

CONQUER DINNER 15-PACK

FEBRUARY EXCLUSIVE



Planning is usually half the battle when it comes to cooking nutritious, wholesome dinners. Fortunately, this meal plan comes with affordable, time-saving recipes that result in meals that are delicious and—some even say—scrumdiddlyumptious!

The added grocery list and easy meal prep and planning will help you stay on track this month. On days you're not cooking, use up leftovers or do "clean-out-the-fridge" meals, and allow for meals out.

We hope this meal plan inspires you to have fun in the kitchen, taste cuisine from around the world, and conquer dinner for you and your family.

CONQUER DINNER 15-PACK

FEBRUARY 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
MONDAY	<u>CHA CHA CHILI</u> 4 servings \$2.27 CA \$1.93 US 	<u>BEEF & BROCCOLI STIR-FRY</u> 4 servings \$3.65 CA \$3.10 US 	<u>PAD THAI</u> 4 servings \$5.93 CA \$4.68 US 
	<u>CHICKEN MOLE TACOS</u> 6 servings \$3.09 CA \$2.63 US 	<u>EASY PEASY TACOS</u> 4 servings \$3.34 CA \$2.84 US 	<u>SIMPLY BETTER BAKED BEANS</u> 16 servings \$0.73 CA \$0.58 US 
TUESDAY	<u>SWEET & SOUR STIR-FRY</u> 4 servings \$4.32 CA \$3.67 US 	<u>ENCHILADAS</u> 4 servings \$3.00 CA \$2.55 US 	<u>CRISPY & CRUNCHY LETTUCE WRAPS</u> 4 servings \$3.17 CA \$2.69 US 
	<u>DONAIR</u> 10 servings \$1.80 CA \$1.53 US 	<u>CLASSIC MEATLOAF</u> 4 servings \$2.18 CA \$1.85 US 	<u>HEARTY MINESTRONE</u> 4 servings \$2.21 CA \$1.88 US 
WEDNESDAY	<u>PULLED CHICKEN</u> 16 servings \$1.35 CA \$1.15 US 	<u>HOME-STYLE CHICKEN STEW</u> 4 servings \$2.77 CA \$2.35 US 	<u>CHOP CHOP SALAD</u> 4 servings \$5.07 CA \$4.31 US 
	<u>FRIDAY</u>		

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

GROCERY LIST

WEEK 1

PRODUCE

- 2 tomatoes (Donair)
- ½ English cucumber (Donair)
- ½ head lettuce (Donair) | Try: romaine or leafy green
- ½ red onion (Donair)
- 2 cups snap peas (Sweet & Sour Stir-Fry)
Swap: frozen green beans

PANTRY STAPLES

- Oil:
 - 3 tbsp (Sweet & Sour Stir-Fry)
 - 2 tsp (Chicken Mole Tacos)
- ½ oz (14 g) semi-sweet baking chocolate (Chicken Mole Tacos) | Swap: dark chocolate
- 1 can (28 oz/796 ml) diced tomatoes, preferably unsalted (Cha Cha Chili)
- 1 can (14 oz/398 ml) pineapple chunks (Sweet & Sour Stir-Fry)
- 1 cup ketchup (Pulled Chicken)
- ½ cup vinegar (Pulled Chicken)
- ¼ cup brown sugar (Pulled Chicken)
- ¼ cup corn starch (Sweet & Sour Stir-Fry)
- 2 tbsp soy sauce, preferably low sodium (Sweet & Sour Stir-Fry)
- 2 tbsp white vinegar (Sweet & Sour Stir-Fry)
- 1 tbsp creamy natural peanut butter (Chicken Mole Tacos) | Swap: pumpkin seed butter
- ½ tsp sesame oil (Chicken Mole Tacos)

PROTEIN

- 3 lbs (1.35 kg) boneless, skinless chicken (Pulled Chicken)
- 3 lbs (1.35 kg) lean ground beef:
 - 2 lbs/900 g (Donair)
 - 1 lb/450 g (Cha Cha Chili) | Swap: ground chicken or turkey
- 2½ lbs (1.13 kg) boneless, skinless chicken breasts, about 5 breasts | Swap: chicken thighs or medium-firm tofu:
 - 1½ lbs/675 g (Chicken Mole Tacos)
 - 1 lb/450 g (Sweet & Sour Stir-Fry)
- 1 can (19 oz/540 ml) kidney beans (Cha Cha Chili)

OTHER

- 12 corn tortillas or taco shells (Chicken Mole Tacos)
- 10 pitas, preferably whole wheat (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**.
- Cook rice in **Multipurpose Steamer**. Store in **4-Cup Prep Bowl**.

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add mixed salad greens, mixed veggies, rice, extra tortillas, and avocados (for guacamole).



GROCERY LIST

WEEK 2

PRODUCE

- 3 celery stalks** (Home-Style Chicken Stew)
- 2 medium carrots** (Home-Style Chicken Stew)
- 2 medium potatoes**, russet or Yukon Gold (Home-Style Chicken Stew)
- 1 lime** | *Swap: bottled lime juice:*
 - ½ (Easy Peasy Tacos)
 - ½ (Enchiladas)
- 4 cups broccoli florets** (Beef & Broccoli Stir-Fry)
- 1 cup frozen peas** (Home-Style Chicken Stew)

PANTRY STAPLES

- Oil:**
 - 3 tbsp, preferably olive (Easy Peasy Tacos)
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 1 tbsp (Home-Style Chicken Stew)
 - 1 tsp, preferably coconut (Enchiladas)
- 3 tbsp ketchup** (Classic Meatloaf)
- 3 tbsp tomato paste** (Enchiladas)
- 2 tbsp soy sauce**, preferably low sodium (Beef & Broccoli Stir-Fry)
- 1 tsp brown sugar** (Classic Meatloaf)
- 1 tsp honey mustard** (Classic Meatloaf)
Swap: yellow mustard

PROTEIN

- 1 egg** (Classic Meatloaf)
- 1 lb (450 g) beef strips** (Beef & Broccoli Stir-Fry)
Swap: lean ground beef, chicken, or tofu
- 1 lb (450 g) boneless, skinless chicken** (Home-Style Chicken Stew)
- 1 lb (450 g) lean ground beef** (Classic Meatloaf)
- 2 cans (14 oz/398 ml each) black beans**, preferably unsalted (Enchiladas)

DAIRY

- 1 cup grated cheese**, your choice (Enchiladas)

OTHER

- 12 corn tortillas:**
 - 8 small (Easy Peasy Tacos)
 - 4 medium (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**.
- Cook rice in **Multipurpose Steamer**. Store in **4-Cup Prep Bowl**.

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra veggies like carrots, celery and broccoli florets; rice; and avocados (for guacamole).



GROCERY LIST

WEEK 3

PRODUCE

- 6 bell peppers:**
 - 2 (Chop Chop Salad)
 - 2 medium (Crispy & Crunchy Lettuce Wraps)
 - 2 large (Pad Thai)
- 1 small head lettuce**, about 16 leaves (Crispy & Crunchy Lettuce Wraps)
- 1 lime** (Pad Thai) | *Swap: bottled lime juice*
- 4 cups chopped romaine** (Chop Chop Salad)
- 2 cups bean sprouts** (Pad Thai)
Swap: baby spinach
- 1½ cups corn niblets** (Chop Chop Salad)
- 1½ cups frozen mixed vegetables**, your choice (Hearty Minestrone)

PANTRY STAPLES

- Oil:**
 - 2 tbsp, preferably olive (Chop Chop Salad)
 - 1 tbsp (Pad Thai)
 - 1 tsp (Chop Chop Salad)
 - 1 tsp, preferably sesame (Crispy & Crunchy Lettuce Wraps)
- 1 can (28 oz/796 ml) diced tomatoes**, preferably unsalted (Hearty Minestrone)
- 1 can (14 oz/398 ml each) crushed tomatoes** (Simply Better Baked Beans)
- 1 pkg (14 oz/400 g) rice noodles** (Pad Thai)
- ½ cup molasses** (Simply Better Baked Beans)
Try: cooking or fancy
- ½ cup small shell pasta** (Hearty Minestrone)
- 2 tbsp + 1 tsp soy sauce**, preferably low-sodium:
 - 2 tbsp (Pad Thai)
 - 1 tsp (Crispy & Crunchy Lettuce Wraps)
- 2 tbsp roasted peanuts**, optional (Pad Thai)
- 2 tbsp white vinegar** (Simply Better Baked Beans)
- 1 tbsp honey mustard** (Chop Chop Salad)

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**.
- Cook rice in **Multipurpose Steamer**. Store in **4-Cup Prep Bowl**.

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add carrots or cucumbers, leafy greens, rice, and whole-grain rolls.

PROTEIN

- 2 eggs** (Pad Thai)
- 1 lb (450 g) boneless, skinless chicken breasts**, about 2 breasts:
 - ½ lb/225 g (Chop Chop Salad)
 - ½ lb/225 g (Pad Thai) | *Swap: shrimp, chickpeas, or tofu*
- 1 lb (450 g) ground pork** (Crispy & Crunchy Lettuce Wraps) | *Swap: ground chicken or beef*
- 4 cans (19 oz/540 ml each) pinto beans** (Simply Better Baked Beans)
- 1 can (19 oz/540 ml) unsalted chickpeas** (Chop Chop Salad)
- 1 can (19 oz/540 ml) lentils**, preferably unsalted (Hearty Minestrone)
Swap: white beans or ground meat

DAIRY

- ½ cup crumbled feta** (Chop Chop Salad)

