



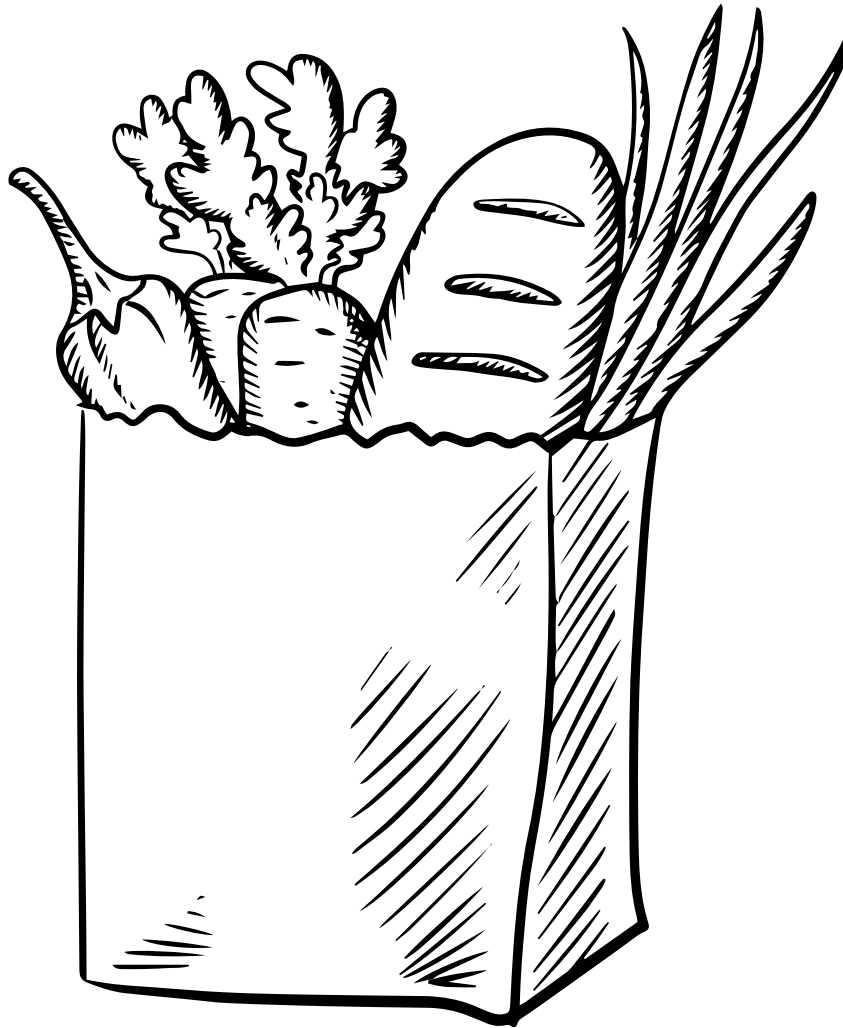
Canadian
Cancer
Society

Healthy
Workplaces

Powered
by



In collaboration with



GROCERY LIST

GROCERY LIST



Canadian
Cancer
Society

**Healthy
Workplaces**

Powered
by



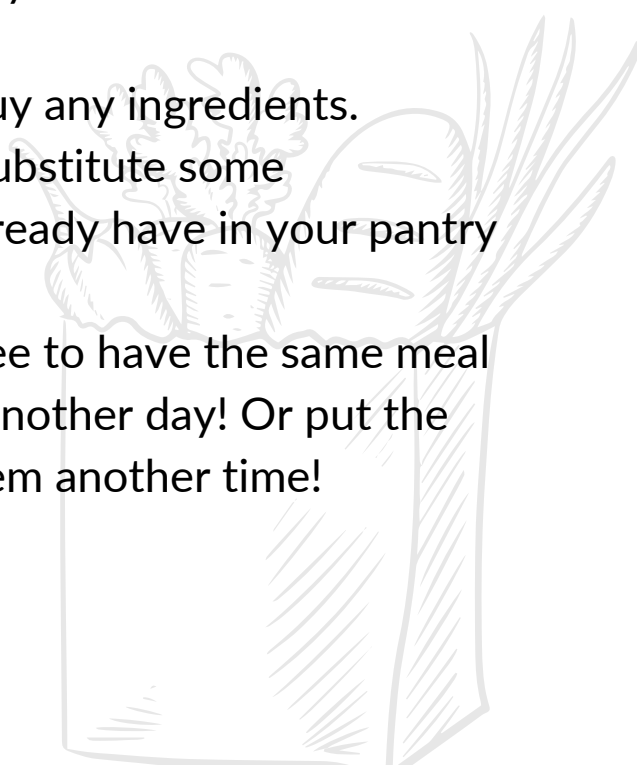
In collaboration with



Welcome to Half Your Plate @ Home!

Before you dig into the grocery list, here are some tips below:

- We encourage you to buy locally produced ingredients to ensure having fresh products and to support the local economy.
- The below list is for meals that serve two people. If necessary, you can amend the quantities based on you and your families needs. For example, multiply the ingredients by two if you're a family of four.
- Look over the meals before you buy any ingredients. You might find that you'd like to substitute some ingredients with something you already have in your pantry
- If you have some leftovers, feel free to have the same meal again and keep the next meal for another day! Or put the leftovers in the freezer and eat them another time!



GROCERY LIST



Canadian
Cancer
Society

Healthy
Workplaces

Powered
by



In collaboration with



BREAKFAST

FRUITS & VEGGIES

- ☐ 1 Sweet Potato
- ☐ 1/2 Onion
- ☐ 1 1/2 cloves Garlic
- ☐ 1/2 stalk Celery
- ☐ 2 large Tomatoes
- ☐ 1/2 Green or Yellow Bell Pepper
- ☐ 1/2 Jalapeno Pepper
- ☐ 1/2 container Baby Spinach
- ☐ 1/3 Apple
- ☐ 1/3 Carrot
- ☐ 1/2 Red Pepper
- ☐ 1/2 Red Chili Pepper
- ☐ 2-3 Heirloom Tomatoes
- ☐ 1/4 cup Avocado
- ☐ 1/4 cup Watermelon
- ☐ 1/4 cup Cucumber
- ☐ 1/2 tsp Lemon Zest
- ☐ 2 tsp mint fresh
- ☐ 4 tbsp Cilantro fresh

PROTEINS

- ☐ 6 Eggs
- ☐ 2 tbsp 0% Plain Greek Yogurt
- ☐ 2/3 cups Buttermilk
- ☐ 1 tbsp Butter
- ☐ 2 tbsp Low-Fat Feta Cheese

GRAIN PRODUCTS

- ☐ 4 slices Grain Bread

NON-PERISHABLES

Baking

- ☐ 1/3 cup All Purpose Flour
- ☐ 1/3 cup Whole Wheat Flour
- ☐ 1 tbsp Granulated Sugar
- ☐ 1 tsp Baking Powder

Oils & Condiments

- ☐ 1 tbsp Extra Virgin Olive Oil
- ☐ 1/2 tbsp Canola Oil
- ☐ 1 tbsp Mango Chutney

Herbs & Spices

- ☐ 1/2 tsp Curry Powder
- ☐ 1 tsp Chili Powder
- ☐ 2 pinches Ground Cinnamon
- ☐ 1/2 tsp Dried Oregano Leaves
- ☐ 1/3 tsp Vanilla
- ☐ 1/2 tsp Smoked Paprika
- ☐ 1/2 tsp cumin
- ☐ Salt and pepper

GROCERY LIST



Canadian
Cancer
Society

Healthy
Workplaces

Powered
by



In collaboration with



LUNCH

FRUITS & VEGGIES

- ☐ 1/3 Leek
- ☐ 3 1/2 cloves Garlic
- ☐ 2/3 Carrot
- ☐ 1 cup Grape Tomatoes
- ☐ 2 tsp Parsley
- ☐ 1/3 Green Onion
- ☐ 1/8 cup Orange Juice
- ☐ 2 mini Cucumbers
- ☐ 1/2 cup Sweet Cherries
- ☐ 1 1/2 Avocado
- ☐ 2 tbsp Red Onion
- ☐ 1/3 cup Mushrooms
- ☐ 2/3 cups Baby Spinach
- ☐ 1 Red Pepper
- ☐ 1 tsp Oregano fresh
- ☐ 1 tsp Thyme fresh
- ☐ 1/2 Zucchini
- ☐ 1 Onion
- ☐ 1/2 bunch Asparagus
- ☐ 1/2 Potato
- ☐ 1/2 tsp Fresh Cilantro

GRAIN PRODUCTS

- ☐ 1/4 cup Seasoned Dry Breadcrumbs
- ☐ 1 cup Black Rice
- ☐ 2 Hard Taco Shells

PROTEINS

- ☐ 1 egg
- ☐ 1 cup Almonds
- ☐ 1/4 cup Black Lentils
- ☐ 1/3 15 oz. can Chickpeas
- ☐ 1/3 cup Mozzarella
- ☐ 2 slices Halloumi
- ☐ 1/4 cup beans medley of choice
- ☐ Feta

NON-PERISHABLES

Oils & Condiments

- ☐ 1 tsp Cider Vinegar
- ☐ 1/2 tsp Soy Sauce
- ☐ 1 1/2 tbsp Tahini
- ☐ 2 tbsp Rice Vinegar
- ☐ 1/4 cup olive oil
- ☐ 1/3 cup Pasta Sauce homemade or store bought
- ☐ 1 1/2 tbsp cup salsa

Herbs & Spices

- ☐ 1/2 tsp Lemon Pepper
- ☐ Smoked Paprika
- ☐ Salt and pepper

Others

- ☐ 1/3 cup Vegetable Broth

GROCERY LIST



Canadian
Cancer
Society

Healthy
Workplaces

Powered
by



In collaboration with



DINNER

FRUITS & VEGGIES

- ☐ 4 tsp Fresh Basil
- ☐ 1.5 cloves Garlic
- ☐ 4 Zucchini
- ☐ 2 small Eggplants
- ☐ 1/3 Tomatoes vine ripened
- ☐ 2 large Basil fresh, leaves
- ☐ 2 cups Mushrooms, Shiitake or Portobello
- ☐ 1/2 cup Watermelon
- ☐ 1 mini Cucumbers
- ☐ 1 heads Bibb Lettuce
- ☐ 2 Onions
- ☐ 1/2 bunch Green Onions
- ☐ 1 Red Thai Chilies
- ☐ 1/2 large Sweet Potato
- ☐ 1/4 each Red and Yellow Pepper
- ☐ 1 medium sized Plum Tomato
- ☐ Fresh Cilantro
- ☐ Fresh Parsley

PROTEINS

- ☐ 1/3 tub Ricotta Cheese
- ☐ 1 Egg
- ☐ 1/4 cup Parmesan Cheese
- ☐ 2 slices Halloumi Cheese
- ☐ 3/4 cup Cheddar cheese

GRAIN PRODUCTS

- ☐ Cooked Rice
- ☐ 1 1/4 cups Lentils
- ☐ 1 1/4 cups Quinoa

NON-PERISHABLES

Oils & Condiments

- ☐ 1/3 cup Tomato Basil Pasta Sauce
- ☐ 2 tsp Extra Virgin Olive Oil
- ☐ 2 tbsp Black Olive Tapenade
- ☐ 1/4 cup Low-sodium soy sauce
- ☐ 1/4 cup Rice Vinegar
- ☐ 1 tbsp Honey
- ☐ 1 tbsp Sesame Oil
- ☐ 1 tbsp Sriracha or gochujang
- ☐ 2 tbsp Canola Oil
- ☐ 1 1/2 tbsp Tomato Paste
- ☐ 1 1/2 tbsp salsa

Herbs & spices

- ☐ 1/2 tbsp Curry Powder
- ☐ 1 tbsp chili powder

Others

- ☐ 1/2 cup Coconut Milk
- ☐ 1/4 cup Vegetable Broth
- ☐ 1 tbsp Black Sesame Seeds