

SESSION ONE GROCERY LIST

VEGETABLES + FRUITS + HERBS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Berries –Mixed, Fresh or Frozen	4 cups (1 L)	Cobbler
<input type="checkbox"/> Broccoli	½ small	Hummus
<input type="checkbox"/> Carrots	2 large	Roasted Vegetables
<input type="checkbox"/> Carrots, Mini	1 bag	Hummus
<input type="checkbox"/> Cauliflower	½ small	Hummus
<input type="checkbox"/> Celery	2 stalks	Hummus
<input type="checkbox"/> Lemons	2 large	Hummus, Cobbler
<input type="checkbox"/> Onion – Sweet White or Red	2 medium	Roasted Vegetables, Lasagna
<input type="checkbox"/> Orange	1 medium	Salad
<input type="checkbox"/> Parsnip	1 medium	Roasted Vegetables
<input type="checkbox"/> Pepper - Green	2	Hummus, Roasted Vegetables
<input type="checkbox"/> Pepper – Yellow or Red	3	Hummus, Roasted Vegetables
<input type="checkbox"/> Spinach or Mixed Greens	½ large bag or box (10 cups)	Salad
<input type="checkbox"/> Tomatoes - Cherry	1 small box	Hummus
Fresh Herbs		
<input type="checkbox"/> Garlic	1 bulb	Hummus, Lasagna
<input type="checkbox"/> Parsley	1 bunch	Hummus

BAKERY		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Whole Wheat Pita Rounds (6")	4	Hummus

SPICES		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Italian Seasoning	1 tbsp	Roasted Vegetables
<input type="checkbox"/> Oregano – Dried	1 tbsp	Lasagna
<input type="checkbox"/> Salt + Pepper	--	Most recipes

REFRIGERATED SECTIONS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Beef – Ground, Lean or Extra Lean	1 lb (450 g)	Lasagna
<input type="checkbox"/> Buttermilk	½ cup (125 mL)	Cobbler
<input type="checkbox"/> Cheese - Cottage or Ricotta	1 cup (250 g)	Lasagna
<input type="checkbox"/> Cheese - Parmesan	¼ cup (50 mL)	Lasagna

PANTRY		
Ingredient	Quantity	Recipe
Wet Pantry		
<input type="checkbox"/> Dijon Mustard	2 tsp	Salad
<input type="checkbox"/> Honey	1 tsp	Salad
<input type="checkbox"/> Margarine or Butter	¼ cup	Cobbler
<input type="checkbox"/> Oil - Canola	1 tbsp	Lasagna
<input type="checkbox"/> Oil - Olive	--	Various Recipe
<input type="checkbox"/> Vanilla Extract	1 tsp	Cobbler
<input type="checkbox"/> Vinegar - Apple Cider	2 tbsp	Salad
Dry Pantry		
<input type="checkbox"/> Baking Powder	2 tsp	Cobbler
<input type="checkbox"/> Cranberries	¼ cup (50 mL)	Salad
<input type="checkbox"/> Flour – All Purpose	¾ cup (175 mL)	Cobbler
<input type="checkbox"/> Flour – Whole Wheat	¾ cup (175 mL)	Cobbler
<input type="checkbox"/> Lasagna Noodles	10	Lasagna
<input type="checkbox"/> Solid Chocolate Bar	1	To lead Mindful Eating Activity
<input type="checkbox"/> Sugar - White	3 tbsp	Cobbler
<input type="checkbox"/> Sunflower Seeds - Raw, Unsalted	2 tbsp	Salad
Cans + Other		
<input type="checkbox"/> Beans - Chickpeas	1 19 oz can (540 mL)	Hummus
<input type="checkbox"/> Peaches – No Sugar Added	1 19 oz can (540 mL)	Cobbler
<input type="checkbox"/> Tomatoes – Diced, No-Salt-Added	2 x 14 oz cans (828 mL)	Lasagna

SESSION TWO GROCERY LIST

VEGETABLES + FRUITS + HERBS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Apples	2	Fruit Salad
<input type="checkbox"/> Banana	4	Fruit Salad, Muffins
<input type="checkbox"/> Berries - Fresh or Frozen	1 cup (250 g)	Fruit Salad
<input type="checkbox"/> Cantaloupe	1 small	Fruit Salad
<input type="checkbox"/> Grapes	1 bunch	Fruit Salad
<input type="checkbox"/> Lemon	1	Kale Salad
<input type="checkbox"/> Kale - Green Curly	2 bunches	Kale Salad
<input type="checkbox"/> Orange	1 large	Fruit Salad
<input type="checkbox"/> Mango - Fresh or Frozen	1 cup (250 g)	Fruit Salad
<input type="checkbox"/> Pineapple - Fresh or Canned	1 cup (250 g)	Fruit Salad
<input type="checkbox"/> Potatoes - Russet	4 medium	Fries
Fresh Herbs		
<input type="checkbox"/> Garlic	2 cloves	Kale Salad, Chicken Strips
<input type="checkbox"/> Parsley	1 bunch	Chicken Strips

BAKERY		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Bread Crumbs (Dry)	¼ cup (50 mL)	Chicken Strips

SPICES		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Chili Sauce	Optional	Chicken Strips
<input type="checkbox"/> Cinnamon - Ground	½ tsp	Muffins
<input type="checkbox"/> Oregano - Dried	¼ tsp	Chicken Strips
<input type="checkbox"/> Paprika	½ tsp	Chicken Strips
<input type="checkbox"/> Rosemary - Dried	To taste	Fries
<input type="checkbox"/> Salt + Pepper	--	Most recipes

REFRIGERATED SECTIONS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Cheese - Parmesan	4 tbsp	Caesar Salad
<input type="checkbox"/> Chicken Breast - Boneless, Skinless	1 lb (450 g)	Chicken Strips
<input type="checkbox"/> Eggs	2	Muffins
<input type="checkbox"/> Milk - 1%	¼ cup (50 mL)	Chicken Strips
<input type="checkbox"/> Yogurt - Greek, 0% (plain)	¾ cup (175 mL)	Kale Salad

PANTRY		
Ingredient	Quantity	Recipe
Wet Pantry		
<input type="checkbox"/> Honey	¼ cup (50 mL)	Muffins
<input type="checkbox"/> Mustard - Dijon	2 tbsp	Kale Salad
<input type="checkbox"/> Oil - Canola	¼ cup (50 mL)	Muffins
<input type="checkbox"/> Oil - Olive	4 tbsp	Kale Salad, Fries
<input type="checkbox"/> Vanilla Extract	1 tsp	Muffins
<input type="checkbox"/> Worcestershire Sauce	1 tbsp	Kale Salad
Dry Pantry		
<input type="checkbox"/> Baking Soda	1 tsp	Muffins
<input type="checkbox"/> Flour - Whole Wheat	1½ cup (275 mL)	Muffins
<input type="checkbox"/> Oats - Large Flake	½ cup (125 mL)	Muffins

SESSION THREE GROCERY LIST

VEGETABLES + FRUITS + HERBS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Bananas, Ripe	4	Smoothies
<input type="checkbox"/> Carrots	2	Chowder
<input type="checkbox"/> Fennel Bulb	1	Chowder
<input type="checkbox"/> Green Onion	1 bunch (4 onions)	Quesadillas
<input type="checkbox"/> Lime	1	Quesadillas
<input type="checkbox"/> Mushrooms	4	Frittata
<input type="checkbox"/> Onion	1 large, 1 medium	Chowder, Frittata
<input type="checkbox"/> Pepper - Jalapeño	1	Quesadillas
<input type="checkbox"/> Pineapple - Fresh	1 small	Smoothies
<input type="checkbox"/> Potato - Russet	1 large	Chowder
<input type="checkbox"/> Spinach	3 cups (750 mL)	Smoothies, Frittata
<input type="checkbox"/> Tomatoes	2 medium	Quesadillas, Frittata
Frozen		
<input type="checkbox"/> Corn	1½ cups (375 mL)	Chowder
<input type="checkbox"/> Strawberries	1½ cups (375 mL)	Smoothies
Fresh Herbs		
<input type="checkbox"/> Cilantro	1 bunch	Quesadillas
<input type="checkbox"/> Garlic	1 bulb	Quesadillas, Chowder, Frittata
<input type="checkbox"/> Thyme or Chive	1 or 2 sprigs (optional)	Chowder

BAKERY		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Tortillas - Whole Wheat	6 large (10")	Quesadillas

SPICES		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Bay Leaf	1	Chowder
<input type="checkbox"/> Chili Powder	1½ tsp	Quesadillas
<input type="checkbox"/> Cumin - Ground	1½ tsp	Quesadillas
<input type="checkbox"/> Oregano - Dried	½ tsp	Frittata
<input type="checkbox"/> Paprika	1 tsp	Frittata
<input type="checkbox"/> Salt + Pepper	--	Most recipes
<input type="checkbox"/> Thyme - Dried	½ tsp	Frittata

REFRIGERATED SECTIONS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Cheese - Cheddar, Lower Fat	2½ cups (625 mL)	Quesadillas, Frittata
<input type="checkbox"/> Eggs	8	Frittata
<input type="checkbox"/> Milk - 1%	2 cups (500 mL)	Pudding
<input type="checkbox"/> Salmon - Fresh	½ lb (225 g)	Chowder
<input type="checkbox"/> Soy Beverage, Unsweetened Fortified	2 cups (500 mL)	Smoothies
<input type="checkbox"/> Yogurt - Greek, 0%, Plain	2 cups (500g)	Smoothies

PANTRY		
Ingredient	Quantity	Recipe
Wet Pantry		
<input type="checkbox"/> Broth - Chicken, Sodium-Reduced	2 cups (500 mL)	Chowder
<input type="checkbox"/> Oil - Olive	1 tbsp	Chowder
<input type="checkbox"/> Vanilla Extract	1 tsp	Pudding
Dry Pantry		
<input type="checkbox"/> Cocoa (ie. Fry's)	⅓ cup (80 mL)	Pudding
<input type="checkbox"/> Cornstarch	3 tbsp	Pudding
<input type="checkbox"/> Flour - All Purpose	1 tsp	Pudding
<input type="checkbox"/> Sugar - White	½ cup (125 mL)	Pudding
Cans + Other		
<input type="checkbox"/> Beans - Black	1 x 19 oz can (540 mL)	Quesadillas
<input type="checkbox"/> Milk - Canned, Lower Fat or Fat Free Half-and-Half	2 cups (500 mL)	Chowder

SESSION FOUR GROCERY LIST

VEGETABLES + FRUITS + FRESH HERBS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Bell Pepper - Green	1	Chili
<input type="checkbox"/> Bell Pepper - Red	3	Grilled Fish, Stir-Fry, Chili
<input type="checkbox"/> Carrots	2 medium	Minestrone
<input type="checkbox"/> Celery	1 stalk	Stir-Fry
<input type="checkbox"/> Green Onions	1 bunch (3 onions)	Stir-Fry
<input type="checkbox"/> Honeydew Melon	1 small	Grilled Fish
<input type="checkbox"/> Limes	2	Grilled Fish
<input type="checkbox"/> Mushrooms	½ lb (225 g)	Stir-Fry
<input type="checkbox"/> Onion - Red	1 small	Grilled Fish
<input type="checkbox"/> Onions - Yellow	3 medium	Minestrone, Stir-Fry, Chili
<input type="checkbox"/> Pepper - Jalapeno	1	Chili
<input type="checkbox"/> Pineapple - Canned or Fresh	2 cups (500 mL)	Grilled Fish
<input type="checkbox"/> Snow Peas	¼ lb (113 g)	Stir-Fry
<input type="checkbox"/> Zucchini	2 small	Minestrone
Frozen		
<input type="checkbox"/> Corn	1 cup (250 mL)	Chili
Fresh Herbs		
<input type="checkbox"/> Cilantro	1 bunch	Grilled Fish
<input type="checkbox"/> Ginger	1 tbsp	Stir-Fry
<input type="checkbox"/> Garlic	1 bulb	Minestrone, Chili, Stir-Fry

REFRIGERATED SECTION		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Beef - Lean Ground	500 g (~1lb)	Chili
<input type="checkbox"/> Fish	1 lb (450 g)	Grilled Fish
<input type="checkbox"/> Tofu - Firm or Extra Firm	1 x 350 g package	Stir-Fry

SPICES		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Oregano - Dried	2 tsp	Minestrone, Chili
<input type="checkbox"/> Chili Powder	2 tbsp	Chili
<input type="checkbox"/> Cumin - Ground	1 tbsp	Chili
<input type="checkbox"/> Red Pepper Flakes	¼ tsp	Grilled Fish
<input type="checkbox"/> Parsley - Dried	2 tsp	Minestrone
<input type="checkbox"/> Salt + Pepper	--	Most recipes

PANTRY		
Ingredient	Quantity	Recipe
Wet Pantry		
<input type="checkbox"/> Broth - Chicken or Vegetable, Sodium-Reduced	1 x 900 mL box (~4 cups) + 1 x 284 mL can (~2 cups)	Minestrone, Stir-Fry
<input type="checkbox"/> Honey	2 tbsp	Granola Bites
<input type="checkbox"/> Oil - Canola	Small bottle	Most Recipes
<input type="checkbox"/> Oil - Olive	1 tbsp	Grilled Fish
<input type="checkbox"/> Oil - Sesame	1 tsp	Stir-Fry
<input type="checkbox"/> Peanut Butter	1/2 cup (125 mL)	Granola Bites
<input type="checkbox"/> Soy Sauce	2 tbsp	Stir-Fry
<input type="checkbox"/> Vinegar - Rice or Sherry Cooking Wine	1 tbsp	Stir-Fry
Dry Pantry		
<input type="checkbox"/> Almonds - Raw, Sliced	⅓ cup (70 mL)	Granola Bites
<input type="checkbox"/> Chocolate Chips (Mini Semi-Sweet or Dark)	¼ cup (50 mL)	Granola Bites
<input type="checkbox"/> Cornstarch	1 tbsp	Stir-Fry
<input type="checkbox"/> Dates	1¼ cups (300 mL)	Granola Bites
<input type="checkbox"/> Oats - Large Flake	1½ cups (375 mL)	Granola Bites
<input type="checkbox"/> Pasta - Whole Wheat, Small	⅔ cup (150 mL)	Minestrone
<input type="checkbox"/> Sunflower Seeds - Raw, Unsalted	⅓ cup (70 mL)	Granola Bites
Cans + Other		
<input type="checkbox"/> Beans - Kidney, Pinto or Navy	2 x 18 oz can (540 mL)	Minestrone, Chili
<input type="checkbox"/> Tomatoes - Diced, No-Salt-Added	2 x 27 oz can (796 mL)	Minestrone Chili
<input type="checkbox"/> Orange Juice - Frozen Concentrate	1 tbsp	Stir-Fry

SESSION SIX GROCERY LIST

VEGETABLES + FRUITS + HERBS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Apples	2 medium	Coleslaw
<input type="checkbox"/> Bell Pepper - Red, Yellow or Green	1	Pizza, Tacos
<input type="checkbox"/> Cabbage	1 small	Coleslaw
<input type="checkbox"/> Carrots	5 large	Coleslaw, Carrot Cake
<input type="checkbox"/> Celery	1 stalk	Coleslaw
<input type="checkbox"/> Lemon	1	Party Water
<input type="checkbox"/> Lettuce - Iceberg	1	Tacos
<input type="checkbox"/> Onion - Purple	½ cup (125 mL)	Coleslaw
<input type="checkbox"/> Onion - Yellow	1	Pizza, Tacos
<input type="checkbox"/> Tomatoes	2 medium	Pizza
Frozen		
<input type="checkbox"/> Strawberries - Sliced	1 package (600 g)	Party Water
Fresh Herbs		
<input type="checkbox"/> Basil	1 package	Party Water, Pizza Sauce
<input type="checkbox"/> Cilantro	1 bunch	Tacos
<input type="checkbox"/> Garlic	1 bulb	Tacos, Pizza Sauce
<input type="checkbox"/> Ginger - Fresh	1" piece	Party Water
<input type="checkbox"/> Oregano - Dried	½ tsp	Pizza Sauce
BAKERY		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Taco Shells	10	Tacos
<input type="checkbox"/> Pizza Crust - Store Bought	2	Pizza
REFRIGERATED SECTIONS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Beef - Ground, Extra Lean	1 lb (450 g)	Tacos
<input type="checkbox"/> Cheese - Cheddar	1 brick (450 g)	Tacos
<input type="checkbox"/> Cheese - Mozzarella (18% M.F.)	1 brick (450 g) (~2 cups, grated)	Pizza
<input type="checkbox"/> Eggs	3	Carrot Cake
<input type="checkbox"/> Sour Cream - Lower Fat (Optional)	1 tub (250 mL)	Tacos
<input type="checkbox"/> Yogurt - Plain	½ cup (125 mL)	Coleslaw

SPICES		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Cinnamon - Ground	1 ts	Carrot Cake
<input type="checkbox"/> Cumin - Ground	3 tsp	Tacos
<input type="checkbox"/> Ginger - Ground	1 tsp	Carrot Cake
<input type="checkbox"/> Paprika - Ground	1 tsp	Tacos
<input type="checkbox"/> Salt + Pepper	--	Most recipes
PANTRY		
Ingredient	Quantity	Recipe
Wet Pantry		
<input type="checkbox"/> Honey	1 tbsp	Coleslaw
<input type="checkbox"/> Oil - Canola	Small bottle	Tacos, Carrot Cake
<input type="checkbox"/> Oil - Olive	2 tbsp	Pizza
<input type="checkbox"/> Vinegar - Apple Cider	3 tbsp	Coleslaw
Dry Pantry		
<input type="checkbox"/> Baking Powder	1 tsp	Carrot Cake
<input type="checkbox"/> Baking Soda	½ tsp	Carrot Cake
<input type="checkbox"/> Cornmeal	2 tbsp	Pizza
<input type="checkbox"/> Flour - All Purpose	1 cup (250 mL)	Carrot Cake
<input type="checkbox"/> Flour - Whole Wheat	3 cups (750 mL)	Pizza, Carrot Cake
<input type="checkbox"/> Raisins	½ cup (125 mL)	Carrot Cake
<input type="checkbox"/> Sugar - Brown	1 cup (250 mL)	Carrot Cake
<input type="checkbox"/> Sugar - White	1 tsp	Pizza
<input type="checkbox"/> Sunflower Seeds	¼ cup (50 mL)	Coleslaw
<input type="checkbox"/> Walnuts (Optional)	½ cup (125 mL)	Carrot Cake
<input type="checkbox"/> Yeast - Active Dry	1 x 8 g packet (2¼ tsp)	Pizza
Cans + Other		
<input type="checkbox"/> Mayonnaise - Light	½ cup (125 mL)	Coleslaw
<input type="checkbox"/> Pineapple - Tidbits, Canned	1 cup (250 mL)	Carrot Cake
<input type="checkbox"/> Soda Water	4 L bottle (12 cups)	Party Water
<input type="checkbox"/> Tomato Salsa (Optional)	1 jar	Tacos
<input type="checkbox"/> Tomatoes - Crushed, No-Salt-Added	1 x 27 oz can (796 mL)	Pizza Sauce
<input type="checkbox"/> Tomato Sauce	½ cup (125 mL)	Tacos