



E P I C U R E™

WHAT'S FOR DINNER? 30-DAY MEAL PLAN

MAY EXCLUSIVE



WHAT'S FOR DINNER?

30-DAY MEAL PLAN AND WEEKLY GROCERY LISTS



Spring into a scrumptious month of meals! Follow either the package instructions on the Meal Solutions listed, or find inspiration with new recipes (follow the links) 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**.
- Make and store dressing (recipe on label) using **Funnel** and **Cruet**.

WHAT'S FOR DINNER?

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

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MON	PORK & CHICKPEA TOSTADAS 4 servings \$3.02 CA \$2.57 US	CHILI MAC & CHEESE 4 servings \$2.60 CA \$2.21 US	RANCHER STYLE BAKED BEANS & EGGS 4 servings \$3.08 CA \$2.62 US	ROTISSERIE CHICKEN CAESAR SALAD DINNER 4 servings \$3.68 CA 3.13 US	SALMON & KALE PASTA CAESAR SALAD 4 servings \$4.43 CA \$3.77 US
TUE	CRUNCHY TACO SALAD 4 servings \$3.23 CA \$2.75 US	SMASHED CHICKPEA TACOS 4 servings \$3.17 CA \$2.69 US	ENCHILADAS 4 servings \$2.88 CA \$2.45 US	PANTRY PAD THAI 4 servings \$3.00 CA \$2.55 US	GRILLED SHRIMP TACOS WITH CORN & MANGO SALSA 4 servings \$4.13 CA \$3.51 US
WED	SWEET GARLIC SHRIMP STIR-FRY 4 servings \$4.60 CA \$3.91 US	PEANUT BUTTER CHICKEN SANDWICH 4 servings \$3.22 CA \$2.74 US	PORK & BOK CHOY STIR-FRY 4 servings \$2.55 CA \$2.17 US	LEMON CHICKEN 6 servings \$2.53 CA \$2.15 US	
THU	SMOKY VEGGIE BURGER 4 servings \$3.16 CA \$2.69 US	PORK CABBAGE ROLLS 4 servings \$2.17 CA \$1.84 US	THAI RED CURRY SALMON NOODLE BOWL 4 servings \$3.85 CA \$3.08 US	SWEET 'N STICKY SALMON 4 servings \$3.85 CA \$3.04 US	
FRI	DYNAMO GRILLED STEAK & VEGGIES 4 servings \$3.13 CA \$2.66 US	GREAT CANADIAN DONAIR BURGER 8 servings \$2.03 CA \$1.73 US	SUMMER FRESH MAC & CHEESE 4 servings \$2.66 CA \$2.26 US	CAESAR SMASH BURGER 4 servings \$2.32 CA \$1.97 US	
SAT	SMOKIN' GOOD COWBOY BURGERS 12 servings \$1.63 CA \$1.39 US	SWEET & SMOKY GRILLED SALMON 4 servings \$2.20 CA \$1.87 US	HOLY SMOKE! BBQ BURGER 12 servings \$1.63 CA \$1.39 US	GINGER & LEMONGRASS GRILLED CHICKEN 4 servings \$2.25 CA \$1.91 US	
SUN	PULLED PORK 20 servings \$1.00 CA \$0.85 US	INSTANT POT™ PAD THAI CHICKEN & RICE 4 servings \$3.32 CA \$2.75 US	ROTISSERIE CHICKEN 8 servings \$2.29 CA \$1.95 US	DONAIR 10 servings \$1.65 CA \$1.40 US	

GROCERY LIST

WEEK 1

PRODUCE

- ☐ **2 bunches broccolini** (Sweet Garlic Shrimp Stir-Fry)
Swap: broccoli florets
- ☐ **2 Roma tomatoes** (Crunchy Taco Salad)
- ☐ **1½ red onions**
 - 1 (Dynamo Grilled Steak & Veggies)
 - ½ (Smoky Veggie Burger)
- ☐ **1 avocado** (Crunchy Taco Salad) | *Swap: frozen diced avocado*
- ☐ **1 bell pepper** (Dynamo Grilled Steak & Veggies)
- ☐ **1 Japanese eggplant** (Dynamo Grilled Steak & Veggies) | *Swap: globe eggplant*
- ☐ **1 head lettuce** (Smoky Veggie Burger)
Try: butter or iceberg lettuce
- ☐ **1 lime** (Pork & Chickpea Tostadas)
Swap: bottled lime juice
- ☐ **1 yam** (Smoky Veggie Burger) | *Swap: sweet potato*
- ☐ **1 zucchini** (Dynamo Grilled Steak & Veggies)
- ☐ **½ bunch fresh cilantro** (Pork & Chickpea Tostadas)
- ☐ **¼ head purple cabbage** (Sweet Garlic Shrimp Stir-Fry) | *Swap: shredded coleslaw mix*
- ☐ **8 cups chopped romaine lettuce** (Crunchy Taco Salad)

PANTRY STAPLES

- ☐ **Oil**
 - 2 tbsp, preferably sesame (Sweet Garlic Shrimp Stir-Fry)
 - 1 tbsp + 1 tsp (Dynamo Grilled Steak & Veggies)
 - 1 tbsp (Smoky Veggie Burger)
 - 2 tsp (Pork & Chickpea Tostadas)
 - 1 tsp (Crunchy Taco Salad)
- ☐ **½ pkg** (14 oz/400 g) rice noodles (Sweet Garlic Shrimp Stir-Fry)
- ☐ **1 cup dry quinoa** (Smoky Veggie Burger)
- ☐ **1 cup ketchup** (Pulled Pork)
- ☐ **½ cup brown sugar** (Pulled Pork)

- ☐ **½ cup hemp hearts** (Smoky Veggie Burger)
- ☐ **½ cup white vinegar** (Pulled Pork)
- ☐ **1 tbsp red wine vinegar** (Dynamo Grilled Steak & Veggies) | *Swap: white vinegar*
- ☐ **2 tbsp tomato paste** (Pork & Chickpea Tostadas)
- ☐ **½ tbsp corn starch** (Sweet Garlic Shrimp Stir-Fry)

PROTEIN

- ☐ **5 lbs (2.5 kg) boneless pork shoulder or butt roast** (Pulled Pork)
- ☐ **4 lbs (1.8 kg) lean ground beef** | *Swap: ground pork or chicken*
 - 3 lbs/1.35 kg (Smokin' Good Cowboy Burgers)
 - 1 lb/450 g (Crunchy Taco Salad)
- ☐ **1 lb (450 g) grilling steak**, such as top sirloin, about ½" to 1" thick (Dynamo Grilled Steak & Veggies)
- ☐ **½ lb (225 g) lean ground pork** (Pork & Chickpea Tostadas)
- ☐ **1 pkg (340 g) frozen, raw peeled shrimp** (Sweet Garlic Shrimp Stir-Fry)
- ☐ **1 can (19 oz/540 ml) black beans**, preferably low-sodium (Smoky Veggie Burger)
- ☐ **1 can (14 oz/398 ml) chickpeas**, preferably low-sodium (Pork & Chickpea Tostadas)
- ☐ **2 cups edamame** (Sweet Garlic Shrimp Stir-Fry)

DAIRY

- ☐ **1½ cup 2% plain Greek yogurt** (Pork & Chickpea Tostadas)
- ☐ **½ cup shredded cheese**, your choice (Crunchy Taco Salad)

BAKERY

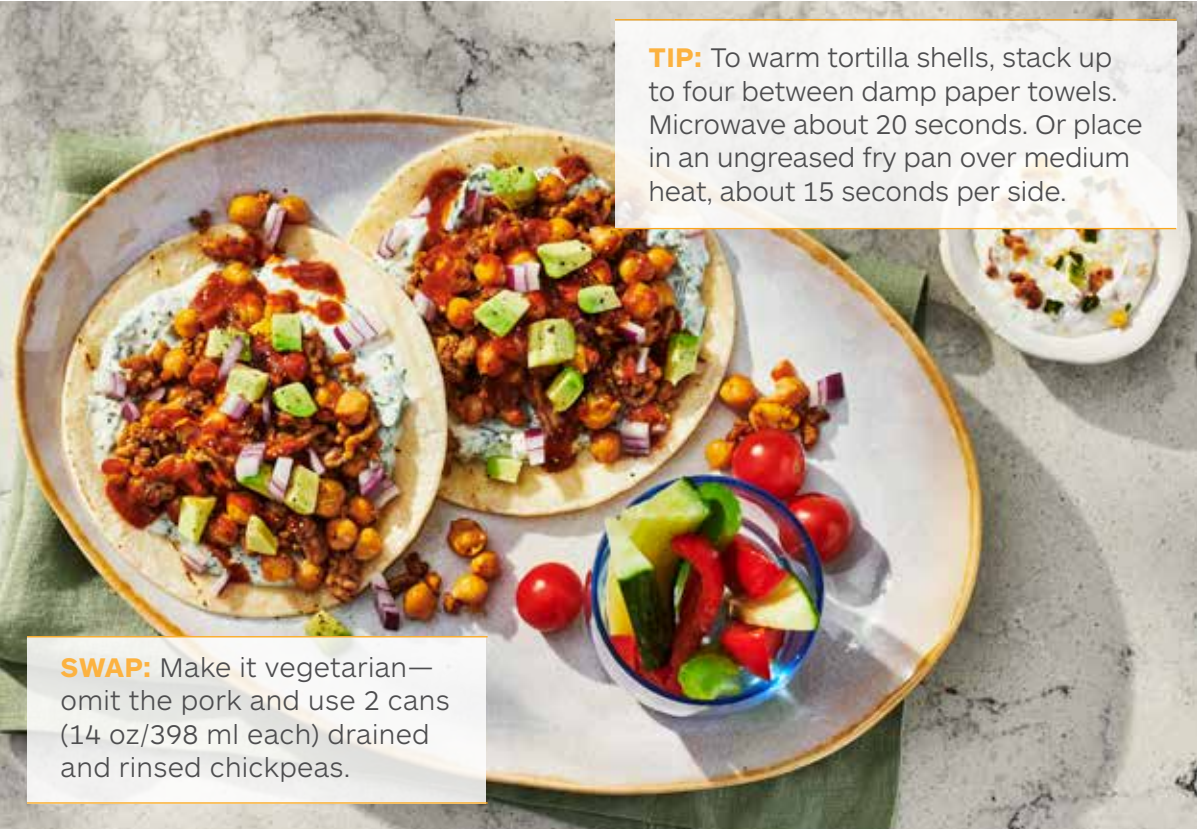
- ☐ **8 small tortilla shells**, corn or flour (Pork & Chickpea Tostadas)
- ☐ **4–12 burger buns** (Smokin' Good Cowboy Burgers)
- ☐ **2 cups tortilla chips** (Crunchy Taco Salad)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add extra tortillas, whole-grain rolls, fresh corn, and extra veggies.



PORK & CHICKPEA TOSTADAS



TIP: To warm tortilla shells, stack up to four between damp paper towels. Microwave about 20 seconds. Or place in an ungreased fry pan over medium heat, about 15 seconds per side.

SWAP: Make it vegetarian—omit the pork and use 2 cans (14 oz/398 ml each) drained and rinsed chickpeas.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$3.02 CA/\$2.57 US PER SERVING**

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

INGREDIENTS

- ½ bunch fresh cilantro
- 1 lime
- ½ cup 2% plain Greek yogurt
- 2 tsp oil
- ½ lb (225 g) ground pork
- 1 pkg **Enchilada Seasoning**, divided
- 1 can (14 oz/398 ml) low-sodium chickpeas
- 1 cup water
- 2 tbsp tomato paste
- 8 small tortilla shells (corn or flour), warmed
- Toppings** (optional): chopped red onions, sliced avocado

NUTRITIONAL INFO

Per serving (2 tostadas): Calories 410, Fat 15 g (Saturated 4 g, Trans 0 g), Cholesterol 40 mg, Sodium 510 mg, Carbohydrates 51 g (Fibre 9 g, Sugars 7 g), Protein 22 g.

INSTRUCTIONS

1. Chop cilantro (including stems); add to a bowl. Using **2-in-1 Citrus Press**, squeeze in juice from lime. Stir in yogurt. Set aside.
2. In a large non-stick fry pan, heat oil over medium-high heat. Add pork; stir-fry until cooked, about 3 min, breaking up large chunks as needed.
3. While pork is cooking, drain and rinse chickpeas. Pat dry using a paper or kitchen towel. Add to pan; sprinkle with 1 tbsp seasoning. Reduce heat to medium. Stir occasionally and lightly mash chickpeas as they heat through, about 3 min.
4. Meanwhile, in **4-Cup Prep Bowl**, whisk together remaining seasoning, water, and tomato paste. Microwave, uncovered, on high for 2 min, or until thickened.
5. Spread yogurt sauce over tortilla shells. Top with pork and chickpea mixture and additional toppings, if desired. Spoon enchilada sauce over top.

CRUNCHY TACO SALAD

SWAP: Make it vegetarian by simply replacing the ground beef for soy ground round!



TOTAL TIME: 15 min



4 SERVINGS



\$3.23 CA/\$2.75 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ whole grain 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

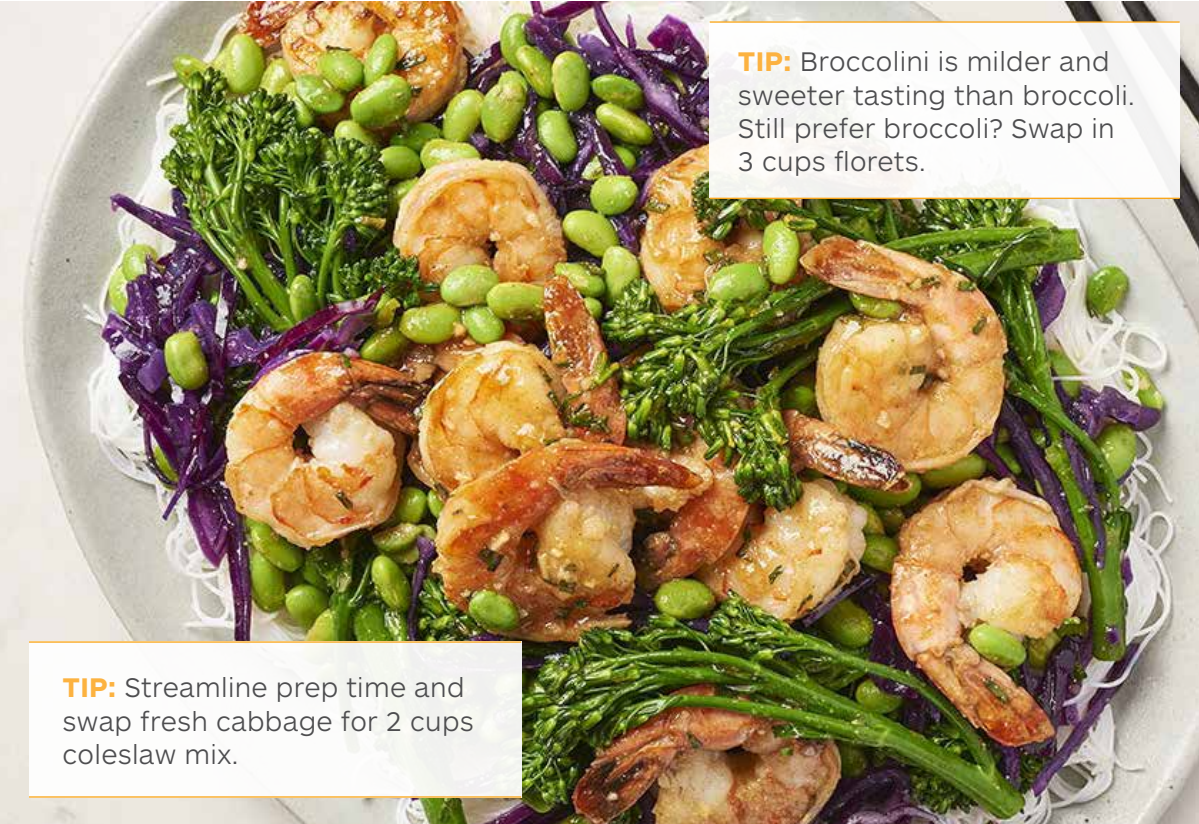
NUTRITIONAL INFO

Per serving: Calories 420, Fat 25 g (Saturated 7 g, Trans 0.4 g), Cholesterol 65 mg, Sodium 290 mg, Carbohydrate 22 g (Fiber 8 g, Sugars 4 g), Protein 30 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.

SWEET GARLIC SHRIMP STIR-FRY



TIP: Broccolini is milder and sweeter tasting than broccoli. Still prefer broccoli? Swap in 3 cups florets.

TIP: Streamline prep time and swap fresh cabbage for 2 cups coleslaw mix.



TOTAL TIME: 15 min



4 SERVINGS



\$4.60 CA/\$3.91 US PER SERVING

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

INGREDIENTS

½ pkg (14 oz/400 g) rice noodles
8 cups boiling water
1 pkg **Sweet Garlic Chicken Seasoning**
½ cup water
½ tbsp cornstarch
2 tbsp sesame oil, divided
1 pkg (340 g) frozen, peeled shrimp, thawed
2 bunches broccolini
2 cups frozen edamame, thawed
2 cups shredded purple cabbage, about ¼ head

NUTRITIONAL INFO

Per serving: Calories 460, Fat 11 g (Saturated 1.5 g, Trans 0 g), Cholesterol 125 mg, Sodium 570 mg, Carbohydrate 66 g (Fiber 7 g, Sugars 11 g), Protein 25 g.

INSTRUCTIONS

1. In a large bowl, combine noodles and boiling water. Ensure noodles are completely submerged. Every few minutes, give the noodles a stir to ensure even cooking. Noodles take approximately 6 min to cook.
2. Meanwhile, in another bowl, stir seasoning with water, cornstarch, and 1 tbsp sesame oil. Set aside.
3. Over high heat, heat remaining 1 tbsp oil in **Wok**. Add shrimp, broccolini, and edamame. Stir-fry about 3 min or until shrimp are cooked.
4. Add reserved seasoning mixture and cabbage; stir-fry, about 1 min, until cabbage is slightly wilted.
5. Drain and rinse noodles; place on large serving platter and top with prepared stir-fry.

SMOKY VEGGIE BURGER



TIP: Cook quinoa in **Multipurpose Steamer**—check out the Steamer Quinoa recipe on epicure.com.

TIP: Hemp hearts are a nutrition powerhouse! They are a great source of healthy fat and pack 10 g of protein per 3 tbsp—that's almost as much protein as 2 eggs! Look for hemp hearts in the natural food aisle of most grocery stores.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$3.16 CA/\$2.69 US PER SERVING**

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

INGREDIENTS

- 1 yam or sweet potato, about 300 g
- 1 can (19oz/540ml) low-sodium black beans
- ½ red onion
- 1 ¼ cups cooked quinoa, cooled
- ½ cup hemp hearts
- 3 tbsp **Salmon Rub**
- 1 tbsp oil
- 1 head butter lettuce or iceberg lettuce, 16 leaves total

Toppings (optional): **Smokin' BBQ Sauce**, sliced red onion, sliced tomato, pickles, mayonnaise

NUTRITIONAL INFO

Per serving: Calories 410, Fat 14 g (Saturated 1.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 350 mg, Carbohydrates 53 g (Fibre 15 g, Sugars 8 g), Protein 20 g.

INSTRUCTIONS

1. Slice yam in half lengthwise. Place in **Multipurpose Steamer**. Cover; microwave on high for 6 min or until tender.
2. Drain and rinse beans. Using a box grater, grate onion over a paper towel. Gently squeeze to remove excess liquid.
3. When yam is cooked, add beans to steamer. Using **Ground Meat Separator**, coarsely mash. Add onion, quinoa, hemp hearts, and rub. Mix to combine. Divide mixture into four patties, about 1" thick.
4. In a non-stick fry pan, heat oil over medium-high heat. Add patties; cook 4–5 min per side, or until browned on both sides and heated through.
5. To assemble, make four sets of two stacked lettuce leaves. Top each stack with a burger; add additional toppings, as desired. Top with remaining lettuce leaves.

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 cob.

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

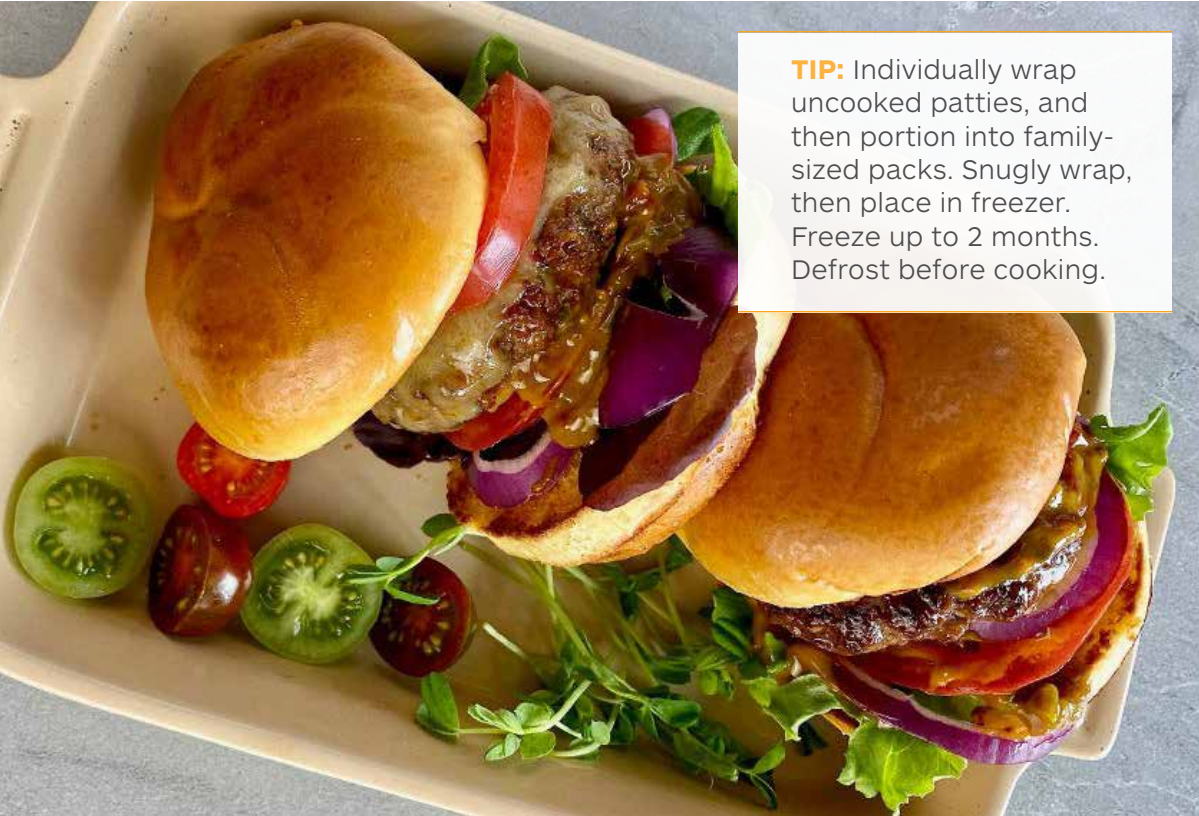
NUTRITIONAL INFO

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. Slice onion into thick rings. Cut eggplant and zucchini on the diagonal into thick slices.
4. In a large bowl, whisk together remaining mix, remaining 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. Move to a cutting board and let rest as the veggies finish cooking. Slice and serve with vegetables.

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,
Tip: only use buns for what you're eating tonight

Toppings (optional): sliced cheese, mustard, sliced tomato and onion, lettuce leaves.

NUTRITIONAL INFO

Per serving (1 burger with 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.

PULLED PORK



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

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

 **20 SERVINGS**

 **\$1.00 CA/\$0.85 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 small bun or 1 tortilla and 2 cups mixed veggies.

INGREDIENTS

- 1 pkg **Pulled Pork Seasoning** (Pack of 3)
- 1 cup ketchup
- ½ cup vinegar
- ½ cup brown sugar
- ¼ cup water
- 5 lbs (2.5 kg) boneless pork shoulder or butt roast

NUTRITIONAL INFO

Per serving (½ cup): Calories 180, Fat 5 g (Saturated 1.5 g, Trans 0.1 g), Cholesterol 80 mg, Sodium 260 mg, Carbohydrate 8 g (Fiber 0 g, Sugars 6 g), Protein 26 g.

INSTRUCTIONS

1. In a slow cooker, combine seasoning with ketchup, vinegar, brown sugar, and water.
2. Add pork and turn to coat with sauce.
3. Cover and cook for 6 hrs on low or for 3 hrs on high.
4. With two forks, pull pork into shreds. Stir into the sauce.
5. Serve on crusty rolls, nachos, baked potatoes, pizza, and even omelets if desired.

GROCERY LIST

WEEK 2

PRODUCE

- ☐ **8–10 button mushrooms** (Pork Cabbage Rolls)
- ☐ **8 leaves savoy cabbage** (Pork Cabbage Rolls)
Swap: green cabbage leaves
- ☐ **3 carrots**
 - 2 (Pork Cabbage Rolls)
 - 1 large (Instant Pot™ Pad Thai Chicken & Rice)
- ☐ **2 bell peppers** (Instant Pot™ Pad Thai Chicken & Rice)
- ☐ **2 tomatoes** (Great Canadian Donair Burger)
- ☐ **1 avocado** (Smashed Chickpea Tacos)
- ☐ **1 head lettuce** (Great Canadian Donair Burger)
- ☐ **1 lime** (Peanut Butter Chicken Sandwich)
Swap: lime juice
- ☐ **½ small red onion** (Great Canadian Donair Burger)
- ☐ **¼ small head cabbage** (Peanut Butter Chicken Sandwich)

PANTRY STAPLES

- ☐ **1 can (19 oz/540 ml) diced tomatoes** (Chili Mac & Cheese)
- ☐ **1 can (5.5 oz/156 ml) tomato paste** (Smashed Chickpea Tacos)
- ☐ **2 cups bite-sized pasta**, your choice (Chili Mac & Cheese)
- ☐ **1 cup uncooked white rice** (Instant Pot™ Pad Thai Chicken & Rice)
- ☐ **5 tbsp low-sodium soy sauce**
 - 3 tbsp (Instant Pot™ Pad Thai Chicken & Rice)
 - 2 tbsp (Pork Cabbage Rolls)
- ☐ **3 tbsp natural peanut butter**, unsalted
Swap: seed butter
 - 2 tbsp (Peanut Butter Chicken Sandwich)
 - 1 (Instant Pot™ Pad Thai Chicken & Rice)
- ☐ **2 tbsp corn starch** (Pork Cabbage Rolls)
- ☐ **2 tbsp mayonnaise** (Peanut Butter Chicken Sandwich)
- ☐ **1 tbsp hot sauce**, optional (Instant Pot™ Pad Thai Chicken & Rice)
- ☐ **1 tbsp olive oil** (Sweet & Smoky Grilled Salmon)
- ☐ **2 tsp oil** (Peanut Butter Chicken Sandwich)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add extra lettuce, fresh veggies, such as peppers, cucumbers, carrots and celery, and rice.

PROTEIN

- ☐ **4–4.5 oz (130 g each) salmon fillets**, about 1" thick (Sweet & Smoky Grilled Salmon)
- ☐ **2 eggs** (Great Canadian Donair Burger)
- ☐ **2 lbs (900 g) ground beef** (Great Canadian Donair Burger) | *Swap: ground chicken*
- ☐ **2 lbs (900 g) boneless, skinless chicken breasts**, about 4
 - 1 lb/450 g (Instant Pot™ Pad Thai Chicken & Rice)
 - 1 lb/450 g (Peanut Butter Chicken Sandwich)
- ☐ **1 lb (450 g) lean ground pork** (Pork Cabbage Rolls) | *Swap: ground beef or chicken*
- ☐ **2 cans (19 oz/540 ml each) chickpeas** (Smashed Chickpea Tacos)
- ☐ **1 can (19 oz/540 ml) kidney beans** (Chili Mac & Cheese)

DAIRY

- ☐ **½ cup 2% plain Greek yogurt** (Smashed Chickpea Tacos)
- ☐ **⅓ cup milk**, your choice (Chili Mac & Cheese)

BAKERY

- ☐ **12 buns**
 - 8 (Great Canadian Donair Burger)
 - 4 (Peanut Butter Chicken Sandwich)
- ☐ **8 crunchy taco shells** (Smashed Chickpea Tacos)



CHILI MAC & CHEESE



TIP: Make a double batch for an easy meal the next day; simply reheat using a **Multipurpose Steamer**.



TOTAL TIME: 15 min



4 SERVINGS



\$2.60 CA/\$2.21 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup each mixed greens and chopped veggies and 2 tsp **Epicure salad dressing**.

INGREDIENTS

2 cups bite-sized pasta, your choice
1 can (19 oz/540 ml) kidney beans
1/3 cup milk, your choice
1 pkg **Mac & Cheese Seasoning**
(Pack of 3)
1 pkg **Cha Cha Chili Seasoning**
(Pack of 3)
1 can (28 oz/796 ml) diced tomatoes
Topping (optional): sliced avocado

NUTRITIONAL INFO

Per serving: Calories 410, Fat 6 g (Saturated 2 g, Trans 0 g), Cholesterol 10 mg, Sodium 460 mg, Carbohydrate 72 g (Fiber 10 g, Sugars 17 g), Protein 19 g.

INSTRUCTIONS

1. In a **Multipurpose Pot** - 12 cups, cook pasta as directed on package. Drain and return to pot.
2. Meanwhile, drain and rinse kidney beans.
3. Add milk and **Mac & Cheese Seasoning**, stir to coat.
4. Add **Cha Cha Chili Seasoning**, kidney beans, and tomatoes to the pot; stir well to combine. Cook for 2 more min and serve.
5. Top with sliced avocado, if desired.

SMASHED CHICKPEA TACOS

TIP: Consider heating chickpeas in microwave using **Multipurpose Steamer**. Simply combine chickpeas (drained and rinsed), seasoning, water, and tomato paste. Cover; microwave on high 2–3 min until heated through.



TOTAL TIME: 15 min



4 SERVINGS



\$3.17 CA/\$2.69 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced cucumber and celery sticks.

INGREDIENTS

2 cans (19 oz/540 ml) chickpeas
1 pkg **Taco Seasoning**
¾ cup water
1 can (5.5 oz/156 ml) tomato paste
1 avocado
8 crunchy taco shells
½ cup 2% plain Greek yogurt
Toppings (optional): salsa, sliced onions, shredded cabbage, jalapeños.

NUTRITIONAL INFO

Per serving: Calories 530, Fat 19 g (Saturated 2.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 460 mg, Carbohydrate 77 g (Fibre 18 g, Sugars 10 g), Protein 20 g.

INSTRUCTIONS

1. Drain and rinse chickpeas. Add to a sauté pan over medium heat with taco seasoning, water, and tomato paste. Stir to combine and cook until fragrant, 3–4 min.
2. Meanwhile, cut avocado in half; discard pit. Scoop out flesh and slice.
3. Remove pan from heat. Using **Ground Meat Separator**, lightly mash chickpeas until some have broken up.
4. To serve, spoon chickpea filling into taco shells; top with avocado and Greek yogurt. Add additional toppings, if desired.

PEANUT BUTTER CHICKEN SANDWICH



 TOTAL TIME: 20 min

 4 SERVINGS

 \$3.22 CA/\$2.74 US PER SERVING

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

INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken breasts (about 2 breasts)
- 2 tbsp **Asian Stir-Fry Seasoning**, divided
- 2 tsp oil
- 2 tbsp mayonnaise
- 2 tbsp creamy natural peanut butter, or alternative such as almond butter
- 1 lime, cut in half
- ¼ small head red cabbage
- 4 buns

Toppings (optional): carrot ribbons, julienned red bell pepper, fresh cilantro

NUTRITIONAL INFO

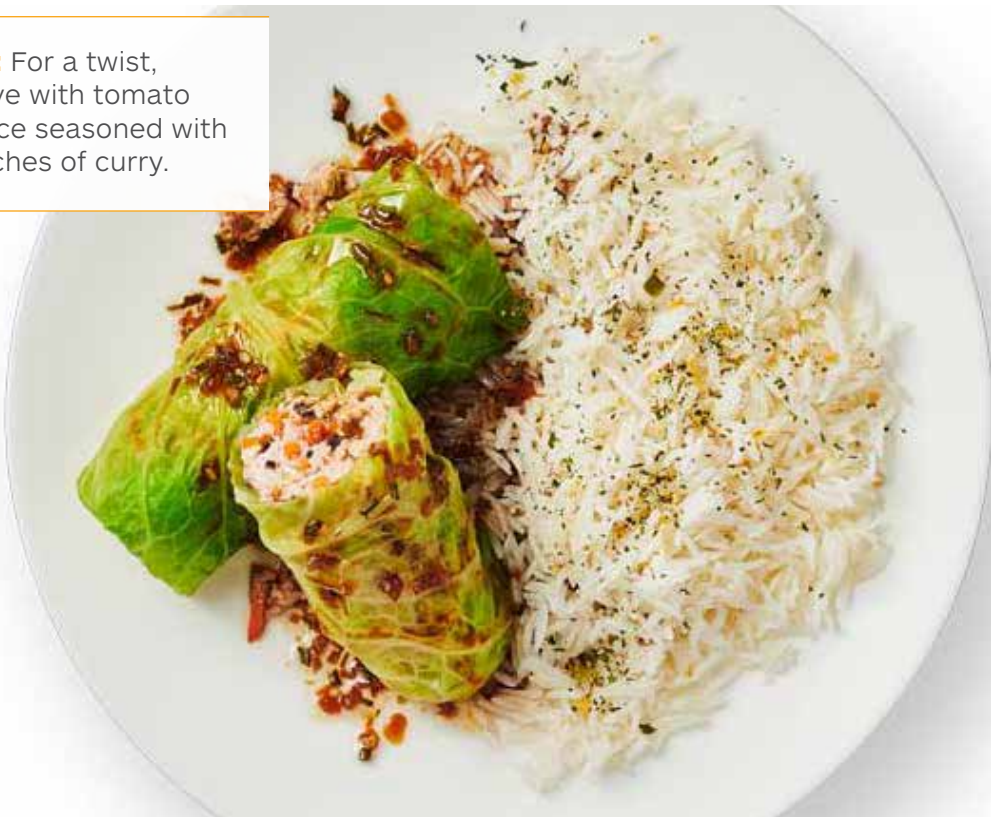
Per serving: Calories 430, Fat 18 g (Saturated 2.5 g, Trans 0 g), Cholesterol 85 mg, Sodium 280 mg, Carbohydrates 34 g (Fibre 4 g, Sugars 5 g), Protein 34 g.

INSTRUCTIONS

1. To thinly slice chicken, place one hand on one breast and press down firmly. Curve fingers up slightly for safety. Carefully slice meat horizontally. Repeat with remaining chicken. Season both sides of chicken with 1½ tbsp seasoning.
2. Heat oil in a large fry pan over medium-high heat. Add chicken; cook 4–5 min per side until golden brown and cooked through.
3. In a bowl, whisk together remaining ½ tbsp seasoning, mayonnaise, and peanut butter. Using **2-in-1 Citrus Press**, squeeze in juice from lime.
4. Using **4-in-1 Mandoline** fitted with 1.5 mm slicer plate, shred cabbage.
5. To serve, place chicken on bottom bun. Top with cabbage and extra toppings, if desired. Spread top bun with sauce, then cover.

PORK CABBAGE ROLLS

TIP: For a twist, serve with tomato sauce seasoned with pinches of curry.



TOTAL TIME: 20 min



4 SERVINGS



\$2.17 CA/\$1.84 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ cup rice.

INGREDIENTS

- 8 leaves savoy cabbage
- 8 - 10 button mushrooms
- 2 carrots
- 1 lb (450 g) lean ground pork
- 2 tbsp **Asian Stir-Fry Seasoning**
- 2 tsp cornstarch
- 2 tsp low-sodium soy sauce

NUTRITIONAL INFO

Per serving: Calories 310, Fat 18 g (Saturated 7 g, Trans 0.2 g), Cholesterol 75 mg, Sodium 220 mg, Carbohydrate 12 g (Fiber 4 g, Sugars 4 g), Protein 25 g.

INSTRUCTIONS

1. Place leaves in a **Multipurpose Steamer**; cover with lid (it's ok if not snug!). Microwave on high, at 1 min intervals until wilted, about 3 min. Spread leaves out on the counter to cool.
2. Meanwhile, finely chop mushrooms. You'll need about 2 cups. Using a box grater, coarsely grate carrots. In a large bowl, combine pork, mushrooms, carrots, seasoning, cornstarch, and soy sauce.
3. To assemble, cut out and discard thick stem end from the bottom of each leaf; this will make them easier to roll. Divide filling between leaves. Fold one end and both sides over filling; roll up. Tuck rolls, seam-side down in **Multipurpose Steamer**; it's OK if they overlap.
4. Cover; microwave on high until rolls are firm, about 7 min. Using tongs, remove to plates; discard liquid. Serve warm.

GREAT CANADIAN DONAIR BURGER



TOTAL TIME: 20 min



8 SERVINGS



\$2.03 CA/\$1.73 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 tbsp **Big Burger Sauce** or **BBQ sauce** and 1 cup side salad.

INGREDIENTS

- 1 pkg **Donair Seasoning**
- 2 lbs (900 g) ground beef or chicken
- ¼ cup water
- 2 eggs, lightly beaten
- 16 lettuce leaves
- 2 tomatoes
- ½ small red onion
- 8 buns

NUTRITIONAL INFO

Per serving: Calories 460, Fat 20 g (Saturated 8 g, Trans 0 g), Cholesterol 140 mg, Sodium 740 mg, Carbohydrate 28 g (Fiber 1 g, Sugars 5 g), Protein 40 g.

INSTRUCTIONS

1. Preheat grill to medium-high.
2. In large bowl, combine seasoning with beef, water, and eggs until well blended. Form into eight patties.
3. Grill, with lid closed, 5–6 min per side or until an instantread thermometer inserted into centre reads 160° F.
4. Meanwhile, shred lettuce; thinly slice tomatoes and onion.
5. Place patty on bun; top with tomatoes, onion, and lettuce.

SWEET & SMOKY GRILLED SALMON



TIP: Since you've already fired up the grill, throw on some thickly sliced red onion rings and zucchini rounds!



TOTAL TIME: 15 min



4 SERVINGS



\$2.20 CA/\$1.87 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups mixed veggies and ½ cup cooked grains.

INGREDIENTS

4 salmon fillets (4.5 oz/130 g each), about 1" thick
1 tbsp olive oil
2-3 tbsp **Salmon Rub**

NUTRITIONAL INFO

Per serving: Calories 210, Fat 11 g (Saturated 1.5 g, Trans 0 g), Cholesterol 60 mg, Sodium 140 mg, Carbohydrate 3 g (Fiber 1 g, Sugars 2 g), Protein 23 g.

INSTRUCTIONS

1. Preheat grill to medium high.
2. Lightly brush salmon with oil; season with rub.
3. Reduce heat to medium. Grill, skin-side down, with lid closed for 8 min.

INSTANT POT™ PAD THAI CHICKEN & RICE



TIP: Go meatless and replace chicken with 2 cans (19-oz/540 ml each) of drained and rinsed chickpeas.



TOTAL TIME: 25 min



4 SERVINGS



\$3.23 CA/\$2.75 US PER SERVING

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

INGREDIENTS

- 1 pkg **Pad Thai Seasoning** (Pack of 3)
- 1 ¼ cups water
- 3 tbsp low-sodium soy sauce
- 1 tbsp unsalted natural peanut butter or seed butter
- 1 tbsp Sriracha or your favourite hot sauce, optional
- 1 cup white rice
- 1 lb (450 g) boneless, skinless chicken, about 2 breasts
- 2 bell peppers
- 1 large carrot

Toppings (optional): sliced green onions, chopped basil or cilantro, fresh lime wedges, chopped almonds or peanuts.

NUTRITIONAL INFO

Per serving: Calories 410, Fat 5 g (Saturated 1.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 530 mg, Carbohydrate 59 g (Fiber 4 g, Sugars 12 g), Protein 30 g.

INSTRUCTIONS

1. In the bottom of a 5 quart Instant Pot™, stir together seasoning, water, soy sauce, peanut butter and sriracha, if using. It's OK if the peanut butter is lumpy. Add rice.
2. Chop chicken into small pieces. Coarsely chop peppers. Cut carrot in half lengthwise; then crosswise into half-moon shaped pieces. Add all to pot; stir to mix.
3. Secure lid; press "MANUAL" button, select "HIGH", and set the time to 12 min. Ensure the steam release handle is in the "SEALING" position.
4. When the cook time has finished, turn to "KEEP WARM" and let pressure release naturally for 8 min.
5. Stir to mix; spoon into bowls and add topping, as desired.

GROCERY LIST

WEEK 3

PRODUCE

- ☐ **7 heads bok choy**
 - 6, baby (Thai Red Curry Salmon Noodle Bowl)
 - 1 (Pork & Bok Choy Stir-Fry)
- ☐ **4 bell peppers**
 - 2 (Rancher-Style Baked Beans & Eggs)
 - 2 (Summer Fresh Mac & Cheese)
- ☐ **2 carrots** (Pork & Bok Choy Stir-Fry)
- ☐ **½ lime** (Enchiladas)
- ☐ **½ red onion** (Thai Red Curry Salmon Noodle Bowl)
- ☐ **1 pkg (98 oz/227 g) sliced mushrooms** (Pork & Bok Choy Stir-Fry)
- ☐ **2 cups green beans** (Thai Red Curry Salmon Noodle Bowl)
- ☐ **2 cups mixed cherry tomatoes** (Summer Fresh Mac & Cheese)
- ☐ **2 cups baby spinach** (Rancher-Style Baked Beans & Eggs) | *Swap: baby kale or arugula*

PANTRY STAPLES

- ☐ **Oil:**
 - 1 tbsp (Rancher-Style Baked Beans & Eggs)
 - 1 tsp, preferably coconut or olive (Enchiladas)
 - 1 tsp (Pork & Bok Choy Stir-Fry)
- ☐ **½ pkg (14 oz/400 g) rice noodles** (Thai Red Curry Salmon Noodle Bowl)
- ☐ **1 can (14 oz/398 ml) coconut milk** (Thai Red Curry Salmon Noodle Bowl)
- ☐ **1 can (14 oz/398 ml) crushed tomatoes** (Rancher-Style Baked Beans & Eggs)
- ☐ **2 cups uncooked macaroni** (Summer Fresh Mac & Cheese)
- ☐ **1 cup broth**, your choice (Pork & Bok Choy Stir-Fry)
- ☐ **1 cup uncooked white rice** (Pork & Bok Choy Stir-Fry)
- ☐ **½ cup molasses**, cooking or fancy (Rancher-Style Baked Beans & Eggs)

- ☐ **½ cup black olives**, optional (Summer Fresh Mac & Cheese)
- ☐ **3 tbsp tomato paste** (Enchiladas)
- ☐ **2 tbsp white vinegar** (Rancher-Style Baked Beans & Eggs)
- ☐ **1 tbsp soy sauce**, preferably low-sodium (Pork & Bok Choy Stir-Fry)

PROTEIN

- ☐ **4 eggs** (Rancher-Style Baked Beans & Eggs)
- ☐ **3 lbs (450 g) lean ground beef** (Holy Smoke! BBQ Burger) | *Swap: ground pork*
- ☐ **3 lbs (1.36 kg) whole chicken** (Rotisserie Chicken)
- ☐ **1 lb (450 g) lean ground pork** (Pork & Bok Choy Stir-Fry) | *Swap: ground beef or chicken, or firm tofu*
- ☐ **1 lb (450 g) skinless salmon fillets** (Thai Red Curry Salmon Noodle Bowl)
- ☐ **4 cans (19 oz/540 ml each) pinto beans** (Rancher-Style Baked Beans & Eggs)
- ☐ **2 cans (14 oz/398 ml each) black beans**, preferably unsalted (Enchiladas)

DAIRY

- ☐ **1 cup grated cheese**, your choice (Enchiladas)
- ☐ **⅓ cup milk**, your choice (Summer Fresh Mac & Cheese)

BAKERY

- ☐ **4–12 burger buns** (Holy Smoke! BBQ Burger)
- ☐ **4 medium tortillas** (Enchiladas)

TIP

- ☐ Save 2 cups shredded Rotisserie Chicken for Rotisserie Chicken Caesar Salad next week!

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra fresh veggies such as carrots and green beans, lean protein such as canned fish, chicken or tofu, and rice.



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** (Pack of 3)
- 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.

ENCHILADAS



 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$2.88 CA/\$2.45 US PER SERVING**

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

INGREDIENTS

- 1 pkg **Enchilada Seasoning** (Pack of 3)
- 1 ½ cups water
- 3 tbsp tomato paste
- ½ lime
- 1 tsp coconut or olive oil
- 2 cans (14 oz/398 ml each) unsalted black beans, drained & rinsed
- 1 cup grated cheese, your choice, divided
- 4 medium tortillas

NUTRITIONAL INFO

Per serving: Calories 220, Fat 10 g (Saturated 4 g, Trans 0.2 g), Cholesterol 95 mg, Sodium 100 mg, Carbohydrate 4 g (Fibre 1 g, Sugars 2 g), Protein 27 g.

INSTRUCTIONS

Microwave:

1. In **4-Cup Prep Bowl**, whisk seasoning with water and tomato paste. Microwave; uncovered, on high, 2 min or until thickened. Using **2-in-1 Citrus Press**, squeeze in juice from lime; whisk in oil. Set aside.
2. Place beans in **Multipurpose Steamer**; add ½ cup sauce. Cover; microwave on high 2 min. Using a fork, coarsely mash.
3. Divide bean mixture and ¾ cup cheese between tortillas. Roll up and arrange seam side down in a single layer in the steamer (don't wash). Top with remaining sauce and ¼ cup cheese. Cover; microwave on high, 6–8 min, or until heated through.

Oven:

1. Preheat oven to 350° F.
2. In **Multipurpose Pot**, whisk seasoning with water and tomato paste over medium-high heat. Whisk frequently until thickened, about 8 min. Remove from heat. Using **2-in-1 Citrus Press**, squeeze in juice from lime; whisk in oil. Set aside.
3. Drain and rinse beans; place in a bowl. Add ½ cup sauce. Using a fork, coarsely mash. Divide bean mixture and ¾ cup cheese between tortillas. Roll up and arrange seam down in **Multipurpose Steamer**. Top with remaining sauce and ¼ cup cheese.
4. Bake, uncovered, 15–20 min or until heated through and cheese has melted.

PORK & BOK CHOY STIR-FRY



TIP: Replace bok choy with another dark green vegetable—kale, Napa cabbage, spinach, or broccoli.

TIP: Use soy ground round or lentils for a delicious vegetarian option.

 TOTAL TIME: 17 min

 4 SERVINGS

 \$2.55 CA/\$2.17 US PER SERVING

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

INGREDIENTS

- 1 cup uncooked white rice
- 2 ½ cups hot water
- 1 pkg **Cha Cha Chili Seasoning** (Pack of 3)
- 1 cup broth, your choice, divided
- 1 tbsp low-sodium soy sauce
- 1 tsp oil
- 1 lb (450 g) lean ground pork
- 2 medium carrots
- 1 pkg (8 oz/227 g) sliced mushrooms
- 1 small head bok choy

NUTRITIONAL INFO

Per serving: Calories 540, Fat 20 g (Saturated 7 g, Trans 0.2 g), Cholesterol 75 mg, Sodium 450 mg, Carbohydrate 59 g (Fiber 7 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. In a bowl, whisk together seasoning, ¾ cups broth and soy sauce. Set aside.
3. Meanwhile, heat oil in a **Wok** over medium-high heat. Add pork; stir-fry for 5 min.
4. Meanwhile, peel carrots; slice diagonally. Trim and discard bok choy stem ends. Cut bok choy into bite-sized pieces.
5. Remove pork from Wok and set aside. Reduce heat to medium, add carrots and mushrooms; sauté until carrots are tender-crisp, 3 min.
6. Add seasoning mixture, bok choy, pork, and remaining ¼ cup broth to Wok. Stir fry until bok choy is just wilted. Serve over rice and sprinkle with topper, if desired.

THAI RED CURRY SALMON NOODLE BOWL



TIP: Cook beans in a **Multipurpose Steamer** on high for 1-2 min.

TIP: Make it Vegetarian: swap the fish for tofu or lentils.



TOTAL TIME: 20 min



4 SERVINGS



\$3.85 CA/\$3.08 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Already a whole meal in a bowl if you're following the Epic Life Program.

INGREDIENTS

- 1 pkg **Thai Red Curry Seasoning** (Pack of 3)
- 1 can (14 oz/400 ml) coconut milk
- ½ cup water
- 1 lb (450 g) skinless salmon fillets, cut into chunks
- 6 heads baby bok choy, quartered lengthwise
- 2 cups green beans, steamed
- ½ red onion, thinly sliced
- 8 oz (250 ml) thick rice noodles, cooked

Topping Suggestions (optional): bean sprouts, lime wedges, fresh cilantro or Thai basil, hot sauce.

NUTRITIONAL INFO

Per serving: Calories 480, Fat 14 g (Saturated 6 g, Trans 0 g), Cholesterol 60 mg, Sodium 490 mg, Carbohydrate 59 g (Fiber 5 g, Sugars 6 g), Protein 30 g.

INSTRUCTIONS

1. Combine seasoning with coconut milk and water in a **Wok** over medium-high heat. Bring to a boil, reduce heat, and simmer for 2 min.
2. Add salmon and veggies; simmer for 5 min.
3. Stir in rice noodles.
4. Portion into bowls and serve with toppings, if desired.

SUMMER FRESH MAC & CHEESE



TOTAL TIME: 15 min



4 SERVINGS



\$2.66 CA/\$2.26 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 4 oz (113 g) lean protein such as canned tuna or salmon, grilled chopped chicken, beef, or pork, or tofu.

INGREDIENTS

- 2 cups uncooked macaroni
- 2 bell peppers
- 2 cups mixed cherry tomatoes
- 1/3 cup milk, your choice
- 1 pkg **Mac & Cheese Seasoning**
- 1/2 cup sliced black olives, optional

Toppings (optional): chopped red or green onions

NUTRITIONAL INFO

Per serving: Calories 290, Fat 5 g (Saturated 2.5 g, Trans 0.2 g), Cholesterol 15 mg, Sodium 340 mg, Carbohydrate 49 g (Fibre 4 g, Sugars 6 g), Protein 12 g.

INSTRUCTIONS

1. In **Multipurpose Pot** set over high heat, boil macaroni until tender, about 6–8 min.
2. Meanwhile, dice peppers and cut tomatoes in half.
3. Add peppers to boiling pasta mixture for last 1 min of cooking.
4. Carefully drain, then return noodles and peppers to pot. Add milk and seasoning. Stir until evenly mixed. Fold in tomatoes and olives, if using.
5. Spoon into bowls and add topping, if desired.

HOLY SMOKE! BBQ BURGER

TIP: For tender, juicy burgers, don't overmix the ground meat when combining with the seasoning. 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.

ROTISSERIE CHICKEN



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

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

 **TOTAL TIME:** 25 min  **8 SERVINGS**  **\$2.29 CA/\$1.95 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup steamed veggies and 1 cup rice or 1 whole-grain roll.

INGREDIENTS

- 3 lbs (1.36 kg) whole chicken
- 1 pkg **Rotisserie Chicken Seasoning** (Pack of 3)

NUTRITIONAL INFO

Per serving: Calories 210, Fat 12 g (Saturated 3.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 240 mg, Carbohydrate 2 g (Fiber 0 g, Sugars 0 g), Protein 21 g.

INSTRUCTIONS

1. Place chicken in **Round Steamer**, breast-side down. Shake on half the seasoning and rub over meat. Turn chicken over, breast side up, and rub remaining seasoning all over to evenly coat.
2. Cover; microwave on high for 20 min. Or, roast in preheated 400° F oven for 65–70 min.
3. To test for doneness, insert an instantread thermometer into thickest part of the meat (all the way to the middle, not touching any bone).

GROCERY LIST

WEEK 4

PRODUCE

- ☐ **4 lettuce leaves** (Caesar Smash Burger)
- ☐ **3 tomatoes**
 - 2 (Donair)
 - 1, large (Caesar Smash Burger)
- ☐ **2 small red onions**
 - 1 (Caesar Smash Burger)
 - 1 (Donair)
- ☐ **1½ limes** | *Swap: bottled lime juice*
 - 1 (Sweet 'N Sticky Salmon)
 - ½, optional (Ginger & Lemongrass Chicken)
- ☐ **1 clove garlic**, optional (Caesar Smash Burger)
- ☐ **1 large lemon** (Lemon Chicken)
- ☐ **½ English cucumber** (Donair)
- ☐ **½ head romaine** (Donair)
- ☐ **1 lb (450 g) brussels sprouts**, about 20–25 (Sweet 'N Sticky Salmon)
- ☐ **8–10 cups chopped romaine** (Rotisserie Chicken Caesar Salad) | *Swap: kale*
- ☐ **4 cups frozen mixed vegetables** (Pantry Pad Thai)
- ☐ **2 cups corn** (Rotisserie Chicken Caesar Salad)

PANTRY STAPLES

- ☐ **Oil:**
 - ¼ cup (Rotisserie Chicken Caesar Salad)
 - 1½ tbsp (Lemon Chicken)
 - 1 tbsp (Pantry Pad Thai)
 - 1 tbsp (Sweet 'N Sticky Salmon)
 - 1 tsp (Caesar Smash Burger)
- ☐ **1 ½ pkg (14 oz/400 g) rice vermicelli noodles** (Pantry Pad Thai)
- ☐ **½ can (14 oz/398 ml) coconut milk** (Ginger & Lemongrass Chicken)
- ☐ **½ cup broth**, your choice (Lemon Chicken)
- ☐ **¼ cup + 2 tbsp mayonnaise**, preferably light
 - ¼ cup (Caesar Smash Burger)
 - 2 tbsp (Rotisserie Chicken Caesar Salad)
- ☐ **¼ cup natural peanut butter** (Pantry Pad Thai)
Swap: seed or other nut butter

- ☐ **3 tbsp honey** (Sweet 'N Sticky Salmon)
Swap: maple syrup
- ☐ **2 tsp low-sodium soy sauce**
 - 1 tbsp (Pantry Pad Thai)
 - 1 tbsp (Sweet 'N Sticky Salmon)
- ☐ **1 tbsp lemon juice** (Rotisserie Chicken Caesar Salad)
- ☐ **1 tbsp capers** (Lemon Chicken)
- ☐ **1 tbsp hot sauce**, optional (Sweet 'N Sticky Salmon)

PROTEIN

- ☐ **2 eggs** (Pantry Pad Thai)
- ☐ **2 lbs (900 g) boneless, skinless chicken breast**, about 4
 - 1 (Pantry Pad Thai)
 - 3 (Lemon Chicken)
- ☐ **3 lbs (1.35 kg) lean ground beef**
Swap: ground pork
 - 2 lbs/900 g (Donair)
 - 1 lb/450 g (Caesar Smash Burger)
- ☐ **1 lb (450 g) boneless, skinless chicken thighs** (Ginger & Lemongrass Chicken)
- ☐ **1 lb (450 g) salmon fillet, about 1" thick** (Sweet 'N Sticky Salmon)
- ☐ **1 can (14 oz/398 ml) chickpeas**, preferably unsalted (Rotisserie Chicken Caesar Salad)

DAIRY

- ☐ **¼ cup 2% plain Greek yogurt** (Caesar Smash Burger)
- ☐ **¼ cup milk**, your choice (Rotisserie Chicken Caesar Salad)
- ☐ **1 tbsp butter**, preferably unsalted (Lemon Chicken)

BAKERY

- ☐ **10 pitas**, preferably whole-wheat (Donair)
- ☐ **4 burger buns** (Caesar Smash Burger)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add rice or quinoa, extra veggies such as tomatoes and cucumber, and extra lettuce.



ROTISSERIE CHICKEN CAESAR SALAD DINNER



TOTAL TIME: 10 min



4 SERVINGS



\$3.68 CA/\$3.13 US PER SERVING

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

INGREDIENTS

Dressing

- 2 tbsp **Caesar Dressing Mix**
- 2 tbsp light mayonnaise or 2% Greek yogurt
- 1 tbsp lemon juice
- ¼ cup olive oil
- ¼ cup milk, your choice

Salad

- 1 can (14 oz/398 ml) unsalted chickpeas
- 1 tsp **Caesar Dressing Mix**
- 8-10 cups chopped romaine or kale, or a mix
- 2 cups **Rotisserie Chicken**, shredded
- 2 cups corn, fresh or frozen

Toppings (optional) grated Parmesan cheese, hemp seeds

NUTRITIONAL INFO

Per serving (with ⅓ cup dressing): Calories 430, Fat 19 g (Saturated 4 g, Trans 0 g), Cholesterol 55 mg, Sodium 300 mg, Carbohydrate 38 g (Fibre 9 g, Sugars 6 g), Protein 27 g.

INSTRUCTIONS

1. For dressing, in a bowl, whisk together dressing mix with mayonnaise and lemon juice. Whisk in olive oil, then milk.
2. For salad, drain and rinse chickpeas. Place in a large bowl; toss with 1 tsp dressing mix. Add romaine, chicken, and corn. Drizzle with half the dressing; gently toss to mix. Taste and add more dressing, if needed. Add toppings, if desired.

PANTRY PAD THAI



TIP: The sauce thickens quickly if not eaten immediately—add more water to thin out, as needed.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$3.00 CA/\$2.55 US PER SERVING**

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

INGREDIENTS

- ½ pkg (14 oz/400 g) rice vermicelli noodles
- 8 cups boiling water, or enough to soak noodles
- ¼ cup natural peanut butter, or nut butter alternative
- ½ cup water
- 1 tsp low-sodium soy sauce
- 1 pkg **Pad Thai Seasoning** (Pack of 3)
- ½ lb (225 g) boneless, skinless chicken breast, about 1 breast
- ½ tbsp oil
- 4 cups frozen mixed vegetables
- 2 eggs, whisked
- Black Pepper (Grinder)**, to taste
- Toppings** (optional): Chopped peanuts, sliced green onions, lime wedges

NUTRITIONAL INFO

Per serving: Calories 500, Fat 15 g (Saturated 2.5 g, Trans 0 g), Cholesterol 165 mg, Sodium 360 mg, Carbohydrate 67 g (Fiber 5 g, Sugars 13 g), Protein 25 g.

INSTRUCTIONS

1. In a large bowl, combine rice noodles and boiling water. Let stand, stirring occasionally, for 6 min. Drain; rinse with cold water.
2. Meanwhile, in a bowl, whisk together peanut butter, water, soy sauce, and seasoning. Set aside.
3. Cut chicken into bite-sized pieces. In **Wok**, heat oil over medium-high heat. Add chicken and frozen vegetables. Stir often, until cooked, 10 min.
4. Reduce heat to low-medium. Add cooked noodles and sauce to wok. Using tongs, mix well.
5. Add whisked eggs, stir into noodles very well, and cook, stirring constantly and scraping the bottom of the Wok, about 1 min. Season with pepper to taste, and serve immediately, adding toppings as desired.

LEMON CHICKEN



TIP: Use Epicure Nourish or Vegetable Broth.

 TOTAL TIME: 20 min

 6 SERVINGS

 \$2.53 CA/\$2.15 US PER SERVING

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

INGREDIENTS

- 1 large lemon
- 1 ½ lbs (675 g) boneless, skinless chicken breasts, about 3 breasts
- ½ pkg **Rotisserie Chicken Seasoning** (Pack of 3), about 2 tbsp
- 1 ½ tbsp oil
- ½ cup low-sodium broth, your choice
- 1 tbsp drained capers
- 1 tbsp unsalted butter

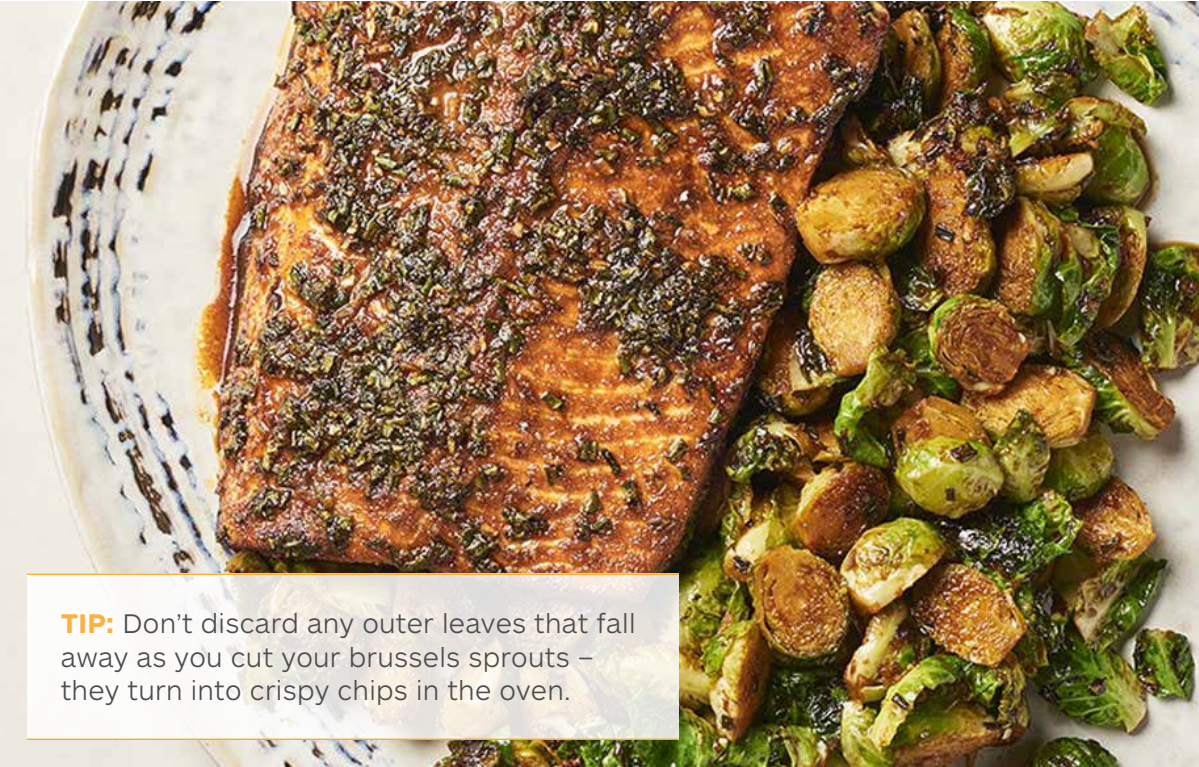
NUTRITIONAL INFO

Per serving: Calories 190, Fat 9 g (Saturated 2 g, Trans 0.1 g), Cholesterol 90 mg, Sodium 210 mg, Carbohydrate 2 g (Fiber 0 g, Sugars 0 g), Protein 26 g.

INSTRUCTIONS

1. Slice lemon in half; using **2-in-1 Citrus Press**, juice half. Slice the other half into thin rounds. Set aside.
2. To thinly slice chicken, place one hand on one breast and press down firmly. Curve fingers up slightly for safety. Carefully slice meat horizontally.
3. In a large fry pan, heat oil over medium-high heat. Add chicken; sear 2–3 min per side or until cooked through. Remove to a plate. Add broth, lemon juice, sliced lemons and capers to pan. Scrape up and stir in any brown bits. Reduce heat to medium; simmer, stirring occasionally, until sauce starts to reduce and thicken, 3–5 min. Stir in butter until melted.
4. Add chicken back to pan and coat with sauce, turning over to warm through, 1 min.

SWEET 'N STICKY SALMON



TOTAL TIME: 20 min



4 SERVINGS



\$3.85 CA/\$3.04 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ cup quinoa or rice.

INGREDIENTS

- 1 lb (450 g) salmon fillet, about 1" thick
- 1 lb (450 g) brussels sprouts, about 20–25
- 1 lime, halved
- 1 pkg **Sweet Garlic Chicken Seasoning** (Pack of 3)
- 3 tbsp honey or maple syrup
- 1 tbsp low-sodium soy sauce
- 1 tbsp oil
- 1 tbsp hot sauce such as Sriracha or chili garlic sauce, optional

Toppings (optional): lime wedges, chives

NUTRITIONAL INFO

Per serving: Calories 340, Fat 11 g (Saturated 1.5 g, Trans 0 g), Cholesterol 60 mg, Sodium 520 mg, Carbohydrate 35 g (Fiber 5 g, Sugars 21 g), Protein 28 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**. Place fish on pan.
2. Trim brussels sprouts, cut in half, lengthwise. Place in **Multipurpose Steamer**. Cover; microwave on high 4 min, until they start to soften.
3. Meanwhile using **2-in-1 Citrus Press**, squeeze juice from lime in a small bowl. Whisk together with seasoning, honey, soy sauce, oil, and hot sauce, if using.
4. Brush salmon with sauce. Toss brussels sprouts with remaining sauce. Cook about 15 min, or until salmon is cooked through.

CAESAR SMASH BURGER



TOTAL TIME: 15 min



4 SERVINGS



\$2.32 CA/\$1.97 US PER SERVING

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

INGREDIENTS

- 1 tsp oil
- 1 lb (450 g) lean ground beef
- 2 ½ tbsp **Caesar Dressing Mix**, divided
- ¼ cup each 2% plain Greek yogurt and light mayonnaise
- 1 clove garlic, optional
- 1 large tomato
- ½ small red onion
- 4 lettuce leaves
- 4 burger buns

Toppings (optional): Parmesan cheese slices

NUTRITIONAL INFO

Per serving: Calories 440, Fat 20 g (Saturated 6 g, Trans 0.4 g), Cholesterol 65 mg, Sodium 360 mg, Carbohydrate 33 g (Fiber 2 g, Sugars 6 g), Protein 30 g.

INSTRUCTIONS

1. In a large fry pan, heat oil over medium-high heat.
2. Meanwhile, in a bowl, combine ground beef and 2 tbsp dressing mix. Form into four pucks (do not form patties).
3. Add pucks to pan, leaving enough room to smash them down. Work in batches, if necessary. Using a spatula, press down on each puck until they're smashed and thinned out. Cook 3–4 min per side, or until the edges start to brown.
4. To make sauce, combine yogurt, mayonnaise, and remaining ½ tbsp dressing mix. Finely chop garlic clove and whisk in, if using. Set aside.
5. Cut tomato into thick slices; slice onion into rings.
6. Spread sauce on top and bottom buns. Place patty on bottom bun; top with tomato, onion, and lettuce. Cover.

GINGER & LEMONGRASS GRILLED CHICKEN



TIP: Shake the can of coconut milk before opening to help ensure the cream on top mixes with the milk on the bottom.



TOTAL TIME: 20 min



4 SERVINGS



\$2.25CA/\$1.91 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup rice and 1 cup veggies of your choice.

INGREDIENTS

- 1 pkg **Thai Red Curry Seasoning**
- ½ can (14 oz/398 ml) coconut milk
- 1 lb (450 g) boneless, skinless chicken thighs
- ½ lime, optional
- Toppings** (optional): lime wedges, Thai basil leaves

NUTRITIONAL INFO

Per serving: Calories 250, Fat 15 g (Saturated 10 g, Trans 0 g), Cholesterol 90 mg, Sodium 460 mg, Carbohydrates 5 g (Fibre 1 g, Sugars 2 g), Protein 25 g.

INSTRUCTIONS

1. Preheat grill to medium-high.
2. In a large bowl, whisk together seasoning and coconut milk. Add chicken. If you have time, let stand 10 min or cover and refrigerate overnight.
3. Using tongs, pick up each piece of chicken and let the excess marinade drip off, then place on grill. Grill with lid closed, turning often, until cooked, about 15 min.
4. Place remaining marinade in a small saucepan over medium-high heat. Bring to a boil, then let simmer, stirring occasionally until reduced, about 2 min.
5. To serve, plate chicken; spoon sauce on top and squeeze fresh lime over, if desired.

DONAIR

TIP: 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 salad dressing, your choice.

INGREDIENTS

- 1 pkg **Donair Seasoning** (Pack of 3)
- 2 lbs (900 g) lean ground beef
- ¼ cup water
- 10 whole-wheat pitas
- 1 cup East Coast Donair Sauce, or tzatziki sauce, 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 donair sauce or tzatziki sauce (if using), tomatoes, cucumber, red onion, and lettuce.

Oven:

1. Preheat oven to 375° F.
2. In a 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 donair sauce or tzatziki sauce (if using), tomatoes, cucumber, red onion, and lettuce.

GROCERY LIST

WEEK 5

PRODUCE

- ☐ **2 garlic cloves**, optional (Salmon & Kale Pasta Caesar Salad)
- ☐ **1½ limes** (Grilled Shrimp Tacos with Corn & Mango Salsa)
- ☐ **1 small avocado** (Grilled Shrimp Tacos with Corn & Mango Salsa)
- ☐ **1 large bunch kale** (Salmon & Kale Pasta Caesar Salad)
- ☐ **1 small corn cob** (Grilled Shrimp Tacos with Corn & Mango Salsa)
- ☐ **1 large mango** (Grilled Shrimp Tacos with Corn & Mango Salsa)
- ☐ **1 pint cherry tomatoes** (Salmon & Kale Pasta Caesar Salad)

PANTRY STAPLES

- ☐ **2 cups uncooked bow tie pasta** (Salmon & Kale Pasta Caesar Salad)
- ☐ **¼ cup olive oil** (Salmon & Kale Pasta Caesar Salad)
- ☐ **2 tbsp oil** (Grilled Shrimp Tacos with Corn & Mango Salsa)
- ☐ **1 tbsp lemon juice** (Salmon & Kale Pasta Caesar Salad)

PROTEIN

- ☐ **2 cans (7.5 oz/213 g each) salmon**, preferably unsalted (Salmon & Kale Pasta Caesar Salad)
- ☐ **1 pkg (340 g) frozen, peeled shrimp** (Grilled Shrimp Tacos with Corn & Mango Salsa)

DAIRY

- ☐ **¼ cup milk**, your choice (Salmon & Kale Pasta Caesar Salad)
- ☐ **2 tbsp 2% plain Greek yogurt** (Salmon & Kale Pasta Caesar Salad)

BAKERY

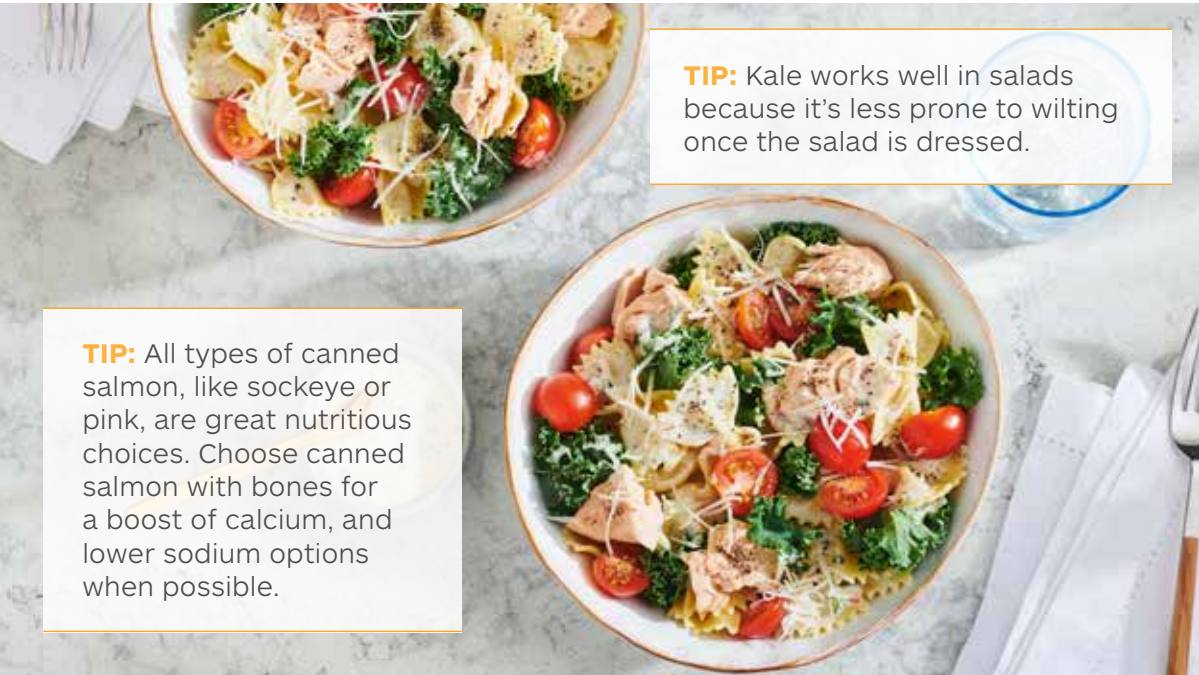
- ☐ **8 small tortillas** (Grilled Shrimp Tacos with Corn & Mango Salsa)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra fresh veggies.



SALMON & KALE PASTA CAESAR SALAD



TIP: Kale works well in salads because it's less prone to wilting once the salad is dressed.

TIP: All types of canned salmon, like sockeye or pink, are great nutritious choices. Choose canned salmon with bones for a boost of calcium, and lower sodium options when possible.

 **TOTAL TIME:** 18 min

 **4 SERVINGS**

 **\$4.43 CA/\$3.77 US PER SERVING**

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

INGREDIENTS

- 2 cups uncooked bow tie pasta
- 4 cups hot water
- 2 tbsp **Caesar Dressing Mix**
- ¼ cup milk, your choice
- ¼ cup olive oil
- 2 tbsp 2% plain Greek yogurt
- 1 tbsp lemon juice
- 2 crushed garlic cloves, optional
- 1 large bunch kale
- 1 pint cherry tomatoes
- 2 cans (7.5 oz/213 g each) unsalted salmon

Toppings (optional): shredded parmesan cheese

NUTRITIONAL INFO

Per serving: Calories 490, Fat 23 g (Saturated 4 g, Trans 0 g), Cholesterol 50 mg, Sodium 110 mg, Carbohydrates 40 g (Fibre 4 g, Sugars 6 g), Protein 31 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, combine pasta and water. Cover; microwave on high 12 min, or until tender. Once cooked, drain and rinse under cool water to lower temperature.
2. Prepare dressing. In a large bowl, whisk together dressing mix, milk, oil, yogurt, lemon juice, and garlic, if using. Set aside.
3. Prepare salad. De-stem kale and roughly chop or tear leaves. Slice tomatoes in half. Add vegetables and cooled pasta to bowl with dressing; toss to mix.
4. Drain salmon; with a fork, break into chunks. Add to salad and gently toss to combine. Add Parmesan cheese, if desired.

GRILLED SHRIMP TACOS WITH CORN & MANGO SALSA



TIP: Metal or wooden skewers work well for shrimp. If using wooden skewers, soak them in water 10–20 min before threading. This will help prevent them from burning on the grill.



TOTAL TIME: 20 min



4 SERVINGS



\$4.13 CA/\$3.51 US PER SERVING

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

INGREDIENTS

- 2 tbsp **Salmon Rub**
- 2 tbsp oil
- 1 ½ limes, divided
- 1 small corn cob
- 1 large mango
- 1 pkg (340 g) frozen, peeled shrimp, defrosted
- 1 small avocado
- Sea Salt** and **Black Pepper**, to taste
- 8 small tortillas, warmed
- Toppings** (optional): diced red onion, chopped cilantro

NUTRITIONAL INFO

Per serving (2 tacos): Calories 400, Fat 17 g (Saturated 2 g, Trans 0 g), Cholesterol 125 mg, Sodium 270 mg, Carbohydrates 48 g (Fibre 9 g, Sugars 15 g), Protein 19 g.

INSTRUCTIONS

1. Preheat grill to medium-high. Meanwhile, in a large bowl, whisk together rub and oil. Cut lime in half. Using **2-in-1 Citrus Press**, squeeze in juice from one lime.
2. Cut off and discard stem end from corn. Place cob in **Multipurpose Steamer**. Cover; microwave on high 3 min. Using oven mitts, gently grip tip of corn with one hand and squeeze. The corn will pop out of the husk. Slice mango in two pieces from the pit. Cut the flesh in a diamond pattern. Lightly brush corn and mango with wet rub. Place shrimp in bowl with remaining wet rub; toss to coat.
3. Grill corn, turning often, until charred, about 6 min. Add mango, flesh side down, and grill 4 min or until charred. Meanwhile, thread shrimp onto skewers. Grill until shrimp is cooked, 2 min per side.
4. Slice corn off the cob. Push on the skin side of the mango so the flesh pops out; slice off pieces. Dice avocado. Place corn, mango, and avocado in a bowl. Squeeze in juice from remaining ½ lime. Add salt and pepper to taste. Once shrimp is cooked, remove from skewers. Divide shrimp and salsa between tortillas. Add extra toppings, if desired.