

3 WEEKS OF EASY DINNERS



This healthy dinner meal plan will have you (and your family!) looking forward to dinner all week long. No more boredom. No more last-minute frenzy. And no more frozen pizza!

These weeknight dinners are perfectly balanced meal solutions that serve between 4-6. The Donair and Pulled Pork have larger serving sizes which means you can enjoy leftovers the next night or even for lunch. Simply follow the recipe on pack and get a healthy, wholesome dinner on the table for you and your entire family.

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 cookware essentials pair well with these recipes.

Steamers

- Microwave for fast, healthy, and energy-efficient cooking—no hot oven required!
- Streamline cooking: use both the microwave and stovetop to make a fast meal.
- **Multipurpose** and **Round Steamers** hold 14¾ cups each; **Rectangular Steamer** holds 3½ cups.



Sheet Pan & Sheet Pan Liner

- The **Sheet Pan** is an all-purpose baking sheet made from a single piece of aluminum, with a one-inch rim. Use for baking, roasting, and ensuring no spillover from other dishes when baking in the oven.
- Evenly holds and distributes heat; durable, but lightweight! Rolled edges make for easy gripping.
- The **Sheet Pan Liner** is a flexible, reusable, nonstick silicone baking mat. Lipped edges ensure no spillovers. Custom fitted for the Sheet Pan for a match made in “kitchen heaven.” Heat stable up to 450° F.



Wok & Glass Lid

- A classic wok with curvy sides and generous surface area for stir-frying.
- Hard aluminum body evenly distributes heat. Oven safe to 450° F.
- Durable, nonstick ceramic coating is easy to clean and wear-resistant. PFOA and PTFE free.
- Shatter-resistant clear glass lid locks in steam producing moist, juicy food.



3 WEEKS OF EASY DINNERS

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
MONDAY	<p><u>TAHINI POWER BOWL</u> 6 servings \$2.77 CA \$2.35 US</p> 	<p><u>SWEET & SOUR STIR-FRY</u> 4 servings \$4.32 CA \$3.67 US</p> 	<p><u>ENCHILADAS</u> 4 servings \$3 CA \$2.55 US</p> 
TUESDAY	<p><u>PAD THAI</u> 4 servings \$5.93 CA \$4.68 US</p> 	<p><u>TACOS</u> 6 servings \$2.44 CA \$2.07 US</p> 	<p><u>ROTISSERIE CHICKEN</u> 8 servings \$2.35 CA \$2 US</p> 
WEDNESDAY	<p><u>PHILLY-STYLE CHEESESTEAK</u> 6 servings \$3.88 CA \$3.30 US</p> 	<p><u>SWEET GARLIC CHICKEN</u> 4 servings \$3.33 CA \$2.83 US</p> 	<p><u>BEEF & BROCCOLI STIR FRY</u> 4 servings \$3.65 CA \$3.10 US</p> 
THURSDAY	<p><u>BUTTER CHICKEN</u> 8 servings \$2.30 CA \$1.96 US</p> 	<p><u>DONAIR</u> 10 servings \$1.80 CA \$1.53 US</p> 	<p><u>CRISPY & CRUNCHY CHICKEN STRIPS</u> 4 servings \$2.37 CA \$2.01 US</p> 
FRIDAY	<p><u>CLASSIC MEATLOAF</u> 4 servings \$2.18 CA \$1.85 US</p> 	<p><u>CRISPY & CRUNCHY LETTUCE WRAPS</u> 4 servings \$3.17 CA \$2.69 US</p> 	<p><u>PULLED PORK</u> 20 servings \$1.03 CA \$0.88 US</p> 

Prices are in CAD/USD based on average grocery store costs.

GROCERY LIST

WEEK 1

PRODUCE

- 4 bell peppers:**
 - 2 large, red (Pad Thai)
 - 2 medium (Philly-Style Cheesesteak)
- 3 small sweet potatoes** (Tahini Power Bowl)
- 2 onions:**
 - 1 large (Butter Chicken)
 - 1 small yellow (Philly-Style Cheesesteak)
- 1 large beet** (Tahini Power Bowl)
Swap: 1½ cups pre-spiralized beets
- 1 lime** (Pad Thai) | *Swap: bottled lime juice*
- ½ English cucumber** (Tahini Power Bowl)
- 1 pkg (7 oz/200 g) sliced mushrooms**, about 3 cups (Philly-Style Cheesesteak)
- 6 cups fresh greens**, your choice (Tahini Power Bowl)
- 2 cups bean sprouts** (Pad Thai)
Swap: baby spinach

PANTRY STAPLES

- Oil:**
 - 2 tbsp olive oil (Tahini Power Bowl)
 - 1 tbsp (Pad Thai)
 - 1 tbsp (Philly-Style Cheesesteak)
- 1 can (14 oz/398 ml) coconut milk** (Butter Chicken)
- 1 pkg (14 oz/400 g) rice noodles** (Pad Thai)
- ½ cup crushed tomatoes** (Butter Chicken)
- ¼ cup tahini** (Tahini Power Bowl)
- 3 tbsp ketchup** (Classic Meatloaf)
- 2 tbsp soy sauce**, preferably low sodium (Pad Thai)
- 2 tbsp roasted peanuts**, optional (Pad Thai)
- 1 tsp brown sugar** (Classic Meatloaf)
- 1 tsp honey mustard** (Classic Meatloaf)
Swap: yellow mustard

Sunday Prep Tips

- After shopping, prep fresh produce as you unpack.
- Wash, chop, and slice raw veggies. Store in **4-Cup Prep Bowl** and **Prep Bowls**.
- Prepare rice in **Multipurpose Steamer**.

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add carrots or cucumbers, green beans or broccoli florets, rice, and potatoes.

PROTEIN

- 3 eggs:**
 - 2 (Pad Thai)
 - 1 (Classic Meatloaf)
- 2½ lbs (1.13 kg) boneless, skinless chicken breasts**, about 5:
 - 2 lbs/900 g (Butter Chicken) | *Swap: chickpeas or firm tofu*
 - ½ lb/225 g (Pad Thai) | *Swap: shrimp, chickpeas, or firm tofu*
- 1 lb (450 g) lean ground beef** (Classic Meatloaf)
- 1 lb (450 g) thinly sliced beef strips** (Philly-Style Cheesesteak)
- 3 cans (19 oz/540 ml each) unsalted chickpeas** (Tahini Power Bowl)

DAIRY

- 1 cup shredded mozzarella cheese** (Philly-Style Cheesesteak) | *Swap: provolone*
- ½ cup 2% plain Greek yogurt** (Butter Chicken)
- 1 tbsp butter**, preferably unsalted (Butter Chicken)

OTHER

- 6 hoagie rolls** (Philly-Style Cheesesteak)
Swap: mini sub buns or hot dog buns



GROCERY LIST

WEEK 2

PRODUCE

- 3 small sweet potatoes** (Sweet Garlic Chicken)
- 2 bell peppers** (Crispy & Crunchy Lettuce Wraps)
- 2 tomatoes** (Donair)
- 1 small head lettuce**, about 16 leaves (Crispy & Crunchy Lettuce Wraps)
- ½ English cucumber** (Donair)
- ½ head romaine** (Donair) | *Swap: leafy green lettuce*
- ½ red onion** (Donair)
- 2 cups snap peas** (Sweet & Sour Stir-Fry)

PANTRY STAPLES

- Oil:**
 - 3 tbsp (Sweet & Sour Stir-Fry)
 - 1 tbsp (Sweet Garlic Chicken)
 - 1 tsp, preferably sesame (Crispy & Crunchy Lettuce Wraps)
- 1 can (14 oz/398 ml) pineapple chunks** (Sweet & Sour Stir-Fry)
- ¼ cup corn starch** (Sweet & Sour Stir-Fry)
- 2 tbsp + 1 tsp soy sauce**, preferably low sodium:
 - 2 tbsp (Sweet & Sour Stir-Fry)
 - 1 tsp (Crispy & Crunchy Lettuce Wraps)
- 2 tbsp white vinegar** (Sweet & Sour Stir-Fry)

PROTEIN

- 3½ lbs (1.58 kg) lean ground beef:**
 - 2 lbs/900 g (Donair)
 - 1½ lbs/675 g (Tacos)
- 1 lb (450 g) boneless, skinless chicken breasts**, about 2 breasts (Sweet & Sour Stir-Fry)
Swap: medium-firm tofu
- 1 lb (450 g) boneless, skinless chicken thighs**, about 6 thighs (Sweet Garlic Chicken)
- 1 lb (450 g) ground pork** (Crispy & Crunchy Lettuce Wraps) | *Swap: ground chicken or beef*

OTHER

- 12 taco shells** (Tacos)
- 10 whole-wheat pitas** (Donair)

Sunday Prep Tips

- After shopping, prep fresh produce as you unpack.
- Wash, chop, and slice raw veggies. Store in **4-Cup Prep Bowl** and **Prep Bowls**.
- Prepare rice in **Multipurpose Steamer**.

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add rice, extra fresh veggies, leafy greens, and avocados (to make guacamole).



GROCERY LIST

WEEK 3

PRODUCE

- ½ lime (Enchiladas)
- 4 cups broccoli florets (Beef & Broccoli Stir-Fry)

PANTRY STAPLES

- Oil:
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 1 tsp, preferably coconut or olive (Enchiladas)
- 1 cup ketchup (Pulled Pork)
- ½ cup brown sugar (Pulled Pork)
- ½ cup vinegar (Pulled Pork)
- 3 tbsp tomato paste (Enchiladas)
- 2 tbsp mayonnaise (Crispy & Crunchy Chicken Strips)
Swap: 2% plain Greek yogurt
- 2 tbsp soy sauce, preferably low sodium (Beef & Broccoli Stir-Fry)

PROTEIN

- 5 lbs (2.5 kg) boneless pork shoulder (Pulled Pork)
Swap: butt roast
- 3 lbs (1.36 kg) whole chicken (Rotisserie Chicken)
- 1 lb (450 g) beef strips (Beef & Broccoli Stir-Fry)
Swap: lean ground beef
- 1 lb (450 g) chicken breast fillets, about 16 pieces (Crispy & Crunchy Chicken Strips)
- 2 cans (14 oz/398 ml each) black beans, preferably unsalted (Enchiladas)

DAIRY

- 1 cup grated cheese, your choice (Enchiladas)

OTHER

- 4 medium tortillas (Enchiladas)

Sunday Prep Tips

- After shopping, prep fresh produce as you unpack.
- Wash, chop, and slice raw veggies. Store in **4-Cup Prep Bowl** and **Prep Bowls**.
- Prepare rice or quinoa in **Multipurpose Steamer**.

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra fresh veggies such as carrots and green beans, leafy greens, buns, and rice or quinoa.

