



Pantry Checklist



Fuel Your Strength. Honor Your Journey.

Use this page as a simple guide when stocking your kitchen. You do not need everything on this list. Choose the foods that fit your bariatric plan, tolerance, budget, and lifestyle.

Pantry

- ☐ Tuna packets or cans
- ☐ Salmon packets or cans
- ☐ Chicken packets or cans
- ☐ Beans or lentils
- ☐ High-protein soups
- ☐ Protein powder
- ☐ Shelf-stable protein shakes
- ☐ Powdered peanut butter
- ☐ Nut or seed butter
- ☐ Broth or stock
- ☐ Low-sugar sauces or condiments
- ☐ Seasoning blends
- ☐ Oats, if tolerated
- ☐ Small whole-grain crackers
- ☐ Deli turkey or chicken
- ☐ Cooked chicken
- ☐ Lean ground turkey
- ☐ Tofu
- ☐ Higher-protein milk or tolerated milk alternative
- ☐ Hummus
- ☐ Pre-cut vegetables
- ☐ Small portions of tolerated fruit

Freezer

- ☐ Individually frozen chicken portions
- ☐ Shrimp
- ☐ Fish fillets
- ☐ Lean ground meat divided into small portions
- ☐ Turkey meatballs
- ☐ Frozen vegetables
- ☐ Frozen berries
- ☐ Homemade egg bites
- ☐ Small portions of soups or chili
- ☐ Pre-portioned smoothie ingredients
- ☐ Small containers of cooked meals

Refrigerator

- ☐ Eggs
- ☐ Liquid egg whites
- ☐ Greek yogurt
- ☐ Cottage cheese
- ☐ String cheese or mini cheese rounds

Protein Boosters

- ☐ Greek yogurt
- ☐ Cottage cheese
- ☐ Egg whites
- ☐ Protein powder
- ☐ Powdered peanut butter
- ☐ Higher-protein milk
- ☐ Shredded chicken
- ☐ Ground turkey
- ☐ Flaked tuna or salmon
- ☐ Blended cottage cheese

Meal-Prep Essentials

- ☐ Small food storage containers
- ☐ Freezer-safe containers
- ☐ Silicone muffin pan
- ☐ Mini loaf pans or small baking dishes
- ☐ Digital kitchen scale
- ☐ Mini food processor or blender
- ☐ Air fryer
- ☐ Water bottle
- ☐ Labels or freezer tape
- ☐ Permanent marker

My Personal Staples

Use this space to write the foods you tolerate well and actually enjoy.

Use Me First

Write down foods in your refrigerator that need to be eaten soon.

Strong in Smaller Portions Reminder:

The best kitchen is not the most stocked kitchen. It is the one that makes protein easier, reduces waste, and supports your real life.

