

#LetsCook30

Week 2 Shopping List

This is what week 2 grocery list will look like if you are following our weekly menu for #LetsCook30.

Produce

6 Mactintosh apples
3 medium beets (2 cups peeled and cubed)
3 large sweet potatoes
1 red onion
1 bunch kale (2 cups chopped)
2 heads broccoli
1 bunch asparagus
1 pint cherry tomatoes
2 lemon
Fresh basil (optional)
2 red pepper
1 yellow pepper
1 bunch cilantro
2 lbs bag carrots (8 carrots)
1 large parsnip
1 zucchini
8 cremini or button mushrooms
1 head Boston lettuce
1 cucumber (optional for chicken wraps)
1 bunch green onion

Meat/Meat Alternative and Seafood

4 (6-7 oz) skinless salmon fillets
¾-1 lb round or sirloin beef or 1 pkg firm tofu for Rainbow Stir-fry
1 lb ground chicken

Dairy, Cheese and Eggs

feta cheese (1/4 cup)
parmesan cheese (3/4 cup)
eggs (3)
milk

Oil, Vinegar, Sauces and Condiments

maple syrup (½ cup)

Canned and Jarred Goods

1-14 oz can pumpkin (1 cup pumpkin puree)

Frozen Foods

1 pkg shelled edamame (2 cups)

Miscellaneous

walnut pieces (½ cup)
pecans (1/4 cup)
dried cranberries (2 tbsp)
sesame seeds (optional)

PUBLIC HEALTH

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

Oils, Vinegars, Sauces & Condiments

soy sauce
sesame oil
olive oil
vegetable oil
balsamic vinegar
margarine
mayonnaise
Dijon mustard
hot sauce (optional)
hoisin sauce

Spices & Dried Herbs

salt
pepper
cumin (1 ½ tsp)
Chinese five-spice powder (¼ tsp)
ground nutmeg (¼ tsp)
dried basil (1 tbsp)
cinnamon (2 ½ tsp)

Canned & Jarred Goods

beef broth (1/4 cup)
vegetable broth (2x 900mL)

Baking Supplies

brown sugar (1 cup)
white sugar (¾ cup)
whole wheat flour (1 cup)
all-purpose flour (1 cup)
baking powder
baking soda
vanilla extract (1tbsp)
rolled oats (1 ½ cups)
cornstarch (1 tbsp)
chocolate chips (1 cup)

Grains, Pasta & Rice

brown rice or quinoa
whole wheat pasta

Pantry Produce

garlic (3 bulbs)
ginger (4 inch knob)
onions (3)