

GROCERY LIST

PANTRY STAPLES

- Oil:**
 - 2 tbsp, preferably coconut (**Tropical Pineapple Chicken**)
 - 1 tbsp (**Hearty Beef Stew**)
 - ½ tbsp (**Pantry Pad Thai**)
 - ½ tbsp (**Thai Coconut Chicken**)
 - 1 tsp, preferably coconut or olive (**Enchiladas**)
 - 1 tsp, preferably sesame (**Poke Bowl**)
- ½ pkg (14 oz/400 g) rice noodles (**Pantry Pad Thai**)
- 2 cans (14 oz/398 ml each) black beans, preferably unsalted (**Enchiladas**)
- 1 can (14 oz/398 ml) coconut milk, preferably light (**Thai Coconut Chicken**) | *Tip: light coconut milk has one-third the fat and calories of regular coconut milk.*
- 1 can (14 oz/398 ml) pineapple chunks in juice (**Tropical Pineapple Chicken**) | *Swap: frozen pineapple chunks in water*
- 2 cups uncooked white rice
 - 1 cup (**Poke Bowl**)
 - 1 cup (**Thai Coconut Chicken**)
- ¼ cup + 2 tbsp mayonnaise
 - ¼ cup (**Poke Bowl**)
 - 2 tbsp (**Crispy & Crunchy Chicken Strips**)
Swap: plain 2% Greek yogurt
- ¼ cup nut butter (**Pantry Pad Thai**)
- 6 tbsp tomato paste, about ½ can (5 oz/156 ml)
 - 3 tbsp (**Enchiladas**)
 - 3 tbsp (**Hearty Beef Stew**)
- 2 tbsp + 2 tsp soy sauce, preferably low-sodium
 - 1 tbsp + 2 tsp (**Poke Bowl**)
 - 1 tbsp (**Pantry Pad Thai**)
- 1 tbsp rice vinegar (**Poke Bowl**) | *Swap: white vinegar or apple cider vinegar*
- 1 tsp fish sauce, optional (**Thai Coconut Chicken**)



Pantry Staples Grocery
\$35 CA / \$30 US*

SHOP SMART: Take stock of your pantry inventory before shopping so you know what staples you already have on hand. This will help you stay organized, ensure you use up what you have, and make it less likely that you'll purchase doubles of any ingredients.

PRODUCE

- 3 bell peppers | *Tip: Green peppers are often less expensive. Or, buy bulk rainbow packs and get more bang for your buck with leftovers.*
 - 2 (**Thai Coconut Chicken**)
 - 1 (**Tropical Pineapple Chicken**)
- 1½ limes
 - 1 (**Thai Coconut Chicken**)
 - ½ (**Enchiladas**)
- 1 small red onion (**Tropical Pineapple Chicken**)
- ½ English cucumber (**Poke Bowl**)
- ¼ small purple cabbage (**Poke Bowl**) | *Swap: 2 cups shredded coleslaw or leafy green lettuce*
- 2 lbs (900 g) baby carrots (**Hearty Beef Stew**)
- 1½ lbs (675 g) mini potatoes (**Hearty Beef Stew**)
Swap: chopped yellow potatoes or sweet potatoes
- 4 cups frozen mixed vegetables (**Pantry Pad Thai**)
- 4 cups sugar snap peas | *Swap: green beans*
 - 2 cups (**Thai Coconut Chicken**)
 - 2 cups (**Tropical Pineapple Chicken**)
- 2 cups frozen shelled edamame (**Poke Bowl**)
- 1 cup mango chunks, fresh, frozen or canned (**Poke Bowl**) | *Tip: if using canned mango, run under water to remove excess sugary syrup.*



Produce Grocery
\$35 CA / \$30 US*

SHOP SMART: Consider buying frozen or canned fruits and vegetables wherever it makes sense. They last longer, are more affordable, and can be just as nutritious as fresh produce! Make use of nutrition labels to choose low-sodium canned options.

GROCERY LIST

PROTEIN

- 2 eggs (Pantry Pad Thai)
- 3 lb (1.36 kg) whole chicken (Rotisserie Chicken)
- 2 lbs (900 g) boneless, skinless chicken breast fillets, about 32 pieces
 - 1 lb/450 g (Crispy & Crunchy Chicken Strips)
Swap: firm tofu, cod, shrimp
 - 1 lb/450 g (Tropical Pineapple Chicken)
Swap: chicken thighs, pork tenderloin
- 1½ lb (675 g) boneless, skinless chicken breasts, about 3
 - 1 lb/450 g (Thai Coconut Chicken)
 - ½ lb/225 g (Pantry Pad Thai)
- 1½ lbs (675 g) stewing beef (Hearty Beef Stew)
Swap: ground beef
- ½ lb (225 g) peeled, cooked shrimp (Poke Bowl)
Tip: Instead of shrimp, save money by topping bowl with leftover Rotisserie Chicken.
Swap: sushi-grade raw tuna or salmon, or cubed, firm tofu



Protein Grocery
\$75 CA / \$65 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

- 1 cup grated cheese, your choice (Enchiladas)
- ½ cup butter, preferably unsalted (Shortbread Cookies)



Dairy Grocery
\$13 CA / \$10 US*

OTHER

- 4 medium tortillas (Enchiladas)



Other
\$3 CA / \$2 US*

SHOP SMART: Instead of picking up pre-grated cheese, buy a big block to save money. Even though it's a higher initial cost, you'll get more cheese for each dollar. Grate it at the beginning of the week and store it in an airtight bag in the fridge so it's ready for you when you need it.



PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL:

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

*Costs based on Walmart Canada

SUNDAY SHOP & PREP TIPS



SHOP

- Streamline your shopping! Choose one kind of chicken (breasts, thighs or fillets) for **Tropical Pineapple Chicken, Crispy & Crunchy Chicken Strips, Pantry Pad Thai, and Thai Coconut Chicken**. You can even skip the whole chicken and use the same type of chicken as the other meals for **Rotisserie Chicken**. 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.
- Look high and low! Grocery stores typically position the more expensive items in your direct eyeline where you can easily reach them. Often, the better deals can be found on the upper or lower shelves.
- Check the expiration dates of ingredients before you buy them. Make sure you'll have enough time to use them before the expiration date to avoid food waste.
- 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 **Hearty Beef Stew** going in the pressure cooker or slow cooker.
- While that's cooking, cook **Rotisserie Chicken** in the microwave or oven. Shred cooked chicken and store in the fridge.
- Prep ingredients for Tuesday's **Poke Bowl**. Whisk together ingredients for dressing and cook rice in **Multipurpose Steamer**.
- Freeze ½ lb (225 g) chicken breast for **Pantry Pad Thai** at the end of the week.
- 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 **Shortbread Cookies**. Once cool, remove from pan and store in an air-tight container for a grab-and-go dessert throughout the week.