

Weeknight dinners under 30 minutes

GROCERY LIST



THIS WEEK'S RECIPES:

BLT Pizzas
Grilled Pork Chops With
Tomato Olive Salsa
Lazy Cheeseburgers With Carrot Slaw
Seared Salmon with Buttery
Couscous and Mango Salsa
Chicken and Vegetable Soba Noodle
Stir-Fry

YOU'LL ALSO NEED:

Butter
Olive Oil
Vegetable oil
Lemon juice
Salt
Pepper
Cornstarch
Cider vinegar

- 1 mango
- 1 lime
- 8 oz baby bok choy
- ½ cup chopped grape tomatoes
- 5 oz shiitake mushrooms
- 2 cups coleslaw mix
- 1 large carrot
- 1 sweet red peppers
- 3 plum tomatoes
- 5 cups baby arugula leaves or spinach
- 5 cloves garlic
- 4 green onions
- ¼ cup chopped fresh chives
- 2 red onions
- 1 tsp minced fresh ginger
- 1 tsp chopped fresh rosemary
- 3 tbsp chopped fresh cilantro
- 2 tbsp chopped fresh oregano

- ¾ cup shredded Cheddar cheese
- 1 cup shaved Parmesan cheese

- 4 hamburger buns or kaiser buns
- 350 g 350 g prepared pizza dough, halved

- 8 slices sodium-reduced bacon
- 4 boneless centre-cut fast-fry pork chops
- 8 oz boneless skinless chicken
- 4 skinless salmon fillets
- 450 g extra-lean ground beef

- 8 oz soba noodles
- 1 cup Israeli couscous
- ⅓ cup sliced pitted black olives
- 1 tbsp red wine vinegar
- ⅓ cup sodium-reduced chicken broth
- 1 tbsp oyster sauce
- ¼ tsp sesame oil
- ⅓ cup ketchup
- 1 tbsp Worcestershire sauce
- 1 tsp liquid honey