

GROCERY LIST

PANTRY STAPLES

- ☐ Oil:
 - 2 tbsp, preferably coconut (Tropical Pineapple Chicken)
 - 2 tbsp, preferably olive (Chop Chop Salad)
 - 1 tbsp (Beef Stroganoff "Helper")
 - ½ tbsp (Thai Coconut Chicken)
 - 1 tsp (Chop Chop Salad)
 - 1 tsp, preferably coconut (Enchiladas)
Swap: olive oil
- ☐ 1 egg, optional (True North Butter Tarts)
- ☐ 2 cans (14 oz/398 ml each) light coconut milk
Swap: full-fat coconut milk
 - 1 (Butter Chicken)
 - 1 (Thai Coconut Chicken)
- ☐ 2 cans (14 oz/398 ml each) unsalted black beans (Enchiladas)
- ☐ 1 can (19 oz/540 ml) unsalted chickpeas (Chop Chop Salad)
- ☐ 1 can (14 oz/398 ml) pineapple chunks in juice (Tropical Pineapple Chicken) | *Swap: frozen pineapple chunks in water*
- ☐ 3 cups bite-sized pasta (Beef Stroganoff "Helper")
- ☐ ½ cup crushed tomatoes (Butter Chicken)
- ☐ 3 tbsp tomato paste (Enchiladas)
- ☐ 1 tbsp honey mustard (Chop Chop Salad)
Swap: Dijon mustard
- ☐ 1 tsp fish sauce, optional (Thai Coconut Chicken)
- ☐ 1 tsp Worcestershire sauce (Beef Stroganoff "Helper")



Pantry Staples Grocery
\$25 CA / \$20 US*

PRODUCE

- ☐ 5 bell peppers
 - 2 (Chop Chop Salad)
 - 2 (Thai Coconut Chicken)
 - 1 (Tropical Pineapple Chicken)
- ☐ 2 onions
 - 1 large (Butter Chicken)
 - 1 small red (Tropical Pineapple Chicken)
- ☐ 1½ limes
 - 1 (Thai Coconut Chicken)
 - ½ (Enchiladas)
- ☐ 4 cups chopped romaine lettuce (Chop Chop Salad)
- ☐ 4 cups sugar snap peas | *Swap: frozen green beans*
 - 2 cups (Thai Coconut Chicken)
 - 2 cups (Tropical Pineapple Chicken)
- ☐ 2 cups frozen peas (Beef Stroganoff "Helper")
- ☐ 1½ cups corn niblets (Chop Chop Salad)
Tip: use fresh, frozen, or canned (12 oz/341 ml) corn



Produce Grocery
\$25 CA / \$20 US*

SHOP SMART: Individual, colourful peppers are often more expensive than bulk packages of colourful peppers. 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: 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.

*Costs based on Walmart Canada

GROCERY LIST



PROTEIN

- ☐ **3½ lbs (1.58 kg) boneless, skinless chicken breasts**
 - 2 lbs/900 g (**Butter Chicken**) | *Swap: tofu or 2 cups chickpeas*
 - 1 lb/450 g (**Thai Coconut Chicken**)
 - ½ lb/225 g (**Chop Chop Salad**) | *Swap: 2 cups lentils or edamame*
- ☐ **2½ lbs (1.13 kg) lean ground beef** | *Swap: ground chicken, turkey, or pork*
 - 1½ lbs/675 g (**Tacos**)
 - 1 lb/450 g (**Beef Stroganoff "Helper"**)
- ☐ **1 lb (450 g) boneless, skinless chicken breast fillets** (**Tropical Pineapple Chicken**)



Protein Grocery
\$40 CA / \$35 US*

SHOP SMART: Look for jumbo value packs of meat. They may cost more up front, but they will save you money in the long run. Divide value packs into smaller portions and store them in the freezer in air-tight containers or freezer-safe bags. Make it easy on yourself and use a marker to label the date, contents, and quantity of each portion.

DAIRY

- ☐ **2 cups grated cheese**
 - 1 cup (**Enchiladas**)
 - 1 cup cheddar (**Beef Stroganoff "Helper"**)
- ☐ **½ cup 2% plain Greek yogurt** (**Butter Chicken**)
Swap: coconut yogurt for a dairy-free option
- ☐ **½ cup crumbled feta cheese** (**Chop Chop Salad**)
- ☐ **¼ cup + 1 tbsp butter**
 - ¼ cup, preferably unsalted (**True North Butter Tarts**)
 - 1 tbsp (**Butter Chicken**) | *Swap: coconut oil*



Dairy Grocery
\$20 CA / \$17 US*

OTHER

- ☐ **18 mini frozen tart shells** (**True North Butter Tarts**)
- ☐ **12 taco shells** (**Tacos**) | *Swap: medium tortillas*
- ☐ **4 medium tortillas** (**Enchiladas**)
- ☐ **1 cup uncooked rice** (**Thai Coconut Chicken**)



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

SHOP SMART: Instead of picking up pre-grated cheese, buy a big block of cheese; even though the big block costs more, you'll get more grated cheese from that block than you will from a package of pre-grated cheese for each dollar spent. Grate the block of cheese at the beginning of the week and store it in an airtight bag in the fridge so it's ready when you need it.



PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL:
This week, add extra veggies and rice.

*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 **Tacos** and **Beef Stroganoff "Helper"**. Buy club packs and check for sales!
- Buy bulk bell peppers—you'll need at least 5 to get through the week. Choose less expensive green bell peppers or buy rainbow packs when on sale.
- Invest in reusable pantry staples and stock up on sales. Buy generic or house brands instead of big-name brands—they typically come in less flashy packaging but offer similar quality for up to 30% less!
- 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 best to buy for your wallet.
- Pick up extra inexpensive vegetable staples to balance out your plates this week, such as carrots, celery, salad greens, and extra peppers. If you have these on hand, you can round out any meal. 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 **Butter Chicken** going on the stove or in the microwave. While that's cooking, steam veggies to round out the meal. Prepare extra to serve with **Tacos** and **Beef Stroganoff "Helper"**.
- Prepare ingredients for Monday's **Chop Chop Salad**. Chop romaine lettuce, drain and rinse chickpeas, dice peppers, and cook chopped chicken breast. Toss in a large bowl with corn, then cover and refrigerate. Prepare dressing in **Prep Bowl** but dress your salad only right before serving—this will help prevent soggy lettuce.
- Cook ground meat for **Tacos** and prepare toppings.
- Freeze 1 lb (450 g) chicken breasts for Saturday's **Thai Coconut Chicken** and 1 lb (450 g) ground meat for Thursday's **Beef Stroganoff "Helper"**.
- Prep and refrigerate **True North Butter Tarts**. Store in a **Stay With Me Produce Saver** layered with parchment paper to prevent sticking.