

## PERFORMANCE EATING ON A BUDGET: WHAT'S IN YOUR PANTRY?

Leslie Bonci, MPH, RD, CSSD, LDN: 412-432-3674 or [boncilj@upmc.edu](mailto:boncilj@upmc.edu)

### GRAINS

- Soups- such as vegetable, tomato
- Cereal
- Box of Instant oatmeal
- Crackers (Graham, saltine, Triscuits)
- Rice
- Pasta (Noodles, Ramen)
- Microwave popcorn
- Pretzels
- Granola or cereal bars
- Nutrition bars (Clif, Odwalla)

### FRUITS & VEGETABLES

- Applesauce
- Canned light fruit
- Soups- such as vegetable, tomato
- Pickles
- Canned Vegetables
- Baby carrots\*
- Fresh fruit\*
- Freezer waffles\*
- Tortillas\*
- Pita\*

### MEAT, BEANS, NUTS, SEEDS

- Cans of beans: baked, garbanzo, kidney, black
- Nuts and nut butters (Peanut butter)
- Canned tuna, chicken, turkey
- Jerky
- Turkey pepperoni
- Texturized vegetable protein
- Soy nuts
- Eggs\*
- Cheese\*
- Yogurt\*
- Milk\*
- Hummus\*
- Lunchmeats\*

- Veggie burgers or veggie crumbles (freezer)

### ESSENTIAL EQUIPMENT

- George Foreman grill
- Crock pot
- Foldable coolers
- Icepacks
- Coffee pot
- Knife
- Can opener
- Tupperware

### SEASONINGS / CONDIMENTS

- Salt / Pepper
- Sugar
- Ms. Dash
- Italian Seasoning
- Mayonnaise
- Mustard
- Catsup
- Salad Dressing

### PERFORMANCE SHOPPING TIPS

- Taste, value, shelf life
- C.O.S.T
  - Cook
  - Organize
  - Supersize purchases
  - Teamwork:
- \$ Drainers
  - Bottled h2o
  - Soda
  - Gourmet coffee
  - Poor planning, laziness

\*Perishable