

Shopping List for 5 Easy Dinner Meals for Summer

Remember to check your pantry and refrigerator before shopping!

Pantry Staples

- 1/2 tsp (2 mL) garlic & herb seasoning
- canola oil
- smoked paprika
- ground cumin
- salt
- dried pepper flakes
- ground black pepper
- granulated sugar
- active dry yeast
- all-purpose flour
- chili powder
- lemon juice
- balsamic vinegar
- 1/4 cup (60 mL) white balsamic vinegar
- 1 tsp (5 mL) fresh thyme leaves
- 1 1/2 cup (375 mL) grape tomatoes
- 1 cup (250 mL) arugula
- 2 cloves garlic
- 1/4 cups (60 mL) fresh basil

Refrigerator & Freezer Items

- 1 egg
- 5 slices of American cheese
- 2 tsp (10 mL) butter
- 2 cups (500 mL) old cheddar cheese
- sour cream
- 2 oz (60 g) shredded reduced fat sharp cheddar cheese

Produce

- toppings for burgers
- 1/2 lb (250 g) mushrooms
- 1 1/2 onions
- 1 red pepper
- 1 yellow pepper
- 1 jalapeno pepper
- 1/4 cup cilantro
- 1 1/2 cups (375 mL) lettuce
- 6 oz (170 g) asparagus spears
- 1 (4.5 oz/128 g) pkg shredded green leaf lettuce or 5 cups (1.25 L) shredded romaine
- 1 cup (250 mL) red onion

Canned, Bottles & Dry Goods

- 1/4 cup (60 mL) white balsamic vinegar
- 2 Tbsp (30 mL) honey
- 1 cup (250 mL) canned lentils

Meat & Seafood

- 1 lb (500 g) lean ground chicken
- 4 (4 oz/120 g) lean boneless pork chops
- 1 lb (500 g) white fish fillets
- 4 boneless, skinless chicken breasts

Deli

- 1/2 cup (125 mL) shredded gruyere cheese
- 1 ball buffalo mozzarella

Bakery

- 1/2 cup (125 mL) breadcrumbs
- 5 hamburger buns
- 12 small tortilla or taco shells

