



E P I C U R E™

WHAT'S FOR DINNER? 30-DAY MEAL PLAN

FEBRUARY EXCLUSIVE



BETTER THAN TAKEOUT

E P I C U R E [™]

Turn your kitchen into your new fave takeout go-to! Use this guide with the **30-Day What's for Dinner Collection (February Exclusive)** to easily plan and prepare 30 days of delicious, better-for-you dinners. Follow either the package instructions on the Meal Solutions listed, or find inspiration with the fresh, new recipes (follow the links) within. The weekly grocery lists break down what you need and have easy swaps to help you shop smarter and find ingredients to suit your family's taste. This guide is your perfect companion to helping you create hearty, healthy meals even your favourite restaurant will envy!

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 your greens 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?

FEBRUARY 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	<u>AFRICAN SWEET POTATO STEW</u> 6 servings \$2.45 CA \$2.08 US	<u>BEST EVER RANCH CHICKPEA SALAD SANDWICH</u> 4 servings \$2.03 CA \$1.73 US	<u>RANCH CHICKEN QUESADILLAS</u> 4 servings \$3.45 CA \$2.93 US	<u>SOUTHERN BAKED CHICKEN</u> 8 servings \$2.01 CA \$1.71 US	<u>TUNA NAAN MELTS</u> 4 servings \$1.96 CA \$1.67 US
TUE	<u>ENCHILADA CHICKEN & ZOODLES</u> 4 servings \$2.64 CA \$2.24 US	<u>ORANGE ROSEMARY GARLIC CHICKEN</u> 4 servings \$1.86 CA \$1.58 US	<u>SESAME NOODLES & FRIED EGG</u> 4 servings \$2.23 CA \$1.90 US	<u>HEARTY MINISTRONE</u> 4 servings \$2.08 CA \$1.77 US	<u>GENERAL TAO CHICKEN</u> 4 servings \$2.97 CA \$2.52 US
WED	<u>SLOPPY JOES</u> 4 servings \$2.11 CA \$1.79 US	<u>ENCHILADAS</u> 4 servings \$2.88 CA \$2.45 US	<u>SHRIMP ALFREDO SKILLET</u> 4 servings \$3.49 CA \$2.97 US	<u>PORK & BOK CHOY STIR-FRY</u> 4 servings \$2.55 CA \$2.17 US	CREAMY RANCH DIP MIX  ROSEMARY GARLIC SEASONING  CAESAR DRESSING MIX 
THU	<u>PANTRY PAD THAI</u> 4 servings \$3 CA \$2.55 US	<u>HEARTY WINTER MINISTRONE</u> 4 servings \$5.32 CA \$4.52 US	<u>RED CURRY CHICKEN BOWL</u> 4 servings \$4.83 CA \$4.12 US	<u>ALFREDO CHICKEN & BROCCOLI MICROWAVE SKILLET</u> 4 servings \$3.53 CA \$3 US	
FRI	<u>PUMPKIN & BEAN CHILI</u> 4 servings \$2.99 CA \$2.54 US	<u>RED CURRY LENTIL BOWL</u> 4 servings \$2.77 CA \$2.00 US	<u>CAESAR SMASH BURGER</u> 4 servings \$2.32 CA \$1.97 US	<u>PAD THAI</u> 4 servings \$5.93 CA \$5.04 US	
SAT	<u>SOUTHERN BAKED TOFU DINNER</u> 4 servings \$3.22 CA \$2.74 US	<u>TUNA CASSEROLE</u> 6 servings \$1.38 CA \$1.17 US	<u>TOFU CURRY WITH PINEAPPLE RICE</u> 4 servings \$2.70 CA \$2.30 US	<u>SLOPPY JOE ZUCCHINI BOATS</u> 4 servings \$2.92 CA \$2.48 US	
SUN	<u>KATSU-STYLE PORK</u> 4 servings \$3.63 CA \$3.09 US	<u>ROTISSERIE CHICKEN</u> 8 servings \$2.29 CA \$1.95 US	<u>PHYLLO MEAT PIE</u> 6 servings \$2.35 CA \$2 US	<u>LEMON CHICKEN</u> 6 servings \$2.53 CA \$2.15 US	

GROCERY LIST

WEEK 1

PRODUCE

- 2 large sweet potatoes** (African Sweet Potato Stew) | *Swap: Russet or Yukon Gold potatoes*
- 2 medium zucchinis** (Enchilada Chicken & Zoodles)
- ½ bell pepper**, preferably red (Southern Baked Tofu Dinner)
- ½ onion**, preferably yellow (Southern Baked Tofu Dinner)
- ¼ red onion** (Southern Baked Tofu Dinner)
- 5 cups frozen mixed vegetables:**
 - 4 cups (Pantry Pad Thai)
 - 1 cup (Pumpkin & Bean Chili)
- 4 cups shredded cabbage**, red or green (Katsu-Style Pork)
- 3 cups broccoli florets** (Southern Baked Tofu Dinner)

PANTRY STAPLES

- Oil:**
 - ¼ cup (Katsu-Style Pork)
 - 2 tbsp (Southern Baked Tofu Dinner)
 - 2 tsp (Enchilada Chicken & Zoodles)
 - ½ tbsp (Pantry Pad Thai)
- ½ pkg (14 oz/400 g) rice vermicelli noodles** (Pantry Pad Thai)
- 2 cans (28 oz/796 ml each) diced tomatoes:**
 - 1 can (African Sweet Potato Stew)
 - 1 can (Pumpkin & Bean Chili)
- 1 can (14 oz/398 ml) coconut milk**, preferably light (African Sweet Potato Stew)
- 1 can (14 oz/398 ml) crushed tomatoes** (Enchilada Chicken & Zoodles)
- 1 can (14 oz/398 ml) pumpkin purée** (Pumpkin & Bean Chili)
- 1 can (5.5 oz/156 ml) tomato paste** (Sloppy Joes)
- 1 cup panko breadcrumbs** (Katsu-Style Pork)
Swap: Gluten-free breadcrumbs

- 1 cup broth, your choice, preferably low-sodium** (Enchilada Chicken & Zoodles)
- 1 cup uncooked white rice** (Katsu-Style Pork)
- ¾ cup peanut butter**, natural crunchy
Swap: Nut butter alternative
 - ½ cup (African Sweet Potato Stew)
 - ¼ cup (Pantry Pad Thai)
- 2 tbsp flour**, all-purpose (Katsu-Style Pork)
- 2 tbsp mayonnaise**, preferably light (Katsu-Style Pork)
- 1 tbsp soy sauce**, preferably low-sodium (Pantry Pad Thai)

PROTEIN

- 2 eggs** (Pantry Pad Thai)
- 2 pkgs (350 g each) firm tofu** (Southern Baked Tofu Dinner)
- 1 can (19 oz/540 ml) black beans**, preferably low-sodium (Pumpkin & Bean Chili)
- 1 can (19 oz/540 ml) kidney beans**, preferably low-sodium (Pumpkin & Bean Chili)
- 1 lb (450 g) lean ground beef** (Sloppy Joes)
- ½ lb (225 g) boneless, skinless chicken breasts**, about 1 breast (Pantry Pad Thai)
- 1 lb (450 g) boneless, skinless chicken thighs** (Enchilada Chicken & Zoodles)
- 1 lb (450 g) boneless pork loin**, thin cut, 4 chops (Katsu-Style Pork)
- ½ lb (225 g) ground turkey** (African Sweet Potato Stew) | *Swap: 1 can (19 oz/540 ml) black beans*

DAIRY

- ¼ cup crumbled feta cheese**, optional (Enchilada Chicken & Zoodles)
- ¼ cup milk**, your choice (Katsu-Style Pork)

BAKERY

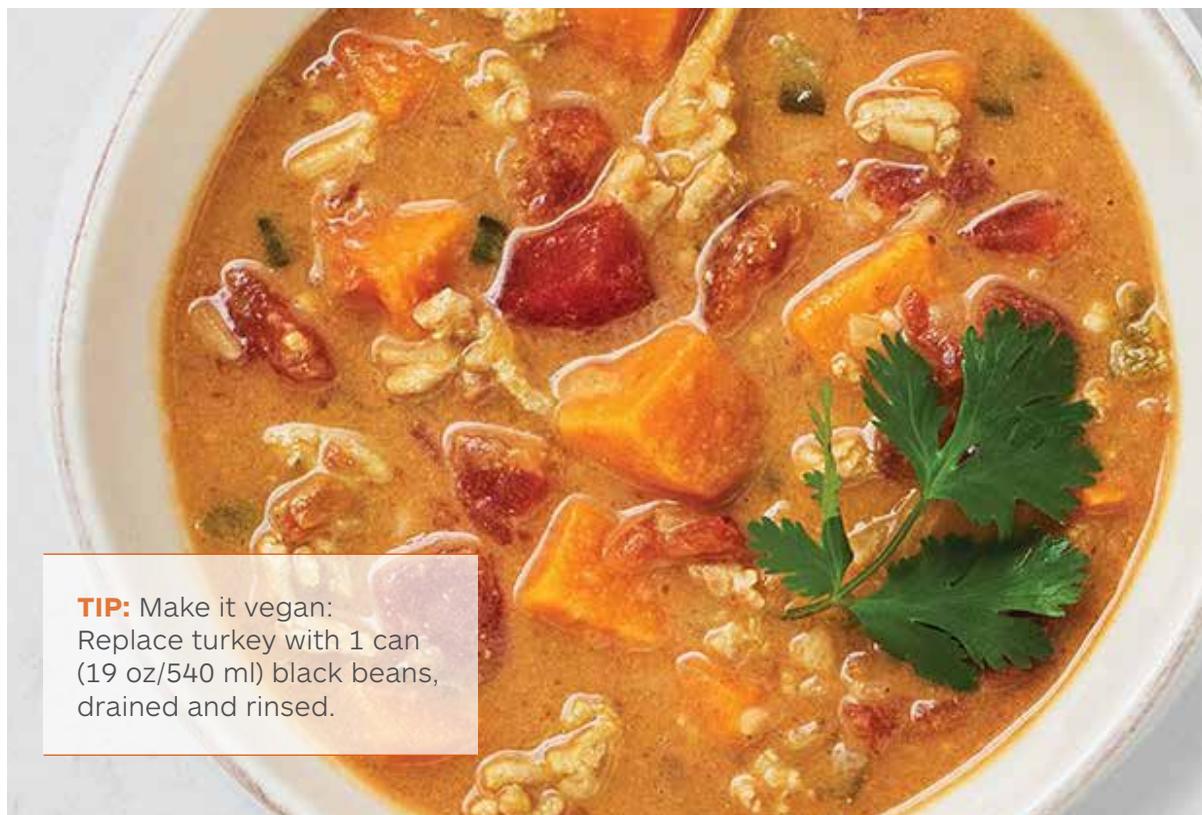
- 4 buns** (Sloppy Joes)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add whole-grain buns, avocado, extra broccoli, and leafy greens.



AFRICAN SWEET POTATO STEW



TIP: Make it vegan:
Replace turkey with 1 can
(19 oz/540 ml) black beans,
drained and rinsed.



TOTAL TIME: 20 min



6 SERVINGS



\$2.45 CA/\$2.08 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 whole-grain roll.

INGREDIENTS

2 large sweet potatoes
½ lb (225 g) ground turkey
1 pkg **African Sweet Potato Stew Seasoning**
1 can (28 oz/796 ml) diced tomatoes
1 can (14 oz/398 ml) light coconut milk
1 cup water or broth
½ cup natural crunchy peanut butter,
or nut butter alternative
Toppings (optional): chopped parsley
or cilantro

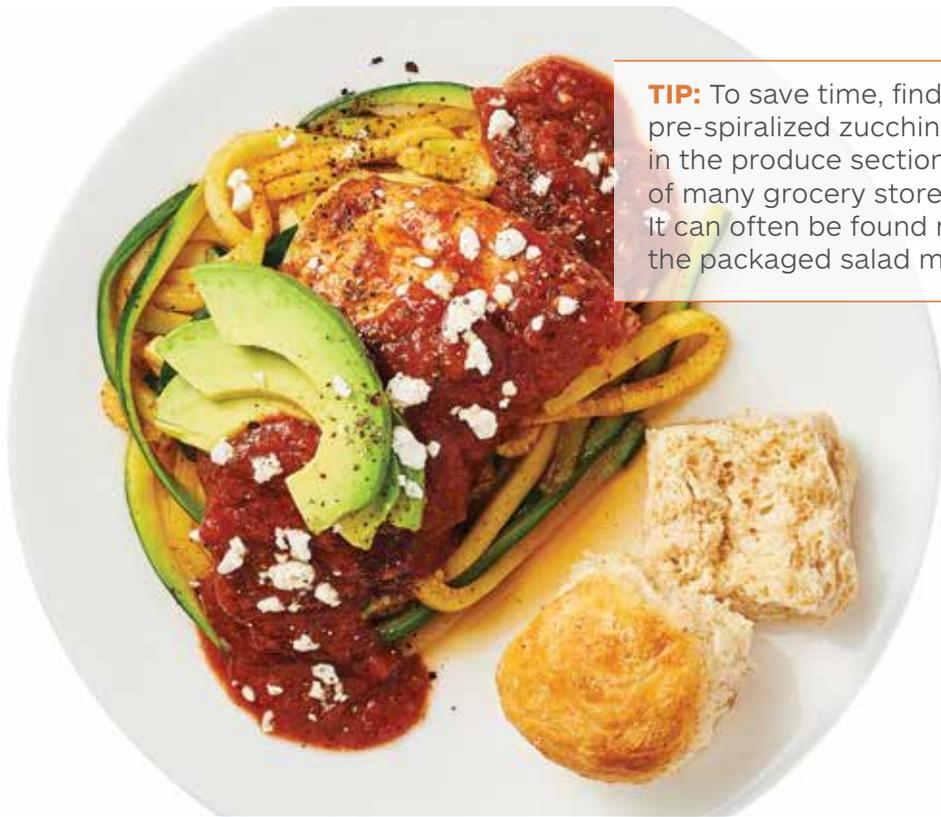
INSTRUCTIONS

1. Peel and cut sweet potatoes into small cubes (about 4 cups). Place in **Multipurpose Steamer**; cover and microwave on high for 6 min.
2. Meanwhile, in **Wok**, cook turkey over medium-high heat until cooked through, 3–5 min. Stir in seasoning, tomatoes, coconut milk, and water. Cover; cook for 5 min.
3. Stir in sweet potatoes and peanut butter. Add toppings, if desired.

NUTRITIONAL INFO

Per serving: Calories 360, Fat 18 g (Saturated 6 g, Trans 0 g), Cholesterol 25 mg, Sodium 420 mg, Carbohydrate 31 g (Fibre 5 g, Sugars 8 g), Protein 17 g.

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 $\frac{1}{4}$ 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
 $\frac{1}{2}$ can (14 oz/398 ml) crushed tomatoes
2 medium zucchinis
 $\frac{1}{4}$ 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. Pour over chicken. Reduce heat to medium. Cover; simmer until chicken is cooked, 5 min.
3. Meanwhile, using **4-in-1 Mandoline** fitted with 6 mm julienne plate, julienne zucchinis into zoodles. 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.
4. Divide zoodles and chicken on plates, spoon sauce on top, and finish with cheese, if desired.

SLOPPY JOES



TIP: Replace meat with 1 can (19 oz/540 ml) lentils, drained and rinsed. Combine as above and simmer for 5 min. Slash carbs and serve in lettuce cups instead of buns.



TOTAL TIME: 15-17 min



4 SERVINGS



\$2.11 CA/\$1.79 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup mixed veggies and 1 small bun.

INGREDIENTS

1 lb (450 g) lean ground beef
1 pkg **Sloppy Joe Seasoning**
1½ cups water
1 can (5.5 oz/156 ml) tomato paste
4 buns, split and toasted, optional

NUTRITIONAL INFO

Per serving: Calories 390, Fat 18 g (Saturated 7 g, Trans 0 g), Cholesterol 90 mg, Sodium 370 mg, Carbohydrate 22 g (Fibre 5 g, Sugars 3 g), Protein 37 g.

INSTRUCTIONS

1. In a pan, brown beef over medium-high heat, 5–7 min. Use **Ground Meat Separator** to break up meat.
2. Drain excess fat.
3. Stir in seasoning, water, and tomato paste. Reduce heat to medium; simmer, stirring occasionally, for 5 min. Spoon over buns, 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 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 tbsp low-sodium soy sauce
1 pkg **Pad Thai Seasoning**
½ lb (225 g) boneless, skinless chicken breasts, about 1 breast
½ tsp oil
4 cups frozen mixed vegetables
2 eggs
Black Pepper, 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 (Fibre 5 g, Sugars 13 g), Protein 25 g

INSTRUCTIONS

1. In a large bowl, combine rice noodles and boiling water. Ensure noodles are completely submerged—add more boiling water as needed. Every couple of minutes, give the noodles a stir to ensure they are evenly cooked. Noodles take approximately 6 min to cook until tender. Drain and rinse noodles under 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. Cook about 10 min or until chicken is cooked and vegetables are heated through.
4. In a small bowl, whisk eggs.
5. Reduce heat to low-medium. Add cooked noodles and reserved sauce to wok. Using tongs, mix well, and loosen noodle strands to avoid having them clump together.
6. 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.

PUMPKIN & BEAN CHILI



TIP: Make sure to use puréed pumpkin rather than pumpkin pie filling! The latter contains seasonings that will change the flavour of this recipe.



TOTAL TIME: 20 min



4 SERVINGS



\$2.99 CA/\$2.54 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups mixed greens and 1 tsp prepared **Epicure Dressing**.

INGREDIENTS

1 can (19 oz/540 ml) kidney beans
1 can (19 oz/540 ml) black beans
1 can (28 oz/796 ml) diced tomatoes
1 cup frozen mixed vegetables
1 can (14 oz/398 ml) pumpkin purée
½ cup water or vegetable broth
1 pkg **Cha Cha Chili Seasoning**
Sea Salt (Grinder), to taste
Black Pepper (Grinder), to taste
Toppings (optional): chopped red onion, sliced jalapeño, sliced avocado

NUTRITIONAL INFO

Per serving: Calories 410, Fat 2.5 g
(Saturated 0.3 g, Trans 0 g), Cholesterol 0 mg,
Sodium 610 mg, Carbohydrate 76 g
(Fibre 26 g, Sugars 14 g), Protein 22 g.

INSTRUCTIONS

1. Drain and rinse beans.
2. In **Multipurpose Pot**, add beans, tomatoes, vegetables, pumpkin purée, water, and seasoning. Bring to a boil over medium-high; reduce heat and simmer 12-15 min, stirring occasionally.
3. Spoon into bowls and garnish with toppings, if desired. Season to taste with salt and pepper.

SOUTHERN BAKED TOFU DINNER



TIP: While tofu and veggies roast, cook quinoa in the microwave. Place ½ cup uncooked quinoa in **Multipurpose Steamer**. Stir in 1 cup hot water. Cover; microwave on high, 12–15 min.



TOTAL TIME: 20 min



4 SERVINGS



\$3.22 CA/\$2.74 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ cup quinoa and 2 cups mixed greens with 2 tsp Epicure Dressing.

INGREDIENTS

2 pkg (350 g each) firm tofu
2 tbsp oil, divided
1 pkg **Southern Baked Gluten Free Crumb Mix**
½ each yellow onion and red bell pepper
¼ red onion
3 cups chopped broccoli florets
1 tbsp **Rosemary Garlic Seasoning**

NUTRITIONAL INFO

Per serving: Calories 290, Fat 17 g (Saturated 2.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 520 mg, Carbohydrate 24 g (Fibre 12 g, Sugars 3 g), Protein 24 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Drain tofu; cut into 1" chunks. Place in bowl and coat with 1 tbsp oil; add crumb mix and toss to coat. Arrange in single layer on ⅓ of the pan. Place in oven while preparing veggies.
3. Thinly slice onions and pepper. Chop broccoli into florets (if needed). Wipe tofu bowl clean; add veggies. Coat with 1 tbsp oil and seasoning.
4. Remove sheet pan from oven. Arrange veggies beside tofu.
5. Continue to roast, without stirring, until veggies are tender, about 15 min.

KATSU-STYLE PORK



TIP: Gluten-free? Swap breadcrumbs for gluten-free panko breadcrumbs and swap flour for **Easy Peasy Bagel, Pancake, and Waffle Mix**.



TOTAL TIME: 20 min



4 SERVINGS



\$3.63 CA/\$3.09 US PER SERVING

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

INGREDIENTS

1 cup uncooked white rice
2 cups water
¼ cup milk, your choice
2 tbsp light mayonnaise
3 tbsp **Creamy Ranch Dip Mix**, divided
2 tbsp all-purpose flour
1 cup panko breadcrumbs or gluten-free breadcrumbs
¼ cup vegetable oil
1 lb (450 g) boneless pork loin, cut into thin slices
4 cups shredded cabbage, red or green
Toppings (optional): lemon wedge, sesame seeds

NUTRITIONAL INFO

Per serving: Calories 520, Fat 20 g (Saturated 3 g, Trans 0 g), Cholesterol 75 mg, Sodium 190 mg, Carbohydrate 51 g (Fibre 4 g, Sugars 4 g), Protein 34 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, add rice and water. Top with tray; microwave uncovered on high, 16–18 min or until tender.
2. Meanwhile, in bowl, whisk together milk, mayonnaise, and 1 tbsp dip mix. In another bowl, combine flour and remaining 2 tbsp dip mix. Place breadcrumbs in a third bowl.
3. In fry pan, heat oil over medium-high heat.
4. Dredge pork loins in flour, tapping off excess. Dip the pork in ranch mixture, followed by the breadcrumbs, pressing to help the crumbs stick.
5. Place pork in pan; cook about 2–3 min per side, until cooked through and browned. Work in two batches to avoid overcrowding the pan. Slice into thin strips once cooked.
6. Serve with ½ cup rice per serving (reserve remainder for use at a later date) and shredded cabbage.

GROCERY LIST

WEEK 2

PRODUCE

- 4 lettuce leaves** (Best Ever Ranch Chickpea Salad Sandwich)
- 2 sweet potatoes** (Red Curry Lentil Bowl)
Swap: Yams
- 1 bell pepper** (Hearty Winter Minestrone)
- 1 orange**, Navel or Valencia (Orange Rosemary Garlic Chicken) | *Swap: ½ cup orange juice*
- 1 red onion** (Orange Rosemary Garlic Chicken)
- 1 large tomato** (Best Ever Ranch Chickpea Salad Sandwich)
- ½ English cucumber** (Best Ever Ranch Chickpea Salad Sandwich)
- ½ lime** (Enchiladas)
- 8 cups baby spinach:**
 - 4 cups (Hearty Winter Minestrone)
 - 4 cups (Red Curry Lentil Bowl)
- 2 cups chopped butternut squash**, fresh or frozen (Hearty Winter Minestrone)
- 2 cups frozen peas** (Tuna Casserole)

PANTRY STAPLES

- Oil:**
 - 1 tbsp (Orange Rosemary Garlic Chicken)
 - 1 tsp, preferably coconut (Enchiladas)
- 1 can (28 oz/796 ml) diced tomatoes**, preferably unsalted (Hearty Winter Minestrone)
- 1 can (14 oz/398 ml) coconut milk**, preferably light (Red Curry Lentil Bowl)
- 4 cups uncooked broad egg noodles** (Tuna Casserole)
- 2 cups broth**, your choice (Hearty Winter Minestrone)
- 1 cup uncooked white rice** (Orange Rosemary Garlic Chicken)
- ¾ cup pumpkin seeds**, roasted (Best Ever Ranch Chickpea Salad Sandwich)
Swap: Sunflower seeds
- 3 tbsp tomato paste** (Enchiladas)
- 2 tbsp mayonnaise**, preferably light (Best Ever Ranch Chickpea Salad Sandwich)

- 1 tbsp honey** (Orange Rosemary Garlic Chicken)
- 1 tsp cornstarch** (Orange Rosemary Garlic Chicken)
- 1 tsp mustard** (Best Ever Ranch Chickpea Salad Sandwich)

PROTEIN

- 3 lbs (1.36 kg) whole chicken** (Rotisserie Chicken)
- 1 lb (450 g) boneless, skinless chicken thighs** (Orange Rosemary Garlic Chicken)
- 2 cans (14 oz/398 ml each) black beans**, preferably unsalted (Enchiladas)
- 2 cans (14 oz/398 ml) cannellini beans**, preferably unsalted (Hearty Winter Minestrone)
Swap: Navy beans or white kidney beans
- 1 can (19 oz/540 ml) lentils** (Red Curry Lentil Bowl)
- 1 can (14 oz/398 ml) chickpeas**, preferably unsalted (Best Ever Ranch Chickpea Salad Sandwich)
- 1 can (170 g) tuna** (Tuna Casserole)

DAIRY

- 2 cups 2% plain Greek yogurt:**
 - 1½ cups (Red Curry Lentil Bowl)
 - ½ cup (Best Ever Ranch Chickpea Salad Sandwich)
- 1½ cups milk**, your choice (Tuna Casserole)
- 1 cup grated cheese**, your choice (Enchiladas)
- ½ cup grated Parmesan cheese** (Hearty Winter Minestrone)

BAKERY

- 8 slices whole-grain bread** (Best Ever Ranch Chickpea Salad Sandwich)
- 4 medium tortillas** (Enchiladas)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra cucumber, bell peppers, spinach, and rice.



BEST EVER RANCH CHICKPEA SANDWICH

TIP: Load on the freshness! Bell peppers, sprouts, onion, radishes, and dried cranberries or raisins are great additions to this sandwich.



TOTAL TIME: 10 min



4 SERVINGS



\$2.03 CA/ \$1.73 US PER SERVING

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

INGREDIENTS

½ cup 2% plain Greek yogurt
2 tbsp light mayonnaise
1 tbsp **Creamy Ranch Dip Mix**
1 tsp mustard
1 can (14 oz/398 ml) unsalted chickpeas
¼ cup roasted pumpkin seeds
Black Pepper, to taste
Sea Salt, to taste
1 large tomato
½ English cucumber
4 lettuce leaves
8 slices whole-grain bread, toasted, if desired

NUTRITIONAL INFO

Per serving: Calories 440, Fat 14 g (Saturated 2.5 g, Trans 0 g), Cholesterol 5 mg, Sodium 400 mg, Carbohydrate 56 g (Fibre 12 g, Sugars 9 g), Protein 23 g.

INSTRUCTIONS

1. In a bowl, stir together yogurt, mayonnaise, dip mix, and mustard.
2. Drain and rinse chickpeas. Add to bowl and lightly mash with a fork. Add pumpkin seeds and mix until well combined. Add pepper and salt, to taste. Set aside.
3. Slice tomato and cucumber.
4. To assemble sandwiches, place lettuce leaves on four slices of bread and spread chickpea filling on top. Add sliced vegetables. Cover with second slice of bread.
5. Cut diagonally and serve.

ORANGE ROSEMARY GARLIC CHICKEN



TIP: If your orange doesn't give you a full ½ cup of juice, top with water.



TOTAL TIME: 20 min



4 SERVINGS



\$1.86 CA/\$1.58 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups spinach and 1 tbsp prepared **Epicure Dressing**.

INGREDIENTS

1 cup uncooked white rice
2 cups water
1 tbsp oil
1 red onion
1 lb (450 g) boneless, skinless chicken thighs
1 orange, such as Navel or Valencia
1 tbsp honey
1 tbsp **Rosemary Garlic Seasoning**
1 tsp cornstarch
Toppings (optional): sliced green onions

NUTRITIONAL INFO

Per serving: Calories 380, Fat 8 g (Saturated 1 g, Trans 0 g), Cholesterol 90 mg, Sodium 105 mg, Carbohydrate 48 g (Fibre 1 g, Sugars 8 g), Protein 27 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, combine rice and water. Top with tray; microwave uncovered, on high for about 16–18 min, or until tender.
2. In **Wok**, heat oil over medium-high heat. Meanwhile, cut onion in half lengthwise, thinly slice each half. Add chicken to wok. Cook until golden-brown, about 2–3 min per side. Add onion; cook for 2 min, stirring halfway through, until softened and slightly browned.
3. Cut orange into quarters. Using **2-in-1 Citrus Press**, squeeze juice into a bowl. You should have about ½ cup. Whisk in honey, seasoning, and cornstarch.
4. Decrease heat to medium-low. Pour sauce into pan; simmer, stirring and turning chicken to coat with sauce. Add more water to thin sauce, if needed. Serve with rice.

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 $\frac{1}{2}$ whole-grain roll.

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 $\frac{1}{2}$ cup sauce. Cover; microwave on high 2 min. Using a fork, coarsely mash.
4. Divide bean mixture and $\frac{3}{4}$ 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 $\frac{1}{4}$ cup cheese.
5. Cover; microwave on high, 6–8 min, or until heated through.

HEARTY WINTER MINESTRONE



TIP: Slash prep time and buy pre-cut squash cubes.



TOTAL TIME: 20 min



4 SERVINGS



\$5.32 CA/\$4.52 US PER SERVING

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

INGREDIENTS

1 bell pepper
2 cups chopped butternut squash, fresh or frozen
2 cups prepared **Epicure Broth**, your choice
1 pkg **Hearty Minestrone Seasoning**
4 cups baby spinach
2 cans (14 oz/398 ml) unsalted cannellini beans
1 can (28 oz/796 ml) unsalted diced tomatoes
½ cup grated Parmesan cheese
Toppings (optional): Pesto

NUTRITIONAL INFO

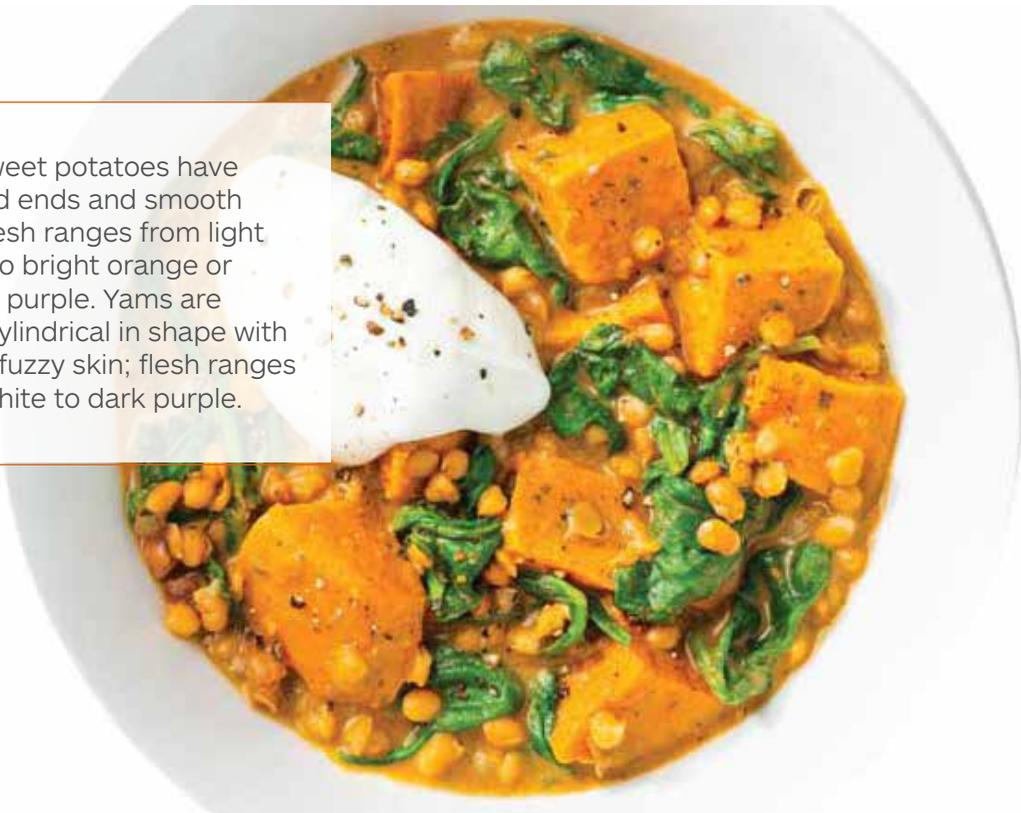
Per serving (about 2½ cups): Calories 350, Fat 5 g (Saturated 1.5 g, Trans 0.1 g), Cholesterol 10 mg, Sodium 350 mg, Carbohydrate 59 g (Fibre 16 g, Sugars 13 g), Protein 20 g.

INSTRUCTIONS

1. Dice pepper. Place in **Wok** along with squash, broth, and seasoning. Bring to a boil over high heat, stirring occasionally. Reduce heat to medium; cover and simmer until squash is tender, about 1 min.
2. Meanwhile, coarsely chop spinach. Drain and rinse beans.
3. Once squash is tender, stir in spinach, beans, and tomatoes. Cover; simmer for about 5 min.
4. Spoon into bowls. Top with 2 tbsp cheese per serving and pesto, if using.

RED CURRY LENTIL BOWL

TIP: Sweet potatoes have tapered ends and smooth skin; flesh ranges from light beige to bright orange or slightly purple. Yams are more cylindrical in shape with rough, fuzzy skin; flesh ranges from white to dark purple.



TOTAL TIME: 20 min



4 SERVINGS



\$2.77 CA/\$2 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced veggies, your choice, and 2 tbsp **Epicure Dip**.

INGREDIENTS

2 sweet potatoes or yams
1 pkg **Thai Red Curry Seasoning**
1 can (14 oz/398 ml) coconut milk, preferably light
1 can (19 oz/540 ml) lentils, drained and rinsed
4 cups baby spinach
1½ cups 2% Greek yogurt

NUTRITIONAL INFO

Per serving: Calories 340, Fat 9 g (Saturated 7 g, Trans 0 g), Cholesterol 47 mg, Sodium 630 mg, Carbohydrate 47 g (Fibre 15 g, Sugars 12 g), Protein 19 g.

INSTRUCTIONS

1. Peel potatoes; coarsely chop into large pieces. Place in **Multipurpose Steamer**. Microwave on high, covered, 8–10 min.
2. Meanwhile, in **Wok**, combine seasoning and coconut milk. Bring to a boil over high heat; stir in lentils. Cover; reduce heat to medium and simmer 6 min.
3. Stir in potatoes, then gradually stir in spinach, small handfuls at a time. Cover and simmer just until wilted, 1–2 min.
4. Spoon curry into bowls and top with yogurt.

TUNA CASSEROLE



TIP: Customize it your way; pack in more veggies along with the peas. Try steamed broccoli florets, zucchini coins, or sautéed mushrooms.



TOTAL TIME: 20 min



6 SERVINGS



\$1.38 CA/\$1.17 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup leafy green salad with 1 tbsp Epicure Dressing.

INGREDIENTS

1 pkg **Tuna Casserole Seasoning**
1½ cups cold milk
2½ cups hot water
4 cups broad egg noodles, uncooked
2 cups frozen peas
1 can (170 g) tuna, drained

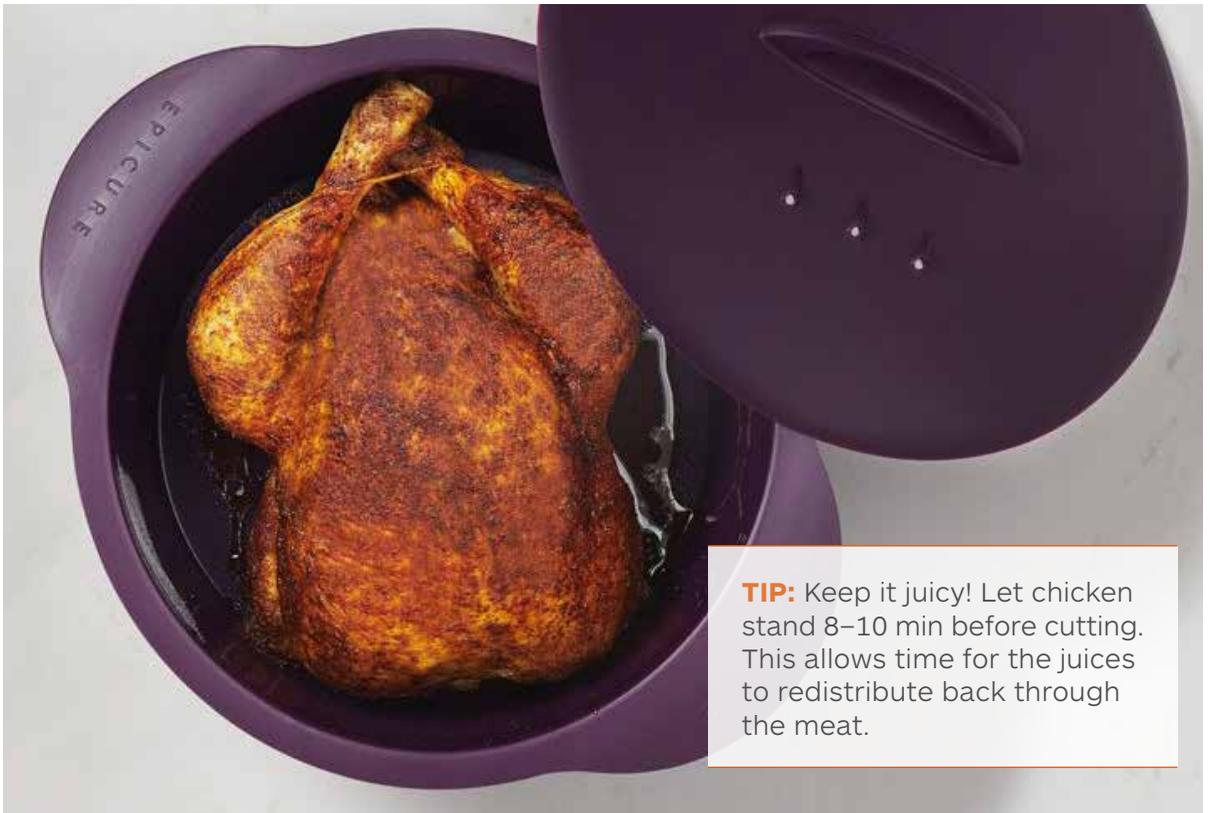
NUTRITIONAL INFO

Per serving: Calories 240, Fat 4 g (Saturated 2 g, Trans 0 g), Cholesterol 40 mg, Sodium 390 mg, Carbohydrate 34 g (Fibre 0 g, Sugars 4 g), Protein 17 g.

INSTRUCTIONS

1. In a sauté pan or **Wok**, stir together seasoning with milk. Stir in water and egg noodles. Cover; bring to a boil.
2. Reduce heat to medium; uncover and cook for 10 min, stirring frequently.
3. Stir in peas and tuna. Cook until heated through, 1–2 more min.

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.

GROCERY LIST

WEEK 3

PRODUCE

- 4 lettuce leaves** (Caesar Smash Burger)
- 1 bell pepper** (Ranch Chicken Quesadillas)
- 1 clove garlic**, optional (Caesar Smash Burger)
- 1 large tomato** (Caesar Smash Burger)
- 1 large bunch kale** (Tofu Curry with Pineapple Rice)
- ½ small red onion** (Caesar Smash Burger)
Swap: Yellow onion
- 4 cups frozen mixed vegetables** (Sesame Noodles & Fried Egg)
- 3 cups snow peas** (Red Curry Chicken Bowl)
- 3 cups frozen peas:**
 - 1 cup (Red Curry Chicken Bowl)
 - 2 cups (Phyllo Meat Pie)
- 2 cups frozen corn niblets** (Phyllo Meat Pie)

PANTRY STAPLES

- Oil:**
 - 1 tbsp, preferably sesame (Sesame Noodles & Fried Egg)
 - 1 tbsp (Sesame Noodles & Fried Egg)
 - ½ tbsp (Tofu Curry with Pineapple Rice)
 - 1 tsp (Caesar Smash Burger)
 - 1 tsp (Phyllo Meat Pie)
- ½ lb (225 g) uncooked spaghetti noodles**, preferably whole-wheat (Sesame Noodles & Fried Egg)
- 2 cans (14 oz/398 ml each) coconut milk**, preferably light:
 - 1 can (Red Curry Chicken Bowl)
 - 1 can (Tofu Curry with Pineapple Rice)
- 1 can (14 oz/398 ml) pineapple tidbits**, in juice (Tofu Curry with Pineapple Rice)
- 1 can (5.5 oz/156 ml) tomato paste** (Shrimp Alfredo Skillet)
- 2 cups uncooked penne pasta** (Shrimp Alfredo Skillet)
- 2 cups uncooked white rice:**
 - 1 cup (Red Curry Chicken Bowl)
 - 1 cup (Tofu Curry with Pineapple Rice)

- ¾ cup mayonnaise**, preferably light
 - ½ cup (Ranch Chicken Quesadillas)
 - ¼ cup (Caesar Smash Burger)
- 2 tbsp soy sauce**, preferably low-sodium (Sesame Noodles & Fried Egg)
- 2 tsp Worcestershire sauce** (Phyllo Meat Pie)
- 1 tbsp rice vinegar** (Sesame Noodles & Fried Egg) | *Swap: White vinegar*
- 1 tbsp tahini** (Tofu Curry with Pineapple Rice)
Swap: Nut or seed butter alternative

PROTEIN

- 4 eggs** (Sesame Noodles & Fried Egg)
- 2 lbs (900 g) boneless, skinless chicken breasts**, about 4 breasts
 - 1 lb/450 g (Ranch Chicken Quesadillas)
 - 1 lb/450 g (Red Curry Chicken Bowl)
- 2½ lbs (1.13 kg) lean ground beef:**
 - 1 lb/450 g (Caesar Smash Burger)
 - 1½ lbs/675 g (Phyllo Meat Pie)
- 1 block (454 g) medium tofu** (Tofu Curry with Pineapple Rice)
- 1 pkg (340 g) frozen cooked peeled shrimp** (Shrimp Alfredo Skillet)

DAIRY

- 1½ cups milk**, your choice (Shrimp Alfredo Skillet)
- 1 cup grated cheese**, preferably light (Ranch Chicken Quesadillas)
- ¼ cup 2% plain Greek yogurt** (Caesar Smash Burger)
- 2 tbsp butter**, preferably unsalted (Phyllo Meat Pie)

BAKERY

- 5 sheets frozen phyllo pastry dough** (Phyllo Meat Pie)
- 4 burger buns** (Caesar Smash Burger)
- 4 small tortillas**, flour or corn (Ranch Chicken Quesadillas)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra bell peppers, frozen mixed veggies, and kale.



RANCH CHICKEN QUESADILLAS



 TOTAL TIME: 20 min  4 SERVINGS  \$3.45 CA/\$2.93 US PER SERVING

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

INGREDIENTS

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

1 tbsp + 2 tsp **Creamy Ranch Dip Mix**, divided

½ cup light mayonnaise

1 bell pepper

1 cup light grated cheese, your choice

4 small flour or corn tortillas

Toppings (optional): **Poco Picante Salsa**

NUTRITIONAL INFO

Per serving: Calories 380, Fat 18 g (Saturated 5 g, Trans 0 g), Cholesterol 110 mg, Sodium 430 mg, Carbohydrate 19 g (Fibre 3 g, Sugars 3 g), Protein 36 g.

INSTRUCTIONS

1. Preheat oven to 400° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Place chicken in **Multipurpose Steamer**. Sprinkle with 2 tsp seasoning. Cover; microwave on high 7 min.
3. Meanwhile, in bowl, stir together mayonnaise, and remaining 1 tbsp dip mix.
4. Core and slice bell pepper.
5. Once chicken is cooked, let rest 2 min then uncover. Discard liquid in steamer. Using 2 forks, shred chicken.
6. Arrange tortillas on sheet pan. Spread dip on half of each tortilla. Top with shredded chicken, bell pepper, and cheese. Fold tortillas over filling.
7. Bake for 5–7 min or until cheese melts and tortillas are light golden.
8. Cut tortillas into wedges and serve.

SESAME NOODLES & FRIED EGG



TIP: Cook the eggs to your liking—a runny yolk works well to mix with the noodles. Try sunny-side up, soft boiled, or if you prefer, try scrambled!



TOTAL TIME: 20 min



4 SERVINGS



\$2.23 CA/\$1.90 US PER SERVING

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

INGREDIENTS

½ lb (225 g) uncooked spaghetti noodles, preferably whole-wheat
1 pkg **General Tao Seasoning**
2 tbsp low-sodium soy sauce
1 tbsp sesame oil
1 tbsp rice vinegar or white vinegar
4 cups frozen mixed vegetables
1 tbsp vegetable oil
4 eggs

Toppings (optional): sliced green onion, sesame seeds

NUTRITIONAL INFO

Per serving: Calories 450, Fat 16 g (Saturated 3 g, Trans 0 g), Cholesterol 245 mg, Sodium 410 mg, Carbohydrate 62 g (Fibre 9 g, Sugars 10 g), Protein 20 g.

INSTRUCTIONS

1. In **Wok** set over high heat, bring water to boil. Once boiling, add noodles and continue to boil until pasta is tender, about 8–10 min.
2. Meanwhile, in a bowl, whisk together seasoning, soy sauce, sesame oil, and vinegar. This will be a thick sauce.
3. In **Multipurpose Steamer**, add vegetables. Cover; microwave on high, until cooked, about 6 min, depending on the type of vegetables.
4. Once cooked, drain noodles. Add noodles and sauce to vegetables in steamer. Toss with tongs to combine. Cover to keep warm; set aside.
5. Meanwhile, in wok, heat oil over medium-high heat. Fry eggs until done to your liking.
6. To serve, divide noodles between four bowls. Top with egg and add additional toppings, if desired.

SHRIMP ALFREDO SKILLET



TIP: For added flavour, add feta and broil in oven.



TOTAL TIME: 15 min



4 SERVINGS



\$3.49 CA/\$2.97 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup mixed greens and 2 tsp prepared **Epicure Dressing**.

INGREDIENTS

2 cups uncooked penne pasta
4 cups hot water
1 pkg **Alfredo Sauce Mix**
1½ cups milk, your choice
1 can (5.5 oz/156 ml) tomato paste
340 g cooked shrimp, peeled and deveined (24 shrimp)

NUTRITIONAL INFO

Per serving: Calories 430, Fat 6 g (Saturated 3 g, Trans 0.2 g), Cholesterol 180 mg, Sodium 500 mg, Carbohydrate 63 g (Fibre 4 g, Sugars 5 g), Protein 33 g.

INSTRUCTIONS

1. Place pasta in **Multipurpose Steamer**. Stir in water. Cover; microwave on high until tender, 7–8 min.
2. Meanwhile, combine sauce mix with milk in a large fry pan. Whisking constantly, bring to a boil over medium-high. Reduce heat, and simmer 3 min or until thickened.
3. Whisk in tomato paste until evenly combined. Add shrimp and stir to combine. Simmer on low-medium heat until heated through, about 2–3 min.
4. Drain pasta; return to steamer. Pour sauce into steamer and mix well.

RED CURRY CHICKEN BOWL



TIP: Make it vegetarian:
Swap meat for 4 cups
lentils or beans.



TOTAL TIME: 20 min



4 SERVINGS



\$4.83 CA/\$4.12 US PER SERVING

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

INGREDIENTS

- 1 cup uncooked white rice
- 1 pkg **Thai Red Curry Seasoning**
- 1 can (14 oz/398 ml) coconut milk, preferably light
- 1 lb (450 g) boneless, skinless chicken breasts
- 3 cups snow peas
- 1 cup frozen peas

Toppings (optional): Thai basil leaves or cilantro, lime wedges

NUTRITIONAL INFO

Per serving: Calories 490, Fat 11 g (Saturated 7 g, Trans 0 g), Cholesterol 85 mg, Sodium 470 mg, Carbohydrate 60 g (Fibre 5 g, Sugars 6 g), Protein 35 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, combine rice with 2½ cups water. Microwave on high, uncovered, 15 min.
2. Meanwhile, in a **Wok**, combine seasoning and coconut milk. Bring to a boil over high heat, stirring often. Cook for 2 min.
3. Cut chicken into small pieces. Add to wok and bring back to a boil. Cover; reduce heat to medium and simmer, stirring occasionally, until chicken is cooked through, about 6 min.
4. Meanwhile, coarsely chop snow peas. Once chicken is cooked, add snow peas and frozen peas. Cover and simmer, 2 min.
5. Divide rice into bowls and top each with curry and toppings, if desired.

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
2½ 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 (Fibre 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, lettuce, and cheese, if using. Cover.

TOFU CURRY WITH PINEAPPLE RICE

TIP: To get tofu extra crispy, layer paper towel around block of tofu. Place heavy items—cutting board, cookbooks, or bowls—on tofu to weigh it down and remove extra moisture. If you have time, let sit 20 min.



TOTAL TIME: 20 min



4 SERVINGS



\$2.70 CA/\$2.30 US PER SERVING

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

INGREDIENTS

- 1 cup uncooked white rice
- 2½ cups water, divided
- 1 can (14 oz/398 ml) pineapple tidbits in juice
- ½ tbsp oil
- 1 block (454 g) medium tofu
- 1 can (14 oz/398 ml) light coconut milk
- 1 pkg **African Sweet Potato Stew Seasoning**
- 1 tbsp tahini or nut/seed butter alternative
- 1 large bunch kale

NUTRITIONAL INFO

Per serving: Calories 500, Fat 15 g (Saturated 6 g, Trans 0 g), Cholesterol 0 mg, Sodium 290 mg, Carbohydrate 75 g (Fibre 8 g, Sugars 16 g), Protein 23 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, add rice, 1½ cups water, and canned pineapple, including juice. Top with tray; microwave uncovered, on high, for 20 min, or until tender.
2. Meanwhile, heat oil in **Wok** over high heat. Drain tofu and pat dry using paper towels. Cut into cubes. Pan-fry until golden brown on some sides, about 6–7 min.
3. Reduce heat to medium-high; add coconut milk, remaining 1 cup water, and seasoning. Simmer until heated through, stirring occasionally. Stir in tahini.
4. Meanwhile, de-stem and roughly chop kale—you should have about 8 cups. Add kale in increments, stirring until wilted. Serve with rice.

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. In general, thaw pastry in refrigerator overnight. Unroll and remove the sheets you need—keep those moist by placing a damp towel on top. Wrap remaining dough in plastic wrap and re-freeze up to 3 months.



TOTAL TIME: 20 min



6 SERVINGS



\$2.35 CA/\$2 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
- ⅔ 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.

GROCERY LIST

WEEK 4

PRODUCE

- 4 medium zucchini** (Sloppy Joe Zucchini Boats)
Swap: Bell peppers
- 2 bell peppers** (Pad Thai)
- 2 medium carrots** (Pork & Bok Choy Stir-Fry)
- 2 large sweet potatoes** (Alfredo Chicken & Broccoli Microwave Skillet)
- 1 avocado** (Sloppy Joe Zucchini Boats)
- 1 small head baby bok choy** (Pork & Bok Choy Stir-Fry) | *Swap: Broccoli florets*
- 1 large lemon** (Lemon Chicken) | *Swap: Bottled lemon juice*
- 1 lime** (Pad Thai) | *Swap: Bottled lime juice*
- 1 pkg (8 oz/227 g) sliced mushrooms** (Pork & Bok Choy Stir-Fry)
- 4 cups fresh broccoli florets** (Alfredo Chicken & Broccoli Microwave Skillet)
- 2 cups bean sprouts** (Pad Thai)
Swap: Baby spinach
- 1½ cups frozen mixed vegetables** (Hearty Minestrone)

PANTRY STAPLES

- Oil:**
 - 1½ tbsp (Lemon Chicken)
 - 1 tbsp (Pad Thai)
 - 1 tbsp (Southern Baked Chicken)
 - 1 tsp (Pork & Bok Choy Stir-Fry)
- 1 can (28 oz/796 ml) diced tomatoes** (Hearty Minestrone)
- 1 can (5.5 oz/156 ml) tomato paste** (Sloppy Joe Zucchini Boats)
- 1 pkg (14 oz/400 g) rice noodles** (Pad Thai)
- 1 cup uncooked white rice** (Pork & Bok Choy Stir-Fry)
- 1½ cups broth**, your choice, preferably low-sodium:
 - 1 cup (Pork & Bok Choy Stir-Fry)
 - ½ cup (Lemon Chicken)
- ½ cup uncooked small shell pasta** (Hearty Minestrone)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra sweet potatoes, carrots, rice, and leafy greens.

- 3 tbsp soy sauce**, preferably low-sodium:
 - 2 tbsp (Pad Thai)
 - 1 tbsp (Pork & Bok Choy Stir-Fry)
- 1 tbsp capers** (Lemon Chicken)

PROTEIN

- 2 eggs** (Pad Thai)
- 5 lbs (2.25 kg) boneless, skinless chicken breasts**, about 10 breasts:
 - 2 lbs/900 g (Southern Baked Chicken)
 - 1½ lbs/675 g (Lemon Chicken)
 - 1 lb/450 g (Alfredo Chicken & Broccoli Microwave Skillet)
 - ½ lb/225 g (Pad Thai) | *Swap: Shrimp*
- 1 lb (450 g) lean ground pork** (Pork & Bok Choy Stir-Fry)
- 2 cans (19 oz/540 ml each) lentils:**
 - 1 can (Hearty Minestrone)
 - 1 can (Sloppy Joe Zucchini Boats)
- 2 tbsp roasted peanuts, chopped**, optional

DAIRY

- 1½ cups milk**, your choice (Alfredo Chicken & Broccoli Microwave Skillet)
- 1 cup grated cheese**, your choice:
 - ½ cup (Alfredo Chicken & Broccoli Microwave Skillet)
 - ½ cup (Sloppy Joe Zucchini Boats)
- 1 tbsp butter**, preferably unsalted (Lemon Chicken)



SOUTHERN BAKED CHICKEN



TIP: For extra flavor, coat chicken pieces with your favorite 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 $\frac{1}{2}$ cup mashed potatoes and $1\frac{1}{2}$ cups mixed greens or coleslaw with 2 tbsp **Epicure 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 with oil. Place crumb mix in a resealable plastic bag.
3. Add one piece of chicken to bag 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.

HEARTY MINESTRONE



TIP: Replace lentils with white beans or cooked ground meat.



TOTAL TIME: 20 min



4 SERVINGS



\$2.08 CA/\$1.77 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 whole-grain roll.

INGREDIENTS

½ cup uncooked small shell pasta
3 cups hot water or broth
1 pkg **Hearty Minestrone Seasoning**
1 can (28 oz/796 ml) diced tomatoes
1 can (19 oz/540 ml) lentils
1½ cups frozen mixed vegetables,
your choice
Toppings (optional): **Pesto** or chopped
fresh basil

NUTRITIONAL INFO

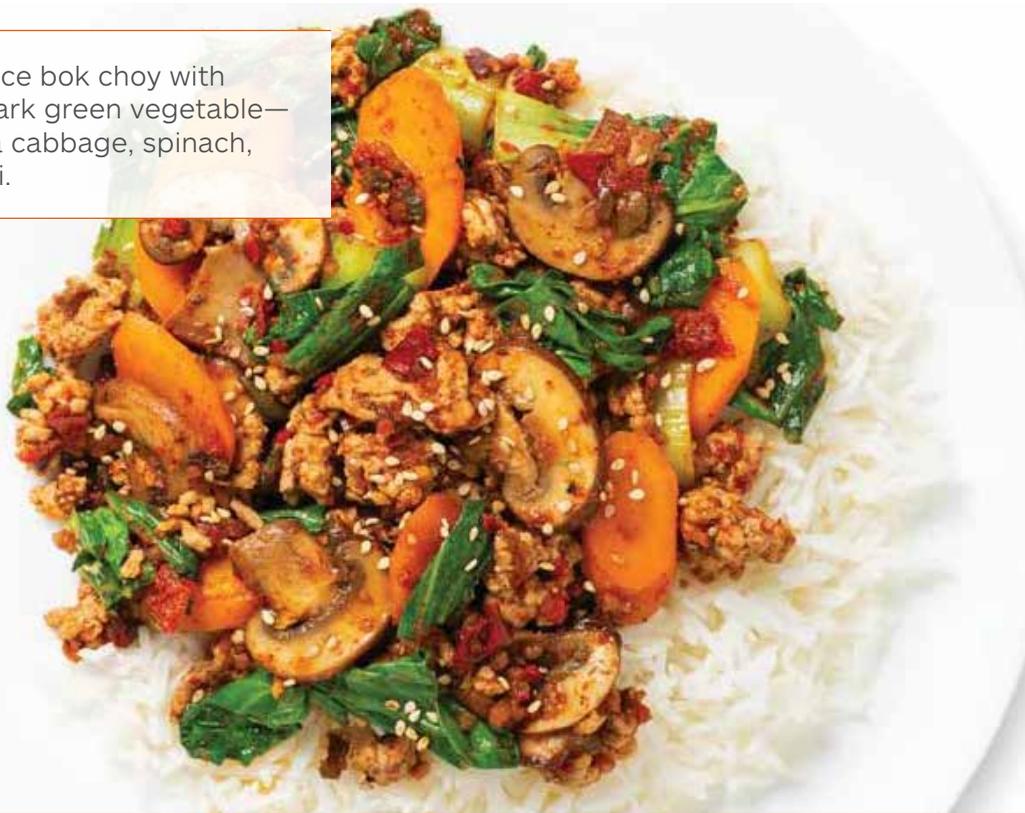
Per serving: Calories 270, Fat 1 g (Saturated 0.1 g,
Trans 0 g), Cholesterol 0 mg, Sodium 440 mg,
Carbohydrate 49 g (Fibre 17 g, Sugars 8 g),
Protein 17 g.

INSTRUCTIONS

1. In a large sauté pan over high heat, combine pasta and hot water.
2. Stir in seasoning and diced tomatoes. Cover; bring to a boil. Reduce heat to medium and simmer uncovered for 10 min.
3. Meanwhile, drain and rinse lentils. Stir into soup along with mixed vegetables.
4. Simmer 3 min. Serve with pesto, if desired.

PORK & BOK CHOY STIR FRY

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



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
2½ cups hot water
1 pkg **Cha Cha Chili Seasoning**
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 small head bok choy
1 pkg (8 oz/227 g) sliced mushrooms
Toppings (optional): sesame seeds

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 (Fibre 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. 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 sesame seeds, if using.

ALFREDO CHICKEN & BROCCOLI MICROWAVE SKILLET



TIP: Swap chicken for canned beans to make a tasty vegetarian version.



TOTAL TIME: 20 min



4 SERVINGS



\$3.53 CA/\$3 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup mixed greens and 1 tsp Epicure Dressing.

INGREDIENTS

2 large sweet potatoes
1 lb (450 g) boneless, skinless chicken breasts, cubed
1 pkg **Alfredo Sauce Mix**
1½ cups milk, your choice
4 cups fresh broccoli florets
½ cup grated cheese, your choice

NUTRITIONAL INFO

Per serving: Calories 380, Fat 12 g (Saturated 6 g, Trans 0.2 g), Cholesterol 90 mg, Sodium 450 mg, Carbohydrate 33 g (Fibre 5 g, Sugars 9 g), Protein 36 g.

INSTRUCTIONS

1. Peel and dice sweet potatoes. Place in **Multipurpose Steamer** with cubed chicken. Cover; microwave on high 8–9 min.
2. Meanwhile, combine sauce 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. Remove steamer from microwave and uncover; add broccoli and pour sauce over dish. Cover; microwave on high until broccoli is tender, 3–4 min. Top with cheese before serving.

PAD THAI



TIP: Make it vegetarian: Swap meat for 2 cups chickpeas or ½ lb cubed firm organic tofu.



TOTAL TIME: 15 min



4 SERVINGS



\$5.93 CA/\$5.04 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ¼ cup spiralized carrots or cucumber on top.

INGREDIENTS

1 pkg **Pad Thai Seasoning**
¾ cup hot water
2 tbsp soy sauce
1 tbsp oil
½ lb (225 g) bite-sized pieces of boneless, skinless chicken breast, or shrimp, your choice
2 cups red bell pepper, sliced
2 eggs
4 cups cooked rice noodles

Garnish:

1 lime, juiced
2 cups bean sprouts
2 tbsp roasted peanuts, chopped, optional

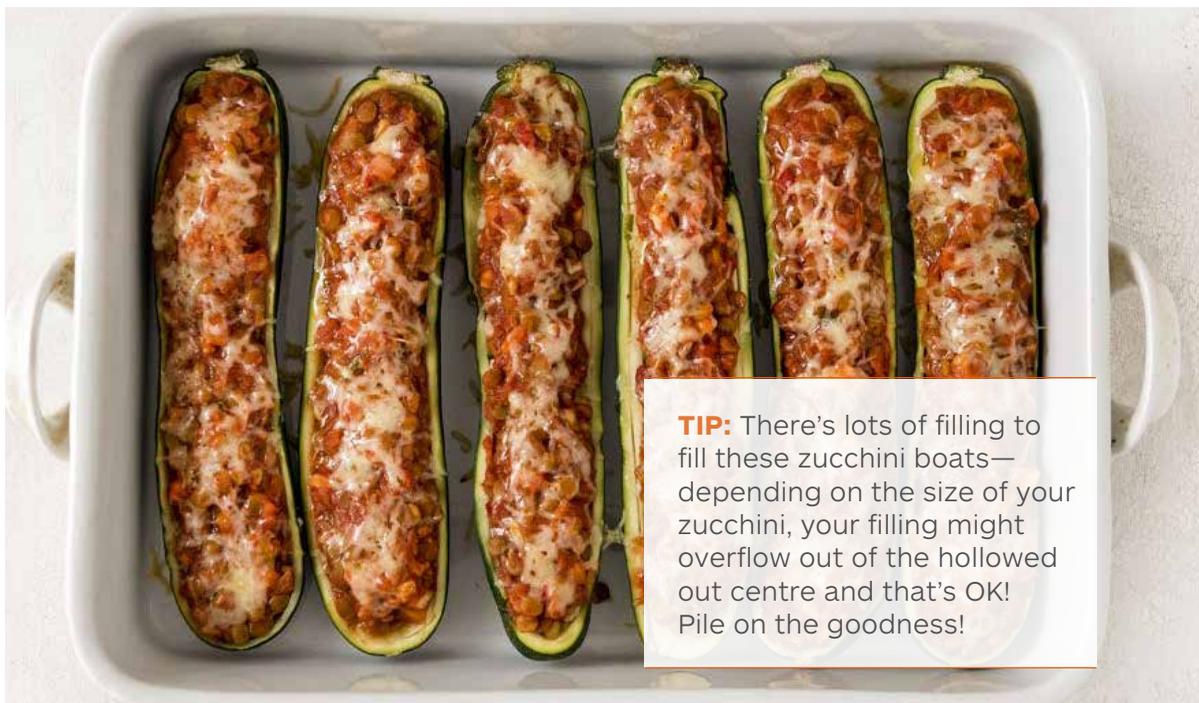
NUTRITIONAL INFO

Per serving: Calories 430, Fat 9 g (Saturated 1.5 g, Trans 0 g), Cholesterol 155 mg, Sodium 590 mg, Carbohydrate 66 g (Fibre 5 g, Sugars 14 g), Protein 20 g.

INSTRUCTIONS

1. Stir seasoning with hot water and soy sauce; set aside.
2. Heat oil in a **Wok** over medium-high heat.
3. Stir-fry chicken and peppers for 3–4 min.
4. Meanwhile, in a small bowl, beat eggs. Add eggs to wok and stir-fry 2 more min.
5. Add noodles and prepared sauce, tossing to heat through.
6. Serve in bowls. Top with lime juice and bean sprouts.
7. Garnish with peanuts, if desired.

SLOPPY JOE ZUCCHINI BOATS



TIP: There's lots of filling to fill these zucchini boats—depending on the size of your zucchini, your filling might overflow out of the hollowed out centre and that's OK! Pile on the goodness!



TOTAL TIME: 20 min



4 SERVINGS



\$2.92 CA/\$2.48 US PER SERVING

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

INGREDIENTS

4 medium zucchinis
1 can (19 oz/540 ml) lentils
1 pkg **Sloppy Joe Seasoning**
1½ cups water
1 can (5.5 oz/156 ml) tomato paste
½ cup shredded cheese
1 avocado

Toppings (optional): green onions, sour cream, pickled jalapeños

NUTRITIONAL INFO

Per serving (2 boats): Calories 390, Fat 14 g (Saturated 4 g, Trans 0.1 g), Cholesterol 15 mg, Sodium 540 mg, Carbohydrate 52 g (Fibre 21 g, Sugars 6 g), Protein 22 g.

INSTRUCTIONS

1. Preheat oven to 400° F.
2. Slice each zucchini in half, lengthwise. Using the tip of a spoon, gently scrape out centres of zucchini halves, leaving ¼" thick shell on each half. Chop zucchini centres; set aside.
3. Place zucchini shells in **Multipurpose Steamer** (they will be stacked). Cover; microwave on high 4 min, or just until tender. Tuck zucchini shells in bottom of a large baking dish; it's OK if they touch.
4. Drain and rinse lentils. In Multipurpose Steamer (don't wash), combine lentils, chopped zucchini centres, seasoning, water, and tomato paste. Cover; microwave on high 3–5 min, until warmed through.
5. Generously fill zucchini shells with mixture; press in to pack down as best you can. Sprinkle cheese on top.
6. Loosely cover dish with foil; roast until cheese melts, about 5–6 min.
7. Meanwhile, dice avocado. Top prepared boats with avocados and additional toppings, if 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
- 1½ lbs (675 g) boneless, skinless chicken breasts, about 3 breasts
- ½ pkg **Rotisserie Chicken Seasoning**, about 2 tbsp
- 1½ 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 (Fibre 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. Repeat with remaining chicken. You should have six pieces in total. Coat both sides with seasoning.
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 chicken 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. Add butter, stirring until melted.
4. Add chicken back to pan and coat with sauce, turning over to warm through, 1 min. To serve, spoon sauce over chicken.

GROCERY LIST

WEEK 5

PRODUCE

- 2 bell peppers** (General Tao Chicken)
- ½ lemon** (Tuna Naan Melts)
Swap: Bottled lemon juice

PANTRY STAPLES

- ¼ cup cornstarch** (General Tao Chicken)
- 3 tbsp oil** (General Tao Chicken)
- 2 tbsp ketchup** (General Tao Chicken)
- 2 tbsp soy sauce**, preferably low-sodium (General Tao Chicken)

PROTEIN

- 1 lb (450 g) boneless, skinless chicken breasts** (General Tao Chicken)
- 2 cans (170 g each) tuna** (Tuna Naan Melts)

DAIRY

- ⅓ cup 2% plain Greek yogurt** (Tuna Naan Melts)
- ¼ cup grated cheese**, your choice (Tuna Naan Melts)

BAKERY

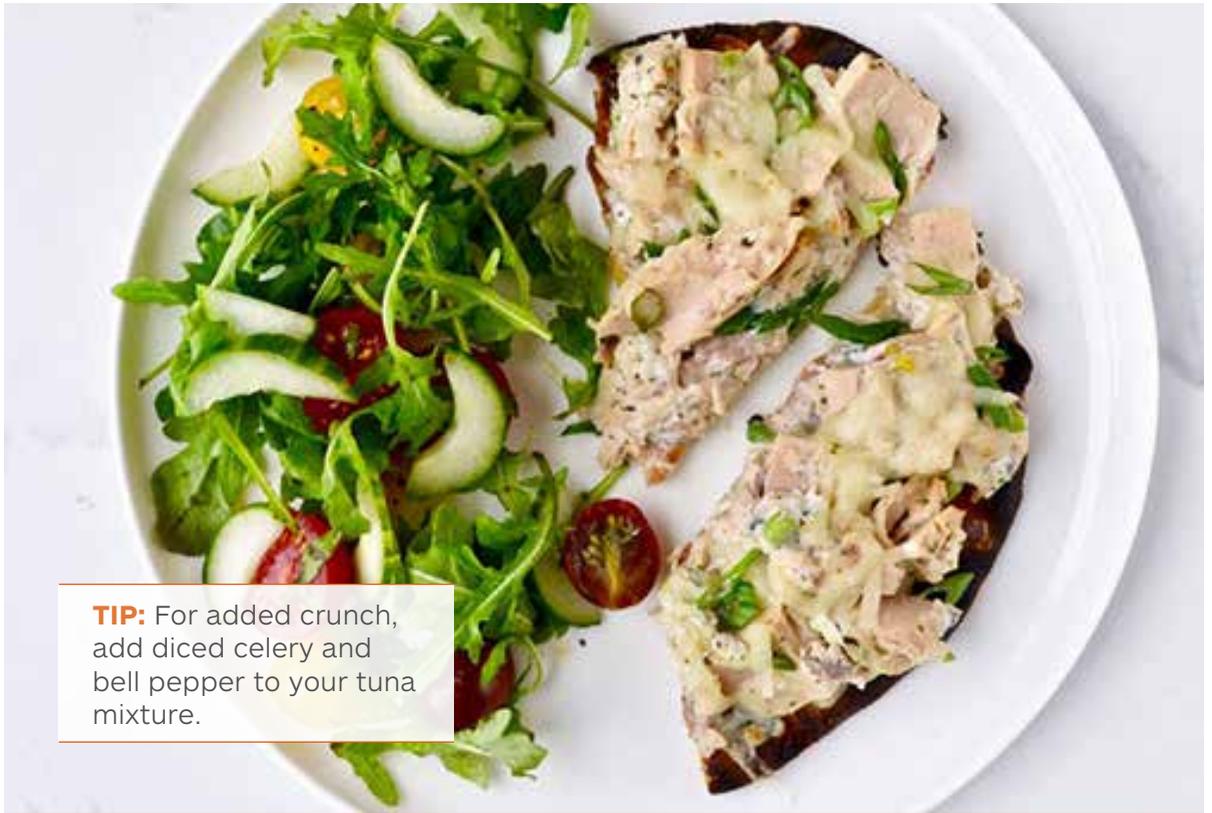
- 2 naan bread** (Tuna Naan Melts)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add rice (if you don't have any left over from last week) and veggies of your choice.



TUNA NAAN MELTS



TIP: For added crunch, add diced celery and bell pepper to your tuna mixture.



TOTAL TIME: 10 min



4 SERVINGS



\$1.96 CA/\$1.67 US PER SERVING

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

INGREDIENTS

2 cans (170 g each) unsalted tuna
1 pkg **Tuna Casserole Seasoning**
½ cup 2% plain Greek yogurt
½ tsp lemon juice
2 naan bread
¼ cup grated cheese, your choice
Toppings (optional): sliced cherry tomatoes, green onions, **Everything Bagel Whole Food Topper**

NUTRITIONAL INFO

Per serving: Calories 300, Fat 7 g (Saturated 3.5 g, Trans 0 g), Cholesterol 40 mg, Sodium 710 mg, Carbohydrate 26 g (Fibre 3 g, Sugars 3 g), Protein 31 g.

INSTRUCTIONS

1. Preheat oven to broil.
2. Meanwhile, in bowl, combine tuna, seasoning, yogurt, and lemon juice.
3. Place naan on **Sheet Pan**; broil until lightly toasted, 1 min per side.
4. Spread one side of each naan with tuna mixture. Top with cheese; broil for 1-2 more min. Add additional toppings, if desired.

GENERAL TAO CHICKEN



 TOTAL TIME: 16-20 min  4 SERVINGS  \$2.97 CA/\$2.52 US PER SERVING

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

INGREDIENTS

1 pkg **General Tao Seasoning**
¼ cup water
2 tbsp low sodium soy sauce
2 tbsp ketchup
1 lb (450 g) boneless, skinless chicken breasts, cubed
¼ cup cornstarch
3 tbsp vegetable oil
2 bell peppers, chopped

NUTRITIONAL INFO

Per serving: Calories 300, Fat 13 g (Saturated 1.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 440 mg, Carbohydrate 21 g (Fibre 2 g, Sugars 8 g), Protein 25 g.

INSTRUCTIONS

1. In a bowl, whisk together seasoning, water, soy sauce, and ketchup. Set aside.
2. Toss chicken with cornstarch.
3. Preheat **Wok** over high heat, then swirl in oil; stir-fry chicken in batches until golden, about 5-8 min. Remove pieces as done; set aside.
4. Add peppers to wok; stir-fry 1-2 minutes. Return chicken to pan. Add sauce, stirring to coat.
5. Serve with rice, if desired.