

Fridge & Freezer Must-Haves Checklist

Proteins

- Eggs
- Cheese (block or shredded)
- Yogurt
- Frozen chicken thighs or drumsticks
- Ground beef, turkey, or chicken
- Frozen fish fillets
- Tofu or frozen veggie burgers

Produce

- Carrots
- Celery
- Cabbage
- Bell peppers
- Apples
- Citrus fruit (oranges, lemons, limes)
- Frozen spinach
- Frozen broccoli
- Frozen corn
- Frozen mixed veggies
- Frozen fruit (berries, peaches, mango)

Dairy & Alternatives

- Milk or plant-based milk
- Butter
- Cream cheese
- Sour cream
- Shredded mozzarella or cheddar (for freezing)

Bread & Grains

- Bread or bagels (freeze extras)
- Tortillas, pita, or naan
- Cooked rice or quinoa (portioned for freezing)

Time-Savers

- Frozen pizza
- Frozen dumplings or potstickers
- Frozen veggie burgers or chicken strips
- Salsa

- Hummus
- Pre-chopped salad kits