



E P I C U R E™

WHAT'S FOR DINNER? 30-DAY MEAL PLAN

APRIL EXCLUSIVE



BETTER THAN TAKEOUT

E P I C U R E TM

Spring into a scrumptious month of meals! Follow either the package instructions on the Meal Solutions listed, or find inspiration with the fresh, 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 it fresh, not slimy.
- Cook grains like rice and quinoa in the **Multipurpose Steamer**. Store in **4-Cup Prep Bowls**.
- Wash, chop, and slice raw veggies. Store in **4-Cup Prep Bowl** and **Prep Bowls**.
- Make and store dressing (recipe on label) using **Funnel** and **Cruet**.
- Prep dips ahead. Great to have on hand to round out meals!

WHAT'S FOR DINNER?

APRIL EXCLUSIVE

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

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MON	SWEET & SOUR STIR-FRY 4 servings \$4.20 CA \$3.57 US	ROTISSERIE CHICKEN 8 servings \$2.29 CA \$1.95 US	SALMON ALFREDO BOW TIES 4 servings \$1.37 CA \$1.19 US	CHICKEN STEW POT PIES 6 servings \$2.82 CA \$2.39 US	GREEK TURKEY STUFFED EGGPLANT 4 servings \$3.87 CA \$3.29 US
TUE	GROUND BEEF PITA PIZZAS 4 servings \$2.54 CA \$2.16 US	SMASHED CHICKPEA TACOS 4 servings \$2.29 CA \$2.69 US	CHEESY 3 ONION STUFFED CHICKEN BREASTS 4 servings \$2.75 CA \$2.20 US	TACO SPICED QUINOA 4 servings \$3.18 CA \$2.70 US	ENCHILADA CHICKEN & ZOODLES 4 servings \$2.64 CA \$2.24 US
WED	SOUTHERN BAKED CHICKEN 8 servings \$2.01 CA \$1.71 US	STROGANOFF MEATBALLS & DIJON SOUR CREAM SAUCE 4 servings \$1.98 CA \$1.68 US	PHYLLO MEAT PIE 6 servings \$2.35 CA \$2 US	BEEF STROGANOFF 6 servings \$3 CA \$2.55 US	
THU	SHRIMP & CITRUS SALAD 4 servings \$3.48 CA \$2.96 US	SWEET POTATO ENCHILADA SOUP 4 servings \$4.82 CA \$4.10 US	BAKED BEAN & BEEF TAQUITOS 4 servings \$1.94 CA \$1.65 US	MICROWAVE CHICKEN 'N SHRIMP JAMBALAYA 4 servings \$4.06 CA \$3.45 US	
FRI	SLOW COOKER PULLED PORK 20 servings \$1.00 CA \$0.85 US	CREAMY 'CADO PESTO PASTA 4 servings \$2.07 CA \$1.76 US	THAI SATAY PORK CHOPS 4 servings \$2.71 CA \$2.30 US	GRILLED RAINBOW TOMATO PIZZA 8 servings \$1.52 CA \$1.29 US	
SAT	CREAMY PARMESAN PESTO CHICKEN 4 servings \$3.19 CA \$2.71 US	HOME-STYLE CHICKEN STEW 4 servings \$2.65 CA \$2.25 US	GROWN UP CHICKEN STRIPS & MATCHSTICK FRIES 4 servings \$3.02 CA \$2.57 US	FISH WITH CREAMY PESTO SAUCE 4 servings \$3.93 CA \$3.34 US	
SUN	PULLED PORK TACOS 4 servings \$2.00 CA \$1.70 US	THAI STIR-FRY 6 servings \$3.85 CA \$3.27 US	ENCHILADAS 4 servings \$2.88 CA \$2.45 US	CHICKEN ALFREDO PIZZA 8 servings \$3.20 CA \$2.72 US	

GROCERY LIST

WEEK 1

PRODUCE

- ☐ **2 tomatoes:**
 - 1 (Ground Beef Pita Pizza)
 - 1 (Pulled Pork Tacos)
- ☐ **1½ limes:**
 - 1 (Pulled Pork Tacos)
 - ½ (Shrimp & Citrus Salad)
- ☐ **1 head lettuce** (Shrimp & Citrus Salad) | *Try: butter or romaine*
- ☐ **1 cup shredded lettuce** (Pulled Pork Tacos) | *Swap: shredded coleslaw mix*
- ☐ **1 grapefruit** (Shrimp & Citrus Salad)
- ☐ **1 orange** (Shrimp & Citrus Salad) | *Try: Navel, Cara Cara, or blood orange*
- ☐ **½ English cucumber** (Ground Beef Pita Pizza)
- ☐ **½ small red onion:**
 - ¼ (Ground Beef Pita Pizza)
 - ¼ (Shrimp & Citrus Salad)
- ☐ **4 cups baby spinach** (Creamy Pesto Parmesan Chicken) | *Swap: kale*
- ☐ **2 cups snap peas** (Sweet & Sour Stir-Fry) | *Swap: frozen beans*

PANTRY STAPLES

- ☐ **Oil:**
 - ⅓ cup, preferably olive (Shrimp & Citrus Salad)
 - 3 tbsp (Sweet & Sour Stir-Fry)
 - 1 tbsp (Creamy Pesto Parmesan Chicken)
 - 1 tbsp (Southern Baked Chicken)
 - 2 tsp (Ground Beef Pita Pizzas)
- ☐ **White vinegar:**
 - ½ cup (Pulled Pork)
 - 2 tbsp (Sweet & Sour Stir-Fry)
- ☐ **1 can (14 oz/398 ml) pineapple chunks** (Sweet & Sour Stir-Fry)
- ☐ **1 cup ketchup** (Pulled Pork)
- ☐ **½ cup brown sugar** (Pulled Pork)
- ☐ **¼ cup cornstarch** (Sweet & Sour Stir-Fry)
- ☐ **2 tbsp soy sauce**, preferably low-sodium (Sweet & Sour Stir-Fry)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra tomatoes, spinach or lettuce, and cucumber, potatoes, and bun.

- ☐ **1 tbsp tomato paste** (Ground Beef Pita Pizza)
- ☐ **½ tbsp honey** (Shrimp & Citrus Salad)
- ☐ **½ tbsp red wine vinegar** (Shrimp & Citrus Salad)

PROTEIN

- ☐ **5 lbs (2.5 kg) boneless pork shoulder or butt roast** (Pulled Pork)
- ☐ **3 lbs (1.36 kg) boneless, skinless chicken breasts**, about 6 breasts:
 - 2 lbs/900 g (Southern Baked Chicken)
 - 1 lb/450 g (Sweet & Sour Stir-Fry)
- ☐ **1 lb (450 g) chicken breast fillets** (Creamy Pesto Parmesan Chicken) | *Swap: medium-firm tofu or plant-based sausage*
- ☐ **1 lb (450 g) lean ground beef** (Ground Beef Pita Pizza)
- ☐ **1 bag (340 g) frozen cooked peeled shrimp** (Shrimp & Citrus Salad)

DAIRY

- ☐ **1½ cups milk**, your choice (Creamy Pesto Parmesan Chicken)
- ☐ **1 cup grated cheese**, your choice, preferably low-fat (Pulled Pork Tacos)
- ☐ **½ cup plain yogurt** (Ground Beef Pita Pizza)
- ☐ **⅓ cup crumbled feta cheese**, optional (Ground Beef Pita Pizza)

BAKERY

- ☐ **8 taco shells** (Pulled Pork Tacos)
- ☐ **4 pitas** (Ground Beef Pita Pizza)



SWEET & SOUR STIR FRY



TIP: Make it vegan and replace chicken with medium-firm tofu, cut into 1" cubes.



TOTAL TIME: 20 min



4 SERVINGS



\$4.20 CA/\$3.57 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ cup rice and 1 cup steamed veggies, your choice

INGREDIENTS

- 1 pkg **Sweet & Sour Stir-Fry Seasoning**
- 1 can (14 oz/398 ml) pineapple chunks
- 2 tbsp each soy sauce, white vinegar, and water
- 1 lb (450 g) boneless, skinless chicken breasts
- 3 tbsp oil
- ¼ cup corn starch
- 2 cups snap peas

NUTRITIONAL INFO

Per serving: Calories 360, Fat 13 g (Saturated 1.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 260 mg, Carbohydrate 32 g (Fibre 4 g, Sugars 18 g), Protein 28 g.

INSTRUCTIONS

1. In a bowl, combine seasoning with pineapple chunks (including juice), soy sauce, vinegar, and water. Set aside.
2. Cut chicken into bite-sized pieces.
3. Heat oil in **Wok** over high heat. In a separate bowl, toss chicken with corn starch; shake off excess.
4. Add chicken to wok; stir-fry until golden, 6–8 min.
5. Stir in snap peas and reserved seasoning mixture; cook until snow peas are tender crisp, 2 min. Serve over rice, if desired.

GROUND BEEF PITA PIZZAS



TOTAL TIME: 20 min



4 SERVINGS



\$2.54 CA/\$2.16 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy greens and a squeeze of lemon juice.

INGREDIENTS

2 tsp oil
1 lb (450 g) lean ground beef
2 tbsp water
1 tbsp + 1 tsp **Greek Dressing Mix**,
divided
1 tbsp tomato paste
½ cup plain yogurt
1 tomato
½ English cucumber
¼ small red onion
4 pitas
⅓ cup crumbled feta cheese, optional
Toppings (optional): lemon wedges

NUTRITIONAL INFO

Per serving: Calories 420, Fat 16 g (Saturated 6 g,
Trans 0.4 g), Cholesterol 65 mg, Sodium 430 mg,
Carbohydrate 41 g (Fibre 6 g, Sugars 3 g),
Protein 30 g.

INSTRUCTIONS

1. In **Wok**, heat oil over medium-high. Crumble in beef. Add water, 1 tbsp dressing mix, and tomato paste. Cook 5–6 min, breaking up large chunks as needed.
2. In a small bowl, combine yogurt and remaining 1 tsp dressing mix.
3. Dice tomato and cucumber. Thinly slice onion.
4. Place pitas in **Multipurpose Steamer**. Cover; microwave on high 1–2 min until warm.
5. Spread about 2 tbsp yogurt over each pita; top with beef, vegetables, and feta, if desired. Top with a squeeze of lemon, if desired, and serve.

SOUTHERN BAKED CHICKEN



TIP: For extra flavour, coat chicken pieces with your favourite prepared Epicure dip, then coat with crumb mixture.



TOTAL TIME: 20 min



8 SERVINGS



\$2.01 CA/\$1.71 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ cup mashed potatoes and 1½ cups mixed greens or coleslaw with 2 tbsp **Epicure salad dressing**, your choice.

INGREDIENTS

2 lbs (900 g) boneless, skinless chicken breasts
1 tbsp oil
1 pkg **Southern Baked Gluten Free Crumb Mix**

NUTRITIONAL INFO

Per serving: Calories 170, Fat 5 g (Saturated 1 g, Trans 0 g), Cholesterol 65 mg, Sodium 310 mg, Carbohydrate 6 g (Fibre 3 g, Sugars 0 g), Protein 24 g.

INSTRUCTIONS

1. Preheat oven to 400° F.
2. Meanwhile, cut chicken into pieces. Coat chicken with oil. Place crumb mix in a resealable plastic bag.
3. Add one piece of chicken at a time, shaking gently until evenly coated. Place on a **Sheet Pan** lined with a **Sheet Pan Liner**.
4. Bake in preheated oven for 15–17 min or until cooked through.

SHRIMP & CITRUS SALAD



TIP: If you prefer, remove the tails from the shrimp.

 **TOTAL TIME:** 15 min

 **4 SERVINGS**

 **\$3.48 CA/\$2.96 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 bun.

INGREDIENTS

- 1/3 cup olive oil
- 2 tbsp **Guacamole Dip Mix**, divided
- 1/2 tbsp honey
- 1/2 tbsp red wine vinegar
- 1/2 lime
- 1 grapefruit
- 1 orange, such as Navel, Cara Cara, or blood orange
- 1/4 small red onion
- 1 head lettuce, such as butter or romaine
- 1 bag (340 g) frozen cooked peeled shrimp, defrosted

NUTRITIONAL INFO

Per serving: Calories 320, Fat 19 g (Saturated 2.5 g, Trans 0 g), Cholesterol 165 mg, Sodium 380 mg, Carbohydrate 18 g (Fibre 3 g, Sugars 12 g), Protein 20 g.

INSTRUCTIONS

1. For vinaigrette, using the **Funnel**, combine oil, 1 tbsp dip mix, honey, and vinegar in **Cruet**. Using **2-in-1 Citrus Press**, squeeze in juice from lime. Screw on lid; shake to mix.
2. Cut the top and bottom from the grapefruit and orange. Carefully slice the peel off, removing as much of the pith as possible. Then slice into pieces, crosswise. Cut onion into thin slices.
3. Arrange lettuce leaves on a large serving platter; scatter grapefruit, orange, and onion on top.
4. In a large bowl, toss shrimp with remaining 1 tbsp dip mix. Top salad with shrimp; drizzle with dressing, to taste.

SLOW COOKER PULLED PORK



TIP: Refrigerate 1½ cups for Pulled Pork Tacos later this week. Portion and freeze remaining leftovers for easy meals another day!

 **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**
1 cup ketchup
½ cup vinegar
½ cup brown sugar
¼ cup water
5 lbs (2.5 kg) boneless pork shoulder
or butt roast

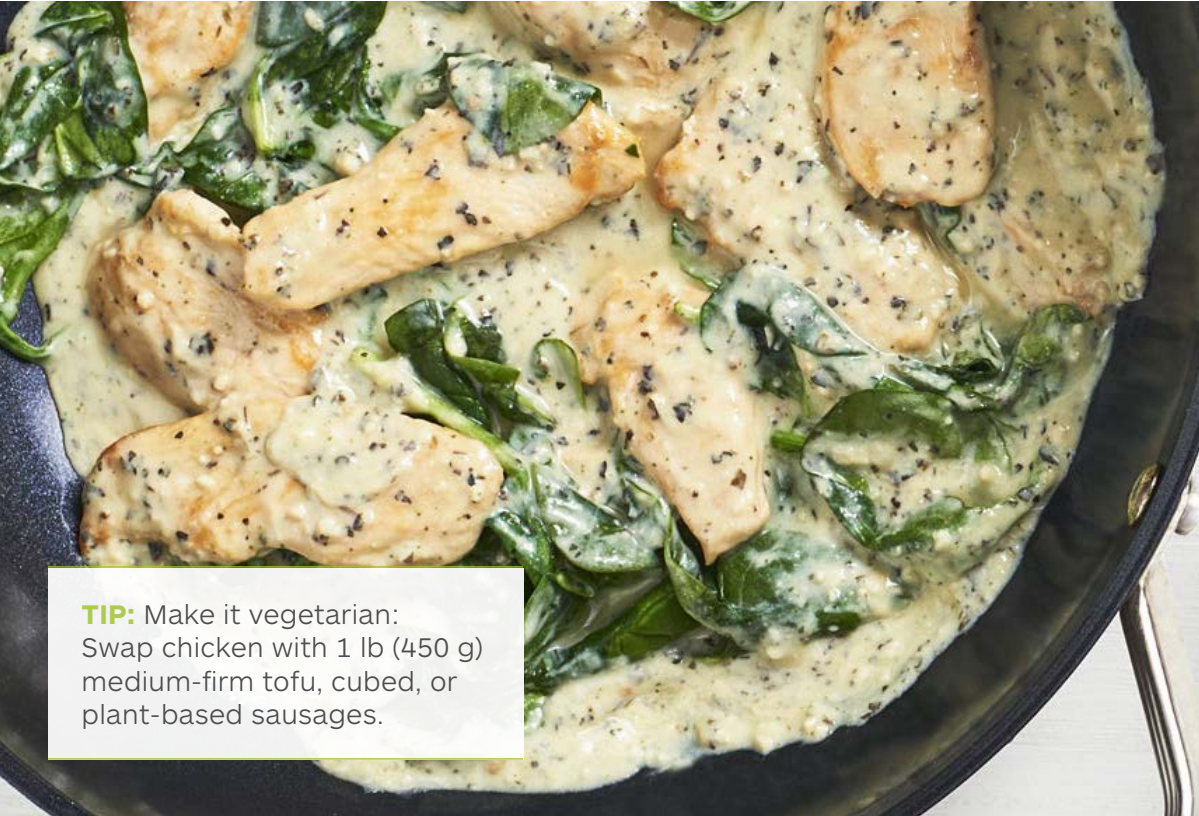
NUTRITIONAL INFO

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 (Fibre 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.

CREAMY PARMESAN PESTO CHICKEN



TIP: Make it vegetarian:
Swap chicken with 1 lb (450 g)
medium-firm tofu, cubed, or
plant-based sausages.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$3.19 CA/\$2.71 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup veggies and 1 cup rice or pasta.

INGREDIENTS

- 1 tbsp oil
- 1 pkg **Creamy Pesto Parmesan Chicken Skillet Sauce Mix**
- 1½ cups milk, your choice
- 1 lb (450 g) chicken breast fillets
- 4 cups baby spinach

NUTRITIONAL INFO

Per serving: Calories 270, Fat 10 g (Saturated 3.5 g, Trans 0 g), Cholesterol 75 mg, Sodium 290 mg, Carbohydrate 12 g (Fibre 2 g, Sugars 1 g), Protein 30 g.

INSTRUCTIONS

1. Preheat large non-stick frying pan over medium-high heat. Add oil.
2. In a bowl, combine sauce mix and milk. Set aside.
3. Cook chicken in pan until golden and cooked through. Stir in reserved seasoning mixture. Reduce heat to medium, stirring occasionally, until sauce thickens, about 3 min.
4. Gradually stir in spinach until wilted.

PULLED PORK TACOS



TOTAL TIME: 20 min



4 SERVINGS



\$2.00 CA/\$1.70 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced veggies and 1 tbsp Epicure Dip.

INGREDIENTS

- 8 taco shells
- 1½ cups **Slow Cooker Pulled Pork**, prepared and heated
- 1 cup shredded lettuce
- 1 cup diced tomatoes
- 1 cup grated low-fat cheese
- 1 lime

NUTRITIONAL INFO

Per serving (2 tacos): Calories 270, Fat 11 g (Saturated 3.5 g, Trans 1.5 g), Cholesterol 55 mg, Sodium 340 mg, Carbohydrate 23 g (Fibre 2 g, Sugars 6 g), Protein 21 g.

INSTRUCTIONS

1. Divide pulled pork between taco shells.
2. Top with lettuce, tomatoes, and cheese.
3. Serve each with a lime wedge—a fresh squeeze of lime adds a delicious, authentic Mexican flavour to your tacos.

GROCERY LIST

WEEK 2

PRODUCE

- ☐ **7 celery stalks:**
 - 4 (Thai Stir-Fry)
 - 3 (Home-Style Chicken Stew)
- ☐ **4 bell peppers** | *Swap: 1 heaping cup frozen mixed veggies for every pepper*
 - 2 (Sweet Potato Enchilada Soup)
 - 2 (Thai Stir-Fry)
- ☐ **2 avocados** | *Swap: frozen diced avocado*
 - 1 (Creamy 'cado Pesto Pasta)
 - 1 (Smashed Chickpea Tacos)
- ☐ **2 medium carrots** (Home-Style Chicken Stew)
- ☐ **2 medium potatoes**, Russet or Yukon Gold (Home-Style Chicken Stew)
- ☐ **2 small sweet potatoes** (Sweet Potato Enchilada Soup)
- ☐ **½ English cucumber** (Creamy 'cado Pesto Pasta)
- ☐ **½ lemon** (Creamy 'cado Pesto Pasta)
- ☐ **½ lime** (Thai Stir-Fry) | *Swap: bottled lime juice*
- ☐ **4 cups baby spinach** (Sweet Potato Enchilada Soup)
- ☐ **2 cups broccoli florets** (Thai Stir-Fry)
- ☐ **1 cup cherry tomatoes** (Creamy 'cado Pesto Pasta)
- ☐ **1 cup frozen peas** (Home-Style Chicken Stew)

PANTRY STAPLES

- ☐ **250 g uncooked pasta**, about 2½ cups (Creamy 'cado Pesto Pasta) | *Try: fusilli or bow ties*
- ☐ **1 can (14 oz/398 ml) coconut milk**, preferably light (Thai Stir-Fry)
- ☐ **1 can (14 oz/398 ml) whole tomatoes** (Sweet Potato Enchilada Soup) | *Swap: canned diced tomatoes*
- ☐ **1 can (5.5 oz/156 ml) tomato paste** (Smashed Chickpea Tacos)
- ☐ **½ cup natural peanut butter** (Thai Stir-Fry) | *Swap: almond, sunflower seed, or another nut butter*

- ☐ **5 tbsp oil:**
 - 2 tbsp, preferably olive (Creamy 'cado Pesto Pasta)
 - 2 tbsp (Thai Stir-Fry)
 - 1 tbsp (Home-Style Chicken Stew)
- ☐ **1 tbsp Dijon mustard** (Stroganoff Meatballs & Dijon Sour Cream Sauce)
- ☐ **1 tbsp soy sauce**, preferably low-sodium (Thai Stir-Fry)
- ☐ **½ tbsp sugar** (Stroganoff Meatballs & Dijon Sour Cream Sauce) | *Swap: honey*

PROTEIN

- ☐ **3 lbs (1.36 kg) whole chicken** (Rotisserie Chicken)
- ☐ **2 lbs (900 g) boneless, skinless chicken breasts**, about 4 breasts:
 - 1 lb/450 g (Home-Style Chicken Stew)
 - 1 lb/450 g (Thai Stir-Fry)
- ☐ **1 lb (450 g) lean ground beef** (Stroganoff Meatballs & Dijon Sour Cream Sauce)
- ☐ **2 cans (19 oz/540 ml each) chickpeas**, preferably unsalted (Smashed Chickpea Tacos)
- ☐ **1 can (19 oz/540 ml) black beans**, preferably unsalted (Sweet Potato Enchilada Soup)

DAIRY

- ☐ **1 cup 2% plain Greek yogurt:**
 - ½ cup (Smashed Chickpea Tacos)
 - ½ cup (Sweet Potato Enchilada Soup)
- ☐ **½ cup grated cheese**, your choice (Sweet Potato Enchilada Soup)
- ☐ **¼ cup sour cream**, preferably light (Stroganoff Meatballs & Dijon Sour Cream Sauce)

BAKERY

- ☐ **8 crunchy taco shells** (Smashed Chickpea Tacos)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra carrots, celery, spinach, and avocado, rice, and lean protein such as shrimp or chicken.



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.



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**

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 (Fibre 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 instant read thermometer into thickest part of the meat (all the way to the middle, not touching any bone). It should register at 180° F.

SMASHED CHICKPEA TACOS



TIP: Consider cooking 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/\$2.70 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.

STROGANOFF MEATBALLS & DIJON SOUR CREAM SAUCE



 TOTAL TIME: 15 min  4 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.

SWEET POTATO ENCHILADA SOUP



TIP: Hand crushing tomatoes is not only almost as satisfying as squeezing a stress ball, but it also releases all the delicious juice and gives the dish a rustic look.

 TOTAL TIME: 20 min

 4 SERVINGS

 \$4.82 CA/\$4.10 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 tbsp **Guacamole**.

INGREDIENTS

- 5 cups hot water
- 1 pkg **Enchilada Seasoning**
- 2 small sweet potatoes
- 2 green bell peppers
- 1 can (14 oz/398 ml) whole tomatoes
- 1 can (19 oz/540 ml) unsalted black beans
- 4 cups baby spinach
- ½ cup 2% plain Greek yogurt
- ½ cup grated cheese
- Toppings** (optional): crushed tortillas, squeeze of fresh lime juice

NUTRITIONAL INFO

Per serving (3 cups): Calories 350, Fat 7 g (Saturated 3.5 g, Trans 0 g), Cholesterol 15 mg, Sodium 630 mg, Carbohydrate 56 g (Fibre 13 g, Sugars 11 g), Protein 19 g.

INSTRUCTIONS

1. In **Wok**, combine water and seasoning over high heat. Cover; bring to a boil. Meanwhile, dice sweet potatoes (don't peel) and bell peppers; add to wok.
2. Hand crush tomatoes; add to wok with juice from can. Cover; return to a boil. Reduce heat and simmer 5 min.
3. Drain and rinse black beans; add to wok. Simmer 2 min. Add baby spinach, stirring gently until wilted.
4. Divide between bowls and top each bowl with 2 tbsp each yogurt and cheese; add additional toppings, if desired.

CREAMY ‘CADO PESTO PASTA



TIP: Make it gluten free using chickpea-based pasta.



TOTAL TIME: 20 min



4 SERVINGS



\$2.07 CA/\$1.76 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ cup cooked shrimp or sliced chicken and 1 cup mixed greens.

INGREDIENTS

250 g uncooked pasta, such as fusilli or bow ties

1 avocado, pitted

2 tbsp **Pesto Sauce Mix**

2 tbsp olive oil

1 tsp **Sea Salt**

½ lemon

1 cup cherry tomatoes, cut in half

½ English cucumber, chopped

Toppings (optional): Parmesan cheese, pea shoots, pine nuts, fresh basil

NUTRITIONAL INFO

Per serving: Calories 390, Fat 16 g (Saturated 2 g, Trans 0 g), Cholesterol 0 mg, Sodium 610 mg, Carbohydrate 54 g (Fibre 1 g, Sugars 4 g), Protein 10 g.

INSTRUCTIONS

1. In **Multipurpose Pot**, cook pasta in boiling water until al dente, 8–10 min.
2. Meanwhile, scoop avocado flesh into a blender or food processor; add sauce mix, olive oil, and salt. Using the **2-in-1 Citrus Press**, squeeze in juice from lemon. Blend until creamy.
3. Once pasta is cooked, strain water and return pasta to pot. Add avocado sauce, cherry tomatoes, and cucumber. Stir to mix.
4. Serve in bowls with toppings, as desired.

HOME-STYLE CHICKEN STEW



TOTAL TIME: 20 min



4 SERVINGS



\$2.65 CA/\$2.25 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1½ cups veggies.

INGREDIENTS

- 1 pkg **Home-Style Chicken Stew Seasoning**
- 2½ cup water, divided
- 2 cups cubed potatoes
- 1 cup diced carrots
- 1 cup diced celery
- 1 tbsp oil
- 1 lb (450 g) boneless, skinless chicken, cut into bites
- 1 cup frozen peas

NUTRITIONAL INFO

Per serving: Calories 320, Fat 8 g (Saturated 2 g, Trans 0 g), Cholesterol 70 mg, Sodium 500 mg, Carbohydrate 31 g (Fibre 6 g, Sugars 6 g), Protein 30 g.

INSTRUCTIONS

1. In a bowl, combine seasoning with 2 cups water. Set aside.
2. In a **Multipurpose Steamer**, combine potatoes, carrots, and celery with ½ cup water. Cover and microwave on high for 8 min or until veggies are tender.
3. Meanwhile, heat oil in large frying pan. Add chicken; stir-fry until golden and cooked through, 3–4 min.
4. Stir in reserved seasoning mixture and cooked veggies. Bring to a boil, then stir in frozen peas. Cook until warmed through, 1 more min.

THAI STIR-FRY



TOTAL TIME: 20 min



6 SERVINGS



\$3.85 CA/\$3.27 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1½ cups veggies and ½ cup cooked rice or rice noodles.

INGREDIENTS

- 1 pkg **Thai Stir Fry Seasoning**
- 1 can (14 oz/398 ml) coconut milk
- ½ cup natural peanut butter
- 1 tbsp soy sauce
- ½ lime, juiced
- 2 tbsp oil
- 1 lb (450 g) boneless, skinless chicken, cut into bite-sized pieces
- 2 cups each broccoli, bell peppers, and celery
- Chopped peanuts, optional

NUTRITIONAL INFO

Per serving: Calories 330, Fat 21 g (Saturated 10 g, Trans 0 g), Cholesterol 45 mg, Sodium 340 mg, Carbohydrate 16 g (Fibre 4 g, Sugars 7 g), Protein 24 g.

INSTRUCTIONS

1. In a bowl, whisk seasoning with coconut milk, peanut butter, soy sauce, and lime juice. Set aside.
2. Preheat **Wok** over medium high, then swirl in oil. Add chicken; stir-fry for 5 min. Remove from wok and set aside.
3. Add broccoli, peppers, and celery to wok; stir-fry for 5 min or until tender-crisp. Return chicken to wok and pour in reserved sauce. Simmer for 1–2 min. Sprinkle with chopped peanuts, if desired.

GROCERY LIST

WEEK 3

PRODUCE

- ☐ **1 bell pepper** (Cheesy 3 Onion Stuffed Chicken Breasts)
- ☐ **1 lime:**
 - ½ (Enchiladas)
 - ½ (Thai Satay Pork Chops)
- ☐ **1 large Russet potato** (Grown Up Chicken Strips & Matchstick Fries)
- ☐ **½ small red onion** (Cheesy 3 Onion Stuffed Chicken Breasts)
- ☐ **¼ red cabbage** (Thai Satay Pork Chops)
- ☐ **2 cups frozen corn niblets** (Phyllo Meat Pie)
- ☐ **2 cups snow peas** (Salmon Alfredo Bow Ties)
- ☐ **2½ cups frozen peas:**
 - 2 cups (Phyllo Meat Pie)
 - ½ cup (Salmon Alfredo Bow Ties)

PANTRY STAPLES

- ☐ **Oil:**
 - 2 tbsp (Grown Up Chicken Strips & Matchstick Fries)
 - 2 tsp (Baked Bean & Beef Taquitos)
 - 2 tsp (Cheesy 3 Onion Stuffed Chicken Breasts)
 - 1½ tsp (Thai Satay Pork Chops)
 - 1 tsp, preferably coconut (Enchiladas)
 - 1 tsp (Phyllo Meat Pie)
- ☐ **1 can (14 oz/398 ml) coconut milk**, preferably light (Thai Satay Pork Chops)
- ☐ **4 cups uncooked bow tie pasta** (Salmon Alfredo Bow Ties)
- ☐ **½ cup natural peanut butter** (Thai Satay Pork Chops) | *Swap: almond, sunflower seed, or another nut butter*
- ☐ **3 tbsp tomato paste** (Enchiladas)
- ☐ **1 tbsp soy sauce**, preferably low-sodium (Thai Satay Pork Chops)
- ☐ **2 tsp Worcestershire sauce** (Phyllo Meat Pie)

PROTEIN

- ☐ **2 lbs (900 g) lean ground beef:**
 - 1½ lbs/675 g (Phyllo Meat Pie)
 - ½ lb/225 g (Baked Bean & Beef Taquitos)
- ☐ **1–1½ lbs (450–675 g) centre-cut fast-fry pork loin chops**, about 4 small chops (Thai Satay Pork Chops) | *Swap: firm tofu*
- ☐ **1 lb (450 g) boneless, skinless chicken breasts**, about 2 breasts (Cheesy 3 Onion Stuffed Chicken Breasts)
- ☐ **1 lb (450 g) boneless, skinless chicken breast fillets** (Grown Up Chicken Strips & Matchstick Fries)
- ☐ **3 cans (14 oz/398 ml each) black beans**, preferably unsalted
 - 2 cans (Enchiladas)
 - 1 can (Baked Bean & Beef Taquitos)
- ☐ **2 cans (6 oz/170 g each) sockeye salmon** (Salmon Alfredo Bow Ties) | *Swap: canned tuna*

DAIRY

- ☐ **1⅔ cups grated cheese**, your choice
 - 1 cup (Enchiladas)
 - ⅔ cup (Baked Bean & Beef Taquitos)
- ☐ **1½ cups milk**, your choice (Salmon Alfredo Bow Ties)
- ☐ **¼ cup cream cheese** (Cheesy 3 Onion Stuffed Chicken Breasts)
- ☐ **¼ cup shredded Parmesan cheese** (Grown Up Chicken Strips & Matchstick Fries)
- ☐ **2 tbsp butter**, preferably unsalted (Phyllo Meat Pie)

BAKERY

- ☐ **8 small flour tortillas** (Baked Bean & Beef Taquitos)
- ☐ **5 sheets frozen phyllo pastry dough** (Phyllo Meat Pie)
- ☐ **4 medium tortillas** (Enchiladas)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add arugula, extra bell peppers, rice noodles, and buns.



ALFREDO SALMON BOW TIES



TOTAL TIME: 20 min



4 SERVINGS



\$1.37 CA/\$1.19 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup arugula on top of each plate.

INGREDIENTS

4 cups bow tie pasta
2 cups snow peas, chopped
½ cup frozen peas
1 pkg **Alfredo Sauce Mix**
1½ cups milk, your choice
2 cans (6 oz/170 g) sockeye salmon, drained

NUTRITIONAL INFO

Per serving: Calories 450, Fat 16 g (Saturated 4.5 g, Trans 0 g), Cholesterol 90 mg, Sodium 440 mg, Carbohydrate 27 g (Fibre 0 g, Sugars 11 g), Protein 48 g.

INSTRUCTIONS

1. In a **Multipurpose Pot**, cook pasta according to package directions. Stir in snow peas and frozen peas for last 1 min of cooking. Strain and reserve 1 cup pasta cooking water.
2. Meanwhile, in a sauté pan, combine sauce mix with milk. Whisking constantly, bring to a boil over medium-high, reduce heat, and simmer 3 min or until thickened.
3. Stir in drained pasta and veggies and salmon. If needed, stir in some of the reserved pasta cooking water, a little at time, to reach desired consistency.

CHEESY 3 ONION STUFFED CHICKEN BREASTS



TIP: Swap water or broth for a dry white wine.



TOTAL TIME: 25 min



4 SERVINGS



\$2.75 CA/\$2.20 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy greens, 1 tbsp **Greek Dressing**, and a bun.

INGREDIENTS

¼ cup cream cheese, room temperature
1 tbsp + ½ tsp **3 Onion Dip Mix**, divided
1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts
2 tsp oil
1 bell pepper
½ small red onion
¼ cup water or broth

Toppings (optional): fresh basil or parsley leaves

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

1. In a bowl, combine cream cheese and 1 tbsp dip mix.
2. Cut each chicken breast in half, crosswise. You should have 4 pieces.
3. Using the tip of a knife, cut a pocket in the thickest part of each chicken breast. Make sure not to cut all the way through. Using your fingers, widen each hole.
4. Spoon 1 tbsp cream cheese mixture into each pocket. Fasten with a toothpick to secure, if needed.
5. In a large, non-stick fry pan, heat oil over medium-high. Add chicken; reduce heat to medium. Cook until deep golden, about 5 min per side.
6. Meanwhile, slice pepper and onion into thin strips. Add to pan; sprinkle with remaining ½ tsp dip mix and stir in water. Cover; simmer until peppers are tender, 2–4 min.
7. Place chicken on plates and top with peppers and onion (and any juices in pan). Remove toothpicks before serving.

PHYLLO MEAT “PIE”



TIP: Phyllo pastry sheets are found in the frozen section of the grocery store. For best results, follow instructions on the package.



TOTAL TIME: 20 min



6 SERVINGS



\$2.35 CA/\$2.00 US PER SERVING

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

INGREDIENTS

- 1 tsp oil
- 1½ lbs (675 g) lean ground beef
- 1 pkg **Rotisserie Chicken Seasoning**
- 2 cups frozen peas
- 2 cups frozen corn niblets
- ¾ cup water
- 2 tsp Worcestershire sauce
- 5 sheets frozen phyllo pastry dough, thawed
- 2 tbsp unsalted butter, melted

NUTRITIONAL INFO

Per serving: Calories 380, Fat 17 g (Saturated 7 g, Trans 0.5 g), Cholesterol 70 mg, Sodium 480 mg, Carbohydrate 27 g (Fibre 5 g, Sugars 5 g), Protein 28 g.

INSTRUCTIONS

1. Preheat oven to 450° F.
2. In **Wok**, heat oil over medium-high heat. Crumble in beef and add seasoning. Cook 3–4 min, breaking up chunks as needed.
3. Stir in peas, corn, water, and Worcestershire sauce. Cover; reduce heat to medium and simmer until heated through.
4. Meanwhile, brush phyllo sheets with butter. Cut each sheet in two. Using your hands, loosely scrunch the sheets into individual balls (you should have 10), then place side-by-side on top of the pie filling in wok.
5. Bake, uncovered, until phyllo is golden brown and cooked, about 8 min.

BAKED BEAN & BEEF TAQUITOS



TOTAL TIME: 20 min



4 SERVINGS



\$1.94 CA/\$1.65 US PER SERVING

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

INGREDIENTS

2 tsp oil, divided
½ lb (225 g) lean ground beef
1 can (14 oz/398 ml) unsalted black beans
2 tbsp water
½ tbsp **Guacamole Dip Mix**
⅔ cup grated cheese, your choice
8 small flour tortillas

Toppings (optional): **Guacamole**,
diced tomatoes, sour cream, cilantro,
sliced red onions

NUTRITIONAL INFO

Per serving: Calories 500, Fat 20 g (Saturated 8 g,
Trans 0.2 g), Cholesterol 50 mg, Sodium 520 mg,
Carbohydrate 52 g (Fibre 7 g, Sugars 0 g),
Protein 27 g.

INSTRUCTIONS

1. Preheat oven to 425° F. **Line Sheet Pan** with **Sheet Pan Liner**.
2. Heat 1 tsp oil in **Wok** over medium-high heat. Crumble in beef; cook 3–4 min, until browned and cooked through.
3. Meanwhile, drain and rinse beans; add beans, water, and dip mix to wok. Using **Ground Meat Separator**, break up chunks of meat and coarsely mash beans. Cook until beans heat through, about 1–2 min.
4. To assemble, add divide beef and bean mixture and cheese between tortillas. Tightly roll, leaving ends open. Place on pan. Brush tops with remaining oil, using more as needed. Bake until the outside is golden-brown and crisp, about 6–8 min. Serve with toppings, if desired.

THAI SATAY PORK CHOPS



TIP: Make it vegetarian: Swap pork chops with 1 lb (450 g) firm organic tofu, cut into steaks.

 **TOTAL TIME:** 20 min  **4 SERVINGS**  **\$2.71 CA/\$2.30 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ cup rice noodles and ½ cup sliced vegetables, your choice.

INGREDIENTS

- 1 pkg **Thai Stir Fry Seasoning**
- 1 can (14 oz/398 ml) coconut milk, preferably light
- ⅓ cup natural peanut butter or nut-free pea or seed butter
- 1 tbsp soy sauce
- ½ lime
- 1½ tsp oil
- 1-1½ lbs (450-675 g) centre-cut fast fry pork loin chops, about 4 small chops
- 2 cups thinly sliced red cabbage
- Toppings** (optional): fresh basil, chopped peanuts, julienned carrots, sautéed onions

NUTRITIONAL INFO

Per serving: Calories 400, Fat 26 g (Saturated 9 g, Trans 0 g), Cholesterol 60 mg, Sodium 400 mg, Carbohydrate 18 g (Fibre 4 g, Sugars 6 g), Protein 26 g.

INSTRUCTIONS

1. In bowl, add seasoning, coconut milk, peanut butter, and soy sauce. Using the **2-in-1 Citrus Press**, squeeze in juice from lime. Whisk to combine. Set aside.
2. Heat oil in a large frying pan over medium-high heat. Add pork chops; fry until browned, 2-3 min per side.
3. Stir in reserved sauce; reduce heat to medium and simmer for 2-3 min, flipping pork chops halfway through.
4. Place pork on plates and spoon sauce on top. Top each with ½ cup cabbage and toppings, if desired.

GROWN UP CHICKEN STRIPS & MATCHSTICK FRIES



TIP: For extra-crispy fries, place cut potato in a large bowl and cover with cold water. Allow to soak for at least 30 min or overnight. This removes excess starch, which helps the potatoes crisp during cooking. Drain, rinse, and pat dry with a kitchen towel before using.

 TOTAL TIME: 25 min

 4 SERVINGS

 \$3.02 CA/\$2.57 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced veggies and 2 tbsp 3 Onion Dip.

INGREDIENTS

- 1 large russet potato, scrubbed
- 2 tbsp oil, divided, plus more for brushing
- ½ pkg **Southern Baked Gluten Free Crumb Mix**, about ¼ cup
- ¼ cup shredded Parmesan cheese
- 1 lb (450 g) boneless, skinless chicken breast fillets

NUTRITIONAL INFO

Per serving: Calories 320, Fat 12 g (Saturated 2 g, Trans 0 g), Cholesterol 85 mg, Sodium 380 mg, Carbohydrate 22 g (Fibre 5 g, Sugars 1 g), Protein 30 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Line two ¼ **Sheet Pans** each with a ¼ **Sheet Pan Liner**. Place a **Cooling Rack** on each pan. Lightly brush with oil.
2. Using **4-in-1 Mandoline** fitted with the 6.6 mm julienne plate, julienne potato into matchsticks. Pat dry with a kitchen towel; place in a large bowl. Add 1 tbsp oil and toss.
3. In another bowl, combine crumb mix and cheese. Sprinkle about 2 tbsp over the potatoes; toss to coat. Spread out in a single layer on one rack as best you can. Place in oven.
4. Place chicken in bowl used for potatoes; add remaining 1 tbsp oil and toss. In batches, place chicken in the remaining crumb mixture, tossing to coat and pressing if necessary to cover all sides. Spread out on second rack. Try not to crowd—be sure they have a bit of space between each other.
5. Bake until chicken is cooked through and fries are crisp, about 18–25 min.

ENCHILADAS



TIP: Make a single serving in **Rectangular Steamer**.



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

NUTRITIONAL INFO

Per serving (1 enchilada): Calories 430, Fat 14 g (Saturated 7 g, Trans 0 g), Cholesterol 30 mg, Sodium 530 mg, Carbohydrate 56 g (Fibre 13 g, Sugars 4 g), Protein 22 g.

INSTRUCTIONS

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

GROCERY LIST

WEEK 4

PRODUCE

- ☐ **5 bell peppers:**
 - 2 (Chicken Alfredo Pizza)
 - 2 (Taco Spiced Quinoa)
 - 1 (Chicken 'n Shrimp Jambalaya)
- ☐ **4 celery stalks:**
 - 2 (Chicken Stew Pot Pies)
 - 2 (Chicken 'n Shrimp Jambalaya)
- ☐ **3 large heirloom tomatoes** (Grilled Rainbow Tomato Pizza)
- ☐ **2 carrots** (Chicken Stew Pot Pies)
- ☐ **1 large onion** (Chicken 'n Shrimp Jambalaya)
- ☐ **1 small red onion**, optional (Chicken Alfredo Pizza)
- ☐ **1 large potato**, Russet or Yukon Gold (Chicken Stew Pot Pies)
- ☐ **½ lemon** (Chicken Stew Pot Pies) | *Swap: bottle lemon juice*
- ☐ **½ zucchini** (Fish with Creamy Pesto Sauce)
- ☐ **½ pint cherry tomatoes** (Fish with Creamy Pesto Sauce)
- ☐ **2 cups sliced mushrooms** (Beef Stroganoff) | *Swap: 1 can (10 oz/284 ml) sliced mushrooms, drained and rinsed*
- ☐ **1 cup frozen peas** (Chicken Stew Pot Pies)
- ☐ **1 cup fresh broccoli florets** (Taco Spiced Quinoa)
- ☐ **1 cup frozen edamame** (Taco Spiced Quinoa)

PANTRY STAPLES

- ☐ **Oil:**
 - ¼ cup + 1 tbsp (Grilled Rainbow Tomato Pizza)
 - 2 tbsp (Beef Stroganoff)
 - 1 tbsp (Chicken Stew Pot Pies)
 - ½ tbsp (Taco Spiced Quinoa)
 - 2 tsp (Fish with Creamy Pesto Sauce)
- ☐ **1 can (14 oz/398 ml) diced tomatoes** (Chicken 'n Shrimp Jambalaya)
- ☐ **7 cups uncooked egg noodles** (Beef Stroganoff)
- ☐ **2 cups uncooked quinoa**, preferably white (Taco Spiced Quinoa)
- ☐ **1 cup uncooked white rice** (Chicken 'n Shrimp Jambalaya)
- ☐ **½ cup tomato sauce** (Grilled Rainbow Tomato Pizza)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra carrots, broccoli, leafy greens and lean protein such as chicken or ground beef.

- ☐ **2 tbsp pine nuts**, optional (Grilled Rainbow Tomato Pizza) | *Swap: pistachios*
- ☐ **1 tsp Worcestershire sauce** (Beef Stroganoff)

PROTEIN

- ☐ **5 eggs:**
 - 1 (Chicken Stew Pot Pies)
 - 4 (Taco Spiced Quinoa)
- ☐ **4 (4 oz/113 g each) white fish fillets**, skinless (Fish with Creamy Pesto Sauce) | *Try: cod, haddock, or tilapia*
- ☐ **2½ lbs (1.13 kg) boneless, skinless chicken breasts**, about 5 breasts:
 - 1 lb/450 g (Chicken Alfredo Pizza)
 - 1 lb/450 g (Chicken Stew Pot Pies)
 - ½ lb/225 g (Chicken 'n Shrimp Jambalaya)
- ☐ **1 lb (450 g) lean ground beef** (Beef Stroganoff) | *Swap: beef strips*
- ☐ **½ lb (225 g) frozen cooked peeled shrimp** (Chicken 'n Shrimp Jambalaya)

DAIRY

- ☐ **3 cups milk**, your choice
 - 1½ cups (Chicken Alfredo Pizza)
 - 1½ cups (Fish with Creamy Pesto Sauce)
- ☐ **1 cup 2% plain Greek yogurt** (Beef Stroganoff) | *Swap: sour cream*
- ☐ **2½ cups grated mozzarella cheese**
 - 1½ cups (Grilled Rainbow Tomato Pizza)
 - 1 cup (Chicken Alfredo Pizza)
- ☐ **1 tbsp grated Parmesan** (Grilled Rainbow Tomato Pizza)

BAKERY

- ☐ **3 (12" each) thin pizza crusts**, preferably whole-wheat
 - 2 (Chicken Alfredo Pizza)
 - 1 (Grilled Rainbow Tomato Pizza)
- ☐ **½ pkg (14 oz/397 g) frozen puff pastry** (Chicken Stew Pot Pies)



CHICKEN STEW POT PIES



TIP: Swap chicken with 2 cans (14 oz/398 ml each) lentils, drained and rinsed.

 **TOTAL TIME:** 20 min

 **6 SERVINGS**

 **\$2.82 CA/\$2.39 US PER SERVING**

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

INGREDIENTS

- ½ pkg (14 oz/397 g) frozen puff pastry, thawed
- 1 egg
- Garlic & Onion Nutritional Yeast Topper**, to taste, optional
- 1 pkg **Home-Style Chicken Stew Seasoning**
- 2½ cups water, divided
- 1 large potato, Russet or Yukon Gold
- 2 carrots
- 2 stalks celery
- 1 tbsp oil
- 1 lb (450 g) boneless, skinless chicken breasts
- ½ lemon
- 1 cup frozen peas

NUTRITIONAL INFO

Per serving: Calories 430, Fat 19 g (Saturated 5 g, Trans 0.1 g), Cholesterol 100 mg, Sodium 430 mg, Carbohydrate 39 g (Fibre 4 g, Sugars 5 g), Protein 26 g.

INSTRUCTIONS

1. Preheat oven to 425° F.
2. Roll out puff pastry until flattened into a 6" square. Cut into six pieces; cut small slits with the tip of a small knife. Place pastry pieces on ¼ **Sheet Pan** lined with ¼ **Sheet Pan Liner**.
3. In a small bowl, whisk egg. Brush over pastry. Bake until slightly puffed and golden brown, about 15 min. Sprinkle with topper once cooked.
4. Meanwhile, in a bowl, combine seasoning with 2 cups water. Set aside.
5. Peel and cube potato. Dice carrots and celery. In **Multipurpose Steamer** combine potatoes, carrots, and celery with ½ cup water. Cover and microwave on high for 8 min or until veggies are tender.
6. Meanwhile, heat oil in large sauté pan. Cube chicken. Add chicken to pan; stir-fry until golden and cooked through, about 4–5 min. Finely grate 1 tsp lemon peel.
7. Stir in reserved seasoning mixture, cooked veggies (including any liquid in the steamer), and lemon peel to pan. Bring a boil, then stir in frozen peas. Cook until warmed through, 1 more min.
8. Serve stew in bowls and top with pastry.

TACO SPICED QUINOA



TIP: Quinoa comes in a variety of colours: white, red, rainbow. White quinoa has the most neutral flavour, while others are more nutty and earthy. Choose white quinoa for a faster cook time or be bold and try red or rainbow for a crunchier bite!

 **TOTAL TIME:** 20 min  **4 SERVINGS**  **\$3.18 CA/\$2.70 US PER SERVING**

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

INGREDIENTS

- 4 cups hot water
- 2 cups uncooked quinoa, preferably white
- 1 pkg **Taco Seasoning**
- 2 small bell peppers
- 1 cup fresh broccoli florets
- 4 eggs
- ½ tbsp oil
- 1 cup frozen edamame

NUTRITIONAL INFO

Per serving: Calories 490, Fat 15 g (Saturated 2.5 g, Trans 0 g), Cholesterol 245 mg, Sodium 115 mg, Carbohydrate 67 g (Fibre 10 g, Sugars 5 g), Protein 24 g.

INSTRUCTIONS

1. Mix hot water, quinoa, and seasoning in **Multipurpose Steamer**. Cover; microwave on high until tender and water has absorbed, 12–15 min.
2. Meanwhile, slice bell peppers. Cut broccoli florets into bite sized pieces. Whisk eggs in a small bowl.
3. Heat oil in a **Wok** over medium-high heat. Add bell peppers, broccoli, and edamame; stir-fry until tender-crisp, 3–4 min. Add quinoa; mix well. Continue to stir occasionally—this is to allow the quinoa to get crispy—about 2–3 min.
4. Add eggs and scramble into quinoa.

BEEF STROGANOFF



TOTAL TIME: 17 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 Epicure Salad Dressing.

INGREDIENTS

- 1 pkg **Beef Stroganoff Seasoning**
- 1¾ 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**, optional
- Black Pepper**, optional

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 (Fibre 3 g, Sugars 3 g), Protein 28 g.

INSTRUCTIONS

1. Combine seasoning with water. Set aside.
2. Heat oil in a large fry 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, if desired.

MICROWAVE CHICKEN ‘N SHRIMP JAMBALAYA



TOTAL TIME: 20 min



4 SERVINGS



\$4.06 CA/\$3.45 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 tbsp **Epicure Aioli**, your choice.

INGREDIENTS

- 2 celery stalks
- 1 green bell pepper
- 1 large onion
- ½ lb (225 g) boneless, skinless chicken breasts, about 1
- 2 cups water
- 1 can (14 oz/398 ml) diced tomatoes
- 1 cup uncooked white rice
- 1 pkg **Sweet & Sour Stir-Fry Seasoning**
- ½ lb (225 g) frozen cooked peeled shrimp, defrosted

Toppings (optional): sliced green onions, **Roasted Garlic Aioli**

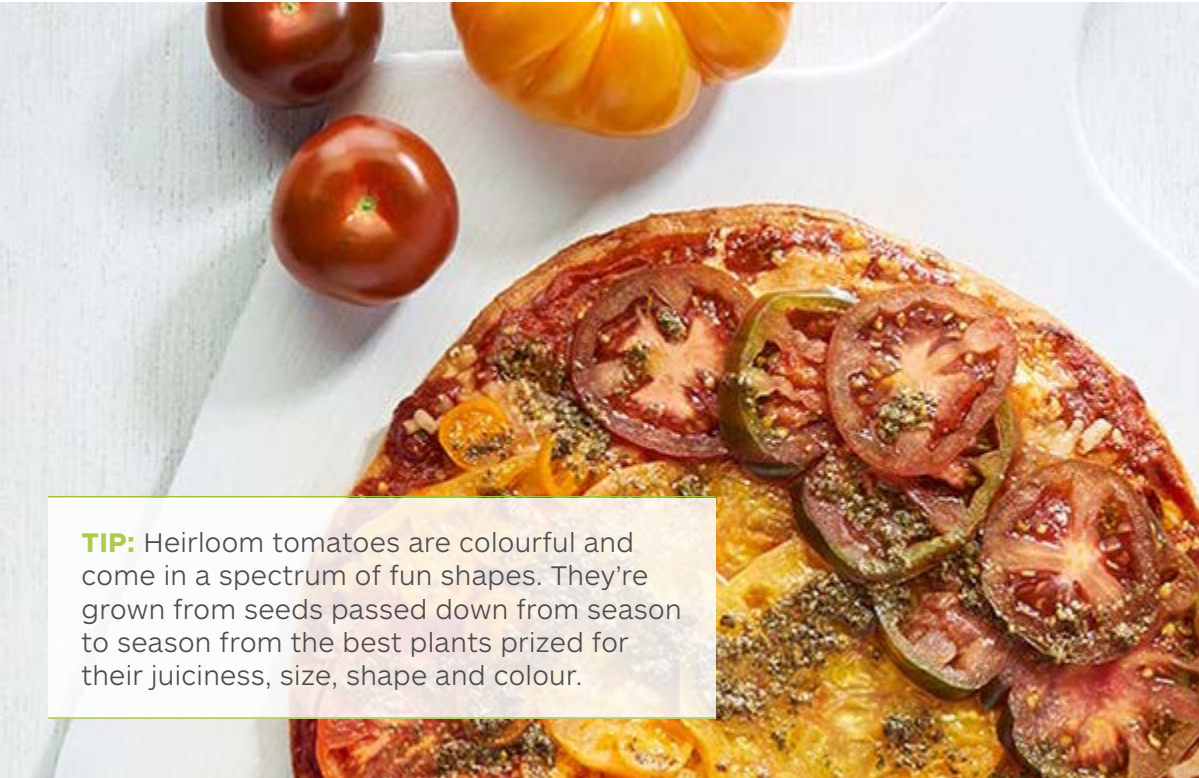
NUTRITIONAL INFO

Per serving (about 2 cups): Calories 370, Fat 2.5 g (Saturated 0.5 g, Trans 0 g), Cholesterol 125 mg, Sodium 410 mg, Carbohydrate 56 g (Fibre 4 g, Sugars 8 g), Protein 28 g.

INSTRUCTIONS

1. Dice celery, bell pepper, onion, and chicken. Place in **Multipurpose Steamer**.
2. Stir in water, diced tomatoes, rice, and seasoning. Make sure the rice is submerged under the liquid. Microwave, uncovered, on high for 16–18 min, stirring halfway, or until rice is tender.
3. Add shrimp to Multipurpose Steamer; stir to combine. Microwave on high, uncovered for 2 min, or until shrimp are warmed through. If you have time, let the jambalaya rest a few minutes to allow the moisture to redistribute in the rice.
4. Spoon into bowls and add toppings, if desired.

GRILLED RAINBOW TOMATO PIZZA



TIP: Heirloom tomatoes are colourful and come in a spectrum of fun shapes. They're grown from seeds passed down from season to season from the best plants prized for their juiciness, size, shape and colour.



TOTAL TIME: 18 min



8 SERVINGS



\$1.52 CA/\$1.29 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ cup lean protein such as grilled chicken or ground beef and 1 cup sliced veggies, your choice.

INGREDIENTS

- 12" pizza shell or flatbread
- 1 tbsp olive oil
- 3 large colourful heirloom tomatoes
- ½ cup tomato sauce
- 1½ cups low-fat shredded mozzarella cheese
- Sea Salt**, to taste
- Black Pepper**, to taste
- ½ cup prepared **Pesto Sauce**

NUTRITIONAL INFO

Per serving: Calories 260, Fat 11 (Saturated 2.5 g, Trans 0 g), Cholesterol 5mg, Sodium 460 mg, Carbohydrates 29 g (Fibre 2 g, Sugar 3 g), Protein 13 g.

INSTRUCTIONS

1. Preheat grill to high heat—aim for at least 550° F.
2. Lightly oil the bottom of the pizza shell. Grill 1–2 min until lightly charred. Remove from heat.
3. Thinly slice tomatoes into large rounds. Spread pizza shell with a layer of tomato sauce, cheese, and tomatoes. Season to taste.
4. Place back on grill, close lid, and cook 3–5 min. The edges should be crispy and well done, and the cheese should be melted.
5. Remove from heat and drizzle with Pesto Sauce. Let rest 2–3 min before serving.

FISH WITH CREAMY PESTO SAUCE



TOTAL TIME: 20 min



4 SERVINGS



\$3.93 CA/\$3.34 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy greens, 1 tbsp **Greek Dressing**, and ½ cup rice or pasta.

INGREDIENTS

- 2 tsp oil
- 4 (4 oz/113 g each) white fish fillets, skinless, such as cod, haddock, or tilapia
- 1½ cups milk, your choice
- 1 pkg **Creamy Pesto Parmesan Chicken Skillet Sauce**
- ½ zucchini
- ½ pint cherry tomatoes
- Sea Salt**, to taste
- Black Pepper**, to taste

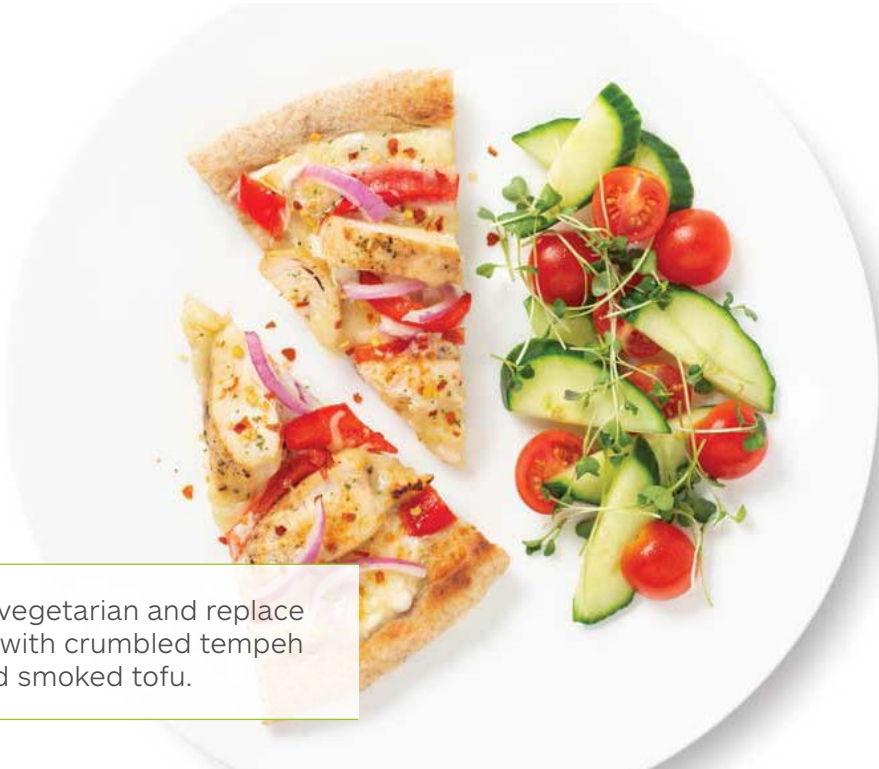
NUTRITIONAL INFO

Per serving: Calories 230, Fat 7 g (Saturated 3 g, Trans 0.1 g), Cholesterol 60 mg, Sodium 260 mg, Carbohydrate 12 g (Fibre 1 g, Sugars 2 g), Protein 27 g.

INSTRUCTIONS

1. In a large non-stick fry pan or skillet, heat oil over medium-high. Add fish, cooking 2–3 min per side. Fish should be slightly undercooked at this point. Place on plate; cover to keep warm.
2. In same pan (don't discard any liquid from the fish), whisk together milk and seasoning. Reduce heat to medium, stirring occasionally, until sauce thickens, about 3 min.
3. Gently place fish back into pan. Let simmer 2 min to finish cooking through. Fish should flake easily.
4. Meanwhile, fit the **4-in-1 Mandoline** with the 1.5 mm slicer plate and slice zucchini thinly. Slice tomatoes in half. Scatter veggies on top of fish. Season to taste and serve.

CHICKEN ALFREDO PIZZA



TIP: Go vegetarian and replace chicken with crumbled tempeh or cubed smoked tofu.



TOTAL TIME: 20 min



8 SERVINGS



\$3.20 CA/\$2.72 US PER SERVING

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

INGREDIENTS

1 pkg **Alfredo Sauce Mix**
1½ cups milk, your choice
1 lb (450 g) boneless, skinless chicken breasts, sliced
2 small bell peppers
1 small red onion, optional
2 (12" each) thin whole-wheat pizza crusts
1 cup grated mozzarella cheese
Sea Salt, to taste
Black Pepper, to taste

NUTRITIONAL INFO

Per serving (2 slices): Calories 370, Fat 10 g (Saturated 5 g, Trans 0.1 g), Cholesterol 55 mg, Sodium 610 mg, Carbohydrate 41 g (Fibre 2 g, Sugars 3 g), Protein 26 g.

INSTRUCTIONS

1. Preheat oven to 450 °F.
2. Combine mix with milk in **Multipurpose Pot**. Whisking constantly, bring to a boil over medium-high; reduce heat, and simmer 3 min or until thickened.
3. Meanwhile, place chicken in **Multipurpose Steamer**. Cover; microwave on high 3–5 min.
4. Thinly slice bell pepper and onion, if using.
5. Place pizza crusts on two separate **Sheet Pans**. Spread sauce over pizza crusts; arrange chicken and vegetables on top. Sprinkle with cheese.
6. Bake until cheese melts, 8–10 min. Remove from oven and cut each pizza into 8 slices; season to taste with salt and pepper.

GROCERY LIST

WEEK 5

PRODUCE

- ☐ **2 small eggplants** (Greek Turkey Stuffed Eggplant)
- ☐ **2 medium zucchini** (Enchilada Chicken & Zoodles)

PANTRY STAPLES

- ☐ **½ can (14 oz/398 ml) crushed tomatoes** (Enchilada Chicken & Zoodles)
- ☐ **1 cup low-sodium broth**, your choice (Enchilada Chicken & Zoodles)
- ☐ **1 cup tomato sauce**, your choice (Greek Turkey Stuffed Eggplant)
- ☐ **4 tsp oil:**
 - 2 tsp (Enchilada Chicken & Zoodles)
 - 2 tsp (Greek Turkey Stuffed Eggplant)

PROTEIN

- ☐ **1 lb (450 g) boneless, skinless chicken thighs** (Enchilada Chicken & Zoodles)
- ☐ **1 lb (450 g) ground turkey** (Greek Turkey Stuffed Eggplant) | *Swap: lean ground beef*

DAIRY

- ☐ **½ cup grated mozzarella cheese** (Greek Turkey Stuffed Eggplant)
- ☐ **¼ cup crumbled feta cheese**, optional (Enchilada Chicken & Zoodles)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add whole-grain buns, avocado, and rice.



GREEK TURKEY STUFFED EGGPLANT



TIP: Use your favourite tomato sauce or try **Marinara Sauce**. One jar makes up to 24 cups of sauce.



TOTAL TIME: 20 min



4 SERVINGS



\$3.87 CA/\$3.29 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ cup rice. For ease, fold rice right into meat mixture before filling eggplant shells.

INGREDIENTS

- 2 small eggplants
- 2 tsp oil
- 1 lb (450 g) ground turkey or lean ground beef
- 2 tbsp **Greek Dressing Mix**
- 1 cup tomato sauce, your choice
- ½ cup grated mozzarella cheese

Toppings (optional): plain Greek yogurt, sliced green onions or chopped parsley, hot sauce

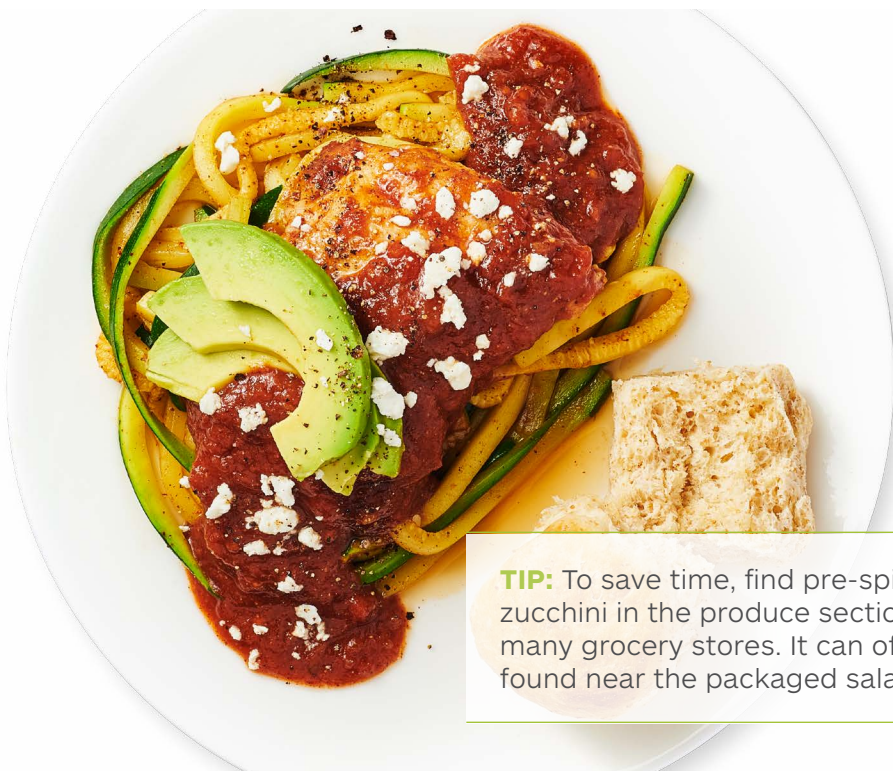
NUTRITIONAL INFO

Per serving (½ eggplant): Calories 300, Fat 14 g (Saturated 4 g, Trans 0.1 g), Cholesterol 85 mg, Sodium 530 mg, Carbohydrate 19 g (Fibre 9 g, Sugars 9 g), Protein 29 g.

INSTRUCTIONS

1. Preheat oven to 400° F.
2. Slice eggplants in half lengthwise. Cut around the insides of each half. Score flesh in a diamond pattern, being careful not to pierce the skin. Use a spoon to scoop out flesh, leaving each half with a ¼" thick shell. Chop eggplant centres into small pieces; set aside.
3. Place eggplant shells in **Multipurpose Steamer**. It's OK if they overlap. Cover; microwave on high for 2–4 min, or until softened. Set aside.
4. Meanwhile, in a large oven-proof skillet, heat oil over medium-high. Crumble in turkey and add dressing mix. Stir often, breaking up large chunks as needed, until cooked through, 3–4 min. Add eggplant centres and tomato sauce. Cook, stirring often until softened, 2–3 min.
5. Remove eggplant shells from steamer; scrape filling mixture into steamer. Place shells in the skillet (don't wash). Generously fill shells with mixture; press in to pack down. Sprinkle with cheese. Bake until cheese melts, about 3 min. Serve and add toppings, if desired.

ENCHILADA CHICKEN & ZOODLES



TIP: To save time, find pre-spiralized zucchini in the produce section of many grocery stores. It can often be found near the packaged salad mixes.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$2.64 CA/\$2.24 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 small whole-grain bun and ¼ avocado, sliced.

INGREDIENTS

- 2 tsp oil
- 1 lb (450 g) boneless, skinless chicken thighs
- 1 pkg **Enchilada Seasoning**, divided
- 1 cup low-sodium broth, your choice
- ½ can (14 oz/398 ml) crushed tomatoes
- 2 medium zucchini
- ¼ cup crumbled feta cheese, optional

NUTRITIONAL INFO

Per serving: Calories 240, Fat 8 g (Saturated 1.5 g, Trans 0 g), Cholesterol 90 mg, Sodium 520 mg, Carbohydrate 17 g (Fibre 3 g, Sugars 5 g), Protein 28 g.

INSTRUCTIONS

1. In **Wok**, heat oil over medium-high heat. Add chicken; cook until lightly browned, about 3 min per side.
2. Meanwhile, reserve 1 tbsp seasoning and set aside. In a bowl, whisk together remaining seasoning, broth, and crushed tomatoes. Add to wok once chicken has browned.
3. Reduce heat; stir to coat. Cover; simmer, stirring occasionally, until chicken is cooked through, about 5 min.
4. Meanwhile, using **4-in-1 Mandoline** fitted with 6 mm julienne plate, julienne zucchini into long thin strips to make zoodles (you should have about 6 cups). Place in **Multipurpose Steamer**; sprinkle with reserved 1 tbsp seasoning. Cover; microwave on high 2 min. Toss (with lid on) and microwave an additional 2 min.
5. Divide zoodles and chicken on plates, spoon sauce on top, and finish with cheese, if desired.