

GROCERY LIST

PANTRY STAPLES

- Oil:**
 - 3 tbsp (Cajun Chicken Stew)
 - 2 tbsp (Sweet N' Tangy Sheet Pan Chicken)
 - 2 tbsp (Tahini Power Bowl)
 - 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) crushed tomatoes** (Cajun Chicken Stew)
- 1 can (14 oz/398 ml) tomato sauce**, preferably low-sodium (Picadillo)
- 6 cups bite-sized pasta**, your choice | *Tip: Pick up a big bag of dry pasta and use extra to balance your plate this week.*
 - 4 cups (Fettuccine Alfredo)
 - 2 cups (Mac & Cheese)
- 1 cup graham cracker crumbs** (Mini Chocolate Pies) | *Tip: Skip the crumbs and go crustless!*
- ½ cup corn starch** (Cajun Chicken Stew)
- 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*

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.

PRODUCE

- 10 potatoes**
 - 4 medium (Picadillo)
 - 3 medium (Keema Curry)
 - 3 small sweet (Tahini Power Bowl)
Swap: rice, quinoa, or pita wedges
- 6 bell peppers** | *Tip: Green peppers are often less expensive. Or, buy bulk rainbow packs and get more bang for your buck with leftovers.*
 - 3, preferably green (Cajun Chicken Stew)
 - 3 (Sweet N' Tangy Sheet Pan Chicken)
- 6 celery stalks** (Cajun Chicken Stew)
- 2 large carrots** (Picadillo)
- 2 limes**
 - 1 (Keema Curry)
 - 1 (Sweet N' Tangy Sheet Pan Chicken)
- 1 large beet** (Tahini Power Bowl)
- ½ English cucumber** (Tahini Power Bowl)
- 6 cups leafy greens, your choice** (Tahini Power Bowl) | *Tip: Pick up an extra big bag of greens to have on hand when you need extra veggies.*
- 3 cups frozen peas**
 - 2 cups (Keema Curry)
 - 1 cup (Picadillo)



Produce Grocery
\$32 CA / \$27 US*

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 **Keema Curry**. 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

- 4 lbs (1.81 kg) lean ground beef** | *Swap: ground turkey, chicken, or pork*
 - 1½ lbs/675 g (**Picadillo**)
 - 1½ lbs/675 g (**Tacos**)
 - 1 lb/450 g (**Keema Curry**)
- 2 lbs (900 g) boneless, skinless chicken thighs**
Swap: chicken breast or ground chicken
 - 1 lb/450 g (**Cajun Chicken Stew**)
 - 1 lb/450 g (**Sweet N' Tangy Sheet Pan Chicken**)
Swap: 2 blocks (350 g each) medium-firm or firm tofu
- ½ lb (150 g) kielbasa sausage** (**Cajun Chicken Stew**)



Protein Grocery
\$48 CA / \$40 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 + ⅓ cup + 3 tbsp milk**, your choice
 - 1½ cups (**Fettuccine Alfredo**)
 - ⅓ cup (**Mac & Cheese**)
 - 3 tbsp (**Mini Chocolate Pies**)
- 1 cup plain yogurt**, your choice (**Mini Chocolate Pies**)
- 2 tbsp butter**, optional (**Mac & Cheese**)



Dairy Grocery
\$7 CA / \$6 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**, **Tacos**, and **Keema Curry**. 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 **Fettuccine Alfredo** on Tuesday.
- Freeze 2 lbs (900 g) ground meat for **Tacos** and **Keema Curry** 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 **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.