

SESSION ONE GROCERY LIST

VEGETABLES + FRUITS + HERBS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Bananas, Ripe	7	Muffins (Freeze 4 for smoothies)
<input type="checkbox"/> Carrots	4 medium	Hummus, Soup
<input type="checkbox"/> Celery	2 stalks	Soup
<input type="checkbox"/> Cucumber	1	Hummus
<input type="checkbox"/> Kale - Green, Curly	1 bunch	Soup
<input type="checkbox"/> Lemon	1	Hummus
<input type="checkbox"/> Onion - White	1 medium	Soup
<input type="checkbox"/> Orange	1 medium	Salad
<input type="checkbox"/> Spinach or Mixed Greens	½ large bag/box (10 cups)	Salad
<input type="checkbox"/> Sweet Potato - Orange	1 large	Soup
Fresh Herbs		
<input type="checkbox"/> Garlic	1 head or 6 cloves	Hummus, Soup
<input type="checkbox"/> Parsley - Fresh	1 bunch	Hummus, Ranch Dip

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

SPICES		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Cinnamon - Ground	½ tsp	Muffins
<input type="checkbox"/> Cumin - Ground	3 tsp	Soup
<input type="checkbox"/> Curry Powder	1 tsp	Soup
<input type="checkbox"/> Dill - Dried	½ tsp	Ranch Dip
<input type="checkbox"/> Garlic Powder	2 ¼ tsp	Chicken Strips, Ranch Dip
<input type="checkbox"/> Onion Powder	½ tsp	Ranch Dip
<input type="checkbox"/> Parsley - Dried	2 tsp	Chicken Strips
<input type="checkbox"/> Thyme - Dried	½ tsp	Soup
<input type="checkbox"/> Salt + Pepper	--	Most recipes

REFRIGERATED SECTIONS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Chicken Thigh - Boneless, Skinless	1 lb (500g)	Chicken Strips
<input type="checkbox"/> Eggs	3 large	Chicken Strips, Muffins
<input type="checkbox"/> Milk - 1%	1 L	Chicken Strips, Muffins
<input type="checkbox"/> Yogurt - Greek, 0% (plain)	1 cup	Ranch Dip

PANTRY		
Ingredient	Quantity	Recipe
Wet Pantry		
<input type="checkbox"/> Broth - Chicken or Vegetable, Sodium-Reduced	1 - 900 mL box (or 4 cups)	Soup
<input type="checkbox"/> Dijon Mustard	2 tsp	Salad
<input type="checkbox"/> Honey	¼ cup + 1 tsp	Muffins, Salad
<input type="checkbox"/> Oil - Canola		
<input type="checkbox"/> Oil - Olive		
<input type="checkbox"/> Oil - Sesame	1 tsp	Hummus
<input type="checkbox"/> Vanilla Extract	1 tsp	Muffins
<input type="checkbox"/> Vinegar - Apple Cider	4 tbsp	Salad, Ranch Dip
Dry Pantry		
<input type="checkbox"/> Baking Soda	1 tsp	Muffins
<input type="checkbox"/> Corn Flakes	1 ½ cups crushed	Chicken Strips
<input type="checkbox"/> Cranberries	¼ cup	Salad
<input type="checkbox"/> Flour - Whole Wheat	1 ¾ cups	Chicken Strips, Muffins
<input type="checkbox"/> Lentils - Red	1 cup, dried	Soup
<input type="checkbox"/> Oats - Large Flake	½ cup	Muffins
<input type="checkbox"/> Solid Chocolate Bar	1	To lead Mindful Eating Activity
<input type="checkbox"/> Sunflower Seeds - Raw, Unsalted	2 tbsp	Salad
Cans + Other		
<input type="checkbox"/> Beans - Chickpeas	1 can (540 mL)	Hummus
<input type="checkbox"/> Muffin Liners	12	Muffins
<input type="checkbox"/> Parchment Paper	--	Chicken Strips
<input type="checkbox"/> Tomatoes - Diced, No-Salt-Added	1 can (796 mL)	Soup

SESSION TWO GROCERY LIST

VEGETABLES + FRUITS + HERBS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Apple - Gala	4	Apple Crisp
<input type="checkbox"/> Apple - Granny Smith	4	Apple Crisp
<input type="checkbox"/> Broccoli	2 large heads	Roasted Broccoli
<input type="checkbox"/> Butternut Squash	1 medium	Three Spice Squash
<input type="checkbox"/> Carrot	1	Fritters
<input type="checkbox"/> Cauliflower	1 small head	Curry
<input type="checkbox"/> Lemon	1	Apple Crisp
<input type="checkbox"/> Onion - Green Onions	1 bunch (6 onions)	Fritters
<input type="checkbox"/> Onion - White	1 large	Curry
<input type="checkbox"/> Zucchini	1 medium (2 cups)	Fritters
Frozen		
<input type="checkbox"/> Green Peas	1 cup	Curry
Fresh Herbs		
<input type="checkbox"/> Cilantro	1 bunch	Curry
<input type="checkbox"/> Garlic	4 cloves	Curry
<input type="checkbox"/> Ginger	1 tbsp	Curry

SPICES		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Chili Powder	1 tbsp	Three Spice Squash, Curry
<input type="checkbox"/> Cinnamon - Ground	2 tsp	Curry, Apple Crisp
<input type="checkbox"/> Cumin - Ground	1 tbsp	Curry
<input type="checkbox"/> Curry Powder	2 tbsp	Curry
<input type="checkbox"/> Garlic Powder	1 ½ tsp	Three Spice Squash
<input type="checkbox"/> Paprika	1 tsp	Three Spice Squash
<input type="checkbox"/> Salt + Pepper	--	Most recipes

REFRIGERATED SECTIONS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Butter, Salted	⅓ cup <i>*1 stick = ½ cup</i>	Apple Crisp
<input type="checkbox"/> Cheese, Cheddar, Lower-fat	½ cup	Fritters
<input type="checkbox"/> Eggs	2	Fritters
<input type="checkbox"/> Yogurt - Greek, 0% (plain)	1 cup	Curry

PANTRY		
Ingredient	Quantity	Recipe
Wet Pantry		
<input type="checkbox"/> Oil - Canola		
<input type="checkbox"/> Oil - Olive		
<input type="checkbox"/> Vanilla Extract	1 tsp	Apple Crisp
Dry Pantry		
<input type="checkbox"/> Almonds, Sliced Raw	⅓ cup	Apple Crisp
<input type="checkbox"/> Flour - Whole Wheat	1 ½ cups	Fritters, Apple Crisp
<input type="checkbox"/> Oats - Large Flake	1 ½ cup	Apple Crisp
<input type="checkbox"/> Rice - Brown	1 ½ cup, dried	Curry
<input type="checkbox"/> Sugar - Brown	⅔ cup	Apple Crisp
Cans + Other		
<input type="checkbox"/> Beans - Chickpeas	1 can (540 mL)	Curry
<input type="checkbox"/> Tomatoes - Diced, No-Salt-Added	1 can (796 mL)	Curry

SESSION THREE GROCERY LIST

VEGETABLES + FRUITS + HERBS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Apple - Gala	1	Slaw
<input type="checkbox"/> Broccoli	3 heads	Soup, Stir-Fry
<input type="checkbox"/> Cabbage - Red	¼ head (3 cups)	Slaw
<input type="checkbox"/> Carrot	3 medium	Slaw, Stir-Fry
<input type="checkbox"/> Lime	3	Slaw, Fish Tacos, Lime Sauce, Stir-Fry
<input type="checkbox"/> Onion - Green Onions	1 bunch (2 onions)	Lime Sauce
<input type="checkbox"/> Onion - White	2 medium-large	Soup, Stir-Fry
<input type="checkbox"/> Potatoes - Russet	2 medium	Soup
<input type="checkbox"/> Snow Peas	1 small bag (150-250g)	Stir-Fry
Fresh Herbs		
<input type="checkbox"/> Cilantro	1 bunch	Lime Sauce
<input type="checkbox"/> Garlic	1 head (9 cloves)	Soup, Fish Tacos, Lime Sauce, Stir-Fry
<input type="checkbox"/> Ginger	2 tsp	Stir-Fry
<input type="checkbox"/> Parsley	1 bunch	Soup, Slaw

REFRIGERATED SECTIONS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Cheese - Cheddar, Lower-fat	1 cup	Soup
<input type="checkbox"/> Eggs	2 large	Brownies
<input type="checkbox"/> Milk - 1%	1 L (2 ¼ cups)	Soup, Brownies
<input type="checkbox"/> Tilapia or Sole (or white fish) - Boneless, Skinless	450g (1 lbs)	Fish Tacos
<input type="checkbox"/> Tofu - Extra-Firm	1 package (350g)	Stir-Fry
<input type="checkbox"/> Yogurt - Greek, 0% (plain)	¾ cup	Lime Sauce

SPICES		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Chili Powder	2 tsp	Fish Tacos
<input type="checkbox"/> Cumin - Ground	2 tsp	Fish Tacos
<input type="checkbox"/> Thyme - Dried	½ tsp	Soup
<input type="checkbox"/> Salt + Pepper	--	Most recipes

BAKERY		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Corn or Whole Wheat Tortillas	12 small	Fish Tacos

PANTRY		
Ingredient	Quantity	Recipe
Wet Pantry		
<input type="checkbox"/> Broth - Chicken Sodium-Reduced	1 900 mL box (or 4 cups)	Soup
<input type="checkbox"/> Honey	4 tbsp	Stir-Fry, Brownies, Slaw
<input type="checkbox"/> Oil - Canola		
<input type="checkbox"/> Oil - Olive		
<input type="checkbox"/> Oil - Sesame	2 tsp	Stir-Fry
<input type="checkbox"/> Peanut Butter	¼ cup	Stir-Fry
<input type="checkbox"/> Soy Sauce - Sodium-Reduced	¼ cup	Stir-Fry
<input type="checkbox"/> Vanilla Extract	1 tsp	Brownies
<input type="checkbox"/> Vinegar - Apple Cider	2 tsp	Stir-Fry
Dry Pantry		
<input type="checkbox"/> Baking Powder	½ tsp	Brownies
<input type="checkbox"/> Baking Soda	½ tsp	Brownies
<input type="checkbox"/> Chocolate Chips (mini semi-sweet or dark)	½ cup	Brownies
<input type="checkbox"/> Cocoa Powder	½ cup	Brownies
<input type="checkbox"/> Cornstarch	2 tsp	Soup
<input type="checkbox"/> Sugar - White	1/3 cup	Brownies
Cans + Other		
<input type="checkbox"/> Aluminum Foil	--	Fish Tacos
<input type="checkbox"/> Black Beans	1 can (398 mL)	Brownies
<input type="checkbox"/> Parchment Paper	--	Brownies, Stir-Fry

SESSION FOUR GROCERY LIST

VEGETABLES + FRUITS + FRESH HERBS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Bananas, Ripe	4	Smoothies
<input type="checkbox"/> Bell Pepper - Green	1	Chili
<input type="checkbox"/> Bell Pepper - Red	1	Chili
<input type="checkbox"/> Lime	1	Quesadillas
<input type="checkbox"/> Mushroom	6 (1 cup sliced)	Frittata
<input type="checkbox"/> Onion	2 medium	Frittata, Chili
<input type="checkbox"/> Onion - Green Onions	1 bunch (4 onions)	Quesadillas
<input type="checkbox"/> Pepper - Jalapeño	2	Quesadillas, Chili
<input type="checkbox"/> Pineapple	1 small	Smoothies
<input type="checkbox"/> Spinach	3 cups	Smoothies, Frittata
<input type="checkbox"/> Tomato	2 medium	Frittata, Quesadillas
Frozen		
<input type="checkbox"/> Corn	1 cup	Chili
<input type="checkbox"/> Strawberries	1 600 g bag (1 ½ cups)	Smoothies
Fresh Herbs		
<input type="checkbox"/> Cilantro	1 bunch	Quesadillas
<input type="checkbox"/> Garlic	1 head (6 cloves)	Frittata, Chili, Quesadillas

REFRIGERATED SECTION		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Beef - Lean, Ground	500 g (~1 lb)	Chili
<input type="checkbox"/> Cheese - Cheddar, Lower-fat	2 ½ cups	Frittata, Quesadillas
<input type="checkbox"/> Eggs	8 large	Frittata
<input type="checkbox"/> Unsweetened Fortified Soy Beverage	2 cups	Smoothies
<input type="checkbox"/> Yogurt - Greek, 0% (plain)	2 cups	Smoothies

SPICES		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Chili Powder	5 tbsp	Quesadillas, Chili
<input type="checkbox"/> Cumin - Ground	2 tbsp	Quesadillas, Chili
<input type="checkbox"/> Oregano - Dried	1 ½ tsp	Frittata, Chili
<input type="checkbox"/> Thyme - Dried	½ tsp	Frittata
<input type="checkbox"/> Salt + Pepper	--	Most recipes

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

PANTRY		
Ingredient	Quantity	Recipe
Wet Pantry		
<input type="checkbox"/> Honey	2 tbsp	Granola Bites
<input type="checkbox"/> Oil - Canola		
<input type="checkbox"/> Oil - Olive		
<input type="checkbox"/> Peanut Butter	½ cup	Granola Bites
Dry Pantry		
<input type="checkbox"/> Almonds - Raw, Sliced	⅓ cup	Granola Bites
<input type="checkbox"/> Chocolate Chips (mini semi-sweet or dark)	¼ cup	Granola Bites
<input type="checkbox"/> Dates	1 ¼ cup	Granola Bites
<input type="checkbox"/> Oats - Large Flake	1 ½ cup	Granola Bites
<input type="checkbox"/> Sunflower Seeds - Raw, Unsalted	⅓ cup	Granola Bites
Cans + Other		
<input type="checkbox"/> Beans - Black	1 can (540 mL)	Quesadillas
<input type="checkbox"/> Beans - Red Kidney	1 can (540 mL)	Chili
<input type="checkbox"/> Parchment Paper	--	Granola Bites
<input type="checkbox"/> Tomatoes - Diced, No-Salt-Added	1 can (796 mL)	Chili
<input type="checkbox"/> Tomato Paste, No-Salt-Added (if available)	1 can (156 mL)	Chili

SESSION FOUR GROCERY LIST

VEGETABLES + FRUITS + FRESH HERBS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Bananas, Ripe	4	Smoothies
<input type="checkbox"/> Bell Pepper - Green	1	Chili
<input type="checkbox"/> Bell Pepper - Red	1	Chili
<input type="checkbox"/> Lime	1	Quesadillas
<input type="checkbox"/> Mushroom	6 (1 cup sliced)	Frittata
<input type="checkbox"/> Onion	2 medium	Frittata, Chili
<input type="checkbox"/> Onion - Green Onions	1 bunch (4 onions)	Quesadillas
<input type="checkbox"/> Pepper - Jalapeño	2	Quesadillas, Chili
<input type="checkbox"/> Pineapple	1 small	Smoothies
<input type="checkbox"/> Spinach	3 cups	Smoothies, Frittata
<input type="checkbox"/> Tomato	2 medium	Frittata, Quesadillas
Frozen		
<input type="checkbox"/> Corn	1 cup	Chili
<input type="checkbox"/> Strawberries	1 600 g bag (1 ½ cups)	Smoothies
Fresh Herbs		
<input type="checkbox"/> Cilantro	1 bunch	Quesadillas
<input type="checkbox"/> Garlic	1 head (6 cloves)	Frittata, Chili, Quesadillas

REFRIGERATED SECTION		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Beef - Lean, Ground	500 g (~1 lb)	Chili
<input type="checkbox"/> Cheese - Cheddar, Lower-fat	2 ½ cups	Frittata, Quesadillas
<input type="checkbox"/> Eggs	8 large	Frittata
<input type="checkbox"/> Unsweetened Fortified Soy Beverage	2 cups	Smoothies
<input type="checkbox"/> Yogurt - Greek, 0% (plain)	2 cups	Smoothies

SPICES		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Chili Powder	5 tbsp	Quesadillas, Chili
<input type="checkbox"/> Cumin - Ground	2 tbsp	Quesadillas, Chili
<input type="checkbox"/> Oregano - Dried	1 ½ tsp	Frittata, Chili
<input type="checkbox"/> Thyme - Dried	½ tsp	Frittata
<input type="checkbox"/> Salt + Pepper	--	Most recipes

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

PANTRY		
Ingredient	Quantity	Recipe
Wet Pantry		
<input type="checkbox"/> Honey	2 tbsp	Granola Bites
<input type="checkbox"/> Oil - Canola		
<input type="checkbox"/> Oil - Olive		
<input type="checkbox"/> Peanut Butter	½ cup	Granola Bites
Dry Pantry		
<input type="checkbox"/> Almonds - Raw, Sliced	⅓ cup	Granola Bites
<input type="checkbox"/> Chocolate Chips (mini semi-sweet or dark)	¼ cup	Granola Bites
<input type="checkbox"/> Dates	1 ¼ cup	Granola Bites
<input type="checkbox"/> Oats - Large Flake	1 ½ cup	Granola Bites
<input type="checkbox"/> Sunflower Seeds - Raw, Unsalted	⅓ cup	Granola Bites
Cans + Other		
<input type="checkbox"/> Beans - Black	1 can (540 mL)	Quesadillas
<input type="checkbox"/> Beans - Red Kidney	1 can (540 mL)	Chili
<input type="checkbox"/> Parchment Paper	--	Granola Bites
<input type="checkbox"/> Tomatoes - Diced, No-Salt-Added	1 can (796 mL)	Chili
<input type="checkbox"/> Tomato Paste, No-Salt-Added (if available)	1 can (156 mL)	Chili

SESSION SIX GROCERY LIST

VEGETABLES + FRUITS + HERBS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Bell Pepper - Green	1	Pizza
<input type="checkbox"/> Kale - Green Curly	2 bunches	Kale Salad
<input type="checkbox"/> Lemon	2	Kale Salad, Party Water
<input type="checkbox"/> Onion - White	2 small (or 1 large)	Pasta, Pizza
<input type="checkbox"/> Tomato	2 medium	Pizza
Frozen		
<input type="checkbox"/> Strawberries - Sliced	1 pkg (600g)	Party Water
Fresh Herbs		
<input type="checkbox"/> Basil	1 package (-3 sprigs)	Pasta, Pizza, Party Water
<input type="checkbox"/> Garlic	1 head (6 cloves)	Kale Salad, Pasta, Pizza
<input type="checkbox"/> Ginger	1 inch	Party Water

REFRIGERATED SECTIONS		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Butter, Salted	½ cup	Cookies
<input type="checkbox"/> Cheese - Mozzarella (18% M.F.)	2 cups, grated	Pizza
<input type="checkbox"/> Cheese - Ricotta	Small container (1/2 cup)	Pasta
<input type="checkbox"/> Egg	1	Cookies
<input type="checkbox"/> Yogurt - Greek, 0% (plain)	¾ cup	Kale Salad

SPICES		
Ingredient	Quantity	Recipe
<input type="checkbox"/> Cinnamon - Ground	½ tsp	Cookies
<input type="checkbox"/> Oregano - Dried	1 ½ tsp	Pasta, Pizza
<input type="checkbox"/> Red Pepper Flakes (optional)	⅛ tsp	Pasta
<input type="checkbox"/> Salt + Pepper	--	Most recipes

PANTRY		
Ingredient	Quantity	Recipe
Wet Pantry		
<input type="checkbox"/> Dijon Mustard	2 tbsp	Kale Salad
<input type="checkbox"/> Oil - Olive		
<input type="checkbox"/> Vanilla Extract	1 tsp	Cookies
<input type="checkbox"/> Worcestershire Sauce	1 tbsp	Kale Salad
Dry Pantry		
<input type="checkbox"/> Baking Powder	½ tsp	Cookies
<input type="checkbox"/> Baking Soda	½ tsp	Cookies
<input type="checkbox"/> Brown Sugar	¾ cup	Cookies
<input type="checkbox"/> Coconut - Unsweetened, Shredded	½ cup	Cookies
<input type="checkbox"/> Cornmeal	2 tbsp	Pizza
<input type="checkbox"/> Flour - Whole Wheat	3 ¼ cup	Pizza, Cookies
<input type="checkbox"/> Oats - Large Flake	1 ½ cups	Cookies
<input type="checkbox"/> Pasta - Whole Grain (penne, rotini, etc.)	375g package (-4-5 cups)	Pasta
<input type="checkbox"/> Sugar - White	1 tsp	Pizza
<input type="checkbox"/> Yeast - Active Dry Yeast	2 x 8 g packet (2 ¼ tsp)	Pizza
Cans + Other		
<input type="checkbox"/> Soda Water	4 L bottle (12 cups)	Party Water
<input type="checkbox"/> Tomatoes - Whole or Plum, No-Salt-Added	1 can (796 mL)	Pasta
<input type="checkbox"/> Tomatoes - Crushed, No-Salt-Added	1 can (796 mL)	Pizza Sauce