

# Extreme Pantry Makeover

## IN THE FRIDGE

### STAPLES

FAT	BOULLION	FLAVOR	
Butter	Chicken	Mustard	Chipotle in Adobo
Margarine	Beef	Minced Garlic	Peanut Butter
	Vegetable	Tomato Paste	Preserves
		Canned Tomatoes	

### MEATS

MEAT	POULTRY	FISH	ALT.
Ground Beef	Chicken Breasts	Canned Tuna	Tofu
Top Round	Chicken Thigh	Wild Salmon	Tempeh
Steak	Ground Turkey	White Fish	Paneer
Pork Tenderloin	Canned Chicken		

### PRODUCE

VEGETABLES	HERBS	FRUIT	DAIRY
Onions	Cilantro	Apples	Milk
Carrots	Parsley	Oranges	Half & Half
Celery	Basil	Lemons	Feta
Tomatoes	Thyme	Limes	Goat Cheese
Garlic	Chives	Pineapple	Cheddar
Mushrooms	Scallion		Parmesan
Ginger	Mint		Cotija