

# Appendix 8: Shopping list

Name of Recipe(s):

Food Group of Canada's Food Guide	Ingredient	Amount to buy
Vegetables and Fruit (Fresh/Frozen)		
Vegetables and Fruit (Canned)		
Grain Products		



### Shopping list (continued)

Food Group of Canada's Food Guide	Ingredient	Amount to buy
<b>Milk and Alternatives</b>		
<b>Meat and Alternatives (meat, fish, poultry, peas, beans, lentils, nuts and seeds)</b>		
<b>Other Ingredients</b>		

<b>Total estimated cost:</b>	
<b>Actual cost:</b>	
<b>Difference:</b>	