

GROCERY LIST

PANTRY STAPLES

- Oil:**
 - 1 tbsp (Meatloaf Fried Rice)
 - 1 tbsp (Smokehouse Lentil Sloppy Joes)
 - 1 tbsp, preferably sesame (Meatloaf Fried Rice)
 - 2 tsp (Coconut Curry Chicken)
 - ½ tsp, preferably sesame (Mole in Minutes Sauce)
- 2 cans (19 oz/540 ml each) lentils (Smokehouse Lentil Sloppy Joes)**
- 2 cans (14 oz/398 ml each) coconut milk, preferably light**
 - 1 (Coconut Curry Chicken)
 - 1 (Thai Red Curry)
- 1 can (5.5 oz/156 ml) tomato paste (Smokehouse Lentil Sloppy Joes)**
- 1½ cups white uncooked rice (Meatloaf Fried Rice)**
- ¼ cup mayonnaise (Smokehouse Lentil Sloppy Joes)**
- 2 tbsp brown sugar (Smokehouse Lentil Sloppy Joes)**
- 1 tbsp + 2 tsp apple cider vinegar (Smokehouse Lentil Sloppy Joes) | Swap: white vinegar**
- 1 tbsp + 1 tsp soy sauce, preferably low-sodium**
 - 1 tbsp (Meatloaf Fried Rice)
 - 1 tsp (Thai Red Curry)
- 1 tbsp creamy natural nut butter (Mole in Minutes Sauce) | Swap: seed butter**
- 1 tbsp mustard (Tex Mex Oven-Fried Chicken)**
- ½ tbsp maple syrup (Smokehouse Lentil Sloppy Joes)**



Pantry Staples Grocery
\$30 US*

SHOP SMART: Take stock of your post-holiday season 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

- 1 lime**
 - ½ (Coconut Curry Chicken)
 - ½ (Thai Red Curry)
- 1 red bell pepper (Coconut Curry Chicken)**
- 2 lbs (900 g) potatoes, preferably Russet or Yukon Gold (Shepherd's Pie)**
- 7 cups shredded coleslaw**
 - 4 cups (Meatloaf Fried Rice)
 - 3 cups (Smokehouse Lentil Sloppy Joes)
- 5 cups mixed vegetables, fresh, frozen or canned**
 - 3 cups (Thai Red Curry)
 - 2 cups (Shepherds Pie)
- 2 cups corn kernels, fresh, frozen or canned (Coconut Curry Chicken)**
- 2 cups cremini mushrooms, about 10 (Smokehouse Lentil Sloppy Joes)**



Produce Grocery
\$17 US*

SHOP SMART: Winter can be a tough (and expensive!) time to buy fresh produce since most items are not in season. Choose frozen or canned fruits and veggies whenever possible for an easy and cost-effective solution. Make use of nutrition labels to choose low sodium options when possible. Alternatively, run canned produce under cold water and drain before cooking to rinse off some of the salt.

*Costs based on Walmart Canada

GROCERY LIST

PROTEIN

- 3½ lbs (1.6 kg) lean ground beef** | *Swap: ground chicken, turkey, or pork*
 - 1½ lbs/675 g (Tacos)
 - 1 lb/450 g (Meatloaf Fried Rice)
 - 1 lb/450 g (Shepherds Pie)
- 2 lbs (900 g) boneless, skinless chicken breasts**
Swap: ground chicken
 - 1 lb/450 g (Coconut Curry Chicken)
 - 1 lb/450 g (Thai Red Curry)
- 1 lb (450 g) boneless, skinless chicken thighs**
(Tex Mex Oven-Fried Chicken) | *Swap: chicken breast*



Protein Grocery
\$43 US*

SHOP SMART: Raw meat can last in the freezer for months without compromising quality, so it's a good idea to buy bulk or family-sized packages of meat when they are on sale. Divide into 1 lb (450 g) portions before freezing so it's easy for you to grab what you need down the road.

DAIRY

- ½ cup milk**, your choice (Shepherds Pie)
- ½ cup plain 2% Greek yogurt** (Coconut Curry Chicken)
- ¼ cup butter**, preferably unsalted (True North Butter Tarts)



Dairy Grocery
\$10 US*

OTHER

- 18 frozen mini tart shells** (True North Butter Tarts)
- 12 tacos shells** (Tacos)
- 6 burger buns** (Smokehouse Lentil Sloppy Joes)
- ½ oz (14 g) semi-sweet baking chocolate**
Swap: dark chocolate



Other Grocery
\$15 US*

SHOP SMART: Did you know you can freeze dairy products? Well, it's true! Stock up on butter and milk when it's on sale and keep whatever you won't use before the "best by" date fresh in the freezer. Butter can be stored in the freezer for up to 4 months, and milk for 3-6 months (although it's best to use it after 1 month). For best results, freeze in its original container and defrost in the refrigerator, not at room temperature.



PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL:

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

*Costs based on Walmart Canada

SUNDAY SHOP & PREP TIPS



SHOP

- Streamline your shopping! Choose one kind of ground meat (beef, chicken, turkey, or pork) for **Meatloaf Fried Rice**, **Tacos**, and **Shepherds Pie**, and one kind of chicken (breasts or thighs) for **Tex Mex Oven-Fried Chicken**, **Coconut Curry Chicken**, and **Thai Red 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 you 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 **Tex Mex Oven-Fried Chicken** going in the oven.
- While that's roasting, cook rice to serve with **Tex Mex Oven-Fried Chicken**, Monday's **Coconut Curry Chicken** and Tuesday's **Meatloaf Fried Rice**.
- Divide 2½ lbs (1.1 kg) ground meat into portions and freeze for **Tacos** and **Shepherds Pie** 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.
- Prep and refrigerate **True North Butter Tarts**. Store in **Stay With Me Produce Saver** layered with parchment paper to prevent sticking.