

4-WEEK FAST TRACK KITCHEN INVENTORY LIST

FOOD GROUP	WHAT I HAVE	WHAT I NEED
 <p>Grains</p>	RICE/PASTA/FLOUR/BREAD	
 <p>Protein</p>	MEATS (beef, fish, poultry)/LEGUMES/NUTS/SEEDS/MEAT SUBSTITUTES/TOFU	
 <p>Fruits</p>	(fresh, frozen, canned, dried)	
 <p>Vegetables</p>	(fresh, frozen, canned)	
 <p>Dairy</p>	MILK/MILK ALTERNATIVES	
FATS	OILS/BUTTER/BUTTER ALTERNATIVES	
BEVERAGES	WATER/TEA/COFFEE/FRUIT JUICES/SOFT DRINKS	
OTHER	CONDIMENTS, ETC.	