



Nutritionist's List: Stock Up On These Low-Cost Staples

By Forks Over Knives
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Go on a virtual trip to the grocery store with nutritionist [Jeff Novick](#) in the video below. He shows you what grocery store staples to stock up on, and he only highlights items that are inexpensive and readily available at regular supermarkets. Novick offers practical, no-nonsense advice that takes into account real-life budgets, real-life schedules, and real-life cooking skills.

Novick recommends adding fresh fruits and vegetables to the mix, but even with just his recommended staples, you'll be within 15 minutes a tasty, healthy meal. These ingredients cook quickly and easily, and you can make hundreds of dishes from them.

Jeff Novick's Essential Grocery List

- Instant brown rice
- Canned beans (unsalted)
- Canned tomato products (unsalted)
- Intact whole grains (quinoa, kasha/buckwheat, oats)
- Whole wheat pasta (or whole grain corn pasta or brown rice pasta)
- Frozen vegetables
- Frozen soups
- Frozen fruit
- Dried fruit (for baking and seasoning)
- Almond butter
- Raw almonds
- Salt-free spice mixes

The video seen below is an excerpt from Novick's *Fast Food DVD series*, in which he shows you how to make tasty, inexpensive, and plant-based meals in 10-minutes or less.

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- [No-Time-to-Cook Recipes](#)
- [South of the Border Pizza](#)
- [Pasta Primavera](#)
- [22 Healthy Foods to Have in Your Fridge](#)
- [Eating Well on \\$5 a Day](#)