

# #LetsCook30

## Week 3 Shopping List

This is what week 3's grocery list will look like if you are following our weekly menu for #LetsCook30.

### Produce

- 1 tomato (optional)
- 1 avocado (optional)
- 2 lemons
- 2 lime
- 3 small red onions
- 4 white onions
- 2 red peppers
- 1 yellow pepper
- 1 head of cauliflower
- 2- 8 oz package mushrooms
- 1 large butternut squash
- 3 medium carrots
- 2 large sweet potatoes
- 2 large potatoes
- 1 red or green cabbage
- 1 package spinach (2 cups)
- 1 bunch cilantro
- 1 bunch green onions
- 1 bunch parsley
- 2 medium apples
- 1 banana
- 1 pint blueberries
- 1 lb strawberry

### Bakery and Bread

- 1 pkg small flour or corn tortillas
- Crusty whole grain bread

### Meat/Meat Alternative and Seafood

- 2 lb ground beef
- 2 medium chicken breasts
- 4 lbs or 12-14 large chicken thighs for slow cooker shredded chicken **OR**
- 1 cooked chicken ( if you don't make slow cooker shredded chicken)

### Dairy, Cheese and Eggs

- eggs (2)
- parmesan cheese (1/2 cup)
- 1 small block of older white cheddar cheese (3/4 cup)
- 1 small block cheddar cheese (2 cups)
- Feta cheese (1/2 cup)
- milk (3 cups)
- plain or vanilla yogurt (2 cups)
- sour cream (1/2 cup)

### Grains, Pasta and Rice

- 1 pkg bow tie pasta (6 oz)
- crunchy high fibre cereal (if not making homemade granola)

### Oil, Vinegars, Sauces and Condiments

- 1 jar jalipeno peppers (optional)

### Miscellaneous

- parchment paper
- 1 container hummus

## PUBLIC HEALTH

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

### Oils, Vinegars, Sauces & Condiments

- olive oil
- vegetable oil
- soy sauce
- BBQ sauce
- yellow mustard
- white, red or apple cider vinegar
- balsamic vinegar
- butter/margarine

### Spices & Dried Herbs

- salt
- pepper
- ground cumin (1 tsp)
- garlic powder (1/2 tsp)
- onion powder (1 tsp)
- chili powder (1/2 tsp)
- hot sauce (1/4 tsp)
- paprika (1/2 tsp)
- red pepper flakes (1/4 tsp)
- cinnamon ( 2 1/2 tsp)
- nutmeg (1/4 tsp)
- thyme (1 1/2 tsp)
- dried oregano (1 tsp)

### Canned & Jarred Goods

- 2 -650 mL jar pasta sauce
- 2- 28 oz can tomatoes
- 1-19 oz can lentils
- 1-19 oz can black beans
- 1-19 oz can chickpeas
- chicken broth (4 cups)
- vegetable broth (3/4 cups)

### Baking Supplies

- whole wheat flour (1 1/2 cups)
- white sugar
- brown sugar (1/2 cup)
- baking powder
- baking soda
- vanilla (1 tsp)
- cornstarch (1tbsp)

### Grains, Pasta & Rice

- brown rice
- oatmeal (any kind)

### Pantry Produce

- garlic (2 bulbs)
- onions (6)
- ginger (4 inch knob)