

GROCERY LIST

PANTRY STAPLES

- Oil:**
 - 1/3 cup (**Chocolaty Temptation Petites**)
Swap: melted butter
 - 2 tbsp, preferably olive (**One Pot Pasta**)
 - 1 tbsp (**Creamy Pesto Parmesan Chicken**)
 - 1 tbsp (**Meatloaf Fried Rice**)
 - 1 tbsp, preferably sesame (**Meatloaf Fried Rice**)
 - 1 tsp, preferably sesame (**Crispy & Crunchy Lettuce Wraps**)
- 2 cans diced tomatoes**
 - 1 large (28 oz/796 ml) (**Cha Cha Chili**)
 - 1 (14 oz/400 ml) (**One Pot Pasta**)
- 1 can (19 oz/540 ml) kidney beans (Cha Cha Chili)**
Swap: canned black beans or navy beans
- 1 can (14 oz/400 ml) crushed tomatoes (One Pot Pasta)**
- 4 cups uncooked broad egg noodles (Tuna Casserole)** | *Swap: pasta, your choice*
- 2 cups uncooked bite-size pasta (One Pot Pasta)**
- 1 1/2 cups uncooked rice (Meatloaf Fried Rice)**
- 1 cup light mayonnaise (Roasted Garlic & Parmesan Hot Dip)**
- 1 tbsp + 1 tsp soy sauce**
 - 1 tbsp, preferably unsalted (**Meatloaf Fried Rice**)
 - 1 tsp (**Crispy & Crunchy Lettuce Wraps**)
- 1 tbsp mustard (Tex Mex Oven-Fried Chicken)**
- 1 tsp apple cider vinegar (Chocolaty Temptation Petites)** | *Swap: white vinegar*



Pantry Staples Grocery
\$35 CA*

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

- 2 bell peppers (Crispy & Crunchy Lettuce Wraps)**
Tip: Green peppers are often less expensive. Or, buy bulk rainbow packs and get more bang for your buck with leftovers.
- 1 small head lettuce (Crispy & Crunchy Lettuce Wraps)**
- 4 cups baby spinach (Creamy Pesto Parmesan Chicken)**
- 4 cups shredded coleslaw (Meatloaf Fried Rice)**
- 2 cups frozen peas (Tuna Casserole)**



Produce Grocery
\$15 CA*

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 wherever possible for an easy and cost-effective solution. Run canned produce under cold water and drain before cooking to rinse off some of the salt. Or make use of nutrition labels to choose lower sodium options.

GROCERY LIST

PROTEIN

- 1 can (170 g) tuna (Tuna Casserole)**
Swap: shredded turkey, chicken or beef, or cooked ham
- 3 lbs (1.36 kg) lean ground beef** | *Swap: ground chicken, turkey, or pork*
 - 1 lb/450 g (**Cha Cha Chili**) | *Swap: canned lentils, chickpeas, or beans*
 - 1 lb/450 g (**Meatloaf Fried Rice**)
 - 1 lb/450 g (**One Pot Pasta**) | *Swap: shredded turkey, chicken or beef*
- 1 lb (450 g) boneless, skinless chicken breast fillets (Creamy Pesto Parmesan Chicken)**
Swap: ground chicken
- 1 lb (450 g) boneless, skinless chicken thighs (Tex Mex Oven-Fried Chicken)** | *Swap: chicken breast*
- 1 lb (450 g) ground pork (Crispy & Crunchy Lettuce Wraps)** | *Swap: ground chicken, turkey, or beef*



Protein Grocery
\$45 CA*

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

- 4 cups milk, your choice**
 - 1½ cups (**Creamy Pesto Parmesan Chicken**)
 - 1½ cups (**Tuna Casserole**)
 - 1 cup, preferably unsweetened nut or soy (**Chocolaty Temptation Petites**)
- 1 cup cream cheese (Roasted Garlic & Parmesan Hot Dip)**



Dairy Grocery
\$5 CA*

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 **Crispy & Crunchy Lettuce Wraps**, **One Pot Pasta**, **Cha Cha Chili**, and **Meatloaf Fried Rice**, and one kind of chicken (breasts or thighs) for **Tex Mex Oven-Fried Chicken** and **Creamy Pesto Parmesan 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 you 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, prep ingredients for Monday's **Crispy & Crunchy Lettuce Wraps**. Dice peppers and combine with seasoning, ground meat, water, oil, and soy sauce. Cover and refrigerate until dinnertime tomorrow. Pull leaves from lettuce head (you should have 16 leaves); wrap in a dry paper towel, place in an airtight container or plastic bag, and refrigerate in crisper drawer to keep them fresh and crunchy.
- Cook grains (rice, or quinoa) to serve with **Tex Mex Oven-Fried Chicken**, Monday's **Crispy & Crunchy Lettuce Wraps** and Tuesday's **Creamy Pesto Parmesan Chicken**.
- Freeze 1 lb (450 g) ground meat for **Meatloaf Fried Rice** 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 **Chocolaty Temptation Petites**. Once cool, pop out of **Perfect Petites** and store in an air-tight container for a grab-and-go dessert throughout the week.