

# MODEL MEAL STAPLES

Keep These Foods Stocked In Your Kitchen At All Times  
You'll have all the ingredients needed to make any Model Meal, any time.

## PROTEIN

### MEAT & POULTRY

- Beef  
(strongly consider grass fed or organic)
- Chicken  
(strongly consider organic)
- Turkey  
(strongly consider organic)

### SEAFOOD

- Salmon  
(strongly consider buying wild-caught)
- Canned Tuna  
(obtained smartly and sustainably)
- Canned Salmon  
(obtained smartly and sustainably)

### LEGUMES

- Black beans
- Garbanzo beans
- Red Lentils

## VEGETABLES

- Asparagus
- Broccoli
- Carrots
- Corn  
(strongly consider organic)
- Cucumber
- Garlic
- Ginger
- Lettuce  
(Kale, Romaine and/or Spinach)
- Onion

## FRUITS

- Apples  
(strongly consider organic)
- Bananas
- Berries  
(strongly consider organic)
- Lemons
- Limes

## HEALTHY FATS

- Almonds
- Avocado
- Flax Seeds
- Hummus
- Nut Butters

## GRAINS & STARCH

- Brown rice
- Potatoes (all varieties)
- Raw Rolled Oats
- Whole Grain Bread
- Whole Grain English Muffins
- Whole Grain Pasta
- Whole Grain Tortilla or Wrap
- Quinoa

## DAIRY & EGG

- Almond Milk
- Butter
- Cheese (made with cow, sheep, or goat milk)
- Cottage Cheese
- Eggs  
(strongly consider organic)
- Greek Yogurt

## HERBS & OTHER

- Herbs and Spices
- Olive Oil
- Vinegar
- Hot Sauce
- Chicken or Vegetable Broth

- *\*We strongly suggest buying all organic. If that's not an option, we noted the foods below that we strongly suggest buying organic based on their exposure to toxins and susceptibility to modification.*