

DYLAN'S COLLEGE COOKING

DIGITAL MEAL PLAN



A Beginner's Guide to Budget-Friendly Meal Prepping

The thought of suddenly having to prepare all your own meals and make time for healthy eating can be daunting when you go off to college. While balancing a busy class schedule, assignments, and exams, the last thing you need is for mealtime to be another source of stress. Luckily for you, Epicure is here to help! Consider this your go-to guide to feeling confident in the kitchen and making mealtime simple, healthy, and enjoyable—no matter what level of culinary experience you have. Discover the best ingredients to stock your dorm kitchen with, how to meet your nutrition goals while on a budget, and a list of quick and easy recipes! We're giving you all the tools you need to become a meal prep pro at college.

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Dylan's Bio:

Dylan Brown is a Finance and Real Estate double major at the University of Wisconsin. In his first year of college, he had zero cooking experience and relied solely on a dorm meal plan. He eventually relocated off campus and was no longer able to rely on his university meal program. His mother, Synara Brown, gifted him some awesome Epicure items and tools to help him get started on his new culinary adventure. Fortunately, Dylan found Epicure to be an easy transition and learned basic cooking techniques that he carries with him to this day! For him, health is a top priority, and Epicure recipes make it simple to achieve just that.



Tips & Tricks

- If you're on a budget, look for meat on sale or consider using less expensive alternatives. For example, try swapping out the beef in **Beef & Broccoli Stir-Fry** with chicken, ground meat, or tofu.
- Find recipes that share similar pantry staples so you don't have to buy a ton of ingredients. **Crispy & Crunchy Lettuce Wraps** and **Beef & Broccoli Stir-Fry** both use soy sauce and sesame oil, so they're 'go-to' recipes for me to help maximize ingredients.
- **Mac & Cheese** is a college staple—don't forget the hot sauce!

DYLAN'S COLLEGE COOKING

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

ROTISSERIE CHICKEN

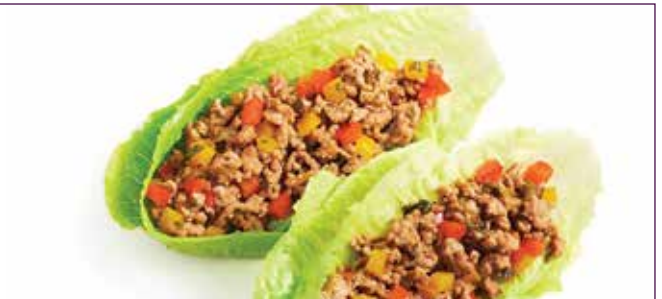
8 servings
\$2.35 CA | \$2.00 US



TUESDAY

CRISPY & CRUNCHY LETTUCE WRAPS

4 servings
\$3.17 CA | \$2.69 US



WEDNESDAY

MAC & CHEESE

4 servings
\$1.12 CA | \$0.95 US



THURSDAY

BEEF & BROCCOLI STIR-FRY

4 servings
\$3.65 CA | \$3.10 US



FRIDAY

SWEET GARLIC CHICKEN

4 servings
\$3.33 CA | \$2.83 US



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

COOKWARE MUST-HAVES

SHEET PAN and **SHEET PAN LINER**

- Think outside the recipe—in a pinch, throw everything on a **Sheet Pan**.
- The **Sheet Pan Liner** is designed to fit right on the **Sheet Pan**, making cooking and cleanup so easy—it is a must-have!
- Quick **Sheet Pan** meal idea: Use **Sweet Garlic Chicken Seasoning** & **Rotisserie Chicken Seasoning** on any type of protein. Simply add your favourite veggies, such as broccoli, asparagus, bell peppers, or carrots, and potatoes. You can't go wrong!



WOK

- Curved sides and generous surface area are great for preparing stir-fries easily and quickly.
- Use as a large mixing bowl for baking or as a pot to make soup—it's truly an all-purpose pan that can do everything!
- 16-cup capacity holds a large amount of food.
- Oven-safe up to 450° F.



GROCERY LIST

PRODUCE

- 3 small sweet potatoes (Sweet Garlic Chicken)
- 2 bell peppers (Crispy & Crunchy Lettuce Wraps)
- 1 small head lettuce, about 16 leaves (Crispy & Crunchy Lettuce Wraps)
Tip: try romaine, butter, or iceberg lettuce
- 4 cups broccoli florets, fresh or frozen (Beef & Broccoli Stir-Fry)

PANTRY STAPLES

- 2 cups bite-sized pasta, your choice (Mac & Cheese)
- 3 tbsp + 1 tsp cooking oil, your choice:
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 1 tbsp (Sweet Garlic Chicken)
 - 1 tsp, preferably sesame (Crispy & Crunchy Lettuce Wraps)
- 2 tbsp + 1 tsp soy sauce, preferably low sodium:
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 1 tsp (Crispy & Crunchy Lettuce Wraps)

PROTEIN

- 3 lbs (1.36 kg) whole chicken (Rotisserie Chicken)
- 1 lb (450 g) beef strips (Beef & Broccoli Stir-Fry)
Swap: ground beef
- 1 lb (450 g) boneless, skinless chicken thighs (Sweet Garlic Chicken) | *Swap: 1 lb (450 g) medium-firm tofu*
- 1 lb (450 g) ground pork (Crispy & Crunchy Lettuce Wraps)

DAIRY

- ½ cup milk, your choice (Mac & Cheese)
- 2 tbsp butter, optional (Mac & Cheese)

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, leafy greens, mixed veggies such as extra peppers and broccoli, lean protein such as tuna or tofu, and whole-grain rolls.



Eating Well On Campus

Build healthy, balanced meals by pairing cafeteria staples with Epicure faves!

Step 1



Include a source of protein

Step 3



Include a variety of fibre-rich vegetables

Step 2



Include a source of whole grains

Step 4



Include a source of healthy fats

Cafeteria staples to choose MORE OFTEN	Cafeteria staples to choose LESS OFTEN
<p>WHOLE GRAINS</p> <ul style="list-style-type: none"> Whole grain breads, whole grain oatmeal, brown rice, whole grain pasta, whole grain noodles 	<p>REFINED GRAINS</p> <ul style="list-style-type: none"> White breads, white rice, white pasta, white noodles Donuts, muffins, cookies
<p>UNSWEETENED BEVERAGES</p> <ul style="list-style-type: none"> Water, unsweetened tea/coffee/lattes, unsweetened plant-based milks (almond, oat, soy), dairy milk 	<p>SUGARY BEVERAGES</p> <ul style="list-style-type: none"> Soda, fruit juices, other artificially-sweetened beverages Sweetened tea, coffee, lattes
<p>LEAN MEATS AND PROTEINS</p> <ul style="list-style-type: none"> Oven-roasted, grilled or baked turkey, chicken, fish Beans, lentils, legumes Greek yogurt, eggs, tofu 	<p>PROCESSED MEATS AND PROTEINS</p> <ul style="list-style-type: none"> Fried or breaded chicken, beef, and pork Bacon, sausage, ham

BALANCED MEALS USING CAFETERIA STAPLES & EPICURE FAVES

- Veggie Burger:** Veggie Burger Mix + whole grain bun + salad bar veggies of your choice (\$2.41 CA/\$1.90 US per serving)
- Tuna Sandwich:** Lemon Dilly Dip Mix + Greek yogurt + whole grain bread + canned tuna + side of veggies from salad bar (\$0.93 CA/\$0.76 US per serving)
- Sesame Ginger Veggie Omelet:** Asian Stir-Fry Seasoning + eggs + veggies from salad bar (\$1.44 CA/\$1.14 US per serving)
- Ratatouille Black Bean Chili:** Poco Picante Salsa Mix + canned beans + veggies from salad bar (\$1.15 CA/\$0.95 US per serving)



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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