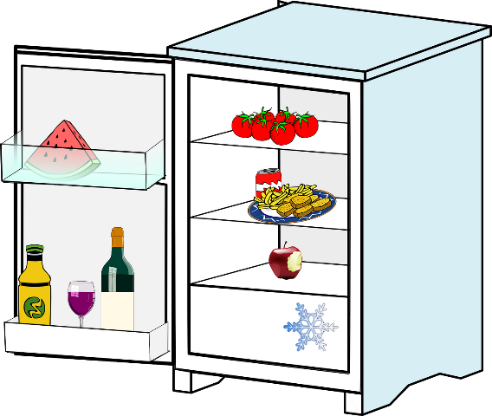
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**How to stock your kitchen like a pro.**

So it’s 5pm, you have no idea what’s for dinner, you look in the cupboard and it seems like there’s no hope, you call for takeaways. Does this sound familiar?

A carefully stocked fridge, freezer and pantry doesn’t need to be expensive and means there will always be something to fill big and little tummies in less time than it takes to get takeaways, plus it is healthier too. Use this cheat sheet to make dinner time stress a distant memory. Print it out the shopping list, stick it to your fridge and simply tick when you use something, sure beats trying to remember once you are shopping.

**Fridge**:

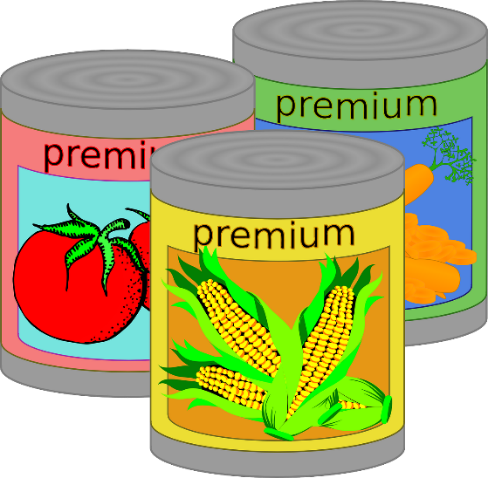
* **Eggs can become omelettes, frittata, boiled, scrambled or used in baking.**
* Butter, because it tastes good, turns plain vegetables into something special and allows you to create homemade cakes, biscuits and scones.
* Cheese, one hard, one soft use in sandwiches, pasta, grilled, or as a snack.
* Milk for smoothies, custard, white sauce, and of course coffee.
* Bacon, because everything’s better with bacon – look for nitrate free if possible.
* Yoghurt (full fat), quick breakfast or desert, or blend with fruit and freeze in ice block moulds for a quick healthy treat.
* Salad greens, remember texture when creating salads, add something creamy like soft cheese or avocado, nuts or seeds for crunch and a sour element from pickled vegies or vinegar.
* Vegetables, make sure you get some vegetables with a longer life like carrots, sweet corn, capsicum, cauliflower and cabbage to use later in the week. Dice and cook harder vegetables in stock, then blend for a speedy soup if they start to look a little soft to avoid waste. Grate carrot, broccoli stems and zucchini add sliced beans or snow peas and make a fritter, who said fritters can only be corn.
* Fruit including a selection of eat quickly fruits like berries or stone fruit and longer lasting like bananas, apples, pears and oranges.
* Condiments including mustard, tomato sauce, soya sauce, mayonnaise, pickles.
* Curry paste, red or green so you can make curry in a hurry.
* Seeds and Nuts, walnuts, almonds, pumpkin seeds, and sunflower seeds to add to salads or yoghurt for crunch, blend to make bliss balls or simply eat by the handful.
* An unusual oil for dressings such as walnut oil or avocado oil to make you look like a kitchen whizz.

**TIP Keep nuts and seeds in the fridge to keep them fresher longer.**

**Freezer**:

* Batch cook stews or soups and freeze in serving sizes. A bolognaise style meat sauce, packed with vegetables can become lasagne, a pie, toss through pasta or used to top a baked sweet potato for the ultimate in comfort food.
* Mixed frozen vegetables, look for those made in Australia or NZ (not China), add to pasta, frittata, stir-fry, steam or boil. (we eat them frozen at our house)
* Pizza Bases ‘cause who doesn’t like pizza
* Homemade stock.
* Ice-cream or frozen yoghurt for a treat.
* Puff pastry, everything looks fancier with pastry, top thin strips with grated cheese and twist to make cheese straws to have with soup. Thicken a stew with cornflour add all the left over vegies and top with pastry, voila, bottom of the fridge pie.
* Old bananas with the skin removed for smoothies and muffins
* Frozen berries (smoothies, a quick desert with custard or yoghurt or after school snack).

**TIP Soak and cook pulses and beans and freeze to add to a salad or throw into soup or stews for added fibre and protein.**

**Pantry**

* Tinned beans: kidney beans, lentils, chickpeas, white beans.
* Tinned fish especially sardines, tuna and salmon
* Rice; basmati, brown rice or wild rice, quinoa
* Dried pasta, at least one long and one short shape, look for wholemeal
* Potatoes, sweet potato, onion, garlic.
* Wholemeal flour, (try to switch from white flour)
* Crackers and rice cakes
* Wholemeal wraps, use for lunches, burritos, pizza base, help yourself dinner.
* Coconut cream or milk, perfect for curry in a hurry
* Tinned tomatoes, tomato paste, readymade pasta sauce (look for low sugar)
* Coconut oil and ghee (great for cooking)
* Sugar (whatever you choose), honey, maple syrup
* Spices; cumin, coriander seed, black pepper, salt, paprika, chilli flakes, cinnamon, your favourite blend, mixed herbs. Fresh ginger is a great addition to drinks, curries and soups.
* Baking needs, cornflour, baking powder, baking soda, Vanilla extract
* Vinegars for dressings, including apple cider for making stocks
* Olive oil, best stored in a cool dark place to avoid rancidity.
* Tea including herbal for a refreshing change.
* Dark chocolate for a sweet guilt free treat occasionally.

**TIP: Use recycled glass jars, clearly labelled to keep your dry products fresh and stop the dreaded pantry moth.**

This is not an exhaustive list, nor does it cater to all dietary requirement, use this as a baseline and add your own personal touches.

**For more ideas and nutritional information visit** [**www.nourishingpantry.com.au**](http://www.nourishingpantry.com.au)

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| **Stock your kitchen like a pro shopping list** | |
| **1. Print 2. Stick to your fridge 3. Circle and tick as used 4. Shop** | |
| **C:\Users\Virginnia Thomas\Downloads\fruit-40276_1280.pngFresh** | **C:\Users\Virginnia Thomas\Downloads\canned-food-149221_1280.pngPantry** |
| *   Potatoes/ sweet potato/ pumpkin | * Tinned Beans |
| *   Carrots/ parsnips/ zucchini | * Flour |
| *   Broccoli/ cauliflower | * Sugar |
| *   Cabbage | * Spices/ dried herbs |
| *   Peas/ Beans | * Pasta/ noodles |
| *   Garlic/ ginger/ turmeric | * Rice/ quinoa |
| *   Salad Greens | * Tuna/ Salmon/ Sardines |
| *   Tomatoes | * Wraps/ crackers/ Rice cakes |
| *   Celery | * Pasta Sauce/ tinned tomatoes |
| *   Bananas | * Bread |
| *   Oranges | * Baking Powder/ Baking Soda |
| *   Apples | * Soya Sauce |
| *   Berries | * Coconut Cream/ Coconut milk |
| *   Stone Fruit | * Tea/ Coffee |
|  | * Vinegar/ Olive oil |
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|  |  |
| C:\Users\Virginnia Thomas\Downloads\refrigerator-37099_1280.png**Fridge** | C:\Users\Virginnia Thomas\Downloads\snowflake-304589_1280.png**Freezer** |
| * Milk | * Berries |
| * Eggs | * Ice-cream |
| * Cheese | * Peas/Corn/ Mixed Vegetables |
| * Butter | * Pastry |
| * Cream | * Pizza Bases |
| * Yoghurt |  |
| * Curry Pastes |  |
| * Nuts/ Seeds |  |
| * Meat |  |
| * Lunch Meat/ Bacon/ Smoked Salmon |  |
| * Condiments/ Mustard/ Tomato Sauce |  |
|  |  |
|  |  |
| **Other** |  |
|  |  |
|  |  |