



## Tips and Tricks to Save on Groceries

**Flipp app:** This app has grocery store flyers and specific store, item, or brand searches. It can be used to plan shopping trips and for price matching at applicable stores.

**Cashback apps:** Checkout 51 and Caddle app offers cash back when you buy specific products, with different offers available each week. The money you get back sits in your account until you reach \$20 or more, at which you can request to cash out and receive a cheque in about 3-4 weeks.

**Coupon sites:** There are many coupon sites to visit, and they are constantly changing. Here's a list of sites to explore, the coupon sites are located near the bottom of the list:  
<https://linktr.ee/livingonaloonie>

**PC Optimum Points:** This card and their app is worth having. There are opportunities to earn points at Shoppers Drug Mart, Loblaws and Esso/Mobil gas chains. There are many ways to earn points through the program, as well as Facebook groups devoted to maximizing earning points.

**On Tiktok:**

<https://www.tiktok.com/@mac.larena>

Mac.larena offers some great grocery shopping tips and advice on using what you have on hand to make healthy meals. This recipe is for lentil shepherd's pie:

[https://www.tiktok.com/@mac.larena/video/7134477926157815045?is\\_copy\\_url=1&is\\_from\\_webapp=v1](https://www.tiktok.com/@mac.larena/video/7134477926157815045?is_copy_url=1&is_from_webapp=v1)

# Meal Planning for ONE

## Step 1: It's all about the plan

- Create your plan and schedule a day for your shop.
- Be consistent! Use the same day each week to help build a routine.
- Set yourself up for shopping success by avoiding the busy times (i.e., weekends).
- Don't forget the discount rack. Bring a buddy when possible. Stores often offer discounts when items are purchased in bulk.
- Consider what you already have in cupboard/fridge.
- Build your recipe library; **use whatever format works best for you but make sure to record it and post it somewhere visible.**
- Look at your existing schedule and plan simple meals on busy/long days. Start by assigning one meal to Day 1, then incorporate leftovers into lunches or as an ingredient in dinner on Day 2 and continue to build from there.
- Make the most of your spare time; prep ahead of time, clean and process veggies right after purchasing and before you put them into fridge. **Portion your meat ahead of time and always label with date.**
- Be cool, use a tool! Rice makers, Instant Pots and Crock-Pots are great ways to save time. Keep an eye on marketplace for "used" models.
- Have at least one simple back up meal in case you need a break from cooking.

## Breakfast:

Don't use all your kitchen energy at once, start slow with 2 or 3 breakfast recipes. You can pre-make the rest by boiling eggs in advance or making a large batch of oatmeal and reheating.

Make it portable! Re-use mason jars for smoothies or overnight oats.

**Overnight Oats:** Add chia seeds and frozen fruit for flavour. Store in the fridge for up to 5 days.

**Yogurt Parfait:** Add nuts for crunch and protein. Store in the fridge for up to 3-5 days.

**Smoothies:** Anything goes, add a balance of your favourite vegetables/fruit. Pre-cut fruit after purchase to save time or use frozen.

**Pancakes:** Make a full batch and divide/freeze for later consumption. Reheat in toaster (i.e., Eggos). Store in the fridge for 3-4 days, or freeze up to a month.

**Egg Muffins:** Use your favourite frittata recipe and divide into muffin tin for single servings. Store up to 3 days in the fridge or freeze up to 3 months.

**Breakfast Sandwiches:** Pre-make and freeze!

**Sweet or Savory Quinoa Bowls:** Pre-make and store in the fridge for 4-5 days.

**Granola Bars/Breakfast Cookies:** Store in an airtight container for 4-5 days or freeze up to 3 months.

## Lunch

Work smarter, not harder. Use up your existing leftovers/ingredients from the night before (i.e., taco meat for a Mexican salad).

**Pasta Salad:** Make a batch and serve with leftover protein from the night before.

**English Muffin Pizza:** Pre-make with different toppings and store in the fridge for 3-4 days or in the freezer for up to a month.

**Grainy Salad:** Give your greens a make-over by mixing in last night's grains. Add your favourite nuts for crunch.

**Instant Noodle with Flair:** Add your leftover vegetables (cooked, fresh, or frozen) or soft-boiled egg. To reduce sodium, use half the package of seasoning.

**Lazy Soup:** Use broth base and add in leftover vegetables, protein, spices, and fresh spinach.

## Dinner

Consider making single skillet or one pot meals for less clean up.

**Double-up:** Make two portions and freeze the rest for a later date.

**Use themes:** Feel uninspired and need a starting point? Think of meals in categories such as, vegetarian, breakfast for dinner, soup and sandwiches, dinner salads, etc.

## Points to Touch on

**Leftovers:** Re-use extra food in the next few days for additional meals.

**Grocery list:** Only buy what you need on your list.

**How to portion out:** Stretch your main ingredients per meal (i.e., chicken-themed week where most of the recipes you make for the week are based around chicken). Prepare all your main ingredient at the beginning of the week in bulk so there is enough to use for all your recipes!

**Ingredient/Spice:** Make a list of must-haves in your pantry to use in multiple recipes.

**Quick Easy no stress meals:** Such as salads, with options to add grains or protein, or diversify with different dressings.

**Thinking Ahead:** Making extra and freeze for future use.

**Staying Organized:** Record your recipes.

# Weekly Meal Plan

## SUNDAY

Shop for the week.

Prep vegetables/ fruit for the week.

Portion bulk purchased products.

## MONDAY

**Sheet pan roasted chicken and vegetables served**

**on rice.** Prep and roast chicken for Wednesday's meal.

Make extra rice for Tuesday's meal.

## TUESDAY

**Vegetable Fried Rice**, using leftover rice

from Monday.

## WEDNESDAY

**Chicken shawarma** using prepped chicken

from Monday.

Make pizza dough and refrigerate for Thursday.

## THURSDAY

**Calzones** using pizza dough made on Wednesday

with garden salad. Roast sweet potatoes and

beets for Friday while calzone is in the oven.

## FRIDAY

**Buddha Bowls** using roasted sweet potatoes

and beets from Thursday.

## Pantry Staples

## Ingredients for the Week

### Day 1 & Preperation for Day 3

#### **Sheet Pan Chicken/Vegetable Marinade**

- ¼ olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon kosher salt
- ½ teaspoon black pepper

#### **Chicken Shawarma Marinade**

- 2 teaspoons garlic powder
- 1 teaspoon cumin
- ¾ teaspoon ground coriander
- ½ Smoked paprika

#### **Sheet Pan Chicken/Vegetable Marinade**

- 4 boneless skinless chicken thighs
- Rice
- 3 cloves garlic
- 3 carrots
- 1 onion
- Small head cauliflower

#### **Chicken Shawarma**

- Lemon(1 tablespoon juice)

### Day 2

#### **Veggie Fried Rice**

- ½ tablespoon salted butter
- 1 tablespoon low sodium soy sauce

#### **Veggie Friend Rice**

- Rice
- 1 clove garlic
- ½ cup frozen peas
- ½ cup frozen corn
- 1 large egg

<b><i>Pantry Staples</i></b>	<b><i>Ingredients for the Week</i></b>
<b>Day 3</b>	
<p><b><i>Chicken Shawarma Marinade</i></b></p> <ul style="list-style-type: none"> <li>• 2 teaspoons garlic powder</li> <li>• 1 teaspoon cumin</li> <li>• ¼ teaspoon ground coriander</li> <li>• ½ smoked paprika</li> </ul>	<p><b><i>Chicken Shawarma</i></b></p> <ul style="list-style-type: none"> <li>• 1 ¼ cups greek yogurt</li> <li>• 1 tablespoon lemon juice</li> <li>• 1 garlic clove</li> <li>• ¼ cup fresh parsley (hang leftovers to dry)</li> <li>• 1 tablespoon fresh dill (hang leftovers to dry)</li> <li>• ¼ red onion</li> <li>• 2 romaine lettuce</li> <li>• ½ English cucumber</li> <li>• 1 tomato</li> <li>• 1-2 pita bread</li> </ul>
<b>Day 4 &amp; Preperation for Day 5</b>	
<p><b><i>Quick Easy Pizza Dough</i></b></p> <ul style="list-style-type: none"> <li>• 1 tablespoon yeast</li> <li>• 2 cups all purpose flour</li> <li>• 1 tablespoon white sugar</li> <li>• ¼ teaspoon salt</li> </ul> <p><b><i>Easy Marinara Sauce</i></b></p> <ul style="list-style-type: none"> <li>• 2 tablespoon olive oil</li> <li>• 2 tablespoons dried basil</li> <li>• 2 tablespoons dried oregano</li> <li>• ½ teaspoon sugar</li> <li>• Red chili flakes *optional*</li> </ul> <p><b><i>Homemade Calzone w/Garden Salad</i></b></p> <ul style="list-style-type: none"> <li>• 1 tablespoon balsamic vinegar (for salad dressing)</li> </ul> <p><b><i>Roasted Sweets and Beets *make extra to freeze*</i></b></p> <ul style="list-style-type: none"> <li>• ¼ teaspoon cinnamon</li> <li>• ¼ teaspoon turmeric</li> <li>• ¼ teaspoon ground cumin</li> <li>• ½ teaspoon garlic powder</li> </ul>	<p><b><i>Easy Marinara Sauce</i></b></p> <ul style="list-style-type: none"> <li>• ½ yellow onion(use other half in calzone)</li> <li>• Canned plum tomatoes</li> <li>• Garlic cloves</li> </ul> <p><b><i>Homemade Calzone w/Garden Salad</i></b></p> <ul style="list-style-type: none"> <li>• ½ cup green pepper diced</li> <li>• ½ cup sliced pepperoni</li> <li>• 1 cup mozzarella cheese</li> <li>• Salad Fixins</li> </ul> <p><b><i>Roasted Sweets and Beets *make extra to freeze*</i></b></p> <ul style="list-style-type: none"> <li>• 2 sweet potatoes</li> <li>• 4 beets</li> </ul>
<b>Day 6</b>	
<p><b><i>Buddha Bowl</i></b></p> <ul style="list-style-type: none"> <li>• Quinoa *follow package instructions*</li> <li>• ½ tablespoon tahini</li> <li>• ½ teaspoon sesame seeds</li> </ul>	<p><b><i>Buddha Bowl</i></b></p> <ul style="list-style-type: none"> <li>• ½ onion</li> <li>• 1 cup spinach</li> </ul>

## Sheet Pan Chicken and Veggies with Rice

### INGREDIENTS:

- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- 3 cloves garlic
- 1 teaspoon Dijon mustard
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 pounds boneless, skinless chicken thighs (approximately 6 to 8)

### DIRECTIONS:

1. Arrange a rack in the middle of the oven and heat to 425°F.
2. Place the olive oil, vinegar, garlic, mustard, salt, and pepper in a mini chopper or food processor. Process continuously until thick and creamy, about 30 seconds. Transfer to a large bowl. Add the chicken thighs and mix well to coat.
3. Transfer the chicken to a rimmed baking sheet and arrange in a single layer. Roast until the chicken is lightly browned and registers an internal temperature of 165°F, 20 to 25 minutes.

Rice Instructions-prepare as package dictates.

\*Prep and Cook Chicken Shawarma for Day 3\*

## Veggie Fried Rice (using leftovers)

### INGREDIENTS:

- ½ tablespoon salted butter
- ½ cup chopped onions
- 1 clove garlic, minced
- ¾ cup cooked rice (leftover from Day 1)
- 1 large egg
- ½ cup peas
- ½ cup corn
- 1 tablespoon low sodium soy sauce
- Salt , to taste (optional)
- Pepper , to taste (optional)

### DIRECTIONS:

1. Melt the butter in a medium-sized pan over medium heat. Add the chopped onions to the pan and cook, stirring occasionally for 2 minutes.
2. Add the minced garlic to the pan and cook, stirring occasionally for 1 minute.
3. Add the cooked rice to the pan and cook, stirring for 30 seconds. Push the rice, onions, and garlic to the sides of the pan.
4. Add the egg to the center of the pan and cook the egg until scrambled. When the egg is almost completely cooked mix it in with the rice/onion mixture.
5. Add the peas and the corn to the pan and cook, stirring for 1 minute.
6. Stir in the soy sauce and taste. Add salt and pepper, if necessary.

## Mini Chicken Shawarma

### INGREDIENTS:

#### CHICKEN:

- 2 boneless skinless thighs
- ¼ cup extra-virgin olive oil
- Zest and juice of 1 lemon
- 2 teaspoons garlic powder
- 1 teaspoon ground cumin
- ¾ teaspoon ground coriander
- ½ teaspoon smoked paprika
- 1 teaspoon freshly ground black pepper

#### SAUCE

- 1¼ cups Greek yogurt
- 1 tablespoon lemon juice
- 1 garlic clove, grated
- ¼ cup chopped fresh parsley
- 1 tablespoon chopped fresh dill
- Kosher salt and freshly ground black pepper
- ¼ red onion, thinly sliced
- 2 leaves Romaine lettuce, shredded
- ½ English cucumber, thinly sliced
- 1 tomato, chopped
- 1 pita bread

### DIRECTIONS:

1. MAKE THE CHICKEN: Pre Heat oven to 425°F. Place the chicken in a large resealable plastic bag.
2. In a small bowl, whisk together the olive oil, lemon zest, lemon juice, garlic powder, cumin, coriander, paprika and pepper to combine. Pour the marinade into the bag of chicken, seal and toss the chicken well to coat. Let the chicken marinate for 30 minutes to 1 hour.
3. MAKE THE SAUCE: While the chicken marinates, stir together the Greek yogurt, lemon juice and garlic in a medium bowl. Stir in the parsley and dill, season with salt and pepper. Cover and refrigerate.
4. Remove the chicken from the marinade, letting the excess drip off, place on lined cooking sheet and place in oven, cook for 20-25 mins turning halfway through. Remove from oven and chop it into bite-size strips.
5. To assemble, add the chicken, onion, lettuce, cucumber, and tomato to the pita.

## Quick Easy Pizza Dough

### INGREDIENTS:

- 2 cups flour
- 1 tablespoon yeast
- ¼ teaspoon salt
- 1 tablespoon sugar
- ⅔ cup lukewarm water (+ 2tablespoons extra)

### DIRECTIONS:

1. Mix 1 cup of flour with all other ingredients.
2. Gradually add 2nd cup of flour until it forms a ball. Use your hands to form and knead the dough.
3. Let the dough rest 10-15 minutes in a bowl covered with a dish towel or plastic wrap to keep it warm.
4. Spread out onto greased pizza pan and top with your favorite toppings.
5. Bake at 375°F for approximately 15 minutes. Enjoy!

## Quick Marinara

4 servings(freeze extras)

### INGREDIENTS:

- 2 tablespoons olive oil
- ½ cup chopped yellow onion
- 2 cloves garlic, pressed or minced
- 7 cups canned plum tomatoes, crushed by hand,
- juices drained
- 2 teaspoons each dried oregano and basil
- ½ teaspoon sugar
- Salt and pepper to taste

### DIRECTIONS:

1. In a large heavy saucepan, heat the olive oil over medium-high heat for minute. Add the onion and garlic. Cook and stir for 3-4 minutes.
2. Add the tomatoes, oregano and basil. Cook the sauce at a steady simmer for 20-25 minutes or until it has reduced slightly and shows no signs of being watery.
3. Add the sugar. Salt and pepper to taste. Use at once for pasta. Or let cool for later use on pizza and pasta. Can be held in the cooler, covered, for 4-5 days.

By adding 3 tablespoons of chopped fresh, flat-leaf parsley (or fresh basil) while the sauce is simmering, you will create a sauce with a slightly different flavor. Add crushed red pepper flakes or hot sauce to create a spicy arrabbiata variation.

## Homemade Calzone

### INGREDIENTS:

- 1 pound pizza dough(homemade)
- ½ cup pizza sauce
- ½ cup yellow onion diced
- ½ cup green bell pepper diced
- ½ cup sliced pepperoni
- 1 cup mozzarella cheese shredded
- 1 tablespoon olive oil

### DIRECTIONS:

1. Preheat oven to 425°F and line a large sheet pan with parchment paper.
2. Divide pizza dough into 4 equal parts and roll each dough ball into a 1/4 inch thick circle.
3. On half of each dough circle, add equal parts sauce, yellow onion, green bell pepper, and sliced pepperoni. Make sure to leave a little room around the edges so you can crimp the calzone shut.
4. Sprinkle the toppings with equal parts shredded cheese. Then fold the other half of the dough over the toppings and crimp the edges.
5. Cut 2-3 air vents into the top of the calzone and place it on to the prepared baking sheet.
6. Brush with olive oil and bake for about 15 minutes or until the dough is fully cooked and the calzone is golden brown.
7. Serve with warmed pizza sauce for dipping.

\*Prep and Cook vegetables for Day 5\*

# Buddha Bowls

## INGREDIENTS:

- ⅛ teaspoon ground cinnamon
- ¼ teaspoon ground turmeric
- ¼ teaspoon ground cumin
- ½ teaspoon garlic powder
- 1 sweet potato cubed
- 2 tablespoons avocado oil
- ½ onion sliced
- 1 cup quinoa cooked
- 1 cup spinach chopped
- ¼ cup beet chips \* prep/cook on Day 4
- ½ tablespoon tahini
- ½ teaspoon sesame seeds

## DIRECTIONS:

1. Preheat oven to 425°F. Mix the cinnamon, turmeric, cumin, and garlic powder.
2. Place cubed sweet potatoes and onion on one side of lined baking sheet. Drizzle oil on, making sure to evenly coat the vegetables. Sprinkle the seasoning and mix well.
3. On other side place thinly sliced beets, drizzle with oil and sprinkle with coarse salt. Roast for 25 minutes in the oven.
4. While veggies roast, prepare the bowl by adding quinoa and spinach.
5. When veggies are done, add on top of the quinoa and spinach. Top with beet chips, tahini, and sesame seeds. Serve immediately while warm.



# Additional Resources

Curated by Alisia Graham-Lee, registered dietitian from  
Brock Community Health Centre

- **Quick and Easy Meals (albertahealthservices.ca)**

<<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-quick-and-easy-meals.pdf>>

Accessed: October 21, 2022

Published: November 12, 2019

- **Planning Wisely When Cooking for One - Unlock Food**

<<https://www.unlockfood.ca/en/Articles/Seniors-nutrition/Planning-Wisely-When-Cooking-for-One.aspx>>

Accessed: October 21, 2022

Updated: May 16, 2022

- **10 Tips for Planning Meals on a Budget - Unlock Food**

<<https://www.unlockfood.ca/en/Articles/Budget/10-Tips-for-Planning-Meals-on-a-Budget.aspx>>

Accessed: October 21, 2022

Updated: November 24, 2020

- **Healthy Grocery List (albertahealthservices.ca)**

<<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-grocery-list.pdf>>

Accessed: October 21, 2022

Published: June 19, 2019



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## Creative Use of Leftovers

When cooking, make a little extra so you have leftovers. Using leftovers can make meal preparation easier, reduce food waste and save you time in the kitchen.

### Some ideas to get you started

Just about anything left over can go into a stir-fry, casserole, soup or salad. Can't finish the whole tin of soup? Use it in sauces, gravies and casseroles. Be creative!

#### Vegetables and Fruit

- | Cook a bunch of broccoli, a head of cauliflower or larger amounts of other vegetables. Eat one serving hot; marinate some in vegetable oil, vinegar and spices and add to a salad. Use the rest in an omelette, pasta dish, soup or casserole.
- | Top casseroles with slices of left-over cooked potatoes.
- | Use extra cut-up fruit to top cereal, pancakes or waffles, or mix fruit with yogurt or cottage cheese. Add extra fruit to baked goods such as muffins.
- | Peel and freeze overripe bananas and use in loafs and muffins.
- | If you bought too much fruit, use the leftovers to make compote, chutney or fruit sauces (like apple sauce).
- | Cook extra vegetables and puree what you don't eat with broth or milk for a quick soup.
- | Add any combination of cooked vegetables into a pasta dish, gratin, salad, lasagna or quiche.
- | Freeze leftover tomato paste in little spoonfuls on a foil-lined baking sheet. Store the frozen blobs in a freezer bag and use to enrich sauces.
- | Use leftover stir-fried vegetables in an omelette or a wrap.
- | Blend leftover fruit into a smoothie (blend milk and fruit).

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## Grains

- | Chill leftover pasta for pasta salad, soups or casseroles.
- | Use extra rice in rice pudding, soups, or casseroles.
- | Make individual sized pizzas using tortillas, English muffins or pita breads for the crust. Spread on some lower sodium tomato sauce and add your favourite toppings.
- | Crush dried bread to make crumbs to coat chicken or fish, or as casserole topping.
- | Use dried bread in bread pudding or cube as croutons (sprinkle with spices and toast in the oven) for salads or soups.

## Protein Foods

- | Serve tomato or meat sauce over noodles one day, then add kidney beans, chopped vegetables (fresh, frozen or leftover) and chili seasoning for another meal.
- | Sauté ground beef, use some in a casserole and freeze the rest for chili, pasta sauce or stuffed peppers.
- | Bake larger pieces of meat such as whole chicken, ham or beef, serve hot and use the leftovers in stir-fries, hearty soups, casseroles, sandwiches or salads.
- | Use chicken, tuna or egg salad in sandwich one day and stuff the extra into a tomato or a green, yellow or red pepper the next.
- | Turn leftover roast and potatoes into shepherd's pie or stew.
- | Turn leftover salmon into salmon cakes or use as a filling for pita with sliced tomatoes, lettuce, red peppers and cucumber.
- | Roasts can be minced and used as fillings for burritos, crepes, stuffed vegetables or cannelloni.
- | Add extra liquid and sautéed onions when making pot roast for French onion soup.
- | Use leftover chicken or turkey in a sandwich. Use whole slices or make chunky chicken salad by adding a little mayonnaise, celery, onion and other vegetables you enjoy.

A note on food safety:

Leftovers can spoil quickly, so take care to keep the food safe to eat:

- | Promptly refrigerate leftovers in uncovered, shallow containers so they cool quickly.
- | Keep leftovers in the fridge for a maximum of two to three days. Freeze leftovers if storing them for longer.
- | Leftovers can be frozen and used within two or three months. Be sure to label and date all packages, and use the oldest ones first
- | Thaw frozen leftovers in the fridge, not on the counter. Eat or reheat thawed leftovers right away.
- | Heat food thoroughly to at least 165°F (74°C). Check temperatures using a food thermometer.
- | Ensure soups, gravies and sauces are brought up to a boil before you eat them.
- | Only reheat leftovers one time. Throw away any uneaten leftovers after they have been reheated. Do not refreeze thawed leftovers.



## Additional Resources

- | Health Canada: Leftovers - How Long Will They Last?  
<https://www.canada.ca/en/services/health/publications/food-nutrition/infographic-leftovers.html>

*These resources are provided as sources of additional information believed to be reliable and accurate at the time of publication and should not be considered an endorsement of any information, service, product or company.*



## Notes

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