

A ROWER'S PANTRY, FRIDGE & FREEZER

Shopping List Ideas

- **Cereal based foods**

Breakfast Cereals

- Oats (Rolled oats and/or Quick oats)
- Weetbix
- Muesli or wholegrain cereals

Tip – Great for snack & breakfast. Look for wholegrain with not too much sugar

Cereal Bars

- Granola Bars
- Sports Bars

Tip – Great for snack on the go. Choose those made with high proportion of dried fruit, nuts, seeds, oats and grains.

Pasta

- Pasta (including canned spaghetti)

Tip – Versatile & easy to cook. Serve with homemade tomato sauce with onions, tinned/fresh tomato, extra vegetables such as peppers, mushrooms, sweetcorn etc.

Noodles

- Noodles

Tip – Quick & easy, especially for stirfry dishes. Add chicken/lean meat and lots of vegetables.

Rice

- Rice
- Creamed rice

Tip – Takes longer to cook but good in risottos, chilli dishes. Pouches of steamed rice can be useful when in a hurry as it takes only 2 minutes in the microwave. Creamed rice is a great snack on the run.

Bread

- Grainy Bread
- White Bread
- Wraps/Pita pockets
- Pikelets
- Crumpets

Tip – Keep in fridge to lengthen shelf life (or freeze). Fruit toast and hot cross buns make good snacks too.

Grains

- Grainy Crackers
- Rice Crackers
- Rice Cakes
- Oat Cakes
- Cripsbreads
- Couscous
- Quinoa

Tip – Good snack & very portable. Also include other grains in your diet such as couscous, quinoa etc, these are great companions for roasted vegetable salads

- **Fruit & Vegetables**

- **Canned**

- Tomatoes / tomato puree
 - Vegetable – baked beans, rid kidney beans, butter beans, chick peas, sweetcorn
 - Fruit in natural juice

- **Dried**

- Apricots, prunes, dates, sultanas, raisins, mango, figs, pear

- **Fresh**

- Variety of fresh vegetables and fruits that are seasonal

Tip – Tomatoes are good for sauces with pasta (bolognaise, chilli sauces). Canned and dried fruit is great for snacks or when no fresh fruit is on hand

- **Meat, Fish & Alternatives**

- **Canned Fish**

- Tuna in brine
 - Pilchards/sardines
 - Salmon
 - Anchovies

Tip – Canned fish is a good source of protein and can easily be mixed into pasta sauces or salads.

- **Cooked Meat/Fish**

- Chicken
 - Ham
 - Smoked salmon, mackerel
 - Meatballs

Tip – Great source of protein and can easily be mixed into salads/pasta sauces.

- **Eggs**

- Eggs (boiled, scrambled, omelette, poached etc)

Tip – Versatile protein that can form the basis of a number of dishes and sandwiches.

- **Nuts & Seeds**

- Variety of nuts and seeds

Tip – Excellent source of essential fats, fat-soluble vitamins and minerals. Add to salads, smoothies or eat as a snack

- **Dairy**

- **Milk**

- Fresh (low fat)
 - Flavoured milk
 - UHT
 - Carnation Light & Evaporated Milk
 - Milo UHT Energy drink

Tip – UHT milk is a useful standby if no fresh milk is available. Create variety by using flavoured milk or milo UHT.

Yoghurt

- Natural
- Greek
- Yoghurt drinks

Tip – Greek yoghurts tend to be higher in protein.

Cheese

- Variety of cheese

Tip – Great dairy option for snacking, salads, pasta or sandwiches

• Miscellaneous

Drinks

- Long life cartons of fruit juice
- Sports drinks
- Low calorie/regular cordial

Spreads

- Jam, marmalade, vegemite, nut butters, honey

Desserts

- Custard
- Low fat dairy puddings

Herbs & Spices

- Squeezy tubes of garlic, chilli, ginger, herbs etc can be useful to add to dishes

Fats, Oils & Dressings

- Olive oil, rapeseed oil
- Balsamic Vinegar – great for salads

** CREDIT - The above nutritional shopping guide was written by Wendy Martinson, Lead Nutritionist for the Great Britian Rowing Team, September 2015