor to your meals
- Essentials Just for Me:**

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