

Pantry Survey

The long-term success of weight management hinges on the overall quality of our home food environment. As your journey continues in Phase 3, let's take a closer look at your "staple" home food environment!

Check off the foods you keep in your home and return with it next week!

Protein Sources

- Lean poultry/meat
- Fish/seafood
- Eggs/egg whites
- Vegetarian: tofu, edamame, tempeh, etc.
- Ideal Protein items
- Plain Greek yogurt
- Plain cottage cheese
- Deli meats
- Chicken sausages
- Breaded fish/chicken
- Beef/pork sausage
- Bacon
- Pepperoni
- Bologna
- Salami

Fruits & Vegetables

- Phase 1 vegetables (fresh/flash frozen/canned in water)
- Root/starchy vegetables
- Fresh fruit
- Canned vegetables in sauces
- Canned fruit in water
- Flash frozen fruit (no added sugar or syrup)
- Canned fruit in syrup
- Frozen fruit in syrup

Refrigerator

- Soft/hard cheeses
- Cream/half & half
- Guacamole
- Hummus
- Flavored coffee creamers
- Fruited cottage cheese
- Greek yogurt, fruited
- Sugar-free gelatin
- Yogurt (artificially colored/flavored)
- Yogurt with candy/cookies
- Commercial puddings/custards
- Sweetened gelatin

Freezer

- Natural frozen fruit pops
- Reduced-cal/carb meals
- Processed high-salt/fat potato (all varieties)
- Frozen/microwavable pizzas (all varieties)
- Appetizer/party snacks (all varieties)
- Ice cream (all varieties)
- Frozen yogurt
- Frozen desserts

Breads/Grains/Cereals/ Bakery

- Whole-grain breads
- Whole-grain rice (all varieties)
- Quinoa, unprocessed
- Whole-wheat pasta
- Protein pasta
- Steel-cut oats
- High-fiber/low-sugar cereals
- White bread
- Boxed rice & pasta mixes
- Instant rice
- Kids' breakfast cereals & bars
- Instant high-sugar oatmeal
- Boxed cake/bread mixes
- Commercial baked goods

Pantry (Canned, Jarred, Dried, Etc.)

- Natural nut butters (no added sugar)
- Pesto
- Natural tomato sauce (low/no added sugar)
- Dried beans/lentils/legumes
- Canned beans/legumes
- Baked beans
- Condiments
- Commercial peanut butter (high sugar)

- Commercial tomato sauces (high sugar)
- Alfredo sauce
- Whipped marshmallow spreads
- Hazelnut spreads

Beverages

- Sugar-free drinks
- Water/plain seltzers
- Naturally flavored seltzers
- Tea, unsweetened (all varieties)
- Coffee, unsweetened, black (all varieties)
- Fresh green/vegetable juices
- Soda, diet (all varieties)
- Cow's milk, plain
- Nut milk (all varieties)
- Fruit juices/drinks (all varieties)
- Sports drinks
- Soda, sweetened (all varieties)
- Flavored/sweetened milk

Snacks

- Ideal Protein snacks
- Whole nuts/seeds
- High-fiber/low-sugar snack/breakfast bars
- Dried fruit
- Reduced-fat popcorn
- Vegetable/baked chips
- Potato chips (all)
- Fried corn/onion/pork snacks
- High-sugar/fat granola bars
- Fruit rolls/leathers
- Candy/chocolate
- Kettle/candied popcorn
- Cookies (all varieties)
- Candy coated nuts/pretzels