



E P I C U R E <sup>TM</sup>

# 30-DAY WHAT'S FOR DINNER MEAL PLAN

*JANUARY EXCLUSIVE*



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## *JANUARY EXCLUSIVE*

Make the 'what's for dinner' dilemma a thing of your meal planning past! Use this guide with the **30-Day What's for Dinner Collection – January Exclusive** to easily plan and prepare 30 days of healthy, delicious dinners. Follow either the package instructions on the Meal Solutions listed, or find inspiration with the fresh, new recipes (follow the links) within. 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. This guide is your perfect companion to helping you take your meal planning game even further:

**GET DIPPIN'** | Easily prepare sides for dunking veggies or topping roasted veggies.

**GET DRESSED** | Whip up big batches of salad dressing with the dressing mix—simply make and store in the **Cruet!**

**GET CREATIVE** | Got unused jarred product in your pantry? Discover innovative ways to transform them into sensational flavour builders for main courses or side dishes (We've got a few ideas in this guide to help inspire you!).

**Prep ahead!** 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 satisfying next day lunches.

### **SUNDAY PREP TIPS**

- After shopping, prep fresh produce as you unpack.
- Wash leafy greens and dry well. Wrap in paper towel; place in a baggie or storage container. Refrigerate in crisper drawer. Replace towel when damp—that'll keep it fresh, not slimy.
- 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 **Balsamic Vinaigrette** (recipe on label) using **Funnel** and **Cruet**.
- Make **Lemon Dilly Dip Mix** (recipe on label). One recipe makes 2 cups.

# 30-DAY WHAT'S FOR DINNER MEAL PLAN

## JANUARY EXCLUSIVE

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MON	<b>MAC &amp; CHEESE WITH TREES</b> 4 servings \$1.27 CA	<b>BEEF &amp; BROCCOLI STIR-FRY</b> 4 servings \$3.55 CA	<b>DONAIR</b> 10 servings \$1.65 CA	<b>STUFFED PEPPER MAC &amp; CHEESE</b> 4 servings \$2.84 CA	<b>SOUTHWEST BEEF &amp; CABBAGE STIR-FRY</b> 4 servings \$2.98 CA
TUE	<b>CLASSIC MEATLOAF</b> 4 servings \$2.05 CA	<b>CREAMY MUSHROOM &amp; CHICKEN PASTA</b> 4 servings \$3.69 CA	<b>TACOS</b> 6 servings \$2.25 CA	<b>LEMON DILLY CHICKEN &amp; PASTA SALAD</b> 4 servings \$4.44 CA	<b>SAUCY AZTECA CHICKEN</b> 4 servings \$3.39 CA
WED	<b>AZTECA TORTILLA SOUP</b> 4 servings \$2.40 CA	<b>CRUNCHY TACO SALAD</b> 4 servings \$3.23 CA	<b>BUTTER CHICKEN</b> 8 servings \$2.26 CA	<b>PULLED BUTTER CHICKEN SANDWICH</b> 4 servings \$4.28	<b>BALSAMIC VINAIGRETTE</b> 
THU	<b>SHREDDED SOUVLAKI CHICKEN FLATBREAD</b> 4 servings \$4.07 CA	<b>BEEF STROGANOFF</b> 6 servings \$3.00 CA	<b>STEAMER BEEF &amp; BROCCOLI PASTA</b> 4 servings \$3.02 CA	<b>HEARTY LASAGNA SOUP</b> 4 servings \$2.92 CA	
FRI	<b>SPEEDY LASAGNA</b> 6 servings \$1.92	<b>APPLE BALSAMIC PORK CHOPS</b> 4 servings \$1.86	<b>BALSAMIC GLAZED SALMON SALAD BOWL</b> 4 servings \$5.10 CA	<b>GREEK SALMON &amp; BEANS</b> 4 servings \$1.98 CA	<b>WINTRY MUSHROOM SOUP</b> 
SAT	<b>STROGANOFF MEATBALLS &amp; DIJON SOUR CREAM SAUCE</b> 4 servings \$1.98 CA	<b>NO FUSS PASTA BOLOGNESE</b> 6 servings \$1.10 CA	<b>SOUVLAKI SHEET PAN DINNER</b> 4 servings \$3.60 CA	<b>LENTIL &amp; BEEF BURGERS</b> 4 servings 2.27 CA	
SUN	<b>PULLED CHICKEN</b> 16 servings \$1.29 CA	<b>BUFFALO WINGS</b> 6 servings \$1.73 CA	<b>WINTRY MUSHROOM PORK</b> 4 servings \$3.90 CA	<b>DONAIR SCRAMBLED EGGS</b> 4 servings \$2.02 CA	

# GROCERY LIST

## WEEK 1

### PRODUCE

- 1 avocado** (Azteca Tortilla Soup) | *Swap: Frozen cubed avocado*
- ½ English cucumber** (Shredded Chicken Souvlaki Flatbread)
- ½ pint cherry tomatoes** (Shredded Chicken Souvlaki Flatbread)
- ¼ small red onion** (Shredded Chicken Souvlaki Flatbread)
- 4 cups baby spinach** (Speedy Lasagna)
- 2 cups broccoli florets**, fresh or frozen (Mac & Cheese with Trees)
- ½ cup corn**, fresh, frozen, or canned (Azteca Tortilla Soup)

### PANTRY STAPLES

- 12 pitted kalamata olives** (Shredded Chicken Souvlaki Flatbread)
- 9 oven-ready lasagna noodles** (Speedy Lasagna)
- 2 cans (14 oz/398 ml each) crushed tomatoes:**
  - 1 can (Azteca Tortilla Soup)
  - 1 can (Speedy Lasagna)
- 2 cups uncooked macaroni** (Mac & Cheese with Trees)
- 1 cup + 3 tbsp ketchup:**
  - 1 cup (Pulled Chicken)
  - 3 tbsp (Classic Meatloaf)
- ¼ cup + 1 tsp brown sugar:**
  - ¼ cup (Pulled Chicken)
  - 1 tsp (Classic Meatloaf)
- ½ cup vinegar** (Pulled Chicken)
- ½ tbsp sugar** (Stroganoff Meatballs & Dijon Cream Sauce) | *Swap: Honey*
- 1 tbsp Dijon mustard** (Stroganoff Meatballs & Dijon Cream Sauce)
- 1 tbsp oil** (Shredded Chicken Souvlaki Flatbread)
- 1 tsp honey mustard** (Classic Meatloaf) | *Swap: Yellow mustard*

### PROTEIN

- 3 eggs:**
  - 2 (Speedy Lasagna)
  - 1 (Classic Meatloaf)
- 2 lbs (900 g) lean ground beef:** *Tip: Swap in ground chicken*
  - 1 lb/450 g (Classic Meatloaf)
  - 1 lb/450 g (Stroganoff Meatballs & Dijon Cream Sauce)
- 4 lbs (1.8 kg) boneless, skinless chicken breasts:**
  - 3 lbs/1.5 kg (Pulled Chicken)
  - 1 lb/450 g (Shredded Chicken Souvlaki Flatbread)
- 1 can (19 oz/540 ml) black beans** (Azteca Tortilla Soup)

### DAIRY

- 1 tub (500 ml) ricotta**, about 2 cups (Speedy Lasagna) | *Swap: Cottage cheese*
- 1 cup 2% plain Greek yogurt:**
  - ½ cup (Azteca Tortilla Soup)
  - ½ cup (Shredded Chicken Souvlaki Flatbread)
- 1 cup shredded mozzarella** (Speedy Lasagna)
- ½ cup grated cheese**, your choice (Azteca Tortilla Soup)
- ½ cup milk**, your choice (Mac & Cheese with Trees)
- ¼ cup sour cream**, preferably light (Stroganoff Meatballs & Dijon Cream Sauce)
- 2 tbsp butter**, optional (Mac & Cheese with Trees)

### BAKERY

- 4 naan breads** (Shredded Chicken Souvlaki Flatbread)
- ½ cup tortilla chips** (Azteca Tortilla Soup)

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add extra tomatoes spinach, and broccoli, rice, small tortillas, and lean protein of your choice.



# MAC & CHEESE WITH TREES



TOTAL TIME: 20 min



4 SERVINGS



\$1.27 CA/\$1.08 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 4 oz (113 g) lean protein (tuna, ground meat, chicken, tofu) and 1 cup mixed veggies and 2 tsp prepared **Epicure Dip**.

## INGREDIENTS

2 cups uncooked macaroni  
2 cups broccoli florets, fresh or frozen  
½ cup milk, your choice  
1 pkg **Mac & Cheese Seasoning**  
2 tbsp butter, optional

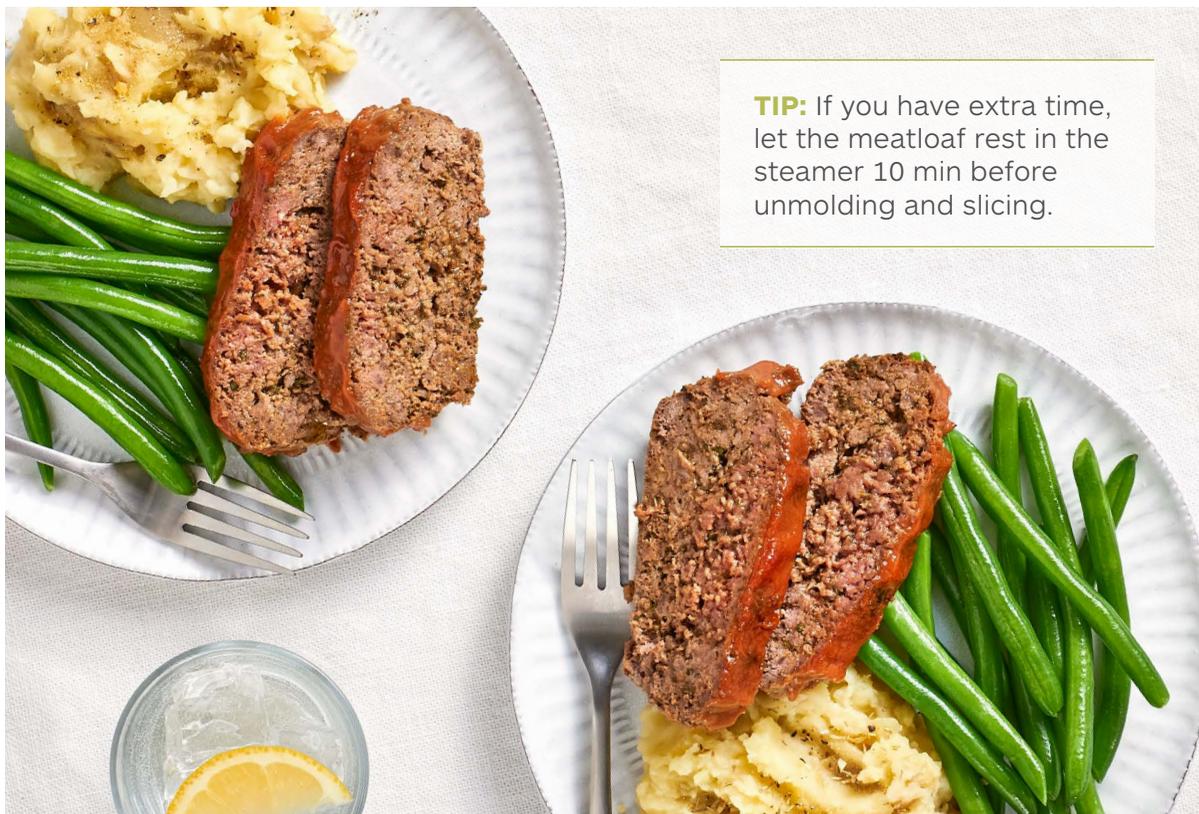
## NUTRITIONAL INFO

**Per serving:** Calories 180, Fat 4.5 g (Saturated 2 g, Trans 0 g), Cholesterol 15 mg, Sodium 340 mg, Carbohydrate 27 g (Fiber 2 g, Sugars 3 g), Protein 9 g.

## INSTRUCTIONS

1. In **Multipurpose Pot** set over high heat, boil macaroni until tender, about 6–8 min.
2. Meanwhile, chop broccoli florets (aka trees) into bite sized pieces. Stir in trees for the last 1 min of cooking.
3. Carefully drain, then return noodles and trees to pot. Add milk, seasoning and butter, if using. Stir until evenly mixed. Spoon into bowls.

# CLASSIC MEATLOAF



**TIP:** If you have extra time, let the meatloaf rest in the steamer 10 min before unmolding and slicing.



TOTAL TIME: 15 min



4 SERVINGS



\$2.05 CA/\$1.74 US PER SERVING

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

## INGREDIENTS

- 3 tbsp ketchup
- 1 tsp brown sugar
- 1 tsp honey mustard
- 1 pkg **Classic Meatloaf Seasoning**
- 1 lb (450 g) lean ground beef
- 1 egg
- 2 tbsp water

## NUTRITIONAL INFO

**Per serving:** Calories 260, Fat 13 g (Saturated 5 g, Trans 0.4 g), Cholesterol 120 mg, Sodium 490 mg, Carbohydrate 11 g (Fibre 1 g, Sugars 6 g), Protein 25 g

## INSTRUCTIONS

1. In a small bowl, combine ketchup, sugar, and mustard. Set aside.
2. In a large bowl, combine seasoning, ground beef, egg, and water. Using your hands or a large spoon, mix until well blended. Press mixture into **Rectangular Steamer** or 8" x 4" silicone loaf pan.
3. Place steamer on microwave-safe plate. Cover; cook on high 4 min. Spread prepared sauce over meatloaf; cover and cook on high an additional 2–3 min or until internal temperature reaches 160° F. Or, spread prepared sauce over meatloaf; place steamer on a **Sheet Pan** lined with **Sheet Pan Liner**. Bake, uncovered, in preheated 350° F oven for 35–40 min.

# AZTECA TORTILLA SOUP



**TIP:** To easily make this vegan, use coconut-based yogurt and vegan cheese.



TOTAL TIME: 20 min



4 SERVINGS



\$2.40 CA/\$2.04 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve topped with 1 cup baby spinach.

## INGREDIENTS

4 cups hot water or broth  
1 pkg **Azteca Tortilla Soup Seasoning**  
1 can (14 oz/398 ml) crushed tomatoes  
1 can (19 oz/540 ml) black beans  
½ cup corn, fresh or frozen  
1 avocado  
½ cup tortilla chips  
½ cup 2% plain Greek yogurt  
½ cup grated cheese, your choice

**Toppings** (optional): lime wedges

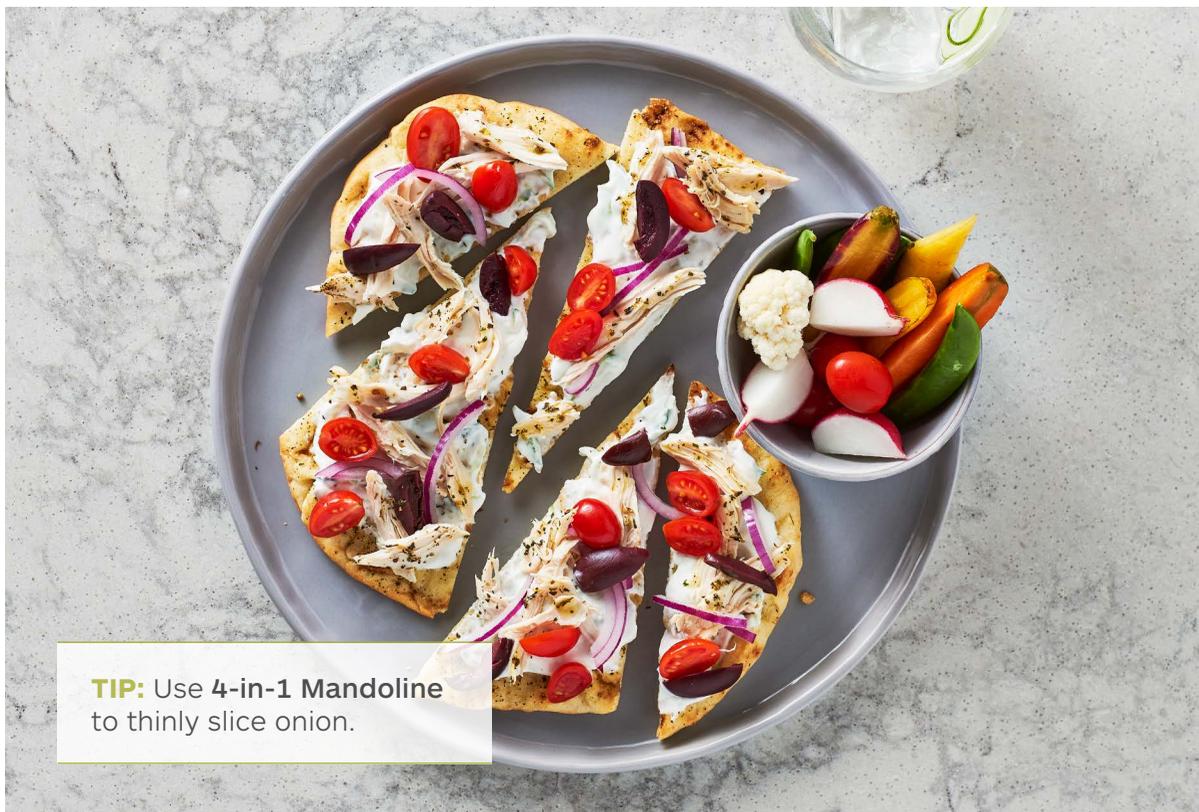
## NUTRITIONAL INFO

**Per serving:** Calories 380, Fat 15 g (Saturated 4.5 g, Trans 0 g), Cholesterol 15 mg, Sodium 300 mg, Carbohydrate 48 g (Fiber 15 g, Sugars 5 g), Protein 20 g.

## INSTRUCTIONS

1. In **Multipurpose Pot - 12 cup** over high heat, combine hot water with seasoning. Cover; bring to a boil. Stir in crushed tomatoes; cover, return to a boil.
2. Meanwhile, drain and rinse black beans.
3. Reduce heat to medium. Add black beans and corn. Simmer, uncovered, 5-10 min.
4. Meanwhile, dice avocado and coarsely crush tortilla chips.
5. To serve, top each serving with 2 tbsp each Greek yogurt, diced avocado, grated cheese, crumbled tortilla chips, and a squeeze of lime juice, if desired.

# SHREDDED SOUVLAKI CHICKEN FLATBREAD



**TIP:** Use 4-in-1 Mandoline to thinly slice onion.

 TOTAL TIME: 20 min  4 SERVINGS  \$4.07 CA/\$3.46 US PER SERVING

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

## INGREDIENTS

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

1 tbsp **Souvlaki Seasoning**, divided

4 naan breads

1 tbsp olive oil

½ English cucumber

½ cup 2% plain Greek yogurt

**Sea Salt**, to taste

**Black Pepper**, to taste

12 pitted kalamata or black olives

½ pint cherry tomatoes

¼ small red onion

**Toppings** (optional): fresh lemon juice

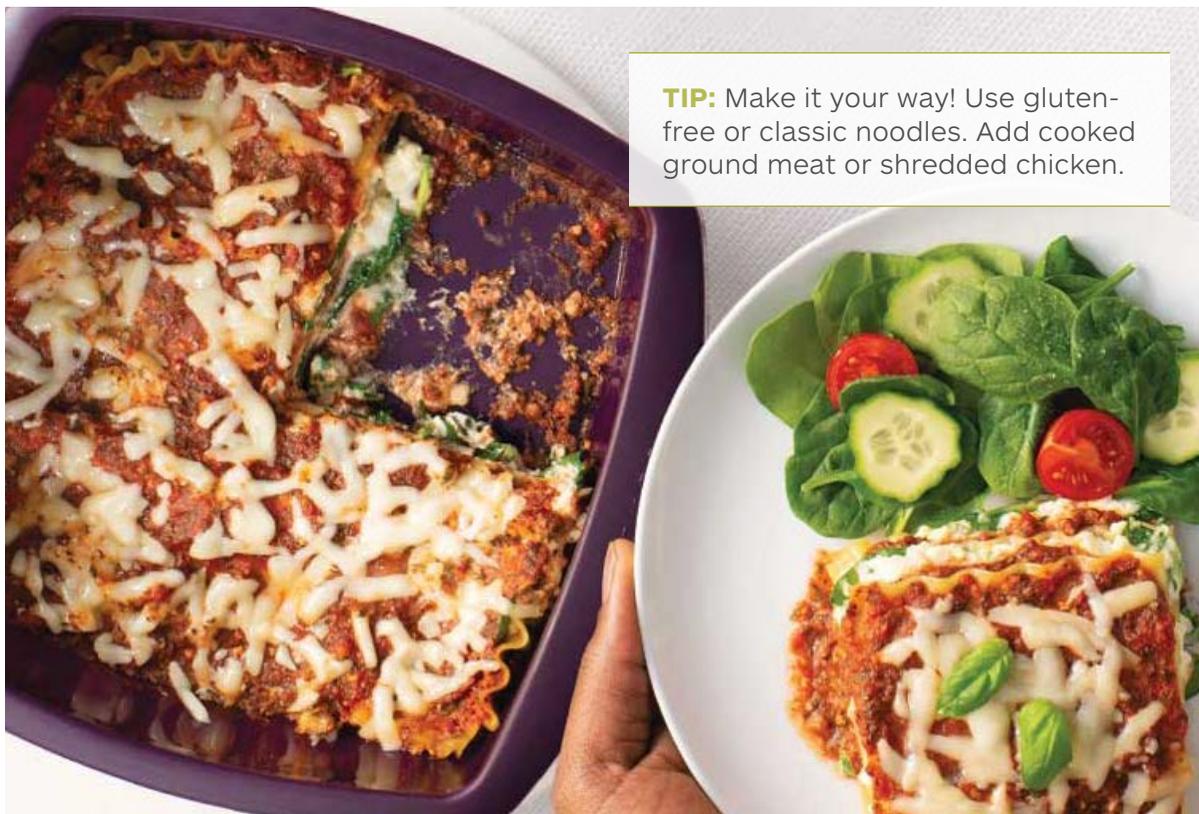
## NUTRITIONAL INFO

**Per serving:** Calories 420, Fat 13 g (Saturated 2.5 g, Trans 0 g), Cholesterol 85 mg, Sodium 540 mg, Carbohydrate 40 g (Fibre 5 g, Sugars 5 g), Protein 36 g

## INSTRUCTIONS

1. Preheat oven to 400° F.
2. Place chicken in **Multipurpose Steamer**; sprinkle with ½ tbsp seasoning. Cover; cook on high 7 min. Let rest 2 min then uncover. Using two forks, shred chicken.
3. While chicken is cooking, place naan on **Sheet Pan** lined with **Sheet Pan Liner**. Brush naan with olive oil; sprinkle with remaining ½ tbsp seasoning. Bake for 10 min, or until tops are golden-brown.
4. To make sauce, coarsely grate cucumber. Wrap in a kitchen towel; squeeze out excess liquid. Place cucumber in a bowl; stir in yogurt and salt and pepper to taste.
5. Chop olives. Slice tomatoes in half. Thinly slice red onion.
6. Spread sauce on pitas, top with chicken and veggies. Add a squeeze of fresh lemon juice, if desired.

# SPEEDY LASAGNA



**TIP:** Make it your way! Use gluten-free or classic noodles. Add cooked ground meat or shredded chicken.

 TOTAL TIME: 20 min  6 SERVINGS  \$1.92 CA/\$1.63 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups leafy green salad with 2 tsp Epicure Dressing.

## INGREDIENTS

1 pkg **Speedy Lasagna Seasoning**  
1 can (14 oz/398 ml) crushed tomatoes  
½ cup water  
2 eggs  
1 pkg (500 ml) ricotta, about 2 cups  
4 cups baby spinach  
9 oven-ready lasagna noodles  
1 cup shredded mozzarella

## NUTRITIONAL INFO

**Per serving:** Calories 380, Fat 18 g (Saturated 10 g, Trans 0 g), Cholesterol 120 mg, Sodium 290 mg, Carbohydrate 33 g (Fiber 2 g, Sugars 2 g), Protein 22 g.

## INSTRUCTIONS

1. In bowl, stir seasoning with crushed tomatoes and water to make sauce
2. In separate large bowl, whisk eggs. Stir in ricotta and baby spinach.
3. To assemble, spread ½ cup tomato sauce on bottom of **Multipurpose Steamer**. Top with three noodles, breaking to fit, if necessary.
4. Add half the spinach mixture and ½ cup sauce. Add another layer of three noodles, and remaining spinach mixture.
5. Top with last three noodles and remaining sauce.
6. Cover; microwave on high for 15 min. Uncover and sprinkle with cheese. If desired, cover and let rest for 3-5 min so lasagna can set before cutting and serving.

# STROGANOFF MEATBALLS & DIJON SOUR CREAM SAUCE



 TOTAL TIME: 15 min  6 SERVINGS  \$1.98 CA/\$1.68 US PER SERVING

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

## INGREDIENTS

1 lb (450 g) lean ground beef  
1 pkg **Beef Stroganoff Seasoning**  
1 tbsp water  
¼ cup light sour cream  
1 tbsp Dijon mustard  
½ tbsp sugar or honey

## NUTRITIONAL INFO

**Per serving (4 meatballs):** Calories 360, Fat 19 g (Saturated 8 g, Trans 0.5 g), Cholesterol 95 mg, Sodium 440 mg, Carbohydrate 11 g (Fibre 1 g, Sugars 2 g), Protein 35 g.

## INSTRUCTIONS

1. In large bowl, using a fork, combine ground beef, seasoning, and water. Form into 16 meatballs (about a scant 2 tbsp each).
2. Spread in a single layer in **Multipurpose Steamer** or **Round Steamer** (it's OK if they touch). Cover and microwave on high, 4 min or until cooked. Uncover; let sit 1 min before serving.
3. Meanwhile, prepare dipping sauce. In a small bowl, whisk together sour cream, mustard, and sugar.
4. Serve meatballs with sauce for dipping.

# PULLED CHICKEN



**TIP:** Serve on tacos, nachos, baked potatoes, beans and rice, or pizza.



**TOTAL TIME:** 3h 5m  
(3 hrs slow cook time)



**16 SERVINGS**



**\$1.29 CA/\$1.12 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 small tortillas, 3 tbsp Guacamole or dip, and 1 cup veggies.

## INGREDIENTS

- 1 pkg **Pulled Chicken Seasoning**
- 1 cup ketchup
- ½ cup vinegar
- ¼ cup brown sugar
- 3 lbs (1.5 kg) boneless, skinless chicken

## NUTRITIONAL INFO

**Per serving (½ cup):** Calories 130, Fat 2 g (Saturated 0.5 g, Trans 0 g), Cholesterol 45 mg, Sodium 240 mg, Carbohydrate 9 g (Fiber 0 g, Sugars 8 g), Protein 17 g.

## INSTRUCTIONS

1. In a slow cooker, combine seasoning with ketchup, vinegar, and brown sugar. Add chicken and turn to coat. Cover and cook 6 hours on low or 3 hours on high.
2. With two forks, pull chicken into shreds. Stir into sauce.

# GROCERY LIST

## WEEK 2

### PRODUCE

- 2 Roma tomatoes** (Crunchy Taco Salad)
- 1 avocado** (Crunchy Taco Salad)
- 1 large apple** (Apple Balsamic Pork Chops)  
*Swap: Large pear*
- 8 cups chopped romaine lettuce** (Crunchy Taco Salad)
- 4 cups broccoli florets**, fresh or frozen (Beef & Broccoli Stir-Fry)
- 2 cups frozen peas** (Creamy Mushroom & Chicken Pasta)
- 1 pkg (7 oz/200 g) sliced mushrooms** (Beef Stroganoff)

### PANTRY STAPLES

- Oil:**
  - 2 tbsp (Apple Balsamic Pork Chops)
  - 2 tbsp (Beef & Broccoli Stir-Fry)
  - 2 tbsp (Beef Stroganoff)
  - 2 tsp (No Fuss Pasta Bolognese)
  - 1 tsp (Crunchy Taco Salad)
- 1 can (14 oz/398 ml) diced tomatoes** (No Fuss Pasta Bolognese)
- 1 can (14 oz/398 ml) crushed tomatoes** (No Fuss Pasta Bolognese)
- 7 cups uncooked egg noodles** (Beef Stroganoff)
- 3 cups uncooked small shell pasta** (No Fuss Pasta Bolognese)
- 2 cups uncooked egg noodles**, extra-broad (Creamy Mushroom & Chicken Pasta)
- ¼ cup apple juice** (Apple Balsamic Pork Chops)
- ¼ cup vinegar** (Buffalo Wings)
- 2 tbsp brown sugar** (Buffalo Wings)
- 2 tbsp soy sauce**, preferably low-sodium (Beef & Broccoli Stir-Fry)
- 1 tbsp balsamic vinegar** (Apple Balsamic Pork Chops)
- 1 tbsp ketchup** (Buffalo Wings)
- 1 tsp Worcestershire sauce** (Beef Stroganoff)

### PROTEIN

- 2 lbs (900 g) chicken wings** (Buffalo Wings)  
*Swap: Boneless, skinless chicken breast fillets*
- 1 lb (450 g) beef strips** (Beef & Broccoli Stir-Fry) | *Swap: Ground beef*
- 3 lbs (1.35 kg) lean ground beef**
  - 1 lb/450 g (Beef Stroganoff) | *Swap: Stir-fry beef strips*
  - 1 lb/450 g (Crunchy Taco Salad)
  - 1 lb/450 g (No Fuss Pasta Bolognese)
- 1 lb (450 g) boneless, skinless chicken breast fillets** (Creamy Mushroom & Chicken Pasta)
- 1 lb (450 g) pork loin chops**, center-cut fast fry, about 4 small chops (Apple Balsamic Pork Chops)

### DAIRY

- 1½ cups milk**, your choice (Creamy Mushroom & Chicken Pasta)
- 1 cup 2% plain Greek yogurt** (Beef Stroganoff)  
*Swap: Sour cream*
- ½ cup shredded cheese**, your choice (Crunchy Taco Salad)
- 1 tbsp butter**, preferably unsalted (Apple Balsamic Pork Chops)

### BAKERY

- 2 cups tortilla chips** (Crunchy Taco Salad)

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add rice (if you don't have any leftover from last week) wholegrain rolls, potatoes, extra lettuce, and peas.



# BEEF & BROCCOLI STIR-FRY



**TIP:** Make it vegan and replace beef with 1 lb (450 g) medium-firm tofu, cut into 1" cubes.



TOTAL TIME: 15 min



16 SERVINGS



\$3.55 CA/\$3.02 US PER SERVING

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

## INGREDIENTS

1 pkg **Beef & Broccoli Stir-Fry Seasoning**

$\frac{3}{4}$  cups water

2 tbsp low-sodium soy sauce

2 tbsp oil

1 lb (450 g) beef strips

4 cups broccoli florets, fresh or frozen

## NUTRITIONAL INFO

**Per serving:** Calories 310, Fat 16 g (Saturated 4 g, Trans 0 g), Cholesterol 45 mg, Sodium 360 mg, Carbohydrate 15 g (Fiber 1 g, Sugars 7 g), Protein 30 g

## INSTRUCTIONS

1. In a bowl, stir seasoning with water and soy sauce. Set aside.
2. Heat oil in **Wok** over high heat.
3. Add beef; stir-fry until cooked, 3–4 min.
4. Add broccoli to wok, cover and steam for 2 min, until broccoli is tender-crisp.
5. Add reserved seasoning mixture; stir-fry, uncovered, until sauce thickens.

# CREAMY MUSHROOM & CHICKEN PASTA

**TIP:** For a thicker sauce, let the dish rest 2–3 min before serving. The sauce will thicken as it sits.



TOTAL TIME: 20 min



4 SERVINGS



\$3.69 CA/\$3.14 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups mixed greens and 1 tbsp **Balsamic Vinaigrette**.

## INGREDIENTS

1 lb (450 g) boneless, skinless chicken breast fillets

2 cups uncooked extra broad egg noodles

1½ cups milk, your choice

1 cup hot water

1 pkg **Wintry Mushroom Soup**

### Seasoning

2 cups frozen peas

## NUTRITIONAL INFO

**Per serving:** Calories 390, Fat 6 g (Saturated 2.5 g, Trans 0.1 g), Cholesterol 125 mg, Sodium 360 mg, Carbohydrate 41 g (Fibre 5 g, Sugars 6 g), Protein 38 g.

## INSTRUCTIONS

1. In **Multipurpose Steamer**, arrange chicken in a single layer (it's OK if the fillets touch). Cover; cook on high 4 min.
2. Add noodles, milk, hot water, and seasoning; stir to mix. Microwave on high, uncovered, 5 min. Remove from microwave and stir; cook for an additional 3 min 30 sec.
3. Stir in peas. Microwave on high, uncovered, for 4 min or until pasta is tender and sauce has thickened.

# CRUNCHY TACO SALAD



**TIP:** Swap ground beef for soy ground round for a vegetarian friendly option.



TOTAL TIME: 15 min



4 SERVINGS



\$3.23 CA/\$2.75 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with ½ wholegrain roll.

## INGREDIENTS

- 1 tsp oil
- 1 lb (450 g) lean ground beef
- 1 pkg **Taco Seasoning**
- 1 cup water
- 2 Roma tomatoes
- 1 avocado
- 2 cups tortilla chips
- 8 cups chopped romaine lettuce
- ½ cup shredded cheese, your choice

**Toppings** (optional): Salsa, Greek yogurt or sour cream, jalapeños

## NUTRITIONAL INFO

**Per serving:** Calories 390, Fat 6 g (Saturated 2.5 g, Trans 0.1 g), Cholesterol 125 mg, Sodium 360 mg, Carbohydrate 41 g (Fibre 5 g, Sugars 6 g), Protein 38 g.

## INSTRUCTIONS

1. Heat oil in a large fry pan over medium-high heat. Add beef. Reduce heat to medium; cook, using **Ground Meat Separator** to break up chunks, until beef is browned, 3–4 min.
2. Stir seasoning mix with water; pour over beef. Stir often, until thickened, 5 min.
3. Meanwhile, chop tomatoes, cube avocado, and coarsely crush tortilla chips.
4. Divide lettuce among four plates. Top evenly with meat mixture, tomatoes, avocado, cheese, and chips. Add additional toppings, if desired.

# BEEF STROGANOFF



 TOTAL TIME: 15 min  6 SERVINGS  \$3.00 CA/\$2.55 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup mixed greens and ½ tbsp prepared **Epicure Dressing**.

## INGREDIENTS

1 pkg **Beef Stroganoff Seasoning**

1 ¾ cups water

2 tbsp oil

1 lb (450 g) lean ground beef  
or beef strips

2 cups sliced mushrooms

1 cup 2% plain Greek yogurt  
or sour cream

1 tsp Worcestershire sauce

6 cups cooked egg noodles

**Sea Salt**, if desired

**Black Pepper**, if desired

## NUTRITIONAL INFO

**Per serving:** Calories 440, Fat 14 g (Saturated 3.5 g, Trans 0 g), Cholesterol 80 mg, Sodium 380 mg, Carbohydrate 48 g (Fiber 3 g, Sugars 3 g), Protein 28 g

## INSTRUCTIONS

1. Combine seasoning with water. Set aside.
2. Heat oil in a large sauté pan over medium-high heat. Brown beef. Remove from pan.
3. Add mushrooms to pan and brown.
4. Return beef and any juices to pan, then stir in reserved seasoning mixture. Bring to a boil, reduce heat, and simmer for 3 min.
5. Remove from heat and stir in Greek yogurt and Worcestershire sauce.
6. Serve over cooked egg noodles. Season to taste with salt and pepper.

# APPLE BALSAMIC PORK CHOPS



TOTAL TIME: 20 min



4 SERVINGS



\$1.86 CA/\$1.59 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with  $\frac{1}{2}$  cup mashed potatoes and 1 cup steamed vegetables.

## INGREDIENTS

- 2 tbsp oil
- 1 lb (450 g) center-cut fast fry pork loin chops, about 4 small chops
- 1 large apple
- $\frac{1}{2}$  cup **Nourish Broth**
- $\frac{1}{4}$  cup apple juice
- 1 tbsp balsamic vinegar
- 2 tsp **Balsamic Vinaigrette Dressing Mix**
- 1 tbsp butter

## NUTRITIONAL INFO

**Per serving:** Calories 280, Fat 17 g (Saturated 4 g, Trans 0.1 g), Cholesterol 65 mg, Sodium 220 mg, Carbohydrate 12 g (Fiber 2 g, Sugars 9 g), Protein 19 g

## INSTRUCTIONS

1. Heat oil in a large fry pan over medium-high heat. Add pork chops; fry until browned, about 2-3 min per side. Remove from pan and keep warm.
2. Meanwhile, core and thinly slice apple.
3. Add sliced apple, broth, juice, vinegar, and dressing mix to pan, stirring to loosen brown bits. Simmer, 2 min, until apples have softened slightly.
4. Return pork to pan. Cover and simmer until meat is cooked through, about 3-4 min, turning once. Place pork on plates. Add butter to sauce; stir until melted. Spoon on top of pork.

# NO FUSS PASTA BOLOGNESE



**TIP:** Cook once, eat twice!  
Double the sauce ingredients,  
let cool, portion, and freeze  
for easy meals later.



TOTAL TIME: 16 min



6 SERVINGS



\$1.10 CA/\$0.94 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups leafy green salad and 1 tbsp **Balsamic Vinaigrette Dressing**.

## INGREDIENTS

3 cups uncooked small shell pasta  
6 cups hot water  
2 tsp oil  
1 lb (450 g) lean ground beef, or  
meatless substitute  
1 can (14 oz/398 ml) diced tomatoes  
1 can (14 oz/398 ml) crushed tomatoes  
½ pkg **Speedy Lasagna Seasoning**  
**Black Pepper**, to taste  
**Sea Salt**, to taste  
**Toppings** (optional): Grated Parmesan  
cheese

## NUTRITIONAL INFO

**Per serving:** Calories 320, Fat 5 g (Saturated 1.5 g,  
Trans 0.3 g), Cholesterol 40 mg, Sodium 340 mg,  
Carbohydrate 45 g (Fiber 4 g, Sugars 7 g), Protein 23 g

## INSTRUCTIONS

1. Place pasta in **Multipurpose Steamer**. Stir in water. Cover; microwave on high until al dente, 10 min.
2. Meanwhile, heat oil in **Wok** over medium-high heat. Crumble in beef; cook, using **Ground Meat Separator** to break up chunks, until meat is cooked through, 4–5 min.
3. Stir in canned tomatoes (don't drain the diced ones!) and seasoning. Allow the sauce to come to a boil. Partially cover; reduce heat to medium and let simmer 5 min for flavours to blend. Season with salt and pepper, to taste.
4. Once cooked, drain pasta. Spoon into bowls, add sauce, and topping, if desired.

# BUFFALO WINGS



TOTAL TIME: 35 min



6 SERVINGS



\$1.73 CA/\$1.49 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup dark leafy greens, 1 cup sliced vegetables, your choice, and ½ cup cooked grains.

## INGREDIENTS

- 1 pkg **Buffalo Wings Seasoning**
- 2 tbsp brown sugar
- 1 tbsp ketchup
- ¼ cup vinegar
- 2 lbs chicken wings, or boneless chicken strips

## NUTRITIONAL INFO

**Per serving (3 wings):** Calories 380, Fat 25 g (Saturated 7 g, Trans 0 g), Cholesterol 115 mg, Sodium 510 mg, Carbohydrate 9 g (Fiber 1 g, Sugars 6 g), Protein 28 g.

## INSTRUCTIONS

1. Preheat oven to 400° F.
2. Measure 1 tbsp seasoning and whisk with brown sugar, ketchup, and vinegar. Set aside.
3. Toss chicken wings with remaining seasoning. Place on **Sheet Pan** lined with **Sheet Pan Liner**. Bake for 25 min.
4. Toss cooked wings in prepared sauce.

# GROCERY LIST

## WEEK 3

### PRODUCE

- 2 tomatoes** (Donair)
- 1 large onion** (Butter Chicken)
- ½ English cucumber** (Donair)
- ½ red onion** (Donair)
- ½ head romaine lettuce** (Donair) | *Swap: Leafy green lettuce*
- 1 lb (450 g) green beans** (Souvlaki Sheet Pan Dinner)
- 1 pkg (7 oz/200 g) sliced mushrooms** (Wintry Mushroom Pork)
- 2 pints cherry tomatoes**
  - 1 pint (Balsamic Glazed Salmon Salad Bowl)
  - 1 pint (Souvlaki Sheet Pan Dinner)
- 8 cups mixed greens** (Balsamic Glazed Salmon Salad Bowl)
- 4 cups broccoli florets**, fresh or frozen (Steamer Beef & Broccoli Pasta)

### PANTRY STAPLES

- Oil:**
  - 2 tbsp, preferably olive (Souvlaki Sheet Pan Dinner)
  - 1 tbsp oil, preferably olive (Balsamic Glazed Salmon Salad Bowl)
  - 1 tbsp (Wintry Mushroom Pork)
- 1 can (14 oz/398 ml) coconut milk**, preferably light (Butter Chicken)
- ½ can (14 oz/398 ml) crushed tomatoes** (Butter Chicken)
- 2 cups uncooked small pasta shells** (Steamer Beef & Broccoli Pasta)
- ½ cup balsamic vinegar:**
  - ¼ cup + 2 tsp (Balsamic Glazed Salmon Salad Bowl)
  - 2 tbsp (Souvlaki Sheet Pan Dinner)
- 3 tbsp honey** (Balsamic Glazed Salmon Salad Bowl)
- 1 tbsp Dijon mustard** (Balsamic Glazed Salmon Salad Bowl)

### PROTEIN

- 4½ lbs (2 kg) lean ground beef:**
  - 2 lbs/900 g (Donair)
  - 1½ lbs/675 g (Tacos)
  - 1 lb/450 g (Steamer Beef & Broccoli Pasta)
- 1 lb (450 g) boneless pork loin roast** (Wintry Mushroom Pork)
- 1 lb (450 g) salmon fillet**, about 1" thick (Balsamic Glazed Salmon Salad Bowl)
- ½ lb (225 g) boneless**, skinless chicken thighs (Souvlaki Sheet Pan Dinner) | *Swap: Chicken breasts*
- 1 can (14 oz/398 ml) no-salt-added chickpeas** (Souvlaki Sheet Pan Dinner)

### DAIRY

- 1½ cups milk**, your choice (Wintry Mushroom Pork)
- ½ cup goat cheese crumbles** (Balsamic Glazed Salmon Salad Bowl) | *Swap: Feta cheese*
- 1 tbsp butter** (Butter Chicken)

### BAKERY

- 12 taco shells** (Donair)
- 10 wholewheat pitas** (Donair)

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add extra mixed leafy greens, avocado to make guacamole for tacos, extra green beans, quinoa, extra pitas, and potatoes.



# DONAIR



**TIP:** Make ahead and refrigerate loaf up to 3 days. Slice, then pan fry until crispy.



TOTAL TIME: 20 min



10 SERVINGS



\$1.65 CA/\$1.40 US PER SERVING

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

## INGREDIENTS

- 1 pkg Donair Seasoning
- 2 lbs (900 g) lean ground beef
- ¼ cup water
- 10 wholewheat pitas
- 1 cup tzatziki (optional)
- 2 tomatoes, sliced
- ½ English cucumber, sliced
- ½ red onion, thinly sliced
- ½ head romaine or leafy green lettuce

## NUTRITIONAL INFO

**Per serving:** Calories 340, Fat 14 g (Saturated 5 g, Trans 0 g), Cholesterol 70 mg, Sodium 550 mg, Carbohydrate 22 g (Fiber 4 g, Sugars 2 g), Protein 30 g

## INSTRUCTIONS

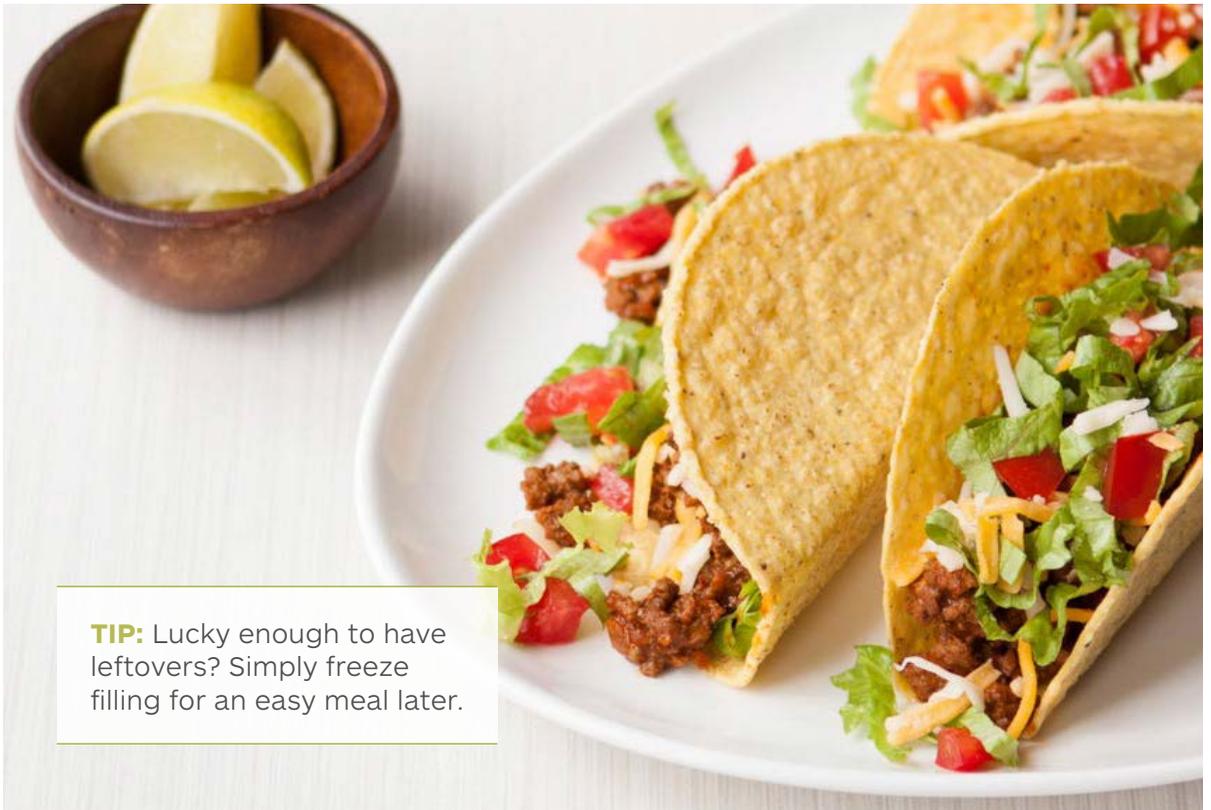
### Microwave:

1. In large bowl, combine seasoning with beef and water until well blended.
2. Press into **Rectangular Steamer**. Cover and microwave on high for 13 min.
3. To serve, thinly slice meat. Serve on pita with tzatziki sauce (if using), tomatoes, cucumber, red onion, and lettuce.

### Oven:

1. Preheat oven to 375° F.
2. In large bowl, combine seasoning with beef and water until well blended.
3. Press into 9" x 5" loaf pan. Bake in preheated oven for 1 hr.
4. To serve, thinly slice meat. Serve on pita with tzatziki sauce (if using), tomatoes, cucumber, red onion, and lettuce.

# TACOS



**TIP:** Lucky enough to have leftovers? Simply freeze filling for an easy meal later.



TOTAL TIME: 15 min



6 SERVINGS



\$2.25 CA/\$1.91 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1½ cups mixed veggies and 2 tbsp **Guacamole**. Sneak in veggies by serving diced tomatoes, onions, shredded lettuce, carrots, or beets as toppings.

## INGREDIENTS

1 ½ lbs (675 g) lean ground beef

1 pkg **Taco Seasoning**

1 cup water

12 taco shells

**Toppings** (optional): shredded lettuce, tomatoes, salsa and grated low-fat cheese.

## NUTRITIONAL INFO

**Per serving (2 tacos):** Calories 430, Fat 23 g (Saturated 8 g, Trans 0.5 g), Cholesterol 90 mg, Sodium 125 mg, Carbohydrate 19 g (Fiber 3 g, Sugars 1 g), Protein 35 g.

## INSTRUCTIONS

1. Brown beef in a fry pan.
2. Stir seasoning with water and add to pan. Simmer with beef for 5 min, until thickened.
3. Spoon filling into taco shells.

# BUTTER CHICKEN



**MAKE IT VEGETARIAN:** Swap chicken with 4 cups chickpeas or 2 lbs (900 g) cubed firm tofu.



TOTAL TIME: 20 min



8 SERVINGS



\$2.26 CA/\$1.92 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup steamed green beans or broccoli florets and 1 cup rice.

## INGREDIENTS

- 1 large onion
- 1 tbsp butter
- 1 pkg **Butter Chicken Seasoning**
- 1 can (14 oz/398 ml) coconut milk
- ½ cup crushed tomatoes
- 2 lbs (900 g) boneless, skinless chicken breasts, cubed
- ½ cup 2% plain Greek yogurt

## NUTRITIONAL INFO

**Per serving:** Calories 260, Fat 15 g (Saturated 11 g, Trans 0 g), Cholesterol 65 mg, Sodium 120 mg, Carbohydrate 7 g (Fiber 2 g, Sugars 3 g), Protein 26 g.

## INSTRUCTIONS

1. Dice onion. Place in **Multipurpose Steamer** with butter and seasoning. Cover; microwave on high 2 min.
2. Stir in coconut milk, tomatoes, and chicken. Cover; microwave on high 6–8 min or until chicken is cooked through.
3. Remove from microwave and stir in yogurt.

# STEAMER BEEF & BROCCOLI PASTA



**TIP:** Make it vegan—swap ground beef with soy ground round.



TOTAL TIME: 20 min



4 SERVINGS



\$3.02 CA/\$2.57 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups leafy green salad and 1 tbsp prepared **Balsamic Vinaigrette**.

## INGREDIENTS

1 lb (450 g) extra lean ground beef

1 pkg **Beef & Broccoli Stir-Fry Seasoning**

2 cups hot water

2 cups uncooked small pasta shells

4 cups broccoli florets

**Sea Salt**, to taste

**Black Pepper**, to taste

**Toppings** (optional): **Garlic Onion**

**Nutritional Yeast Topper**, sliced green onions

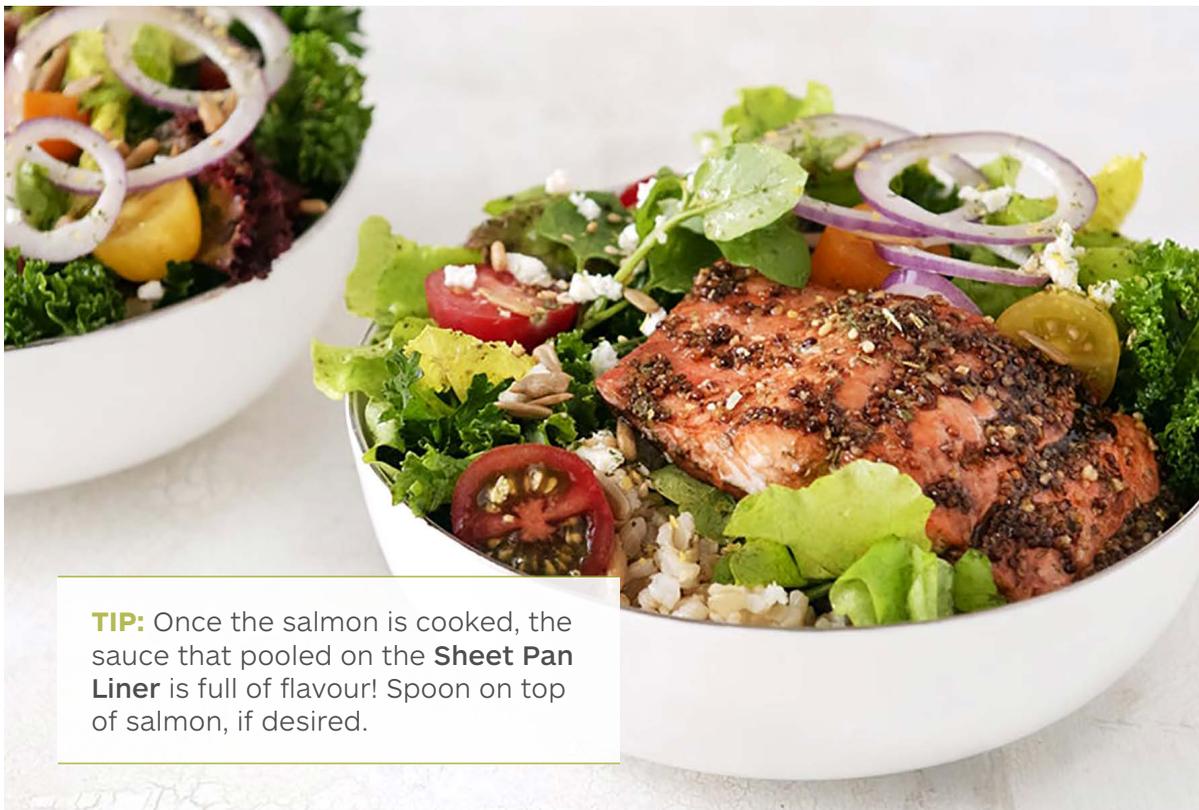
## NUTRITIONAL INFO

**Per serving:** Calories 370, Fat 5 g (Saturated 2 g, Trans 0 g), Cholesterol 60 mg, Sodium 180 mg, Carbohydrate 49 g (Fiber 5 g, Sugars 8 g), Protein 34 g

## INSTRUCTIONS

1. In **Multipurpose Steamer**, combine ground beef and seasoning. Cover; microwave on high for 5 min or until beef is cooked through. Break up meat using **Ground Meat Separator**.
2. Add hot water and pasta; stir to mix. Microwave on high, uncovered, for 6 min. Remove from microwave and stir; cook for an additional 3 min 30 sec.
3. Meanwhile, cut broccoli into bite-sized pieces, as needed.
4. Add broccoli to steamer. Cover; microwave another 4 min until pasta is cooked.
5. Season with salt and pepper, to taste. Add toppings, if desired.

# BALSAMIC GLAZED SALMON SALAD BOWL



**TIP:** Once the salmon is cooked, the sauce that pooled on the **Sheet Pan Liner** is full of flavour! Spoon on top of salmon, if desired.



**TOTAL TIME:** 20 min



**4 SERVINGS**



**\$5.10 CA/\$4.36 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with  $\frac{1}{2}$  cooked quinoa or rice—try adding it to the bowl!

## INGREDIENTS

- $\frac{1}{4}$  cup + 2 tsp balsamic vinegar
- 2 tbsp honey
- 1 tbsp Dijon mustard
- 3 tsp **Balsamic Vinaigrette Dressing Mix**, divided
- 1 lb (450 g) salmon fillet, about 1" thick
- 1 tbsp olive oil
- $\frac{1}{2}$  cup goat cheese crumbles
- 8 cups mixed greens
- 1 pint cherry tomatoes

**Toppings** (optional): Balsamic glaze, sliced red onion, sunflower seeds, **Garlic Onion Nutritional Yeast Topper**

## NUTRITIONAL INFO

**Per serving:** Calories 320, Fat 15 g (Saturated 4.5 g, Trans 0 g), Cholesterol 70 mg, Sodium 400 mg, Carbohydrate 18 g (Fiber 4 g, Sugars 13 g), Protein 29 g

## INSTRUCTIONS

1. Preheat oven to 400° F.
2. Meanwhile, prepare sauce. In a bowl, whisk together  $\frac{1}{4}$  cup vinegar, honey, mustard, and 2 tsp seasoning. Place salmon on  $\frac{1}{4}$  **Sheet Pan Liner** lined with  $\frac{1}{4}$  **Sheet Pan Liner**. Pour sauce over salmon. Let stand to marinate while preparing remaining ingredients.
3. For dressing, in a large mixing bowl, whisk together remaining 1 tsp dressing mix and 2 tsp vinegar with oil. Add cheese. Place greens on top; don't mix. Set aside.
4. Bake fish until cooked through, about 8–10 min.
5. Cut cherry tomatoes in half, add to salad bowl.
6. Remove salmon to a cutting board. Slice into 4 portions.
7. Toss salad so dressing is evenly mixed. Divide salad between four plates, add salmon; add toppings, if desired.

# SOUVLAKI SHEET PAN DINNER



TOTAL TIME: 20 min



4 SERVINGS



\$3.60 CA/\$3.06 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 small pita and 2 tbsp **Lemon Dilly Dip**.

## INGREDIENTS

- 2 tbsp **Souvlaki Seasoning**
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 can (14 oz/398 ml) no salt added chickpeas
- ½ lb (225 g) boneless, skinless chicken thighs
- 1 pint cherry tomatoes
- 1 lb (450 g) trimmed green beans

**Toppings** (optional): squeeze of fresh lemon juice

## NUTRITIONAL INFO

**Per serving:** Calories 300, Fat 10 g (Saturated 1.5 g, Trans 0 g), Cholesterol 45 mg, Sodium 180 mg, Carbohydrate 32 g (Fibre 9 g, Sugars 7 g), Protein 21 g.

## INSTRUCTIONS

1. Preheat oven to 450° F.
2. Meanwhile, in a bowl, whisk together seasoning, vinegar, and oil.
3. Drain and rinse chickpeas; place on **Sheet Pan** lined with **Sheet Pan Liner**. Add chicken, tomatoes, and green beans. They will overlap—that's OK. Drizzle sauce on top; gently toss to combine.
4. Bake 15 min, or until chicken is cooked through, beans are tender-crisp, and some of the tomatoes have burst.

# WINTRY MUSHROOM PORK



TOTAL TIME: 20 min



4 SERVINGS



\$3.90 CA/\$3.32 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with  $\frac{1}{2}$  cup mashed potatoes and 1 cup steamed vegetables.

## INGREDIENTS

1 tbsp oil, divided

1 lb (450 g) boneless pork loin roast

**Sea Salt**, to taste

**Black Pepper**, to taste

1 pkg (7 oz/200 g) sliced mushrooms, about  $2\frac{1}{2}$  cups

1 pkg **Wintry Mushroom Soup Seasoning**

$1\frac{1}{2}$  cups milk, your choice

**Toppings** (optional): coarsely chopped parsley

## NUTRITIONAL INFO

**Per serving:** Calories 320, Fat 17 g (Saturated 5 g, Trans 0.1 g), Cholesterol 80 mg, Sodium 300 mg, Carbohydrate 13 g (Fibre 1 g, Sugars 1 g), Protein 29 g.

## INSTRUCTIONS

1. In **Wok**, heat  $\frac{1}{2}$  tbsp oil over medium-high heat. Meanwhile, slice pork into 4 steaks; season with salt and pepper. Add to wok and fry until browned, 3–4 min per side. Place on a plate; cover and keep warm.
2. Add remaining  $\frac{1}{2}$  tbsp oil to wok. Add mushrooms and sauté until lightly brown, 3 min.
3. Meanwhile, in a bowl, whisk together seasoning and milk. Once mushrooms have browned, add milk mixture. Bring to a boil, then reduce heat and return pork to wok. Cover; simmer until meat is cooked through, about 4 min, turning once.
4. Divide pork between plates; spoon sauce on top, add parsley if desired.

# GROCERY LIST

## WEEK 4

### PRODUCE

- 9 large bell peppers:**
  - 4 (Stuffed Pepper Mac & Cheese)
  - 2 (Hearty Lasagna Soup)
  - 2 (Lemon Dilly Chicken & Pasta Salad)
  - 1 (Donair Scrambled Eggs)
- 2 lemons:**
  - 1 (Lemon Dilly Chicken & Pasta Salad)
  - ½ (Greek Salmon & Beans)
  - ½ (Pulled Butter Chicken Sandwich)
- 1 Yukon Gold potato** (Donair Scrambled Eggs)
- ½ English cucumber** (Lemon Dilly Chicken & Pasta Salad)
- ½ bunch fresh cilantro** (Pulled Butter Chicken Sandwich)
- ½ pint cherry tomatoes** (Greek Salmon & Beans)
- 4 cups green beans** (Greek Salmon & Beans)
- 2 cups baby arugula** (Donair Scrambled Eggs)  
*Swap: Baby spinach*
- 2 cups baby spinach** (Hearty Lasagna Soup)

### PANTRY STAPLES

- Oil:**
  - ¼ cup, preferably olive (Lemon Dilly Chicken & Pasta Salad)
  - 1 tbsp (Donair Scrambled Eggs)
  - 1 tbsp (Hearty Lasagna Soup)
  - 1 tbsp (Lentil & Beef Burgers)
- 5 oven-ready lasagna noodles** (Hearty Lasagna Soup)
- 1 can (28 oz/796 ml) unsalted diced tomatoes** (Hearty Lasagna Soup)
- 1 can (14 oz/398 ml) artichoke hearts** (Lemon Dilly Chicken & Pasta Salad)
- ½ can (19 oz/540 ml) lentils**, about 1 cup (Lentil & Beef Burgers)
- ½ can (14 oz/398 ml) coconut milk** (Pulled Butter Chicken Sandwich)
- ½ can (5.5 oz/156 ml) tomato paste** (Pulled Butter Chicken Sandwich)
- 4 cups broth**, your choice (Hearty Lasagna Soup)

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add extra spinach, rice, sliced bread, avocado, and extra cherry tomatoes.

- 2 cups uncooked macaroni pasta** (Stuffed Pepper Mac & Cheese)
- 2 cups uncooked small pasta shells** (Lemon Dilly Chicken & Pasta Salad)
- ¼ cup julienned sundried tomatoes**, drained (Lentil & Beef Burgers)

### PROTEIN

- 9 eggs**
  - 8 (Donair Scrambled Eggs)
  - 1 (Lentil & Beef Burgers)
- 2 lbs (900 kg) lean ground beef:**
  - 1 lb/450 g (Stuffed Pepper Mac & Cheese)
  - ½ lb/225 g (Hearty Lasagna Soup)
  - ½ lb/225 g (Lentil & Beef Burgers)
- 2 lbs (900 g) boneless, skinless chicken breasts**, about 4 breasts
  - 1 lb/450 g (Lemon Dilly Chicken & Pasta Salad)
  - 1 lb/450 g (Pulled Butter Chicken Sandwich)
- 1 lb (450 g) salmon fillet**, about 1" thick (Greek Salmon & Beans)

### DAIRY

- ½ cup 2% plain Greek yogurt** (Pulled Butter Chicken Sandwich)
- ½ cup crumbled feta cheese:**
  - ¼ cup (Donair Scrambled Eggs)
  - ¼ cup, optional (Lentil & Beef Burgers)
- ½ cup grated cheddar cheese** (Stuffed Pepper Mac & Cheese)
- ½ cup milk**, your choice (Stuffed Pepper Mac & Cheese)
- 3 tbsp butter:**
  - 2 tbsp, optional (Stuffed Pepper Mac & Cheese)
  - 1 tbsp (Pulled Butter Chicken Sandwich)

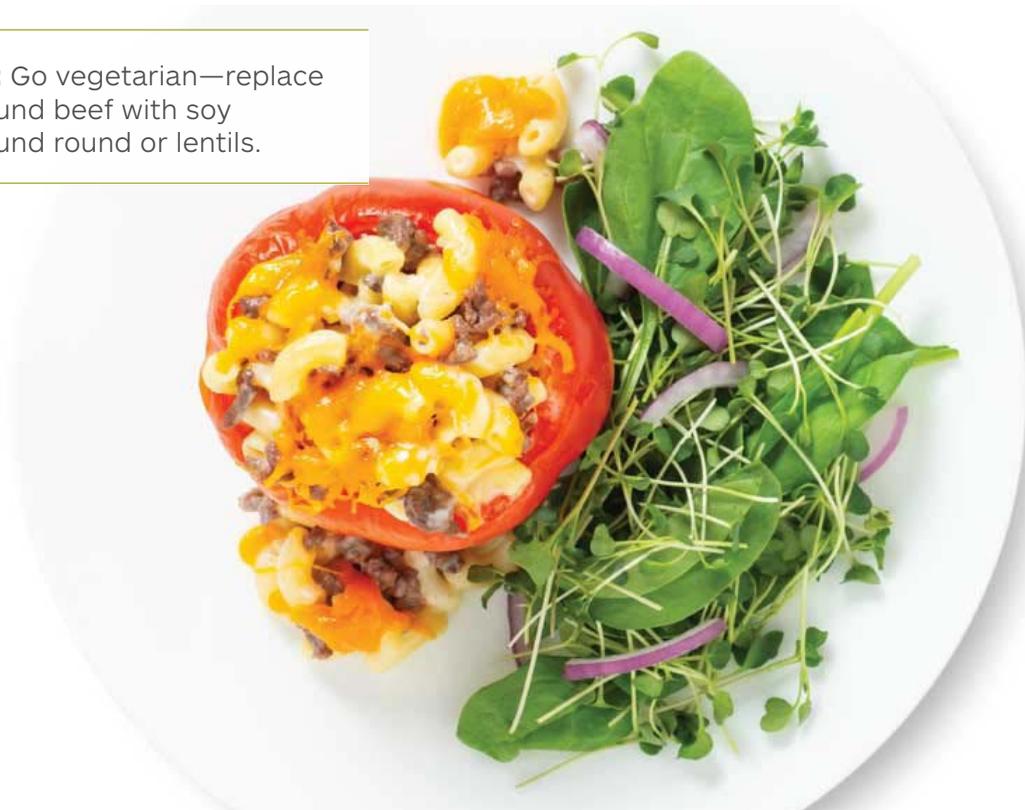
### BAKERY

- 8 burger buns:**
  - 4 (Lentil & Beef Burgers)
  - 4 (Pulled Butter Chicken Sandwich)



# STUFFED PEPPER MAC & CHEESE

**TIP:** Go vegetarian—replace ground beef with soy ground round or lentils.



TOTAL TIME: 20 min



4 SERVINGS



\$2.84 CA/\$1.84 US PER SERVING

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

## INGREDIENTS

2 cups uncooked macaroni pasta  
1 lb (450 g) lean ground beef  
4 large bell peppers  
½ cup milk, your choice  
1 pkg **Mac & Cheese Seasoning**  
2 tbsp butter, optional  
½ cup grated cheddar cheese

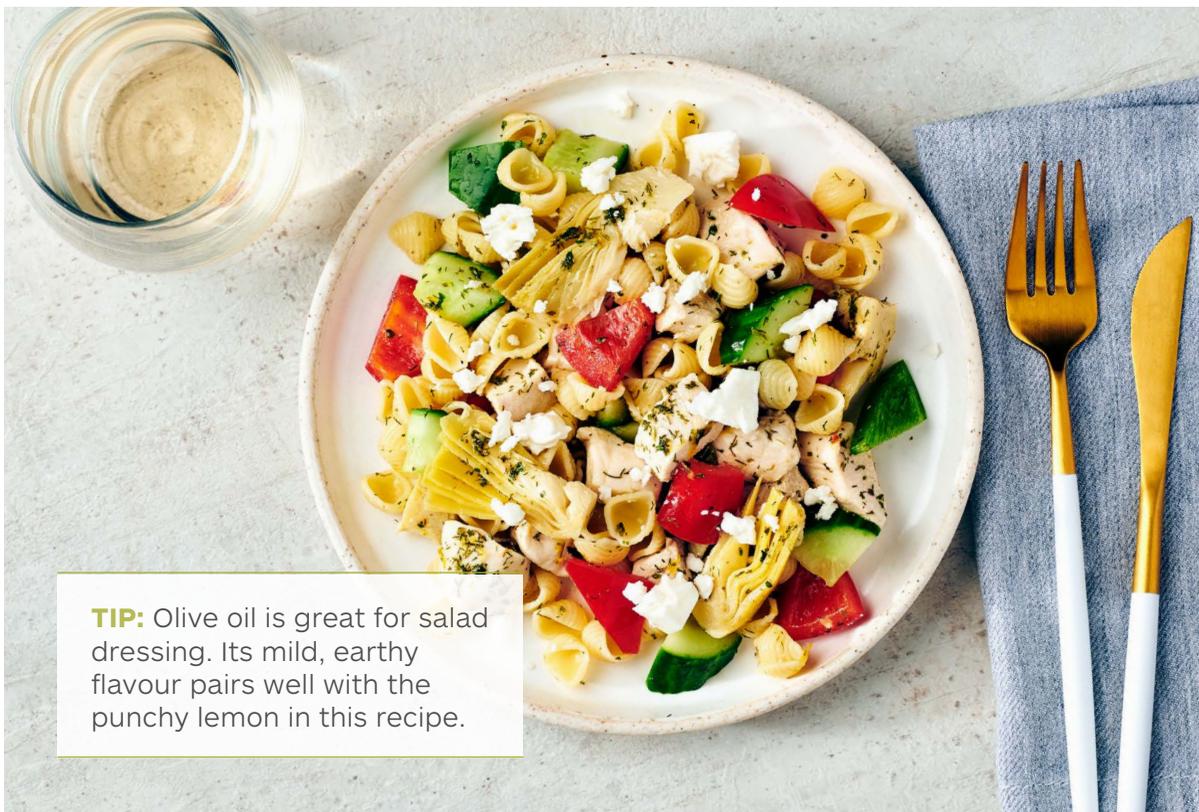
## NUTRITIONAL INFO

**Per serving:** Calories 520, Fat 19 g (Saturated 9 g, Trans 0.5 g), Cholesterol 80 mg, Sodium 470 mg, Carbohydrate 49 g (Fiber 4 g, Sugars 6 g), Protein 36 g.

## INSTRUCTIONS

1. In **Multipurpose Pot** set over high heat, boil macaroni until tender, about 6–8 min.
2. Meanwhile, place beef in **Multipurpose Steamer**. Cover; microwave on high, 6 min. Once beef is cooked, break it up using **Ground Meat Separator**.
3. Cut tops from peppers and gently remove pith and seeds.
4. Drain pasta; return to pot. Add milk, seasoning, and butter, if using. Add beef. Stir until evenly mixed.
5. Fill peppers with mac & cheese mixture. Place in **Multipurpose Steamer** and top with grated cheese.
6. Cover; microwave on high until peppers have softened and cheese is melted, 5 min.

# LEMON DILLY CHICKEN & PASTA SALAD



**TIP:** Olive oil is great for salad dressing. Its mild, earthy flavour pairs well with the punchy lemon in this recipe.



TOTAL TIME: 20 min



4 SERVINGS



\$4.44 CA/\$3.77 US PER SERVING

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

## INGREDIENTS

2 cups small pasta shells  
1 large lemon  
¼ cup olive oil  
1½ tbsp **Lemon Dilly Dip Mix**  
1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts

2 bell peppers  
½ English cucumber  
1 can (14 oz/398 ml) artichoke hearts

**Toppings** (optional): feta cheese

## NUTRITIONAL INFO

**Per serving:** Calories 480, Fat 17 g (Saturated 2.5 g, Trans 0 g), Cholesterol 85 mg, Sodium 125 mg, Carbohydrate 48 g (Fibre 7 g, Sugars 5 g), Protein 35 g.

## INSTRUCTIONS

1. In **Multipurpose Pot**, cook pasta in boiling water until al dente, 7–8 min.
2. Meanwhile, prepare dressing. In a large bowl, using a box grater or microplane, finely grate zest from lemon. Using **2-in-1 Citrus Press**, squeeze in juice from zested lemon. Whisk in oil and dip mix.
3. Cut chicken into bite-sized pieces; place in **Multipurpose Steamer**. Cover; cook on high 4 min, stirring halfway, or until cooked through. Drain excess liquid.
4. Dice peppers and cucumber. Drain artichoke hearts; roughly chop. Place in bowl with dressing. Set aside.
5. Once pasta is cooked, drain and rinse with cool water to prevent sticking. Add pasta, chicken and feta, if using, to bowl; stir to mix.

# PULLED BUTTER CHICKEN SANDWICH



 **TOTAL TIME:** 20 min  **4 SERVINGS**  **\$4.28 CA/\$3.64 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup veggies on the side (or in your sandwich!).

## INGREDIENTS

1 pkg **Butter Chicken Seasoning**  
½ can (14 oz/398 ml) coconut milk  
½ can (5.5 oz/156 ml) tomato paste  
1 tbsp unsalted butter, melted  
1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts  
½ bunch fresh cilantro  
½ cup 2% plain Greek yogurt  
½ tbsp lemon juice  
**Sea Salt**, to taste  
**Black Pepper**, to taste  
4 wholegrain burger buns, toasted

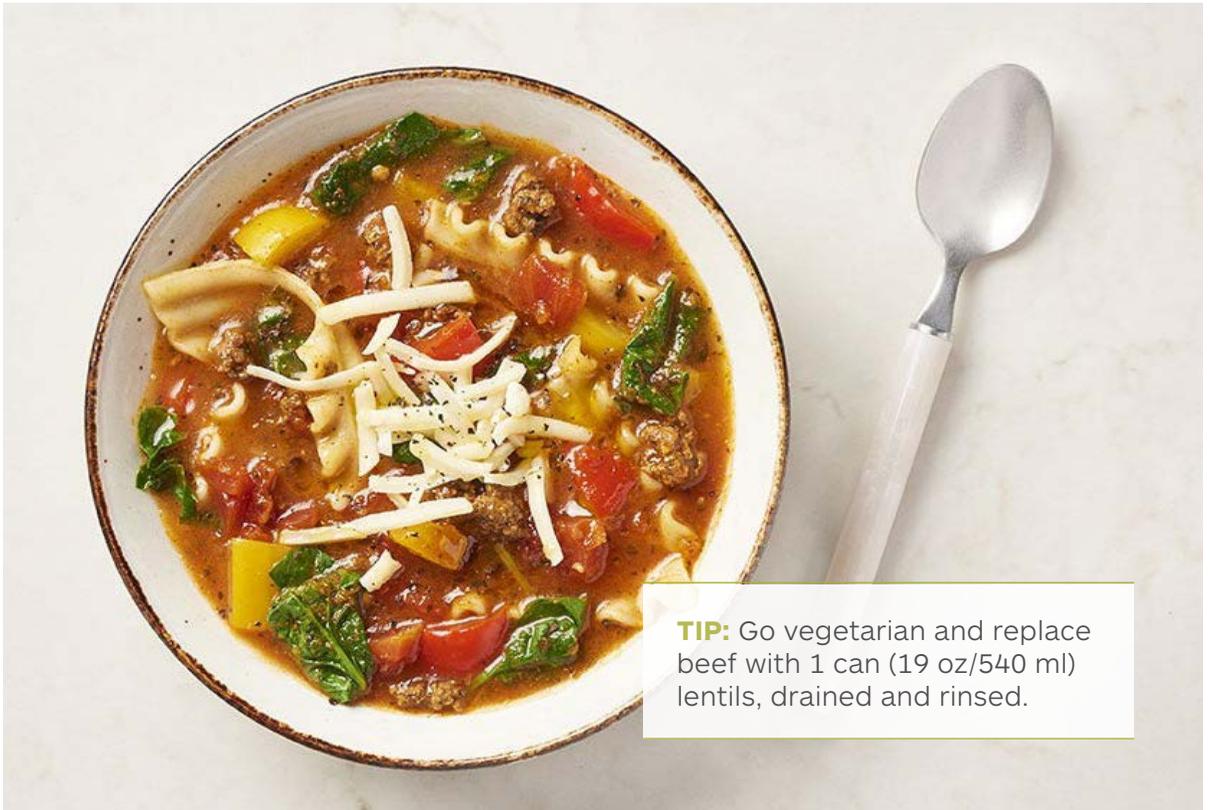
## NUTRITIONAL INFO

**Per serving:** Calories 450, Fat 19 g (Saturated 12 g, Trans 0.1 g), Cholesterol 95 mg, Sodium 340 mg, Carbohydrate 35 g (Fibre 6 g, Sugars 6 g), Protein 35 g.

## INSTRUCTIONS

1. In **Multipurpose Steamer**, whisk together seasoning, coconut milk, tomato paste, and butter. The sauce will be thick. Add chicken breasts; press down firmly and flip to coat with some of the sauce. Cover; microwave on high, 9 min, or until cooked through.
2. Meanwhile, prepare yogurt sauce. Discard cilantro stems. Coarsely chop leaves; place in a bowl. Stir in yogurt and lemon juice. Taste and season with salt and pepper.
3. Once chicken is cooked, let rest 2 min, then uncover. Remove chicken to a cutting board. Using 2 forks, shred chicken. Stir back into sauce (in steamer), including any juices on the cutting board.
4. Divide chicken mixture on bottom half of each bun; spread top bun with yogurt sauce, then cover.

# HEARTY LASAGNA SOUP



**TIP:** Go vegetarian and replace beef with 1 can (19 oz/540 ml) lentils, drained and rinsed.



TOTAL TIME: 20 min



4 SERVINGS



\$2.92 CA/\$2.48 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups leafy green salad with 1 tbsp prepared **Epicure Dressing**.

## INGREDIENTS

1 tbsp oil  
½ lb (225 g) lean ground beef  
½ pkg **Speedy Lasagna Seasoning**  
1 can (28 oz/796 ml) unsalted, diced tomatoes  
4 cups prepared broth, your choice  
2 bell peppers  
5 oven-ready lasagna noodles  
2 cups baby spinach  
**Sea Salt**, to taste  
**Black Pepper**, to taste  
**Toppings** (optional): grated mozzarella, olive oil

## NUTRITIONAL INFO

**Per serving (2 cups):** Calories 370, Fat 13 g (Saturated 3.5 g, Trans 0.3 g), Cholesterol 45 mg, Sodium 190 mg, Carbohydrate 38 g (Fiber 6 g, Sugars 11 g), Protein 24 g.

## INSTRUCTIONS

1. Heat oil in **Wok** over medium-high heat. Crumble in beef; add seasoning. Cook, breaking up the meat using the **Ground Meat Separator** until meat is cooked through, 2 min.
2. Stir in diced tomatoes and broth. Partially cover and bring to a boil. Meanwhile, chop peppers, then add to wok.
3. Once mixture boils, coarsely break in lasagna noodles. Reduce heat and simmer, partially covered, until noodles are tender, about 8 min. Stir occasionally.
4. Remove from heat and stir in spinach until wilted. Taste and season with salt and pepper, if desired.
5. To serve, ladle into bowls. Top with cheese and a drizzle of oil, if desired.

# GREEK SALMON & BEANS



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



TOTAL TIME: 20 min



4 SERVINGS



\$1.98 CA/\$1.68 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup rice or mashed sweet potatoes and 1 tbsp **Lemon Dilly Dip**.

## INGREDIENTS

1 lb (450 g) salmon fillet  
4 cups green beans  
½ pint cherry tomatoes  
2 tsp **Lemon Dilly Dip Mix**  
**Sea Salt**, to taste  
**Black Pepper**, to taste  
½ lemon

## NUTRITIONAL INFO

**Per serving:** Calories 210, Fat 8 g (Saturated 1 g, Trans 0 g), Cholesterol 60 mg, Sodium 60 mg, Carbohydrate 10 g (Fiber 4 g, Sugars 5 g), Protein 25 g.

## INSTRUCTIONS

1. Trim ends from beans and discard. Place beans and tomatoes in **Multipurpose Steamer**. Grind salt and pepper on top, if desired. Cover and microwave on high until tender-crisp, 3–4 min.
2. Cut salmon into four pieces. Arrange over veggies; sprinkle with dip mix.
3. Cover and microwave on high until beans are tender and fish is cooked through, about 4 min.
4. Using the **2-in-1 Citrus Press**, squeeze in juice from lemon.

# LENTIL & BEEF BURGERS



TOTAL TIME: 15 min



4 SERVINGS



\$2.77 CA/\$1.93 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies and 2 tbsp Lemon Dilly Dip.

## INGREDIENTS

1 tbsp oil  
½ can (19 oz/540 ml) lentils, about 1 cup  
¼ cup drained, julienned, sundried tomatoes  
½ lb (225 g) lean ground beef  
1 egg  
¼ cup crumbled feta cheese, optional  
1 pkg **Classic Meatloaf Seasoning**  
4 burger buns

**Toppings** (optional): zucchini ribbons, red onion, lettuce, sliced tomato

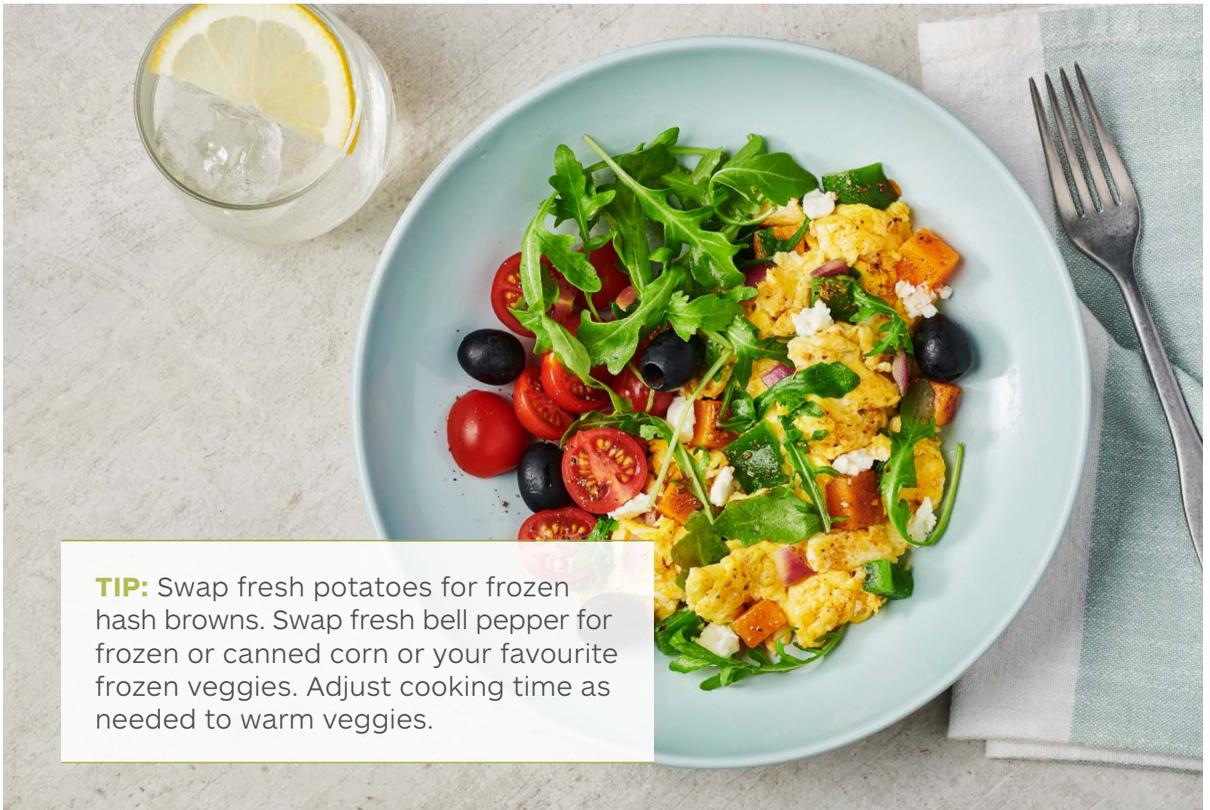
## NUTRITIONAL INFO

**Per serving:** Calories 380, Fat 14 g (Saturated 3.5 g, Trans 0.2 g), Cholesterol 90 mg, Sodium 580 mg, Carbohydrate 41 g (Fibre 7 g, Sugars 4 g), Protein 23 g.

## INSTRUCTIONS

1. In a fry pan, heat oil over medium heat.
2. Meanwhile, drain and rinse lentils. Chop sundried tomatoes into small pieces. Place both in a bowl. Crumble in ground beef and add egg and feta, if using. Mix well; lentils will mash as you combine the ingredients. Form mixture into four patties.
3. Pan fry patties until cooked through and edges are crispy, about 3 min per side.
4. Tuck into buns and add toppings, if desired.

# DONAIR SCRAMBLED EGGS



**TIP:** Swap fresh potatoes for frozen hash browns. Swap fresh bell pepper for frozen or canned corn or your favourite frozen veggies. Adjust cooking time as needed to warm veggies.



TOTAL TIME: 15 min



4 SERVINGS



\$2.02 CA/\$1.72 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 slice toast, ¼ sliced avocado, and 1 cup cherry tomatoes.

## INGREDIENTS

- 1 large Yukon Gold potato or small sweet potato
- 1 bell pepper
- 2 tbsp chopped red onion, optional
- 2 tbsp **Donair Seasoning**, divided
- 8 eggs
- 1 tsp olive oil or butter
- 2 cups baby arugula or spinach
- ¼ cup crumbled feta
- Toppings** (optional): black olives

## NUTRITIONAL INFO

**Per serving:** Calories 280, Fat 13 g (Saturated 4.5 g, Trans 0 g), Cholesterol 380 mg, Sodium 540 mg, Carbohydrate 23 g (Fibre 3 g, Sugars 3 g), Protein 17 g.

## INSTRUCTIONS

1. Dice unpeeled potato. Coarsely chop pepper; place in **Multipurpose Steamer**. Add onion, if using, and stir in 1 tbsp seasoning. Cover; microwave on high 7–8 min or until potato is tender.
2. Meanwhile, crack eggs into a large, non-stick fry pan or skillet set over medium-high heat. Add remaining 1 tbsp seasoning and oil. Stir constantly (like a risotto) as eggs start to scramble. Reduce heat to medium if needed.
3. Once eggs are almost set, remove from heat. Stir in cooked veggies, arugula, and feta.
4. Spoon onto plates and add toppings, as desired.

# GROCERY LIST

## WEEK 5

### PRODUCE

- 1 bell pepper** (Saucy Azteca Chicken)
- 1 zucchini** (Saucy Azteca Chicken)
- 5 cups shredded coleslaw mix** (Southwest Beef & Cabbage Stir-Fry)
- 1 cup corn niblets** (Southwest Beef & Cabbage Stir-Fry)

### PANTRY STAPLES

- Oil:**
  - 1 tbsp (Southwest Beef & Cabbage Stir-Fry)
  - 2 tsp (Saucy Azteca Chicken)
- 1 can (28 oz/796 ml) diced tomatoes** (Southwest Beef & Cabbage Stir-Fry)
- ½ can (14 oz/398 ml) crushed tomatoes,** about 1 cup (Saucy Azteca Chicken)
- 1 cup broth,** your choice (Saucy Azteca Chicken)
- 1 cup uncooked white rice** (Southwest Beef & Cabbage Stir-Fry)

### PROTEIN

- 1 lb (450 g) lean ground beef** (Southwest Beef & Cabbage Stir-Fry)
- 1 lb (450 g) boneless, skinless chicken thighs** (Saucy Azteca Chicken)

### DAIRY

- ½ cup crumbled feta** (Saucy Azteca Chicken)  
*Swap: Grated cheese*

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add rice and leafy greens.



# SOUTHWEST BEEF & CABBAGE STIR-FRY

**TIP:** Go vegetarian—replace beef with soy ground round or crumbed firm tofu.



TOTAL TIME: 15 min



4 SERVINGS



\$2.98 CA/\$2.53 US PER SERVING

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

## INGREDIENTS

1 cup uncooked white rice  
2½ cups hot water  
1 tsp oil  
1 lb (450 g) lean ground beef  
1 pkg **Pulled Chicken Seasoning**  
1 can (28 oz/796 ml) diced tomatoes  
1 cup corn niblets  
5 cups coleslaw mix  
Sea Salt, to taste  
**Black Pepper**, to taste  
**Toppings** (optional): guacamole, salsa

## NUTRITIONAL INFO

**Per serving:** Calories 510, Fat 14 g (Saturated 5 g, Trans 0.4 g), Cholesterol 60 mg, Sodium 360 mg, Carbohydrate 62 g (Fiber 8 g, Sugars 9 g), Protein 32 g.

## INSTRUCTIONS

1. Place rice in **Multipurpose Steamer**. Stir in hot water. Cover; microwave on high until tender and water has absorbed, 15 min.
2. Meanwhile, heat oil in a wok over medium-high heat.
3. Add beef and seasoning. Reduce heat to medium; cook, using **Ground Meat Separator** to break up chunks, until beef is browned, 3–4 min.
4. Drain tomatoes, then add to wok with corn and coleslaw mix. Stir-fry until coleslaw mix is tender-crisp, 2–3 min.
5. Serve with rice and season to taste with salt and pepper. Add toppings if desired.

# SAUCY AZTECA CHICKEN



TOTAL TIME: 20 min



4 SERVINGS



\$3.39 CA/\$2.89 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with  $\frac{1}{2}$  cup rice and 1 cup mixed fresh greens.

## INGREDIENTS

- 1 bell pepper
- 1 zucchini
- 2 tsp oil or coconut oil
- 1 lb (450 g) boneless, skinless chicken thighs
- 1 cup broth, your choice
- 1 pkg **Azteca Tortilla Soup Seasoning**
- $\frac{1}{2}$  can (14 oz/398 ml) crushed tomatoes, about 1 cup
- $\frac{1}{2}$  cup crumbled feta or grated cheese
- Toppings** (optional): Guacamole or chopped avocado, sliced radish, or pickled jalapeños

## NUTRITIONAL INFO

**Per serving:** Calories 300, Fat 13 g (Saturated 5 g, Trans 0 g), Cholesterol 110 mg, Sodium 440 mg, Carbohydrate 16 g (Fiber 4 g, Sugars 7 g), Protein 30 g.

## INSTRUCTIONS

1. Coarsely chop pepper and zucchini into large chunky pieces.
2. In a **Wok**, heat oil over medium-high heat. Add chicken; cook until lightly browned, about 2 min per side. Add peppers and zucchini; stir-fry about 1-2 min.
3. Sprinkle in seasoning; stir to evenly coat, then stir in broth and tomatoes. Cover and reduce heat; simmer, stirring occasionally, until chicken is cooked through, about 5 min. Sprinkle with cheese.
4. Divide chicken and veggies on plates; spoon sauce over top and finish with toppings, as desired.