



## Suggestions for the Working Pantry

I suggest an online shop for the ease of ensuring there is food at work. Therefore delivery is assured and time is conserved.

### In the Drawer....

#### Breakfast

Belvita Breakfast Biscuits

- Assorted varieties

Baked beans 130g size

Weet Bix / Oat Brits

UP and GO

2 Fruits with natural juice not syrup and not coconut water

#### PANTRY

##### Crackers

Ryvita

Pumpernickel bread

Rice Cakes – unflavoured

(Flavoured have excess salt)

##### Cracker Toppers

John West – Salmon with flavour of choice

Eg: Chilli

Lemon

Sundried tomato

Naturally Smoked

Tuna/ sardines / crabmeat/ mussels/ smoked oysters

Processed varieties of Cous Cous 100g (AH)

Processed varieties of Quinoa 100g (AH)

##### Fruit Bowl

Orange

Apple

Banana – unripe (as they will ripen during the week)

Avocadoes- unripe

Strawberries – Low cal

Passionfruit –low cal

Kiwi fruit – Low cal

#### Fridge

Fresh Tomatoes

Yoghurt 200g tubs with Breakfast biscuits

Sliced ham off the bone / Pastrami/

Hard Cheese – slices / or a soft cheese like Brie/ Camembert

Beef Roast /Chicken / Turkey breast slices

Mayonnaise /wholegrain mustard /Dhal / Dukkah/ Balsamic Vinegar / Lemons

Snack serve – Dolmades filled with rice

(Cortas Brand)

#### Snacks

Biscuit - Fruit slices by Arnotts x 2 per snack

Fruit cake ; 2x5cm piece

Cuppa soup. Broths not noodles, no cream soups

#### Freezer

Bread – wholegrain / Rye / Wholemeal varieties

Icy poles such as Super doopers, Splice, Paddle pops – low calorie

Frozen Berries with yoghurt

