

## GROCERY LIST

### PANTRY STAPLES

- ☐ **2 cans crushed tomatoes**
  - 1 can (28 oz/796 ml) (**Easy Peasy Bolognese**)
  - ½ can (14 oz/398 ml), about 1 cup (**Saucy Azteca Chicken**)
- ☐ **4 cups pasta**, your choice (**Easy Peasy Bolognese**)
- ☐ **¼ cup graham cracker crumbs** (**Citrus Lime No-Bake Cheesecake Petites**) | *Tip: Skip the crumbs and go crustless!*
- ☐ **4 tbsp + 2 tsp oil**
  - 2 tbsp (**Chicken Souvlaki**)
  - 1 tbsp (**Hearty Beef Stew**)
  - 1 tbsp (**Sweet Garlic Chicken**)
  - 2 tsp (**Saucy Azteca Chicken**) | *Swap: coconut oil*
- ☐ **3 tbsp tomato paste** (**Hearty Beef Stew**)
- ☐ **2 tbsp lemon juice** (**Chicken Souvlaki**) | *Swap: fresh lemon (hint: use your 2-in-1 Citrus Press!)*
- ☐ **1 tbsp honey** (**Honey Garlic Meatballs**)



Pantry Staples Grocery  
\$20\*

**SHOP SMART:** Save up to 30% by sticking to generic or house brands for your pantry staples. Check for unit prices in the small print below the main price at the store to compare the cost of products between brands and package sizes per 100 grams or milliliters.

### PRODUCE

- ☐ **2 bell peppers** | *Tip: Green peppers are often less expensive. Or, buy bulk rainbow packs and get more bang for your buck with leftovers.*
  - 1 yellow (**Chicken Souvlaki**)
  - 1, your choice (**Saucy Azteca Chicken**)
- ☐ **1 lime** (**Citrus Lime No-Bake Cheesecake Petites**)
- ☐ **1 small red onion** (**Chicken Souvlaki**)
- ☐ **1 zucchini** (**Saucy Azteca Chicken**)
- ☐ **4¼ lbs (1.9 kg) yellow potatoes**
  - 2 lbs (900 g) (**Shepherds Pie**)
  - 1½ lbs (675 g) (**Hearty Beef Stew**)  
*Swap: mini potatoes*
  - ¾ lb (340 g) (**Sweet Garlic Chicken**)  
*Swap: small sweet potatoes*
- ☐ **2 lbs (900 g) baby carrots** (**Hearty Beef Stew**)
- ☐ **2 cups cherry tomatoes** (**Chicken Souvlaki**)
- ☐ **2 cups mixed vegetables, fresh or frozen** (**Shepherds Pie**) | *Tip: Stock up on extra of your favourite veggies from other recipes this week, or pick up a bag of frozen veggie medley.*



Produce Grocery  
\$25\*

**SHOP SMART:** Tweak recipes using common ingredients and buy what's on sale. Use the same type of potatoes (such as Yukon Gold or russet) to make Shepherds Pie, Hearty Beef Stew, and Sweet Garlic Chicken.

\*Costs based on Walmart Canada

# GROCERY LIST



## PROTEIN

- ☐ **4 lbs (1.8 kg) boneless, skinless chicken thighs**
  - 2 lbs (900 g) (Chicken Souvlaki) | Swap: chicken breast fillets
  - 1 lb (450 g) (Saucy Azteca Chicken)
  - 1 lb (450 g) (Sweet Garlic Chicken)  
Swap: medium-firm tofu
- ☐ **2 lbs (900 g) lean ground beef** | Swap: ground chicken or pork. Tip: check for sales!
  - 1 lb (450 g) (Honey Garlic Meatballs)
  - 1 lb (450 g) (Shepherds Pie)
- ☐ **1½ lbs (675 g) stewing beef (Hearty Beef Stew)**  
Swap: ground beef



Protein Grocery  
\$55\*

**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

- ☐ **1 brick (8 oz/250 g) cream cheese** (Citrus Lime No-Bake Cheesecake Petites)
- ☐ **1½ cups whipping cream** (Citrus Lime No-Bake Cheesecake Petites)
- ☐ **½ cup feta** (Saucy Azteca Chicken)  
Swap: grated cheese
- ☐ **½ cup milk** (Shepherds Pie)
- ☐ **½ cup plain non-dairy creamer** (Easy Peasy Bolognese) | Swap: half and half creamer (10%)



Dairy Grocery  
\$15\*

## GRAINS

- ☐ **8 pitas, optional** (Chicken Souvlaki)



Other Grocery  
\$2\*

**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.

\*Costs based on Walmart Canada

# SUNDAY SHOP & PREP TIPS



## SHOP

- ☐ Streamline your shopping and choose ingredients that can be used for several different recipes. For example, use chicken thighs for **Chicken Souvlaki**, **Sweet Garlic Chicken**, and **Saucy Azteca Chicken**.
- ☐ Buy one large bag of yellow potatoes and use for **Hearty Beef Stew**, **Sweet Garlic Chicken**, and **Shepherds Pie**.
- ☐ 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 salad greens and other inexpensive vegetable staples to balance out your plates this week. Check for sales, buy produce that is in season, or choose frozen or canned options when possible.

## PREP

- ☐ Wash and prep fresh produce as you unpack groceries. Store veggies in the **Stay With Me Produce Savers** in the fridge to keep them fresh.
- ☐ After unpacking, set and forget **Hearty Beef Stew** in an Instant Pot or slow cooker.
- ☐ Marinate **Chicken Souvlaki**. In a bowl, combine sliced pepper and onion, tomatoes, chicken, and seasoning. Cover, and refrigerate overnight.
- ☐ If you have the time, prepare **Easy Peasy Bolognese Sauce**. Just simmer canned tomatoes with seasoning, water, and creamer for 20 min. Freeze or refrigerate.
- ☐ If you have the time, prep **Citrus Lime No-Bake Cheesecake Petites**. Portion and wrap so you have easy grab-and-go desserts throughout the week.