

ANNETTE'S LIST OF KITCHEN STAPLES

I'm often asked for my list of kitchen staple ingredients, all the items I like to keep in stock which regularly appear in my low-fat recipes, so here it is! If you're not able to purchase everything on the list at once, try adding a few items to your trolley each time you shop (and look out for specials on ingredients such as cans of evaporated lite milk). The other option is to plan a week's meals in advance, a habit I recommend for weightloss and health, and buy the ingredients you'll need for the first week.

TINNED/CANNED/IN JAR

- Evaporated light milk
- Canned tomatoes no salt added
- Canned tomato soup no salt added
- Crushed garlic in the jar
- Crushed ginger in the jar
- Coconut essence
- Vanilla essence
- Tomato paste no salt added
- Red and green curry paste - if you like Asian cooking
- 110g jars Heinz® baby apples
- Jar salsa
- Oyster sauce - if you like making stir fries
- Soy sauce - low sodium

FRIDGE

- Skim milk
- Flora Light Margarine
- 30% reduced fat cheese
- eggs (mainly for egg whites)

DRY GOODS

- Cornflour
- Self-raising flour
- Plain flour (smaller amount than SR)
- Bicarb soda
- Cocoa (PlaiStowe®)
- Icing sugar
- Sugar
- Sultanas
- Currants possibly
- Dried apricots
- Cereal – high fibre versions such as those on the menu plans
- Stock powder - low salt, chicken and beef
- Cracked black pepper
- Bread crumbs
- Pasta
- Basmati rice
- Dried herbs – such as turmeric, cumin, coriander, basil, oregano, paprika, chilli powder, ginger, cinnamon, Cajun, curry powder

PANTRY OTHER

- Long life skim milk (good in case you run out when making a recipe)
- Cooking spray

Now, just add your fresh protein (chicken, meat, seafood, tofu), fruit and vegetables (fresh and frozen) and bread items and you'll be ready to cook the Simply Too Good To Be True way!