



shelf stable grocery list



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Grocery shopping best practices usually recommended making a trip to the store about once a week. When a weekly grocery trip is not possible, the next best strategy is to purchase shelf stable items that can last a few weeks or even up to a few months. Below are a few examples...

Produce

- Frozen fruit (ex: strawberries, blueberries, mango chunks)
- Frozen vegetables (ex: broccoli, bell peppers, green beans)
- Canned produce (ex: spinach, tomatoes, pumpkin)
- Produce to freeze (ex: bananas, spinach, kale)
- Fresh produce (ex: carrots, onions, apples, oranges)

Starches

- Whole grains (ex: brown rice, quinoa, barley, oats)
- Whole wheat products (ex: pasta, bread, tortillas)
- Lentil or bean-based pasta
- Potatoes

Proteins

- Eggs
- Meat, poultry, and seafood (fresh or frozen)
- Cheese
- Canned seafood (ex: salmon, tuna, sardines)
- Canned beans (ex: chickpeas, kidney beans, black beans)
- Dried lentils or split peas
- Protein powder

Healthy Fats

- Cooking oil (ex: olive, avocado)
- Nuts (ex: almonds, cashews, walnuts)
- Nut and seed butter (ex: peanut, almond, sunflower)
- Seeds (ex: chia, flax, hemp)