

grocery list – week 1

PANTRY

- all-purpose flour
- bay leaves
- butter
- chili powder
- cider vinegar
- cornstarch
- dijon mustard
- ground coriander
- ground cumin
- honey, liquid
- olive oil
- pepper
- salt
- sesame oil
- soy sauce, sodium-reduced
- thyme, dried
- vegetable oil
- worcestershire sauce

GROCERY

- 1 cup apple cider
- 1 pkg (900 mL) beef broth, sodium-reduced
- 1 can black beans
- 280 g Cantonese-style steamed chow mein noodles
- 1 pkg (900 mL) chicken broth, sodium-reduced
- 1 cup cornmeal
- 1pkg (500 g) gnocchi
- 3 cups penne pasta
- 1/3 cup pot or pearl barley
- 1/3 cup roasted cashews, chopped
- tomato paste
- 1 bottle tomatoes (passata), strained
- 1 pkg (900 mL) vegetable broth

FROZEN

- ½ cup corn kernals (frozen)
- 2½ cups peas (frozen)

PRODUCE

- 3 large carrots
- 2 ribs celery
- chives, fresh
- 1 pkg (216 g) cremini mushrooms
- 2 heads garlic
- small knob ginger, fresh
- 2 bunches green onions
- 1 jalapeno pepper
- 2 leeks
- 2 lemons
- 2 limes
- mint, fresh
- 4 onions
- parsley (fresh)
- 1 large parsnip
- half pineapple
- 1 red onion
- sage (fresh)

BREAD

- 4 hamburger buns, whole-grain

MEAT/MEAT ALTERNATIVES

- 1.35 kg beef pot roast (top or bottom blade, or cross rib), boneless
- 450 g chicken breasts, boneless skinless
- 4 fish fillets (such as tilapia or whitefish), about 450 g
- 450 g ground beef, lean
- 4 pork chops (about 600 g total), bone-in
- 1 rotisserie chicken
- 1 pkg (425 g) Tofu (firm)

DAIRY

- ½ cup feta cheese, crumbled
- ¾ cup Monterey Jack cheese, shredded
- ¼ cup sour cream

grocery list – week 2

PANTRY

- all-purpose flour
- balsamic vinegar
- bay leaves
- celery seeds
- chili powder
- cider vinegar
- cooking molasses
- cornstarch
- dijon mustard
- dried oregano
- dry mustard
- garlic chili sauce/sambal oelek
- garlic powder
- ground coriander
- ground cumin
- hot pepper flakes
- italian herb seasoning (dried)
- olive oil
- olive oil, extra-virgin
- oyster sauce
- pepper
- red wine vinegar
- salt
- vegetable oil
- vinegar

GROCERY

- 2 pkgs (900 mL each) chicken broth, sodium-reduced
- 2 cups egg noodles, curly
- ½ cup peanuts, roasted and unsalted
- 565 g spaghetti, whole wheat
- sun-dried tomato pesto
- 2 bottles (680 mL) tomatoes (passata), strained

FROZEN

- ½ cup peas (frozen)
- ½ cup spinach (frozen)

OTHER

- ¼ cup dry white or red wine

PRODUCE

- 1 bunch asparagus
- basil (fresh)
- 3 carrots
- 3 ribs celery
- chives (fresh)
- 1 cucumber
- 2 heads garlic
- 1 ginger (fresh), Small knob
- 225 g green beans
- 1 bunch green onions
- 2 bunches kale
- 5 onions
- oregano (fresh)
- 3 radishes
- 1 red onion
- 2 heads romaine lettuce
- 1 sweet onion, small
- 6 (about 1.5 kg) sweet potatoes total
- 1 sweet red pepper

BREAD

- ½ cup bread crumbs, whole wheat (fresh)
- 6 slices sourdough bread (thick)
- 4 large tortillas, spinach or whole wheat

MEAT/MEAT ALTERNATIVES

- 450 g beef strip loin grilling steak (1 inch/2.5 cm thick)
- 4 thin slices (about 55 g) Black Forest ham
- 450 g chicken breasts, boneless skinless
- 6 (about 900 g) chicken thighs, bone-in
- 13 eggs
- 450 g ground turkey, extra-lean
- 1.35 kg pork shoulder blade roast, boneless

DAIRY

- 4 slices cheddar cheese (about 85 g)
- ½ cup feta cheese, crumbled
- 70 g goat cheese, pepper-coated
- ⅓ cup Parmesan cheese, grated

grocery list – week 3

PANTRY

- all-purpose flour
- bay leaves
- butter
- cornstarch
- dijon mustard
- dried thyme
- grainy mustard
- liquid honey
- nutmeg
- olive oil
- oyster sauce
- pepper
- red pepper flakes
- salt
- vegetable oil

GROCERY

- 340 g fusilli pasta
- mango chutney
- 1 pkg (900 mL) chicken broth, no-salt-added
- 1 pkg (900 mL) chicken broth, sodium-reduced
- 1/3 cup coconut, unsweetened shredded
- 1 1/3 cups arborio rice
- 2/3 cup panko (bread crumbs)

FROZEN

- 1 1/2 cups peas (frozen)

OTHER

- 1 1/2 cups stout beer
- 3/4 cup white wine

PRODUCE

- 450 g carrots
- 2 ribs celery
- 4 cloves garlic
- 255 g green beans
- 2 onions
- 450g parsnips
- 2 sweet peppers (red, orange or yellow)
- 2 sweet potatoes
- 1 bunch Swiss chard
- tarragon (fresh)
- 675 g yellow-fleshed potatoes

BREAD

- 8 slices multigrain bread (thick)

MEAT/MEAT ALTERNATIVES

- 4 strips bacon, thick-sliced
- 450 g beef flank marinated steak
- 450 g chicken cutlets
- 450 g chicken tenders
- 2 eggs
- 4 thin slices ham
- 450 g jumbo shrimp (size 16 to 20), raw
- 1.35 kg stewing beef cubes

DAIRY

- 55 g garlic-and-herb soft cheese (such as Boursin)
- 1 cup Gruyere cheese, shredded
- 4 slices Gruyere cheese
- 1/2 cup milk
- 1/3 cup Parmesan cheese, shaved
- 1/4 cup whipping cream
- 1/4 cup yogurt, plain

grocery list – week 4

PANTRY

- black bean garlic sauce
- butter
- chili garlic paste
- chili powder
- cornstarch
- cumin seeds
- dijon mustard
- dried italian herb seasoning
- hot pepper flakes
- liquid honey
- mayonnaise
- nutmeg
- olive oil
- pepper
- salt
- vegetable oil

GROCERY

- 1/3 cup almonds, slivered
- 3 cups baby spinach
- 1 pkg (900 mL) beef broth, sodium-reduced
- 1 can chipotle peppers in adobo sauce
- 1 cup pizza sauce
- 340 g spaghetti
- 1 can tomato paste
- 1 zucchini

PRODUCE

- 4 cups baby spinach, packed
- basil (fresh)
- 1 cup cherry tomatoes
- chives (fresh)
- 2 corncobs
- 2 Cubanelle peppers
- dill (fresh)
- 2 heads garlic
- 1 small knob ginger (fresh)
- 3 green onions
- 2 lemons
- 3 onions
- parsley (fresh)
- 1 sweet red pepper
- thyme (fresh)
- 4 tomatoes
- 675 g yellow-fleshed potatoes
- 3 zucchini

BREAD

- 4 pitas, whole wheat
- 6 large tortillas, whole wheat

MEAT/MEAT ALTERNATIVES

- 450 g beef sirloin grilling steak
- 5 eggs
- 900 g ground beef, lean
- 115 g guanciale or pancetta, thinly sliced
- 1 (about 450 g) halibut fillet
- 1.35 kg pork spareribs, bite-size
- 1 rotisserie chicken

DAIRY

- 1/2 cup milk
- 4 1/2 cups Monterey Jack cheese, shredded
- 1/3 cup Parmesan cheese, grated
- 1/3 cup Pecorino cheese
- 1/2 cup soft goat cheese, crumbled
- 1 cup whipping cream