

GROCERY LIST

PANTRY STAPLES

- ☐ 6 tbsp oil, your choice:
 - 3 tbsp (Sweet & Sour Stir-Fry)
 - 1 tbsp (Cheater Philly Cheesesteak)
 - 1 tbsp (Creamy Cajun Chicken Pasta)
 - 1 tbsp (Meatloaf Fried Rice)
- ☐ 900 g bag macaroni (Mac & Cheese, Creamy Cajun Chicken Pasta)
- ☐ 1 can (14 oz/398 ml) diced tomatoes (Creamy Cajun Chicken Pasta)
- ☐ 1 can (14 oz/398 ml) pineapple chunks (Sweet & Sour Stir-Fry)
- ☐ 1 cup uncooked white rice (Meatloaf Fried Rice)
- ☐ ¼ cup corn starch (Sweet & Sour Stir-Fry)
- ☐ 3 tbsp + 1 tsp soy sauce:
 - 2 tbsp (Sweet & Sour Stir-Fry)
 - 1 tbsp, low-sodium (Meatloaf Fried Rice)
 - 1 tsp (Crispy & Crunchy Lettuce Wraps)
- ☐ 2 tbsp white vinegar (Sweet & Sour Stir-Fry)
TIP: Swap white vinegar for apple cider or rice vinegar—you just need a little tang!
- ☐ 1 tbsp + 1 tsp sesame oil:
 - 1 tbsp (Meatloaf Fried Rice)
 - 1 tsp (Crispy & Crunchy Lettuce Wraps)



Pantry Staples Grocery
\$35*

PRODUCE

- ☐ 6 bell peppers:
 - 2 (Cheater Philly Cheesesteak)
 - 2 (Creamy Cajun Chicken Pasta)
 - 2 (Crispy & Crunchy Lettuce Wraps)
- ☐ 1 small head lettuce, about 16 lettuce leaves (Crispy & Crunchy Lettuce Wraps)
- ☐ 1 small yellow onion (Cheater Philly Cheesesteak)
- ☐ 4 cups shredded coleslaw (Meatloaf Fried Rice)
- ☐ 3 cups sliced mushrooms (Cheater Philly Cheesesteak)
- ☐ 2 cups snap peas (Sweet & Sour Stir-Fry)
TIP: Save money and swap for frozen green beans.
- ☐ ½ cup fresh or frozen raspberries (Berry Swirl No-Bake Cheesecake Petites) | *TIP: Swap raspberries for whatever fresh berries are on sale.*



Produce Grocery \$30*

SHOP SMART: Individual colourful peppers are often more expensive. Use green peppers for all recipes or cost compare bulk packages. Rainbow packs may cost slightly more upfront, but often contain more peppers—get more bang for your buck with leftovers!

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.

*Costs based on Walmart Canada

GROCERY LIST



PROTEIN

- ☐ 3 lbs (1.36 kg) whole chicken (Rotisserie Chicken)
- ☐ 2 lbs (900 g) lean ground beef:
 - 1 lb (450 g) (Cheater Philly Cheesesteak)
 - 1 lb (450 g) (Meatloaf Fried Rice)
Swap: chicken or pork
- ☐ 1 lb (450 g) boneless, skinless chicken breasts (Sweet & Sour Stir-Fry) | *Swap: medium-firm tofu*
- ☐ 1 lb (450 g) ground chicken (Creamy Cajun Chicken Pasta)
- ☐ 1 lb (450 g) ground pork (Crispy & Crunchy Lettuce Wraps) for whatever fresh berries are on sale.



Protein Grocery
\$55*

SHOP SMART: Tweak recipes using common ingredients and buy what's on sale. Use the same type of chicken (choose breasts or thighs) to make both **Sweet & Sour Stir-Fry** and **Cajun Chicken Stew**. Use the same type of ground meat to make **Crispy & Crunchy Lettuce Wraps** and **Classic Meatloaf**.

DAIRY

- ☐ 1 brick (8 oz/250 g) cream cheese (Berry Swirl No-Bake Cheesecake Petites)
- ☐ 1½ cups whipping cream (Berry Swirl No-Bake Cheesecake Petites)
- ☐ 1½ cups milk:
 - 1 cup (Creamy Cajun Chicken Pasta)
 - ⅓ cup (Mac & Cheese)
- ☐ 1 cup shredded mozzarella (Cheater Philly Cheesesteak)
- ☐ 4 tbsp butter:
 - 2 tbsp, unsalted (Creamy Cajun Chicken Pasta)
 - 2 tbsp, optional (Mac & Cheese)



Dairy Grocery
\$25*

OTHER

- ☐ 6 hoagie rolls (Cheater Philly Cheesesteak)
- ☐ ⅓ cup graham cracker crumbs (Berry Swirl No-Bake Cheesecake Petites) | *TIP: Skip the crumbs and go crustless!*



Other Grocery
\$7*

SHOP SMART: Instead of picking up pre-grated cheese, buy a big block. 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.



PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL

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

*Costs based on Walmart Canada

SUNDAY SHOP & PREP TIPS



SHOP

- ☐ Use your noodle! You need enough pasta for two meals: **Mac & Cheese** and **Creamy Cajun Pasta**. Reduce the number of groceries to buy—use the same noodle for both meals. Buy a 900 g bag of macaroni and you'll have enough for the week, plus extra to keep your pantry stocked for an emergency.
- ☐ Ground meat cooks quickly and can be more affordable. Streamline shopping and choose one type (beef, chicken, turkey or pork). Buy club packs and use for **Cheater Philly Cheesesteak**, **Creamy Cajun Pasta**, **Crispy & Crunchy Lettuce Wraps**, and **Meatloaf Fried Rice**.
- ☐ Buy bulk bell peppers—you need at least 6 to get through the week. Choose less expensive green bell peppers or buy rainbow packs when on sale.
- ☐ Invest in reusable pantry staples like oil, soy sauce, vinegar, and rice. Stock up on sales; buy generic or house brands instead of big name brands. Generic products offer quality (usually less flashy packaging) and can save up to 30%.
- ☐ Get inexpensive vegetable staples like salad greens, extra peppers, potatoes, and carrots. If you have these on hand, you can round out any meal. Wash and chop your own greens instead of choosing bagged salads that are often more expensive.

PREP

- ☐ Wash and prep fresh produce as you unpack groceries.
- ☐ Lettuce requires proper air circulation and a small amount of moisture to keep it crisp and fresh. Wash romaine: separate leaves and store in the **Stay With Me Produce Saver** to prevent food waste and stretch your dollar further!
- ☐ Divide ground meat into four 1 lb (450 g) portions. Freeze two portions—you'll need them for later in the week. Refrigerate remaining.
- ☐ Prep and freeze **Berry Swirl No-Bake Cheesecake Petites**. Once frozen, pop out and portion in smaller freezer bags.