

# Lunchbox Legends Grocery List - Essentials Under \$50 (CAD)

## >> Proteins

- Eggs (1 dozen) - \$3.50
- Canned chickpeas (2 cans) - \$2.00
- Red lentils (1 kg bag) - \$4.00
- Tofu (1 block) - \$2.00

## >> Vegetables (fresh or frozen)

- Carrots (2 lb bag) - \$2.00
- Spinach (fresh or frozen) - \$3.00
- Bell peppers (2 pcs) - \$3.00
- Onions (2 lb bag) - \$2.50
- Frozen mixed vegetables (500g) - \$2.50

## >> Grains & Staples

- Rice (2 kg bag) - \$5.00
- Whole wheat wraps (pack of 6) - \$2.50
- Rolled oats (1 kg bag) - \$3.00
- Pasta (500g) - \$1.50

## >> Fruits

- Bananas (6) - \$2.00
- Apples (3) - \$2.50

## >> Extras

- Peanut butter (small jar) - \$3.50
- Cooking oil (vegetable/sunflower, 1L) - \$4.00
- Salt & basic spices (turmeric, cumin, chili) - \$1.50

**Total Estimated Cost: ~\$49.00**

Tips:

- All ingredients available at Superstore, Walmart, or No Frills
- Enough for 5-7 days of basic meals

## **Lunchbox Legends Grocery List - Essentials Under \$50 (CAD)**

- Build wraps, lentil curry, stir-fries, salads, and more
- Vegetarian & high-protein options