

Grocery List

Stock your kitchen with your family's favourite staples to create simple and delicious meals and snacks.

Vegetables and Fruit

Vegetables and fruit add colour and flavour to your plate. They have important nutrients we need, like fibre, vitamins, and minerals. Try to fill 1/2 your plate with vegetables and fruit at every meal and snack.

- | | | | |
|---|---|--|---|
| <ul style="list-style-type: none">○ Apples○ Asparagus○ Bananas○ Bell peppers○ Blackberries○ Blueberries○ Broccoli○ Brussels sprouts○ Cabbage○ Cantaloupe○ Carrots | <ul style="list-style-type: none">○ Cauliflower○ Celery○ Cucumber○ Eggplant○ Grapes○ Green beans○ Honeydew melon○ Kale○ Kiwis○ Lettuce○ Mangoes | <ul style="list-style-type: none">○ Melon○ Mushrooms○ Onions○ Oranges○ Peaches○ Pears○ Peas○ Pineapple○ Plums○ Potatoes○ Raspberries○ Spinach○ Squash○ Strawberries○ Sweet potatoes○ Tomatoes | <ul style="list-style-type: none">○ Watermelons○ Zucchini <p>Other family favourites:</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p> |
|---|---|--|---|



Protein Foods

Protein helps keep us full and satisfied. Try including plant-based protein foods - like beans, nuts, or seeds - more often by having at least one meatless meal per week. Aim to fill 1/4 of your plate with protein foods at meals and snacks.

- | | |
|---|---|
| <ul style="list-style-type: none">○ Beans/lentils (dried or canned)○ Beef (lean cuts)○ Cheese○ Poultry (chicken, turkey, etc.)○ Eggs○ Fish (fresh, frozen or canned)○ Hummus (chickpea dip)○ Nuts or nut butter○ Pork (lean cuts) | <ul style="list-style-type: none">○ Seeds (pumpkin, sunflower)○ Shellfish (fresh or frozen)○ Tofu○ Unsweetened fortified soy beverage○ White milk○ Wow butter (nut-free butter)○ Yogurt (look for plain or lower sugar options) |
|---|---|

Whole Grains

Whole grain foods include all parts of the grain. They have fibre and other nutrients we need to stay healthy. Choose whole grains more often - try filling 1/4 of your plate with whole grains at every meal and snack.

- Brown rice
- Barley, buckwheat, spelt, quinoa
- Bread (look for whole grain as the first ingredient)
- Cereal (look for whole grain as the first ingredient and compare % daily value to choose lower sugar options)
- Crackers (look for whole grain as the first ingredient)
- Oats/oatmeal
- Whole wheat pasta
- Whole wheat pitas
- Whole wheat tortillas



Menu Plan

Use this page to create a menu plan for the week. Check your cupboards and fridge for food that needs to be used up and plan your menu around those items. Try to fill 1/2 your plate with vegetables and fruit, 1/4 whole grains, and 1/4 protein foods at meals and snacks.

	Needs to be Used
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	