

WING IT!

DIGITAL MEAL PLAN



The Ultimate Guide to Making Sheet Pan Dinners for Any Occasion

Skip the takeout this season and save money on food by making delicious restaurant-style meals at home! Whether you want to be the grill master at summer BBQs, the MVP of game night wings, or shake things up with Sheet Pan Dinners, this guide will make any dinner a hit! Discover tasty, healthier recipes that are made with ingredients you can trust. Plus, a time-saving curated grocery list, meal plan, and Sunday prep tips so you can create perfectly-balanced meals every time!

WING IT!

EXCLUSIVE

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

MONDAY

JERK CHICKEN **SHEET PAN DINNER**

4 servings
\$3.79 CA | \$3.22 US



TUESDAY

LOUISIANA-STYLE **SHEET PAN PRAWNS**

4 servings
\$4.59 CA | \$3.90 US



WEDNESDAY

CHINESE FIVE SPICE **PORK & BROCCOLI**

4 servings
\$2.03 CA | \$1.73 US



THURSDAY

BUFFALO **CHICKEN STRIPS**

4 servings
\$3.54 CA | \$3.00 US



FRIDAY

SHEET PAN **LEMON PEPPER FISH**

4 servings
\$3.49 CA | \$2.97 US



Prices are in CA/US, based on average store costs.

COOKWARE

Meal planning and food prep can be easy with the right tools. The **Sheet Pan** and **Sheet Pan Liner** pair perfectly with this collection and will help you cook faster, easier, and with minimal cleanup.

SHEET PAN

- An all-purpose baking sheet made from a single piece of aluminium, with one-inch rim.
- Use for baking, roasting, or as a tool to catch spillovers from other dishes when baking in the oven.
- Evenly holds and distributes heat. Durable, but lightweight!
- Rolled edges make for easy gripping.

CARE & STORAGE:

- Freezer and oven-safe [up to specific temperature?]
- Hand wash recommended. Wash before initial use.

SHEET PAN LINER

- Flexible, reusable, non-stick silicone baking mat.
- Lipped edge ensures no spillovers.
- A match made in kitchen heaven: custom fit for the **Sheet Pan**.

CARE & STORAGE:

- Freezer and oven-safe up to 450° F.
- Hand wash recommended. Wash before initial use.



WING SEASONINGS



BUFFALO WING SEASONING

- Notes of onion, cayenne, and garlic with a hint of sweetness. Heat is medium.
- All-purpose seasoning and wing sauce.



CHINESE FIVE SPICE WING SEASONING

- Warming blend with notes of anise, fennel, cinnamon, and white pepper.
- Great on chicken, ribs, pork chops, or roasted potatoes.



JERK CHICKEN WING SEASONING

- Big, warm spices with medium-hot heat. Contains mustard.
- Pair with chicken, fish, and shrimp.
- Just shake and serve for authentic jerk chicken taste—no need to mix with other herbs or spices!



LEMON PEPPER WING SEASONING

- Multi-use seasoning. Notes of lemon, black pepper, garlic, and onion.
- Yellow colour comes from turmeric.



LOUISIANA WING SEASONING

- Cajun-inspired blend with notes of ground allspice, cayenne, chili powder, and garlic.
- Peppery, herby, medium-spicy heat.

GROCERY LIST

PRODUCE

- 4 bell peppers, preferably multicoloured (Sheet Pan Lemon Pepper Fish)
- 3 small sweet potatoes (Jerk Chicken Sheet Pan Dinner)
- 2 corn cobs (Louisiana-Style Sheet Pan Prawns)
- 1 lemon (Louisiana-Style Sheet Pan Prawns)
- 2 lbs (900 g) baby potatoes:
 - 1 lb/450 g (Louisiana-Style Sheet Pan Prawns)
 - 1 lb/450 g (Sheet Pan Lemon Pepper Fish)
- 4 cups broccoli florets (Chinese Five Spice Pork & Broccoli)

PANTRY STAPLES

- 9 tbsp oil:
 - 3 tbsp (Louisiana-Style Sheet Pan Prawns)
 - 2 tbsp (Chinese Five Spice Pork & Broccoli)
 - 2 tbsp (Jerk Chicken Sheet Pan Dinner)
 - 2 tbsp (Sheet Pan Lemon Pepper Fish)
- 2 cups pineapple chunks (Jerk Chicken Sheet Pan Dinner)
- ¼ cup vinegar (Buffalo Chicken Strips)
- 3 tbsp brown sugar:
 - 2 tbsp (Buffalo Chicken Strips)
 - 1 tbsp (Chinese Five Spice Pork & Broccoli)
- 1 tbsp ketchup (Buffalo Chicken Strips)
- 1 tbsp soy sauce, preferably low-sodium (Chinese Five Spice Pork & Broccoli)

PROTEIN

- 1 lb (450 g) boneless pork chops, about ½” thick (Chinese Five Spice Pork & Broccoli)
- 1 lb (450 g) boneless, skinless chicken breast fillets, about 16 pieces (Buffalo Chicken Strips)
Swap: cauliflower florets
- 1 lb (450 g) boneless, skinless chicken thighs (Jerk Chicken Sheet Pan Dinner) | *Swap: firm tofu*
- 1 lb (450 g) prawns, raw and peeled (Louisiana-Style Sheet Pan Prawns) | *Swap: shrimp*
- 1 lb (450 g) skinless white fish fillets, about 1” thick (Sheet Pan Lemon Pepper Fish) | *Try: cod*

Sunday Prep Tips

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

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add rice and mixed veggies—such as carrots, celery sticks, and leafy greens—and extra potatoes for making oven fries.





EPIC DINNERS START HERE

- 7 Dinners
- 1 Dessert
- 1 Exclusive Surprise
- 1 Sample-Sized Dip

HOW IT WORKS

1. Get your Epic Box

Delivered every month, right to your door.

2. Pick a recipe

Choose from your digital meal plan, on-pack directions, or bonus recipes online.

3. Shop for ingredients

Choose what works best for your lifestyle.

4. Start cooking

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FLEXIBLE PLANS

\$35 CA | \$32 US monthly

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