



1-Week Fit Meal Planner Pantry/Fridge Essentials

- **Garlic Powder or Fresh Garlic**
- **Mustard Powder**
- **Thyme**
- **Sage**
- **Black Pepper**
- **Worcestershire Sauce**
- **Egg Whites (or enough eggs to use the whites)**
- **Soy Sauce**
- **Vinegar**
- **Onion or dried onion flakes**
- **Fresh Ginger**
- **Brown Sugar**
- **Oil (Olive Oil or Canola Oil is recommended)**
- **Homemade Dressing**