

Julie K. Prince

STAPLE FOOD, FITNESS AND NUTRITION EXPERTS RECOMMEND

Top experts weigh in on foods you should always have in your kitchen, to create healthy quick meals. This list is your guide, it's comprehensive, but there's things on it you won't like or it's missing healthy things you love... add, subtract, make it YOURS. This about **YOU** and what you like.

MEATS/PROTEINS <ul style="list-style-type: none"> • Chicken • Lean Ground Turkey • Salmon • Lean Ground beef • Sirloin Steak (lean cut) • Flank steak (one of the healthiest cuts of beef) • Fish of your choice • Grass Fed Eggs • Good quality protein powder 	HEALTHY FATS <ul style="list-style-type: none"> • Virgin Cold Pressed Olive Oil • Virgin Coconut Oil • Avocado Oil • Butter (in moderation) • Grass Feed or Ghee • Avocado • Flax Seeds • Chia Seeds 	CANNED/JAR FOODS <ul style="list-style-type: none"> • Tuna fish • Tomato paste • Diced tomatoes • Beans of your choice (I love chickpeas and black beans) • Broths • Olives (add a dose of healthy fats and flavor) • Salmon • Chicken • 100% Natural Spaghetti Sauce • Lentils
SPICES/CONDIMENTS <ul style="list-style-type: none"> • Salsa • Mustard (any variety - I like Dijon) • Low sodium soy sauce • Tamari • Flavored vinegars • Hot Sauce • Cacao Powder • Ginger (I like fresh and it does freeze well) • Lots of fresh and dried herbs (which ever you like) • Oregano, Basil (very easy to grow) • Sea Salt and Peppercorns • Garlic peeled 	FROZEN <ul style="list-style-type: none"> • 100% Natural Cooked Chicken • Frozen Shrimp • Frozen Turkey Burgers • Frozen Salmon Patties • Frozen Fruits (such as Blueberries) • Frozen Veggies (Your choice) 	GRAINS <ul style="list-style-type: none"> • Quinoa Brown Rice • Oats (I like steel cut)
FRESH FRUITS & VEGGIES <ul style="list-style-type: none"> • Onions • Grapes • Apples • Carrots • Celery • ALWAYS have fresh GREENS (your choice, I really like spinach and kale) 	CONVENIENCE <ul style="list-style-type: none"> • Ready to drink Protein Powder • Rotisserie Chicken 	ENERGIZING SNACKS <ul style="list-style-type: none"> • Almonds • Nuts • Nut butters (low in sugar) • Dark Chocolate (in moderation)
DAIRY <ul style="list-style-type: none"> • Plant based milk (Sugar Free) • Greek Yogurt • Swiss Cheese • Goat Cheese 	ENERGIZING SWEETENERS <ul style="list-style-type: none"> • All of these with the exception of *Stevia to be used in moderation* Very small amounts unless you are VERY active* • Honey • Molasses • Maple Syrup • Stevia • Dried Dates • Any Dried Fruit 	HIGH STARCH VEGETABLES <ul style="list-style-type: none"> • Sweet Potatoes • Red Potatoes • Russet Potatoes • Corn

KID FRIENDLY ITEMS, SO THERE IS NO MUTANY :)

Whole fat milk, Cheddar Cheese, nitrate free lunch meat, whole wheat bread, no added sugar, applesauce, whole wheat crackers, hummus, and dried fruits are always great for the kids. Peanut butter, popcorn kernels (so you can pop some up yourself using coconut oil and a little butter). Sliced cheeses such as provolone, steer clear of American. Apples and bananas are great! You can make your own whole wheat based cookies, you can also make frozen pops out of Greek yogurt and fruit juice.

Keep a bunch of processed junk out of the house it's not good for you, or them, however they're kids and let them be kids, and enjoy their food without stressing. You'll want to keep trigger foods out of your kitchen. What's a trigger food? Something that you know if you have in the house you're going to over indulge in. For instance, if I have brownies in the house I'll eat to many! Which is why when I do have brownies, I make them healthier. With a little thought and creativity you'll be able to keep everyone happy!

Thanks for reading

Lots of Love, and as always reach out to me with any questions!

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References
www.health.co
www.self.com

Going with the foods I always have and surveying other nutrition and fitness experts.