



E P I C U R E™

WHAT'S FOR DINNER? 30-DAY MEAL PLAN

AUGUST EXCLUSIVE



BETTER THAN TAKEOUT

E P I C U R E TM

This month, learn how the magic of prepping ahead will lighten the load throughout the week, helping you quickly put a fresh, delicious meal on your family's table every night.

Within our August meal plan you'll find 30 curated recipes that feature a variety of lean meats, grains, fresh produce, and pantry staples. Every dish will satisfy your craving for flavour, and balanced nutrition. Take advantage of our prep tips, calendar at-a-glance and weekly grocery lists.

Go ahead—relax and enjoy these late summer days knowing that you don't have to think about what's for dinner!!

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 them 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**.

WHAT'S FOR DINNER?

AUGUST 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>SIMPLE VEGGIE NOODLE BOWL</u> 4 servings \$3.17 CA \$2.69 US	<u>SESAME NOODLE & FRIED EGG</u> 4 servings \$2.23 CA \$1.90 US	<u>RANCHER STYLE BAKED BEANS & EGGS</u> 4 servings \$3.08 CA \$2.43 US	<u>CRISPY & CRUNCHY LETTUCE WRAPS</u> 4 servings \$3.05 CA \$2.59 US	<u>GINGERY TURKEY & RICE BOWL</u> 4 servings \$3.41 CA \$2.90 US
TUE	<u>ALFREDO CHICKEN & BROCCOLI MICROWAVE SKILLET</u> 4 servings \$3.53 CA \$2.79 US	<u>ORANGE ROSEMARY GARLIC CHICKEN</u> 4 servings \$1.86 CA \$1.58 US	<u>PANTRY PAD THAI</u> 4 servings \$3 CA \$2.55 US	<u>SMASHED CHICKPEA TACOS</u> 4 servings \$3.17 CA \$2.50 US	<u>SHEET PAN CAPRESE CHICKEN</u> 8 servings \$3.58 CA \$2.83 US
WED	<u>PORK & BOK CHOY STIR-FRY</u> 4 servings \$2.55 CA \$2.01 US	<u>CHEESY TACO PASTA</u> 8 servings \$1.89 CA \$1.49 US	<u>SWEET 'N STICKY STEAK BITES</u> 4 servings \$2.17 CA \$1.84 US	<u>CHICKEN ALFREDO PIZZA</u> 8 servings \$3.20 CA \$2.53 US	
THU	<u>FISH WITH CORN SALSA</u> 4 servings \$3.71 CA \$2.93 US	<u>SWEET CHILI SALMON</u> 4 servings \$3.63 CA \$2.87 US	<u>THAI RED CURRY SALMON NOODLE BOWL</u> 4 servings \$3.85 CA \$3.04 US	<u>BALSAMIC GLAZED SALMON SALAD BOWL</u> 4 servings \$5.10 CA \$4.36 US	
FRI	<u>FAMILY-STYLE STEAK LETTUCE WRAPS</u> 4 servings \$4.02 CA \$3.42 US	<u>HONEY GARLIC MEATBALLS</u> 4 servings \$2.53 CA \$2.15 US	<u>LENTIL & BEEF BURGER</u> 4 servings \$2.27 CA \$1.93 US	<u>SHREDDED SOUVLAKI CHICKEN FLATBREAD</u> 4 servings \$4.07 CA \$3.46 US	
SAT	<u>PULLED BUTTER CHICKEN SANDWICH</u> 4 servings \$4.28 CA \$3.64 US	<u>SMOKIN' GOOD COWBOY BURGER</u> 12 servings \$1.63 CA \$1.29 US	<u>PINEAPPLE & SHRIMP SHEET PAN DINNER</u> 4 servings \$4.05 CA \$3.44 US	<u>MINI SUMMER CAPRESE MEATLOAF</u> 4 servings \$2.43 CA \$2.07 US	
SUN	<u>SOUVLAKI SHEET PAN DINNER</u> 4 servings \$3.60 CA \$3.06 US	<u>INSTANT POT PAD THAI CHICKEN & RICE</u> 4 servings \$3.23 CA \$2.55 US	<u>BUTTER CHICKEN BURGER</u> 4 servings \$2.88 CA \$2.45 US	<u>SWEET 'N TANGY SHEET PAN CHICKEN</u> 4 servings \$3.19 CA \$2.71 US	

GROCERY LIST

WEEK 1

PRODUCE

- 5 carrots**
 - 2 (Pork & Bok Choy Stir-Fry)
 - 2 (Simple Veggie Noodle Bowl)
 - 1 (Family-Style Steak Lettuce Wraps)
- 2 English cucumbers**
 - 1 (Family-Style Steak Lettuce Wraps)
 - 1 (Simple Veggie Noodle Bowl)
- 2 limes** | *Swap: bottled lime juice*
 - 1 (Family-Style Steak Lettuce Wraps)
 - 1 (Simple Veggie Noodle Bowl)
- 2 large sweet potatoes** (Alfredo Chicken & Broccoli Microwave Skillet)
- 1½ bunches cilantro**
 - 1 bunch (Family-Style Steak Lettuce Wraps)
 - ½ (Pulled Butter Chicken Sandwich)
- 1 small bell pepper** (Fish with Corn Salsa)
- 1 small head bok choy** (Pork & Bok Choy Stir-Fry)
Swap: broccoli florets
- 1 head leafy red or green lettuce** (Family-Style Steak Lettuce Wraps)
- 1 bunch radishes** (Simple Veggie Noodle Bowl)
- 1 lb (450 g) trimmed green beans** (Souvlaki Sheet Pan Dinner)
- 1 pkg (8 oz/227 g) sliced mushrooms** (Pork & Bok Choy Stir-Fry)
- 1 pint cherry tomatoes** (Souvlaki Sheet Pan Dinner)
- 4 cups fresh broccoli florets** (Alfredo Chicken & Broccoli Microwave Skillet)
- 1½ cups corn niblets** (Fish with Corn Salsa)

PANTRY STAPLES

- Oil:**
 - 2 tbsp + 2 tsp (Family-Style Steak Lettuce Wraps)
 - 2 tbsp, preferably olive (Fish with Corn Salsa)
 - 2 tbsp, preferably olive (Souvlaki Sheet Pan Dinner)
 - 1 tbsp, preferably sesame (Simple Veggie Noodle Bowl)
 - 1 tsp (Pork & Bok Choy Stir-Fry)
- 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)
- ½ pkg (14 oz/400 g) vermicelli rice noodles** (Simple Veggie Noodle Bowl)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add pita bread, extra veggies such as green beans and broccoli, and mixed greens.

- 2 cups uncooked white rice**
 - 1 cup (Family-Style Steak Lettuce Wraps)
 - 1 cup (Pork & Bok Choy Stir-Fry)
- 1 cup broth** (Pork & Bok Choy Stir-Fry)
- 1 cup uncooked couscous** (Fish with Corn Salsa)
- 2 tbsp balsamic vinegar** (Souvlaki Sheet Pan Dinner)
- 2 tbsp lime juice** (Fish with Corn Salsa)
- 1 tbsp honey** (Simple Veggie Noodle Bowl)
- 1 tbsp soy sauce**, preferably low sodium (Pork & Bok Choy Stir-Fry)
- ½ tbsp lemon juice** (Pulled Butter Chicken Sandwich)

PROTEIN

- 4–4.5 oz (130 g) white fish fillets**, about 1" thick (Fish with Corn Salsa) | *Try: haddock, tilapia, or sole*
- 2 lbs (900 g) boneless, skinless chicken breasts**, about 4 breasts
 - 1 lb/450 g (Alfredo Chicken & Broccoli Microwave Skillet)
 - 1 lb/450 g (Pulled Butter Chicken Sandwich)
- 1 lb (450 g) lean ground pork** (Pork & Bok Choy Stir-Fry) | *Swap: ground beef, chicken, or turkey*
- 1 lb (450 g) steak** (Family-Style Steak Lettuce Wraps) | *Try: top sirloin or striploin*
- ½ lb (225 g) boneless, skinless chicken thighs** (Souvlaki Sheet Pan Dinner)
- 2 blocks (7 oz/210 g each) smoked tofu** (Simple Veggie Noodle Bowl) | *Swap: firm tofu*
- 1 can (14oz/398 ml) unsalted chickpeas** (Souvlaki Sheet Pan Dinner)

DAIRY

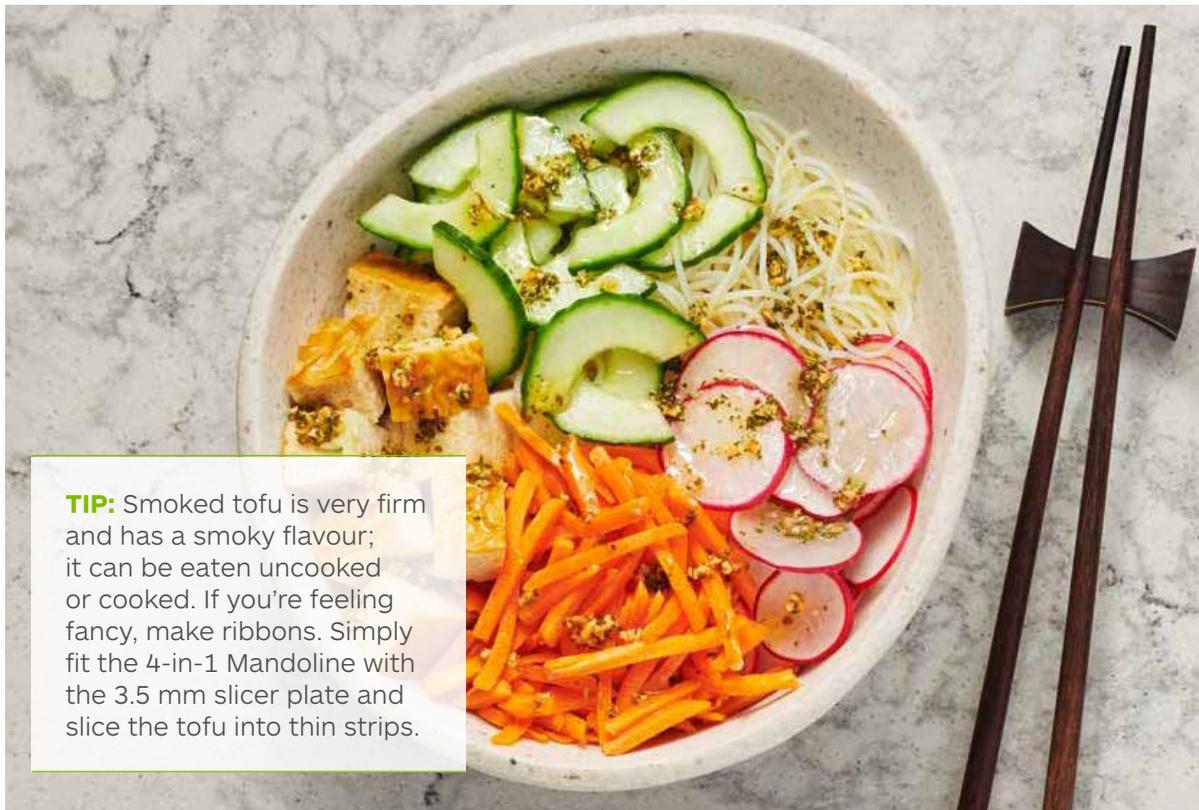
- 1½ cups milk**, your choice (Alfredo Chicken & Broccoli Microwave Skillet)
- ½ cup 2% plain Greek yogurt** (Pulled Butter Chicken Sandwich)
- ½ cup grated cheese**, your choice (Alfredo Chicken & Broccoli Microwave Skillet)
- 1 tbsp butter**, preferably unsalted (Pulled Butter Chicken Sandwich)

BAKERY

- 4 burger buns**, preferably whole grain (Pulled Butter Chicken Sandwich)



SIMPLE VEGGIE NOODLE BOWL



TIP: Smoked tofu is very firm and has a smoky flavour; it can be eaten uncooked or cooked. If you're feeling fancy, make ribbons. Simply fit the 4-in-1 Mandoline with the 3.5 mm slicer plate and slice the tofu into thin strips.



TOTAL TIME: 15 min



4 SERVINGS



\$3.17 CA/\$2.69 US PER SERVING

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

INGREDIENTS

½ pkg (14 oz/400 g) vermicelli rice noodles
8 cups boiling water
1 lime
½ tbsp **Greek Dressing Mix**, or Dressing Mix of your choice
1 tbsp each liquid honey and sesame oil
1 bunch radishes
2 carrots
1 English cucumber
2 blocks (7 oz/210 g each) smoked tofu

NUTRITIONAL INFO

Per serving: Calories 430, Fat 14 g (Saturated 2.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 410 mg, Carbohydrate 54 g (Fiber 4 g, Sugars 7 g), Protein 20 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, then drain and rinse under cold water.
2. Meanwhile, in a small bowl, make dressing. Using **2-in-1 Citrus Press**, squeeze in juice from 1 lime. Whisk in dressing mix, honey, and oil.
3. Slice radishes into thin rounds. Grate carrots. Slice cucumber in half, lengthwise. Use a spoon to scrape out seeds (save for a smoothie!). Slice halves cross-wise. Cube tofu.
4. Divide noodles, veggies and tofu between four bowls. Drizzle dressing on top.

ALFREDO CHICKEN & BROCCOLI MICROWAVE SKILLET



TIP: Let stand 5 min prior to serving for a thicker sauce.

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



TOTAL TIME: 20 min



4 SERVINGS



\$3.53 CA/\$2.79 US PER SERVING

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

INGREDIENTS

2 large sweet potatoes
1 lb (450 g) boneless, skinless chicken breasts, cubed
1 pkg **Alfredo Sauce Mix**
1 ½ 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 (Fiber 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 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.

PORK & BOK CHOY STIR-FRY



TIP: Use soy ground round or lentils for a delicious vegetarian option.



TOTAL TIME: 17 min



4 SERVINGS



\$2.55 CA/\$2.01 US PER SERVING

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

INGREDIENTS

- 1 cup uncooked white rice
- 2 ½ 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 pkg (8 oz/227 g) sliced mushrooms
- 1 small head bok choy

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 (Fiber 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. Meanwhile, 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 topper, if desired.

FISH WITH CORN SALSA



TIP: Go vegetarian—swap fish for firm tofu. Gluten free? Try serving with rice or quinoa instead of couscous.



TOTAL TIME: 20 min



4 SERVINGS



\$3.71 CA/\$2.93 US PER SERVING

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

INGREDIENTS

1 ¼ cups water
1 cup uncooked couscous
4 (4.5 oz/130 g) white fish filets such as haddock, tilapia, or sole, about 1" thick
½ pkg **Pulled Chicken Seasoning**
1 ½ cups corn niblets
1 small red bell pepper
2 tbsp olive oil
2 tbsp lime juice
Toppings (optional): lime wedges

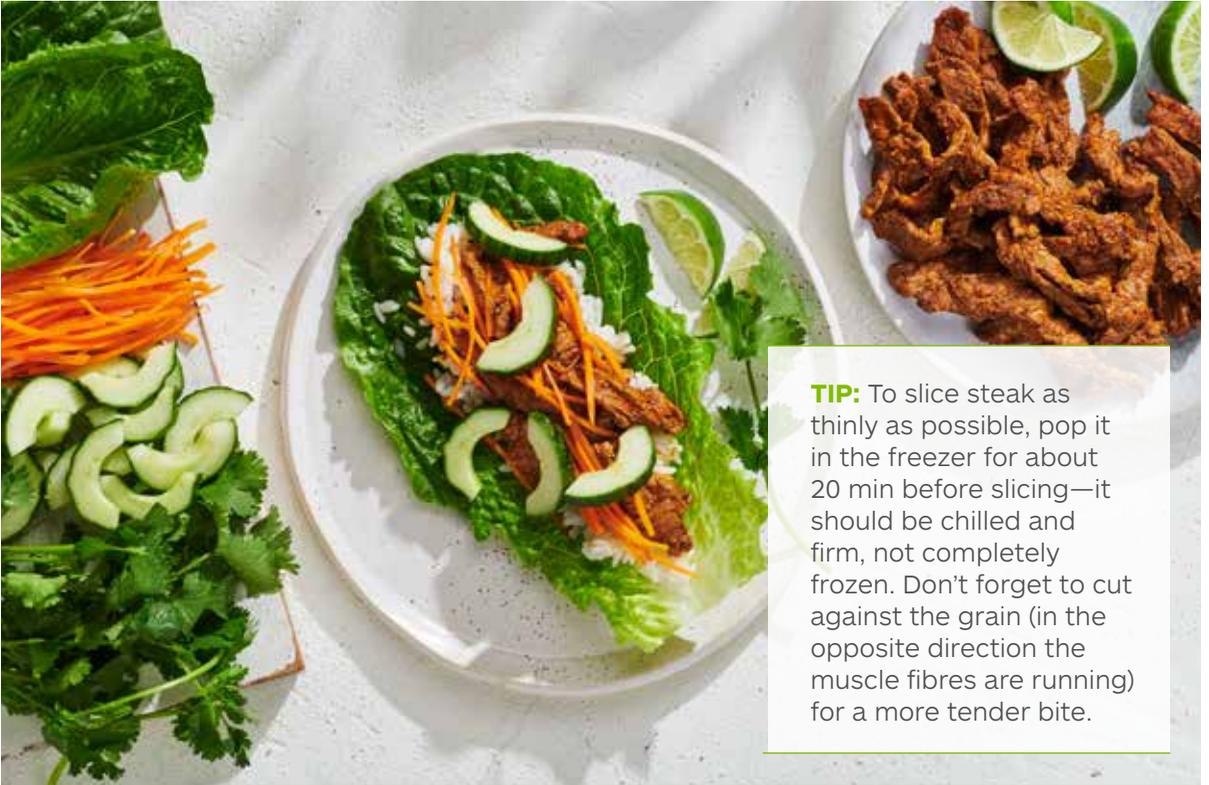
NUTRITIONAL INFO

Per serving: Calories 400, Fat 11 g (Saturated 1.5 g, Trans 0 g), Cholesterol 70 mg, Sodium 510 mg, Carbohydrate 48 g (Fiber 5 g, Sugars 4 g), Protein 27 g.

INSTRUCTIONS

1. Preheat oven to 400° F.
2. Place water in **Multipurpose Steamer**. Cover; microwave on high 1-2 min. Remove from microwave and stir in couscous. Cover; let steam until tender and water has absorbed, 5-7 min.
3. Meanwhile, place fish on **Sheet Pan** lined with **Sheet Pan Liner**. Rub seasoning on filets. Bake 10-12 min.
4. Meanwhile, prepare salsa. Dice pepper, then place in a bowl. Add corn, oil, and lime juice; stir to mix.
5. To serve, spoon salsa over fish and serve with couscous and lime, if desired.

FAMILY-STYLE STEAK LETTUCE WRAPS



TIP: To slice steak as thinly as possible, pop it in the freezer for about 20 min before slicing—it should be chilled and firm, not completely frozen. Don't forget to cut against the grain (in the opposite direction the muscle fibres are running) for a more tender bite.



TOTAL TIME: 20 min



4 SERVINGS



\$4.02 CA/\$3.42 US PER SERVING

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

INGREDIENTS

1 cup uncooked white rice
2 cups water
1 pkg **Thai Red Curry Seasoning**
2 tbsp + 2 tsp oil
2 tbsp water
1 lime
1 lb (450 g) steak, such as top sirloin or striploin
1 head leafy red or green lettuce
1 English cucumber
1 bunch cilantro
1 carrot
Toppings (optional): lime wedges

NUTRITIONAL INFO

Per serving: Calories 450, Fat 15 g (Saturated 2.5 g, Trans 0 g), Cholesterol 60 mg, Sodium 440 mg, Carbohydrate 50 g (Fibre 4 g, Sugars 4 g), Protein 29 g

INSTRUCTIONS

1. In **Multipurpose Steamer**, combine 1 cup uncooked white rice and 2 cups water. Top with tray; microwave uncovered, on high, for about 16–18 min, or until tender.
2. Meanwhile, in a large bowl, whisk together seasoning, 2 tbsp oil, and water. Slice lime in half. Using **2-in-1 Citrus Press**, squeeze in juice from lime.
3. Slice steak against the grain as thinly as possible. Add to bowl; stir to coat. Let marinate as you prepare the rest of the ingredients.
4. Tear lettuce into individual leaves; arrange on a large serving platter. Slice cucumber in half lengthwise. Using a spoon, remove seeds. Thinly slice each half; arrange alongside lettuce. Coarsely chop cilantro. Using a box grater, grate carrot. Arrange both on plate.
5. Heat remaining 2 tsp oil in a large fry pan over medium-high heat. Add steak in a single layer; cook until done to your liking, about 1–2 min for medium-rare. Cook in batches if your pan isn't large enough to cook the meat in a single layer all at once.
6. Once cooked, arrange steak and rice on plate with veggies. Serve with lime wedges, if desired.

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.

TIP: For a tasty twist, add Lemon Dilly Dip Mix to the yogurt sauce.



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 (Grinder), to taste
Black Pepper (Grinder), 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 (Fiber 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.

SOUVLAKI SHEET PAN DINNER



 TOTAL TIME: 20 min  4 SERVINGS  \$3.60 CA/\$3.06 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 small pita and 2 tbsp Lemon Dilly Dip.

INGREDIENTS

2 tbsp **Souvlaki Seasoning**
2 tbsp balsamic vinegar
2 tbsp olive oil
1 can (14 oz/398 ml) no salt added chickpeas
½ lb (225 g) boneless, skinless chicken thighs
1 pint cherry tomatoes
1 lb (450 g) trimmed green beans
Toppings (optional): squeeze of fresh lemon juice

NUTRITIONAL INFO

Per serving: Calories 300, Fat 10 g (Saturated 1.5 g, Trans 0 g), Cholesterol 45 mg, Sodium 180 mg, Carbohydrate 32 g (Fiber 9 g, Sugars 7 g), Protein 21 g.

INSTRUCTIONS

1. Preheat oven to 450° F.
2. Meanwhile, in a bowl, whisk together seasoning, vinegar, and oil.
3. Drain and rinse chickpeas; place on **Sheet Pan** lined with **Sheet Pan Liner**. Add chicken, tomatoes, and green beans. They will overlap—that's OK. Drizzle sauce on top; gently toss to combine.
4. Bake 15 min, or until chicken is cooked through, beans are tender-crisp, and some of the tomatoes have burst.

GROCERY LIST

WEEK 2

PRODUCE

- 2 bell peppers** (Instant Pot Pad Thai Chicken & Rice)
- 1 large carrot** (Instant Pot Pad Thai Chicken & Rice)
- 1 orange** (Rosemary Garlic Chicken)
- 1 red onion** (Rosemary Garlic Chicken)
- 1 red bell pepper** (Cheesy Taco Pasta)
- 1 tomato** (Cheesy Taco Pasta)
- 4 cups green beans** (Sweet Chili Salmon)
- 4 cups frozen mixed vegetables** (Sesame Noodles & Fried Egg)
- 1 cup broccoli florets** (Cheesy Taco Pasta)

PANTRY STAPLES

- Oil:**
 - 1 tbsp (Rosemary Garlic Chicken)
 - 1 tbsp, preferably sesame (Sesame Noodles & Fried Egg)
 - 1 tbsp (Sesame Noodles & Fried Egg)
- ½ lb (225 g) uncooked spaghetti noodles**, preferably whole wheat (Sesame Noodles & Fried Egg)
- 3 cups dry pasta shells** (Cheesy Taco Pasta)
- 3 cups uncooked white rice**
 - 1 cup (Instant Pot Pad Thai Chicken & Rice)
 - 1 cup (Rosemary Garlic Chicken)
 - 1 cup (Sweet Chili Salmon)
- ½ cup lime juice** (Sweet Chili Salmon)
- 5 tbsp soy sauce**, preferably low sodium
 - 3 tbsp (Instant Pot Pad Thai Chicken & Rice)
 - 2 tbsp (Sesame Noodles & Fried Egg)
- 2 tbsp maple syrup** (Sweet Chili Salmon)
Swap: honey
- 2 tbsp honey**
 - 1 tbsp (Honey Garlic Meatballs)
 - 1 tbsp (Rosemary Garlic Chicken)

- 1 tbsp natural peanut butter**, preferably unsalted (Instant Pot Pad Thai Chicken & Rice)
Swap: seed butter
- 1 tbsp rice vinegar** (Sesame Noodles & Fried Egg)
Swap: white vinegar
- 1 tbsp sriracha**, optional (Instant Pot Pad Thai Chicken & Rice)
- 1 tsp corn starch** (Rosemary Garlic Chicken)

PROTEIN

- 4 eggs** (Sesame Noodles & Fried Egg)
- 4 (4.5 oz/130 g each) salmon fillets**, about 1" thick (Sweet Chili Salmon)
- 4 lbs (1.8 kg) lean ground beef**
 - 3 lbs/1.35 kg (Smokin' Good Cowboy Burgers)
 - 1 lb/450 g (Honey Garlic Meatballs)
- 1½ lbs (675 g) lean ground beef** (Cheesy Taco Pasta) | *Swap: ground chicken or turkey*
- 1 lb (450 g) boneless, skinless chicken breasts**, about 2 breasts (Instant Pot Pad Thai Chicken & Rice)
- 1 lb (450 g) boneless, skinless chicken thighs** (Rosemary Garlic Chicken)

DAIRY

- ½ cup crumbled feta cheese** (Cheesy Taco Pasta)

BAKERY

- 4–12 burger buns** (Smokin' Good Cowboy Burgers)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra spinach, rice, and veggies such as bell peppers and carrots.



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 wholewheat

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

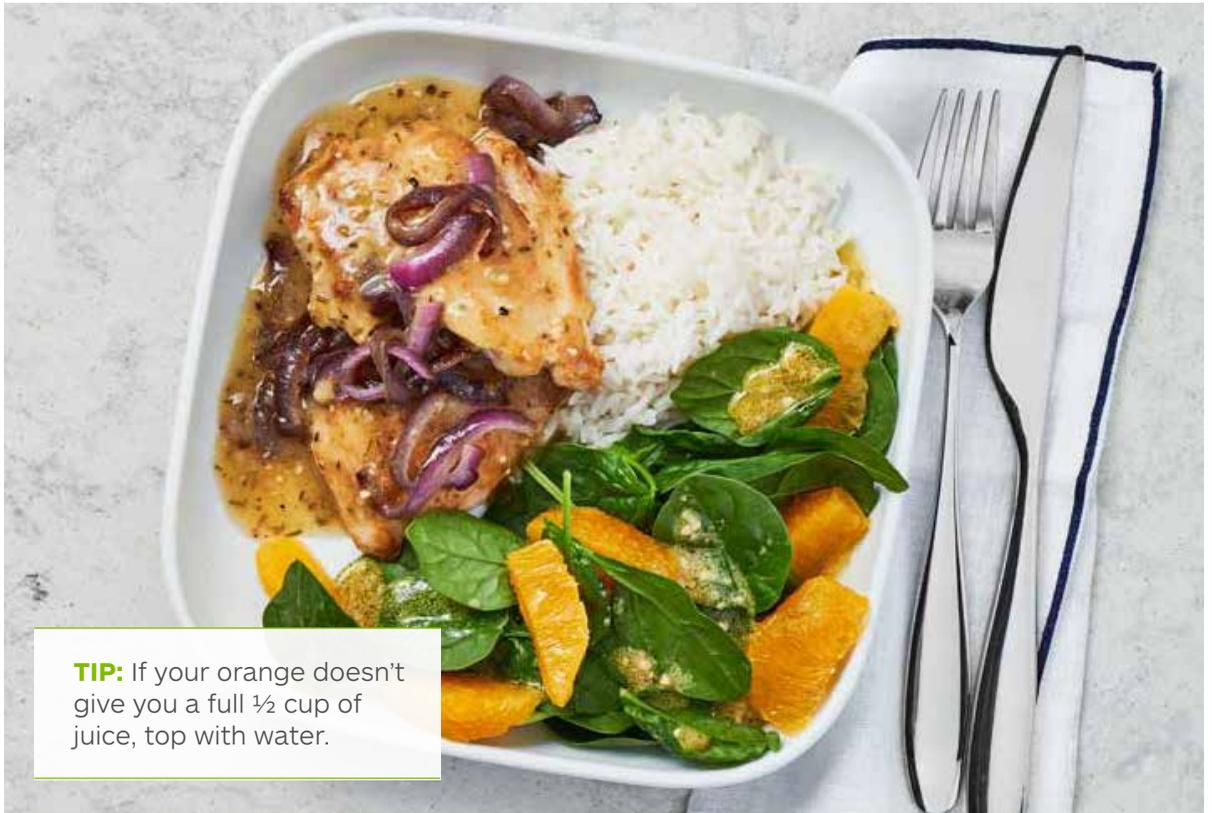
NUTRITIONAL INFO

Per serving: Calories 450, Fat 16 g (Saturated 3 g, Trans 0 g), Cholesterol 245 mg, Sodium 410 mg, Carbohydrate 62 g (Fiber 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.

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 Epicure dressing of your choice.

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 (Fiber 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.

CHEESY TACO PASTA



TIP: Use extra-large shells and stuff them with the cheesy taco filling.



TOTAL TIME: 20 min



8 SERVINGS



\$1.89 CA/\$1.49 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups mixed greens and 2 tsp Epicure salad dressing.

INGREDIENTS

1 ½ lbs (675 g) lean ground beef, chicken or turkey

1 pkg **Taco Seasoning**

1 cup water

1 tomato, diced

1 red pepper, diced

1 cup broccoli florets, chopped

½ cup crumbled feta

4 cups cooked pasta shells

Toppings (optional): chopped green onion

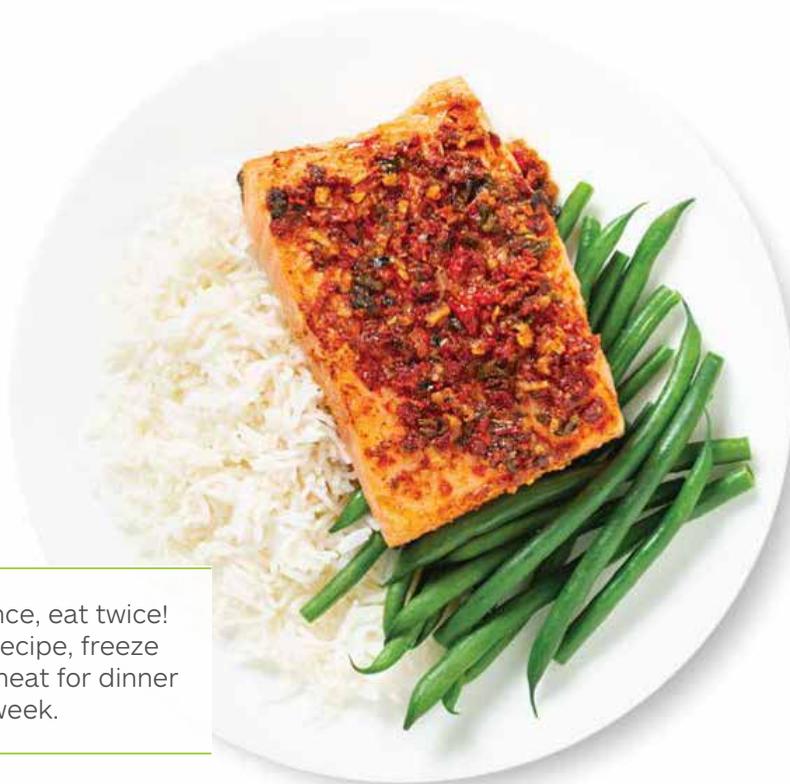
NUTRITIONAL INFO

Per serving: Calories 390, Fat 12 g (Saturated 5 g, Trans 0 g), Cholesterol 55 mg, Sodium 180 mg, Carbohydrate 45 g (Fiber 1 g, Sugars 4 g), Protein 26 g.

INSTRUCTIONS

1. In a sauté pan over medium heat, brown beef for 8–10 min, stirring frequently. Drain excess fat.
2. Stir seasoning with water; add to pan. Add tomato, pepper, and broccoli. Simmer for 5 min, or until thickened.
3. Sit in pasta until evenly coated and warmed through, 1–2 min. Sprinkle with feta cheese and green onion, if desired.

SWEET CHILI SALMON



TIP: Cook once, eat twice!
Double the recipe, freeze half, then reheat for dinner later in the week.



TOTAL TIME: 20 min



4 SERVINGS



\$3.63 CA/\$2.87 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve on top of 1 cup mixed greens.

INGREDIENTS

1 cup uncooked white rice
2 ½ cups hot water
½ cup lime juice
½ pkg **Cha Cha Chili Seasoning**
2 tbsp maple syrup or honey
4 cups green beans, fresh or frozen
4 (4.5 oz/130 g) salmon filets, about 1" thick
Sea Salt (Grinder), to taste
Black Pepper (Grinder), to taste
Toppings (optional): lime wedge

NUTRITIONAL INFO

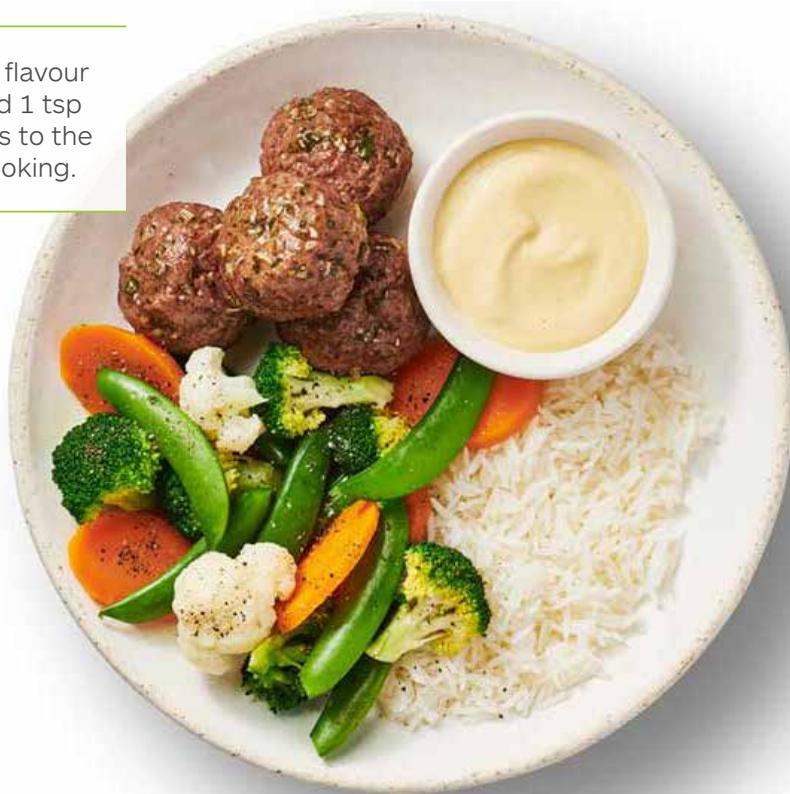
Per serving: Calories 470, Fat 9 g (Saturated 1.5 g, Trans 0 g), Cholesterol 70 mg, Sodium 95 mg, Carbohydrate 63 g (Fiber 6 g, Sugars 10 g), Protein 33 g.

INSTRUCTIONS

1. Preheat oven to 400° F.
2. Place rice in **Multipurpose Steamer**. Stir in hot water. Cover; microwave on high until tender and water has absorbed, 15 min.
3. Meanwhile, prepare sauce. In a small bowl, whisk together lime juice, seasoning, and maple syrup.
4. Place green beans and salmon on **Sheet Pan** lined with **Sheet Pan Liner**. Spoon sauce over fish. Bake until fish is cooked through, about 8–10 min.
5. Serve with rice and lime wedges; season to taste with salt and pepper.

HONEY GARLIC MEATBALLS

TIP: For richer flavour and colour, add 1 tsp fancy molasses to the sauce while cooking.



TOTAL TIME: 11 min



4 SERVINGS



\$2.53 CA/\$2.15 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with $\frac{1}{2}$ cup rice and 1 cup steamed vegetables.

INGREDIENTS

1 lb (450 g) lean ground beef
1 pkg **Honey Garlic Meatball Seasoning**, divided
 $\frac{3}{4}$ cup water
1 tbsp honey

NUTRITIONAL INFO

Per serving (4 meatballs): Calories 310, Fat 13 g (Saturated 5 g, Trans 0 g), Cholesterol 70 mg, Sodium 460 mg, Carbohydrate 26 g (Fiber 1 g, Sugars 19 g), Protein 22 g.

INSTRUCTIONS

1. In a large bowl, using a fork, combine beef and 2 tbsp seasoning. Form into 16 meatballs (about a scant 2 tbsp each).
2. Arrange in a single layer in **Round Steamer** or **Multipurpose Steamer** (it's OK if they touch). Cover and microwave on high, for 4 min or until cooked.
3. Meanwhile, prepare sauce. In **Wok**, combine remaining seasoning, water, and honey. Bring to a boil over medium-high heat, stirring constantly. Reduce heat; simmer until sauce has thickened to your liking.
4. When meatballs are cooked, carefully drain and discard liquid from bottom of steamer. Add meatballs to wok; stir to coat with sauce. Serve with rice, if desired.

SMOKIN' GOOD COWBOY BURGER



TIP: Individually wrap uncooked patties, and then portion into family-sized packs. Snugly wrap, then place in freezer. Freeze up to 2 months. Defrost before cooking.



TOTAL TIME: 18 min



12 BURGERS



\$1.63 CA/\$1.29 US PER SERVING

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

INGREDIENTS

3 lbs (1.36 kg) lean ground beef or pork, or a mixture

1 pkg **Simply Better Baked Beans Seasoning**

4 - 12 burger buns, split and toasted,
Tip: only use buns for what you're eating tonight

Toppings (optional): sliced cheese, **Sweet & Spicy Organic Mustard**, sliced tomato and onion, lettuce leaves.

NUTRITIONAL INFO

Per serving (1 burger with bun): Calories 350, Fat 14 g (Saturated 5 g, Trans 0.4 g), Cholesterol 60 mg, Sodium 260 mg, Carbohydrate 29 g (Fiber 2 g, Sugars 4 g), Protein 28 g.

INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. In a large bowl, combine ground beef and seasoning; using a fork or your hands, gently mix to combine.
3. Divide mixture into 12 patties and form each into a ball. Flatten to form patties.
4. Grill, with lid closed, 4-5 min or until cooked through. Tuck burgers into buns and serve with toppings, as desired.

INSTANT POT PAD THAI CHICKEN & RICE



TIP: Go meatless and replace chicken with 2 cans (19-oz/540 ml each) of drained and rinsed chickpeas.



TOTAL TIME: 25 min



4 SERVINGS



\$3.23 CA/\$2.55 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy green salad with 1 tbsp Epicure dressing.

INGREDIENTS

- 1 pkg **Pad Thai Seasoning**
- 1 ¼ cups water
- 3 tbsp soy sauce, preferably low-sodium
- 1 tbsp unsalted natural peanut butter or seed butter
- 1 tbsp Sriracha or your favourite hot sauce, optional
- 1 cup white rice
- 1 lb (450 g) boneless, skinless chicken, about 2 breasts
- 2 bell peppers
- 1 large carrot

Toppings (optional): sliced green onions, chopped basil or cilantro, fresh lime wedges, chopped almonds or peanuts.

NUTRITIONAL INFO

Per serving: Calories 410, Fat 5 g (Saturated 1.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 530 mg, Carbohydrate 59 g (Fiber 4 g, Sugars 12 g), Protein 30 g.

INSTRUCTIONS

1. In the bottom of a 5 quart Instant Pot, stir together seasoning, water, soy sauce, peanut butter and sriracha, if using. It's OK if the peanut butter is lumpy. Add rice.
2. Chop chicken into small pieces. Coarsely chop peppers. Cut carrot in half lengthwise; then crosswise into half-moon shaped pieces. Add all to pot; stir to mix.
3. Secure lid; press 'MAUAL' button, select "HIGH", and set the time to 12 min. Ensure the steam release handle is in the 'SEALING' position.
4. When the cook time has finished, turn to 'KEEP WARM' and let pressure release naturally for 8 min.
5. Stir to mix; spoon into bowls and add topping, as desired.

GROCERY LIST

WEEK 3

PRODUCE

- 6 heads baby bok choy** (Thai Red Curry Salmon Noodle Bowl) | *Swap: kale or spinach*
- 4 bell peppers**
 - 2 (Rancher-Style Baked Beans & Eggs)
 - 2 (Shrimp & Pineapple Sheet Pan Dinner)
- 1½ red onions**
 - 1 (Shrimp & Pineapple Sheet Pan Dinner)
 - ½ (Thai Red Curry Salmon Noodle Bowl)
- 4 cups frozen mixed vegetables** (Pantry Pad Thai)
- 2 cups pineapple chunks** (Shrimp & Pineapple Sheet Pan Dinner)
- 2 cups baby spinach** (Rancher-Style Baked Beans & Eggs)
- 2 cups green beans** (Thai Red Curry Salmon Noodle Bowl)

PANTRY STAPLES

- Oil:**
 - 3 tbsp (Shrimp & Pineapple Sheet Pan Dinner)
 - 1 tbsp (Lentil & Beef Burger)
 - 1 tbsp (Rancher-Style Baked Beans & Eggs)
 - 2 tsp (Sweet 'n Sticky Steak Bites)
 - ½ tbsp (Pantry Pad Thai)
- 1 can (14 oz/400 ml) coconut milk** (Thai Red Curry Salmon Noodle Bowl)
- 1 can (14 oz/398 ml) crushed tomatoes** (Rancher-Style Baked Beans & Eggs)
- 1 pkg (14 oz/400 g) rice vermicelli noodles**
 - ½ pkg (Pantry Pad Thai)
 - 1 cup (Thai Red Curry Salmon Noodle Bowl)
- ½ cup molasses**, cooking or fancy (Rancher-Style Baked Beans & Eggs)
- ¼ cup natural peanut butter** (Pantry Pad Thai) *Swap: seed butter*
- ¼ cup julienned sundried tomatoes** (Lentil & Beef Burger)

- 2 tbsp balsamic vinegar** (Shrimp & Pineapple Sheet Pan Dinner)
- 2 tbsp white vinegar** (Rancher-Style Baked Beans & Eggs)
- 1 tbsp honey** (Sweet 'n Sticky Steak Bites)
- 1 tbsp soy sauce**, preferably low sodium (Pantry Pad Thai)

PROTEIN

- 7 eggs**
 - 4 (Rancher-Style Baked Beans & Eggs)
 - 2 (Pantry Pad Thai)
 - 1 (Lentil & Beef Burger)
- 1 lb (450 g) ground chicken** (Butter Chicken Burger) | *Swap: ground turkey*
- 1 lb (450 g) skinless salmon fillets** (Thai Red Curry Salmon Noodle Bowl)
- 1 lb (450 g) steak** (Sweet 'n Sticky Steak Bites) *Try: top sirloin or sirloin*
- ½ lb (225 g) lean ground beef** (Lentil & Beef Burger)
- ½ lb (225 g) boneless, skinless chicken breasts**, about 1 (Pantry Pad Thai)
- 4 cans (19 oz/540 ml each) pinto beans** (Rancher-Style Baked Beans)
- ½ can (19 oz/540 ml) lentils**, about 1 cup (Lentil & Beef Burger)
- 1 pkg (340 g) frozen, cooked, peeled shrimp** (Shrimp & Pineapple Sheet Pan Dinner)

DAIRY

- ¼ cup crumbled feta cheese**, optional (Lentil & Beef Burger)

BAKERY

- 8 burger buns**
 - 4 (Butter Chicken Burger)
 - 4 (Lentil & Beef Burger)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra buns, rice, spinach, and veggies such as bell peppers.



RANCHER STYLE BAKED BEANS & EGGS



TOTAL TIME: 20 min



4 SERVINGS



\$3.08 CA/\$2.43 US PER SERVING

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

INGREDIENTS

1 pkg **Simply Better Baked Beans Seasoning**

$\frac{3}{4}$ cups water

1 can (14 oz/398 ml) crushed tomatoes

$\frac{1}{2}$ cup molasses, cooking or fancy

2 tbsp white vinegar

4 cans (19 oz/540 ml each) pinto beans

1 tbsp oil

2 bell peppers

4 eggs

2 cups baby spinach

Toppings (optional): 2% plain Greek yogurt, grated cheese

NUTRITIONAL INFO

Per serving: Calories 400, Fat 11 g (Saturated 2.5 g, Trans 0 g), Cholesterol 245 mg, Sodium 520 mg, Carbohydrate 57 g (Fiber 12 g, Sugars 21 g), Protein 20 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, whisk together seasoning, water, tomatoes, molasses, and vinegar.
2. Drain and rinse beans; combine with sauce. Cover; microwave on high until warmed through, 10 min.
3. Meanwhile, heat oil in a large fry pan over medium-high heat. Thinly slice bell pepper and cook until softened, about 3-5 min.
4. Once beans are cooked, add half (about 4 cups) to the pan and stir. Reserve remainder for future use.
5. Make four wells in the beans and break an egg into each one.
6. Cover pan with a lid and cook until egg whites are set, about 2-3 min.
7. Remove from heat and add spinach; cover until spinach is slightly wilted, about 30 sec. Serve with additional toppings, 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 breast, about 1 breast
½ tbsp oil
4 cups frozen mixed vegetables
2 eggs
Black Pepper (Grinder), 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 (Fiber 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.

SWEET 'N STICKY STEAK BITES



TOTAL TIME: 15 min



4 SERVINGS



\$2.17 CA/\$1.84 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with $\frac{1}{2}$ cup rice, 2 cups mixed greens, and 1 tbsp favourite Epicure Dressing.

INGREDIENTS

$\frac{3}{4}$ cup water

1 pkg **Honey Garlic Meatball Seasoning**

1 tbsp liquid honey

2 tsp oil

1 lb (450 g) steak such as top sirloin, or striploin

Black Pepper (Grinder), to taste

Toppings (optional): sesame seeds, sliced green onions

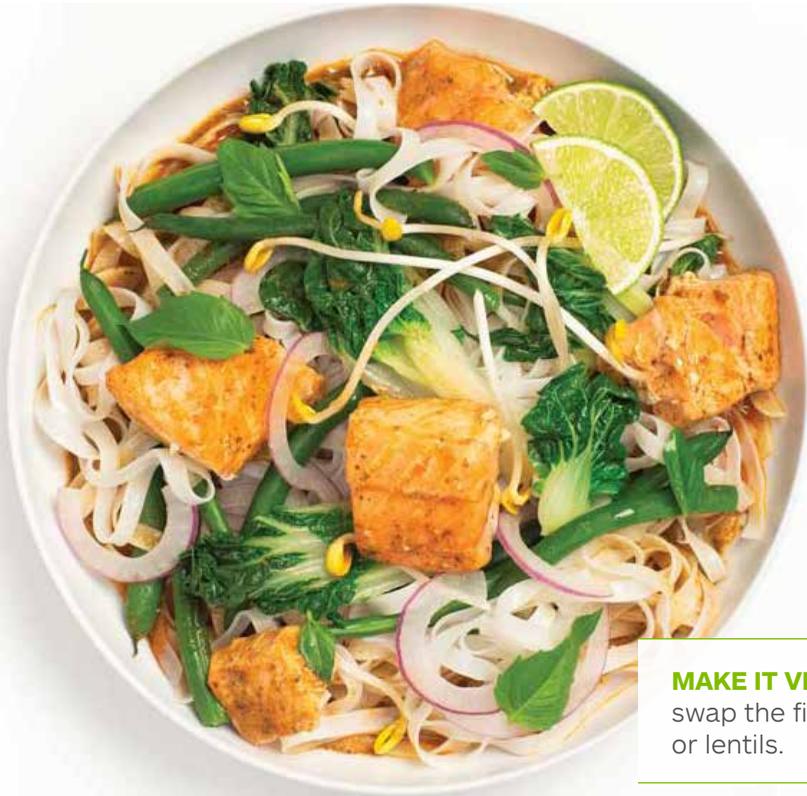
NUTRITIONAL INFO

Per serving: Calories 260, Fat 7 g (Saturated 2 g, Trans 0 g), Cholesterol 60 mg, Sodium 440 mg, Carbohydrate 26 g (Fiber 1 g, Sugars 19 g), Protein 23 g

INSTRUCTIONS

1. In a small bowl, whisk together water, seasoning, and honey. Set aside.
2. In a large sauté pan or cast iron pan, heat oil over medium-high heat.
3. Meanwhile, cut steak into 1" cubes. Season with pepper to taste.
4. Add steak to pan; cook until all sides are browned, about 4-5 min. Remove pieces as they're done to a plate and set aside.
5. Reduce heat to low. Add sauce to the pan; scraping up and stirring in any brown bits. Sauce will thicken quickly. Once thickened, immediately remove from heat; add steak and stir to coat. Serve with rice, if desired.

THAI RED CURRY SALMON NOODLE BOWL



MAKE IT VEGETARIAN:
swap the fish for tofu
or lentils.



TOTAL TIME: 20 min



4 SERVINGS



\$3.85 CA/\$3.04 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Already a whole meal in a bowl if you're following *Good Food. Real Results.*

INGREDIENTS

1 pkg **Thai Red Curry Seasoning**
1 can (14 oz/400 ml) coconut milk
½ cup water
1 lb (450 g) skinless salmon fillets,
cut into chunks
6 heads baby bok choy, quartered
lengthwise
2 cups green beans, steamed
½ red onion, thinly sliced
8 oz (250 ml) thick rice noodles, cooked
Topping (optional): bean sprouts, lime
wedges, fresh cilantro or Thai basil, hot sauce.

NUTRITIONAL INFO

Per serving: Calories 480, Fat 14 g (Saturated 6 g,
Trans 0 g), Cholesterol 60 mg, Sodium 490 mg,
Carbohydrate 59 g (Fiber 5 g, Sugars 6 g), Protein 30 g.

INSTRUCTIONS

1. Combine seasoning with coconut milk and water in a **Wok** over medium-high heat. Bring to a boil, reduce heat, and simmer for 2 min.
2. Add salmon and veggies; simmer for 5 min.
3. Stir in rice noodles.
4. Portion into bowls and serve with toppings, if desired.

LENTIL & BEEF BURGER

TIP: If you have extra time, prep ahead and cook green lentils. They have an earthy, peppery flavour. Bring 4 cups water and 1 cup of lentils to a boil. Reduce heat; partially cover and simmer until tender, about 15–18 min. Drain; refrigerate up to 1 week.



TOTAL TIME: 12 min



4 SERVINGS



\$2.27 CA/\$1.93 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced veggies and 2 tbsp Herb & Garlic 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 (Fiber 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, seasoning, 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.

PINEAPPLE & SHRIMP SHEET PAN DINNER

TIP: Swap pineapple for fresh or frozen mango chunks.



TOTAL TIME: 15 min



4 SERVINGS



\$4.05 CA/\$3.44 US PER SERVING

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

INGREDIENTS

2 bell peppers
1 small red onion
2 cups fresh or frozen pineapple chunks
3 tbsp oil
2 tbsp balsamic vinegar
1 tbsp **Balsamic Vinaigrette Dressing Mix**,
or Dressing Mix of your choice
1 bag (340 g) frozen cooked peeled shrimp,
defrosted

NUTRITIONAL INFO

Per serving: Calories 250, Fat 11 g (Saturated 1.5 g,
Trans 0 g), Cholesterol 165 mg, Sodium 200 mg,
Carbohydrate 20 g (Fiber 3 g, Sugars 7 g), Protein 19 g.

INSTRUCTIONS

1. Preheat oven to 450° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Slice bell peppers into 1" strips. Cut onion in half; slice halves into thick strips.
3. Place bell peppers, onion, and pineapple on pan. Cook 10 min or until veggies start to soften.
4. Meanwhile, in a bowl, whisk together dressing mix, oil, and vinegar. Add shrimp and toss to coat.
5. Remove pan from oven; add shrimp and drizzle any remaining dressing over veggies. Cook 3 min or until heated through.

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.

GROCERY LIST

WEEK 4

PRODUCE

- 8 basil leaves** (Mini Summer Caprese Meatloaf)
- 7 bell peppers**
 - 3 large (Sweet 'N Tangy Sheet Pan Chicken)
 - 2 (Crispy & Crunchy Lettuce Wraps)
 - 2 (Chicken Alfredo Pizza)
- 1¼ red onions**
 - 1, optional (Chicken Alfredo Pizza)
 - ¼ (Shredded Souvlaki Chicken Flatbread)
- 1 avocado** (Smashed Chickpea Tacos)
- 1 small head lettuce** (Crispy & Crunchy Lettuce Wraps)
- 1 lime** (Sweet 'N Tangy Sheet Pan Chicken)
Swap: bottled lime juice
- ½ English cucumber** (Shredded Souvlaki Chicken Flatbread)
- 1½ pint cherry tomatoes**
 - 1 pint (Balsamic Glazed Salmon Salad Bowl)
 - ½ pint (Shredded Souvlaki Chicken Flatbread)
- 8 cups mixed greens** (Balsamic Glazed Salmon Salad Bowl)

PANTRY STAPLES

- Oil:**
 - 2 tbsp (Sweet 'N Tangy Sheet Pan Chicken)
 - 1 tbsp, preferably olive (Balsamic Glazed Salmon Salad Bowl)
 - 1 tbsp, preferably olive (Shredded Souvlaki Chicken Flatbread)
 - 1 tbsp, preferably sesame (Crispy & Crunchy Lettuce Wraps)
- 12 pitted kalamata olives** (Shredded Souvlaki Chicken Flatbread) | *Swap: black olives*
- 1 can (5.5 oz/156 ml) tomato paste** (Smashed Chickpea Tacos)
- ¼ cup + 2 tsp balsamic vinegar** (Balsamic Glazed Salmon Salad Bowl)
- ¼ cup crushed tomatoes** (Mini Summer Caprese Meatloaf)
- 2 tbsp balsamic reduction** (Mini Summer Caprese Meatloaf)
- 2 tbsp honey** (Balsamic Glazed Salmon Salad Bowl)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add rice, extra cucumber, mixed greens, and veggies like celery or cherry tomatoes.

- 1 tbsp + 1 tsp soy sauce**
 - 1 tbsp (Sweet 'N Tangy Sheet Pan Chicken)
 - 1 tsp (Crispy & Crunchy Lettuce Wraps)
- 1 tbsp Dijon mustard** (Balsamic Glazed Salmon Salad Bowl) | *Swap: mustard*
- 1 tbsp maple syrup** (Sweet 'N Tangy Sheet Pan Chicken)

PROTEIN

- 1 egg** (Mini Summer Caprese Meatloaf)
- 2 lbs (900 g) boneless, skinless chicken breasts**, about 4 breasts
 - 1 lb/450 g (Chicken Alfredo Pizza)
 - 1 lb/450 g (Shredded Souvlaki Chicken Flatbread)
- 1 lb (450 g) lean ground beef** (Mini Summer Caprese Meatloaf)
- 1 lb (450 g) boneless, skinless chicken thighs** (Sweet 'N Tangy Sheet Pan Chicken)
- 1 lb (450 g) ground pork** (Crispy & Crunchy Lettuce Wraps) | *Swap: ground chicken or beef*
- 1 lb (450 g) salmon fillets**, about 1" thick (Balsamic Glazed Salmon Salad Bowl)
- 2 cans (19 oz/540 ml) chickpeas** (Smashed Chickpea Tacos)

DAIRY

- 2 slices mozzarella cheese** (Mini Summer Caprese Meatloaf)
- 1½ cups milk**, your choice (Chicken Alfredo Pizza)
- 1 cup grated mozzarella cheese** (Chicken Alfredo Pizza)
- 1 cup 2% plain Greek yogurt**
 - ½ cup (Shredded Souvlaki Chicken Flatbread)
 - ½ cup (Smashed Chickpea Tacos)
- ½ cup crumbled goat cheese** (Balsamic Glazed Salmon Salad Bowl)

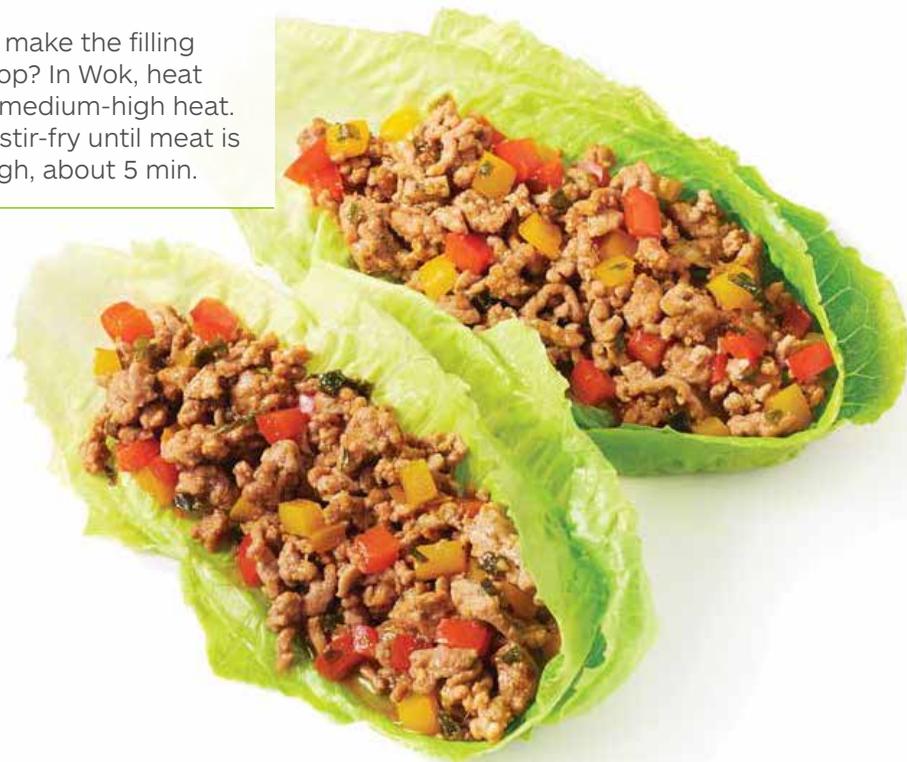
BAKERY

- 8 crunchy taco shells** (Smashed Chickpea Tacos)
- 4 naan breads** (Shredded Souvlaki Chicken Flatbread)
- 2 thin pizza crusts** (12" each), preferably whole wheat (Chicken Alfredo Pizza)



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 1 small head
Toppings (optional): sriracha or hoisin sauce

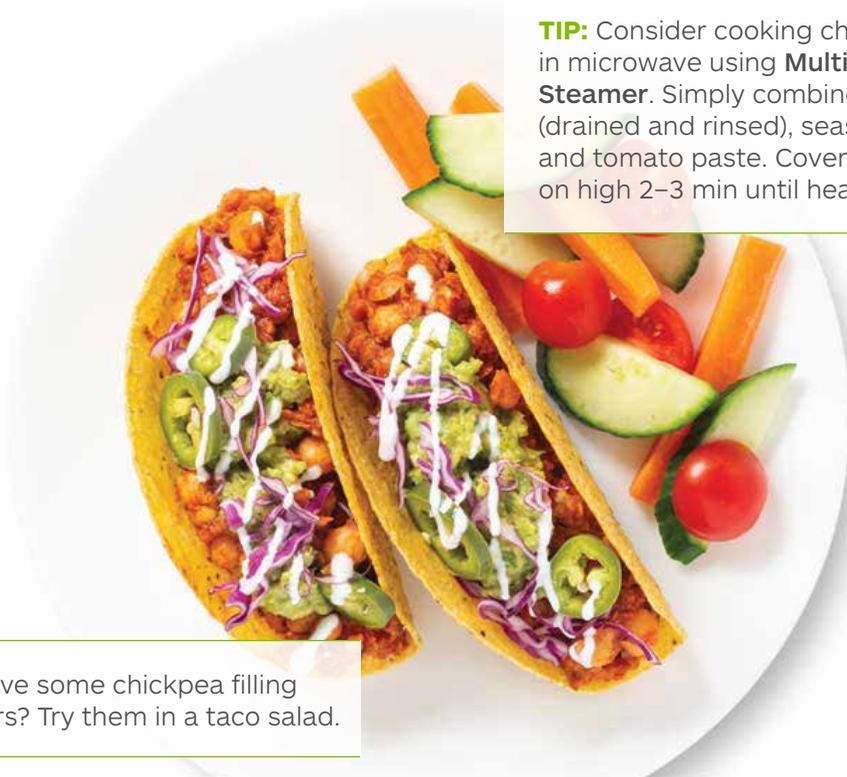
NUTRITIONAL INFO

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

SMASHED CHICKPEA TACOS



TIP: Consider cooking chickpeas in microwave using **Multipurpose Steamer**. Simply combine chickpeas (drained and rinsed), seasoning, water, and tomato paste. Cover; microwave on high 2–3 min until heated through.

TIP: Have some chickpea filling leftovers? Try them in a taco salad.



TOTAL TIME: 15 min



4 SERVINGS



\$3.17 CA/\$2.50 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced cucumber and celery sticks.

INGREDIENTS

2 cans (19 oz/540 ml) chickpeas
1 pkg **Taco Seasoning**
¾ cup water
1 can (5.5 oz/156 ml) tomato paste
1 avocado
8 crunchy taco shells
½ cup 2% plain Greek yogurt

Toppings (optional): salsa, sliced onions, shredded cabbage, and jalapeños.

NUTRITIONAL INFO

Per serving: Calories 530, Fat 19 g (Saturated 2.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 460 mg, Carbohydrate 77 g (Fiber 18 g, Sugars 10 g), Protein 20 g

INSTRUCTIONS

1. Drain and rinse chickpeas. Add to a sauté pan over medium heat with taco seasoning, water, and tomato paste. Stir to combine and cook until fragrant, 3 – 4 min.
2. Meanwhile, cut avocado in half; discard pit. Scoop out flesh and slice.
3. Remove pan from heat. Using **Ground Meat Separator**, lightly mash chickpeas until some have broken up.
4. To serve, spoon chickpea filling into taco shells; top with avocado and Greek yogurt. Add additional toppings, if desired.

CHICKEN ALFREDO PIZZA

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



TIP: Make it your way—use a gluten free pizza crust Mix to make a GF sheet pan pizza.



TOTAL TIME: 20 min



8 SERVINGS



\$3.20 CA/\$2.53 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy green salad, 2 tsp prepared Epicure salad dressing.

INGREDIENTS

1 pkg **Alfredo Sauce Mix**
1 ½ cups milk, your choice
1 lb (450 g) boneless, skinless chicken breasts, sliced
2 small bell peppers
1 small red onion, optional
2 - 12" thin whole-wheat pizza crusts
1 cup grated mozzarella cheese
Sea Salt (Grinder), to taste
Black Pepper (Grinder), to taste

NUTRITIONAL INFO

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

INSTRUCTIONS

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

BALSAMIC GLAZE SALMON SALAD BOWL



TIP: Once the salmon is cooked, the sauce that pooled on the **Sheet Pan Liner** is full of flavour! Spoon on top of salmon, if desired.



TOTAL TIME: 20 min



4 SERVINGS



\$5.10 CA/\$4.36 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with $\frac{1}{2}$ cooked quinoa or rice—try adding it to the bowl!

INGREDIENTS

- $\frac{1}{4}$ cup + 2 tsp balsamic vinegar
- 2 tbsp honey
- 1 tbsp Dijon mustard
- 3 tsp **Balsamic Vinaigrette Dressing Mix**, divided
- 1 lb (450 g) salmon fillet, about 1" thick
- 1 tbsp olive oil
- $\frac{1}{2}$ cup goat cheese crumbles
- 8 cups mixed greens
- 1 pint cherry tomatoes

Toppings (optional): Balsamic glaze, sliced red onion, sunflower seeds, **Garlic Onion Nutritional Yeast Topper**

NUTRITIONAL INFO

Per serving: Calories 320, Fat 15 g (Saturated 4.5 g, Trans 0 g), Cholesterol 70 mg, Sodium 400 mg, Carbohydrate 18 g (Fiber 4 g, Sugars 13 g), Protein 29 g.

INSTRUCTIONS

1. Preheat oven to 400° F.
2. Meanwhile, prepare sauce. In a bowl, whisk together $\frac{1}{4}$ cup vinegar, honey, mustard, and 2 tsp seasoning. Place salmon on $\frac{1}{4}$ **Sheet Pan Liner**. Pour sauce over salmon. Let stand to marinate while preparing remaining ingredients.
3. For dressing, in a large mixing bowl, whisk together remaining 1 tsp dressing mix and 2 tsp vinegar with oil. Add cheese. Place greens on top; don't mix. Set aside.
4. Bake fish until cooked through, about 8-10 min.
5. Cut cherry tomatoes in half, add to salad bowl.
6. Remove salmon to a cutting board. Slice into 4 portions.
7. Toss salad so dressing is evenly mixed. Divide salad between four plates, add salmon; add toppings, if desired.

SHREDDED SOUVLAKI CHICKEN FLATBREAD



TIP: Use 4-in-1 Mandoline to thinly slice onion.



TOTAL TIME: 20 min



4 SERVINGS



\$4.07 CA/\$3.46 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 breasts

1 tbsp **Souvlaki Seasoning**, divided

4 naan breads

1 tbsp olive oil

½ English cucumber

½ cup 2% plain Greek yogurt

Sea Salt (Grinder), to taste

Black Pepper (Grinder), to taste

12 pitted kalamata or black olives

½ pint cherry tomatoes

¼ small red onion

Toppings (optional): fresh lemon juice

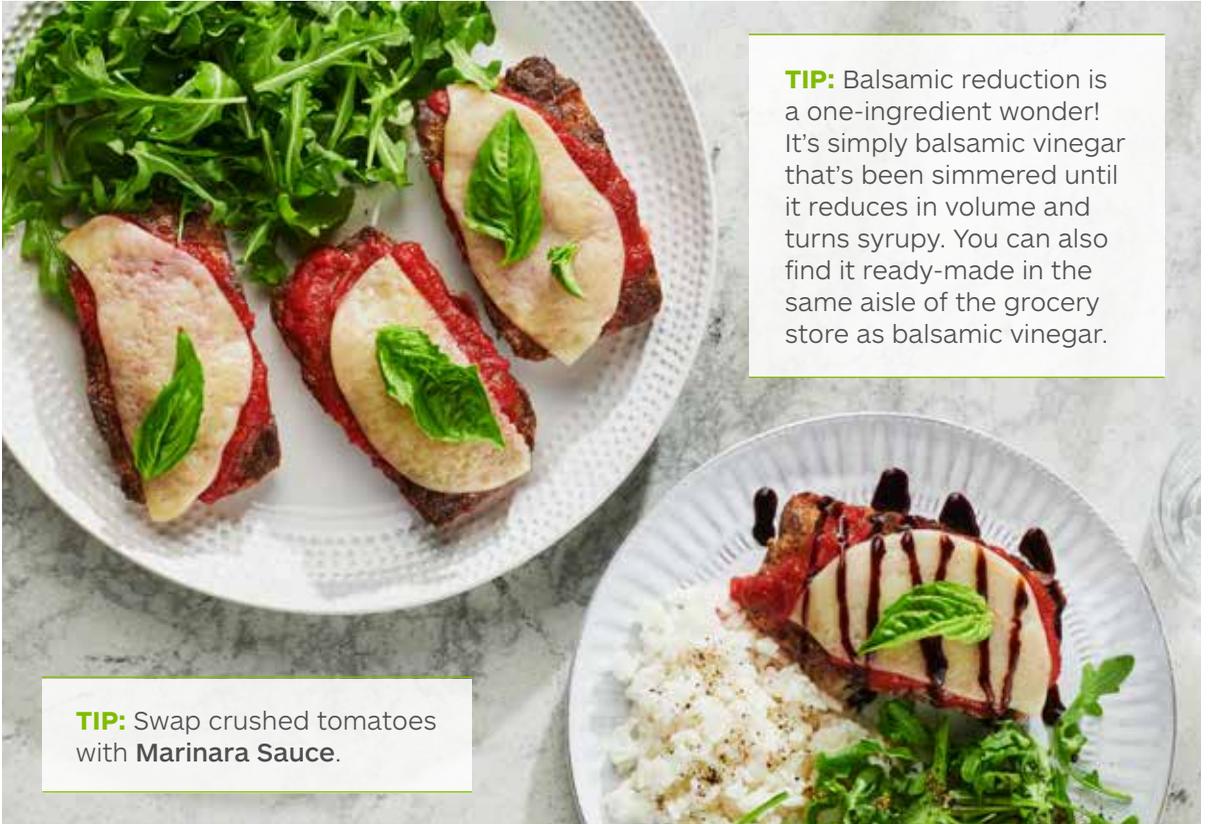
NUTRITIONAL INFO

Per serving: Calories 420, Fat 13 g (Saturated 2.5 g, Trans 0 g), Cholesterol 85 mg, Sodium 540 mg, Carbohydrate 40 g (Fiber 5 g, Sugars 5 g), Protein 36 g

INSTRUCTIONS

1. Preheat oven to 400° F.
2. Place chicken in **Multipurpose Steamer**; sprinkle with ½ tbsp seasoning. Cover; cook on high 7 min. Let rest 2 min then uncover. Using two forks, shred chicken.
3. While chicken is cooking, place naan on **Sheet Pan** lined with **Sheet Pan Liner**. Brush naan with olive oil; sprinkle with remaining ½ tbsp seasoning. Bake for 10 min, or until tops are golden-brown.
4. To make sauce, coarsely grate cucumber. Wrap in a kitchen towel; squeeze out excess liquid. Place cucumber in a bowl; stir in yogurt and salt and pepper to taste.
5. Chop olives. Slice tomatoes in half. Thinly slice red onion.
6. Spread sauce on pitas, top with chicken and veggies. Add a squeeze of fresh lemon juice, if desired.

MINI SUMMER CAPRESE MEATLOAF



TIP: Balsamic reduction is a one-ingredient wonder! It's simply balsamic vinegar that's been simmered until it reduces in volume and turns syrupy. You can also find it ready-made in the same aisle of the grocery store as balsamic vinegar.

TIP: Swap crushed tomatoes with **Marinara Sauce**.



TOTAL TIME: 15 min



4 SERVINGS



\$2.43 CA/\$2.07 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with $\frac{1}{2}$ cup rice and 2 cups leafy greens with a squeeze of lemon juice.

INGREDIENTS

- 1 lb (450 g) lean ground beef
- 1 egg
- 2 tbsp water
- 1 pkg **Classic Meatloaf Seasoning**
- $\frac{1}{4}$ cup crushed tomatoes
- 2 slices mozzarella cheese
- 8 fresh basil leaves
- 2 tbsp balsamic reduction

NUTRITIONAL INFO

Per serving: Calories 300, Fat 15 g (Saturated 6 g, Trans 0.4 g), Cholesterol 130 mg, Sodium 440 mg, Carbohydrate 13 g (Fibre 1 g, Sugars 7 g), Protein 28 g

INSTRUCTIONS

1. In a large bowl, combine beef, egg, water, and seasoning. Using a fork or your hands, mix until well blended.
2. Press meat into four **Mini Loaf Pans**. If your microwave is equipped with a turntable, place pans on the edge of the turntable to ensure even cooking; avoid crowding them in the middle. Microwave, on high, 4 min. They will not be cooked through yet. Drain excess liquid.
3. Spread tomatoes on top. Cut each cheese slice in half and place on top of tomatoes. Microwave on high for 2 min, until cheese has melted and internal temperature reaches 160° F.
4. If you have time, let rest in the pans 1–2 min. Using tongs, remove from pans. Top with basil leaves and balsamic reduction.

SWEET 'N TANGY SHEET PAN CHICKEN



TIP: Make it vegan—swap chicken thighs with 2 blocks (350 g each) medium-firm or firm tofu.



TOTAL TIME: 20 min



4 SERVINGS



\$3.19 CA/\$2.71 US PER SERVING

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

INGREDIENTS

1 pkg **General Tao Seasoning**
2 tbsp oil
1 tbsp maple syrup
1 tbsp low-sodium soy sauce
1 lime
3 large bell peppers
1 lb (450 g) boneless, skinless chicken thighs

NUTRITIONAL INFO

Per serving: Calories 270, Fat 11 g (Saturated 1.5 g, Trans 0 g), Cholesterol 90 mg, Sodium 250 mg, Carbohydrate 19 g (Fibre 3 g, Sugars 11 g), Protein 25 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. In a large bowl, whisk seasoning, oil, maple syrup, and soy sauce. Slice lime in half. Using **2-in-1 Citrus Press**, squeeze in juice from lime.
3. Slice bell peppers. Set aside. Cut chicken into bite-sized pieces.
4. Add chicken and bell peppers to bowl; mix to coat. If you have extra time, let stand 10 min or cover and refrigerate overnight.
5. Arrange mixture on sheet pan. Bake 12 min, or until chicken is cooked through.

GROCERY LIST

WEEK 5

PRODUCE

- 2 large carrots** (Gingery Turkey & Rice Bowl)
- 2 medium field tomatoes**
(Sheet Pan Caprese Chicken)
- 4 cups shredded coleslaw mix**
(Gingery Turkey Rice Bowl)

PANTRY STAPLES

- Oil**
 - 1 tbsp (Gingery Turkey Rice Bowl)
- 1 cup uncooked white rice**
(Gingery Turkey & Rice Bowl)
- 2 tbsp soy sauce**, preferably low sodium
 - 1 tbsp (Gingery Turkey & Rice Bowl)
- 1 tbsp hot sauce**, optional
(Gingery Turkey & Rice Bowl)

PROTEIN

- 2 lbs/900 g boneless, skinless chicken breasts**,
about 4 breasts (Sheet Pan Caprese Chicken)
- 1 lb (450 g) ground turkey** (Gingery Turkey
& Rice Bowl) | *Swap: ground chicken*

DAIRY

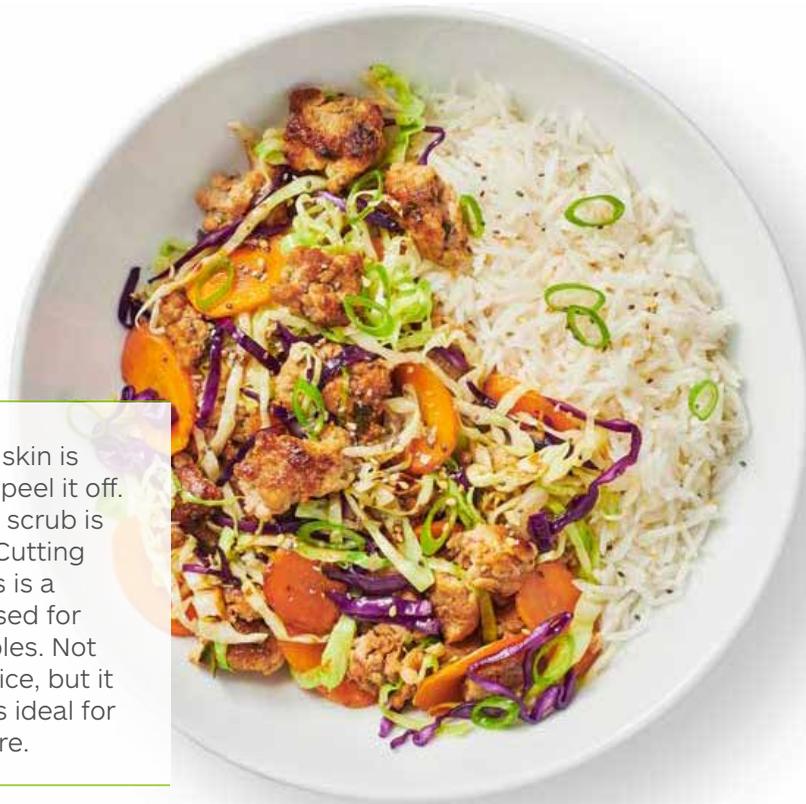
- 1 large ball fresh mozzarella**
(Sheet Pan Caprese Chicken)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra rice and leafy greens.



GINGERY TURKEY RICE BOWL



TIP: If the carrot's skin is dry or looks thick, peel it off. Otherwise, a good scrub is all that's needed! Cutting carrots on the bias is a technique often used for stir-frying vegetables. Not only does it look nice, but it cooks faster and is ideal for tender-crisp texture.



TOTAL TIME: 20 min



4 SERVINGS



\$3.41 CA/\$2.90 US PER SERVING

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

INGREDIENTS

1 cup uncooked white rice
2 cups water
1 tbsp oil
2 large carrots
1 lb (450 g) ground turkey or chicken
1 pkg **Crispy & Crunchy Lettuce Wrap Seasoning**
4 cups shredded coleslaw mix
1 tbsp low-sodium soy sauce
1 tbsp hot sauce, optional

Toppings (optional): **Everything Bagel Whole Food Topper**, sliced green onions

NUTRITIONAL INFO

Per serving: Calories 430, Fat 13 g (Saturated 2.5 g, Trans 0.1 g), Cholesterol 75 mg, Sodium 360 mg, Carbohydrate 51 g (Fiber 3 g, Sugars 4 g), Protein 28 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.
3. Meanwhile, scrub carrots clean. Cut into oval slices by slicing on the bias.
4. In a bowl, combine turkey and seasoning; add to wok. Stir-fry until meat starts to change colour and is almost cooked through, 3 min.
5. Add carrots, stir-fry until tender-crisp and meat is cooked through, 3–4 min. Add shredded coleslaw, soy sauce and hot sauce, if desired. Stir until cabbage is tender-crisp, 2 min.
6. Divide cooked rice, turkey, and veggies between bowls. Add toppings, if desired.

SHEET PAN CAPRESE CHICKEN

TIP: Swap field tomatoes for cherry tomatoes—simply toss on sheet pan while chicken is cooking.



TOTAL TIME: 20 min



8 SERVINGS



\$3.58 CA/\$2.83 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy green salad and ½ cup pasta or rice.

INGREDIENTS

1 large ball fresh mozzarella, about 226 g
2 medium field tomatoes
2 lbs (900 g) boneless, skinless chicken breasts, about 4
4 tbsp **Rosemary Garlic Seasoning**
1 cup **Balsamic Vinaigrette Dressing**, or your choice of dressing, prepared
Sea Salt (Grinder), to taste
Black Pepper (Grinder), to taste
Toppings (optional): Fresh spinach leaves

NUTRITIONAL INFO

Per serving: Calories 320, Fat 20 g (Saturated 6 g, Trans 0 g), Cholesterol 90 mg, Sodium 160 mg, Carbohydrate 5 g (Fiber 1 g, Sugars 1 g), Protein 31 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Slice cheese into eight slices. Slice tomatoes into four slices each. Set aside.
3. Cut chicken breasts in half. Place chicken on lined pan; coat with seasoning.
4. Roast until chicken is cooked through, about 15–18 min. Top chicken with sliced tomato and cheese during the last 5 min of cooking.
5. To serve, drizzle dressing on top. Season with salt and pepper, if desired.