

#LetsCook30

Week 4 Shopping List

This is what week 4 grocery list will look like if you are following our weekly menu for #LetsCook30.

Produce

2 lemons
1 lime
3 medium zucchini
1 large sweet potato
5 oz baby spinach
1 bunch cilantro (optional)
1 head broccoli
1 red bell pepper
1 bunch parsley (optional)
1 large carrot
1 small cabbage
1 bunch green onion
1/2 pint raspberries (1 cup)
1/2 pint blueberries (1/2 cup)
1 banana

Bakery and Bread

1 pkg large whole wheat tortillas

Meat/Meat Alternative and Seafood

1 lb cooked chicken (only if you don't have leftovers from shredded chicken)
4- 6 inches and 1/2 inch thick white fish fillets
1 lb ground pork, chicken or beef (depending on what you use for egg roll bowls)

Dairy, Cheese and Eggs

1 small block Monterey jack or cheddar cheese (2 cups)
1 small container sour cream (optional)
1 dz eggs
Parmesan cheese (1/4 cup)
1 small container plain yogurt (1 cup)
milk

Canned Goods

1-10 oz can whole kernel corn
1- small jar salsa (1/4 cup)
1-14 oz can coconut milk

Frozen Foods

1 pkg frozen peas

Miscellaneous

sesame seeds (optional 1 tbsp)
chia seeds (need about 4 tsp)
maple syrup (optional)
sliced almonds (1/2 cup)
unsweetened shredded coconut flakes (3/4 cup)
dried fruit (such as raisins, cranberries, cherries, chopped apricots or figs - 1 cup)

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

Oils, Vinegars, Sauces & Condiments

vegetable cooking spray
olive oil
vegetable oil
sesame oil
soy sauce
sriracha
butter

Spices & Dried Herbs

kosher or regular salt
pepper
curry powder
paprika
cayenne pepper
red pepper flakes (1/2 tsp)
cumin seeds (1 tbsp)
ground turmeric (1 tsp)
ground coriander (1 tsp)
garlic powder (1 tsp)
onion powder (1 tsp)

Canned & Jarred Goods

2 - 19 oz can chickpeas
1-19 oz can black beans
tomato paste (3 tbsp)
vegetable broth (3 1/2 cups)

Baking Supplies

whole wheat flour (1 cup)
baking powder
baking soda
white sugar (1/4 cup)
brown sugar (1/4 cup)
vanilla (1/2 tsp)
parchment paper

Grains,Pasta and Rice

brown rice
small whole wheat pasta
rolled oats (2 1/2 cups)

Pantry Produce

garlic (1 bulb)
onions (4)
ginger (4 inch knob)

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York Region