

# HEALTH-CONSCIOUS BBQ MENU CHECKLIST

Make your spring BBQ menu prep efficient with tips to stock up on the right ingredients and BBQ supplies. This checklist has all the ingredients for healthy BBQ items, under one roof at CHEF'STORE.



## PERFORM A MENU AUDIT BEFORE STOCKING UP

- Review current inventory of sauces, marinades, and pre-prepped meats for added sugars, sodium, and preservatives
- Identify ingredients to replace with cleaner-label or lower-sugar alternatives
- Ensure ordering quantities align with projected covers and seasonal demand

## STOCK LEAN, VERSATILE PROTEINS

- Choose bulk quantities of lean poultry: skinless chicken breasts, chicken thighs, ground turkey, and turkey legs
- Stock pork loin, pork tenderloin, and trimmed pork chops for lower-fat red meat options
- Source trimmed beef cuts such as sirloin, flank steak, and 90% lean ground beef
- Bring in fresh or flash-frozen seafood: salmon fillets, shrimp, cod, and halibut
- Expand plant-based offerings with jackfruit, extra-firm tofu, tempeh, and high-quality veggie burger patties
- Include plant-based sausages or meat alternatives that hold up well on grills



## PRODUCE & SIDE DISH INGREDIENTS

- Grab fresh, seasonal vegetables: mushrooms, zucchini, yellow squash, asparagus, bell peppers, carrots, beets, red onions, and green onions
- Bulk potatoes (sweet and russet) for roasted or grilled applications
- Legumes such as chickpeas, lentils, and black beans for salads and sides
- Keep whole grains on hand: quinoa, brown rice, farro, and barley for hearty, nutrient-rich salads
- Add shredded vegetable bases like cabbage, kale, and Brussels sprouts for slaws without heavy dressings

## CONDIMENTS, SAUCES & SPICE INVENTORY

- Maintain a full spice inventory: smoked paprika, cumin, coriander, garlic powder, onion powder, chili powder blends, mustard seeds, white pepper, and dried herbs
- Stock vinegars in volume: balsamic, apple cider, red wine, sherry, and champagne vinegar
- Store up on oils: extra virgin olive oil, blended cooking oils, and avocado oil
- Keep fresh citrus (lemons, limes, oranges) and herbs (parsley, cilantro, thyme) in a steady supply
- Purchase canned chipotle peppers, crushed tomatoes, and tomato paste for housemade sauces
- Ensure low-sugar sweeteners (like honey or maple syrup) are available for balanced flavor profiles



## FUEL, EQUIPMENT & COOKING ESSENTIALS

- Stock natural hardwood, lump charcoal, and premium BBQ pellets for consistent, clean-burning heat
- Maintain inventory of wood chips (hickory, mesquite, applewood) for smoking
- Ensure adequate supply of digital thermometers, probe thermometers, and grill gauges