

HEALTHY GROCERY LIST

Provided by KPU Student Health Promotion

We know that this time can be quite stressful and overwhelming for everyone. You may be doing things differently from your normal routine; perhaps physical distancing by yourself has led you to learn how to cook, or maybe you are noticing there are less options at the grocery store as the shelves get emptier and emptier.

Whatever the challenge you may be facing, it can make it extremely difficult to focus on nutrition, but it is **so important** to eat well and nourish not only your body, but your mind too!

This grocery list provides an example of healthy options available to purchase at the grocery store for 1 week with a limited budget in mind. We have also included two easy recipes you can make with these ingredients!
Enjoy!



TIPS FOR GETTING STARTED

- See what's on sale in the weekly flyers – try downloading the Flipp app
- Use recipes that include ingredients you already have in your cupboards (this grocery list assumes that you already have a few staples in your cupboards, such as spices and oils)
- Cook in batches – you can save the rest for leftovers or even freeze portions for another meal
- Stick with in-store brands such as Western Family or No Name, as they are often cheaper than name-brand items with the same quality

GROCERY LIST

Protein and Dairy

- Milk (or non-dairy alternative such as soy, oat, or almond milk)
- Dried beans or lentils
- Canned tuna (or other type of fish)
- Ground turkey or chicken
- Frozen fish fillets (tilapia, cod, etc.)
- Plain Greek yogurt
- Eggs
- Peanut Butter (or alternative nut butter of choice)

*Grains**

- Rolled Oats
- Dried pasta (your preference)
- Whole grain bread
- Rice (white, brown, jasmine, basmati, or substitute for quinoa)
- Chia seeds
- Popcorn
- Rice crackers

*many of these items will last longer than 1 week

Fruits and Vegetables

- Fruit (2-3 servings/day): apples, bananas, oranges, grapes, berries, etc.
- Vegetables (tomatoes, cucumbers, peppers, etc.)
- Root vegetables (potatoes, sweet potatoes, carrots, squash)
- Leafy greens (spinach, kale, mixed greens, arugula)
- Canned pasta sauce and/or canned tomatoes
- Onions and garlic

FRUIT AND VEGETABLE TIPS

- If you enjoy smoothies, grab a bag of frozen mixed fruit from the frozen aisle
 - There are great vegetable and fruit options that are **frozen** and **canned**. Even better, these options are often cheaper than fresh and just as tasty!
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RECIPES

Here are two easy recipes that can be made with the ingredients provided on this grocery list:

Blueberry Muffin Overnight Oats

Recipe from: Deborah Davis (Dietitian Debbie)

Serving Size: 1

Prep Time: 15 mins

Ingredients:

Oat Base

- 1/3 cup rolled oats
- 2/3 cup milk of choice
- 1/3 cup Greek yogurt
- 1 tbsp maple syrup
- 1 tbsp chia seeds
- ¼ tsp cinnamon
- Dash of nutmeg

- Pinch of salt
- ½ cup blueberries (fresh or frozen)

Topping

- ¼ cup blueberries (fresh or thawed frozen)
- Additional toppings of your choice (nuts, seeds, chocolate, etc.)

Instructions:

1. In a large mouth mason jar (500mL), add the oats, milk, yogurt, maple syrup, chia seeds, cinnamon, nutmeg and salt. Stir well with a spoon. Cover and chill in the refrigerator overnight.
2. Puree blueberries in a blender until smooth. Stir blueberries into oats with a spoon to create swirls. Top with additional blueberries and other toppings of your choice.
3. Enjoy!

Spaghetti with Vegetable and Meat Sauce

Recipe adapted from: Beth – Budget Bytes

Serving Size: 4-6 servings

Prep Time: 15 mins Cook Time: 30 mins Total Time: 45 mins

TIP: Feel free to use any vegetables that you like or have in your fridge at home! You don't need to use all the vegetables listed in the recipe.

Ingredients:

- 1 tbsp vegetable oil
- ½ lb ground meat (ground turkey, chicken, beef, etc.)
- 1 onion, chopped
- 1/2 cup green pepper, chopped
- 2 garlic cloves, minced
- 1 medium zucchini, shredded
- 2 carrots, shredded
- ½ tsp dried oregano
- ½ tsp dried basil
- ¼ tsp salt
- Pepper to taste
- 1 jar (24 oz) tomato or pasta sauce
- 12 oz spaghetti (or pasta of choice)

Instructions:

1. Heat the oil in a pot over medium heat. Add ground meat and brown until nearly cooked through.
2. Once the meat is almost cooked, add the onion, green pepper, and garlic, stirring occasionally until translucent; 3 to 5 minutes.
3. Add shredded zucchini and carrots to the pot, along with the basil, oregano, salt and pepper. Continue to saute until the vegetables are tender; 7-10 minutes.
4. Add the pasta sauce to the pot and heat the sauce through.
5. Bring a large pot of water to a boil and cook the pasta according to package directions.
6. Serve the pasta in a bowl or plate and top it with the meat and vegetable sauce.
7. Enjoy!