

GROCERY LIST: WEEKLY MEAL #1

PRODUCE

- 3 bunches green onions
- 2 bulbs garlic
- 6 medium carrots
- 2 medium parsnips
- 3 medium onions
- 5 lbs bag yellow potatoes
- 50 g ginger root
- 1-2 small tomatoes *
- 3 medium head broccolis
- 3 red bell pepper
- 200 g pkg snow peas
- 142 g pkg salad greens
- 397 g pkg coleslaw mix
- 1 bunch fresh cilantro *
- 1 bunch fresh parsley
- 1 bunch fresh thyme
- 1 bunch celery
- 9 apples
- 1 medium orange
- 1 lemon
- 1 lime

PROTEINS & DAIRY

- 1 small wedge or bag parmesan cheese
- 320 g shredded cheddar cheese
- 454 g salted butter
- 1 L buttermilk
- 250 mL cup whipping cream
- Sour cream *
- Vanilla ice cream *
- 2 pkgs (350 g each) Fresh Cheese Tortellini
- 1 lb (0.5 kg) Boneless Skinless Chicken Breasts
- 1 lb (0.5 kg) Pork Tenderloin
- 2 lb (0.5 kg) Lean Ground Beef
- 3 lb (1.5 kg) Boneless Beef Chuck Roast
- 3 1/2 lb (1.75 kg) Arctic Char Fillet or Atlantic Salmon

PANTRY

- 9 cups chicken or vegetable broth
- ¼ tsp beef bouillon mix
- 1 can (14 oz/398 ml) diced tomatoes
- 1 can (5 1/2 oz/156 ml) tomato paste
- 1 can (7 1/2 oz/213 ml) tomato sauce
- 1 can (14 oz/398ml) black beans
- 375 g box spaghetti
- 8 flour tortillas (10 inch)
- 6 dinner rolls or tray buns *
- ½ cup balsamic vinaigrette salad dressing
- 2 tbsp smooth peanut butter
- ¾ cup mayonnaise
- ¼ cup ketchup
- 1 tbsp Dijon mustard
- 2 tsp Worcestershire sauce
- ½ cup long grain white rice
- 1 tbsp soy sauce
- 1 jar pickled/sushi ginger
- Bamboo skewers
- Salsa *

HERBS & SPICES

- Dried basil leaves
- Ground pepper
- Salt
- Dried oregano leaves
- Red pepper flakes
- Seasoned salt
- Dry mustard
- Herbes de Provence or thyme leaves
- Ground coriander
- Paprika
- Cayenne pepper
- Cumin
- Garlic powder
- Onion powder
- Cinnamon
- Nutmeg
- Ground ginger
- Sesame seeds *

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BAKING

- 2 cups all-purpose flour
- 1 cup whole wheat flour
- 1 tbsp baking powder
- ½ tsp baking soda
- 1 cup granulated sugar
- 1 ¼ cups golden brown sugar
- 1 ¼ cups old-fashioned rolled oats

OILS & VINEGARS

- ½ cup pure white vinegar
- ¼ cup apple cider vinegar
- ½ cup rice vinegar or white wine vinegar
- 2 tsp balsamic vinegar
- 1 ¼ cup canola oil
- ½ tsp sesame oil
- ¼ cup extra-virgin olive oil

* optional ingredients, either toppings or garnishes used throughout the week

Quick Tips:

- Most light coloured vinegars (apple, rice, white) can be substituted with white wine vinegar.
- You can use canola oil in place of most specialty oils in recipes.