

# 20 Budget Friendly Meals GROCERY LIST



## THIS WEEK'S RECIPES:

- Curried Cauliflower with Chickpeas
- Souvlaki-Style Pork Tenderloin with Mixed Vegetables
- Lightevned-up Chicken Parmigiana with Garlicky Veggies
- Lazy Cheeseburgers with Carrot Slaw
- Tilapia and Red Pepper Fajitas

## YOU'LL ALSO NEED:

You will also need:

- Vegetable oil
- Salt and pepper
- Olive oil
- Butter

- 1 head of broccoli
- 1 small head cauliflower
- 4 cups packed fresh baby spinach
- 1 sweet onion
- 450 g sweet potatoes
- 1 red onion
- 4 zucchinis
- 2 cups baby arugula leaf baby arugula leaves or spinach
- 2 cups coleslaw mix
- 1 sweet red pepper
- 2 onions
- 1 sweet red pepper
- 1 large carrot
- 6 tsp lemon juice
- 2 tsp lime juice
- 1 tsp chopped fresh rosemary
- 1/3 cup chopped fresh cilantro
- 6 fresh basil leaves
- 1 inch fresh ginger
- 13 cloves garlic
- 1/3 cup plain Greek yogurt
- 1/3 cup sour cream
- 3/4 cup shredded Cheddar cheese
- 1 egg white
- 450 g pork tenderloin
- 450 g extra-lean ground beef
- 2 boneless skinless chicken breasts
- 300 g tilapia fillets
- 4 tsp cider vinegar
- 1/3 cup ketchup
- 1 tbsp Worcestershire sauce
- 2 tsp Dijon mustard
- 2 tsp balsamic vinegar
- 1 tsp red wine vinegar
- 1 can (19 oz/540 mL) chickpea chickpeas
- 1 cup canned black beans
- 1/2 cup frozen corn kernels
- 1-1/2 cups bottled strained tomatoes (passata)
- 1/2 cup sodium-reduced chicken broth
- 1/4 cup raisins
- 1 tsp liquid honey
- 4 tsp all-purpose flour
- 1 tbsp granulated sugar
- 1/2 tsp each smoked paprika, and chili powder
- 2 tsp garam masala
- 1/4 tsp ground cumin
- 1/4 tsp cayenne pepper
- 4 tsp dried oregano
- Pinch hot pepper flakes
- 4 hamburger buns or kaiser buns
- 8 small soft flour tortillas
- 1/2 cup panko bread crumbs