

SESSION ONE GROCERY LIST

| VEGETABLES + FRUITS + HERBS | | |
|-----------------------------------------|--------------------|---------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> Bananas, Ripe | 3 | Muffins |
| <input type="checkbox"/> Carrot | 2 medium | Soup |
| <input type="checkbox"/> Cucumber | 1 | Hummus |
| <input type="checkbox"/> Onion - Yellow | ½ medium | Soup |
| <input type="checkbox"/> Orange | 1 medium | Salad |
| <input type="checkbox"/> Snap Peas | 1 small bag (8 oz) | Hummus |
| <input type="checkbox"/> Spinach | 10 cups | Salad |
| <input type="checkbox"/> Zucchini | 2 small | Soup |
| Fresh Herbs | | |
| <input type="checkbox"/> Garlic | 1 clove | Soup |

| SPICES | | |
|--------------------------------------------|----------|------------------------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> Cinnamon - Ground | ½ tsp | Muffins |
| <input type="checkbox"/> Dill Weed - Dried | ½ tsp | Hummus |
| <input type="checkbox"/> Garlic Powder | 3 ¼ tsp | Hummus, Chicken Strips |
| <input type="checkbox"/> Oregano - Dried | 1 tsp | Soup |
| <input type="checkbox"/> Parsley - Dried | 8 tsp | Soup, Chicken Strips |
| <input type="checkbox"/> Salt + Pepper | -- | Most recipes |

| REFRIGERATED SECTIONS | | |
|--------------------------------------------------------------|-------------|-------------------------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> Chicken Thighs - Boneless, Skinless | 1lb (500 g) | Chicken Strips |
| <input type="checkbox"/> Egg | 3 | Chicken Strips, Muffins |
| <input type="checkbox"/> Milk - 1% | ¾ cup | Chicken Strips, Muffins |
| <input type="checkbox"/> Yogurt - Greek 2% (plain) | ½ cup | Honey Mustard Dip |

| PANTRY | | |
|------------------------------------------------------------|---------------------|-----------------------------------|
| Ingredient | Quantity | Recipe |
| Wet Pantry | | |
| <input type="checkbox"/> Broth - Vegetable, Sodium Reduced | 4 cups (900 mL box) | Soup |
| <input type="checkbox"/> Dijon Mustard | 8 tsp | Salad, Honey Mustard Dip |
| <input type="checkbox"/> Honey | ¾ cup | Salad, Honey Mustard Dip, Muffins |
| <input type="checkbox"/> Oil - Canola | ½ cup | Soup, Muffins |
| <input type="checkbox"/> Oil - Olive | 4 tbsp | Hummus, Salad |
| <input type="checkbox"/> Vanilla Extract | 1 tsp | Muffins |
| <input type="checkbox"/> Vinegar - Apple Cider | 4 tbsp | Hummus, Salad |
| Dry Pantry | | |
| <input type="checkbox"/> Baking Soda | 1 tsp | Muffins |
| <input type="checkbox"/> Corn Flakes | 3 ½ cups crushed | Chicken Strips |
| <input type="checkbox"/> Cranberries | ¼ cup | Salad |
| <input type="checkbox"/> Flour - Whole Wheat | 2 cups | Chicken Strips, Muffins |
| <input type="checkbox"/> Oat - Large Flake | ¾ cup | Muffins |
| <input type="checkbox"/> Pasta - Whole Wheat (small) | ¾ cup | Soup |
| <input type="checkbox"/> Seeds - Raw Sunflower | 2 tbsp | Salad |
| <input type="checkbox"/> Solid Chocolate Bar | 1 | To lead Mindful Eating Activity |
| Cans + Other | | |
| <input type="checkbox"/> Beans - Cannellini White Beans | 1 can (540 mL) | Hummus |
| <input type="checkbox"/> Beans - Kidney | 1 can (540 mL) | Soup |
| <input type="checkbox"/> Muffin Liners | 12 | Muffins |
| <input type="checkbox"/> Parchment Paper | -- | Chicken Strips |
| <input type="checkbox"/> Tomatoes - Diced, No-Salt Added | 1 can (796 mL) | Soup |

SESSION TWO GROCERY LIST

| VEGETABLES + FRUITS + HERBS | | |
|-------------------------------------------------------------------------------------------|--------------|---------------------------------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> Apple - Gala | 2 | Crisp |
| <input type="checkbox"/> Beans - Green (frozen if fresh not available) | 1lb (3 cups) | Green Beans |
| <input type="checkbox"/> Carrot | 3 | Roasted Vegetables |
| <input type="checkbox"/> Eggplant | 1 | Ratatouille |
| <input type="checkbox"/> Lemon | 1 | Green Beans |
| <input type="checkbox"/> Mushrooms | 8 | Ratatouille |
| <input type="checkbox"/> Onion - Red | 1 | Roasted Vegetables |
| <input type="checkbox"/> Onion - Yellow | 1 ½ medium | Roasted Vegetables, Ratatouille |
| <input type="checkbox"/> Parsnips | 2 | Roasted Vegetables |
| <input type="checkbox"/> Peppers - Red | 1 | Ratatouille |
| <input type="checkbox"/> Sweet Potatoes - Orange | 2 | Roasted Vegetables |
| <input type="checkbox"/> Zucchini | 1 | Ratatouille |
| Frozen | | |
| <input type="checkbox"/> Berry Mix - Blueberries, Strawberries, Raspberries, Blackberries | 1 bag | Parfait |
| Fresh Herbs | | |
| <input type="checkbox"/> Garlic | 5 cloves | Green Beans, Ratatouille |

| SPICES | | |
|--------------------------------------------|----------|----------------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> Cinnamon - Ground | 2 tsp | Granola, Crisp |
| <input type="checkbox"/> Oregano - Dried | 1 ½ tsp | Ratatouille |
| <input type="checkbox"/> Thyme - Dried | 1 tsp | Ratatouille |
| <input type="checkbox"/> Salt + Pepper | -- | Most recipes |

| REFRIGERATED SECTIONS | | |
|-----------------------------------------------------|----------------|---------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> Butter, Salted | 3 tbsp | Crisp |
| <input type="checkbox"/> Yogurt - Greek, 2% (plain) | 2 tubs (750 g) | Parfait |

| PANTRY | | |
|-----------------------------------------------------------|----------------|-------------------------------------------|
| Ingredient | Quantity | Recipe |
| Wet Pantry | | |
| <input type="checkbox"/> Honey | ⅓ cup | Granola |
| <input type="checkbox"/> Oil - Canola | ⅔ cup | Granola, Green Beans, Ratatouille |
| <input type="checkbox"/> Oil - Olive | 2 tbsp | Roasted Vegetables |
| Dry Pantry | | |
| <input type="checkbox"/> Cranberries | ½ cup | Granola |
| <input type="checkbox"/> Coconut - Shredded (unsweetened) | 1 cup | Granola |
| <input type="checkbox"/> Flour - Whole Wheat | ½ cup | Crisp |
| <input type="checkbox"/> Oat - Large Flake | 4 ⅔ cups | Granola, Crisp |
| <input type="checkbox"/> Pumpkin Seeds - Unsalted | ½ cup | Granola |
| <input type="checkbox"/> Rice - Brown | 2 cups | Ratatouille |
| <input type="checkbox"/> Sugar - Brown | ¼ cup | Crisp |
| Cans + Other | | |
| <input type="checkbox"/> Parchment Paper | -- | Homemade Granola, Roasted Root Vegetables |
| <input type="checkbox"/> Peaches | 1 can (796 mL) | Crisp |
| <input type="checkbox"/> Tomatoes, Whole, No-Salt Added | 1 can (796 mL) | Ratatouille |

SESSION THREE GROCERY LIST

| VEGETABLES + FRUITS + HERBS | | |
|-----------------------------------------------------------------------------------------|----------------|------------------------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> Apple - Gala | 1 | Slaw |
| <input type="checkbox"/> Cabbage - Red | 3 cups | Slaw |
| <input type="checkbox"/> Carrot | 1 medium | Slaw |
| <input type="checkbox"/> Celery | 5 sticks | Chowder, Salmon Cakes |
| <input type="checkbox"/> Lime | 2 | Slaw, Tofu Stir-Fry |
| <input type="checkbox"/> Onion - Green | 6 | Salmon Cakes |
| <input type="checkbox"/> Onion - Yellow | 1 medium | Chowder |
| <input type="checkbox"/> Pepper - Red | 1 small | Chowder |
| <input type="checkbox"/> Potato - Red | 4 small | Chowder |
| <input type="checkbox"/> Stir Fry Vegetables - Prepared (frozen if fresh not available) | 6 cups (500 g) | Tofu Stir-Fry |
| Frozen | | |
| <input type="checkbox"/> Corn | 2 cups | Chowder |
| Fresh Herbs | | |
| <input type="checkbox"/> Garlic | 6 cloves | Chowder, Tofu Stir-Fry |
| <input type="checkbox"/> Ginger | 2 tsp | Tofu Stir-Fry |
| <input type="checkbox"/> Parsley | 1/3 cup | Slaw |

| SPICES | | |
|--------------------------------------------|-----------|----------------------------------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> Dill Weed - Dried | 3 tsp | Chowder, Salmon Cakes, Ranch Dip |
| <input type="checkbox"/> Garlic Powder | 1 3/4 tsp | Salmon Cakes, Ranch Dip |
| <input type="checkbox"/> Onion Powder | 1 3/4 tsp | Salmon Cakes, Ranch Dip |
| <input type="checkbox"/> Parsley - Dried | 4 tsp | Chowder, Ranch Dip |
| <input type="checkbox"/> Thyme | 1/4 tsp | Chowder |
| <input type="checkbox"/> Salt + Pepper | -- | Most recipes |

| REFRIGERATED SECTIONS | | |
|----------------------------------------------------|-------------------|------------------------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> Butter - Salted | 1/4 cup | Chowder |
| <input type="checkbox"/> Egg | 5 | Salmon Cakes, Brownies |
| <input type="checkbox"/> Milk - 2% | 2 1/8 cups | Chowder, Brownies |
| <input type="checkbox"/> Tofu - Extra-Firm | 1 package (350 g) | Tofu Stir-Fry |
| <input type="checkbox"/> Yogurt - Greek 2% (plain) | 1/2 cup | Ranch Dip |

| PANTRY | | |
|---------------------------------------------------------------|-------------------------|----------------------------------|
| Ingredient | Quantity | Recipe |
| Wet Pantry | | |
| <input type="checkbox"/> Broth - Vegetable, Sodium-Reduced | 1 900 mL box (4 cups) | Chowder |
| <input type="checkbox"/> Honey | 1/4 cup | Slaw, Tofu Stir-Fry, Brownies |
| <input type="checkbox"/> Oil - Canola | 1/2 cup | Chowder, Tofu Stir-Fry, Brownies |
| <input type="checkbox"/> Oil - Olive | 1/4 cup | Slaw, Ranch Dip |
| <input type="checkbox"/> Peanut Butter | 1/4 cup | Tofu Stir-Fry |
| <input type="checkbox"/> Soy Sauce, Sodium-Reduced | 1/4 cup | Tofu Stir-Fry |
| <input type="checkbox"/> Vanilla Extract | 1 tsp | Brownies |
| <input type="checkbox"/> Vinegar - Apple Cider | 5 tsp | Ranch Dip, Tofu Stir-Fry |
| Dry Pantry | | |
| <input type="checkbox"/> Baking Powder | 1/2 tsp | Brownies |
| <input type="checkbox"/> Baking Soda | 1/2 tsp | Brownies |
| <input type="checkbox"/> Chocolate Chips (semi-sweet or dark) | 1/2 cup | Brownies |
| <input type="checkbox"/> Cocoa Powder | 1/2 cup | Brownies |
| <input type="checkbox"/> Corn Flakes | 3/4 cup | Salmon Cakes |
| <input type="checkbox"/> Flour - White | 5 tbsp | Chowder |
| <input type="checkbox"/> Sugar | 1/3 cup | Brownies |
| Cans + Other | | |
| <input type="checkbox"/> Beans - Black | 1 can (398 mL) | Brownies |
| <input type="checkbox"/> Parchment Paper | -- | Salmon Cakes, Brownies |
| <input type="checkbox"/> Salmon | 3 cans (14.75 oz/213 g) | Salmon Cakes |

SESSION FOUR GROCERY LIST

| VEGETABLES + FRUITS + FRESH HERBS | | |
|--------------------------------------------|------------|------------------------------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> Bananas, Ripe | 3 | Smoothies |
| <input type="checkbox"/> Lime | ½ | Quesadillas |
| <input type="checkbox"/> Mushroom | 4 | Frittata |
| <input type="checkbox"/> Onion - Green | 4 | Quesadillas |
| <input type="checkbox"/> Onion - Yellow | 1 ¼ medium | Frittata, Chili |
| <input type="checkbox"/> Orange | 1 | Smoothies |
| <input type="checkbox"/> Pepper - Green | 1 | Chili |
| <input type="checkbox"/> Pepper - Jalepeno | 2 | Quesadillas, Chili |
| <input type="checkbox"/> Pepper - Red | 1 | Chili |
| <input type="checkbox"/> Spinach | 1 cup | Frittata |
| <input type="checkbox"/> Tomato | 2 medium | Frittata, Quesadillas |
| Frozen | | |
| <input type="checkbox"/> Corn | 1 cup | Chili |
| <input type="checkbox"/> Strawberries | 1 ½ cups | Smoothies |
| Fresh Herbs | | |
| <input type="checkbox"/> Cilantro | ⅓ cup | Quesadillas |
| <input type="checkbox"/> Garlic | 6 cloves | Frittata, Quesadillas, Chili |

| SPICES | | |
|------------------------------------------|----------|--------------------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> Chili Powder | 7 tsp | Quesadillas, Chili |
| <input type="checkbox"/> Cumin - Ground | 4 tsp | Quesadillas, Chili |
| <input type="checkbox"/> Oregano - Dried | 1 ½ tsp | Frittata, Chili |
| <input type="checkbox"/> Thyme - Dried | ½ tsp | Frittata |
| <input type="checkbox"/> Salt + Pepper | -- | Most recipes |

| BAKERY | | |
|------------------------------------------------------|----------|-------------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> 10" Tortillas - Whole Wheat | 6 | Quesadillas |

| REFRIGERATED SECTION | | |
|-------------------------------------------------------------|---------------|-----------------------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> Beef - Lean Ground | 500 g (~1 lb) | Chili |
| <input type="checkbox"/> Butter - Salted | ½ cup | Cookies |
| <input type="checkbox"/> Cheese - Cheddar, Lower Fat | 2 ½ cups | Frittata, Quesadillas |
| <input type="checkbox"/> Egg | 9 | Frittata, Cookies |
| <input type="checkbox"/> Unsweetened Fortified Soy Beverage | 2 cups | Smoothies |
| <input type="checkbox"/> Yogurt - Greek 2% (plain) | 2 cups | Smoothies |

| PANTRY | | |
|---------------------------------------------------------------------|----------------|---------------|
| Ingredient | Quantity | Recipe |
| Wet Pantry | | |
| <input type="checkbox"/> Oil - Canola | 1 tbsp | Chili |
| <input type="checkbox"/> Vanilla Extract | 1 tsp | Cookies |
| Dry Pantry | | |
| <input type="checkbox"/> Baking Powder | ⅓ cup | Granola Bites |
| <input type="checkbox"/> Baking Soda | ½ tsp | Cookies |
| <input type="checkbox"/> Cinnamon - Ground | ½ tsp | Cookies |
| <input type="checkbox"/> Coconut - Shredded (unsweetened) | ½ cup | Cookies |
| <input type="checkbox"/> Flour - Whole Wheat | ¾ cup | Cookies |
| <input type="checkbox"/> Oat - Large Flake | 1 ½ cups | Cookies |
| <input type="checkbox"/> Sugar - Brown | ¾ cup | Cookies |
| Cans + Other | | |
| <input type="checkbox"/> Beans - Black | 1 can (540 mL) | Quesadillas |
| <input type="checkbox"/> Beans - Red Kidney | 1 can (540 mL) | Chili |
| <input type="checkbox"/> Muffin Liners | 12 | Frittata |
| <input type="checkbox"/> Pineapple - Tidbits with Juice | 1 can (398 mL) | Smoothies |
| <input type="checkbox"/> Tomato - Diced, No-Salt Added | 1 can (796 mL) | Chili |
| <input type="checkbox"/> Tomato Paste, No-Salt Added (if available) | 1 can (156 mL) | Chili |

SESSION SIX GROCERY LIST

| VEGETABLES + FRUITS + HERBS | | |
|------------------------------------------------|-----------------------|----------------------------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> Broccoli | 1 head (8 cups) | Broccoli Salad |
| <input type="checkbox"/> Carrots | 2 (1 ½ cups) | Muffins |
| <input type="checkbox"/> Lemon | 2 | Party Water |
| <input type="checkbox"/> Onion - Red | ¼ | Broccoli Salad |
| <input type="checkbox"/> Onion - Yellow | ½ medium | Pasta |
| <input type="checkbox"/> Orange | 2 large | Punch |
| Frozen | | |
| <input type="checkbox"/> Peas | ¾ cup | Pasta |
| <input type="checkbox"/> Spinach | 1 pack (14 oz) | Spinach Dip |
| <input type="checkbox"/> Strawberries - Sliced | 1 pkg (600g) | Party Water |
| Fresh Herbs | | |
| <input type="checkbox"/> Basil | 1 package (~3 sprigs) | Party Water |
| <input type="checkbox"/> Garlic | 1 head (6 cloves) | Caesar Salad, Pasta, Pizza |
| <input type="checkbox"/> Ginger | 1 inch | Party Water |

| SPICES | | |
|--------------------------------------------|----------|--------------------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> Cinnamon - Ground | 1 tsp | Muffins |
| <input type="checkbox"/> Garlic Powder | 2 tsp | Spinach Dip |
| <input type="checkbox"/> Oregano - Dried | 1 tbsp | Pasta |
| <input type="checkbox"/> Parsley - Dried | 2 tbsp | Spinach Dip, Pasta |
| <input type="checkbox"/> Salt + Pepper | -- | Most recipes |

| BAKERY | | |
|--------------------------------------------------------------------|----------|-------------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> 6" Pita Pocket Bread Rounds - Whole Wheat | 4 medium | Spinach Dip |

| REFRIGERATED SECTIONS | | |
|-----------------------------------------------------|----------|-----------------------------|
| Ingredient | Quantity | Recipe |
| <input type="checkbox"/> Cheese - Ricotta | ¼ cup | Pasta |
| <input type="checkbox"/> Eggs | 2 | Muffins |
| <input type="checkbox"/> Yogurt - Greek, 2% (plain) | 3 cups | Broccoli Salad, Spinach Dip |

| PANTRY | | |
|----------------------------------------------------------|----------------------|-------------------------|
| Ingredient | Quantity | Recipe |
| Wet Pantry | | |
| <input type="checkbox"/> Honey | ½ cup | Broccoli Salad, Muffins |
| <input type="checkbox"/> Oil - Canola | 5 tbsp | Pasta, Muffins |
| <input type="checkbox"/> Oil - Olive | 2 tbsp | Broccoli Salad |
| <input type="checkbox"/> Vanilla Extract | 1 tsp | Muffins |
| <input type="checkbox"/> Vinegar - Apple Cider | 2 tbsp | Broccoli Salad |
| Dry Pantry | | |
| <input type="checkbox"/> Baking Powder | 1 tsp | Muffins |
| <input type="checkbox"/> Baking Soda | ½ tsp | Muffins |
| <input type="checkbox"/> Cranberries | ½ cup | Broccoli Salad |
| <input type="checkbox"/> Flour - Whole Wheat | 1 ½ cups | Muffins |
| <input type="checkbox"/> Pasta - Whole Wheat (corkscrew) | 2 cups | Pasta |
| <input type="checkbox"/> Seeds - Pumpkin (unsalted) | 1 tbsp | Muffins |
| <input type="checkbox"/> Seeds - Sunflower (unsalted) | ¾ cup | Broccoli Salad |
| Cans + Other | | |
| <input type="checkbox"/> Muffin Liners | 12 | Muffins |
| <input type="checkbox"/> Pineapple - Tidbits | 1 can (398 mL) | Muffins |
| <input type="checkbox"/> Soda Water | 4 L bottle (12 cups) | Sparkling Water |
| <input type="checkbox"/> Tomatoes - Diced, No-Salt Added | 1 can (796 mL) | Pasta |