

Stocking A Low Fat Kitchen

Bob's Healthy Kitchen - What's in it?

Vegetables:

Carrots
Celery 
Broccoli
Mushrooms
Peppers (red & green)
Lettuce (romaine & red)
Cucumbers
Cabbage (red & green)
Green Onions
Garlic
Potatoes
Sweet Potatoes
Tomatoes
Fresh Herbs
Yams
Beans
Zucchini
Spinach
Patty Pan Squash
Cilantro
Bean Sprouts
Jicama
Water Chestnuts

Fresh Fruits:

Pineapple
Papaya
Lemons
Limes
Mango
Oranges
Bananas
Apples (especially Fuji & Braeburn!)
Melons 
Grapefruit
Pears
Plums
Grapes
Kumquats
Kiwi Fruit

Canned Fruits (in light syrup):

Apricots
Unsweetened Applesauce
Pineapple (in juice)
Pears
Mixed Fruit Compote
Peaches

Dried Fruits:

Apricots
Cranberries
Figs
Prunes (especially, orange essence!)
Raisins
Strawberries

Low Fat Proteins:


Chicken (portion controlled)
Fish Filets (portion controlled)
Garden Burger/Sausage*
meatless patties
Beef Round/Flank Steaks
Roasts (occasionally)
Salmon
Sardines (in tomato sauce)
Tempeh
Tofu (lowfat)
Turkey Cotto Salami
Tuna Fish 
Shrimp
Garbanzo Spread

Cheese/Dairy Products:


Cheddar (sharp)
Swiss (low fat)
Low-fat Mozzarella
Ricotta (part skim)
Feta
Bleu (small amounts)
Laughing Cow
Low-fat Cottage Cheese
Low-fat/non-fat yogurt (plain)
Tofu/Tofu products



Bulk Grocery:

Sunflower seeds
Sesame Seeds
Unsweetened Coconut
Whole Wheat Flour
White Flour 
Powdered Milk
Oatmeal

Dried Beans:

Black
Lentils 
Red Lentils
Kidney
Garbanzo
Pinto
Split Peas
Small White

Canned Beans/Rice/Pasta:

Pinto
Kidney
Vegetarian Refried & Black
Pasta (colored Rotini, shell)
Rice (white and brown)
Molasses
Falafel Mix

*Thought:
In house,
In sight,
In mind...
In Mouth!*