

Pantry Clean Out Challenge

Shopping Checklist for Re-Stocking

Hydrating drink options

- Herbal tea
- Flavored water
- Flavors to add to water (Ex: Mio)
- Essential oil to add to water (ex: tangerine, verify the oil is safe for consumption. I prefer DoTerra oils.)
- Sugar free coffee flavorings (add to coffee, plain Greek yogurt)
- Flavor extracts (add to protein shake if using to curb sweet cravings, Greek yogurt)
- Sugar free juice

Shelf stable protein options

- Canned tuna
- Canned salmon
- Canned chicken
- Beef jerky
- Protein bars (keep protein and carbohydrate as balanced as possible)
- Protein chips (ex: Quest)
- Annies organic vegetable soup (add to cooked ground beef or chicken for a fast meal)

Miscellaneous pantry items

- Pickles or picked veggies
- Flavorful salsa
- seasoning packets (ranch, onion soup mix - add to plain Greek yogurt for a veggie dip)
- Hummus to go packs
- Sugar free mints

Frozen items

- Turkey meatballs
- Turkey/chicken sausage links or patties
- Cooked grilled chicken strips
- Steamer bags of veggies
- Riced cauliflower
- Sugar free popsicles

Here are some suggestions for re-stocking your pantry! Keep in mind these are things to keep on hand though I still recommend weekly menu planning and grocery shopping or ordering.

Find more meal planning resources under the Meal Planning section on BariatricFoodCoach.com



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