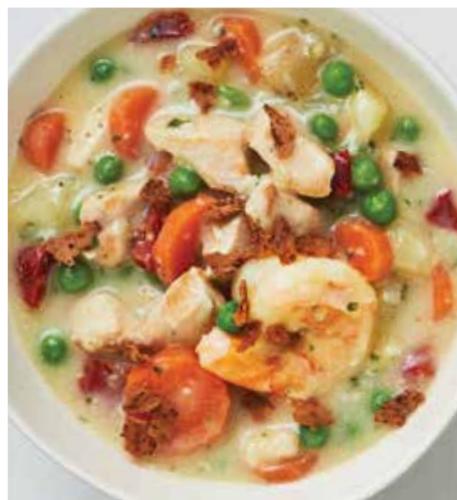


MERRY MONTH OF MEALS

24 DINNERS



Joy, hope, and celebration are just a few things we can look forward to this holiday season.

And a good way to have a very merry holiday is to start planning early. While we can't help you pick your Grandpa up from the airport, we can help you prep your dinners this month. Planning mealtime in advance is a great way to alleviate stress, save money, eat healthier and discover more! Here you'll find 24 different dinner dishes that you can try and have fun with. The grocery lists are already done for you and your family is going to flip out over our new and seasonal faves like the **Hearty Beef Stew** and the **Chicken Fried Rice**.

TIP: Meals are more than just food. Think about this as an opportunity to bond with your family. Ask the kids for help in the kitchen and take note of the meals your family loves most.

Cheers to keeping things simple, quick, and super easy in the kitchen this holiday season!

GROCERY LIST WEEK 1



Add the suggested toppers, condiments, and sides of your choosing (noted in the recipe on each pack) to your grocery list.

PRODUCE

- 4 bell peppers:**
 - 2 (Crispy & Crunchy Lettuce Wraps)
 - 2 (General Tao Chicken)
- 1 small head lettuce**, about 16 leaves (Crispy & Crunchy Lettuce Wraps)
Tip: try romaine, butter, or iceberg
- 2 lbs (900 g) baby carrots** (Hearty Beef Stew)
- 1½ lbs (675 g) mini potatoes** (Hearty Beef Stew)
- 1½ cups frozen mixed vegetables**, your choice (Hearty Minestrone)

PANTRY STAPLES

- Oil:**
 - 3 tbsp (General Tao Chicken)
 - 1 tbsp (Hearty Beef Stew)
 - 1 tbsp (Southern Baked Chicken)
 - 1 tsp, preferably sesame (Crispy & Crunchy Lettuce Wraps)
- 1 can (28 oz/796 ml) diced tomatoes** (Hearty Minestrone)
- ½ cup corn starch**
 - ¼ cup (General Tao Chicken)
 - ¼ cup, optional (Hearty Beef Stew)
- ½ cup small shell pasta** (Hearty Minestrone)
- 5 tbsp ketchup**
 - 3 tbsp (Classic Meatloaf)
 - 2 tbsp (General Tao Chicken)

- 3 tbsp tomato paste** (Hearty Beef Stew)
- 2 tbsp + 1 tsp soy sauce**, preferably low sodium
 - 2 tbsp (General Tao Chicken)
 - 1 tsp (Crispy & Crunchy Lettuce Wraps)
- 1 tsp brown sugar** (Classic Meatloaf)
- 1 tsp honey mustard** (Classic Meatloaf)

PROTEIN

- 1 egg** (Classic Meatloaf)
- 3 lbs (1.36 kg) boneless, skinless chicken breasts**, about 6 breasts:
 - 2 lbs/900 g (Southern Baked Chicken)
 - 1 lb/450 g (General Tao Chicken)
Swap: 1 lb (450 g) firm tofu
- 1½ lbs (675 g) cubed stewing beef** (Hearty Beef Stew)
- 1 lb (450 g) lean ground beef** (Classic Meatloaf)
- 1 lb (450 g) ground pork** (Crispy & Crunchy Lettuce Wraps)
- 1 can (19 oz/540 ml) lentils** (Hearty Minestrone)
Swap: white beans or ground meat

TIP: Round off some of your meals with steamed rice—it's easy to prepare in the **Multipurpose Steamer**. Simply combine 1 cup uncooked white rice with 2 cups water. Top with tray; microwave, uncovered, on high for about 16–18 min, or until tender.

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add whole-grain rolls, extra rice, mixed veggies, and leafy greens.



GROCERY LIST WEEK 2



Add the suggested toppers, condiments, and sides of your choosing (noted in the recipe on each pack) to your grocery list.

PRODUCE

- 3 small sweet potatoes** (Sweet Garlic Chicken)
- ½ lime** (Enchiladas)
- 4 cups broccoli florets**, fresh or frozen (Beef & Broccoli Stir-Fry)
- 3 cups sliced mushrooms**, such as cremini (Wintry Mushroom Soup) | *Try: packaged pre-sliced or mix-and-match a variety*

PANTRY STAPLES

- Oil:**
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 1 tbsp (Sweet Garlic Chicken)
 - 1 tsp, preferably coconut (Enchiladas)
- 2 cups bite-sized pasta**, your choice (Mac & Cheese)
- 3 tbsp tomato paste** (Enchiladas)
- 2 tbsp soy sauce**, preferably low sodium (Beef & Broccoli Stir-Fry)

PROTEIN

- 1½ lbs (675 g) lean ground beef** (Tacos)
- 1 lb (450 g) beef strips** (Beef & Broccoli Stir-Fry)
Swap: ground beef
- 1 lb (450 g) boneless, skinless chicken thighs** (Sweet Garlic Chicken) *Swap: 1 lb (450 g) medium-firm tofu*
- 2 cans (14 oz/398 ml each) black beans**, preferably unsalted (Enchiladas)

DAIRY

- Milk**, your choice:
 - 3½ cups (Wintry Mushroom Soup)
 - ⅓ cup (Mac & Cheese)
- 1 cup grated cheese**, your choice (Enchiladas)
- 4 tbsp butter:**
 - 2 tbsp (Wintry Mushroom Soup) | *Swap: olive oil*
 - 2 tbsp, optional (Mac & Cheese)

BAKERY

- 12 taco shells** (Tacos)
- 4 medium tortillas** (Enchiladas)

TIP: Tacos make a delicious 6 servings. If you have leftovers, simply stir filling into prepared **Mac & Cheese** for a protein and flavour boost!

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add whole-wheat bread, leafy greens, mixed veggies, avocado, lean protein such as tuna or tofu, and rice.



GROCERY LIST WEEK 3



Add the suggested toppers, condiments, and sides of your choosing (noted in the recipe on each pack) to your grocery list.

PRODUCE

- 3 large sweet potatoes:**
 - 2 (African Sweet Potato Stew)
 - 1 (Thai Coconut Soup)
- 2 heads baby bok choy** (Thai Coconut Soup)
Swap: 4 cups baby spinach
- 2 tomatoes** (Donair)
- ½ English cucumber** (Donair)
- ½ head lettuce** (Donair) *Try: romaine or leafy green*
- ½ lime**, optional (Thai Coconut Soup)
- ½ red onion** (Donair)
- 8 cups baby spinach**
 - 4 cups (Creamy Pesto Parmesan Chicken)
 - 4 cups (Speedy Lasagna)
- 2 cups snap peas**
(Sweet & Sour Stir-Fry) *Swap: frozen green beans*
- 1 cup sliced mushrooms** (Thai Coconut Soup)

PANTRY STAPLES

- 9 oven-ready lasagna noodles** (Speedy Lasagna)
Swap: gluten-free noodles
- 2 cans (14 oz/398 ml each) coconut milk**, preferably light:
 - 1 can (African Sweet Potato Stew)
 - 1 can (Thai Coconut Soup)
- 1 can (14 oz/398 ml) crushed tomatoes** (Speedy Lasagna)
- 1 can (28 oz/796 ml) diced tomatoes** (African Sweet Potato Stew)
- 1 can (14 oz/398 ml) pineapple chunks** (Sweet & Sour Stir-Fry)
- ½ cup natural crunchy peanut butter** (African Sweet Potato Stew) | *Swap: nut butter alternative*

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add whole-grain rolls, leafy greens, mixed veggies, and rice or pasta.

- ¼ cup corn starch** (Sweet & Sour Stir-Fry)
- 4 tbsp oil:**
 - 3 tbsp (Sweet & Sour Stir-Fry)
 - 1 tbsp (Creamy Pesto Parmesan Chicken)
- 2 tbsp soy sauce** (Sweet & Sour Stir-Fry)
- 2 tbsp white vinegar** (Sweet & Sour Stir-Fry)

PROTEIN

- 2 eggs** (Speedy Lasagna)
- 1 block (454 g) medium-firm tofu** (Thai Coconut Soup) | *Swap: chicken or shrimp*
- 2 lbs (900 g) lean ground beef** (Donair)
- 1 lb (450 g) chicken breast fillets** (Creamy Pesto Parmesan Chicken) | *Swap: medium-firm tofu or plant-based sausage*
- 1 lb (450 g) boneless, skinless chicken breasts** (Sweet & Sour Stir-Fry)
- ½ lb (225 g) ground turkey** (African Sweet Potato Stew) | *Swap: 1 can (19 oz/540 ml) black beans*

DAIRY

- 1 pkg (500 ml) ricotta**, about 2 cups (Speedy Lasagna) *Swap: cottage cheese*
- 1½ cups milk**, your choice (Creamy Pesto Parmesan Chicken)
- 1 cup shredded mozzarella** (Speedy Lasagna)

BAKERY

- 10 pitas**, preferably whole wheat (Donair)

TIP: The **Wok** is a kitchen superstar—prepare soups, stews, stir-fry, and even skillet meals with it this week!



GROCERY LIST

WEEK 4



Add the suggested toppers, condiments, and sides of your choosing (noted in the recipe on each pack) to your grocery list.

PRODUCE

- 7 potatoes:**
 - 5 (Shepherds Pie) | *Try: Russet or Yukon Gold; swap: cauliflower or sweet potatoes*
 - 2 (Home-Style Chicken Stew)
- 3 celery stalks** (Home-Style Chicken Stew)
- 2 medium carrots** (Home-Style Chicken Stew)
- 1 avocado** (Azteca Tortilla Soup)
Swap: frozen cubed avocado
- 1 large onion** (Butter Chicken)
- 4 cups shredded coleslaw** (Chicken Fried Rice)
- 2 cups mixed vegetables**, fresh or frozen (Shepherds Pie)
- 1 cup frozen peas** (Home-Style Chicken Stew)
- ½ cup corn**, fresh, frozen, or canned (Azteca Tortilla Soup)

PANTRY STAPLES

- 1½ cans (14 oz/398 ml each) crushed tomatoes:**
 - 1 can (Azteca Tortilla Soup)
 - ½ can (Butter Chicken)
- 1 can (14 oz/398 ml) coconut milk** (Butter Chicken)
- 1 cup ketchup** (Pulled Pork)
- 1 cup white rice** (Chicken Fried Rice)
- ½ cup brown sugar** (Pulled Pork)
- ½ cup vinegar** (Pulled Pork)
- 3 tbsp oil:**
 - 1 tbsp (Chicken Fried Rice)
 - 1 tbsp, preferably sesame (Chicken Fried Rice)
 - 1 tbsp (Home-Style Chicken Stew)
- 2 tbsp soy sauce**, preferably low sodium (Chicken Fried Rice)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add whole-grain rolls, baby spinach and leafy greens, lemons, mixed veggies, rice, and green beans or broccoli florets.

PROTEIN

- 5 lbs (2.5 kg) boneless pork shoulder** (Pulled Pork) | *Swap: butt roast*
- 3 lbs (1.35 kg) boneless, skinless chicken breasts:**
 - 2 lbs/900 g (Butter Chicken) | *Swap: 4 cups chickpeas or 2 lbs (900 g) tofu*
 - 1 lb/450 g (Home-Style Chicken Stew)
Swap: chicken thighs
- 1 lb (450 g) boneless, skinless chicken thighs** (Chicken Fried Rice) | *Swap: chicken breasts*
- 1 lb (450 g) lean ground beef** (Shepherds Pie)
Swap: ground chicken, pork, or soy ground round
- 1 can (19 oz/540 ml) black beans** (Azteca Tortilla Soup)

DAIRY

- 1 cup 2% plain Greek yogurt:**
 - ½ cup (Azteca Tortilla Soup)
Swap: coconut-based yogurt
 - ½ cup (Butter Chicken)
- ½ cup grated cheese**, your choice (Azteca Tortilla Soup) | *Swap: vegan cheese*
- ½ cup milk**, your choice (Shepherds Pie)
- 1 tbsp butter** (Butter Chicken)

BAKERY

- ½ cup tortilla chips** (Azteca Tortilla Soup)

TIP: Pulled Pork makes 20 servings! Portion and freeze leftovers for easy meals later. Check out epicure.com for recipe inspiration using prepared Pulled Pork.





CROWD-PLEASING SWEETS

Baking is a surefire way to spread holiday cheer! These easy-bake treats are sweet, mess-free and simply irresistible. Great for hosting holiday parties or to cap off one of your merry dinners.

PROTEIN

- ☐ 3 eggs (Luscious Lemon Curd)

DAIRY

- ☐ ½ cup + 1 tbsp butter, preferably unsalted:
 - ½ cup (Shortbread Cookies) | Swap: *unsalted margarine or vegan butter sticks*
 - 1 tbsp, *optional* (Luscious Lemon Curd)

TIP: Use both the **Shortbread Cookie Mix** and **Luscious Lemon Curd Mix** to prepare daringly delicious **Luscious Lemon Bars**—find recipe on epicure.com.

