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## #STAYHOME RECIPE GUIDE

### WHAT'S INSIDE:

- ▶ 13 EASY, PANDEMIC-FRIENDLY RECIPES FOR EACH PART OF YOUR DAY
- ▶ CHECKLIST: HEALTHY STAPLES TO KEEP IN YOUR PANTRY, FRIDGE AND FREEZER
- ▶ ULTIMATE FREEZER GUIDE: HOW TO MAKE YOUR GROCERIES LAST



Medisys' Registered Dietitians across Canada developed this recipe guide to help you thrive in the kitchen during the COVID-19 pandemic. All 13 recipes use ingredients that have a 14-day or longer shelf life, with many of the main ingredients coming from the pantry or freezer. You'll also find tips on creating a smart, healthy shopping list to optimize and limit your trips - but try to get your groceries delivered when you can. Lastly, the bonus Ultimate Freezer Guide will teach you how to make your groceries last. Enjoy!

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#### Icon Legend:



Gluten-Free



Dairy Free



Nut Free



Vegan



Vegetarian

***Bon Appetit!***



## Oatmeal Banana Pancakes



Number of Servings: 2

By Meghan Wilton, Registered Dietitian, Toronto

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Language: English

These pancakes are quick and easy and can be frozen for later use. The batter is best prepared in a blender but can also be mixed in a bowl. Top your pancakes with your favourite ingredients and dig in!

### Ingredients:

- 2/3 cups oats
- 1 ripe banana
- 2 eggs
- pinch of cinnamon
- 1 tsp baking powder
- 1/2 tsp vanilla extract

You can add a bit of milk or milk alternative of your choice to thin the consistency or more oats to thicken it.

### Instructions:

1. Blend all ingredients together in a blender, or mash banana well in a bowl then add all remaining ingredients.
2. Heat pan with a bit of oil.
3. Cook and enjoy!

**Topping suggestions:** Fresh or frozen fruit, maple syrup, natural peanut/almond butter, coconut flakes, nuts/seeds.

**Note:** Ingredients are dairy-free, but you can add milk as stated in the ingredients list.



## Breakfast Cookies



By Donna Acal, Registered Dietitian, Toronto  
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Language: English

Number of Servings: 12

These cookies are great for breakfast and can also easily be enjoyed as a snack anytime. To add protein to your breakfast, have them with Greek yogurt, a boiled egg or a handful of nuts.

### Ingredients:

- 2 cups quick oats or old-fashioned whole oats
  - 1/2 tsp salt
  - 1 tsp ground cinnamon
  - 1 cup almond butter, peanut butter, or sunflower seed butter
  - 1/4 cup pure maple syrup (can be replaced with honey)
  - 1/3 cup apple butter or unsweetened applesauce
  - 1 large banana, mashed (about 1/2 cup)
  - 1/2 cup dried cranberries
  - 1/2 cup pumpkin seeds
  - 1/2 cup raisins
- Optional:**
- 1/4 cup ground flax seed
  - You can use any combination of your favourite nuts, seeds and dried fruit measuring 1 1/2 cups (i.e. walnuts, pecans, sesame seeds, sunflower seeds, dried apricots or chocolate chip).

### Instructions:

1. Preheat oven to 325°F. Line two large baking sheets with parchment paper on baking trays.
2. Combine all of the ingredients into a large bowl of a stand mixer (or use a hand mixer). Mix until all of the ingredients are combined. The dough will be thick and heavy.
3. Using a 1/4 cup measuring cup, portion mounds of cookie dough onto prepared cookie sheet. Use the back of a spoon or your fingers to slightly flatten out into a cookie shape. The cookies will not spread in the oven.
4. Bake for 15-18 minutes or until the edges are slightly brown.
5. Cool cookies on the baking sheets for 10 minutes then transfer to a wire rack to cool completely.
6. Cover leftover cookies and store at room temperature for up to 5 days or in the refrigerator for up to 10 days.

**Note:** All ingredients are vegan, but maple syrup can be replaced with honey as stated in the ingredients list.



## Pantry Smoothie



By Dusty Stevenson, Registered Dietitian, Toronto  
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Language: English

Number of Servings: 1 to 2

This is a forgiving recipe, so feel free to make substitutions where needed based on what you have on hand and based on your preferences (there are several options provided below). This smoothie focuses on ingredients you would find in your pantry, but is still packed with a good amount of fibre that promotes stable energy throughout the day and feeds beneficial gut bacteria.

### Ingredients:

- 1/4 cup grain (ie. oats, buckwheat)
- 1 tbsp flax seeds or chia seeds
- 3/4 cup water
- 2 tbsp nut butter (ie. peanut, almond, cashew, etc.)
- 2 pieces dried fruit (ie. medjool date, apricot, fig, prune, etc.)
- Spices (1/8 tsp cardamom, 1/4 tsp cinnamon, 1/2 tsp vanilla, etc.)
- Frozen/fresh vegetable or fruit (ie. banana, mango, spinach, zucchini, cauliflower, etc.)
- 1/2 - 1 cup milk alternative (ie. almond, cashew, oat, coconut, soy)

### Suggested Combinations:

- Oats, flax, peanut butter, date, 1/2 banana, 1/2 cup frozen spinach, cardamom, oat milk
- Buckwheat, chia seeds, cashew butter, fig, 1/4 cup frozen raspberries, 1/2 cup zucchini, cardamom, almond milk

### Instructions:

1. In a small jar (250 mL capacity) add grains, flax or chia seeds, dried fruit and water. Soak overnight or at least 1 hour.
2. After soaking, add all ingredients to a blender and blend until smooth, adding milk alternative until desired consistency is achieved.



## Turkey & Bean Chili



By Meghan Wilton, Registered Dietitian, Toronto  
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Language: English

Number of Servings: 6 to 8

This chili packs a punch of flavour. It can be made vegetarian by subbing out turkey and adding more beans. It's hard to go wrong with chili, so feel free to add whatever other vegetables you have on hand!

### Ingredients:

- 1 tbsp olive oil
- 2 onions, diced
- 4 cloves garlic, minced
- 1-2 tsp chili flakes
- 2 lb ground turkey (can substitute with beef or chicken)
- 2 red peppers
- 2 tbsp chili powder
- 1 tbsp smoked paprika
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp salt
- 1 can (28oz) of crushed or diced tomatoes
- 1/4 cup tomato paste
- 3 cups chicken or vegetable stock
- 2-3 bay leaves
- 1 can white kidney beans, drained (or any other beans on hand)
- 1 can green beans, drained (optional)

**Optional toppings:** Green onion, yogurt/sour cream, cheddar cheese, avocado

### Instructions:

1. Heat olive oil in a large pot over medium-high heat, add onions and sauté until softened.
2. Stir in garlic and continue to sauté for another 1-2 minutes. Add turkey and cook until browned.
3. Add peppers and all spices, cook for another few minutes until aromatic.
4. Stir in tomatoes, tomato paste, broth and bay leaves. Cover and simmer on low for 1 hour.
5. Add white beans, green beans, and cook for another 10 minutes. Remove bay leaves. Serve with desired toppings and enjoy!

**Note:** This recipe is dairy-free, but you can add dairy ingredients to taste, as in the ingredients list.

Recipe adapted from: <https://www.halfbakedharvest.com/healthy-slow-cooker-turkey-and-white-bean-chili/#bo-recipe>



## Pantry Daal



By Alissa Vieth, Registered Dietitian, Toronto  
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Number of Servings: 4 to 6

Daal is a traditional Indian dish prepared with lentils and ginger, garlic and dried spices. The dish is a quick, one-pot meal. There is room to play around and make this dish your own – add in different veggies, add in greens at the end and serve it on rice, whole grains, whole-wheat naan or tortillas.

### Ingredients:

- 3 tbsp oil (coconut or canola)
- 1 onion diced
- 2 cloves garlic, minced
- 1 tbsp ginger, minced
- 1 tbsp curry powder or (2 tsp cumin + 1 tsp coriander powder + 1/2 tsp turmeric)
- 1/2 tsp chili flakes
- 2 cups veg diced (carrots, squash, sweet potato, cauliflower)
- 2 cups red lentils
- 4 cups water + extra as needed

#### Optional:

- Greens - swiss chard, spinach, mustard greens, kale (remember to remove stems).
- To add texture and flavour, top with yogurt, mint, cilantro, and/or chili flakes.

### Instructions:

1. Heat oil in a large pot. Add the onions and cook for 1 minute until soft.
2. Add garlic, ginger and spices until they sizzle and spices become fragrant, about 1-2 minutes.
3. Add diced vegetables of choice and lentils and 4 cups of water. Heat to boil and then reduce to simmer. Cook until lentils and vegetables are tender (about 15 minutes). Add more water if needed (if lentils are not tender or mixture gets too thick).

**Optional:** When ready to eat, cook greens for 1-2 minutes and add on top.



**Coconut rice adds a nice balance to the flavours in the daal.**

**To make coconut rice mix add 1 part rice, 1 part water, and 1 part coconut milk; cook rice as you normally would.**



## Cheesy Tuna Melts



By Andrea Stokes, Registered Dietitian, St. John's  
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Language: English

Number of Servings: 4

These cheesy tuna melts rely on a pantry classic – canned tuna – to make a quick and easy meal suitable for kids and adults alike. Keep it simple with just tuna and mayo, or spice it up with layer of spicy mustard (or any other condiment you like). Add veggies to your liking, or round out the meal with a side salad or raw veggies with dip.

### Ingredients:

- 2 cans tuna (packed in water)
- 4 slices whole grain bread (or 2 whole wheat English muffins)
- 4 tbsp mayonnaise (or, to taste)
- 2 tbsp sweet and spicy mustard (or sub for wholegrain Dijon)
- 1/2 cup shredded cheese (cheddar, mozzarella, swiss, or a combination)

**Optional toppings:** sliced tomato, onion, pitted olives, sliced avocado, canned corn, etc.

### Instructions:

1. Heat oven broiler to high.
2. Drain tuna and combine in a medium bowl with mayonnaise. Stir to combine.
3. Toast bread (or English muffins), then spread each slice with mustard. Top with tuna mixture and sprinkle with shredded cheese.
4. Top with toppings of your choice. Option: make a smiley face using two slices of pitted olives for eyes (or two cherry tomato slices) and a row of canned corn (or an avocado slice) for the mouth.
5. Broil for about 5 minutes, or until cheese is melted and bubbly.
6. Serve with raw baby carrots and sugar snap peas.



## Popcorn & Flavour Toppings



By Alissa Vieth, Registered Dietitian, Toronto  
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Language: English

Number of Servings: 4

Stovetop popcorn is a perfect crunchy snack that is also high in fiber. Depending on what you feel like, you can keep it classic by adding salt or you can play around with different flavour combinations.

### Ingredients:

- 2 tbsp oil (canola or coconut)
- 1/4 cup popcorn kernels

### Instructions:

1. In a large pot over medium-high heat, heat oil.
2. Put three kernels into the hot oil and cover the pot. When the kernels pop, add the remaining kernels.
3. Gently and continuously shake the pot moving it back and forth over the burner (hold the handle and with a towel/oven mitt).
4. Once the popping slows to three seconds between pops, remove the pot from the heat, remove the lid and transfer popcorn to a serving bowl.

### Add optional flavour combos of your choice:

Mix the following ingredients in a small bowl and sprinkle evenly over popcorn.

- Cheesy - 1/4 cup parmesan cheese or nutritional yeast
- Pizza - 2 tbsp parmesan cheese + 1 tsp each: garlic powder, oregano, basil, paprika + 1/2 tsp salt
- Taco - 1 tbsp taco seasoning + 1 tbsp nutritional yeast or parmesan cheese
- Coconut Curry - 1 tbsp shredded coconut + 1/2 tsp curry powder + 1/4 tsp salt
- Cinnamon Sugar - 2 tbsp powdered sugar + 1 tsp cinnamon + 1/4 tsp salt
- Hot Chocolate - 1 tbsp unsweetened cocoa powder + 1 tbsp powdered sugar + 1 tsp cinnamon + 1/4 tsp salt



## Crispy Roasted Chickpeas



By Dusty Stevenson, Registered Dietician, Toronto  
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Language: English

Number of Servings: 4 to 6

Roasted chickpeas are an easy way to include more legumes in your diet and up your fibre intake. You can easily mix roasted chickpeas into your usual trail mix, have them on their own, or use them to top salads or soups. This recipe uses canned chickpeas, but feel free to cook your own from dried chickpeas. The key to making them crispy is peeling the skins off and making sure they are dry before baking.

### Ingredients:

- 1-15oz can chickpeas, drained, rinsed
- 1/2 tsp salt
- 1 tbsp olive oil

#### Optional spices:

- 1 tsp turmeric & 1/2 tsp black pepper
- 1 tsp cumin & 1/2 tsp smoked paprika
- 2 tsp nutritional yeast & 1/8 tsp cayenne pepper

### Instructions:

1. Preheat oven to 350°F.
2. Rinse and dry chickpeas with a towel and peel off skins (this step is a bit time consuming but will make the chickpeas crispy).
3. Toss chickpeas with oil and salt and spread evenly on a baking sheet.
4. Bake for 45 minutes, shaking the pan after 30 minutes to provide even baking.
5. Cool chickpeas thoroughly on the baking sheet then toss with desired spice mixture.
6. Store in an airtight container.



## Quick & Healthy Banana Bread

By Kimberley Pare, Registered Dietitian, Montreal  
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Language: English - French

Number of Servings: 12

This banana bread is easy to make on a whim. Ingredients are easily found in your pantry and can be the last hope for those ripe bananas in the freezer. This recipe is great because you can swap out certain perishable ingredients with dry ones if you don't have them on hand.

### Ingredients:

- 1/3 cup extra-virgin olive oil
  - 1/4 - 1/2 cup honey or maple syrup
  - 2 eggs or 2 tbsp ground flax in 1/4 cup warm water (let mixture sit for 15 minutes to thicken)
  - 1 cup mashed ripe bananas (2 large bananas defrosted from freezer)
  - 1/4 cup milk or alternative of choice
  - 1 tsp baking soda
  - 1 tsp vanilla extract
  - 1/2 tsp salt
  - 1/2 tsp ground cinnamon, plus more to swirl on top
  - 1 3/4 cups whole wheat flour
- Optional:** 1/2 cup mix-ins like chopped walnuts or pecans, chocolate chips, raisins, chopped dried fruit, fresh banana slices

### Instructions:

1. Preheat oven to 325°F and grease a 9x5-inch loaf pan (or muffin tin for muffins).
2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs/flax and beat well, then whisk in the mashed bananas and milk.
3. Add the baking soda, vanilla, salt and cinnamon, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok! If you're adding any additional mix-ins, gently fold them in now.
4. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon. Bake for 55 to 60 minutes, or until a toothpick inserted into the centre comes out clean. If using a muffin tin, bake for 30-35 mins.
5. Let the bread cool in the pan for 10 minutes, then transfer it to a wire rack to cool for 20 minutes before slicing.



### STORAGE SUGGESTIONS:

This bread is moist, so it will keep for just two or three days at room temperature. Store it in the refrigerator for five to seven days, or in the freezer for up to three months or so.



## Chicken and Bean Baked Tortillas



By Donna Acal, Registered Dietitian, Toronto  
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Language: English

Number of Servings: 8

This is an easy lunch to pull together especially if you have leftover chicken. Serve with raw vegetables or a mixed salad. Reheat leftovers for lunch the next day.

### Ingredients:

- 1 can (19 oz/540ml) navy beans, drained and rinsed
- 2 cups diced, cooked, skinless chicken breast
- 1 cup salsa
- 1 cup grated cheese
- 8-9 (10 inch diameter) soft flour tortillas, whole wheat

### Instructions:

1. Preheat oven to 375 ° F.
2. In a large bowl, combine beans, chicken, salsa and cheese.
3. Spread mixture over bottom half of tortilla and roll up, tucking in ends as you roll.
4. Place filled tortillas seam side down on baking sheet lined with parchment paper. Bake uncovered for 15-20 minutes, or until golden and crisp.
5. Serve hot, with sour cream or plain yogurt and salsa if desired.

**Optional:** To add a bit of heat, use spicy salsa, a nacho spiced cheese or add up to a 1/2 tsp chili powder to mixture.



## Sicilian-Style Halibut Stew



By Jessica Tong, Registered Dietitian, Vancouver  
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Language: English

Number of Servings: 3

This Sicilian-style halibut stew is inspired by a Sicilian bistro's zuppa di pesce (fish soup). Even though travel plans are on hold, why not reminisce about your favourite destinations through food? This flavourful, high-protein and nutritious dish is perfect if you are craving a break from comfort foods.

### Ingredients:

- 4 cloves garlic (minced)
- 3 tbsp extra-virgin olive oil
- 1 cup tomato sauce
- 1/2 cup broth of choice
- 1/2 cup unsweetened oat milk (or regular milk)
- 10 cherry tomatoes (halved)
- 1 tbsp chopped, fresh basil or 1 teaspoon dry basil
- 1/2 teaspoon red pepper flakes
- 1 tbsp fresh lemon juice
- Salt, to taste
- 1 tbsp chopped, fresh Italian parsley or 1 tsp dried parsley
- 200 g wild halibut filet, cut into small chunks
- 200 g wild halibut cheeks
- 100 g shrimp or prawns

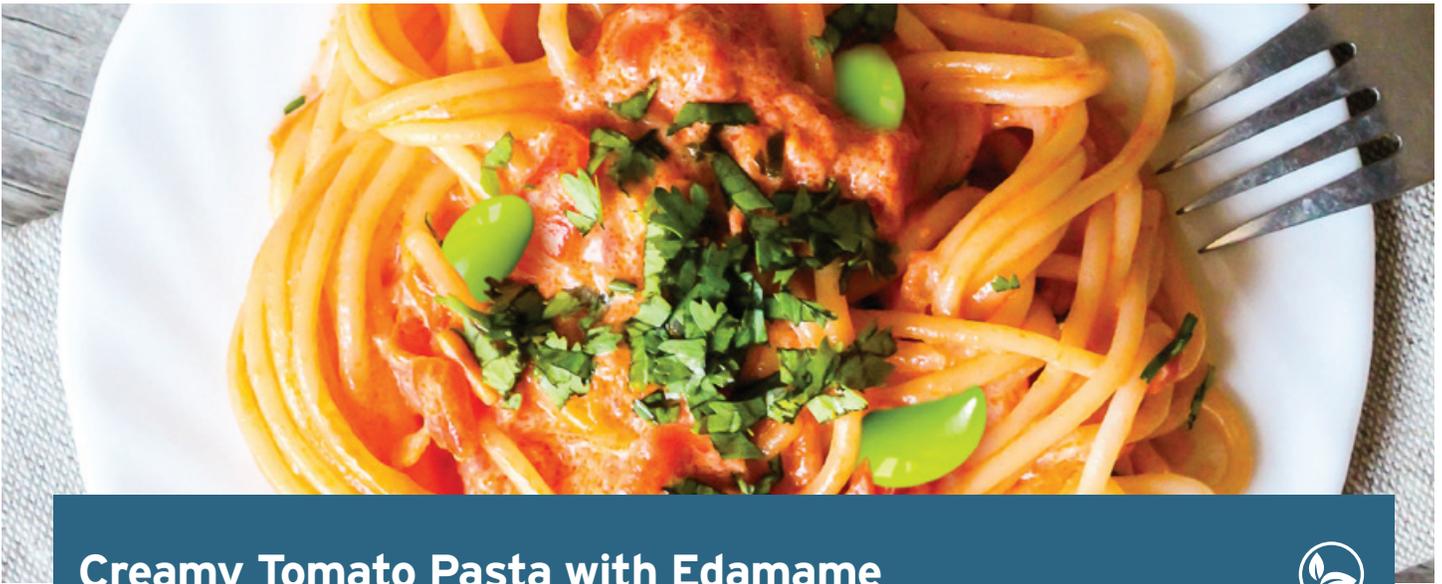
### Instructions:

1. Over medium heat, sauté 4 cloves of minced garlic in 3 tablespoons extra virgin olive oil, until golden.
2. Turn heat to low and add all of the tomato sauce, broth, basil, red pepper flakes, lemon juice, and 5 cherry tomatoes (halved).
3. Stir and let simmer for 3 minutes.
4. Add oat milk (or use regular milk).
5. Add chunks of halibut filet, rotating them so they cook on all sides. When halibut pieces are halfway cooked, add halibut cheeks and remaining 5 cherry tomatoes (halved). Season with salt, to taste.
6. Cook for another 5 minutes or until fish is flaky and cooked throughout.
7. Add hand-peeled shrimp and stir to combine (if using raw shrimp, simmer for longer until shrimp is cooked).
8. Garnish with chopped Italian parsley.



**It's a great time to try your hand at growing herbs at home! There are more and more daylight hours, and we are home more often to tend to them.**

**Note:** This recipe is dairy-free, but you can replace oat milk with regular milk.



## Creamy Tomato Pasta with Edamame



By Andrea Stokes, Registered Dietitian, St. John's  
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Language: English

Number of Servings: 4 to 6

This creamy pasta offers nutritional value while also satisfying picky eaters. Fresh or canned tomatoes can be used as the sauce base, and other veggies can easily be added to the recipe - try wilting fresh spinach (or thaw frozen spinach) into the sauce as it heats, or sauté mushrooms, onions, and peppers to add to the final dish. Edamame provides a plant-based protein boost, but feel free to add pre-cooked diced chicken or frozen shrimp if you prefer.

### Ingredients:

- 1-2 cups cherry tomatoes, plus more for garnish (substitute for 1-2 cups canned diced tomatoes, drained)
- 1/2 cup plain cream cheese (regular or light)
- 1-2 tbsp olive oil
- 1-2 tbsp parmesan herb seasoning mix
- 2 tbsp fresh grated parmesan cheese
- black pepper, to taste
- 2 cups frozen edamame
- 350 grams fresh angel hair pasta (or pasta of your choice)

### Instructions:

1. Place all ingredients except for edamame and pasta into a small blender and blend until smooth. If sauce is too thick, add a splash of milk, water, or more tomatoes to thin in out. If sauce is too runny, add more cream cheese.
2. Cook pasta according to package directions. Drain pasta and return to pot.
3. Heat pasta sauce over low heat on the stove-top or in a microwave safe dish in the microwave.
4. Heat edamame in a microwave safe bowl with 4 tbsp of water in the microwave for 2-3 minutes. Drain edamame and add to the pot of pasta.
5. Pour desired amount of warmed pasta sauce over the pasta and stir to combine.
6. Garnish with extra cherry tomatoes, parmesan, and pepper.

**Note:** This recipe is vegetarian, but you can add precooked chicken breast or Italian sausage to this pasta for more protein.



## Skillet Mixed Berry Crumble



By Melanie Yelland, Registered Dietitian, Vancouver  
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Language: English

Number of Servings: 4

This crumble can be easily adapted to be vegan or gluten free. Feel free to substitute any fresh stone fruit you may have on hand and want to use up. This crumble comes together in 30 minutes to provide a delicious, nourishing dessert for the whole family.

### Ingredients:

- 1 1/4 cup frozen mixed berries, thawed
- 2 tsp white sugar or preferred granulated sugar alternative
- 1/2 cup rolled oats (certified GF if needed)
- 1/2 cup all-purpose flour (or oat flour\*)
- 1/4 cup oat bran (or more oat flour)
- 1/4 cup brown sugar
- 1/4 tsp ground cinnamon
- 1/4 tsp salt
- 2 tbsp extra virgin olive oil
- 2 tbsp unsalted butter, melted (or more olive oil or coconut oil)

### Instructions:

1. Preheat your oven to 350°F.
2. In a small bowl, mix the thawed berries (with their juices) with the white sugar.
3. In a separate medium-sized bowl, add the oats, flour, oat bran, brown sugar, cinnamon, salt, butter and olive oil. Mix to combine.
4. In a small 6.5" cast iron skillet or loaf pan, press half of the crumble mixture into the bottom of the pan. Top with the berry mixture, then scatter the remaining crumble mixture over top.
5. Place the pan on a larger sheet pan (to catch any spillage) and place into the oven.
6. Bake for 20 minutes or until the top is golden and the fruit filling is bubbling. Remove and let cool for 5 minutes.
7. Serve on its own or with a scoop of vanilla ice cream.

**Note:** You can make this recipe vegan by omitting the ice cream and substituting white sugar and butter with the options provided in the ingredient list.

\*Oat flour can be made by placing rolled oats into a blender or food processor and blending until they resemble a flour-like consistency.



# HEALTHY STAPLES CHECKLIST FOR YOUR:

- ✓ PANTRY
- ✓ FRIDGE
- ✓ FREEZER

By The Toronto Dietitian Team

As you plan your (limited) grocery trips, you will want to be as efficient as possible. Don't forget essential items, and don't settle for unhealthy snacks. Use this checklist to build out a healthy grocery list for your pantry, fridge and freezer.



## PANTRY CHECKLIST



### Grain Products

- Whole grains (rice, quinoa, oats, barley, faro, freekeh, millet, couscous, etc.)
- Pasta
- Whole grain crackers
- Cereal (shredded wheat, oats, etc.)

### Legumes

- Beans (chickpeas, kidney, navy, kidney)
- Lentils

### Canned / Tetrapacks Goods

- Legumes (beans and lentils)
- Tomatoes (diced, crushed, paste, pasta sauce)
- Coconut milk
- Fish (tuna, salmon)
- Broth (chicken, vegetable)

### Condiments, Oils, Vinegars and Sweet Treats

- Honey
- Soy Sauce / Tamari
- Vinegar (apple cider, balsamic)
- Oils (olive, coconut, avocado, grapeseed, sesame)
- Dark Chocolate - minimum of 70% cocoa



## FRIDGE CHECKLIST



### Vegetables

- Colourful variety - aim for 3 to 4 colours

### Fruit

- Colourful variety - aim for 3-4 colours

### Leafy Greens (aim for 1 to 2 options)

- Spinach
- Kale
- Arugula
- Swiss chard
- Collards

### Dairy & Dairy Alternatives

- Cheese
- Milk or unsweetened milk alternatives (almond, coconut, soy)
- Plain yogurt or higher protein variety such as Greek or Skyr
- Kefir

### Beverages

- Water
- Sparkling water
- Unsweetened iced tea or coffee

### Protein

- Fish
- Chicken
- Eggs
- Tofu or tempeh
- Lean meat
- Hummus
- Cooked beans

### Nuts & Seeds

- Natural nut butters (peanut butter, almond, cashew)
- Natural seed butters (tahini, sunflower)
- Seeds (hemp, chia, flax, sunflower, pumpkin, sesame)
- Nuts (almonds, cashews, hazelnuts, walnuts, pecans, brazil nuts)

### Condiments

- Dijon / mustard
- Hummus
- Pesto
- Homemade salad dressings and sauces
- Hot sauce
- Sauerkraut
- Kimchi
- Pure maple syrup
- Miso
- Olives
- Chutney



## FREEZER CHECKLIST



### Frozen Vegetables

- Corn
- Leafy greens - kale, spinach
- Squash / sweet potato
- Mixed vegetables
- Green beans
- Brussels sprouts
- Broccoli
- Cauliflower

### Frozen Fruit

- Berries (strawberries, blueberries, raspberries, blackberries, cranberries)
- Bananas
- Avocado
- Mango
- Pineapple
- Pomegranate

### Frozen grains

- Whole grain / sprouted grain breads and buns, tortillas, pitas
- Homemade, whole grain baked goods (muffins, granola, granola bars, energy balls)

### Protein

- Fish
- Chicken
- Tofu or Tempeh
- Lean meat
- Edamame
- Cooked beans

### Nuts & Seeds

- Seeds (hemp, chia, flax, sunflower, pumpkin, sesame)
- Nuts (almonds, cashews, hazelnuts, walnuts, pecans, Brazil nuts)

### Odds and Ends

- Single serve batch cooked meals
- Ginger root
- Pesto or herbs in oil
- Tomato paste (portioned)

### ATTENTION

Limit frozen dinners, processed meat items, frozen fruits with sugars, frozen vegetables with added seasonings, fats, or sodium, and frozen desserts / ice cream bars

# THE ULTIMATE FREEZER GUIDE

## How to make your grocery shop last

By Andrea Stokes, Registered Dietitian,  
Medisys Health Group

The frozen food aisles of many grocery stores are sparse as retailers struggle to keep up with demand. Fresh items may be more readily available, but they just don't last as long. Or can they?



You may be surprised to learn how many fresh foods can be frozen to prolong their life, take advantage of sales, and reduce your trips to the grocery store. Check out our Ultimate Freezer Guide chart below!

Food	How to freeze	How to use
Tomatoes	Drizzle with oil and Italian herbs, then roast in the oven at 400 for 25 mins. Blend and freeze in freezer-safe containers.	Sauce for pasta, fish or chicken.
Salad greens	Transfer to a freezer bag and squeeze out excess air.	In smoothies or to wilt into soups, curries and sauces.
Avocado	Peel, sprinkle with lemon/lime juice and mash, then freeze in a freezer-safe container. Or chop into chunks, freeze on a cookie sheet, then transfer to a freezer bag.	Spread on toast or sandwiches, use chunks in smoothies or thaw and toss in salads.
Citrus fruit	Zest and juice the fruit. Freeze the juice in an ice cube tray. Freeze the zest in a single layer, then transfer to a freezer bag.	Thaw as needed for dressings, sauces or to drizzle on veggies, fish or chicken.
Broccoli, cauliflower, carrots, sweet potato, green beans, okra and peas	Blanch by cooking in boiling water for about two minutes, then transfer to an ice bath. This preserves flavour, texture and colour.	Toss in any cooked dish (or smoothie if you're brave!)
Mushrooms, squash, leafy greens and beets	Cook then freeze on a cookie sheet before transferring to a freezer-safe container or bag.	Reheat and enjoy or add to your favourite dish.
Berries, apples, pears, plums, peaches, pineapple, banana	Peel and chop (except for berries) and freeze on a baking sheet. Transfer to a freezer bag.	Thaw and spoon onto oatmeal and yogurt, use in baking (from frozen) or blend into smoothies.
Hard cheese and butter	Wrap tightly in plastic wrap to avoid freezer burn.	Thaw and use as you would fresh.
Eggs	Crack, whisk and pour into large ice cube trays or small containers.	Thaw and use as you would fresh.
Milk and yogurt	Portion into freezer-safe containers and leave a little room at the top.	Thaw and stir well (separation is normal) and use as you would fresh.
Meat, fish, tempeh and tofu	Pre-cooked or raw, these can be portioned and frozen in freezer bags without much change to taste or texture.	Thaw and use as you would fresh. Note that tofu may change colour slightly; this is not a problem.
Tomato paste	Freeze leftovers in an ice cube tray.	Toss into soups, curries, stews and sauces.
Fresh herbs	Freeze on a baking sheet in a single layer, then transfer to a freezer bag.	Toss into your favourite dishes.

Of course, freezing pre-made meals can be a major time (and stress) saver for busy families, too. Quiches, chilis, soups, slow cooker meats, casseroles, quesadillas, burritos, pre-cooked grains and pre-cooked, chopped chicken are all excellent freezer meals, or components of meals, to cook and keep on hand in your freezer.



## DID YOU KNOW THAT OUR REGISTERED DIETITIANS OFFER PHONE CONSULTATIONS?

If you're struggling to maintain a healthy eating routine - or if you finally have the time to devote to improving your diet - now is a great time to speak one-on-one with a registered dietitian.

The dietitian will work with you to make small, meaningful improvements at a pace that works for you and with a focus on enjoying eating. They offer consultations via telephone, at your convenience, in English or French, and issue insurance receipts.

**LEARN MORE ABOUT OUR NUTRITION SERVICES.**

