



3 Weeks of Easy Dinners

E P I C U R E™



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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

Mac & Cheese
4 servings
\$1.12 CA | \$0.95 US



Crispy & Crunchy Chicken Strips
4 servings
\$2.37 CA | \$2.01 US



Chicken Souvlaki
8 servings
\$2.75 CA | \$2.34 US



Tuesday

Crispy & Crunchy Lettuce Wraps
4 servings
\$3.17 CA | \$2.69 US



Fettuccine Alfredo
6 servings
\$1.14 CA | \$0.97 US



General Tao Chicken
4 servings
\$3.09 CA | \$2.63 US



Wednesday

Enchiladas
4 servings
\$3.00 CA | \$2.55 US



Lemon Chicken Orzo
4 servings
\$5.66 CA | \$4.81 US



Honey Garlic Meatballs
4 servings
\$2.65 CA | \$2.25 US



Thursday

Yaki Udon
4 servings
\$4.23 CA | \$3.60 US



Philly-Style Cheesesteak
6 servings
\$3.88 CA | \$3.30 US



Sweet Garlic Chicken
4 servings
\$3.33 CA | \$2.83 US



Friday

Rotisserie Chicken
8 servings
\$2.35 CA | \$2.00 US



Pulled Pork
20 servings
\$1.03 CA | \$0.88 US



Beef & Broccoli Stir Fry
4 servings
\$3.65 CA | \$3.10 US



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

Grocery List

WEEK 1

Produce

- 3 bell peppers:**
 - 2 (Crispy & Crunchy Lettuce Wraps)
 - 1 (Yaki Udon)
- 1 small head lettuce**, about 16 leaves (Crispy & Crunchy Lettuce Wraps)
- ½ lime** (Enchiladas)
- ½ pkg (227 g/8 oz) sugar snap peas** (Yaki Udon)
- 4 cups shredded coleslaw** (Yaki Udon)
- 1 cup sliced mushrooms** (Yaki Udon)

Pantry Staples

- Oil:**
 - 2 tbsp (Yaki Udon)
 - 1 tsp, preferably sesame (Crispy & Crunchy Lettuce Wraps)
 - 1 tsp, preferably coconut or olive (Enchiladas)
- 2 cans (14 oz/398 ml each) black beans**, preferably unsalted (Enchiladas)
- 2 pkgs (7 oz/200 g each) fresh Udon noodles** (Yaki Udon)
- 2 cups bite-size pasta**, your choice (Mac & Cheese)
- 3 tbsp tomato paste** (Enchiladas)
- 2 tbsp + 1 tsp soy sauce**, preferably low sodium:
 - 2 tbsp (Yaki Udon)
 - 1 tsp (Crispy & Crunchy Lettuce Wraps)

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**.

Protein

- 3 lbs (1.36 kg) whole chicken** (Rotisserie Chicken)
- 1 lb (450 g) boneless, skinless chicken** (Yaki Udon) | *Swap: firm tofu*
- 1 lb (450 g) ground pork** (Crispy & Crunchy Lettuce Wraps) | *Swap: ground chicken or beef*

Dairy

- 1 cup grated cheese**, your choice (Enchiladas)
- ½ cup milk**, your choice (Mac & Cheese)
- 2 tbsp unsalted butter**, optional (Mac & Cheese)

Other

- 4 medium tortillas** (Enchiladas)



Make It A Perfectly Balanced Plate:

This week, add mixed veggies, grains such as rice or quinoa, and your choice of protein such as tuna, chicken, or tofu.

Grocery List

WEEK 2

Produce

- 2 bell peppers (Philly-Style Cheesesteak)
- 1 small yellow onion (Philly-Style Cheesesteak)
- 4 cups baby spinach (Lemon Chicken Orzo)
- 3 cups sliced mushrooms, about 1 pkg (7 oz/200 g) (Philly-Style Cheesesteak)
- 2 cups cherry tomatoes (Lemon Chicken Orzo)

Pantry Staples

- Oil:
 - 1 tbsp (Lemon Chicken Orzo)
 - 1 tbsp (Philly-Style Cheesesteak)
- 4 cups uncooked pasta, your choice (Fettuccine Alfredo)
- 1 cup ketchup (Pulled Pork)
- 1 cup orzo (Lemon Chicken Orzo)
- ½ cup brown sugar (Pulled Pork)
- ½ cup vinegar (Pulled Pork)
- ¼ cup capers (Lemon Chicken Orzo)
- 2 tbsp mayonnaise (Crispy & Crunchy Chicken Strips) | *Swap: 2% plain Greek yogurt*

Protein

- 5 lbs (2.5 kg) boneless pork shoulder or butt roast (Pulled Pork)
- 1 lb (450 g) boneless, skinless chicken breast fillets, about 16 pieces (Crispy & Crunchy Chicken Strips)
- 1 lb (450 g) boneless, skinless chicken thighs (Lemon Chicken Orzo)
- 1 lb (450 g) thinly sliced beef strips (Philly-Style Cheesesteak)

Dairy

- 1½ cups milk, your choice (Fettuccine Alfredo)
- 1 cup shredded mozzarella (Philly-Style Cheesesteak) | *Swap: provolone cheese*
- 1 tbsp butter, preferably unsalted (Lemon Chicken Orzo)

Other

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

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**.



Make It A Perfectly Balanced Plate:

This week, add whole-grain rolls and buns, mixed veggies, lean protein such as tuna or tofu, grains such as rice or quinoa, and coleslaw (to serve with Pulled Pork, if desired).

Grocery List

WEEK 3

Produce

- 3 bell peppers:
 - 2 (General Tao Chicken)
 - 1 yellow (Chicken Souvlaki)
- 3 small sweet potatoes (Sweet Garlic Chicken)
- 1 small red onion (Chicken Souvlaki)
- 4 cups broccoli florets, fresh or frozen (Beef & Broccoli Stir-Fry)
- 2 cups cherry tomatoes (Chicken Souvlaki)

Pantry Staples

- Oil:
 - 3 tbsp (General Tao Chicken)
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 2 tbsp, preferably olive (Chicken Souvlaki)
 - 1 tbsp (Sweet Garlic Chicken)
- ¼ cup corn starch (General Tao Chicken)
- 4 tbsp soy sauce, preferable low sodium:
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 2 tbsp (General Tao Chicken)
- 2 tbsp ketchup (General Tao Chicken)
- 2 tbsp lemon juice (Chicken Souvlaki)
- 1 tbsp honey (Honey Garlic Meatballs)

Protein

- 2 lbs (900 g) boneless, skinless chicken breast fillets (Chicken Souvlaki)
- 1 lb (450 g) beef strips (Beef & Broccoli Stir-Fry)
Swap: ground beef
- 1 lb (450 g) boneless, skinless chicken breasts (General Tao Chicken) | *Swap: firm tofu*
- 1 lb (450 g) boneless, skinless chicken thighs (Sweet Garlic Chicken) | *Swap: medium-firm tofu*
- 1 lb (450 g) lean ground beef (Honey Garlic Meatballs)

Other

- 8 pitas, optional (Chicken Souvlaki)

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**.



Make It A Perfectly Balanced Plate:

This week, add leafy greens, oil for dressing, and grains such as rice or quinoa.