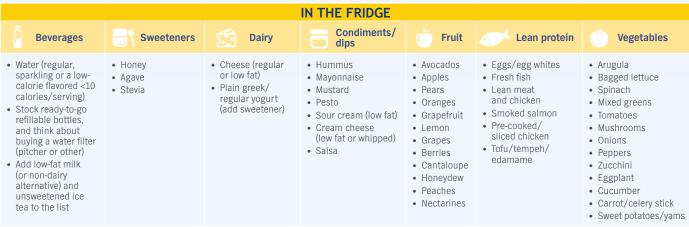


Quick tips to stock your fridge and pantry

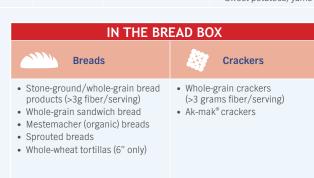


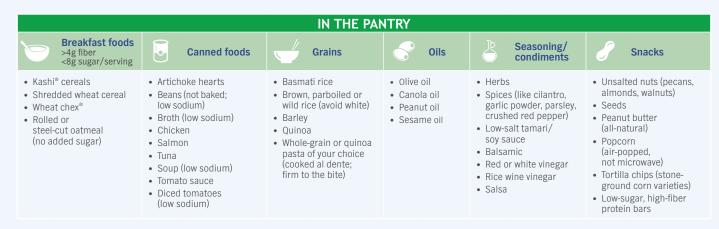
IN THE FREEZER Vegetables Lean protein Frozen broccoli Carrots Peppers • Ground turkey and chicken • Shrimp

Chicken

Lean meat

(sirloin, tenderloin)





Fruit

Frozen mixed

tropical versions

Stir-frv

Diced tomatoes

· Avoid buying corn

(low sodium)

berries or