

# 3 WEEKS OF EASY DINNERS

*BETTER THAN TAKEOUT COLLECTION*



Hold the phone (or app)! Use the 3-week meal plan within this guide along with the **Better Than Takeout Collection** edition of **3 Weeks of Easy Dinners** to bring the convenient deliciousness of better-for-you takeout right into your own kitchen...ready in 20 minutes! 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. Get the balanced nutrition you need in every meal by following the Perfectly Balanced Plate suggestions provided throughout this guide showing you what's required (veggies, lean protein, complex carbs, healthy fats). To help you elevate your weekly meal prep game, we've also included some simple, tried-and-true, time-saving tips!

**Prep ahead!** Make the most out of your kitchen's bounty. See what's already in your pantry, fridge, and freezer—along with the swap suggestions—to maximize your meal prep and budget.

**Have tasty leftovers?** Cook once, eat twice! Transform any of these meals into delicious next day lunches.

# 3 WEEKS OF EASY DINNERS

## BETTER THAN TAKEOUT COLLECTION

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
MONDAY	<p><b><u>GENERAL TAO CHICKEN</u></b> 4 servings \$2.97 CA   \$2.52 US</p> 	<p><b><u>SWEET &amp; SOUR STIR-FRY</u></b> 4 servings \$4.20 CA   \$3.57 US</p> 	<p><b><u>BUTTER CHICKEN</u></b> 8 servings \$2.26 CA   \$1.92 US</p> 
	<p><b><u>ROTISSERIE CHICKEN</u></b> 8 servings \$2.29 CA   \$1.95 US</p> 	<p><b><u>TACOS</u></b> 6 servings \$2.25 CA   \$1.91 US</p> 	<p><b><u>CRISPY &amp; CRUNCHY LETTUCE WRAPS</u></b> 4 servings \$3.05 CA   \$2.59 US</p> 
WEDNESDAY	<p><b><u>ENCHILADAS</u></b> 4 servings \$2.88 CA   \$2.45 US</p> 	<p><b><u>THAI RED CURRY</u></b> 4 servings \$3.91 CA   \$3.32 US</p> 	<p><b><u>PASTA ALFREDO</u></b> 6 servings \$1.06 CA   \$0.91 US</p> 
	<p><b><u>PAD THAI</u></b> 4 servings \$5.93 CA   \$5.04 US</p> 	<p><b><u>BEEF &amp; BROCCOLI STIR-FRY</u></b> 4 servings \$3.55 CA   \$3.02 US</p> 	<p><b><u>DONAIR</u></b> 10 servings \$1.65 CA   \$1.40 US</p> 
FRIDAY	<p><b><u>CREAMY PESTO PARMESAN CHICKEN</u></b> 4 servings \$3.19 CA   \$2.71 US</p> 	<p><b><u>PULLED PORK</u></b> 20 servings \$1.00 CA   \$0.85 US</p> 	<p><b><u>BUFFALO WINGS</u></b> 6 servings \$1.73 CA   \$1.47 US</p> 

Prices are in CAD/USD based on average grocery store costs.

# WEEK 1 GROCERY LIST

Add the suggested toppers, condiments, and sides of your choosing (noted in the recipe on each pack) to your grocery list.



PANTRY STAPLES	PRODUCE	PROTEIN		
<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>5 tbsp oil:</b> <ul style="list-style-type: none"> <li>■ 3 tbsp (General Tao Chicken)</li> <li>■ 1 tbsp (Creamy Pesto Parmesan Chicken)</li> <li>■ 1 tbsp (Pad Thai)</li> </ul> </li> <li><input type="checkbox"/> <b>¼ cup cornstarch</b> (General Tao Chicken)</li> <li><input type="checkbox"/> <b>¼ cup soy sauce</b>, preferably low-sodium:           <ul style="list-style-type: none"> <li>■ 2 tbsp (General Tao Chicken)</li> <li>■ 2 tbsp (Pad Thai)</li> </ul> </li> <li><input type="checkbox"/> <b>3 tbsp tomato paste</b> (Enchiladas)   <i>Tip: Purchase tomato paste in a tube; squeeze only what you need!</i></li> <li><input type="checkbox"/> <b>2 tbsp ketchup</b> (General Tao Chicken)</li> <li><input type="checkbox"/> <b>1 tsp coconut oil</b> (Enchiladas)   <i>Swap: Olive oil</i></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>4 bell peppers:</b> <ul style="list-style-type: none"> <li>■ 2 (General Tao Chicken)</li> <li>■ 2 (Pad Thai)</li> </ul> </li> <li><input type="checkbox"/> <b>1½ limes</b>   <i>Swap: Bottled lime juice</i> <ul style="list-style-type: none"> <li>■ 1 (Pad Thai)</li> <li>■ ½ (Enchiladas)</li> </ul> </li> <li><input type="checkbox"/> <b>4 cups baby spinach</b> (Creamy Pesto Parmesan Chicken)</li> <li><input type="checkbox"/> <b>2 cups bean sprouts</b> (Pad Thai)   <i>Swap: Baby spinach</i></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>2 eggs</b> (Pad Thai)</li> <li><input type="checkbox"/> <b>3 lbs (1.36 kg) whole chicken</b> (Rotisserie Chicken)</li> <li><input type="checkbox"/> <b>1½ lbs (675 g) boneless, skinless chicken breasts:</b> <ul style="list-style-type: none"> <li>■ 1 lb/450 g (General Tao Chicken)</li> <li>■ ½ lb/225 g (Pad Thai)</li> </ul> </li> <li><input type="checkbox"/> <b>1 lb (450 g) chicken breast fillets</b> (Creamy Pesto Parmesan Chicken)</li> <li><input type="checkbox"/> <b>2 cans (14 oz/398 ml each) unsalted black beans</b> (Enchiladas)</li> </ul>		
	<th data-bbox="478 1297 861 1348">DAIRY</th> <td data-bbox="861 1297 1245 1554"> <th data-bbox="861 1297 1245 1348">OTHER</th> </td>	DAIRY	<th data-bbox="861 1297 1245 1348">OTHER</th>	OTHER
	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>1½ cups milk</b>, your choice (Creamy Pesto Parmesan Chicken)</li> <li><input type="checkbox"/> <b>¾ cup grated cheese</b> (Enchiladas)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>1 pkg (14 oz/400 g rice noodles)</b> (Pad Thai)</li> <li><input type="checkbox"/> <b>4 medium tortillas</b> (Enchiladas)</li> </ul>		

**MAKE IT A PERFECTLY BALANCED PLATE:** This week add rice, carrots or cucumbers, extra bell peppers and spinach.

## SUNDAY PREP TIPS:

- After shopping, prep fresh produce as you unpack.
- Wash, chop, slice, and store raw veggies. Store in **4-Cup Prep Bowl** and **Prep Bowls**.
- Cook rice in **Multipurpose Steamer**. Store in **4-Cup Prep Bowl**.

# WEEK 2 GROCERY LIST

Add the suggested toppers, condiments, and sides of your choosing (noted in the recipe on each pack) to your grocery list.



PANTRY STAPLES	PRODUCE	PROTEIN		
<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Soy sauce</b>, preferably low-sodium:               <ul style="list-style-type: none"> <li>■ 2 tbsp (Beef &amp; Broccoli Stir-Fry)</li> <li>■ 2 tbsp (Sweet &amp; Sour Stir-Fry)</li> <li>■ 1 tsp (Thai Red Curry)</li> </ul> </li> <li><input type="checkbox"/> <b>White vinegar</b>:               <ul style="list-style-type: none"> <li>■ ½ cup (Pulled Pork)</li> <li>■ 2 tbsp (Sweet &amp; Sour Stir-Fry)</li> </ul> </li> <li><input type="checkbox"/> <b>1 can (14 oz/398 ml) coconut milk</b>, preferably light (Thai Red Curry)</li> <li><input type="checkbox"/> <b>1 can (14 oz/398 ml) pineapple chunks</b> (Sweet &amp; Sour Stir-Fry)</li> <li><input type="checkbox"/> <b>1 cup ketchup</b> (Pulled Pork)</li> <li><input type="checkbox"/> <b>5 tbsp oil</b>:               <ul style="list-style-type: none"> <li>■ 3 tbsp (Sweet &amp; Sour Stir-Fry)</li> <li>■ 2 tbsp (Beef &amp; Broccoli Stir-Fry)</li> </ul> </li> <li><input type="checkbox"/> <b>¼ cup cornstarch</b> (Sweet &amp; Sour Stir-Fry)</li> <li><input type="checkbox"/> <b>¼ cup brown sugar</b> (Pulled Pork)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>½ lime</b> (Thai Red Curry)</li> <li><input type="checkbox"/> <b>4 cups broccoli florets</b> (Beef &amp; Broccoli Stir-Fry) <i>Swap: Frozen broccoli florets</i></li> <li><input type="checkbox"/> <b>3 cups mixed vegetables</b>, your choice (Thai Red Curry)</li> <li><input type="checkbox"/> <b>2 cups snap peas</b> (Sweet &amp; Sour Stir-Fry)   <i>Swap: Frozen green beans</i></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>5 lbs (2.5 kg) boneless pork shoulder or butt roast</b> (Pulled Pork)</li> <li><input type="checkbox"/> <b>2 lbs (900 g) boneless, skinless chicken breasts</b>:               <ul style="list-style-type: none"> <li>■ 1 lb/450 g (Sweet &amp; Sour Stir-Fry)</li> <li>■ 1 lb/450 g (Thai Red Curry)</li> </ul> </li> <li><input type="checkbox"/> <b>1½ lbs (675 g) lean ground beef</b> (Tacos)   <i>Swap: Ground chicken, turkey, or meatless substitute</i></li> <li><input type="checkbox"/> <b>1 lb (450 g) thinly sliced beef strips</b> (Beef &amp; Broccoli Stir-Fry)   <i>Swap: Lean ground beef or firm tofu</i></li> </ul>		
		<table border="1" style="width: 100%; background-color: #800000; color: white;"> <thead> <tr> <th data-bbox="861 1306 1245 1354">OTHER</th> </tr> </thead> <tbody> <tr> <td data-bbox="861 1354 1245 1673"> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>12 taco shells</b> (Tacos)</li> </ul> </td> </tr> </tbody> </table>	OTHER	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>12 taco shells</b> (Tacos)</li> </ul>
OTHER				
<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>12 taco shells</b> (Tacos)</li> </ul>				

**MAKE IT A PERFECTLY BALANCED PLATE:** This week add rice, buns, avocados (to make guacamole and serve with **Tacos**), coleslaw (to serve with **Pulled Pork**, if desired), and extra broccoli.

## SUNDAY PREP TIPS:

- After shopping, prep fresh produce as you unpack.
- Wash, chop, slice, and store raw veggies. Store in **4-Cup Prep Bowl** and **Prep Bowls**.
- Cook rice in **Multipurpose Steamer**. Store in **4-Cup Prep Bowl**.

# WEEK 3 GROCERY LIST

Add the suggested toppers, condiments, and sides of your choosing (noted in the recipe on each pack) to your grocery list.



PANTRY STAPLES	PRODUCE	PROTEIN		
<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>1 can (14 oz/398 ml) coconut milk</b>, preferably light (Butter Chicken)</li> <li><input type="checkbox"/> <b>½ can (14 oz/398 ml) crushed tomatoes</b> (Butter Chicken)</li> <li><input type="checkbox"/> <b>4 cups uncooked pasta</b>, your choice (Pasta Alfredo)</li> <li><input type="checkbox"/> <b>¼ cup white vinegar</b> (Buffalo Wings)</li> <li><input type="checkbox"/> <b>2 tbsp brown sugar</b> (Buffalo Wings)</li> <li><input type="checkbox"/> <b>1 tbsp ketchup</b> (Buffalo Wings)</li> <li><input type="checkbox"/> <b>1 tsp sesame oil</b> (Crispy &amp; Crunchy Lettuce Wraps)</li> <li><input type="checkbox"/> <b>1 tsp soy sauce</b>, preferably low-sodium (Crispy &amp; Crunchy Lettuce Wraps)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>16 lettuce leaves</b>, about 1 head (Crispy &amp; Crunchy Lettuce Wraps)   <i>Tip: Try romaine, butter or iceberg lettuce</i></li> <li><input type="checkbox"/> <b>2 bell peppers</b> (Crispy &amp; Crunchy Lettuce Wraps)</li> <li><input type="checkbox"/> <b>2 tomatoes</b> (Donair)</li> <li><input type="checkbox"/> <b>1½ onions</b>:               <ul style="list-style-type: none"> <li>■ 1 large (Butter Chicken)</li> <li>■ ½, preferably red (Donair)</li> </ul> </li> <li><input type="checkbox"/> <b>½ English cucumber</b> (Donair)</li> <li><input type="checkbox"/> <b>½ head romaine</b> (Donair) <i>Swap: Leafy green or red lettuce</i></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>2 lbs (900 g) boneless, skinless chicken breasts</b> (Butter Chicken)</li> <li><input type="checkbox"/> <b>2 lbs (900 g) chicken wings</b> (Buffalo Wings) <i>Swap: Chicken breast fillets</i></li> <li><input type="checkbox"/> <b>2 lbs (900 g) lean ground beef</b> (Donair)</li> <li><input type="checkbox"/> <b>1 lb (450 g) ground pork</b> (Crispy &amp; Crunchy Lettuce Wraps)</li> </ul>		
	<th data-bbox="478 1283 861 1333">DAIRY</th> <td data-bbox="861 1283 1244 1568"> <th data-bbox="861 1283 1244 1333">OTHER</th> </td>	DAIRY	<th data-bbox="861 1283 1244 1333">OTHER</th>	OTHER
	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>1½ cups milk</b>, your choice (Pasta Alfredo)</li> <li><input type="checkbox"/> <b>½ cup 2% plain Greek yogurt</b> (Butter Chicken)</li> <li><input type="checkbox"/> <b>1 tbsp butter</b> (Butter Chicken)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>10 wholewheat pitas</b> (Donair)</li> </ul>		

**MAKE IT A PERFECTLY BALANCED PLATE:** This week add rice, green beans, extra lettuce, bell peppers, sour cream and mayonnaise (for dip), olive oil and vinegar (for dressing).

## SUNDAY PREP TIPS:

- After shopping, prep fresh produce as you unpack.
- Wash lettuce and dry well. Wrap in paper towel; place in a baggie or storage container. Refrigerate in crisper drawer. Replace towel when damp.
- Wash, chop, slice, and store raw veggies. Store in **4-Cup Prep Bowl** and **Prep Bowls**.
- Cook rice in **Multipurpose Steamer**. Store in **4-Cup Prep Bowl**.
- Make and store your favourite Epicure dressing using **Funnel** and **Cruet**.
- Make and store your favourite Epicure dip.