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# SIMPLE SUMMER COLLECTION

30-DAY DINNER MEAL PLAN





# SIMPLE SUMMER

## 30-DAY MEAL PLAN AND WEEKLY GROCERY LISTS



Beat the heat with summer-fresh meals that will have you maintaining your #epiclife all season long. Pair this 30-day custom-curated meal plan with the Simple Summer Collection!

Follow either the package instructions on the Meal Solutions listed, or reinvent them using the recipes within this guide. The weekly grocery lists break down what you need and have easy swaps to help you shop smarter and find ingredients to suit your family's taste.

### SUNDAY PREP TIPS

- After shopping, prep fresh produce as you unpack.
- Wash leafy greens and dry well. Wrap in paper towel and place in a baggie or storage container. Refrigerate in crisper drawer. Replace towel when damp—that'll keep them fresh, not slimy.
- Cook grains like rice and quinoa in the **Multipurpose Steamer**. Store in **4-Cup Prep Bowls**.
- Wash, chop, slice, and store raw veggies. Store in **4-Cup Prep Bowl** and **Prep Bowls**.

# SIMPLE SUMMER

## 30-DAY DINNER MEAL PLAN

Follow the links to get your recipe for each meal. You'll also find tips there on how to perfectly balance your plate.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MON	<a href="#">CHICKPEA &amp; EDAMAME SALAD</a> 4 servings \$3.54 CA   \$3 US	<a href="#">RANCHER STYLE BAKED BEANS &amp; EGGS</a> 4 servings \$3.08 CA   \$2.62 US	<a href="#">TERIYAKI CHICKEN KEBABS</a> 4 servings \$4.53 CA   \$3.85 US	<a href="#">TERIYAKI TOFU GLORY BOWLS</a> 4 servings \$2.64 CA   \$2.24 US	<a href="#">NOT YOUR MOM'S MACARONI SALAD</a> 6 servings \$1.38 CA   \$1.17 US
TUE	<a href="#">EASY PEASY TACOS</a> 4 servings \$3.34 CA   \$2.84 US	<a href="#">WEST COAST GRILLED FISH</a> 4 servings \$4.33 CA   \$3.68 US	<a href="#">15 MINUTE SHRIMP TACOS</a> 4 servings \$3.36 CA   \$2.86 US	<a href="#">SASSY YOGURT CHICKEN KEBABS</a> 4 servings \$3.13 CA   \$2.66 US	<a href="#">TUSCAN CHICKEN BURGER</a> 4 servings \$2.64 CA   \$2.24 US
WED	<a href="#">IN A JIFFY HAMBURGER PASTA</a> 4 servings \$1.93 CA   \$1.64 US	<a href="#">SWEET &amp; SPICY BBQ CHICKEN SKEWERS</a> 4 servings \$3.36 CA   \$2.86 US	<a href="#">DYNAMO GRILLED STEAK &amp; VEGGIES</a> 4 servings \$3.13 CA   \$2.66 US	<a href="#">TERIYAKI BAHN MI SANDWICH</a> 4 servings \$2.20 CA   \$1.87 US	<b>SIDES:</b>  <a href="#">CHEDDAR &amp; JALAPEÑO CORNBREAD</a> 12 servings \$0.65 CA   \$0.55 US  <a href="#">CHEDDAR &amp; JALAPEÑO CORNBREAD MUFFINS</a> 12 servings \$0.65 CA   \$0.55 US  <a href="#">CHEDDAR &amp; JALAPEÑO CORNBREAD MINI LOAVES</a> 12 servings \$0.65 CA   \$0.55 US
THU	<a href="#">WEST COAST NIÇOISE SALAD</a> 4 servings \$4.31 CA   \$3.66 US	<a href="#">STEAK &amp; SLAW SANDWICH</a> 4 servings \$2.26 CA   \$1.92 US	<a href="#">TUSCAN CHICKEN MEATBALLS</a> 4 servings \$2.34 CA   \$1.99 US	<a href="#">RED PEPPER JELLY GRILLED CHICKEN</a> 4 servings \$2.07 CA   \$1.76 US	
FRI	<a href="#">TERIYAKI BEEF &amp; MUSHROOM KEBABS</a> 4 servings \$2.49 CA   \$2.12 US	<a href="#">PESTO CHICKEN &amp; CHICKPEA SALAD</a> 4 servings \$3.65 CA   \$3.10 US	<a href="#">SPICY MAPLE GRILLED CHICKEN</a> 4 servings \$2.04 CA   \$1.73 US	<a href="#">RED GARLIC SHRIMP &amp; TOMATO PASTA</a> 4 servings \$4 CA   \$3.40 US	
SAT	<a href="#">GRILLED CAPRESE CHICKEN</a> 4 servings \$2.90 CA   \$2.47 US	<a href="#">ALOHA CHICKEN &amp; VEGGIE KEBABS</a> 4 servings \$3.97 CA   \$3.37 US	<a href="#">TUSCAN GRILLED SALMON</a> 4 servings \$2.77 CA   \$2.35 US	<a href="#">WEST COAST BURGER</a> 4 servings \$3.39 CA   \$2.88 US	<b>SOMETHING SWEET:</b>  <a href="#">CITRUS LIME NO-BAKE CHEESECAKE</a> 30 petites \$0.37 CA   0.31 US
SUN	<a href="#">SMOKIN' GOOD COWBOY BURGERS</a> 12 servings \$1.63 CA   \$1.39 US	<a href="#">GRILLED SUMMER PIZZA</a> 4 servings \$3.18 CA   \$2.70 US	<a href="#">HOLY SMOKE! BBQ BURGER</a> 12 servings \$1.63 CA   \$1.39 US	<a href="#">"ROAST" TUSCAN CHICKEN</a> 8 servings \$2.05 CA   \$1.74 US	



# DINNERS & GROCERY LISTS

## WEEK 1

### PRODUCE

- ☐ **16 whole cremini mushrooms** (Teriyaki Beef & Mushroom Kebabs)
- ☐ **4 fresh basil leaves** (Grilled Caprese Chicken)
- ☐ **2 bell peppers** (Chickpea & Edamame Salad)
- ☐ **2 large carrots** (In a Jiffy Hamburger Pasta)
- ☐ **2 celery stalks** (Chickpea & Edamame Salad)
- ☐ **1 head butter lettuce** (Chickpea & Edamame Salad) | *Swap: iceberg or romaine*
- ☐ **1 lemon** (West Coast Niçoise Salad)  
*Swap: bottled lemon juice*
- ☐ **1 small tomato** (Grilled Caprese Chicken)
- ☐ **½ lime**, optional (Easy Peasy Tacos)
- ☐ **½ small red onion** (Chickpea & Edamame Salad)
- ☐ **1 lb (450 g) baby potatoes** (West Coast Niçoise Salad) | *Swap: Yukon Gold potatoes*
- ☐ **½ lb (225 g) green beans, fresh or frozen** (West Coast Niçoise Salad) | *Swap: canned green beans*
- ☐ **1 pint cherry tomatoes** (West Coast Niçoise Salad) | *Swap: field tomatoes*
- ☐ **8 cups spring salad mix** (West Coast Niçoise Salad)
- ☐ **2 cups corn niblets, fresh or frozen** (Chickpea & Edamame Salad) | *Swap: canned corn*

### PANTRY STAPLES

- ☐ **Oil:**
  - ☐ ¼ cup, preferably olive (Chickpea & Edamame Salad)
  - ☐ ¼ cup, preferably olive (West Coast Niçoise Salad)
  - ☐ 3 tbsp, preferably olive (Easy Peasy Tacos)
  - ☐ 2 tbsp (Grilled Caprese Chicken)
  - ☐ 1 tbsp (Teriyaki Beef & Mushroom Kebabs)
  - ☐ 1 tsp (In a Jiffy Hamburger Helper)
- ☐ **1 can (28 oz/796 ml) diced tomatoes, preferably unsalted** (In a Jiffy Hamburger Pasta)
- ☐ **2 cups uncooked penne pasta** (In a Jiffy Hamburger Helper) | *Swap: small pasta, your choice*

- ☐ **¼ cup honey** | *Swap: maple syrup*
  - ☐ 2 tbsp (Grilled Caprese Chicken)
  - ☐ 2 tbsp (Teriyaki Beef & Mushroom Kebabs)
- ☐ **3 tbsp olives, preferably niçoise** (West Coast Niçoise Salad)
- ☐ **2 tbsp balsamic vinegar** (Grilled Caprese Chicken)
- ☐ **2 tbsp cider vinegar** (Chickpea & Edamame Salad)  
*Swap: white vinegar*
- ☐ **1 tbsp soy sauce, preferably low-sodium** (Teriyaki Beef & Mushroom Kebabs)
- ☐ **1 tbsp tomato paste** (In a Jiffy Hamburger Pasta)
- ☐ **2 tsp Dijon mustard** (West Coast Niçoise Salad)
- ☐ **2 tsp Worcestershire sauce** (In a Jiffy Hamburger Pasta) | *Swap: soy sauce*

### PROTEIN

- ☐ **2 eggs** (West Coast Niçoise Salad)
- ☐ **4 lbs (1.8 kg) lean ground beef** | *Swap: ground pork*
  - ☐ 3 lbs/1.36 kg (Smokin' Good Cowboy Burgers)
  - ☐ 1 lb/450 g (In a Jiffy Hamburger Helper)
- ☐ **1 lb (450 g) boneless, skinless chicken breasts**, about 2 (Grilled Caprese Chicken)
- ☐ **1 lb (450 g) grilling steak, such as top sirloin**, about ½" to 1" thick (Teriyaki Beef & Mushroom Kebabs)
- ☐ **2 cans (170 g each) tuna** (West Coast Niçoise Salad) | *Swap: canned salmon*
- ☐ **1 can (19 oz/540 ml) chickpeas** (Chickpea & Edamame Salad)
- ☐ **2 cups frozen shelled edamame** (Chickpea & Edamame Salad)

### DAIRY

- ☐ **2 slices mozzarella cheese** (Grilled Caprese Chicken)

### BAKERY

- ☐ **8 corn tortillas** (Easy Peasy Tacos)  
*Swap: taco shells*
- ☐ **4–12 burger buns** (Smokin' Good Cowboy Burgers)

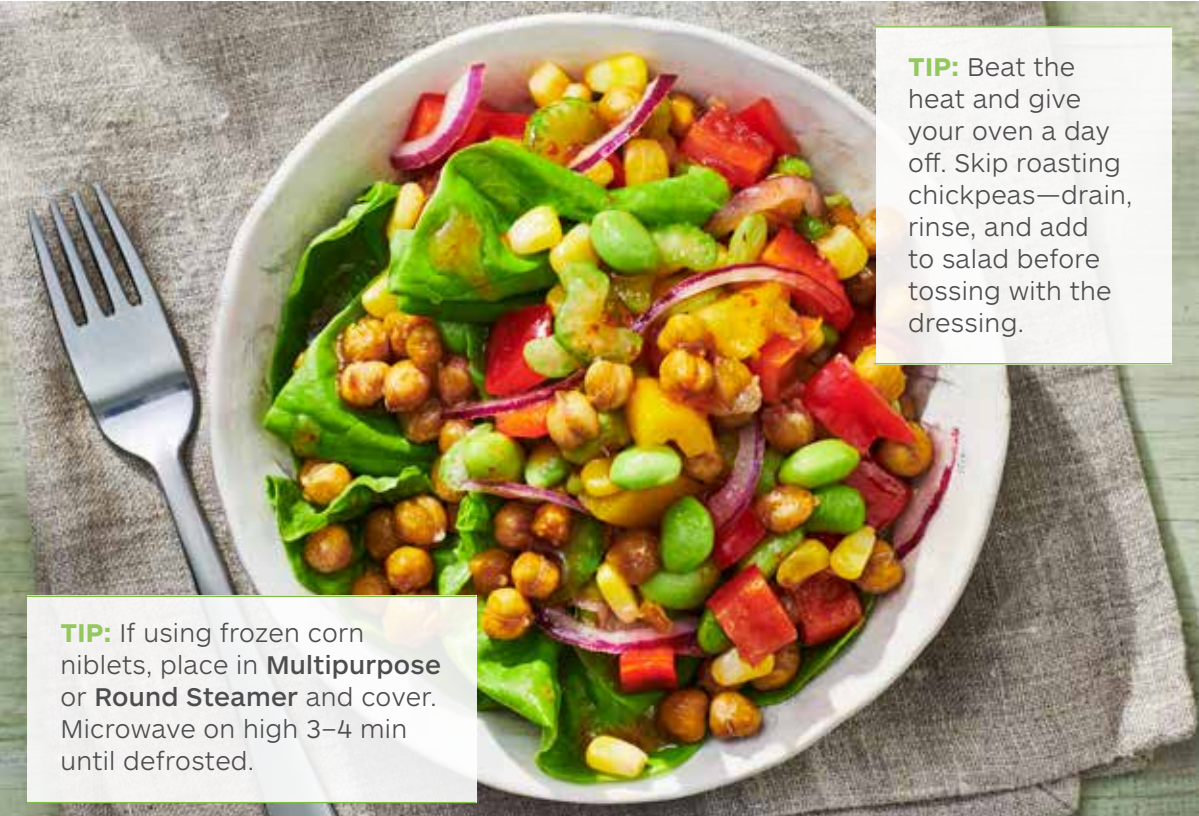
### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add extra veggies, like carrots, bell peppers, and celery, mixed greens, pita bread or tortillas, and potatoes.





# CHICKPEA & EDAMAME SALAD



**TIP:** Beat the heat and give your oven a day off. Skip roasting chickpeas—drain, rinse, and add to salad before tossing with the dressing.

**TIP:** If using frozen corn nibblets, place in **Multipurpose** or **Round Steamer** and cover. Microwave on high 3–4 min until defrosted.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$3.54 CA/\$3 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** This is a perfectly balanced plate.

## INGREDIENTS

- 1 can (19 oz/540 ml) chickpeas
- ¼ cup olive oil, divided
- Sea Salt** (grinder), to taste
- Black Pepper** (grinder), to taste
- 3 tbsp **Red Pepper Jelly**
- 2 tbsp cider vinegar
- 2 bell peppers
- 2 celery stalks
- ½ small red onion
- 2 cups frozen shelled edamame, defrosted
- 1 head butter lettuce or iceberg lettuce
- 2 cups corn nibblets

## NUTRITIONAL INFO

**Per serving:** Calories 480, Fat 19 g (Saturated 3 g, Trans 0 g), Cholesterol 0 mg, Sodium 490 mg, Carbohydrate 63 g (Fibre 13 g, Sugars 13 g), Protein 18 g.

## INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Drain and rinse chickpeas. Pat dry with a clean kitchen towel or paper towel. Place on pan; toss with ½ tbsp oil; season with salt and pepper. Roast 15 min.
3. Meanwhile, prepare dressing. Using the **Funnel**, add remaining oil, Red Pepper Jelly, and vinegar into a **Cruet**. Screw on lid; shake vigorously to mix.
4. Dice peppers. Slice celery. Thinly slice onion. Separate lettuce leaves.
5. In a large bowl, combine peppers, celery, onion, edamame, and corn. Add dressing, to taste, and toss to combine. Just before serving, top with chickpeas. Serve over lettuce leaves.

# EASY PEASY TACOS



**TIP:** Hydrate mix with **Vegetable Broth** for added flavour.

 **TOTAL TIME:** 15 min

 **8 tacos for 4 SERVINGS**

 **\$3.34 CA/\$2.84 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup veggies (try adding some to your tacos!) and 2 tbsp **Guacamole**.

## INGREDIENTS

- 1 pkg **Easy Peasy Taco Mix**
- 2 cups hot water
- 3 tbsp olive oil
- ½ lime, optional
- 8 corn tortillas or taco shells
- Toppings** (optional): **Guacamole**, **Poco Picante Salsa**, diced red onions, shredded lettuce

## NUTRITIONAL INFO

**Per serving (2 tacos):** Calories 330, Fat 14 g (Saturated 2 g, Trans 0 g), Cholesterol 0 mg, Sodium 400 mg, Carbohydrate 22 g (Fibre 6 g, Sugars 3 g), Protein 22 g.

## INSTRUCTIONS

1. In a bowl, combine mix and water; set aside to hydrate, about 5 min.
2. In a large non-stick fry pan, heat oil over medium-high heat.
3. Add hydrated mix; cook, stirring often, until liquid has been absorbed, about 5-7 min. Stir gently to avoid mashing.
4. Using **2-in-1 Citrus Press**, squeeze in juice from lime, if using.
5. Spoon into tortillas and serve with toppings, if desired.



# IN A JIFFY HAMBURGER PASTA



**TIP:** Swap carrots for zucchini, bell peppers, or mushrooms.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$1.93 CA/\$1.64 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups mixed greens.

## INGREDIENTS

- 2 cups uncooked penne pasta
- 4 cups hot water
- 2 large carrots
- 1 tsp oil
- 1 tbsp tomato paste
- 1 lb (450 g) lean ground beef
- 1 can (28 oz/796 ml) unsalted diced tomatoes
- 2 tsp **Red Garlic Topper Blend**
- 2 tsp Worcestershire sauce or soy sauce

## NUTRITIONAL INFO

**Per serving:** Calories 490, Fat 13 g (Saturated 5 g, Trans 0.4 g), Cholesterol 60 mg, Sodium 160 mg, Carbohydrate 59 g (Fibre 5 g, Sugars 11 g), Protein 32 g.

## INSTRUCTIONS

1. Place pasta in **Multipurpose Steamer**. Stir in water. Cover; microwave on high until al dente, about 12 min. Drain.
2. While pasta is cooking, dice carrots. In **Wok**, heat oil over medium-high heat. Add carrots; sauté until tender-crisp, about 3 min.
3. Add tomato paste. Crumble in beef. Cook until meat is cooked through, 4–5 min. Using a **Ground Meat Separator**, stir and break up chunks halfway through cooking.
4. Stir in tomatoes, topper blend, and Worcestershire sauce. Simmer, stirring occasionally, for 5–6 min to let flavours blend. Reduce heat as needed.
5. Add pasta; stir to combine, then spoon into bowls. For a thicker sauce, remove from heat; let rest 2–3 min before serving. Shake on additional topper blend, to taste.

# WEST COAST NIÇOISE SALAD

**TIP:** This salad is best served at room temperature, but if making ahead, refrigerate overnight and then dress just before serving.



TOTAL TIME: 20 min



4 SERVINGS



\$4.31 CA/\$3.66 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** This is a perfectly balanced plate.

## INGREDIENTS

4 cups water  
2 eggs  
1 lb (450 g) baby potatoes  
¼ cup olive oil  
2½ tbsp lemon juice  
2 tbsp **West Coast Burger Seasoning**, divided  
2 tsp Dijon mustard  
½ lb (225 g) fresh or frozen green beans  
2 cans (170 g each) tuna  
8 cups spring salad mix  
1 pint cherry tomatoes  
3 tbsp olives, preferably niçoise

## NUTRITIONAL INFO

**Per serving:** Calories 430, Fat 19 g (Saturated 3 g, Trans 0 g), Cholesterol 150 mg, Sodium 350 mg, Carbohydrate 34 g (Fibre 7 g, Sugars 5 g), Protein 32 g.

## INSTRUCTIONS

1. In **Multipurpose Pot** bring water to a boil, with lid on. Place eggs in boiling water. Cook 7 min. Drain, cool in ice water, peel, and quarter. The yolk should be soft and jammy.
2. While the eggs are cooking, slice any large baby potatoes in half; place in **Multipurpose Steamer**. Cover; microwave on high until tender, about 6 min.
3. Meanwhile, prepare dressing. In a bowl, whisk together oil, lemon juice, 1 tbsp seasoning, and mustard.
4. Once potatoes are cooked, remove from steamer and place in a bowl to cool slightly. Toss potatoes with 2 tbsp of the prepared dressing.
5. Add green beans to steamer (don't wash); cover, microwave until tender-crisp, about 3–5 min. Rinse in cold water to cool and stop the cooking.
6. Drain tuna. Mix with remaining 1 tbsp seasoning.
7. In a large serving bowl or platter, arrange lettuce. Place eggs, potatoes, beans, tuna, tomatoes, and olives on top. Drizzle with dressing.



# TERIYAKI BEEF & MUSHROOM KEBABS



**TIP:** Make it vegetarian—swap beef for cubed, firm tofu.

 **TOTAL TIME:** 15 min

 **4 SERVINGS**

 **\$2.49 CA/\$2.12 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 small pita, 1 cup sliced veggies, and 1 tbsp **Epicure Dip**, your choice.

## INGREDIENTS

- 1 lb (450 g) grilling steak, such as top sirloin
- 16 whole cremini mushrooms
- 2 tbsp **Teriyaki Dry Glaze**, divided
- 1 tbsp oil
- 2 tbsp honey
- 1 tbsp low-sodium soy sauce
- Toppings** (optional): Toasted sesame seeds or chopped green onions

## NUTRITIONAL INFO

**Per serving (1 kebab):** Calories 230, Fat 8 g (Saturated 2 g, Trans 0 g), Cholesterol 60 mg, Sodium 230 mg, Carbohydrate 15 g (Fibre 1 g, Sugars 12 g), Protein 25 g.

## INSTRUCTIONS

1. Preheat grill to medium-high.
2. Cut beef into cubes, about 1¼". Place beef and mushrooms in a large bowl. Add 1 tbsp glaze and oil; stir to evenly coat.
3. Thread beef and mushrooms onto skewers.
4. Place skewers on grill; rotate often until lightly charred and beef is done to your liking, or 6–8 min.
5. In a small bowl, combine remaining 1 tbsp dry glaze, honey, and soy sauce. Set aside.
6. Once cooked, place skewers onto a large serving platter; drizzle with reserved sauce before serving.

# GRILLED CAPRESE CHICKEN



TOTAL TIME: 16 min



4 SERVINGS



\$2.90 CA/\$2.47 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup grilled potatoes and 2 cups salad with 1 tbsp of your choice **Epicure salad dressing**.

## INGREDIENTS

- 2 tbsp **Tuscan Chicken Burger Seasoning**
- 2 tbsp balsamic vinegar
- 2 tbsp liquid honey
- 2 tbsp vegetable oil
- 1 lb (450 g) boneless, skinless chicken breasts, about 2
- 2 slices mozzarella cheese
- 1 small tomato
- 4 fresh basil leaves
- Toppings (optional):** Balsamic reduction

## NUTRITIONAL INFO

**Per serving:** Calories 280, Fat 12 g (Saturated 2 g, Trans 0 g), Cholesterol 90 mg, Sodium 170 mg, Carbohydrate 15 g (Fiber 1 g, Sugars 12 g), Protein 29 g.

## INSTRUCTIONS

1. Preheat grill to medium-high.
2. Meanwhile, make glaze. In a small bowl, stir together seasoning, vinegar, honey, and oil.
3. Slice chicken breasts in half. Place in bowl with glaze. Stir evenly to coat. If you have extra time, let stand 10 min or cover and refrigerate overnight.
4. Place chicken on grill. Barbecue with lid closed until cooked, about 6–8 min per side.
5. Meanwhile, cut each cheese slice in half. Cut tomato into four slices and chop basil leaves.
6. Top chicken with cheese to melt during the last minute of cooking.
7. To serve, top each chicken breast with a tomato slice and basil.



# SMOKIN' GOOD COWBOY BURGERS



**TIP:** Individually wrap uncooked patties, and then portion into family-sized packs. Snugly wrap, then place in freezer. Freeze up to 2 months. Defrost before cooking.

 **TOTAL TIME:** 18 min

 **12 BURGERS**

 **\$1.63 CA/\$1.39 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies.

## INGREDIENTS

3 lbs (1.36 kg) lean ground beef or pork, or a mixture

1 pkg **Simply Better Baked Beans Seasoning**

4 – 12 burger buns, split and toasted

**Toppings** (optional): sliced cheese, **Sweet & Spicy Organic Mustard**, sliced tomato and onion, lettuce leaves.

## NUTRITIONAL INFO

**Per serving (1 burger with 1 bun):** Calories 350, Fat 14 g (Saturated 5 g, Trans 0.4 g), Cholesterol 60 mg, Sodium 260 mg, Carbohydrate 29 g (Fiber 2 g, Sugars 4 g), Protein 28 g.

## INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. In a large bowl, combine ground beef and seasoning; using a fork or your hands, gently mix to combine.
3. Divide mixture into 12 patties and form each into a ball. Flatten to form patties.
4. Grill, with lid closed, 4–5 min or until cooked through. Tuck burgers into buns and serve with toppings, as desired.

# DINNERS & GROCERY LISTS

## WEEK 2

### PRODUCE

- ☐ **5 bell peppers**
  - 2 (Pesto Chicken & Chickpea Salad)
  - 2 (Rancher Style Baked Beans & Eggs)
  - 1 (Aloha Chicken & Veggie Kebabs)
- ☐ **4 lettuce leaves** (Steak & Slaw Sandwich)
- ☐ **2 large tomatoes** | *Try: field or heirloom tomatoes*
  - 1 (Grilled Summer Pizza)
  - 1 (Steak & Slaw Sandwich)
- ☐ **1 small red onion** (Aloha Chicken & Veggie Kebabs)
- ☐ **1 small zucchini** (Grilled Summer Pizza)
- ☐ **4 cups chopped romaine lettuce** (Pesto Chicken & Chickpea Salad)
- ☐ **2 cups baby spinach** (Rancher Style Baked Beans & Eggs) | *Swap: baby arugula*
- ☐ **2 cups shredded coleslaw mix** (Steak & Slaw Sandwich)
- ☐ **2 cups fresh pineapple chunks**  
*Swap: canned pineapple*
- ☐ **1½ cups corn niblets** (Pesto Chicken & Chickpea Salad)

### PANTRY STAPLES

- ☐ **Oil**
  - ⅓ cup, preferably olive (Pesto Chicken & Chickpea Salad)
  - 1 tbsp (Aloha Chicken & Veggie Kebabs)
  - 1 tbsp, preferably olive (Grilled Summer Pizza)
  - 1 tbsp (Rancher Style Baked Beans & Eggs)
  - 2 tsp (West Coast Grilled Fish)
  - 1 tsp (Pesto Chicken & Chickpea Salad)
  - 1 tsp (Steak & Slaw Sandwich)
- ☐ **1 can (14 oz/398 ml) crushed tomatoes** (Rancher Style Baked Beans & Eggs)
- ☐ **½ cup molasses**, cooking or fancy (Rancher Style Baked Beans & Eggs)
- ☐ **3 tbsp Dijon mustard** (West Coast Grilled Fish)
- ☐ **3 tbsp apple cider vinegar** | *Swap: white vinegar*
  - 2 tbsp (Pesto Chicken & Chickpea Salad)
  - 1 tbsp (Steak & Slaw Sandwich)

- ☐ **2 tbsp honey** (West Coast Grilled Fish)
- ☐ **2 tbsp mayonnaise** (Steak & Slaw Sandwich)  
*Swap: plain yogurt*
- ☐ **2 tbsp white vinegar** (Rancher Style Baked Beans & Eggs)
- ☐ **1 tbsp honey mustard** (Steak & Slaw Sandwich)  
*Swap: Dijon mustard*
- ☐ **1 tsp maple syrup** (Pesto Chicken & Chickpea Salad)  
*Swap: honey*

### PROTEIN

- ☐ **4 eggs** (Rancher Style Baked Beans & Eggs)
- ☐ **4-4 oz (113 g) skinless fish fillets**, about 1" thick (West Coast Grilled Fish)  
*Tip: try cod, snapper, or salmon*
- ☐ **2½ lbs (1.13 kg) boneless, skinless chicken breasts**, about 5 breasts
  - 1 lb/450 g (Aloha Chicken & Veggie Kebabs)
  - 1 lb/450 g (Sweet & Spicy BBQ Chicken Skewers)
  - ½ lb/225 g (Pesto Chicken & Chickpea Salad)
- ☐ **1 lb (450 g) grilling steak**, such as top sirloin, about ½ to 1" thick (Steak & Slaw Sandwich)
- ☐ **½ lb (225 g) ground turkey** (Grilled Summer Pizza) | *Swap: ground chicken or beef, or firm tofu*
- ☐ **4 cans (19 oz/540 ml each) pinto beans** (Rancher Style Baked Beans & Eggs)
- ☐ **1 can (19 oz/540 ml) chickpeas**, preferably unsalted (Pesto Chicken & Chickpea Salad)

### DAIRY

- ☐ **¾ cup mozzarella cheese** (Grilled Summer Pizza)
- ☐ **½ cup crumbled feta cheese** (Pesto Chicken & Chickpea Salad)
- ☐ **¼ cup 2% plain Greek yogurt** (Steak & Slaw Sandwich)
- ☐ **2 tbsp grated Parmesan cheese**, optional (Pesto Chicken & Chickpea Salad)

### BAKERY

- ☐ **4 hamburger buns** (Steak & Slaw Sandwich)  
*Swap: brioche buns*
- ☐ **12" pizza shell** (Grilled Summer Pizza)

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add extra spinach and veggies like bell peppers and tomatoes, whole-grain bread, potatoes, pita bread, and lemon.





# RANCHER STYLE BAKED BEANS & EGGS



TOTAL TIME: 20 min



4 SERVINGS



\$3.08 CA/\$2.62 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 slice whole-grain bread.

## INGREDIENTS

1 pkg **Simply Better Baked Beans Seasoning**

¾ cups water

1 can (14 oz/398 ml) crushed tomatoes

½ cup molasses, cooking or fancy

2 tbsp white vinegar

4 cans (19 oz/540 ml each) pinto beans

1 tbsp oil

2 bell peppers

4 eggs

2 cups baby spinach

**Toppings** (optional): 2% plain Greek yogurt, grated cheese

## NUTRITIONAL INFO

**Per serving:** Calories 400, Fat 11 g (Saturated 2.5 g, Trans 0 g), Cholesterol 245 mg, Sodium 520 mg, Carbohydrate 57 g (Fiber 12 g, Sugars 21 g), Protein 20 g

## INSTRUCTIONS

1. In **Multipurpose Steamer**, whisk together seasoning, water, tomatoes, molasses, and vinegar.
2. Drain and rinse beans; combine with sauce. Cover; microwave on high until warmed through, 10 min.
3. Meanwhile, heat oil in a large fry pan over medium-high heat. Thinly slice bell pepper and cook until softened, about 3–5 min.
4. Once beans are cooked, add half (about 4 cups) to the pan and stir. Reserve remainder for future use.
5. Make four wells in the beans and break an egg into each one.
6. Cover pan with a lid and cook until egg whites are set, about 2–3 min.
7. Remove from heat and add spinach; cover until spinach is slightly wilted, about 30 sec. Serve with additional toppings, if desired.

# WEST COAST GRILLED FISH



**TIP:** Don't let grilling fish intimidate you! Fish is delicate, start with a clean grill to prevent sticking, and make sure to choose fish fillets that are at least 1" thick. Firm fleshed fish like salmon, trout, cod, or snapper are excellent choices.

 **TOTAL TIME:** 15 min

 **4 SERVINGS**

 **\$4.33 CA/\$3.68 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup grilled potatoes, 2 cups mixed greens, and 1 tbsp **Epicure Dressing**, your choice.

## INGREDIENTS

- 3 tbsp Dijon mustard
- 2 tbsp honey
- 2 tbsp **West Coast Burger Seasoning**
- 4-4 oz (113 g) skinless fish fillets such as cod, snapper, or salmon, about 1" thick
- 2 tsp oil
- Sea Salt** (grinder), to taste
- Black Pepper** (grinder), to taste

## NUTRITIONAL INFO

**Per serving:** Calories 150, Fat 3 g (Saturated 0.3 g, Trans 0 g), Cholesterol 50 mg, Sodium 290 mg, Carbohydrate 11 g (Fibre 0 g, Sugars 8 g), Protein 20 g.

## INSTRUCTIONS

1. Preheat grill to medium heat.
2. Meanwhile, in a small bowl, whisk together mustard, honey, and seasoning. It will be a thick sauce.
3. Rub fish with oil, season with salt and pepper. Spread top with about 1/3 of the sauce. Place on grill, non-sauced side down. Barbecue, with lid closed, 2-3 min.
4. Gently flip and spread the other side with another 1/3 of the sauce. Barbecue 2-3 min.
5. Flip once more and spread remaining sauce on top. Grill an additional 1-2 min, an additional 1-2 min, until fish flakes easily.



# SWEET & SPICY BBQ CHICKEN SKEWERS



TOTAL TIME: 20 min



4 SERVINGS



\$3.36 CA/\$2.86 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups mixed greens, 1 tbsp **Epicure Dressing**, and 1 cup grilled corn or potatoes.

## INGREDIENTS

1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts

3–4 tbsp **BBQ Chicken & Rib Rub**

¼ cup **Red Pepper Jelly**

### NUTRITIONAL INFO

**Per serving:** Calories 190, Fat 3.5 g (Saturated 0.5 g, Trans 0 g), Cholesterol 85 mg, Sodium 510 mg, Carbohydrate 13 g (Fibre 1 g, Sugars 10 g), Protein 26 g.

## INSTRUCTIONS

1. Slice chicken lengthwise into four to five pieces per breast.
2. Sprinkle rub on chicken strips and massage to coat.
3. Thread chicken onto metal skewers.
4. Grill over medium-high heat, turning often, for 10–15 min, until chicken is cooked through.
5. In **Prep Bowl**, melt jelly in microwave, uncovered, about 30 sec.
6. Place skewers on a serving platter. Using a basting brush, brush cooked chicken with melted jelly.

# STEAK & SLAW SANDWICH



**TIP:** Toast the buns on the grill. Place cut-side down on the grill until toasted, about 15–30 seconds.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$2.26 CA/\$1.92 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies.

## INGREDIENTS

- 1 lb (450 g) grilling steak, such as top sirloin, about ½ to 1” thick
- 1 tsp oil
- 1 tbsp **BBQ Chicken & Rib Rub**
- ¼ cup 2% plain Greek yogurt
- 2 tbsp mayonnaise
- 1 tbsp cider vinegar
- 2 cups shredded coleslaw mix
- Sea Salt** (grinder), to taste
- Black Pepper** (grinder), to taste
- 1 large field or heirloom tomato
- 4 lettuce leaves
- 4 hamburger or brioche buns, split and toasted

## NUTRITIONAL INFO

**Per serving (1 burger with 1 bun):** Calories 370, Fat 14 g (Saturated 3 g, Trans 0 g), Cholesterol 65 mg, Sodium 430 mg, Carbohydrate 30 g (Fibre 3 g, Sugars 5 g), Protein 29 g.

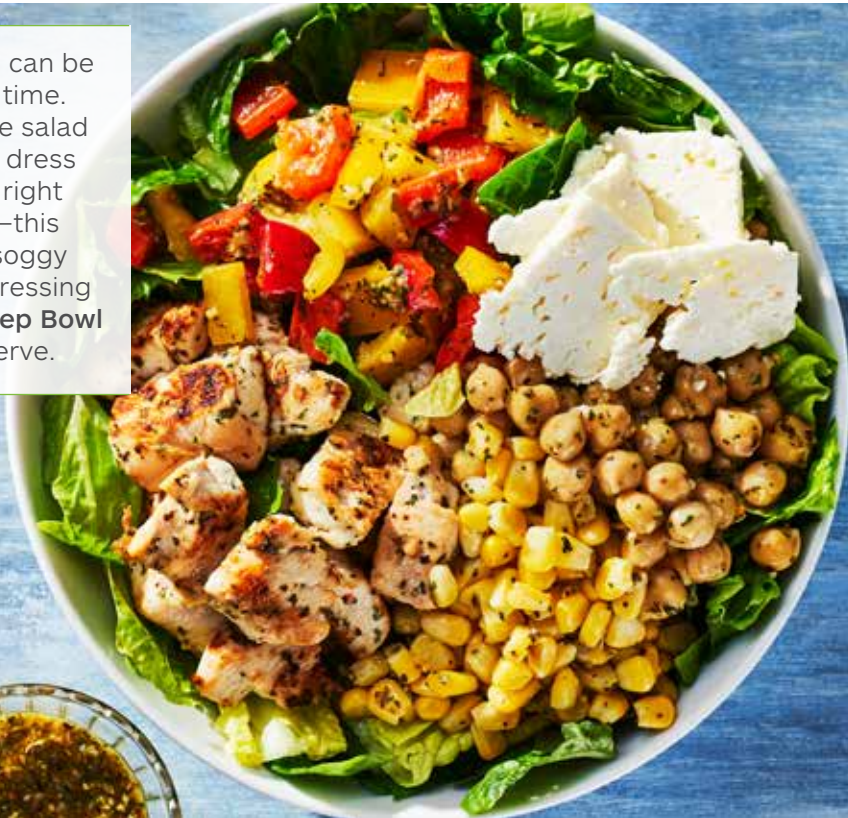
## INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. Meanwhile, coat both sides of the steak in oil; rub ½ tbsp rub on each side. Let stand to marinate while preparing remaining ingredients.
3. In a large bowl, whisk together yogurt, mayonnaise, and vinegar. Add coleslaw. Toss to coat; taste, season with salt and pepper. Set aside.
4. Place steak on grill; close lid and grill to desired doneness, about 3 min per side for medium-rare. Remove to a cutting board, let steak rest about 2–3 min before slicing. Thinly slice steak against the grain.
5. Slice tomato; arrange on bottom buns with lettuce leaves. Add steak and top with coleslaw. Cover with top bun.



# PESTO CHICKEN & CHICKPEA SALAD

**TIP:** This recipe can be made ahead of time. Assemble all the salad ingredients but dress your salad only right before serving—this will help avoid soggy lettuce. Store dressing in a **Cruet** or **Prep Bowl** until ready to serve.



**TOTAL TIME:** 20 min



**4 SERVINGS**



**\$3.65 CA/\$3.10 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** This is a perfectly balanced plate.

## INGREDIENTS

### Dressing

⅓ cup olive oil  
2 tbsp apple cider vinegar  
2 tbsp **Pesto Sauce Mix**  
2 tbsp grated Parmesan cheese, optional  
1 tsp maple syrup or honey  
**Sea Salt & Black Pepper**, to taste

### Salad

½ lb (225 g) boneless, skinless chicken breasts, about 1 breast  
1 tsp oil  
1 can (19 oz/540 ml) unsalted chickpeas  
2 bell peppers  
1½ cups corn niblets  
4 cups chopped romaine lettuce  
½ cup crumbled or sliced feta cheese

### NUTRITIONAL INFO

**Per serving:** Calories 500, Fat 25 g (Saturated 6 g, Trans 0 g), Cholesterol 50 mg, Sodium 270 mg, Carbohydrate 42 g (Fibre 10 g, Sugars 7 g), Protein 25 g.

## INSTRUCTIONS

1. To make the dressing, measure oil, vinegar, sauce mix, cheese, maple syrup, salt and pepper into a Cruet. Secure with lid; shake well.
2. Cut chicken into bite-sized pieces; place in a bowl. Add 1 tbsp prepared dressing; stir to coat.
3. Heat oil in a **Wok** over medium heat. Add chicken; stir-fry 8 min, or until cooked through.
4. Meanwhile, drain and rinse chickpeas. Dice peppers.
5. To assemble, combine chickpeas, peppers, corn, and lettuce in a large bowl. Add chicken and remaining dressing; toss to coat. Sprinkle feta on top.

# ALOHA CHICKEN & VEGGIE KEBABS



**TIP:** Swap chicken for firm tofu.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$3.97 CA/\$3.37 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 pita, 1 cup fresh veggies, and 1 tbsp prepared **Epicure dip**, your choice.

### INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken breasts
- 2 tbsp **Teriyaki Dry Glaze**
- 1 tbsp vegetable oil
- 1 bell pepper
- 1 small red onion
- 2 cups fresh pineapple chunks

### NUTRITIONAL INFO

**Per serving (1 skewer):** Calories 240, Fat 7 g (Saturated 1 g, Trans 0 g), Cholesterol 85 mg, Sodium 85 mg, Carbohydrate 18 g (Fiber 2 g, Sugars 12 g), Protein 27 g.

### INSTRUCTIONS

1. Preheat grill to medium-high.
2. Cut chicken into 1" cubes. Place in bowl; add dry glaze and oil. Stir evenly to coat. If you have extra time, let stand for 10 min to marinate.
3. Meanwhile, cut peppers and onion into 2" pieces.
4. Thread meat, vegetables, and pineapple onto skewers.
5. Place skewers on grill; rotate often until lightly charred and chicken is cooked through, 10–12 min.



# GRILLED SUMMER PIZZA



**TIP:** Make it vegan—swap ground meat with veggie ground round or crumbled firm tofu.

**TIP:** For a saucier pizza, spread prepared **Marinara Sauce** or **Pesto Sauce** over pizza shell, then add remaining toppings.



**TOTAL TIME:** 20 min



**4 SERVINGS**



**\$3.18 CA/\$2.70 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups mixed greens with balsamic vinegar or a squeeze of lemon.

## INGREDIENTS

- ½ lb (225 g) ground turkey, chicken, or beef
- 2 tbsp + 2 tsp **Red Garlic Topper Blend**, divided
- 1 small zucchini
- 1 tbsp olive oil, divided
- 1 large heirloom or field tomato
- 12" pizza shell
- ¾ cup mozzarella cheese
- Toppings** (optional): Balsamic reduction

## NUTRITIONAL INFO

**Per serving:** Calories 460, Fat 17 g (Saturated 6 g, Trans 0.1 g), Cholesterol 55 mg, Sodium 620 mg, Carbohydrate 54 g (Fibre 3 g, Sugars 3 g), Protein 26 g.

## INSTRUCTIONS

1. Preheat grill to medium-high heat. Meanwhile, crumble ground meat into **Multipurpose Steamer**. Microwave; covered, 2 min. Remove from microwave. Use **Ground Meat Separator** to break up large chunks; discard any liquid in steamer. Season with 2 tbsp topper blend.
2. Slice zucchini into ½" rounds. Toss with 2 tsp oil and 1 tsp topper blend. Thinly slice tomato into large rounds.
3. Place zucchini slices on grill. Barbecue, with lid closed 2 min per side or until lightly charred. Remove from grill.
4. Lightly oil both sides of the pizza shell with remaining 1 tsp oil. Grill until lightly charred, about 1 min per side.
5. Top pizza with cheese, tomato, zucchini, and cooked turkey. Place pizza back on the grill, close lid and cook 3–5 min, or until cheese is melted.
6. Shake on remaining blend. Drizzle with balsamic reduction before serving, if desired.

# DINNERS & GROCERY LISTS

## WEEK 3

### PRODUCE

- ☐ **3 bell peppers**
  - 2 (Teriyaki Chicken Kebabs)
  - 1 (Dynamo Grilled Steak & Veggies)
- ☐ **1 Japanese eggplant** (Dynamo Grilled Steak & Veggies) | *Swap: globe eggplant*
- ☐ **1 lime** (15 Minute Shrimp Tacos)  
*Swap: bottled lime juice*
- ☐ **1 small onion** (Teriyaki Chicken Kebabs)
- ☐ **1 red onion** (Dynamo Grilled Steak & Veggies)
- ☐ **1 zucchini** (Dynamo Grilled Steak & Veggies)
- ☐ **1 lb (450 g) asparagus spears** (Tuscan Grilled Salmon)
- ☐ **1 cup arugula** (15 Minute Shrimp Tacos)  
*Swap: baby spinach or kale*
- ☐ **1 cup shredded coleslaw mix** (15 Minute Shrimp Tacos) | *Swap: shredded cabbage*

### PANTRY STAPLES

- ☐ **Oil:**
  - 2½ tbsp (Tuscan Grilled Salmon)
  - 2 tbsp (Spicy Maple Grilled Chicken)
  - 2 tbsp, preferably olive (Teriyaki Chicken Kebabs)
  - 1 tbsp + 1 tsp (Dynamo Grilled Steak & Veggies)
  - 1 tbsp (15 Minute Shrimp Tacos)
- ☐ **¼ cup maple syrup** (Spicy Maple Grilled Chicken)
- ☐ **2 tbsp hemp hearts** (Spicy Maple Grilled Chicken)
- ☐ **2 tbsp mayonnaise** (15 Minute Shrimp Tacos)  
*Swap: plain yogurt*
- ☐ **2 tbsp soy sauce**, preferably low-sodium (Teriyaki Chicken Kebabs)
- ☐ **1 tbsp mustard** (Tuscan Chicken Meatballs)
- ☐ **1 tbsp red wine vinegar** (Dynamo Grilled Steak & Veggies) | *Swap: white vinegar*

### PROTEIN

- ☐ **3 lbs (1.36 kg) lean ground beef** (Holy Smoke! BBQ Burger) | *Swap: ground pork*
- ☐ **1 lb (450 g) boneless, skinless chicken breasts**, about 2 (Teriyaki Chicken Kebabs)
- ☐ **1 lb (450 g) boneless, skinless chicken thighs** (Spicy Maple Grilled Chicken)
- ☐ **1 lb (450 g) ground chicken** (Tuscan Chicken Meatballs) | *Swap: ground turkey or beef*
- ☐ **1 lb (450 g) salmon fillet**, about 1" thick (Tuscan Grilled Salmon)
- ☐ **1 lb (450 g) grilling steak** such as top sirloin, about ½ to 1" thick (Dynamo Grilled Steak & Veggies)
- ☐ **1 pkg (340 g) frozen, peeled raw shrimp** (15 Minute Shrimp Tacos)

### DAIRY

- ☐ **½ cup 2% plain Greek yogurt** (15 Minute Shrimp Tacos)
- ☐ **¼ cup sour cream**, preferably light (Tuscan Chicken Meatballs)

### BAKERY

- ☐ **8 corn tortillas** (15 Minute Shrimp Tacos)  
*Swap: flour tortillas*
- ☐ **4–12 burger buns** (Holy Smoke! BBQ Burger)

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add extra fresh veggies such as bell peppers, mixed greens, corn cobs, and potatoes.





# TERIYAKI CHICKEN KEBABS



TOTAL TIME: 20 min



4 SERVINGS



\$4.53 CA/\$3.85 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup mixed greens and ½ cup cooked grain such as rice or quinoa.

## INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken breasts
- 4 tbsp **Teriyaki Dry Glaze**, divided
- 2 tbsp olive oil, divided
- 2 yellow peppers
- 1 small onion
- 2 tbsp **Red Pepper Jelly**, honey, or maple syrup
- 2 tbsp low sodium soy sauce

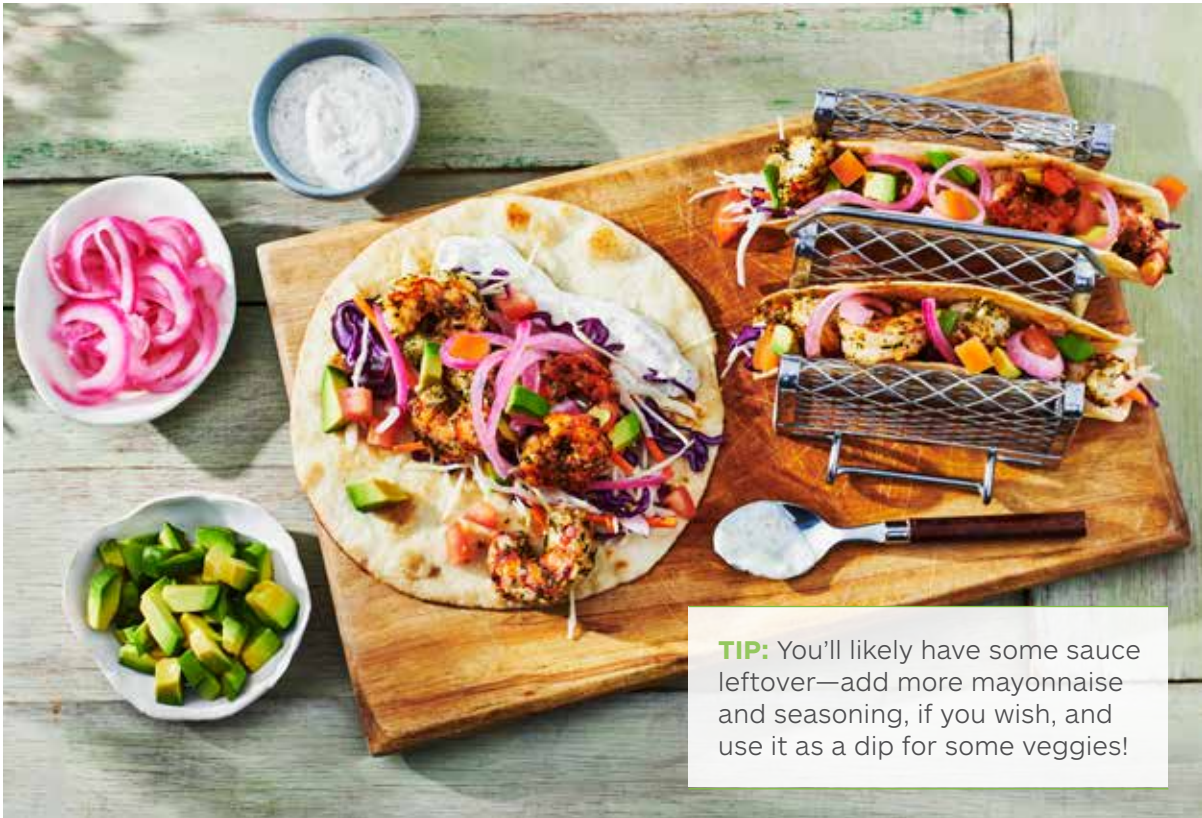
## NUTRITIONAL INFO

**Per serving:** Calories 280, Fat 11 g (Saturated 1.5 g, Trans 0 g), Cholesterol 85 mg, Sodium 410 mg, Carbohydrate 17 g (Fiber 2 g, Sugars 11 g), Protein 28 g.

## INSTRUCTIONS

1. Preheat grill to medium-high.
2. Cut chicken into cubes. In bowl, combine 2 tbsp dry glaze and 1 tbsp oil. Add chicken; stir to evenly coat.
3. Cut peppers and onion into 1" cubes. Thread meat and vegetables onto skewers.
4. Place skewers on grill; rotate often until lightly charred and chicken is cooked through, 8–10 min.
5. Meanwhile, in a bowl stir together 2 tbsp dry glaze, jelly, soy sauce, and 1 tbsp oil.
6. Place skewers onto a large platter; drizzle with sauce.

# 15 MINUTE SHRIMP TACOS



**TIP:** You'll likely have some sauce leftover—add more mayonnaise and seasoning, if you wish, and use it as a dip for some veggies!



**TOTAL TIME:** 15 min



**4 SERVINGS**



**\$3.36 CA/\$2.86 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies and 2 tbsp Epicure Dip, your choice.

## INGREDIENTS

- 1 pkg (340 g) frozen, peeled raw shrimp, defrosted
- 2 tbsp **West Coast Burger Seasoning**, divided
- ½ cup 2% plain Greek yogurt
- 2 tbsp mayonnaise
- 2 tbsp lime juice
- 1 tbsp oil
- 8 corn or flour tortillas, warmed
- 1 cup arugula
- 1 cup coleslaw mix or shredded cabbage

**Toppings** (optional): Diced tomatoes, sliced avocados, pickled red onions

## NUTRITIONAL INFO

**Per serving (2 tacos):** Calories 290, Fat 12 g (Saturated 2 g, Trans 0 g), Cholesterol 130 mg, Sodium 310 mg, Carbohydrate 28 g (Fibre 4 g, Sugars 2 g), Protein 20 g.

## INSTRUCTIONS

1. In a bowl, combine shrimp and 1 tbsp seasoning.
2. In a small bowl, whisk together yogurt, mayonnaise, lime juice, and remaining 1 tbsp seasoning.
3. In a large fry pan, heat oil. Add shrimp, cook until pink, about 1-2 min per side, depending on thickness.
4. To assemble, divide shrimp between tortillas. Top with sauce, arugula, and cabbage. Add additional toppings, if desired.



# DYNAMO GRILLED STEAK & VEGGIES



TOTAL TIME: 20 min



4 SERVINGS



\$3.13 CA/\$2.66 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 corn on the cobb.

## INGREDIENTS

1 lb (450 g) grilling steak, such as top sirloin, striploin or ribeye, about ½ to 1" thick  
1 tbsp + 1 tsp oil, divided  
½ pkg **Smokin' BBQ Sauce Mix**, about ¼ cup, divided  
1 bell pepper  
1 Japanese eggplant  
1 red onion  
1 zucchini  
1 tbsp red wine vinegar

## NUTRITIONAL INFO

**Per serving:** Calories 280, Fat 13 g (Saturated 3.5 g, Trans 0 g), Cholesterol 55 mg, Sodium 260 mg, Carbohydrate 16 g (Fibre 4 g, Sugars 8 g), Protein 24 g.

## INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. Coat both sides of steak with 1 tsp oil; rub in 2 tbsp mix. Let stand to marinate while preparing remaining ingredients.
3. Cut pepper into chunky pieces. Cut eggplant on the diagonal into thick slices. Slice onion into thick rings. Cut zucchini on the diagonal into thick slices.
4. In a large bowl, whisk together remaining mix, 1 tbsp oil, and vinegar. Add veggies to same bowl; toss to coat.
5. Place veggies on grill; close lid and grill until tender and lightly charred, 6 min per side.
6. Once veggies are on the grill, add steak; grill until desired doneness, about 3–4 min per side for medium-rare. Remove to a cutting board and let rest as the veggies finish cooking. Slice, and serve with vegetables.

# TUSCAN CHICKEN MEATBALLS



TOTAL TIME: 20 min



4 SERVINGS



\$2.34 CA/\$1.99 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with ½ cup rice and 1 cup steamed vegetables.

## INGREDIENTS

- 1 lb (450 g) ground chicken or lean ground beef
- 2 tbsp **Tuscan Chicken Burger Seasoning**
- 1 tbsp water
- ¼ cup light sour cream
- 1 tbsp mustard

**Toppings (optional): Better Than Bacon Topper**

## NUTRITIONAL INFO

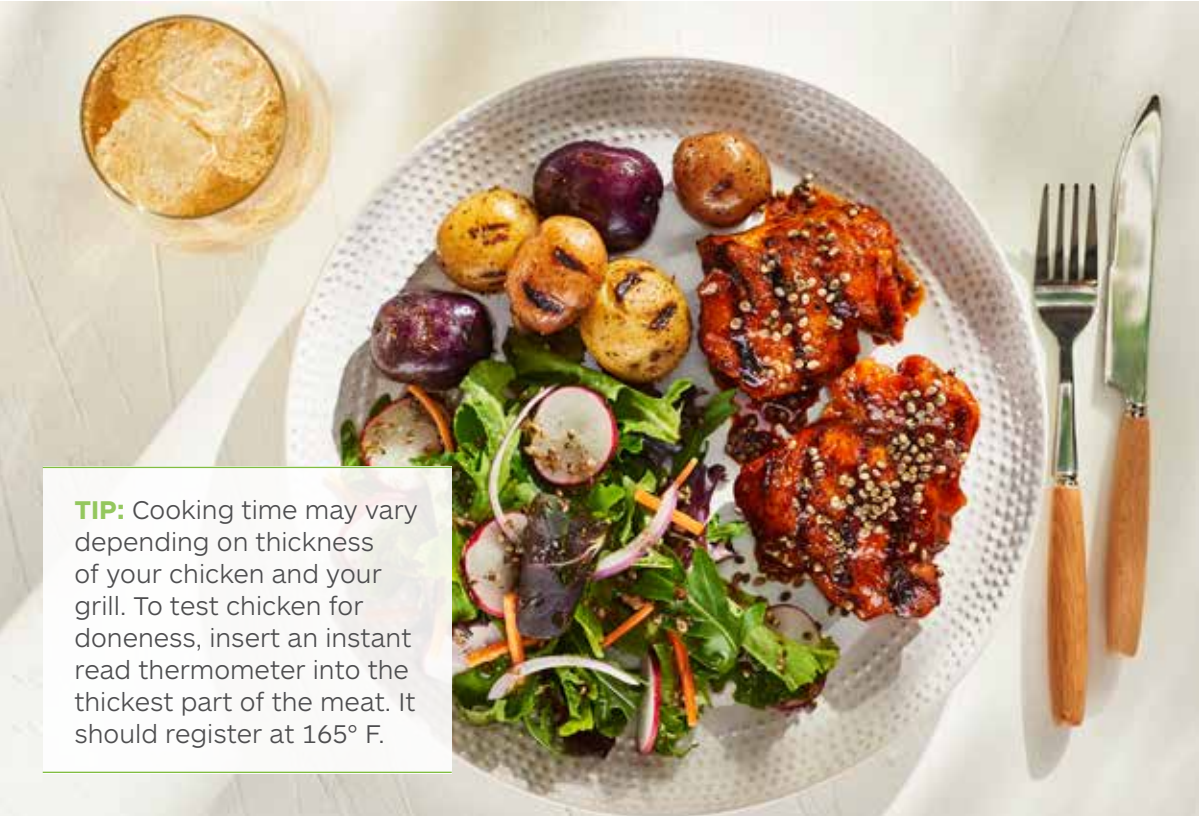
**Per serving (4 meatballs):** Calories 200, Fat 11 g (Saturated 3.5 g, Trans 0.1 g), Cholesterol 105 mg, Sodium 170 mg, Carbohydrate 5 g (Fiber 1 g, Sugars 2 g), Protein 21 g

## INSTRUCTIONS

1. In large bowl, using a fork, combine ground meat, seasoning, and water. Form into 16 meatballs (about a scant 2 tbsp each).
2. Arrange in a single layer in **Multipurpose Steamer** (it's OK if they touch). Cover and microwave on high, for 4 min or until cooked. Uncover; let sit about 1 min before serving.
3. Meanwhile, prepare sauce. In a small bowl, whisk together sour cream and mustard.
4. When meatballs are cooked, carefully drain off liquid from bottom of steamer, reserving 2 tbsp of the juices. Stir into sauce in bowl. Pour one quarter over meatballs (in steamer); gently stir to coat.
5. Serve meatballs with remaining sauce for dipping. Shake on topper, if using.



# SPICY MAPLE GRILLED CHICKEN



**TIP:** Cooking time may vary depending on thickness of your chicken and your grill. To test chicken for doneness, insert an instant read thermometer into the thickest part of the meat. It should register at 165° F.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$2.04 CA/\$1.73 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup grilled potatoes and 2 cups leafy greens with 1 tbsp **Epicure Dressing**, your choice.

## INGREDIENTS

- ¼ cup maple syrup
- 2 tbsp **BBQ Chicken & Rib Rub**
- 2 tbsp oil
- 1 lb (450 g) boneless, skinless chicken thighs
- 1-2 tbsp hemp hearts

## NUTRITIONAL INFO

**Per serving:** Calories 270, Fat 12 g (Saturated 1.5 g, Trans 0 g), Cholesterol 90 mg, Sodium 410 mg, Carbohydrate 16 g (Fibre 1 g, Sugars 13 g), Protein 24 g.

## INSTRUCTIONS

1. Preheat grill to medium-high.
2. Meanwhile, in a small bowl, stir together maple syrup, rub, and oil.
3. Place chicken in a large bowl. Pour half the marinade on top, about 3 tbsp. Stir to coat. If you have extra time, let stand 10 min or cover and refrigerate overnight.
4. Place chicken on grill. Barbecue with lid closed, turning often, until cooked, about 12 min. Once cooked, immediately toss the chicken in the remaining marinade. Sprinkle with hemp hearts just before serving.

# TUSCAN GRILLED SALMON



**TIP:** Swap salmon for pieces of boneless, skinless chicken breast.



**TOTAL TIME:** 18 min



**4 SERVINGS**



**\$2.77 CA/\$2.35 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup grilled potatoes.

## INGREDIENTS

2 ½ tbsp vegetable oil, divided  
2 tbsp **Tuscan Chicken Burger Seasoning**  
1 lb (450 g) salmon fillet, about 1" thick  
1 lb (450 g) asparagus spears  
**Black Pepper** (Grinder), to taste  
**Sea Salt** (Grinder), to taste

## NUTRITIONAL INFO

**Per serving:** Calories 270, Fat 16 g (Saturated 1.5 g, Trans 0 g),  
Cholesterol 60 mg, Sodium 110 mg, Carbohydrate 7 g  
(Fiber 3 g, Sugars 3 g), Protein 25 g.

## INSTRUCTIONS

1. Preheat grill to medium-high.
2. In a small bowl, stir together 2 tbsp oil with seasoning to make glaze.
3. Using a basting brush, brush salmon with glaze. If you have extra time, let stand 10 min or cover and refrigerate overnight.
4. Place salmon skin-side down on grill; reduce heat to medium. Barbecue with lid closed, until a knife tip inserted into thickest part of fish and held for 10 sec feels warm, about 10–12 min for every 1" of thickness.
5. Meanwhile, trim asparagus. Place in bowl; combine with remaining ½ tbsp oil. Season with salt and pepper; toss to evenly coat. Using a BBQ grill basket, grill alongside salmon until al dente, about 2–3 min.



# HOLY SMOKE! BBQ BURGER

**TIP:** For tender, juicy burgers, don't overmix the ground meat when combining with the seasoning. It helps to tear the ground meat into small chunks, then sprinkle the seasoning on top and gently mix.



TOTAL TIME: 18 min



12 SERVINGS



\$1.63 CA/\$1.39 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies.

## INGREDIENTS

3 lbs (1.36 kg) lean ground beef or pork  
1 pkg **Smokin' BBQ Sauce Mix**  
4-12 burger buns, split and toasted  
(Tip: Only use buns for what you're eating tonight.)

**Toppings** (optional): Prepared **Smokin' BBQ Sauce**, sliced cheese, sliced tomato and onion, lettuce

## NUTRITIONAL INFO

**Per serving (1 burger with 1 bun):** Calories 350, Fat 13 g (Saturated 5 g, Trans 0.4 g), Cholesterol 60 mg, Sodium 380 mg, Carbohydrate 28 g (Fibre 1 g, Sugars 4 g), Protein 27 g.

## INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. In a large bowl, combine ground beef and seasoning; using a fork or your hands, gently mix to combine.
3. Divide mixture into 12 patties and form each into a ball. Flatten to form patties.
4. Grill, with lid closed, 4-5 min per side or until cooked through. Tuck burgers into buns and serve with toppings, as desired.

# DINNERS & GROCERY LISTS

## WEEK 4

### PRODUCE

- ☐ **4 lettuce leaves** (West Coast Burger)
- ☐ **2 carrots** (Teriyaki Tofu Glory Bowls)
- ☐ **1½ English cucumbers**
  - 1 (Teriyaki Tofu Glory Bowls)
  - ½ (Teriyaki Banh Mi Sandwich)
- ☐ **1 avocado** (Teriyaki Tofu Glory Bowls)
- ☐ **1 bell pepper** (Sassy Yogurt Chicken Kebabs)
- ☐ **1 lemon** (Red Pepper Jelly Grilled Chicken)  
*Swap: bottled lemon juice*
- ☐ **1½ red onions**
  - 1 (Sassy Yogurt Chicken Kebabs)
  - ½ (West Coast Burger)
- ☐ **1 tomato** (West Coast Burger)
- ☐ **1 pint cherry tomatoes** (Red Garlic Shrimp & Tomato Pasta)
- ☐ **1 potato** (West Coast Burger)  
*Tip: try Russet or Yukon Gold*
- ☐ **2 cups shredded coleslaw mix** (Teriyaki Tofu Glory Bowls)
- ☐ **1 cup carrot matchsticks** (Teriyaki Banh Mi Sandwich)

### PANTRY STAPLES

- ☐ **Oil**
  - 1 tbsp + 2 tsp (Teriyaki Tofu Glory Bowls)
  - 1 tbsp, preferably olive (Red Garlic Shrimp & Tomato Pasta)
  - 1 tbsp (Red Pepper Jelly Grilled Chicken)
  - 1 tbsp (West Coast Burger)
  - 2 tsp (“Roast” Tuscan Chicken)
- ☐ **½ lb (225 g) uncooked spaghetti noodles**, preferably whole-grain (Red Garlic Shrimp & Tomato Pasta)
- ☐ **1 cup uncooked white rice** (Teriyaki Tofu Glory Bowls)
- ☐ **¾ cup mayonnaise**, preferably light (Teriyaki Banh Mi Sandwich)
- ☐ **2½ tbsp soy sauce**, preferably low-sodium
  - 2 tbsp (Teriyaki Tofu Glory Bowls)
  - ½ tbsp (Teriyaki Banh Mi Sandwich)
- ☐ **2 tbsp honey** (Teriyaki Tofu Glory Bowls)

- ☐ **2 tbsp mustard**
  - 1 tbsp (Teriyaki Banh Mi Sandwich)
  - 1 tbsp (West Coast Burger)
- ☐ **1 tbsp miso paste**, white or yellow (Red Pepper Jelly Grilled Chicken)
- ☐ **1 tbsp red wine vinegar** (Sassy Yogurt Chicken Kebabs) | *Swap: white vinegar*
- ☐ **1 tsp hot sauce**, optional (Red Pepper Jelly Grilled Chicken)

### PROTEIN

- ☐ **1 egg** (West Coast Burger)
- ☐ **3 lbs (1.36 kg) whole chicken** (“Roast” Tuscan Chicken)
- ☐ **1 lb (450 g) boneless, skinless chicken breasts**, about 2 (Sassy Yogurt Chicken Kebabs)
- ☐ **1 lb (450 g) boneless, skinless chicken thighs** (Red Pepper Jelly Grilled Chicken)
- ☐ **1 lb (450 g) lean ground pork** (Teriyaki Banh Mi Sandwich) | *Swap: ground beef*
- ☐ **2 blocks (350 g each) extra-firm tofu** (Teriyaki Tofu Glory Bowls) | *Swap: firm tofu*
- ☐ **2 cans (7.5 oz/213 g each) sockeye salmon**, unsalted (West Coast Burger)
- ☐ **1 pkg (340 g) frozen, peeled raw shrimp** (Red Garlic Shrimp & Tomato Pasta)

### DAIRY

- ☐ **½ cup 2% plain Greek yogurt** (Sassy Yogurt Chicken Kebabs)
- ☐ **¼ cup table cream** (Red Garlic Shrimp & Tomato Pasta)
- ☐ **¼ cup grated parmesan cheese** (Red Garlic Shrimp & Tomato Pasta)

### BAKERY

- ☐ **4 burger buns** (West Coast Burger)
- ☐ **4 panini buns** (Teriyaki Banh Mi Sandwich)  
*Swap: baguette*

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add extra fresh veggies like bell peppers, cucumber, carrots, lettuce, pita bread, rice, and corn on the cobb.





# TERIYAKI TOFU GLORY BOWLS



**TIP:** For crispier tofu—press it! Start by draining the tofu, wrap it in a kitchen towel and then set something heavy on top like cookbooks.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$2.64 CA/\$2.24 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** This is a perfectly balanced plate.

## INGREDIENTS

- 1 cup uncooked white rice
- 2 cups water
- 2 tbsp **Teriyaki Dry Glaze**
- 2 tbsp honey
- 2 tbsp low-sodium soy sauce
- 1 tbsp + 2 tsp oil, divided
- 2 blocks (350 g each) extra-firm or firm tofu
- 2 carrots
- 1 English cucumber
- 1 avocado
- 2 cups shredded coleslaw mix

**Toppings (optional):** **Everything Bagel**  
**Whole Food Topper**

## NUTRITIONAL INFO

**Per serving:** Calories 470, Fat 23 g (Saturated 1.5 g, Trans 0 g),  
Cholesterol 0 mg, Sodium 350 mg, Carbohydrate 50 g (Fibre 8 g,  
Sugars 14 g), Protein 21 g.

## INSTRUCTIONS

1. In **Multipurpose Steamer**, combine rice and water. Top with tray; microwave uncovered, on high for about 16–18 min, or until tender.
2. In a bowl, whisk together dry glaze, honey, soy sauce, and 1 tbsp oil.
3. Drain tofu. Slice each block in half, length-wise. You'll have four pieces. Cut each piece in half, crosswise. Then cut each half on the diagonal to make triangles. You should have 16 triangles.
4. Pat tofu dry with a paper towel; place in bowl with marinade. Stir to evenly coat.
5. Heat remaining 2 tsp oil in cast iron pan over medium-high heat.
6. Place tofu in pan, in a single layer. Do not discard marinade. Pan fry tofu 2–3 min per side, until browned.
7. Meanwhile, grate carrots using a box grater. Dice avocado. Slice cucumber.
8. Once cooked, place tofu in bowl with leftover marinade. Gently toss to coat.
9. Divide 2 cups cooked rice between four bowls. Top each with veggies and tofu. Add topping, if desired.

# SASSY YOGURT CHICKEN KEBABS



**TIP:** Cooking time may vary depending on thickness of your chicken and your grill. To test chicken for doneness, insert an instant read thermometer into the thickest part of the meat. It should register at 165° F.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$3.13 CA/\$2.66 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 small pita, 1 cup sliced veggies, and 2 tbsp **Epicure Dip**, your choice.

## INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts
- ½ cup 2% plain Greek yogurt
- 2 tbsp **BBQ Chicken & Rib Rub**
- 1 tbsp red wine vinegar
- 1 bell pepper
- 1 red onion

## NUTRITIONAL INFO

**Per serving (1 kebab):** Calories 180, Fat 4 g (Saturated 1 g, Trans 0 g), Cholesterol 85 mg, Sodium 370 mg, Carbohydrate 7 g (Fibre 2 g, Sugars 3 g), Protein 29 g.

## INSTRUCTIONS

1. Preheat grill to medium-high.
2. Cut chicken into 1" cubes. Place in bowl. Add yogurt, rub, and vinegar. Stir to evenly coat. If you have extra time, let stand for 10 min to marinate or cover and refrigerate overnight.
3. Cut pepper and onion into 2" pieces. Thread meat and veggies onto skewers. Place skewers on grill; turn often until lightly charred and chicken is cooked through, 10–12 min.



# TERIYAKI BANH MI SANDWICH



**TIP:** Looking for a lighter bite to eat? Try swapping bread for lettuce cups.

 **TOTAL TIME:** 18 min

 **4 SERVINGS**

 **\$2.20 CA/\$1.87 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup veggies.

## INGREDIENTS

- 1 lb (450 g) lean ground pork or beef
- ¼ cup water
- 2 tbsp **Teriyaki Dry Glaze**
- ½ tbsp low sodium soy sauce
- ¼ cup light mayonnaise
- 1 tbsp mustard
- ½ English cucumber
- 4 medium-sized panini buns or chopped baguette
- 1 cup carrot matchsticks

**Toppings** (optional): Jalapeno slices, pickled onions, sliced radishes

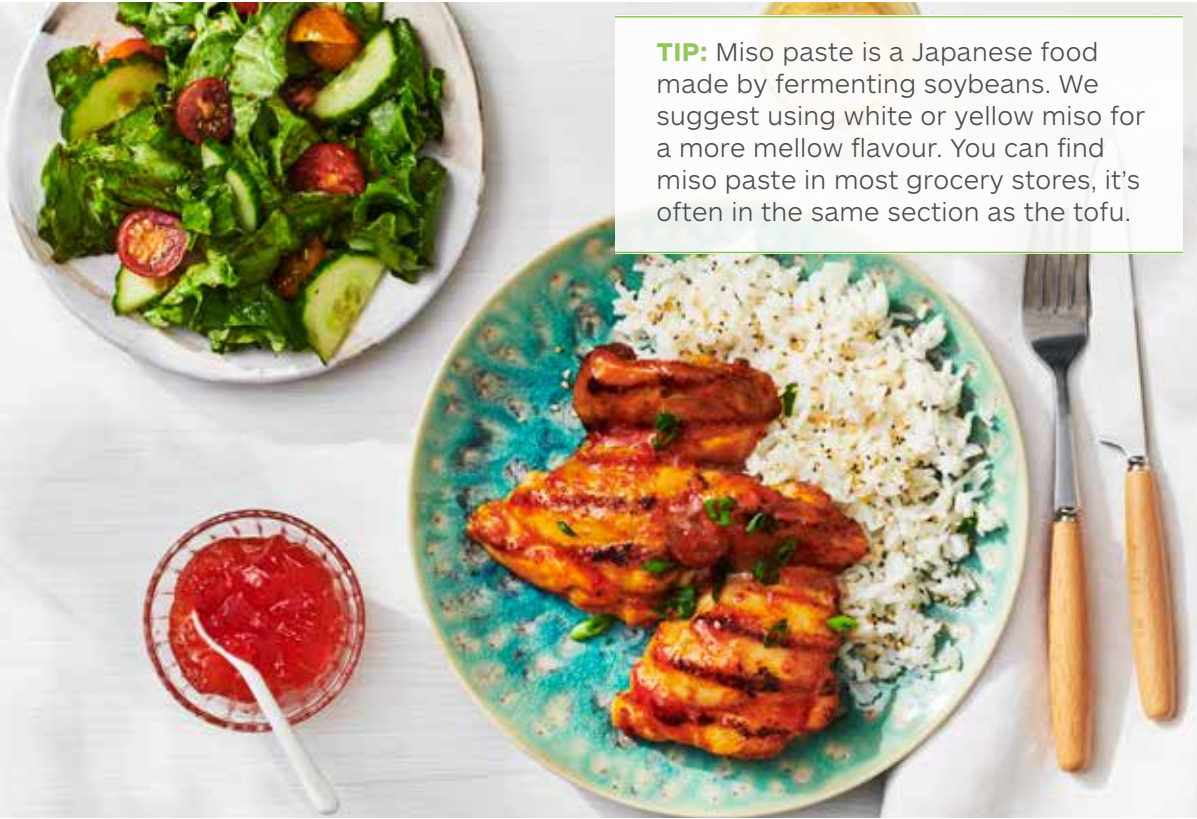
## NUTRITIONAL INFO

**Per serving:** Calories 400, Fat 20 g (Saturated 7 g, Trans 0.2 g), Cholesterol 75 mg, Sodium 440 mg, Carbohydrate 27 g (Fiber 2 g, Sugars 6 g), Protein 27 g.

## INSTRUCTIONS

1. In **Multipurpose Steamer**, add ground meat, water, dry glaze, and soy sauce. Mix until well combined and press into the bottom of the steamer. Cover; microwave on high, 4 min or until cooked.
2. Meanwhile, in a small bowl, whisk together mayo and mustard. Set aside.
3. Slice cucumber. Cut buns open.
4. Remove steamer from microwave. Uncover; let rest 1 min. Using tongs, remove meat from steamer and place onto cutting board; discard any excess liquid in steamer. Slice meat into eight pieces.
5. Spread sauce into each bun; fill each bun with two slices of meat and top with veggies.

# RED PEPPER JELLY GRILLED CHICKEN



**TIP:** Miso paste is a Japanese food made by fermenting soybeans. We suggest using white or yellow miso for a more mellow flavour. You can find miso paste in most grocery stores, it's often in the same section as the tofu.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$2.07 CA/\$1.76 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with ½ cup rice, 2 cups leafy greens and 1 tbsp **Epicure Dressing**, your choice.

## INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken thighs
- 1 tbsp oil
- Sea Salt** (grinder), to taste
- Black Pepper** (grinder), to taste
- ¼ cup **Red Pepper Jelly**
- 1 tbsp miso paste, white or yellow
- 2 tsp lemon juice
- 1 tsp hot sauce, optional
- Toppings (optional): Everything Bagel Whole Food Topper**, sliced green onions

## NUTRITIONAL INFO

**Per serving:** Calories 210, Fat 8 g (Saturated 1 g, Trans 0 g), Cholesterol 90 mg, Sodium 470 mg, Carbohydrate 11 g (Fibre 0 g, Sugars 10 g), Protein 24 g.

## INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. In a bowl, toss chicken with oil. Season with salt and pepper.
3. Place chicken on grill. Barbecue, with lid closed, 3 min per side.
4. While the chicken is grilling, in a microwave-safe bowl, combine jelly, miso, lemon juice, and hot sauce, if using. Microwave, uncovered, 30 sec, or until jelly has melted. Whisk to combine. Remove 2 tbsp from bowl and set aside.
5. Continue to grill chicken, turning and brushing with glaze until cooked through and glaze starts to caramelize.
6. Toss cooked chicken in reserved glazed. Garnish with additional toppings, if desired.



# RED GARLIC SHRIMP & TOMATO PASTA



TOTAL TIME: 20 min



4 SERVINGS



\$4 CA/\$3.40 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups mixed greens and 1 tbsp **Epicure Dressing**, your choice.

## INGREDIENTS

- ½ lb (225 g) uncooked spaghetti noodles, preferably whole-grain
- 1 tbsp olive oil
- 1 pkg (340 g) frozen, peeled raw shrimp, defrosted
- 2 tsp **Red Garlic Topper Blend**
- 1 pint cherry tomatoes
- ¼ cup table cream
- ¼ cup grated Parmesan cheese

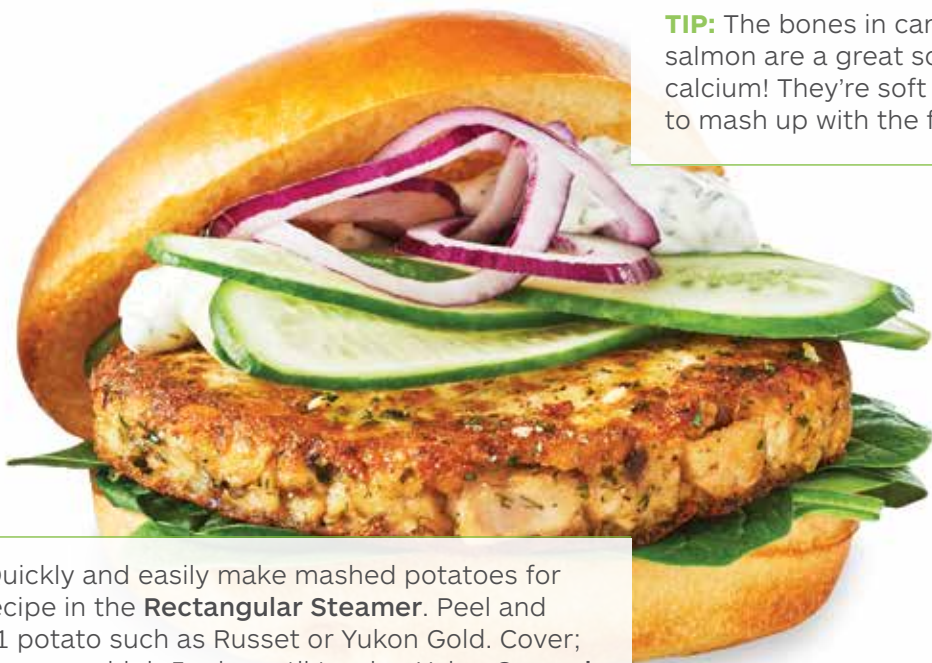
## NUTRITIONAL INFO

**Per serving:** Calories 380, Fat 13 g (Saturated 5 g, Trans 0 g), Cholesterol 150 mg, Sodium 230 mg, Carbohydrate 46 g (Fibre 6 g, Sugars 4 g), Protein 24 g.

## INSTRUCTIONS

1. Fill a **Multipurpose Pot**, three-quarters full of water. Bring to a boil over high heat. Once boiling, add noodles and continue to boil until pasta is tender, about 8–10 min. Once cooked, drain noodles.
2. In a large fry pan or skillet, heat oil over medium-high heat. Add shrimp; season with topper blend. Cook, stirring occasionally, until pink and cooked through, about 2–3. Remove from pan and set aside.
3. Slice tomatoes in half; add to pan (don't wash). Reduce heat to medium, cook 3 min, stirring frequently, until softened and juices start to release. Stir in cream and cheese; reduce heat to low. Scrape up any bits in the pan. Heat through, about 1 min.
4. Add cooked pasta and shrimp. Toss to combine. Season with more blend, to taste.

# WEST COAST BURGER



**TIP:** The bones in canned salmon are a great source of calcium! They're soft enough to mash up with the fish.

**TIP:** Quickly and easily make mashed potatoes for this recipe in the **Rectangular Steamer**. Peel and cube 1 potato such as Russet or Yukon Gold. Cover; microwave on high 5 min, until tender. Using **Ground Meat Separator** or a fork, mash the potato. Measure ½ cup, save remainder for use at a later date.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$3.39 CA/\$2.88 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies, your choice.

## INGREDIENTS

- 2 cans (7.5 oz/213 g each) unsalted sockeye salmon
- ½ cup mashed potatoes
- 1 egg
- 2 tbsp **West Coast Burger Seasoning**
- 1 tbsp mustard
- 1 tbsp oil
- 1 tomato
- ½ small red onion
- 4 lettuce leaves
- 4 burger buns

**Toppings (optional): Feisty Green Sauce**

## NUTRITIONAL INFO

**Per serving (1 burger with 1 bun):** Calories 400, Fat 15 g (Saturated 3 g, Trans 0 g), Cholesterol 110 mg, Sodium 480 mg, Carbohydrate 35 g (Fibre 2 g, Sugars 4 g), Protein 30 g.

## INSTRUCTIONS

1. Drain salmon; add to a large bowl. Add mashed potatoes, egg, seasoning, and mustard. Mix until well blended. Form into four patties.
2. Heat oil in a non-stick fry pan over medium-high heat. Add patties; cook, flipping halfway, until golden brown on both sides, about 8 min.
3. Meanwhile, slice tomato. Slice onion into rings.
4. Place patty on bottom bun; top with tomatoes, onion, and lettuce. Spread top bun with sauce, if desired, then cover with top bun.



# “ROAST” TUSCAN CHICKEN



**TIP:** Cook once, eat twice. Use up leftovers to make nourish bowls or add to soup or pasta.

**TIP:** Keep it juicy! Let chicken stand about 8–10 min before cutting. This allows time for the juices to redistribute back through the meat.

 **TOTAL TIME:** 25 min

 **8 SERVINGS**

 **\$2.05 CA/\$1.74 US PER SERVING**

Even in hot weather, we crave the comfort of a roast chicken dinner. Satisfy that craving without turning on the oven and heating up the kitchen by cooking in the microwave—seriously! It turns out juicy and flavourful every time in less than 30 minutes.

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup steamed veggies and 1 small corn on the cob.

## INGREDIENTS

- 3 lbs (1.36 kg) whole chicken
- 2 tsp oil
- 2 tbsp **Tuscan Chicken Burger Seasoning**

### NUTRITIONAL INFO

**Per serving:** Calories 210, Fat 13 g (Saturated 3.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 95 mg, Carbohydrate 1 g (Fiber 0 g, Sugars 0 g), Protein 21 g.

## INSTRUCTIONS

1. Place chicken in **Multipurpose Steamer**, breast-side down. Rub 1 tsp oil, then 1 tbsp seasoning over meat. Turn chicken over, breast side up, and rub remaining 1 tsp oil and 1 tbsp all over to evenly coat.
2. Cover; microwave on high for 20 min. Or, loosely cover with foil; roast in preheated 400° F oven for about 65–70 min. Remove foil for last 15 min of cooking to brown skin.
3. To test for doneness, insert an instant-read thermometer into thickest part of the meat (all the way to the middle, not touching any bone). It should register at 180° F.

# DINNERS & GROCERY LISTS

## WEEK 5

### PRODUCE

- ☐ **2 bell peppers** (Not Your Mom's Macaroni Salad)
- ☐ **2 celery stalks** (Not Your Mom's Macaroni Salad)
- ☐ **1 cup frozen peas** (Not Your Mom's Macaroni Salad)

### PANTRY STAPLES

- ☐ **2 cups uncooked macaroni noodles**  
(Not Your Mom's Macaroni Salad)
- ☐ **1 cup mayonnaise**
  - ½ cup (Not Your Mom's Macaroni Salad)
  - ½ cup (Tuscan Chicken Burger)
- ☐ **2–3 tbsp lemon juice** (Not Your Mom's Macaroni Salad)
- ☐ **1 tbsp ketchup** (Tuscan Chicken Burger)
- ☐ **2 tsp relish** (Tuscan Chicken Burger)

### PROTEIN

- ☐ **1 lb (450 g) ground chicken** (Tuscan Chicken Burger)  
Swap: ground turkey or beef
- ☐ **2 cans (170 g each) tuna**, preferably unsalted  
(Not Your Mom's Macaroni Salad)

### DAIRY

- ☐ **4 slices cheddar cheese**, preferably light, optional  
(Tuscan Chicken Burger)

### BAKERY

- ☐ **4 burger buns** (Tuscan Chicken Burger)

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add extra fresh veggies like bell peppers and leafy greens.





# NOT YOUR MOM’S MACARONI SALAD

**TIP:** Prep this salad up to 3 days ahead—best served cold.



TOTAL TIME: 15 min



6 SERVINGS



\$1.38 CA/\$1.17 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups leafy greens—try arugula or spinach!

## INGREDIENTS

- 2 cups uncooked macaroni noodles
- 4 cups hot water
- 2 tbsp **Pesto Sauce Mix**
- ½ cup mayonnaise
- 2–3 tbsp lemon juice
- 2 bell peppers
- 2 celery stalks
- 2 cans (170 g each) unsalted tuna
- 1 cup frozen peas, defrosted
- Black Pepper**, to taste

## NUTRITIONAL INFO

**Per serving:** Calories 360, Fat 15 g (Saturated 2.5 g, Trans 0 g), Cholesterol 20 mg, Sodium 160 mg, Carbohydrate 34 g (Fibre 4 g, Sugars 3 g), Protein 22 g.

## INSTRUCTIONS

1. In **Multipurpose Steamer**, add noodles and water. Cover; microwave on high until tender, 7–8 min.
2. Meanwhile, in a large bowl, whisk together mix, mayonnaise, and lemon juice. Set aside.
3. Dice peppers and celery. Place in a bowl with dressing.
4. When pasta is cooked, drain and rinse with cold water. Drain tuna. Add pasta, tuna, and peas to bowl; stir to mix. Taste and season with pepper and fresh lemon juice, if desired.

# TUSCAN CHICKEN BURGER

**TIP:** For a light bite, swap chicken for four large portobello mushroom caps; brush with olive oil and sprinkle with seasoning. Grill until tender.



TOTAL TIME: 15 min



4 SERVINGS



\$2.64 CA/\$2.24 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies, your choice.

## INGREDIENTS

1 lb (450 g) ground chicken or turkey  
2 tbsp **Tuscan Chicken Burger Seasoning**  
4 slices light cheddar cheese, optional  
½ cup light mayonnaise  
1 tbsp **Big Burger Sauce Mix**, optional  
1 tbsp ketchup  
2 tsp relish  
4 burger buns, split and toasted

**Toppings** (optional): Red onion rings and zucchini slices, **Honey Mustard** or **Sweet & Spicy Mustard**, lettuce, sliced tomatoes

## NUTRITIONAL INFO

**Per serving (1 burger with 1 bun):** Calories 430, Fat 21 g (Saturated 4.5 g, Trans 0.1 g), Cholesterol 110 mg, Sodium 610 mg, Carbohydrate 33 g (Fiber 2 g, Sugars 6 g), Protein 26 g

## INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. In a large bowl, combine ground chicken and seasoning until well blended. Form into four patties.
3. Grill, with lid closed, 6 min per side or until cooked. Add cheese for the last 1 min of cooking, if using.
4. Meanwhile in a bowl, stir together mayonnaise, sauce mix, ketchup, and relish.
5. Tuck burgers into buns and serve with sauce and toppings.



# DESSERTS & GROCERY LIST

# SIDES & SOMETHING SWEET

## PREP TIPS

- Make cornbread, your way! Try a large, round loaf in the **Round Steamer** or **Round Cake Pan**. Or, try smaller loaves in our **Mini Loaf Pans** or even muffins, using our **Muffin Maker**.
- Make perfectly portioned no-bake cheesecake using the **Perfect Petites** or opt for a more indulgent dessert and follow the recipe on pack to make a full cheesecake.

## PRODUCE

- ☐ **1 lime** (Citrus No-Bake Lime Cheesecake Petites)

## PANTRY STAPLES

- ☐ **¼ cup graham cracker crumbs**  
(Citrus No-Bake Lime Cheesecake Petites)

## PROTEIN

- ☐ **2 eggs** (Cheddar & Jalapeño Cornbread)

## DAIRY

- ☐ **1 brick (8 oz/250 g) cream cheese**  
(Citrus No-Bake Lime Cheesecake Petites)
- ☐ **1½ cups whipping cream**  
(Citrus No-Bake Lime Cheesecake Petites)
- ☐ **¾ cup milk**, your choice  
(Cheddar & Jalapeño Cornbread)
- ☐ **½ cup grated cheddar cheese**  
(Cheddar & Jalapeño Cornbread)
- ☐ **¼ cup butter**, preferably unsalted  
(Cheddar & Jalapeño Cornbread)

# CHEDDAR & JALAPEÑO CORNBREAD



**TIP:** To easily remove loaf from pan, place **Cooling Rack** upside down on top of the pan, then flip.

 **TOTAL TIME:** 20 min

 **8" ROUND LOAF**  
for 12 SERVINGS

 **\$0.65 CA/\$0.55 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 4 oz (113 g) lean protein, 2 cups mixed greens, and 1 tbsp **Epicure Dressing**, your choice.

## INGREDIENTS

- ¼ cup unsalted butter
- ¾ cup milk, your choice
- 2 eggs
- 1 pkg **Cheddar & Jalapeño Cornbread Mix**
- ½ cup grated cheddar cheese
- Toppings (optional): Better Than Bacon Topper**

## NUTRITIONAL INFO

**Per serving:** Calories 150, Fat 7 g (Saturated 4 g, Trans 0.1 g), Cholesterol 60 mg, Sodium 180 mg, Carbohydrate 16 g (Fibre 1 g, Sugars 4 g), Protein 5 g.

## INSTRUCTIONS

1. Cube butter. In a large microwaveable bowl, heat butter and milk on high for 1 min. Remove from microwave; whisk until butter melts.
2. Whisk in eggs until foamy; add mix. Whisk vigorously until no lumps remain.
3. Stir in cheese.
4. Pour into an oiled **Round Steamer**. Cover; microwave on high, 9 min. Or, pour into oiled **Round Cake Pan** placed on a **Sheet Pan**. Bake in preheated 350° F oven for 35–40 min.
5. Rest for 5 min, then invert onto **Cooling Rack**.

# CHEDDAR & JALAPEÑO CORNBREAD MUFFINS



TOTAL TIME: 20 min



12 SERVINGS



\$0.65 CA/\$0.55 US PER SERVING

## INGREDIENTS

¼ cup unsalted butter  
¾ cup milk, your choice  
2 eggs  
1 pkg **Cheddar & Jalapeño Cornbread Mix**  
½ cup grated cheddar cheese

**Toppings** (optional): **Better Than Bacon Topper**, sliced jalapeño, grated cheese

## NUTRITIONAL INFO

**Per serving (1 muffin):** Calories 150, Fat 7 g (Saturated 4 g, Trans 0.1 g), Cholesterol 60 mg, Sodium 180 mg, Carbohydrate 16 g (Fibre 1 g, Sugars 4 g), Protein 5 g.

## INSTRUCTIONS

1. Preheat oven to 400° F. Generously oil two **Muffin Makers**. Place on two ¼ **Sheet Pans**.
2. Cube butter. In a large microwaveable bowl, heat milk and butter on high for 1 min. Remove from the microwave, whisk until butter melts.
3. Whisk in eggs until foamy; add mix. Whisk vigorously until no lumps remain.
4. Stir in cheese.
5. Divide evenly between muffin wells. Add toppings, if desired.
6. Bake 12 min, or until golden brown and a toothpick inserted in the center of the muffins comes out clean. Rest in pan 10 min or until cool enough to unmold.



# CHEDDAR & JALAPEÑO CORNBREAD MINI LOAVES



TOTAL TIME: 25 min



4 LOAVES for  
12 SERVINGS



\$0.65 CA/\$0.55 US PER SERVING

## INGREDIENTS

¼ cup unsalted butter  
¾ cup milk, your choice  
2 eggs  
1 pkg **Cheddar & Jalapeño Cornbread Mix**  
½ cup grated cheddar cheese  
**Toppings** (optional): **Better Than Bacon Topper**, sliced jalapeño, grated cheese

## NUTRITIONAL INFO

**Per serving (¼ of a mini loaf):** Calories 150, Fat 7 g  
(Saturated 4 g, Trans 0.1 g), Cholesterol 60 mg, Sodium 180 mg,  
Carbohydrate 16 g (Fibre 1 g, Sugars 4 g), Protein 5 g.

## INSTRUCTIONS

1. Preheat oven to 400° F. Generously oil **Mini Loaf Pans**. Place on **Sheet Pan**.
2. Cube butter. In a large microwaveable bowl, heat milk and butter on high for 1 min. Remove from the microwave, whisk until butter melts.
3. Whisk in eggs until foamy; add mix. Whisk vigorously until no lumps remain.
4. Stir in cheese.
5. Divide evenly between pans. Add toppings, if desired.
6. Bake 17–18 min or until golden brown and a toothpick inserted in the center of the loaves comes out clean. Rest in pan 10 min or until cool enough to unmold.

# CITRUS LIME NO-BAKE CHEESECAKE PETITES



**TIP:** These petites are best served frozen or semi-frozen. After two hours, they're frozen enough to pop out of the pan easily, but soft enough to enjoy. If kept in the fridge, they will defrost and become very soft. While still tasty, it'll be a bit messy!

 **TOTAL TIME:** 2 hrs & 15 min  
(includes 2 hours freeze time)

 **30 PETITES**

 **\$0.37 CA/\$0.31 US PER SERVING**

## INGREDIENTS

- 1 brick (8 oz/250 g) cream cheese, room temperature
- 1 pkg **Citrus Lime No-Bake Cheesecake Mix**
- 1 lime
- 1½ cups whipping cream
- ¼ cup graham cracker crumbs

### NUTRITIONAL INFO

**Per serving (1 petite):** Calories 80, Fat 7 g (Saturated 4 g, Trans 0 g), Cholesterol 25 mg, Sodium 40 mg, Carbohydrate 6 g (Fibre 0 g, Sugars 4 g), Protein 1 g.

## INSTRUCTIONS

- Using a stand mixer or hand mixer, beat cream cheese with mix on medium-high speed until smooth.
- Scrape bowl. Using a box grater or microplane, finely grate zest from lime, if desired. Using **2-in-1 Citrus Press**, squeeze in juice from zested lime.
- Gradually add cream, whipping until soft peaks form.
- Place **Perfect Petites** on **Sheet Pan**. Scrape content from bowl on the pan. Using **3-in-1 Spatula**, spread evenly into Perfect Petites, filling the molds.
- Sprinkle graham cracker crumbs on top. Using a spatula or your hand, gently press the crumbs so they stick to the filling.
- Freeze 2 hours until set. To remove from molds, simply flip the pan over and gently pop out. If making ahead, store in a large freezer bag or container and keep frozen up to 1 month. Before serving, place in the fridge to defrost slightly.