

Flex Fridge, Pantry, and Spice Rack Staples

These are the must-have ingredients for your fridge, pantry, and spice rack that are used consistently in many of the Flex recipes and weekly Flex meal plans. Before you begin trying all of the delicious Flex recipes, make sure you have these basic *fridge*, *pantry*, and *spice rack* staples on hand. There is also a checklist of essential Flex kitchen tools that make preparing meals more efficient.

Fridge

1. Barbecue sauce
2. Ketchup and mustard
3. Lemons and limes
4. Milk: skim or soy milk
5. Salsa: red, green, or both
6. Universal Lemon-Flax Vinaigrette. Make this each week, and keep it on hand because it is used in many of the recipes and is a great way to get your heart-healthy omega-3 fatty acids. Buy an empty squeeze ketchup bottle from a container store, and keep the dressing in your fridge to use over the course of a week (it lasts about seven days or so in the fridge).

Pantry

1. Canned tomatoes (no salt added): diced, crushed, and sauce
2. Cooking spray
3. Garlic
4. Honey
5. Maple syrup
6. Oils: olive, sesame, and peanut
7. Onions
8. Vanilla extract
9. Vinegar: rice, balsamic, and white balsamic
10. Nut butters: peanut butter, almond butter, and sunflower seed butter

Universal Lemon-Flax Vinaigrette

Makes 6 servings (2 tablespoons each)

- ¼ cup lemon juice (juice from 1 to 2 lemons)
- ¼ cup flaxseed oil
- ¼ cup white balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 clove garlic, minced
- Salt and black pepper to taste

Whisk all ingredients together. Keep in fridge about seven days.

Nutrition Info (2 tablespoons): 88 calories, 9 g total fat, 1 g saturated fat, 0 mg cholesterol, 59 mg sodium, 2 g carbohydrates, 0 g fiber, 0 g protein

Your Baker's Dozen Spice Rack

1. Buttermilk ranch seasoning
2. Chili powder
3. Cinnamon
4. Crushed, red chili-pepper flakes
5. Cumin (ground)
6. Curry powder
7. Italian seasoning
8. Old Bay
9. Smoky paprika
10. Pie spice: apple or pumpkin
11. Salt and black pepper
12. Rosemary
13. Sage