

# SAVORY RECIPE STAPLES

## PROTEINS

- boneless skinless chicken breast and tenderloins
- ground chicken (97/3 from HEB)
- lean ground beef (96/4 from Walmart or HEB)
- pork tenderloin
- shrimp
- center cut bacon
- plain fat free Greek yogurt
- reduced fat pork sausage

## PRODUCE

- onions (yellow, red, and sweet)
- garlic (if you hate peeling it, buy pre-peeled over pre-minced in a jar)
- white potatoes
- lemons
- limes
- cilantro
- bell pepper (or frozen pepper slices for convenience)
- frozen cauliflower rice
- frozen broccoli
- frozen brussels sprouts
- other assorted frozen veggies

## CHEESE

- mozzarella
- cheddar
- parmesan

## OIL & VINEGAR

- olive oil
- sesame oil
- rice vinegar
- cider vinegar

## RICE, PASTA, MISC

- Banza pasta
- Palmini pasta
- instant white rice
- Joseph's pitas, lavash bread, or other flatbreads like Cut da Carb or Flatout

## CONDIMENTS & SAUCES

- soy sauce
- sriracha
- chili garlic sauce
- hot sauce and salsa
- mustard
- reduced sugar ketchup
- low sugar bbq sauce
- Frank's RedHot buffalo sauce
- Worcestershire sauce
- marinara or pizza sauce
- pickles, pickled jalapeños, banana peppers

## SPICES

- kosher salt
- black pepper
- paprika
- smoked paprika
- garlic powder
- onion powder
- chili powder
- cheddar powder
- ranch seasoning
- all purpose flour
- almond flour
- baking powder
- crushed red pepper
- cayenne pepper
- ground mustard
- cajun seasoning
- allspice

## CANNED GOODS

- crushed and stewed tomatoes
- beans (black, pinto, kidney, garbanzo or chickpeas)
- whole kernel corn
- Rotel or diced green chiles
- chipotle peppers in adobo sauce