

GROCERY LIST

PANTRY STAPLES

- Oil:**
 - 2½ cups (**Gingerbread Cake**)
 - 2 tbsp (**Beef & Broccoli Stir-Fry**)
 - 1 tbsp, preferably sesame (**Chicken Fried Rice**)
 - 1 tbsp, preferably vegetable (**Chicken Fried Rice**)
 - 1 tsp, preferably sesame (**Poke Bowl**)
- 1 can (28 oz/796 ml) diced tomatoes (Hearty Minestrone)**
- 1 can (19 oz/540 ml) lentils (Hearty Minestrone)**
Swap: canned white beans or ½ lb (225 g) ground meat
- 4½ cups uncooked pasta:**
 - 4 cups, your choice (**Fettuccine Alfredo**)
 - ½ cup, preferably small shell (**Hearty Minestrone**)
- 2 cups uncooked white rice:**
 - 1 cup (**Chicken Fried Rice**)
 - 1 cup (**Poke Bowl**)
- ½ cup fancy or cooking molasses (Gingerbread Cake)**
- ¼ cup + 2 tbsp mayonnaise:**
 - ¼ cup (**Poke Bowl**)
 - 2 tbsp (**Crispy & Crunchy Chicken Strips**)
Swap: 2% plain Greek yogurt
- 5 tbsp + 2 tsp soy sauce, preferably low-sodium**
 - 2 tbsp (**Beef & Broccoli Stir-Fry**)
 - 2 tbsp (**Chicken Fried Rice**)
 - 1 tbsp + 2 tsp (**Poke Bowl**)
- 1 tbsp rice vinegar (Poke Bowl) | Swap: apple cider or white vinegar**



Pantry Staples Grocery
\$25 CA / \$21 US*

SHOP SMART: Most Epicure recipes use similar pantry staples—pick them up this month and grocery shopping will be a breeze next time! Save up to 30% by sticking to generic or house brands.

PRODUCE

- 2 celery stalks (Happy Holidays Stuffing Cups)**
- 2 tomatoes (Donair)**
- 1 English cucumber**
 - ½ (**Donair**)
 - ½ (**Poke Bowl**)
- 1 small apple, optional (Happy Holidays Stuffing Cups)**
- ½ head romaine or leafy green lettuce (Donair)**
- ½ red onion (Donair)**
- ¼ small head purple cabbage (Poke Bowl) | Swap: 2 cups shredded coleslaw or leafy green lettuce**
- 4 cups broccoli florets, fresh or frozen (Beef & Broccoli Stir-Fry)**
- 4 cups shredded coleslaw (Chicken Fried Rice)**
Swap: shredded cabbage
- 2 cups frozen shelled edamame (Poke Bowl)**
- 1½ cups frozen mixed vegetables, your choice (Hearty Minestrone)**
- 1 cup mango chunks (Poke Bowl)**



Produce Grocery
\$30 CA / \$25 US*

SHOP SMART: Consider buying frozen fruits and vegetables wherever it makes sense. They last longer, are more affordable, and are just as nutritious as fresh produce!

*Costs based on Walmart Canada

GROCERY LIST



PROTEIN

- 2 eggs (Gingerbread Cake)
- 2 lbs (900 g) lean ground beef (Donair) | *Swap: ground chicken*
- 1 lb (450 g) beef strips (Beef & Broccoli Stir-Fry) | *Swap: lean ground meat or medium-firm tofu*
- 1 lb (450 g) boneless, skinless chicken thighs or breasts (Chicken Fried Rice) | *Swap: pork, beef strips, fish, shrimp, or medium-firm tofu*
- 1 lb (450 g) chicken breast fillets, about 16 pieces (Crispy & Crunchy Chicken Strips) | *Swap: chicken thighs or medium-firm tofu*
- ½ lb (225 g) peeled, cooked shrimp (Poke Bowl) | *Swap: sushi-grade raw tuna or salmon, or cubed, firm tofu*



Protein Grocery
\$60 CA / \$50 US*

SHOP SMART: Tweak recipes using common ingredients, buy what's on sale, and look for family packs. Use the same ground meat for **Donair** and **Beef & Broccoli Stir-Fry**, and the same type of chicken for **Chicken Fried Rice** and **Crispy & Crunchy Chicken Strips**.

DAIRY

- 2 cups whipped cream, optional (Gingerbread Cake)
- 1½ cups milk, your choice (Fettuccine Alfredo)
- 2 tbsp butter, preferably unsalted (Happy Holidays Stuffing Cups)



Dairy Grocery
\$5 CA / \$4 US*

OTHER

- 10 whole-wheat pitas (Donair)
- 6 slices bread (Happy Holidays Stuffing Cups) | *Swap: 6 cups croutons*



Other Grocery
\$10 CA / \$8 US*

SHOP SMART: To compare prices of milk between brands, sizes, and types of milk (e.g. dairy, oat, nut, etc.) to make sure you're getting the best deal, check the unit prices found in small print on the grocery store product labels. This will tell you how much it costs per 100 ml. Don't forget to also check expiration dates!



PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL:

This week, add leafy greens with dressing, extra veggies, and rice.

*Costs based on Walmart Canada

SUNDAY SHOP & PREP TIPS



SHOP

- Use your noodle! You need enough pasta for two meals: **Fettuccine Alfredo** and **Hearty Minestrone**. Reduce the number of groceries to buy and use the same kind of noodle for both meals. Buy a 900 g bag of small shell pasta and you'll have enough for the week, plus extra to keep your pantry stocked for an emergency.
- Streamline your shopping and choose one kind of ground meat (beef, chicken, turkey, or pork) for **Donair** and **Beef & Broccoli Stir-Fry**, and one kind of chicken (breasts, thighs, or fillets) for **Chicken Fried Rice** and **Crispy & Crunchy Chicken Strips**. Buy club packs and check for sales!
- Cut down the number of items on your grocery list—instead of buying pre-shredded coleslaw for **Chicken Fried Rice**, use the leftover cabbage head from **Poke Bowl**. Alternatively, skip the cabbage head and use the extra romaine from **Donair** in **Poke Bowl** instead.
- Invest in reusable pantry staples. Stock up on sales and buy generic or house brands instead of big-name brands. They typically come in less flashy packaging, but offer quality and can save up to 30%.
- An easy way to compare prices between brands and sizes of the same ingredient is to look at the unit price found in small print under the main price at the store. This will tell you how much products cost per 100 grams or millilitres so you can decide which item is the most cost-effective to buy.
- Pick up salad greens and other inexpensive vegetable staples to balance out your plates this week. Check for sales, buy produce that is in season, or choose frozen or canned options when possible.
- Wash and prepare your own veggies instead of choosing pre-chopped bags that are often more expensive.

PREP

- Wash and prep fresh produce as you unpack groceries. Store veggies in **Stay With Me Produce Savers** in the fridge to keep them fresh.
- After unpacking, get **Donair** going in the oven or microwave.
- Prepare ingredients for **Poke Bowl**. Cook rice in **Multipurpose Steamer**; cover and refrigerate overnight. Whisk together ingredients for dressing and store in **Prep Bowl** in the fridge. Marinate shrimp and toss in a large bowl with sliced veggies, edamame, and mango; cover and refrigerate. Come dinnertime tomorrow, all that's left to do is assemble the bowls!
- Make extra rice to serve with **Crispy & Crunchy Chicken Strips** later in the week.
- Freeze 1 lb (450 g) beef strips for **Beef & Broccoli Stir-Fry** and 1 lb (450 g) chicken for **Chicken Fried Rice**.
- Make a big batch of salad dressing using your favourite **Epicure Dressing Mix** for the week to serve with leafy greens to balance your plate.
- Prepare **Happy Holidays Stuffing Cups** and store in an air-tight container in the freezer to have on-hand for unexpected company.