



21 Must-have Kitchen Essentials Checklist

- Beans (canned dried)
- Lentils (dried)
- Quinoa (white or red)
- Eggs
- Frozen Spinach
- Oatmeal
- Raw Honey
- Greek Yoghurt
- Frozen Strawberries and Blueberries
- Whey Protein
- Chunk light Tuna
- Peanut Butter
- Feta cheese
- Olive oil
- Balsamic Vinegar
- Coconut oil
- Olives
- Cinnamon
- Flaxseeds or Chia seeds