

Med Way Kitchen Staples

Keep a variety of these key ingredients on hand to help you make simple, delicious, and satisfying meals.



Dry or Canned Foods

- Canned vegetables
no added salt
- Dried or canned beans
no/low added salt if canned
- Tomato paste or sauce
no/low added salt, no/low added sugar
- Canned fruit
packed in 100% juice or water
- Dried fruit
no added sugar
- Whole grains (brown rice, oatmeal, quinoa, bulgur, barley, millet, farro)
- Whole-grain pasta
- Whole-grain crackers
no/low added salt, no/low added sugar, minimal ingredients
- Canned tuna or salmon
packed in water or olive oil
- Nuts and seeds
no/low added salt, no added sugar
- Nut butter
no/low added salt, no/low added sugar, minimal ingredients
- Chicken or vegetable broth
no/low added salt





Refrigerator Foods

- Pre-washed salad greens
- Fruit
- Vegetables
- Hummus
- Eggs
- Low-fat milk
- Low-fat or nonfat plain Greek yogurt



Freezer Foods

- Chicken
- Lean ground beef or ground turkey breast
- Fish or other seafood
- Whole-grain bread
- Fruit
no added sugar
- Vegetables
no added salt



Condiments, Spices, and Aromatics

- Olive oil
- Canola oil
- Vinegars (balsamic, cider, red wine, white wine, sherry)
- Salt
- Pepper
- 3 or 4 dried herbs and spices
- Garlic
- Onions
- Limes and lemons

