

SKINNYTHICK BASIC PANTRY ITEMS

The Skinnythick program focuses on low cost healthy meals. The program is designed for people living in urban environments with little access to fresh fruits and vegetables. The price point for Skinnythick is to prepare four meals for around \$10. The recipes that we prepare are based upon that type of program. However, in order to meet the \$10 price point, we assume that your kitchen contains the following ingredients:

Oils, Vinegars and Condiments

- Oils: canola oil, extra-virgin olive oil, toasted sesame
- Vinegars: balsamic, distilled white, red wine, rice
- Ketchup
- Mayonnaise
- Dijon mustard
- Soy sauce
- Chili paste
- Hot sauce
- Worcestershire
- Low Calorie Salad Dressing

Seasonings

- Kosher salt
- Black peppercorns
- Dried herbs and spices: bay leaves, cayenne pepper, crushed red pepper, cumin, ground coriander, oregano, paprika, rosemary, thyme leaves, cinnamon, cloves, allspice, ginger, nutmeg, paprika, garlic powder
- Spice blends: chili powder, curry powder, Italian seasoning, no salt multi-blend
- Vanilla extract

Canned Goods and Bottled Items

- Canned beans: black, cannellini, chickpeas, kidney
- Capers
- Olives
- Peanut butter
- Preserves or jelly
- Low-sodium stock or broth
- Canned tomatoes
- Tomatoes, canned and paste
- Salsa
- Tuna fish



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Grains and Legumes

- Breadcrumbs: regular, panko
- Couscous
- Dried lentils
- Pasta: regular, whole wheat
- Rice
- Rolled oats
- One other dried grain: try barley, millet, quinoa or wheatberries

Baking Products

- Baking powder
- Baking soda
- Brown sugar
- Cornstarch
- All-purpose flour
- Granulated sugar
- Honey

Refrigerator Basics

- Butter
- Cheese: sharp cheddar, feta, Parmesan, mozzarella
- Large eggs
- Milk
- Plain yogurt
- Corn tortillas

Freezer Basics

- Frozen fruit: blackberries, blueberries, peaches, strawberries
- Frozen vegetables: broccoli, bell pepper and onion mix, corn, edamame, peas, spinach

Storage Produce

- Garlic
- Onions (red, yellow)
- Potatoes
- Sweet Potatoes
- Dried fruit: raisins, apples, apricots
- Nuts or seeds: almonds, peanuts, sunflower

