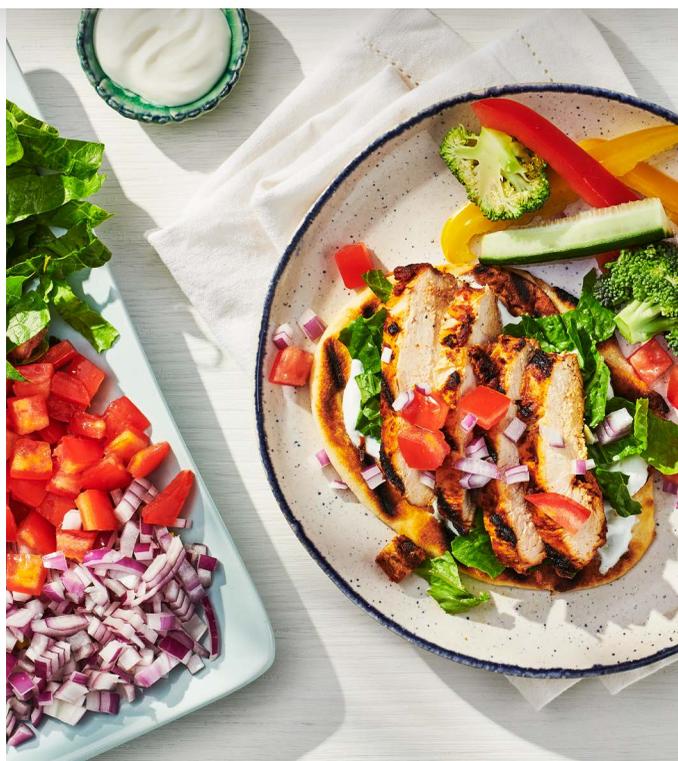




E P I C U R E™

WHAT'S FOR DINNER? 30-DAY MEAL PLAN

JUNE EXCLUSIVE



BETTER THAN TAKEOUT

E P I C U R E [™]

Do you love cooking, but dread planning? Do you love being adventurous in the kitchen, but don't know where to begin? Well, look no further—June just got easier! By following this 30-day meal plan you'll have everything you need to make scrumptious dinners for a family of four.

Follow the guide and you'll discover:

- Exactly what cookware is needed to pull off 30 nights of homemade dinners!
- A 30-day calendar at the ready—go ahead and stick it on the fridge!
- Grocery lists to get your fridge and pantry set up before each week begins!
- Easy to follow recipes that get you in and out of the kitchen in 20 minutes or less!
- Pro tips throughout that will save you time and allow you to make smart swaps!
- Suggestions to make every plate a perfectly balanced meal—if it's not already!

Don't forget to tag us when you share your experience on social media. We can't wait to see all your EPIC dinner creations unfold!

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 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!

Meal planning and food prep is easier with the right tools. Epicure cookware is specially designed to help you cook faster, easier, and with minimal cleanup. These essentials pair well with this month's recipes.

COOLING RACKS (SET OF 2)

- Custom fit to ¼ Sheet Pan or use 2 racks on Sheet Pan to elevate and crisp food when cooking.
- Use as cooling racks—great counter saver when plating meals.
- Made of stainless steel.



GROUND MEAT SEPARATOR

- Break up ground meat in non-stick pans or silicone cookware without any damage.
- Use to mash potatoes or avocados for guacamole.



MULTIPURPOSE POT (2 SIZES)

- Pour spout, ergonomic stay-cool handles, and interior measurements.
- Lid has built-in strainer.
- Volume: 12 cup or 8 cup.



STEAMERS

- Microwave for fast, healthy, and energy-efficient cooking—no hot oven required!
- Ideal for cooking rice and other grains, soups, stews, and pasta.
- Streamline cooking: use both microwave and stovetop to make a fast meal.
- Multipurpose & Round Steamers hold 14¾ cups; Rectangular Steamer holds 3½ cups.



WHAT'S FOR DINNER?

JUNE 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>STUFFED PEPPER MAC & CHEESE</u> 4 servings \$3.35 CA \$2.65 US	<u>PULLED BUTTER CHICKEN SANDWICH</u> 4 servings \$4.28 CA \$3.64 US	<u>CRISPY & CRUNCHY LETTUCE WRAPS</u> 4 servings \$3.05 CA \$2.59 US	<u>CHEESEBURGER SALAD</u> 4 servings \$2.91 CA \$2.47 US	<u>GRILLED TANDOORI TOFU STEAKS & CAULIFLOWER</u> 4 servings \$3.08 CA \$2.62 US	
TUE	<u>BEEF & BROCCOLI STIR-FRY</u> 4 servings \$3.55 CA \$2.80 US	<u>SALMON ALFREDO BOW TIES</u> 4 servings \$1.37 CA \$1.08 US	<u>GENERAL TAO CHICKEN</u> 4 servings \$2.97 CA \$2.35 US	<u>SESAME NOODLES & FRIED EGG</u> 4 servings \$2.23 CA \$1.90 US	<u>TURKEY LETTUCE WRAPS</u> 4 servings \$3.58 CA \$2.83 US	
WED	<u>NOT YOUR MOM'S MACARONI SALAD</u> 6 servings \$1.38 CA \$1.17 US	<u>GROUND BEEF & UDON NOODLE STIR-FRY</u> 4 servings \$3.54 CA \$3 US	<u>SUMMER TOFU STIR FRY</u> 4 servings \$3.99 CA \$3.15 US	<u>SAUCY QUESO CHICKEN</u> 4 servings \$3.56 CA \$2.81 US		
THU	<u>SWEET & SOUR GRILLED SALMON</u> 4 servings \$3.09 CA \$2.63 US	<u>GRILLED TANDOORI CHICKEN WRAP</u> 4 servings \$4.18 CA \$3.55 US	<u>GROWN UP CHICKEN STRIPS & MATCHSTICK FRIES</u> 4 servings \$3.02 CA 2.57 US	<u>STEAMER BEEF & BROCCOLI PASTA</u> 4 servings \$3.02 CA \$2.57 US		
FRI	<u>SASSY YOGURT CHICKEN KEBABS</u> 4 servings \$3.13 CA \$2.66 US	<u>TERIYAKI TOFU GLORY BOWLS</u> 4 servings \$2.64 CA \$2.24 US	<u>SUNDRIED TOMATO MAC & CHEESE</u> 4 servings \$4.66 CA \$3.68 US	<u>BUTTER CHICKEN BURGER</u> 4 servings \$2.88 CA \$2.45 US		
SAT	<u>TEX-MEX TURKEY HAMBURGER PASTA</u> 6 servings \$3.57 CA \$2.82 US	<u>LENTIL & BEEF BURGER</u> 4 servings \$2.27 CA \$1.93 US	<u>SPICY MAPLE GRILLED CHICKEN</u> 4 servings \$2.04 CA \$1.73 US	<u>ALOHA CHICKEN & VEGGIE KEBABS</u> 4 servings \$3.97 CA \$3.14 US		
SUN	<u>TERIYAKI BEEF & MUSHROOM KEBABS</u> 4 servings \$2.49 CA \$2.12 US	<u>SOUTHERN BAKED CHICKEN</u> 8 servings \$2.01 CA \$1.59 US	<u>CREAMY 'CADO PESTO PASTA</u> 4 servings \$2.07 CA \$1.64 US	<u>SHRIMP ALFREDO SKILLET</u> 4 servings \$3.49 CA \$2.76 US		

GROCERY LIST

WEEK 1

PRODUCE

- 16 whole cremini mushrooms** (Teriyaki Beef & Mushroom Kebabs)
- 10 bell peppers**
 - 4 large (Stuffed Pepper Mac & Cheese)
 - 2 (Sweet & Sour Grilled Salmon)
 - 2 (Not Your Mom's Macaroni Salad)
 - 1 (Sassy Yogurt Chicken Kebabs)
 - 1 (Tex-Mex Turkey Hamburger Pasta)
- 4 fresh pineapple rings**, about ½" thick (Sweet & Sour Grilled Salmon) | *Swap: canned pineapple rings*
- 2 celery stalks** (Not Your Mom's Macaroni Salad)
- 1 red onion** (Sassy Yogurt Chicken Kebabs)
- 1 pint cherry tomatoes** (Tex-Mex Turkey Hamburger Pasta)
- 4 cups broccoli florets** (Beef & Broccoli Stir-Fry)
- 1 cup frozen peas** (Not Your Mom's Macaroni Salad)

PANTRY STAPLES

- Oil:**
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 2 tbsp + 1 tsp (Sweet & Sour Grilled Salmon)
 - 1 tbsp (Teriyaki Beef & Mushroom Kebabs)
- 6 cups uncooked macaroni**
 - 2 cups (Not Your Mom's Macaroni Salad)
 - 2 cups (Stuffed Pepper Mac & Cheese)
 - 2 cups (Tex-Mex Turkey Hamburger Pasta)
- ½ cup mayonnaise** (Not Your Mom's Macaroni Salad)
- ¼ cup soy sauce**, preferably low sodium
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 1 tbsp (Sweet & Sour Grilled Salmon)
 - 1 tbsp (Teriyaki Beef & Mushroom Kebabs)
- 2–3 tbsp lemon juice** (Not Your Mom's Macaroni Salad)

- 2 tbsp honey** (Teriyaki Beef & Mushroom Kebabs)
- 1 tbsp red wine vinegar** (Sassy Yogurt Chicken Kebabs)

PROTEIN

- 1 lb (450 g) beef strips** (Beef & Broccoli Stir-Fry) | *Swap: lean ground beef*
- 1 lb (450 g) lean ground beef** (Stuffed Pepper Mac & Cheese) | *Swap: ground pork or chicken*
- 1 lb (450 g) boneless, skinless chicken breasts**, about 2 (Sassy Yogurt Chicken Kebabs)
- 1 lb (450 g) salmon fillets**, skin on, about 1" thick (Sweet & Sour Grilled Salmon)
- 1 lb (450 g) grilling steak**, such as top sirloin (Teriyaki Beef & Mushroom Kebabs)
- 1 lb (450 g) ground turkey** (Tex-Mex Turkey Hamburger Pasta) | *Swap: ground chicken*
- 2 cans (170 g each) tuna**, preferably unsalted (Not Your Mom's Macaroni Salad)

DAIRY

- ½ cup 2% plain Greek yogurt** (Sassy Yogurt Chicken Kebabs)
- 1 cup + ½ cup grated cheddar cheese**
 - 1 cup (Tex-Mex Turkey Hamburger Pasta)
 - ½ cup (Stuffed Pepper Mac & Cheese)
- 1½ cups + ½ cup milk**, your choice
 - 1½ cups (Tex-Mex Turkey Hamburger Pasta)
 - ½ (Stuffed Pepper Mac & Cheese)
- 2 tbsp butter**, optional (Stuffed Pepper Mac & Cheese)

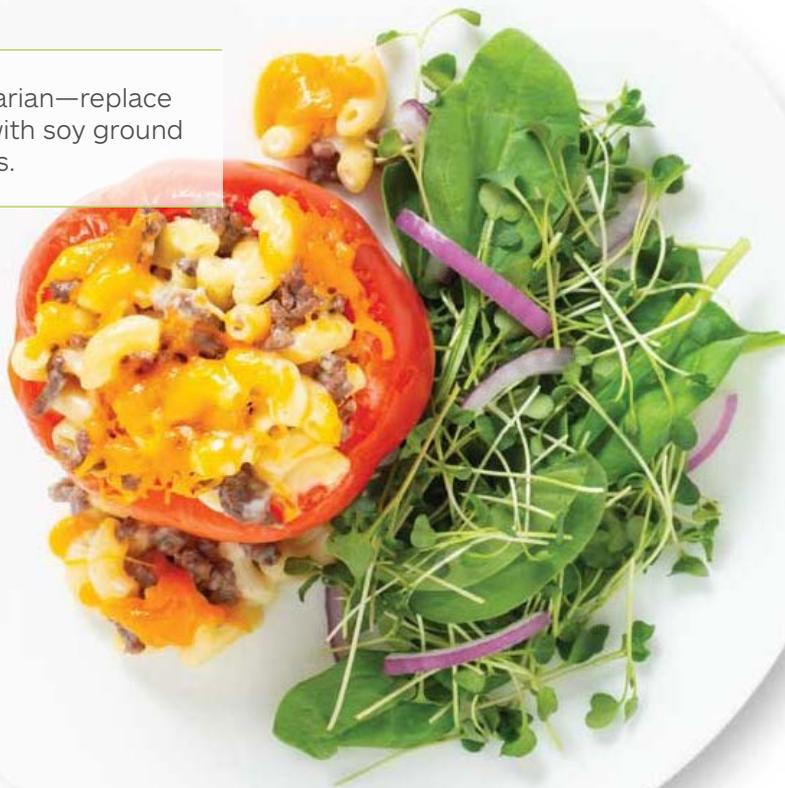
PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add rice, leafy greens, potatoes, pita bread, and extra fresh veggies such as celery or tomatoes.



STUFFED PEPPER MAC & CHEESE

TIP: Go vegetarian—replace ground beef with soy ground round or lentils.



TOTAL TIME: 20 min



4 SERVINGS



\$3.35 CA/\$2.65 US PER SERVING

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

INGREDIENTS

2 cups uncooked macaroni pasta
1 lb (450 g) lean ground beef
4 large bell peppers
½ cup milk, your choice
1 pkg **Mac & Cheese Seasoning**
2 tbsp butter, optional
½ cup grated cheddar cheese

NUTRITIONAL INFO

Per serving: Calories 520, Fat 19 g (Saturated 9 g, Trans 0.5 g), Cholesterol 80 mg, Sodium 470 mg, Carbohydrate 49 g (Fiber 4 g, Sugars 6 g), Protein 36 g.

INSTRUCTIONS

1. In **Multipurpose Pot** set over high heat, boil macaroni until tender, about 6–8 min.
2. Meanwhile, place beef in **Multipurpose Steamer**. Cover; microwave on high, 6 min. Once beef is cooked, break it up using **Ground Meat Separator**.
3. For stuffed whole peppers, cut tops from peppers and gently remove pith and seeds.
4. Drain pasta; return to pot. Add milk, seasoning, and butter, if using. Add beef. Stir until evenly mixed.
5. Using a large spoon, stuff peppers with mac & cheese mixture. Place in **Multipurpose Steamer** and top with grated cheese.
6. Cover; microwave on high until bell peppers have softened and cheese is melted, 5 min.

BEEF & BROCCOLI STIR-FRY



TIP: Make it vegan and replace beef with 1 lb (450 g) medium-firm tofu, cut into 1" cubes.



TOTAL TIME: 15 min



16 SERVINGS



\$3.55 CA/\$2.80 US PER SERVING

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

INGREDIENTS

- 1 pkg **Beef & Broccoli Stir-Fry Seasoning**
- $\frac{3}{4}$ cups water
- 2 tbsp low-sodium soy sauce
- 2 tbsp oil
- 1 lb (450 g) beef strips
- 4 cups broccoli florets, fresh or frozen

NUTRITIONAL INFO

Per serving: Calories 310, Fat 16 g (Saturated 4 g, Trans 0 g), Cholesterol 45 mg, Sodium 360 mg, Carbohydrate 15 g (Fiber 1 g, Sugars 7 g), Protein 30 g

INSTRUCTIONS

1. In a bowl, stir seasoning with water and soy sauce. Set aside.
2. Heat oil in **Wok** over high heat.
3. Add beef; stir-fry until cooked, 3–4 min.
4. Add broccoli to wok, cover and steam for 2 min, until broccoli is tender-crisp.
5. Add reserved seasoning mixture; stir-fry, uncovered, until sauce thickens.

NOT YOUR MOM'S MACARONI SALAD

TIP: Prep this salad up to 3 days ahead—best served cold.



TOTAL TIME: 15 min



6 SERVINGS



\$1.38 CA/\$1.17 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy greens—try arugula or spinach!

INGREDIENTS

2 cups uncooked macaroni noodles
4 cups hot water
2 tbsp **Pesto Sauce Mix**
½ cup mayonnaise
2–3 tbsp lemon juice
2 bell peppers
2 celery stalks
2 cans (170 g each) unsalted tuna
1 cup frozen peas, defrosted
Black Pepper, to taste

NUTRITIONAL INFO

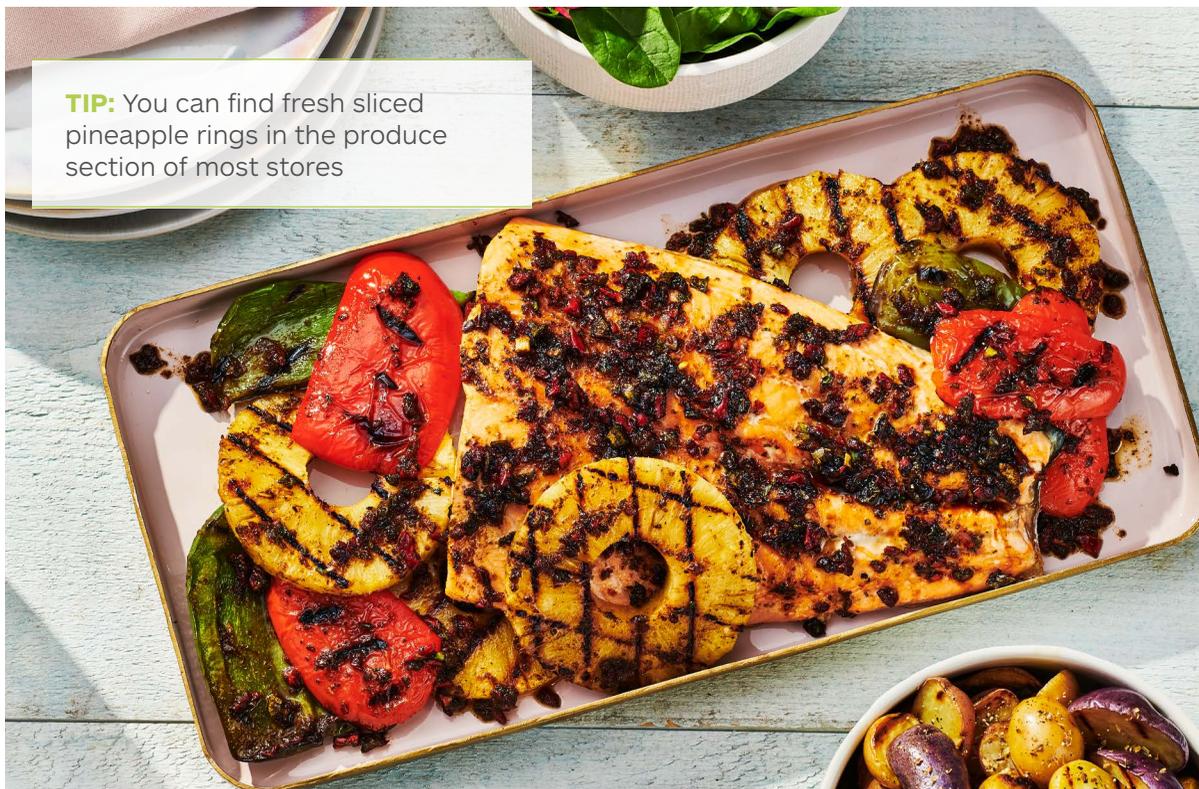
Per serving: Calories 360, Fat 15 g (Saturated 2.5 g, Trans 0 g), Cholesterol 20 mg, Sodium 160 mg, Carbohydrate 34 g (Fibre 4 g, Sugars 3 g), Protein 22 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, add noodles and water. Cover; microwave on high until tender, 7–8 min.
2. Meanwhile, in a large bowl, whisk together mix, mayonnaise, and lemon juice. Set aside.
3. Dice peppers and celery. Place in bowl with dressing.
4. When pasta is cooked, drain and rinse with cold water. Drain tuna. Add pasta, tuna, and peas to bowl; stir to mix. Taste and season with pepper and fresh lemon juice, if desired.

SWEET & SOUR GRILLED SALMON

TIP: You can find fresh sliced pineapple rings in the produce section of most stores



 TOTAL TIME: 20 min  4 SERVINGS  \$3.09 CA/\$2.63 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup leafy greens with a squeeze of lemon, and 1 cup grilled potatoes.

INGREDIENTS

½ pkg **Sweet & Sour Stir-Fry Seasoning**,
about 3 tbsp
2 tbsp + 1 tsp oil
1 tbsp low sodium soy sauce
2 bell peppers
Black Pepper, to taste
Sea Salt, to taste
4 fresh pineapple rings, about ½" thick
1 lb (450 g) salmon fillet, skin on,
about 1" thick

NUTRITIONAL INFO

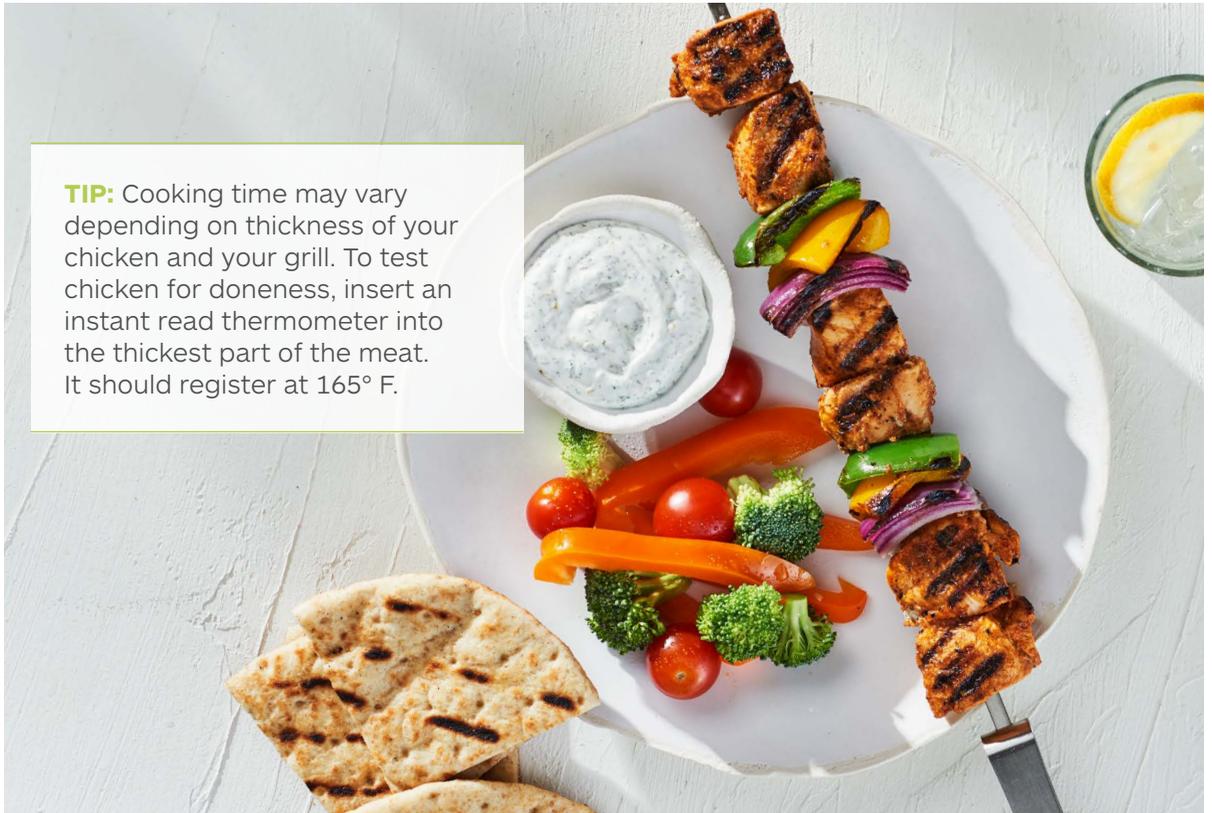
Per serving: Calories 360, Fat 15 g (Saturated 2.5 g,
Trans 0 g), Cholesterol 20 mg, Sodium 160 mg,
Carbohydrate 34 g (Fibre 4 g, Sugars 3 g),
Protein 22 g.

INSTRUCTIONS

1. Preheat grill to medium-high.
2. In a small bowl, whisk together seasoning, 2 tbsp oil, and soy sauce. Set aside. If you have extra time, let stand 10 min to allow the blend to hydrate.
3. Slice peppers into thick strips. Place in a bowl; combine with remaining 1 tsp oil. Season with salt and pepper; toss to evenly coat. Add pineapple to bowl.
4. Place salmon on a **Sheet Pan** lined with a **Sheet Pan Liner**. Pour sauce over salmon; spread using a spatula or the back of a spoon. Place bowl with peppers and pineapple on pan and head to the grill!
5. Place salmon skin-side down on the grill. Grill with lid closed. After 5 min, add peppers and pineapple to grill. Flip pineapple after about 3 min, or when it has grill marks. The salmon is cooked once a knife tip inserted into thickest part of fish and held for 10 seconds feels warm, about 10–12 min for every 1" of thickness.
6. To serve, cut salmon into four pieces; serve with peppers and pineapple.

SASSY YOGURT CHICKEN KEBABS

TIP: Cooking time may vary depending on thickness of your chicken and your grill. To test chicken for doneness, insert an instant read thermometer into the thickest part of the meat. It should register at 165° F.



TOTAL TIME: 20 min



4 SERVINGS



\$3.13 CA/\$2.66 US PER SERVING

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

INGREDIENTS

1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts
½ cup 2% plain Greek yogurt
2 tbsp **BBQ Chicken & Rib Rub**
1 tbsp red wine vinegar
1 bell pepper
1 red onion

NUTRITIONAL INFO

Per serving (1 kebab): Calories 180, Fat 4 g (Saturated 1 g, Trans 0 g), Cholesterol 85 mg, Sodium 370 mg, Carbohydrate 7 g (Fibre 2 g, Sugars 3 g), Protein 29 g.

INSTRUCTIONS

1. Preheat grill to medium-high.
2. Cut chicken into 1" cubes. Place in bowl. Add yogurt, rub, and vinegar. Stir to evenly coat. If you have extra time, let stand for 10 min to marinate or cover and refrigerate overnight.
3. Cut pepper and onion into 2" pieces. Thread meat and veggies onto skewers. Place skewers on grill; turn often until lightly charred and chicken is cooked through, 10-12 min.

TEX-MEX TURKEY HAMBURGER PASTA

TIP: Use 1 pkg (12 oz/340 g) veggie ground round instead of ground turkey.



TOTAL TIME: 15 min



6 SERVINGS



\$3.57 CA/\$2.82 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy greens and 1 tbsp Epicure Dressing, your choice.

INGREDIENTS

2 cups uncooked macaroni
1 bell pepper
1 lb (450 g) ground turkey or chicken
1 pint cherry tomatoes, preferably multicoloured
1 pkg **Ooey Gooey Queso Dip Mix**
1½ cups milk, your choice
1 cup grated cheddar cheese
Toppings (optional): sliced green onions,
Better Than Bacon Topper

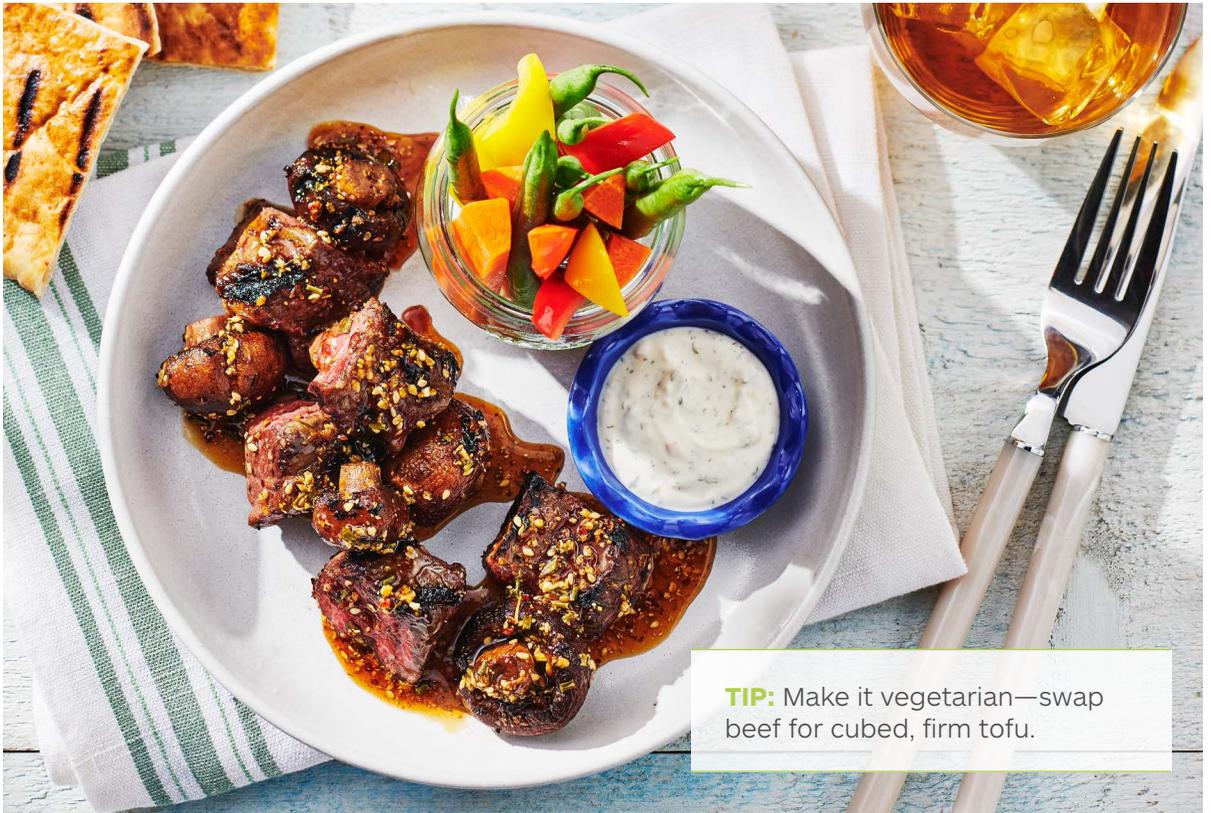
NUTRITIONAL INFO

Per serving: Calories 410, Fat 16 g (Saturated 7 g, Trans 0.2 g), Cholesterol 80 mg, Sodium 380 mg, Carbohydrate 38 g (Fiber 3 g, Sugars 5 g), Protein 29 g.

INSTRUCTIONS

1. In **Multipurpose Pot**, set over high heat, boil macaroni until tender, about 6–7 min.
2. Meanwhile, dice pepper. Add to boiling water for the last 1 min of cooking.
3. Place turkey in **Multipurpose Steamer**. Cover; microwave on high 4 min. Using **Ground Meat Separator**, break up chunks halfway through cooking.
4. Meanwhile, cut cherry tomatoes in half.
5. Carefully drain noodles and pepper, set aside. In the same pot, whisk mix with milk. Whisking constantly, bring to a boil over medium-high. Reduce heat; simmer whisking often, for 3 min or until thickened. Remove from heat and stir in grated cheese.
6. Return noodles and bell pepper to the pot with queso sauce. Add cooked turkey; stir until evenly mixed. Spoon into bowls and top with cherry tomatoes, and additional toppings, if desired.

TERIYAKI BEEF & MUSHROOM KEBABS



TIP: Make it vegetarian—swap beef for cubed, firm tofu.



TOTAL TIME: 15 min



4 SERVINGS



\$2.49 CA/\$2.12 US PER SERVING

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

INGREDIENTS

1 lb (450 g) grilling steak, such as top sirloin
16 whole cremini mushrooms
2 tbsp **Teriyaki Dry Glaze**, divided
1 tbsp oil
2 tbsp honey
1 tbsp low sodium soy sauce
Toppings (optional): Toasted sesame seeds or chopped green onions

NUTRITIONAL INFO

Per serving (1 kebab): Calories 230, Fat 8 g (Saturated 2 g, Trans 0 g), Cholesterol 60 mg, Sodium 230 mg, Carbohydrate 15 g (Fibre 1 g, Sugars 12 g), Protein 25 g.

INSTRUCTIONS

1. Preheat grill to medium-high.
2. Cut beef into cubes, about 1¼". Place beef and mushrooms in a large bowl. Add 1 tbsp glaze and oil; stir to evenly coat.
3. Thread beef and mushrooms onto skewers.
4. Place skewers on grill; rotate often until lightly charred and beef is done to your liking, or 6–8 min.
5. In a small bowl, combine remaining 1 tbsp dry glaze, honey, and soy sauce. Set aside.
6. Once cooked, place skewers onto a large serving platter; drizzle with reserved sauce before serving.

GROCERY LIST

WEEK 2

PRODUCE

- 2 bell peppers** (Ground Beef & Udon Noodle Stir-Fry)
- 2 carrots** (Teriyaki Tofu Glory Bowls)
- 2 tomatoes** (Grilled Tandoori Chicken Wrap)
- 1 avocado** (Teriyaki Tofu Glory Bowls)
- 1 English cucumber** (Teriyaki Tofu Glory Bowls)
- 1 lime** (Grilled Tandoori Chicken Wrap) | *Swap: bottled lime juice*
- ½ bunch fresh cilantro** (Pulled Butter Chicken Sandwich)
- ¼ small red onion** (Grilled Tandoori Chicken Wrap)
- 2 cups broccoli florets** (Ground Beef & Udon Noodle Stir-Fry)
- 2 cups shredded coleslaw mix** (Teriyaki Tofu Glory Bowls) | *Swap: cabbage*
- 2 cups chopped romaine lettuce** (Grilled Tandoori Chicken Wrap)
- 2 cups snow peas** (Salmon Alfredo Bow Ties)
- ½ cup frozen peas** (Salmon Alfredo Bow Ties)

PANTRY STAPLES

- Oil:**
 - 1 tbsp + 2 tsp (Teriyaki Tofu Glory Bowls)
 - 1 tbsp (Grilled Tandoori Chicken Wrap)
 - 1 tbsp (Lentil & Beef Burger)
 - 1 tbsp (Southern Baked Chicken)
- ½ can (19 oz/540 ml) lentils** (Lentil & Beef Burger)
- ½ can (14 oz/398 ml) coconut milk** (Pulled Butter Chicken Sandwich)
- ½ can (5.5 oz/156 ml) tomato paste** (Pulled Butter Chicken Sandwich)
- 2 pkgs (200 g each) fresh udon noodles** (Ground Beef & Udon Noodle Stir-Fry)
- 4 cups bow tie pasta** (Salmon Alfredo Bow Ties)
- 1 cup uncooked white rice** (Teriyaki Tofu Glory Bowls)
- ¼ cup julienned sundried tomatoes** (Lentil & Beef Burger)
- 3 tbsp soy sauce**, preferably low sodium
 - 2 tbsp (Teriyaki Tofu Glory Bowls)
 - 1 tbsp (Ground Beef & Udon Noodle Stir-Fry)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra shredded coleslaw mix and romaine lettuce, arugula, potatoes, and fresh veggies such as broccoli or snow peas.

- 2 tbsp honey** (Teriyaki Tofu Glory Bowls)
- 2 tbsp rice vinegar** (Ground Beef & Udon Noodle Stir-Fry)
- 1 tbsp sesame oil** (Ground Beef & Udon Noodle Stir-Fry)
- ½ tbsp corn starch** (Ground Beef & Udon Noodle Stir-Fry)
- ½ tbsp lemon juice** (Pulled Butter Chicken Sandwich)

PROTEIN

- 1 egg** (Lentil & Beef Burger)
- 4 lbs (1.8 kg) boneless, skinless chicken breasts**, about 8 breasts
 - 2 lbs/900 g (Southern Baked Chicken)
 - 1 lb/450 g (Grilled Tandoori Chicken Wrap)
 - 1 lb/450 g (Pulled Butter Chicken Sandwich)
- ½ lb (225 g) lean ground beef** (Lentil & Beef Burger)
- 2 blocks (350 g each) extra-firm tofu** (Teriyaki Tofu Glory Bowls)
- 2 cans (6 oz/170 g each) salmon** (Salmon Alfredo Bow Ties)

DAIRY

- 1½ cups 2% plain Greek yogurt**
 - ¾ cup (Grilled Tandoori Chicken Wrap)
 - ½ cup (Pulled Butter Chicken Sandwich)
- 1½ cups milk**, your choice (Salmon Alfredo Bow Ties)
- ¼ cup crumbled feta cheese**, optional (Lentil & Beef Burger)
- 1 tbsp butter**, preferably unsalted (Pulled Butter Chicken Sandwich)

BAKERY

- 8 whole-grain burger buns**
 - 4 (Lentil & Beef Burger)
 - 4 (Pulled Butter Chicken Sandwich)
- 4 small naans** (Grilled Tandoori Chicken Wrap)



PULLED BUTTER CHICKEN SANDWICH



TIP: Canned coconut milk has a thick layer on top—make sure to stir well prior to measuring out half the can for the recipe.



TOTAL TIME: 20 min



4 SERVINGS



\$4.28 CA/\$3.64 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup veggies on the side (or in your sandwich!).

INGREDIENTS

1 pkg **Butter Chicken Seasoning**
½ can (14 oz/398 ml) coconut milk
½ can (5.5 oz/156 ml) tomato paste
1 tbsp unsalted butter, melted
1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts
½ bunch fresh cilantro
½ cup 2% plain Greek yogurt
½ tbsp lemon juice
Sea Salt, to taste
Black Pepper, to taste
4 wholegrain burger buns, toasted

NUTRITIONAL INFO

Per serving: Calories 450, Fat 19 g (Saturated 12 g, Trans 0.1 g), Cholesterol 95 mg, Sodium 340 mg, Carbohydrate 35 g (Fibre 6 g, Sugars 6 g), Protein 35 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, whisk together seasoning, coconut milk, tomato paste, and butter. The sauce will be thick. Add chicken breasts; press down firmly and flip to coat with some of the sauce. Cover; microwave on high, 9 min, or until cooked through.
2. Meanwhile, prepare yogurt sauce. Discard cilantro stems. Coarsely chop leaves; place in a bowl. Stir in yogurt and lemon juice. Taste and season with salt and pepper.
3. Once chicken is cooked, let rest 2 min, then uncover. Remove chicken to a cutting board. Using 2 forks, shred chicken. Stir back into sauce (in steamer), including any juices on the cutting board.
4. Divide chicken mixture on bottom half of each bun; spread top bun with yogurt sauce, then cover.

SALMON ALFREDO BOW TIES



TOTAL TIME: 20 min



4 SERVINGS



\$1.37 CA/\$1.08 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 a time, to reach desired consistency.

GROUND BEEF & UDON NOODLE STIR-FRY



TIP: Find fresh udon noodles in the Asian section of most grocery stores. Look for the noodles in the vacuum-sealed plastic packages—these are pre-cooked and require a short time in boiling water to separate the strands.



TOTAL TIME: 18 min



4 SERVINGS



\$3.54 CA/\$3.00 US PER SERVING

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

INGREDIENTS

1 pkg **Crispy & Crunchy Lettuce Wrap Seasoning**

3 tbsp water

2 tbsp rice vinegar

1 tbsp each low-sodium soy sauce and sesame oil

½ tbsp cornstarch

2 pkgs (200 g each) fresh udon noodles

2 tsp oil

1 lb (450 g) lean ground beef

2 bell peppers

2 cups broccoli florets

Toppings (optional): Everything Bagel Whole Food Topper

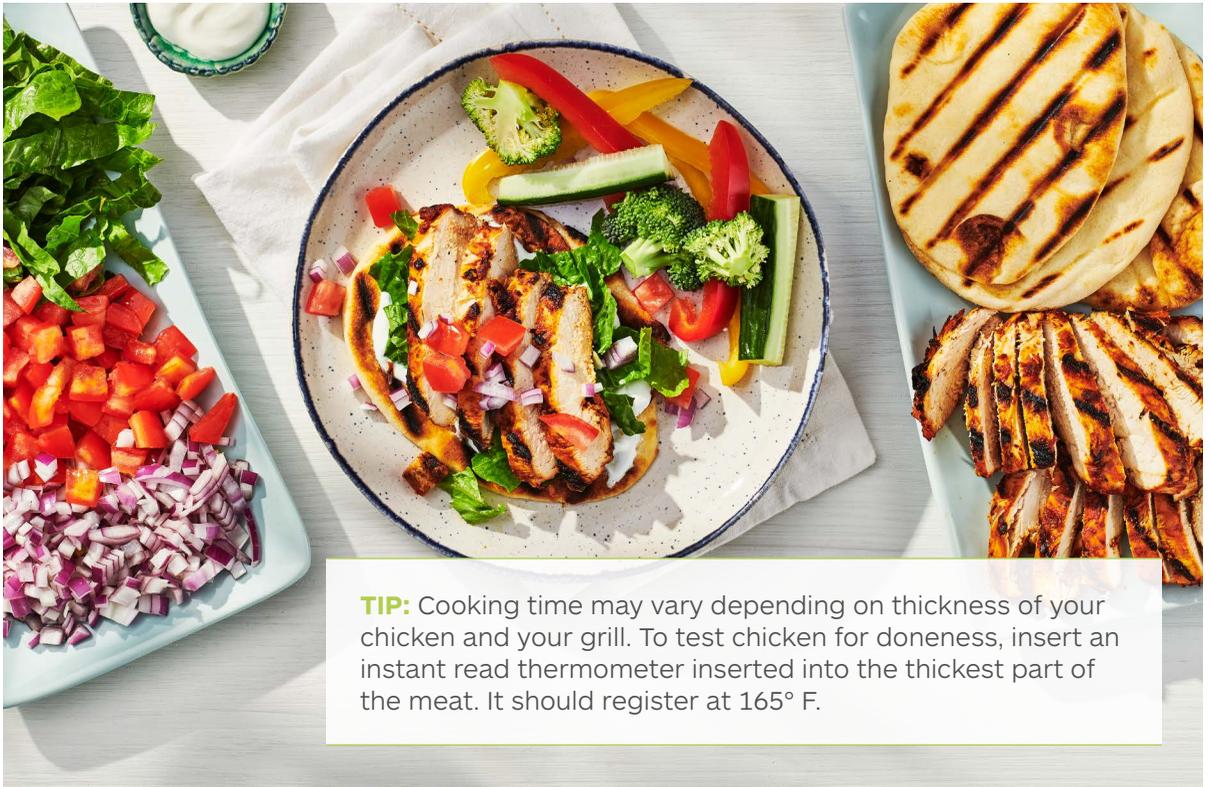
NUTRITIONAL INFO

Per serving: Calories 420, Fat 18 g (Saturated 5 g, Trans 0.4 g), Cholesterol 60 mg, Sodium 460 mg, Carbohydrate 37 g (Fibre 3 g, Sugars 3 g), Protein 28 g.

INSTRUCTIONS

1. In a small bowl, whisk together seasoning, water, vinegar, soy sauce, sesame oil, and cornstarch. Set aside.
2. Fill a **Multipurpose Pot** three-quarters full of hot water and bring to a boil. Add noodles; boil, 4–5 min, stirring noodles gently until each strand has separated. The noodles will soften, but still be chewy. Drain, rinse under cool water; set aside.
3. Meanwhile, heat oil in **Wok** over medium-high heat; add beef. Cook until browned, about 4–5 min. Drain liquid, if needed.
4. Slice peppers into thin strips. Add peppers and broccoli to wok; stir-fry until tender-crisp, 4–5 min.
5. Add drained noodles and reserved sauce. Stir gently to combine (the wok will be full!) and sauce has heated through, 1 min.

GRILLED TANDOORI CHICKEN WRAP



TIP: Cooking time may vary depending on thickness of your chicken and your grill. To test chicken for doneness, insert an instant read thermometer inserted into the thickest part of the meat. It should register at 165° F.



TOTAL TIME: 20 min



4 SERVINGS



\$4.18 CA/\$3.55 US PER SERVING

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

INGREDIENTS

- 1 pkg **Tandoori Chicken Curry Seasoning**
- ¾ cup 2% plain yogurt, divided
- 1 lime, divided
- 1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts
- 2 tomatoes
- ¼ small red onion
- 4 small naans
- 1 tbsp oil
- 2 cups chopped romaine lettuce

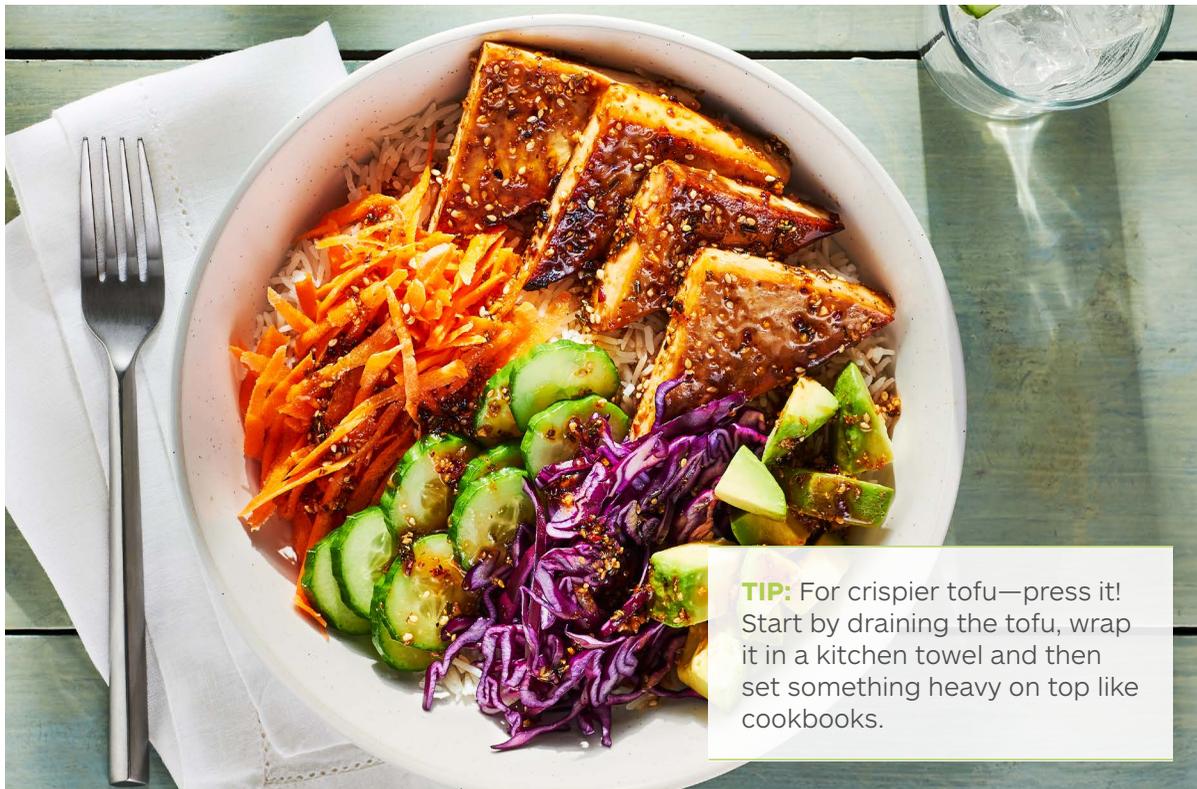
NUTRITIONAL INFO

Per serving: Calories 410, Fat 9 g (Saturated 2.5 g, Trans 0 g), Cholesterol 90 mg, Sodium 430 mg, Carbohydrate 46 g (Fibre 8 g, Sugars 7 g), Protein 36 g.

INSTRUCTIONS

1. Preheat grill to medium-high.
2. In a bowl, combine seasoning and ¼ cup yogurt. Slice lime in half. Using **2-in-1 Citrus Press**, squeeze in juice from half the lime. Squeeze juice from the other half into another small bowl; set aside.
3. Cover chicken with plastic or parchment paper. Using a rolling pin, give the thickest parts of the chicken a few firm whacks. The chicken should have an even thickness from end to end, about ½" thick. This will help it cook quickly and evenly. Place chicken in bowl with yogurt mixture. Coat well. If you have time, let stand for 10 min to marinate.
4. Place on grill. Grill with lid closed for 5-7 min per side. Meanwhile, add remaining ½ cup yogurt to bowl with reserved lime juice. Stir to combine. Dice tomatoes. Slice onion into rings.
5. Once chicken is cooked, remove from grill. Lightly brush naan with oil. Grill until lightly charred, about 1-2 min per side.
6. Slice chicken. Spread yogurt sauce over naan; divide chicken, tomatoes, onion, and lettuce between each naan. Fold and enjoy!

TERIYAKI TOFU GLORY BOWLS



TIP: For crispier tofu—press it! Start by draining the tofu, wrap it in a kitchen towel and then set something heavy on top like cookbooks.



TOTAL TIME: 20 min



4 SERVINGS



\$2.64 CA/\$2.24 US PER SERVING

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

INGREDIENTS

- 1 cup uncooked white rice
- 2 cups water
- 2 tbsp **Teriyaki Dry Glaze**
- 2 tbsp honey
- 2 tbsp low sodium soy sauce
- 1 tbsp + 2 tsp oil, divided
- 2 blocks (350 g each) extra-firm or firm tofu
- 2 carrots
- 1 English cucumber
- 1 avocado
- 2 cups shredded coleslaw mix

Toppings (optional): **Everything Bagel**
Whole Food Topper

NUTRITIONAL INFO

Per serving: Calories 470, Fat 23 g (Saturated 1.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 350 mg, Carbohydrate 50 g (Fibre 8 g, Sugars 14 g), Protein 21 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 a bowl, whisk together dry glaze, honey, soy sauce, and 1 tbsp oil.
3. Drain tofu. Slice each block in half, length-wise. You'll have four pieces. Cut each piece in half, crosswise. Then cut each half on the diagonal to make triangles. You should have 16 triangles.
4. Pat tofu dry with a paper towel; place in bowl with marinade. Stir to evenly coat.
5. Heat remaining 2 tsp oil in cast iron pan over medium-high heat.
6. Place tofu in pan, in a single layer. Do not discard marinade. Pan fry tofu 2–3 min per side, until browned.
7. Meanwhile, grate carrots using a box grater. Dice avocado. Slice cucumber.
8. Once cooked, place tofu in bowl with leftover marinade. Gently toss to coat.
9. Divide 2 cups cooked rice between four bowls. Top each with veggies and tofu. Add topping, if desired.

LENTIL & BEEF BURGERS



TOTAL TIME: 15 min



4 SERVINGS



\$2.77 CA/\$1.93 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced veggies and 2 tbsp **Lemon Dilly Dip**.

INGREDIENTS

1 tbsp oil
½ can (19 oz/540 ml) lentils, about 1 cup
¼ cup drained, julienned, sundried tomatoes
½ lb (225 g) lean ground beef
1 egg
¼ cup crumbled feta cheese, optional
1 pkg **Classic Meatloaf Seasoning**
4 burger buns

Toppings (optional): zucchini ribbons, red onion, lettuce, sliced tomato

NUTRITIONAL INFO

Per serving: Calories 380, Fat 14 g (Saturated 3.5 g, Trans 0.2 g), Cholesterol 90 mg, Sodium 580 mg, Carbohydrate 41 g (Fibre 7 g, Sugars 4 g), Protein 23 g.

INSTRUCTIONS

1. In a fry pan, heat oil over medium heat.
2. Meanwhile, drain and rinse lentils. Chop sundried tomatoes into small pieces. Place both in a bowl. Crumble in ground beef and add egg and feta, if using. Mix well; lentils will mash as you combine the ingredients. Form mixture into four patties.
3. Pan fry patties until cooked through and edges are crispy, about 3 min per side.
4. Tuck into buns and add toppings, if desired.

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/\$1.59 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.

GROCERY LIST

WEEK 3

PRODUCE

- 4 bell peppers**
 - 2 (Crispy & Crunchy Lettuce Wraps)
 - 2 (General Tao Chicken)
- 1 avocado** (Creamy 'cado Pesto Pasta)
- 1 small head lettuce** (Crispy & Crunchy Lettuce Wraps)
- 1 large Russet potato** (Grown Up Chicken Strips & Matchstick Fries)
- ½ English cucumber** (Creamy 'cado Pesto Pasta)
- ½ lemon** (Creamy 'cado Pesto Pasta)
- 2 cups baby spinach** (Sundried Tomato Mac & Cheese)
- 2 cups green beans** (Summer Tofu Stir-Fry)
- 2 cups sliced peaches** (Summer Tofu Stir-Fry)
- 1 cup cherry tomatoes** (Creamy 'cado Pesto Pasta)

PANTRY STAPLES

- Oil:**
 - 3 tbsp (General Tao Chicken)
 - 2 tbsp, preferably olive (Creamy 'cado Pesto Pasta)
 - 2 tbsp (Grown Up Chicken Strips & Matchstick Fries)
 - 2 tbsp (Spicy Maple Grilled Chicken)
 - 2 tbsp (Summer Tofu Stir-Fry)
- 250 g uncooked pasta**, about 2½ cups (Creamy 'cado Pesto Pasta) | *Try: fusilli or bow ties*
- 1 jar (210 ml) julienned sundried tomatoes** (Sundried Tomato Mac & Cheese)
- 2 cups uncooked macaroni pasta** (Sundried Tomato Mac & Cheese)
- 1 cup uncooked white rice** (Summer Tofu Stir-Fry)
- ¼ cup + 1 tsp soy sauce**, preferably low sodium
 - 2 tbsp (General Tao Chicken)
 - 2 tbsp (Summer Tofu Stir-Fry)
 - 1 tsp soy sauce (Crispy & Crunchy Lettuce Wraps)

- ¼ cup corn starch** (General Tao Chicken)
- ¼ cup maple syrup** (Spicy Maple Grilled Chicken) | *Swap: honey*
- 2 tbsp ketchup** (General Tao Chicken)
- 2 tbsp rice vinegar** (Summer Tofu Stir-Fry)
- 1–2 tbsp hemp hearts** (Spicy Maple Grilled Chicken)
- 1 tsp sesame oil** (Crispy & Crunchy Lettuce Wraps)

PROTEIN

- 2 lbs (900 g) boneless, skinless chicken breasts**, about 4 breasts
 - 1 lb/450 g (General Tao Chicken)
 - 1 lb/450 g (Sundried Tomato Mac & Cheese)
- 1 lb (450 g) boneless, skinless chicken breast fillets** (Grown Up Chicken Strips & Matchstick Fries)
- 1 lb (450 g) boneless, skinless chicken thighs** (Spicy Maple Grilled Chicken)
- 1 lb (450 g) lean ground pork** (Crispy & Crunchy Lettuce Wraps) | *Swap: ground beef or chicken*
- 2 blocks (7 oz/210 g each) smoked tofu** (Summer Tofu Stir-Fry)

DAIRY

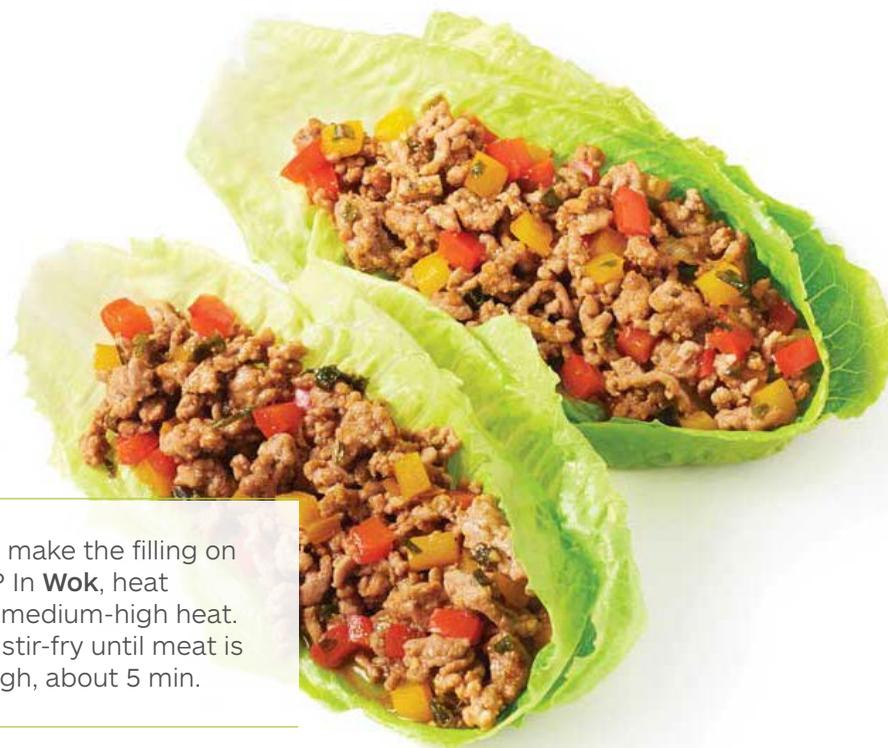
- ½ cup milk**, your choice (Sundried Tomato Mac & Cheese)
- ¼ cup shredded Parmesan cheese** (Grown Up Chicken Strips & Matchstick Fries)
- 2 tbsp butter**, optional (Sundried Tomato Mac & Cheese)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra rice, potatoes, extra spinach, lean protein like shrimp or chicken, and fresh veggies such as peppers or cucumber.



CRISPY & CRUNCHY LETTUCE WRAPS



TIP: Prefer to make the filling on the stovetop? In **Wok**, heat 1 tsp oil over medium-high heat. Add mixture; stir-fry until meat is cooked through, about 5 min.



TOTAL TIME: 15 min



4 SERVINGS



\$3.05 CA/\$2.59 US PER SERVING

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

INGREDIENTS

2 bell peppers
1 pkg **Crispy & Crunchy Lettuce Wrap Seasoning**
1 lb (450 g) ground pork
1 tbsp water
1 tsp sesame oil
1 tsp soy sauce
16 lettuce leaves, about small 1 head
Toppings (optional): Sriracha or hoisin sauce

NUTRITIONAL INFO

Per serving (2 wraps): Calories 290, Fat 18 g (Saturated 6 g, Trans 0 g), Cholesterol 75 mg, Sodium 240 mg, Carbohydrate 8 g (Fibre 2 g, Sugars 3 g), Protein 22 g.

INSTRUCTIONS

1. Dice bell peppers and place in a large bowl. Mix in seasoning, ground pork, water, oil, and soy sauce.
2. In **Multipurpose Steamer**, evenly crumble in meat mixture. Cover; cook on high 5–6 min or until meat is cooked through. Use **Ground Meat Separator** to break up chunks halfway through cooking. Drain off any excess liquid.
3. To assemble, make eight sets of two stacked lettuce leaves. Top each stack with about ½ cup filling. Drizzle with toppings, if desired.

GENERAL TAO CHICKEN



TOTAL TIME: 20 min



4 SERVINGS



\$2.97 CA/\$2.35 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

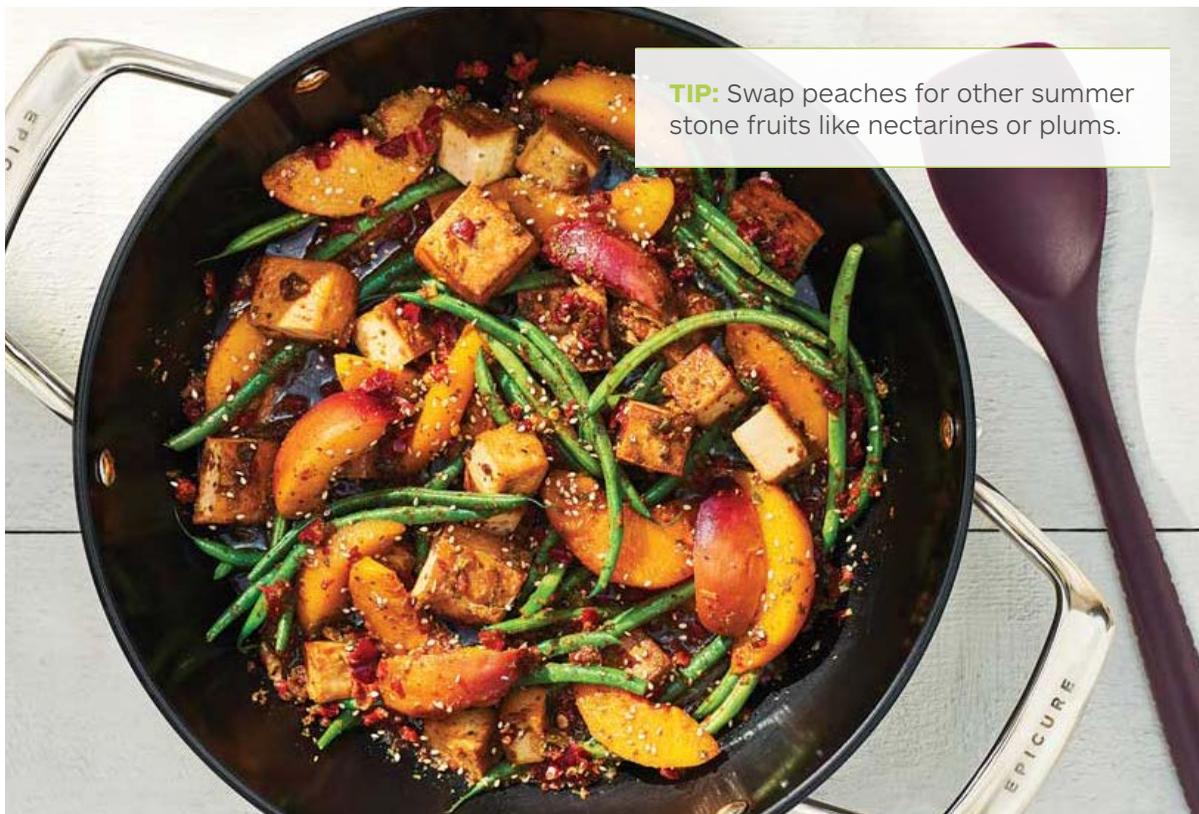
NUTRITIONAL INFO

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.

SUMMER TOFU STIR-FRY



TIP: Swap peaches for other summer stone fruits like nectarines or plums.



TOTAL TIME: 18 min



4 SERVINGS



\$3.99 CA/\$3.15 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 pkg **Sweet & Sour Stir-Fry Seasoning**
2 tbsp low sodium soy sauce
2 tbsp rice vinegar
2 tbsp vegetable oil
2 blocks (7 oz/210 g each) smoked tofu
2 cups fresh or frozen green beans
2 cups fresh or frozen sliced peaches
Toppings (optional): Toasted sliced almonds or sesame seeds

NUTRITIONAL INFO

Per serving: Calories 490, Fat 17 g (Saturated 2.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 600 mg, Carbohydrate 58 g (Fiber 6 g, Sugars 10 g), Protein 24 g.

INSTRUCTIONS

1. Place rice and 2 cups water in **Multipurpose Steamer**. Top with tray; microwave uncovered, on high, 16–18 min.
2. In bowl, combine seasoning, remaining ½ cup water, soy sauce, and rice vinegar. Set aside.
3. In **Wok**, heat oil over high heat.
4. Meanwhile, cut tofu into cubes. Stir-fry tofu until golden brown on some sides, about 4–5 min.
5. Stir in green beans and peaches. Sauté until beans are tender-crisp, about 2 min. Add reserved seasoning mixture; cook for 1–2 min until sauce is reduced.
6. Serve over rice and add 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

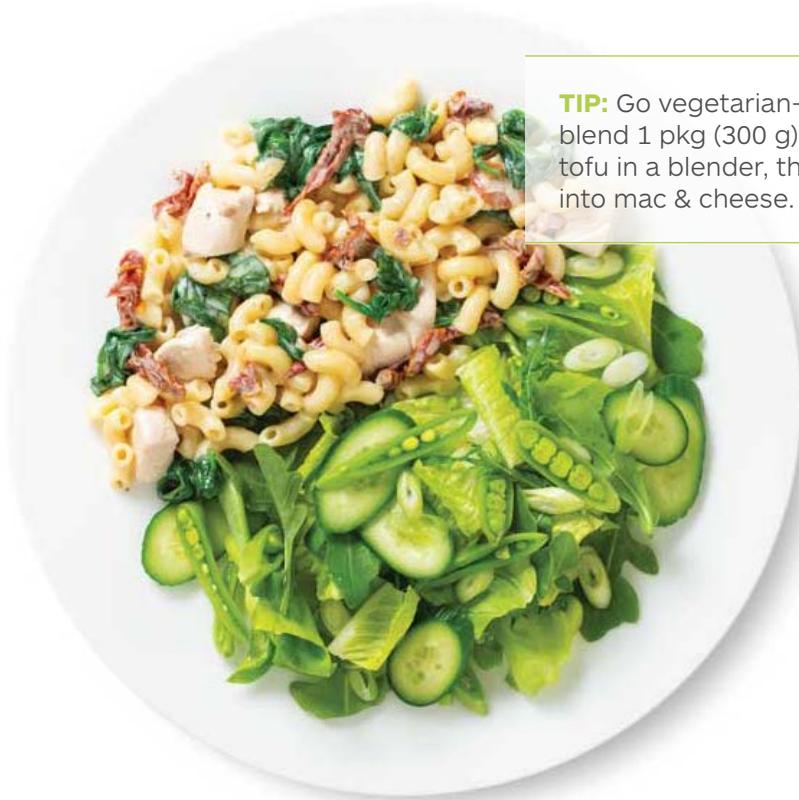
NUTRITIONAL INFO

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.

SUNDRIED TOMATO MAC & CHEESE



TIP: Go vegetarian—simply blend 1 pkg (300 g) silken tofu in a blender, then stir into mac & cheese.



TOTAL TIME: 17 min



4 SERVINGS



\$4.66 CA/3.68 US PER SERVING

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

INGREDIENTS

1 lb (450 g) boneless, skinless chicken breasts, cubed
2 cups uncooked macaroni pasta
4 cups hot water
½ cup milk, your choice
1 pkg **Mac & Cheese Seasoning**
2 tbsp butter, optional
1 jar (210 ml) julienned sundried tomatoes, in oil, drained
2 cups baby spinach

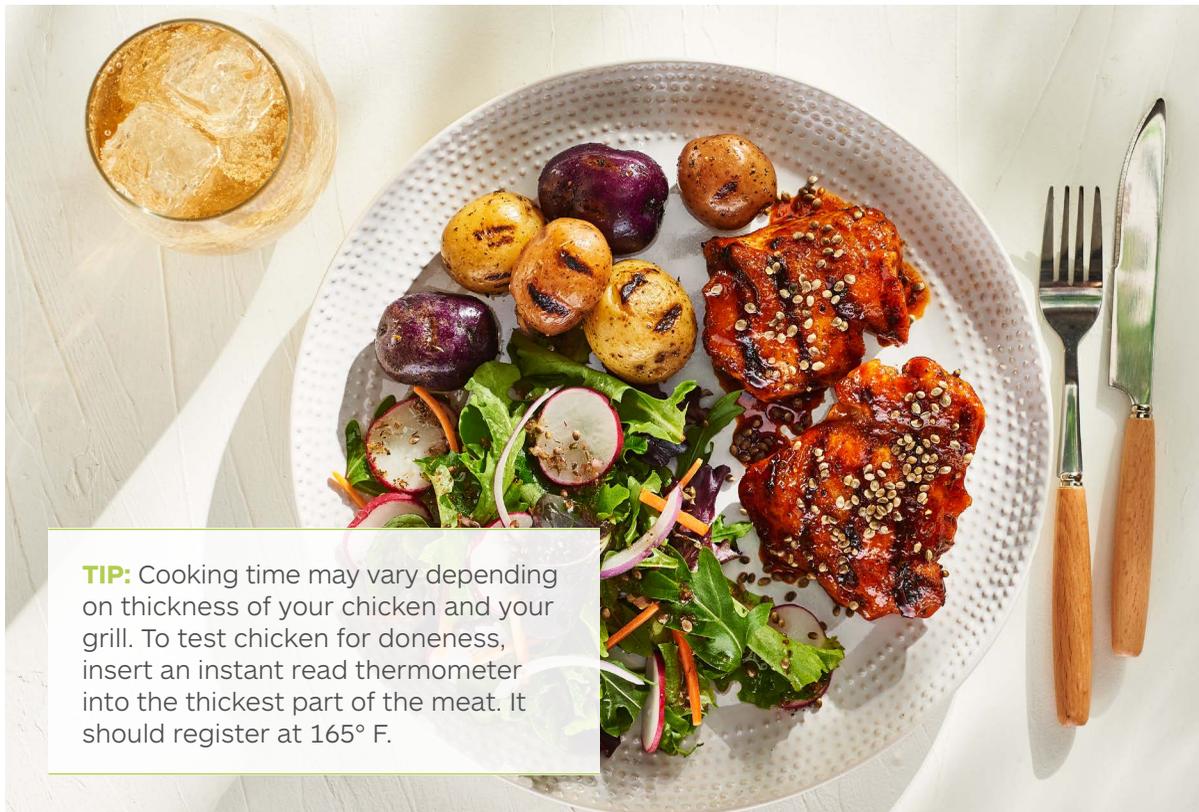
NUTRITIONAL INFO

Per serving: Calories 460, Fat 11 g (Saturated 3.5 g, Trans 0.2 g), Cholesterol 95 mg, Sodium 470 mg, Carbohydrate 50 g (Fibre 4 g, Sugars 3 g), Protein 38 g.

INSTRUCTIONS

1. Place chicken in **Multipurpose Steamer**. Cover; microwave on high 3–4 min.
2. Remove chicken from steamer; set aside. Place pasta in **Multipurpose Steamer**. Stir in water. Cover; microwave on high until tender, 7–8 min. Drain pasta; return to steamer. Add milk, seasoning, and butter, if using. Stir until evenly mixed.
3. Add chicken, tomatoes, and spinach to mac & cheese. Stir to combine.

SPICY MAPLE GRILLED CHICKEN



TIP: Cooking time may vary depending on thickness of your chicken and your grill. To test chicken for doneness, insert an instant read thermometer into the thickest part of the meat. It should register at 165° F.



TOTAL TIME: 20 min



4 SERVINGS



\$2.04 CA/\$1.73 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup grilled potatoes and 2 cups leafy greens with 1 tbsp **Epicure Dressing**, your choice.

INGREDIENTS

- ¼ cup maple syrup
- 2 tbsp **BBQ Chicken & Rib Rub**
- 2 tbsp oil
- 1 lb (450 g) boneless, skinless chicken thighs
- 1-2 tbsp hemp hearts

NUTRITIONAL INFO

Per serving: Calories 270, Fat 12 g (Saturated 1.5 g, Trans 0 g), Cholesterol 90 mg, Sodium 410 mg, Carbohydrate 16 g (Fibre 1 g, Sugars 13 g), Protein 24 g.

INSTRUCTIONS

1. Preheat grill to medium-high.
2. Meanwhile, in a small bowl, stir together maple syrup, rub, and oil.
3. Place chicken in a large bowl. Pour half the marinade on top, about 3 tbsp. Stir to coat. If you have extra time, let stand 10 min or cover and refrigerate overnight.
4. Place chicken on grill. Barbecue with lid closed, turning often, until cooked, about 12 min. Once cooked, immediately toss the chicken in the remaining marinade. Sprinkle with hemp hearts just before serving.

CREAMY 'CADO PESTO PASTA



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



TOTAL TIME: 20 min



4 SERVINGS



\$2.07 CA/\$1.64 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with $\frac{1}{2}$ 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**

$\frac{1}{2}$ lemon

1 cup cherry tomatoes, cut in half

$\frac{1}{2}$ 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.

GROCERY LIST

WEEK 4

PRODUCE

- 2 tomatoes** (Cheeseburger Salad)
- 1 bell pepper** (Aloha Chicken & Veggie Kebabs)
- 1 dill pickle**, preferably reduced sodium (Cheeseburger Salad)
- 1 head iceberg lettuce** (Cheeseburger Salad)
- 1 lime** (Saucy Queso Chicken)
- ½ avocado** (Saucy Queso Chicken)
- 1½ small red onions**
 - 1 (Aloha Chicken & Veggie Kebabs)
 - ½ (Cheeseburger Salad)
- 4 cups broccoli florets** (Steamer Beef & Broccoli Pasta)
- 4 cups frozen mixed vegetables** (Sesame Noodles & Fried Egg)
- 2 cups fresh pineapple chunks** (Aloha Chicken & Veggie Kebabs) | *Swap: canned pineapple chunks*

PANTRY STAPLES

- Oil:**
 - 1 tbsp (Aloha Chicken & Veggie Kebabs)
 - 1 tbsp (Sesame Noodles & Fried Egg)
 - ½ tbsp (Saucy Queso Chicken)
 - 1 tsp (Cheeseburger Salad)
- ½ lb (225 g) uncooked spaghetti noodles**, preferably whole wheat (Sesame Noodles & Fried Egg)
- 1 can (5.5. oz/156 ml) tomato paste** (Shrimp Alfredo Skillet)
- 2 cups uncooked pasta shells** (Steamer Beef & Broccoli Pasta)
- 2 cups uncooked penne pasta** (Shrimp Alfredo Skillet)
- 2 tbsp soy sauce**, preferably low sodium (Sesame Noodles & Fried Egg)
- 1 tbsp rice vinegar** (Sesame Noodles & Fried Egg) | *Swap: white vinegar*
- 1 tbsp sesame oil** (Sesame Noodles & Fried Egg)

PROTEIN

- 4 eggs** (Sesame Noodles & Fried Egg)
- 2 lbs (900 g) lean ground beef**
 - 1 lb/450 g (Cheeseburger Salad)
 - 1 lb/450 g (Steamer Beef & Broccoli Pasta)
- 2 lbs 900 g boneless, skinless chicken breasts**, about 4 breasts
 - 1 lb/450 g (Aloha Chicken & Veggie Kebabs)
 - 1 lb/450 g (Saucy Queso Chicken)
- 1 lb (450 g) ground chicken** (Butter Chicken Burger) | *Swap: ground turkey*
- 1 pkg (340 g) cooked, peeled shrimp** (Shrimp Alfredo Skillet)

DAIRY

- 3 cups milk**, your choice
 - 1½ cups (Saucy Queso Chicken)
 - 1½ cups (Shrimp Alfredo Skillet)
- 1 cup grated cheddar cheese**
 - ½ cup (Cheeseburger Salad)
 - ½ cup (Saucy Queso Chicken)

BAKERY

- 4 burger buns** (Butter Chicken Burger)

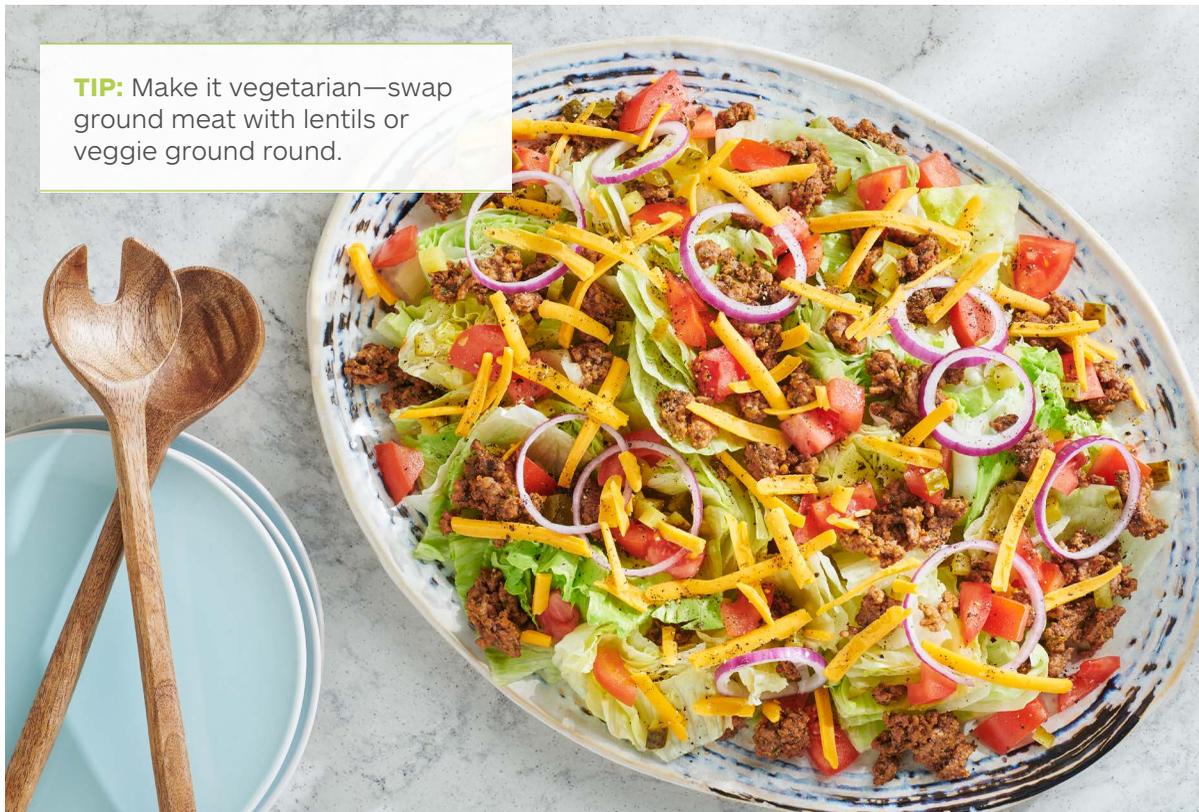
PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra buns, veggies such as frozen mixed vegetables, rice, lettuce, and pitas.



CHEESEBURGER SALAD

TIP: Make it vegetarian—swap ground meat with lentils or veggie ground round.



TOTAL TIME: 15 min



4 SERVINGS



\$2.91 CA/\$2.47 US PER SERVING

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

INGREDIENTS

- 1 tsp oil
- 1 lb (450 g) lean ground beef
- 1 pkg **Classic Meatloaf Seasoning**
- ½ cup water
- 1 head iceberg lettuce
- 2 tomatoes
- 1 dill pickle, reduced sodium
- ½ small red onion
- ½ cup grated cheese, your choice

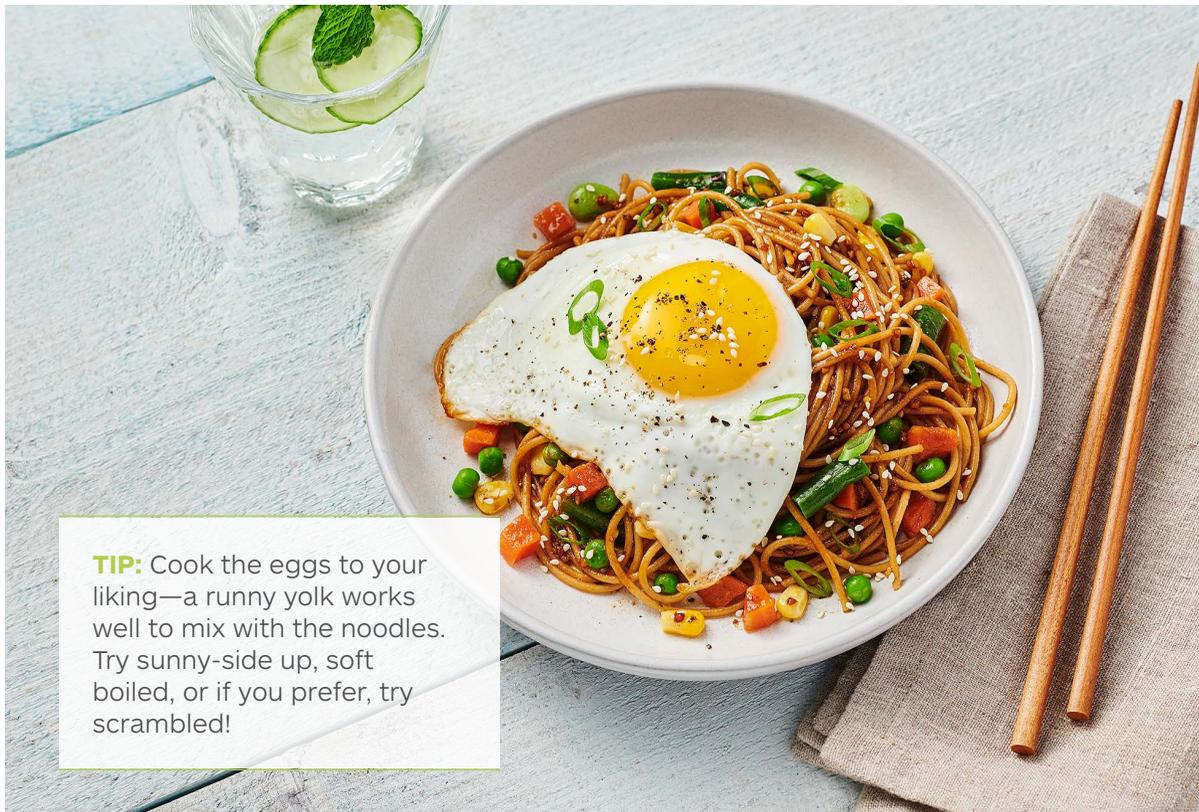
NUTRITIONAL INFO

Per serving: Calories 330, Fat 18 g (Saturated 8 g, Trans 0.4 g), Cholesterol 75 mg, Sodium 440 mg, Carbohydrate 15 g (Fibre 4 g, Sugars 7 g), Protein 29 g.

INSTRUCTIONS

1. Heat oil in a large fry pan over medium-high heat.
2. Add beef. Reduce heat to medium; cook, breaking into chunks, until beef is browned, about 4 min. Stir in seasoning and water. Stir often, until most of the water has been absorbed, 2 min.
3. Meanwhile, cut lettuce into quarters. Discard stem and chop leaves. Chop tomatoes. Dice pickle. Slice onion into rings.
4. Divide lettuce among four plates. Top evenly with meat, tomatoes, onion, pickle, and cheese.

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.

SAUCY QUESO CHICKEN



TIP: Make it vegetarian—swap chicken with firm tofu, sliced into thick steaks.



TOTAL TIME: 17 min



4 SERVINGS



\$3.56 CA/\$2.81 US PER SERVING

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

INGREDIENTS

1 lb (450 g) boneless, skinless chicken breasts (about 2)
1 pkg **Ooey Goey Queso Dip Mix**, divided
½ tbsp oil
1½ cups milk, your choice
½ cup grated cheddar cheese
½ avocado
1 lime

Toppings (optional): crushed tortilla chips, pickled jalapeños, **Poco Picante Salsa**

NUTRITIONAL INFO

Per serving: Calories 360, Fat 18 g (Saturated 7 g, Trans 0.2 g), Cholesterol 115 mg, Sodium 470 mg, Carbohydrate 15 g (Fiber 2 g, Sugars 3 g), Protein 35 g.

INSTRUCTIONS

1. To thinly slice chicken, place one hand on one breast and press down firmly. Curve fingers up slightly for safety. Carefully slice meat horizontally. Repeat with remaining chicken. You should have four pieces in total. Season chicken with 1 tbsp hot dip mix.
2. Heat oil in a large fry pan over medium-high heat. Add chicken; cook 4–5 min per side until golden brown and cooked through.
3. Meanwhile, prepare queso sauce. In **Multipurpose Steamer**, whisk remaining hot dip mix with milk. Microwave, uncovered on high for 4–5 min, or until thickened. Whisk halfway through cooking. Remove from microwave. Stir in grated cheddar.
4. Thinly slice avocado. Cut lime into quarters.
5. To serve, spoon queso sauce over chicken, top with avocado and lime. Add additional toppings, if desired.

STEAMER BEEF & BROCCOLI PASTA



TIP: Make it vegan—swap ground beef with soy ground round.



TOTAL TIME: 20 min



4 SERVINGS



\$3.02 CA/\$2.57 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy green salad and 1 tbsp prepared **Balsamic Vinaigrette**.

INGREDIENTS

1 lb (450 g) extra lean ground beef
1 pkg **Beef & Broccoli Stir-Fry Seasoning**
2 cups hot water
2 cups uncooked small pasta shells
4 cups broccoli florets
Sea Salt, to taste
Black Pepper, to taste
Toppings (optional): **Garlic Onion**
Nutritional Yeast Topper, sliced green onions

NUTRITIONAL INFO

Per serving: Calories 370, Fat 5 g (Saturated 2 g, Trans 0 g), Cholesterol 60 mg, Sodium 180 mg, Carbohydrate 49 g (Fiber 5 g, Sugars 8 g), Protein 34 g

INSTRUCTIONS

1. In **Multipurpose Steamer**, combine ground beef and seasoning. Cover; microwave on high for 5 min or until beef is cooked through. Break up meat using **Ground Meat Separator**.
2. Add hot water and pasta; stir to mix. Microwave on high, uncovered, for 6 min. Remove from microwave and stir; cook for an additional 3 min 30 sec.
3. Meanwhile, cut broccoli into bite-sized pieces, as needed.
4. Add broccoli to steamer. Cover; microwave another 4 min until pasta is cooked.
5. Season with salt and pepper, to taste. Add toppings, if desired.

BUTTER CHICKEN BURGER



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, and 1 tbsp favourite Epicure Dip.

INGREDIENTS

1 lb (450 g) ground chicken or turkey
1 pkg **Butter Chicken Seasoning**
4 burger buns

Toppings (optional): onion rings,
cucumber ribbons, sliced avocado,
baby spinach, 2% plain Greek yogurt

NUTRITIONAL INFO

Per serving: Calories 330, Fat 12 g (Saturated 3 g,
Trans 0.1 g), Cholesterol 100 mg, Sodium 300 mg,
Carbohydrate 29 g (Fibre 3 g, Sugars 3 g),
Protein 25 g.

INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. In a large bowl, combine chicken and seasoning. Using a fork or your hands, mix until well blended. Form into four patties.
3. Grill, with lid closed, 5-7 min per side, or until cooked.
4. Tuck burgers into buns and serve with toppings, as desired.

ALOHA CHICKEN & VEGGIE KEBABS

TIP: Swap chicken for firm tofu.



TOTAL TIME: 20 min



4 SERVINGS



\$3.97 CA/\$3.14 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 pita, 1 cup fresh veggies, and 1 tbsp prepared Epicure dip, your choice.

INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken breasts
- 2 tbsp **Teriyaki Dry Glaze**
- 1 tbsp vegetable oil
- 1 bell pepper
- 1 small red onion
- 2 cups fresh pineapple chunks

NUTRITIONAL INFO

Per serving (1 skewer): Calories 240, Fat 7 g (Saturated 1 g, Trans 0 g), Cholesterol 85 mg, Sodium 85 mg, Carbohydrate 18 g (Fiber 2 g, Sugars 12 g), Protein 27 g.

INSTRUCTIONS

1. Preheat grill to medium-high.
2. Cut chicken into 1" cubes. Place in bowl; add dry glaze and oil. Stir evenly to coat. If you have extra time, let stand for 10 min to marinate.
3. Meanwhile, cut peppers and onion into 2" pieces.
4. Thread meat, vegetables, and pineapple onto skewers.
5. Place skewers on grill; rotate often until lightly charred and chicken is cooked through, 10–12 min.

SHRIMP ALFREDO SKILLET



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



TOTAL TIME: 15 min



4 SERVINGS



\$3.49 CA/\$2.76 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.

GROCERY LIST

WEEK 5

PRODUCE

- 12 leaves iceberg lettuce** (Turkey Lettuce Wraps)
- 1 avocado** (Turkey Lettuce Wraps)
- 1 head cauliflower** (Grilled Tandoori Tofu & Cauliflower Steaks)
- 1 Roma tomato** (Turkey Lettuce Wraps)
- 1 large sweet potato** (Turkey Lettuce Wraps)

PANTRY STAPLES

- 3 tbsp maple syrup** (Grilled Tandoori Tofu & Cauliflower Steaks)
- 2 tbsp oil** (Grilled Tandoori Tofu & Cauliflower Steaks)

PROTEIN

- 1 lb (450 g) ground turkey** (Turkey Lettuce Wraps)
- 2 blocks (350 g each) extra-firm tofu** (Grilled Tandoori Tofu & Cauliflower Steaks)

DAIRY

- 1 cup 2% plain Greek yogurt** (Grilled Tandoori Tofu & Cauliflower Steaks)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add rice or quinoa and extra fresh veggies such as cauliflower or tomatoes.



GRILLED TANDOORI TOFU & CAULIFLOWER STEAKS



TOTAL TIME: 20 min



4 SERVINGS



\$3.08 CA/\$2.62 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with $\frac{1}{2}$ cup rice or quinoa.

INGREDIENTS

1 head cauliflower
2 blocks (350 g each) extra firm tofu
3–4 tbsp water
3 tbsp maple syrup
2 tbsp oil
1 pkg **Tandoori Chicken Curry Seasoning**
1 cup 2% plain Greek yogurt
Toppings (optional): seeds, chopped nuts, chopped fresh herbs such as cilantro, basil, and/or parsley, squeeze of lime

NUTRITIONAL INFO

Per serving: Calories 360, Fat 17 g (Saturated 1.5 g, Trans 0 g), Cholesterol 5 mg, Sodium 80 mg, Carbohydrate 29 g (Fibre 8 g, Sugars 15 g), Protein 24 g.

INSTRUCTIONS

1. Preheat grill to medium-high.
2. Trim leaves and bottom stalk from cauliflower, making sure not to remove the core. Place cauliflower in **Round Steamer**. Cover; microwave on high 5–6 min or until a knife can easily slide into it.
3. Meanwhile, cut each tofu block in half, lengthwise. You should have four pieces. Pat dry with a paper or kitchen towel.
4. Whisk together water, maple syrup, oil, and seasoning. Brush sauce on one side of tofu steaks. Place on grill, saucy side down. Brush sauce on top. Grill with lid closed for 10 min, flipping once, until lightly charred.
5. Brush the remaining sauce all over cauliflower. Place on grill, florets side down. Grill 5 min, then flip and cook 2 more min.
6. To serve, slice cauliflower into steaks or wedges. Top cauliflower and tofu with yogurt, and additional toppings, if desired.

TURKEY LETTUCE WRAPS



TIP: Refrigerate cooked turkey up to 3 days. Slice, then pan fry until crispy.



TOTAL TIME: 15 min



4 SERVINGS



\$3.58 CA/\$2.83 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1½ cup sliced vegetables and 1 tbsp favourite Epicure dip.

INGREDIENTS

1 pkg **Pulled Chicken Seasoning**
¼ cup water
1 lb (450 g) ground turkey
1 large sweet potato
1 roma tomato
1 avocado
12 leaves iceberg lettuce
Topping (optional): salsa

NUTRITIONAL INFO

Per serving: Calories 320, Fat 16 g (Saturated 3.5 g, Trans 0.1 g), Cholesterol 100 mg, Sodium 130 mg, Carbohydrate 21 g (Fiber 7 g, Sugars 7 g), Protein 25 g.

INSTRUCTIONS

1. In a large bowl, combine seasoning and water. Using your hands, crumble in turkey and mix well. Press into **Rectangular Steamer**. Cover and microwave on high for 6–8 min.
2. Meanwhile, peel and dice sweet potato, chop tomato, and slice avocado.
3. Remove turkey from steamer and place on cutting board.
4. Rinse steamer; add sweet potatoes. Cover; microwave on high 4–6 min.
5. Meanwhile, thinly slice meat.
6. To serve, portion meat in lettuce leaves and top with sweet potatoes, tomatoes, and avocado. Serve salsa on top, if desired.