

# 20 Budget Friendly Meals GROCERY LIST



## THIS WEEK'S RECIPES:

Butternut Squash Mac and Cheese  
Shrimp and Pea Pilau  
Mexican Pork and Black Bean Soup  
Honey-Lime Chicken with  
Roast Spiced Cauliflower  
Creamy Meatballs and Noodles

## YOU'LL ALSO NEED:

Vegetable oil  
Salt and pepper  
Olive oil  
Butter

- 6 cups small cauliflower florets
- 1 medium butternut squash
- 1 sweet onion sweet
- 1 sweet yellow pepper
- 1-½ cups shredded or chopped iceberg lettuce
- 4 radish radishes
- 1 avocado
- 2 green onions
- 2 onions
- 8 cloves garlic
- 6 fresh sage leaves
- 2 tbsp fresh parsley
- 1 bunch fresh cilantro
- 2 cups milk
- ¼ cup whipping cream or 10% cream
- ¼ cup light sour cream
- 3 tbsp cold-pack sharp Cheddar cheese product (such as MacLaren's Imperial)
- 450 g boneless skinless chicken thighs
- 450 g pork tenderloin
- 1 lb lean ground beef or medium ground beef
- 1 egg
- 1-½ cups sodium-reduced beef broth
- 2 cups sodium-reduced chicken broth
- 6 tbsp all-purpose flour
- 2 tbsp liquid honey
- 3 tbsp lime juice
- 2 tbsp Dijon mustard
- 1 bay leaf
- 1 tbsp chili powder
- 2 tsp ground cumin
- 2 tsp ground coriander
- ¼ tsp ground allspice
- ¼ tsp ground cloves
- Pinch tumeric
- Pinch smoked paprika
- Pinch nutmeg
- Pinch cayenne pepper
- 1 tbsp tomato paste
- 1 can (796 mL) whole tomatoes
- 1 cup canned black beans
- ½ cup fresh bread crumbs
- 4 cups no-yolk egg noodles
- 1-¼ cups elbow macaroni
- 1 cup basmati rice
- 350 g raw jumbo shrimp
- 1-½ cup frozen peas