

#LetsCook30

Week 1 Shopping List

This is what week 1 grocery list will look like if you are following our weekly menu for #LetsCook30.

Produce

3 medium zucchini
1 carrots
1 head broccoli
1 red onion
4 red peppers
2 - 8 oz package mushrooms
1 bunch green onions
1 butternut squash
1 large sweet potato
1 package spinach (4 cups)
1 bag snap peas (2 cups)
1 bunch cilantro (optional)
1 bunch chives (optional)

Bakery and Bread

1 flatbread, pre-made pizza crust or 2 pita breads or Naan

Meat/Meat Alternative and Seafood

2 lbs chicken breast
1 pork tenderloin if making Lo Mein with pork
1 lb ground beef
1 or 2 pkgs firm or extra firm tofu (Teriyaki veggie bowl and Lo Mein)

Dairy, Cheese and Eggs

1 small block mozzarella cheese (1 ¼ cups)
1 small block cheddar cheese (¼ cup)
1 small container yogurt or sour cream (1/2 cup)
milk

Grains, Pasta and Rice

1 box lasagna noodles
1 box linguini noodles
1 package dried red lentils (1 cup)
1 package wheat bran (1/2 cup)

Canned and Jarred Goods

1 - 14 oz can light coconut milk
1 small can pineapple (chunks or tidbits- if you want to add to pizza)

Miscellaneous

unsweetened coconut (1/4 cup)
sunflower seeds (1/4 cup)
pumpkin seeds (1/2 cup)
raisins or dried cranberries (1/2 cup)
ground flax seed (1/2 cup)
chia seeds (1 tbsp)

Check your pantry to see if you have the following items. Purchase if necessary.

Oils, Vinegars, Sauces & Condiments

vegetable oil
sesame oil
rice vinegar
apple cider vinegar
Dijon mustard
maple syrup
soy sauce
honey (1 cup)
BBQ sauce
peanut butter (1/2 cup)

Spices & Dried Herbs

salt
pepper
chili powder (1 tsp)
cinnamon (1 ¼ tsp)
dried oregano (1/2 tsp)
ground turmeric (1/2 tsp)
curry powder (1 ½ tsp)
ground cumin (1 ½ tsp)

Canned & Jarred Goods

1 - 650 mL jar pasta sauce
1 - 28 oz can diced tomatoes
2 - 28 oz crushed tomatoes
1 small can tomato paste
3 - 19 oz cans chickpeas
chicken or vegetable broth (3 ½ cups)

Baking Supplies

brown sugar
cornstarch (2 tbsp)
vanilla extract (1 tsp)
sesame seeds (4 tbsp)
chocolate chips (1/2 cup)

Grains, Pasta and Rice

brown rice
rolled oats (4 cups)

Pantry Produce

garlic (2)
onions (4)
ginger (4 inch knob)

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York Region