

Shopping List for 5 Easy Dinner Meals for Summer

Remember to check your pantry and refrigerator before shopping!

Pantry Staples

- canola oil
- freshly ground pepper
- salt
- dried oregano
- garlic powder
- lemon pepper
- lemon juice
- kosher salt
- all-purpose flour
- sage
- butter
- dried thyme
- 1/3 cup (75 mL) sherry
- 3 Tbsp (45 mL) apple cider vinegar
- 1/2 cup (125 mL) red onion
- 1 cup (250 mL) shredded carrots
- 2 red peppers
- 1/3 cup (75 mL) green onion
- 1/2 cup (125 mL) chopped celery
- 1/2 orange bell pepper
- 6 Tbsp (90 mL) fresh basil or parsley
- 3 cups (750 mL) baby arugula or spinach
- 2 lemons
- 2 medium zucchinis
- 1/2 lb (250 g) mushrooms
- 3 cups (750 mL) broccoli flowerettes

Refrigerator & Freezer Items

- 11 eggs
- 1 1/2 cups (375 mL) light or fat free sour cream
- 1 pkg (250 g) frozen chopped spinach
- 4 cups (1L) frozen hash browns
- 3/4 cup (175 mL) half and half

Produce

- 1 cloves garlic
- 2 tsp (10 mL) fresh thyme
- 2 lbs (1 kg) yellow flesh potatoes
- 4 medium red potatoes
- 2 large onion

Canned, Bottles & Dry Goods

- 1/2 cup (125 mL) fat free mayonnaise
- 1/2 cup (125 mL) quinoa
- 2 can (6.5 oz/213g) salmon
- 2 Tbsp (30 mL) green relish
- 1 Tbsp (15 mL) prepared horseradish
- 1 cup (250 mL) turkey broth

Meat & Seafood

- 4 bone in skin on chicken breasts
- 2 (8 oz/250 g) beef strip loin steaks
- 6 turkey cutlets (750 g)

