

GROCERY LIST

PANTRY STAPLES

- Oil:**
 - 2 tbsp (Sweet N' Tangy Sheet Pan Chicken)
 - 2 tbsp (Tahini Power Bowl)
 - 1 tbsp (Creamy Pesto Parmesan Chicken)
 - 1 tbsp (Home-Style Chicken Stew)
 - 1 tbsp (Lemon Chicken Orzo)
 - 1 tbsp (Picadillo)
- 3 cans (19 oz/540 ml each) unsalted chickpeas (Tahini Power Bowl)** | Swap: chicken, ahi tuna, crumbled tofu, or canned beans, your choice
- 1 can (14 oz/398 ml) coconut milk**, preferably light (Mini Chocolate Pies)
- 1 can (14 oz/398 ml) tomato sauce**, preferably low-sodium (Picadillo)
- 2 cups bite-sized pasta**, your choice (Mac & Cheese)
Tip: Pick up a big bag of dry pasta and use extra to balance your plate this week.
- 1 cup graham cracker crumbs (Mini Chocolate Pies)**
Tip: Skip the crumbs and go crustless!
- 1 cup uncooked orzo (Lemon Chicken Orzo)**
Swap: pasta or rice
- ¼ cup capers (Lemon Chicken Orzo)** | *Tip: If you don't like capers, they are okay to omit, but they add saltiness to the dish.*
- ¼ cup tahini (Tahini Power Bowl)**
- 1 tbsp maple syrup (Sweet N' Tangy Sheet Pan Chicken)**
- 1 tbsp soy sauce**, preferably low-sodium (Sweet N' Tangy Sheet Pan Chicken)



Pantry Staples Grocery
\$30 CA / \$25 US*

PRODUCE

- 9 potatoes**
 - 4 medium (Picadillo)
 - 3 small sweet (Tahini Power Bowl) | Swap: rice, quinoa, or pita wedges
 - 2 (Home-Style Chicken Stew)
- 3 large bell peppers (Sweet N' Tangy Sheet Pan Chicken)** | *Tip: Green peppers are often less expensive. Or, buy bulk rainbow packs and get more bang for your buck with leftovers.*
- 3 large carrots**
 - 2 (Picadillo)
 - 1 (Home-Style Chicken Stew)
- 1 large beet (Tahini Power Bowl)**
- 1 celery stalk (Home-Style Chicken Stew)**
- 1 lime (Sweet N' Tangy Sheet Pan Chicken)**
- ½ English cucumber (Tahini Power Bowl)**
- 8 cups baby spinach** | *Tip: Pick up an extra big bag of spinach to have on hand when you need extra veggies.*
 - 4 cups (Creamy Pesto Parmesan Chicken)
 - 4 cups (Lemon Chicken Orzo)
- 6 cups leafy greens, your choice (Tahini Power Bowl)**
Tip: Cut down on the number of items on your list by using baby spinach since you're already buying some for other recipes this week!
- 2 cups cherry tomatoes (Lemon Chicken Orzo)**
- 2 cups frozen peas**
 - 1 cup (Home-Style Chicken Stew)
 - 1 cup (Picadillo)



Produce Grocery
\$40 CA / \$35 US*

SHOP SMART: Save up to 30% by buying generic or house brands for your pantry staples. When shopping, check for unit prices (usually per 100 g or 100 ml) in the small print below the main price on the shelf label to compare the cost of products between brands and package sizes.

SHOP SMART: Tweak recipes using common ingredients and buy what's on sale. Use the same type of potatoes to make **Picadillo**, **Tahini Power Bowl**, and **Home-Style Chicken Stew**. Buy a big bag and cook any extra potatoes when you need some carbohydrates to balance your plates.

*Costs based on Walmart Canada

GROCERY LIST

PROTEIN

- 3 lbs (1.36 kg) lean ground beef** | *Swap: ground turkey, chicken, or pork*
 - 1½ lbs/675 g (**Picadillo**)
 - 1½ lbs/675 g (**Tacos**)
- 3 lbs (1.36 kg) boneless, skinless chicken thighs**
Swap: chicken breast or ground chicken
 - 1 lb/450 g (**Home-Style Chicken Stew**)
 - 1 lb/450 g (**Lemon Chicken Orzo**)
 - 1 lb/450 g (**Sweet N' Tangy Sheet Pan Chicken**)
Swap: 2 blocks (350 g each) medium-firm or firm tofu
- 1 lb (450 g) chicken breast fillets (Creamy Pesto Parmesan Chicken)** | *Swap: chicken thighs, ground chicken, or medium-firm tofu*



Protein Grocery
\$45 CA / \$38 US*

SHOP SMART: Look for jumbo value packs of meat. It may cost more upfront, but it will save you money in the long run. Divide into smaller portions and store in the freezer in air-tight containers or freezer-safe bags. Make it easy on yourself and use a marker to label the date, what it is, and how much is in each portion so you don't forget.

DAIRY

- 1½ cups + ¼ cup + 3 tbsp milk**, your choice
 - 1½ cups (**Creamy Pesto Parmesan Chicken**)
 - ¼ cup (**Mac & Cheese**)
 - 3 tbsp (**Mini Chocolate Pies**)
- 1 cup plain yogurt**, your choice (**Mini Chocolate Pies**)
- 3 tbsp butter**
 - 2 tbsp, optional (**Mac & Cheese**)
 - 1 tbsp (**Lemon Chicken Orzo**)



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

OTHER

- 12 taco shells (Tacos)** | *Swap: medium tortillas*



Other Grocery
\$3 CA / \$2 US*

SHOP SMART: Check the expiration dates of dairy products before you buy them. Make sure you'll have enough time to eat it before the expiration date to avoid food waste.



PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL:

This week, add leafy greens with dressing, extra veggies, and potatoes or pasta.

*Costs based on Walmart Canada

SUNDAY SHOP & PREP TIPS



SHOP

- Streamline your shopping and choose one kind of ground meat (beef, chicken, turkey, or pork) for **Picadillo** and **Tacos**, and one kind of chicken (breasts, thighs, or fillets) for **Creamy Pesto Parmesan Chicken**, **Sweet N' Tangy Sheet Pan Chicken**, **Home-Style Chicken Stew**, and **Lemon Chicken Orzo**. Buy club packs and check for sales!
- 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 extra leafy greens and other inexpensive vegetable staples to balance your plates this week, such as carrots, celery, salad greens, potatoes, and extra peppers. 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 **Picadillo** going on the stovetop.
- While that's simmering, cook noodles for **Mac & Cheese** in a **Multipurpose Pot** or **Multipurpose Steamer**. Rinse with cold water and place in a container; lightly stir in olive oil to prevent sticking, then refrigerate, to be reheated in the microwave tomorrow. Make a double batch and save half to serve with **Creamy Pesto Parmesan Chicken** on Tuesday.
- Freeze 1 lb (450 g) ground meat for Tacos and 1 lb (450 g) chicken for **Home-Style Chicken Stew** at the end of the week.
- Divide remaining chicken into 1 lb (450 g) portions so you can easily grab the required amount for each dinner over the next few days.
- 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. Store in an air-tight container in the fridge for easy access.
- Prepare **Mini Chocolate Pies** and store in **Muffin Makers** in the fridge to have on-hand for unexpected company, or portion and wrap each of them so you have grab-and-go desserts throughout the week.