



Orientation

Shopping and Equipment List

Choose the recipes you plan to prepare for the orientation session and shop accordingly

Shopping List

Pepper Nachos

1 of each: red, yellow, green pepper
 2 avocados
 plain Greek yogurt (300 mL, approx. 300 g)
 2 tomatoes
 cheese (1 cup or approx. 125 g)

***makes 24 sample size servings**

Green Smoothie

1 cup (250 mL) spinach or kale
 2 medium bananas, very ripe
 1 cup (250 mL) frozen light-coloured fruit (mango, peaches, pineapple)
 1 cup (250 mL) white milk or unsweetened fortified soy beverage

1 cup (250 mL) plain yogurt

***makes 12 sample size servings**

Delectable Bugs

1 apple
 1 orange
 1 small bunch of grapes
 1 cucumber
 10-15 cherry tomatoes
 strawberry cream cheese (227 grams)
 hummus, small container, (227 grams)
 celery bunch
 raisins

***makes 24 sample size servings**

Equipment List

4 Cutting boards
 1 Cheese Grater
 4 Knives
 2 Spoons
 Large plate for serving

1 Blender
 1 Dry Measuring Cup
 1 Liquid Measuring Cup
 1 Spoon
 1 Strainer
 Cups for tasting

4 Cutting boards
 4 Knives
 2 Spoons
 1 Strainer
 Large plate for serving

Let's Get Cookin'!