Pantry List

Nourished
by Michelle at Mobile Dietitian

Snacking Proteins

- [ ] Chickpeas
- [ ] Edamame beans
- [ ] Eggs (boiled)
- [ ] Mixed seeds
- [ ] Nuts
- [ ] Tinned salmon

Snacking Veggies

- [ ] Capsicum
- [ ] Carrots
- [ ] Celery
- [ ] Cucumber (plus dill pickles)
- [ ] Snow peas
- [ ] Sugar snap peas
- [ ] Tomato

Fruit

- [ ] Apples
- [ ] Berries
- [ ] Citrus
- [ ] Grapes
- [ ] Kiwi Fruit
- [ ] Mango
- [ ] Melons
- [ ] Pears
- [ ] Stone fruit

Grains

- [ ] Biscuits - grainy savoury
- [ ] Bread - grainy
- [ ] Noodles - wholemeal
- [ ] Oats - not quick oats
- [ ] Pasta - wholemeal, or pulse
- [ ] Quinoa
- [ ] Rice - brown or brown basmati
- [ ] Sourdough - grainy
- [ ] Wraps - grainy or wholemeal

Dairy

- [ ] Cheese
- [ ] Keffir
- [ ] Milk
- [ ] Yoghurt

Other food to include

- [ ] Kimchi
- [ ] Sauerkraut
- [ ] Olives
- [ ] Extra Virgin Olive Oil

This is not a comprehensive list but a general guide for some of the foods I would recommend to have in your pantry or to swap to.

This handout is for general educational purposes and is not a substitute for personalised advice. Please discuss any health concerns or medication interactions with Michelle Fenner (APD) or your GP before making changes.
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