



Dr. Karen Leggett's Healthy Pantry Planning Guide

Dr. Karen Leggett

Your Voice of Reason ~ True Integrative Medicine

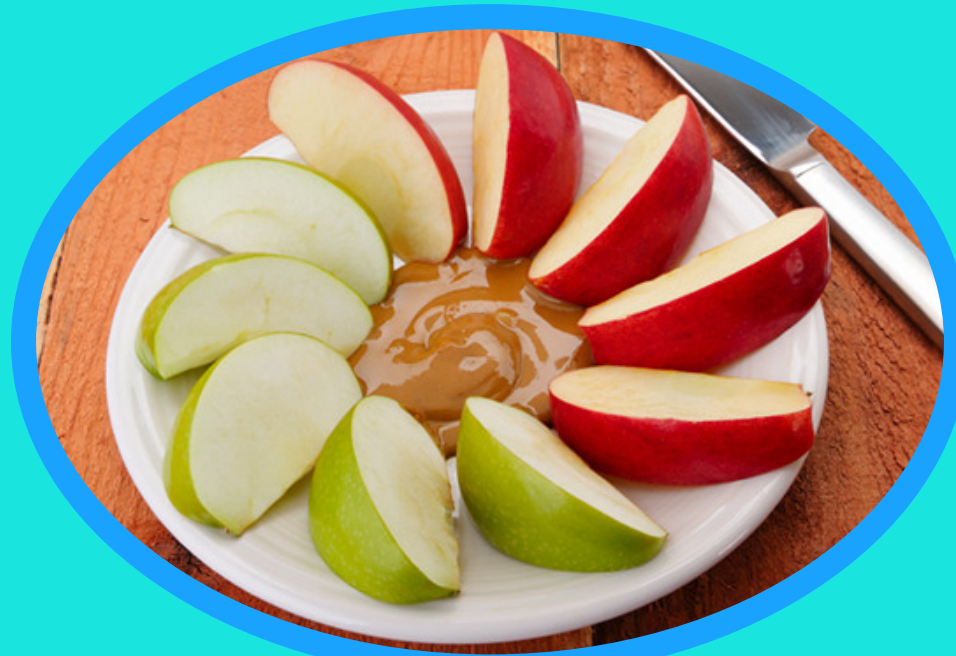
Cupboard Necessities

Quinoa; Wild Rice
Nuts and Nut Butters
Variety of Organic Soups
High Fiber Multi-grain Crackers
BPA Free Canned Kidney Beans
Caribbean Black Beans; Lentils
Black Soy Beans (extremely healthy)
Salmon; Tuna - eat only twice per mo.
Organic Tomato Sauce and Spaghetti



Handful of Nuts

Snack on these when you feel too tired to cook. They will make you feel better and put you in the mood to fix dinner!



Apples and
Almond Butter



Coconut Milk



A piled high turkey sandwich with a hefty portion of lettuce, thick sliced tomatoes and onions can make a delicious last minute dinner when you're tired! Add 6 prunes on the side

DR. KAREN LEGGETT

Board Certified Family and Geriatrics



WOMEN'S MIDLIFE
SPECIALIST



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