

# #LetsCook30

## Week 5 Shopping List

This is what week 5's grocery list will look like if you are following our weekly menu for #LetsCook30.

### Produce

- 1 lime
- 1 red bell pepper
- 2 green bell peppers
- 1 bunch cilantro (optional)
- 1 bunch radishes (optional)
- 1 bunch celery
- 2 medium carrots
- 1 medium zucchini
- 1 small cabbage

### Bakery and Bread

- 1 pkg large whole wheat tortillas
- Flatbread or naan (2 or more)

### Meat/Meat Alternative and Seafood

- 2 medium boneless, skinless chicken breasts
- 1 lb ground beef

### Dairy, Cheese and Eggs

- 1 small container plain Greek yogurt, optional (4 tsp)
- 1 small pkg cheddar cheese (optional)

### Canned & Jarred Goods

- 2- 398mL cans of beans in tomato sauce
- 1 litre vegetable cocktail
- 1 small jar salsa (2 cups)

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

### Oils, Vinegars, Sauces & Condiments

- olive oil
- vegetable oil cooking spray

### Spices & Dried Herbs

- salt
- pepper
- chili powder (4 tsp)
- dried basil (2 tsp)
- dried oregano (1 tsp)
- ground cumin ( ½ tsp)

### Canned & Jarred Goods

- 1- 28 oz can tomatoes, diced
- 1-19 oz can chickpeas
- 1- 398mL can tomato sauce
- chicken or vegetable broth (2x 900 mL)

### Grains, Pasta & Rice

- small pasta (such as macaroni) (1/2 cup)

### Pantry Produce

- onions (3)
- garlic (1)

## PUBLIC HEALTH

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York Region