

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, PLUS ALMOND BUTTER, ALMOND MILK AND ALMOND FLOUR**
Stock up on whole almonds and other almond forms to be used as ingredients. They're perfect for snacking, cooking, baking and more.
- HEART-HEALTHY OILS**
Oils such as canola and olive oil are rich in monounsaturated fat. They add flavor to salad dressings and can be used in essentially any dish from pastas and veggies to fish and chicken.
- CANNED AND DRIED FRUITS**
Canned fruits in their own juice are an easy way to add a serving of fruit to snacks, salad or desserts. Apples, apricots, raisins, dried cherries and cranberries 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 AND OTHER WHOLE-GRAIN CEREALS**
A filling breakfast and a great way start to your day. Top with almonds to add some extra crunch.
- CANNED OR DRIED BEANS**
A favorite way to add fiber and protein to any salad, soup or dip.
- NO-SALT-ADDED CANNED TOMATOES**
A perfect ingredient for soups, sauces, pasta and salsas.
- WHOLE-WHEAT PASTA, WHOLE-WHEAT COUSCOUS AND QUINOA**
A simple way to add fiber to your staple menu items. As a main dish or side, these foods will add flavor and nutrition to your meals.

ESSENTIALS JUST FOR ME:
