

# 3 WEEKS OF EASY DINNERS



Meal planning can be a daunting task. Everything from budgeting to making sure that every meal is healthy and balanced to inserting enough variety and flavour so that your family members don't get bored. *The juggle is real!*

**But that's ok. We are here to help.** We've done the hard parts for you. Now all you need to do is cross-reference our grocery lists with your pantry and fridge staples. Once you know what's missing, it's time to hit the store—or even better—avoid the store all together and order online—put your grocery list on one side and your virtual shopping cart next to it.

We suggest starting your prep early—plan ahead and devote some time to get your meal prep game on!

The **Perfectly Balanced Plate** suggestions found within this guide and each recipe will show you exactly what's required to maintain a nutritious and balanced meal—veggies, lean protein, complex carbs, and healthy fats.

Bon Appetit!

# 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	<div><b><u>CHICKEN MOLE TACOS</u></b> 6 servings \$3.09 CA</div> <div></div>	<div><b><u>TANDOORI CHICKEN</u></b> 8 servings \$2.48 CA</div> <div></div>	<div><b><u>CHICKEN MOLE TACOS</u></b> 6 servings \$3.09 CA</div> <div></div>
TUESDAY	<div><b><u>CRISPY &amp; CRUNCHY LETTUCE WRAPS</u></b> 4 servings \$3.05 CA</div> <div></div>	<div><b><u>MAC &amp; CHEESE</u></b> 4 servings \$0.93 CA</div> <div></div>	<div><b><u>GENERAL TAO CHICKEN</u></b> 4 servings \$2.97 CA</div> <div></div>
WEDNESDAY	<div><b><u>SOUTHERN BAKED CHICKEN</u></b> 8 servings \$2.01 CA</div> <div></div>	<div><b><u>SWEET 'N SOUR STIR-FRY</u></b> 4 servings \$4.20 CA</div> <div></div>	<div><b><u>TACOS</u></b> 6 servings \$2.25 CA</div> <div></div>
THURSDAY	<div><b><u>PAD THAI</u></b> 4 servings \$5.93 CA</div> <div></div>	<div><b><u>DONAIR</u></b> 10 servings \$1.65 CA</div> <div></div>	<div><b><u>ROTISSERIE CHICKEN</u></b> 8 servings \$2.29 CA</div> <div></div>
FRIDAY	<div><b><u>SWEET GARLIC CHICKEN</u></b> 4 servings \$3.20 CA</div> <div></div>	<div><b><u>PULLED CHICKEN</u></b> 16 servings \$1.29 CA</div> <div></div>	<div><b><u>SLOPPY JOES</u></b> 4 servings \$2.11 CA</div> <div></div>

Prices are in CA based on average grocery store costs.

# WEEK 1 GROCERY LIST

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



PANTRY STAPLES	PRODUCE	PROTEIN
<div><input type="checkbox"/> 1 pkg (14 oz/400 g) rice noodles (Pad Thai)</div> <div><input type="checkbox"/> 3 tbsp oil<ul style="list-style-type: none"><li>■ 1 tbsp (Pad Thai)</li><li>■ 1 tbsp (Southern Baked Chicken)</li><li>■ 1 tbsp (Sweet Garlic Chicken)</li></ul></div> <div><input type="checkbox"/> 2 tbsp + 1 tsp soy sauce, preferably low-sodium<ul style="list-style-type: none"><li>■ 2 tbsp (Pad Thai)</li><li>■ 1 tsp (Crispy &amp; Crunchy Lettuce Wraps)</li></ul></div> <div><input type="checkbox"/> 1 tbsp creamy natural peanut butter (Chicken Mole)   Swap: pumpkin seed butter</div> <div><input type="checkbox"/> 1½ tsp sesame oil<ul style="list-style-type: none"><li>■ 1 tsp (Crispy &amp; Crunchy Lettuce Wraps)</li><li>■ ½ tsp (Chicken Mole)</li></ul></div> <div><input type="checkbox"/> ½ oz (14 g) semi-sweet baking chocolate (Chicken Mole)   Swap: dark chocolate</div>	<div><input type="checkbox"/> 16 lettuce leaves, about 1 small head (Crispy &amp; Crunchy Lettuce Wraps) <i>Tip: try romaine, butter or iceberg lettuce</i></div> <div><input type="checkbox"/> 4 bell peppers<ul style="list-style-type: none"><li>■ 2 (Crispy &amp; Crunchy Lettuce Wraps)</li><li>■ 2 large red (Pad Thai)</li></ul></div> <div><input type="checkbox"/> 3 small, sweet potatoes (Sweet Garlic Chicken)</div> <div><input type="checkbox"/> 1 lime (Pad Thai)   Swap: bottled lime juice</div> <div><input type="checkbox"/> 2 cups bean sprouts (Pad Thai)   Swap: baby spinach</div> <div><input type="checkbox"/> 2 tbsp roasted peanuts, optional (Pad Thai)</div>	<div><input type="checkbox"/> 2 eggs (Pad Thai)</div> <div><input type="checkbox"/> 4 lbs (1.8 kg) boneless, skinless chicken breasts, about 10 breasts<ul style="list-style-type: none"><li>■ 2 lbs/900 g (Southern Baked Chicken)   Swap 2 lbs (900 g) firm tofu</li><li>■ 1½ lbs/675 g (Chicken Mole)   Swap: chicken thighs</li><li>■ ½ lb/225 g (Pad Thai) Swap: shrimp</li></ul></div> <div><input type="checkbox"/> 1 lb (450 g) boneless, skinless chicken thighs (Sweet Garlic Chicken)</div> <div><input type="checkbox"/> 1 lb (450 g) ground pork (Crispy &amp; Crunchy Lettuce Wraps)   Swap: 1 lb (450 g) firm tofu, grated</div>
		BAKERY
		<div><input type="checkbox"/> 12 corn tortillas or taco shells (Chicken Mole Tacos)</div>

**MAKE IT A PERFECTLY BALANCED PLATE:** This week, add rice, potatoes, extra lettuce, avocados (for guacamole), carrots or cucumbers, olive oil, and vinegar (for dressing).



# WEEK 2 GROCERY LIST

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



PANTRY STAPLES	PRODUCE	PROTEIN
<div><div><input type="checkbox"/> 1 can (14 oz/398 ml) pineapple chunks (Sweet &amp; Sour Stir-Fry)</div><div><input type="checkbox"/> 2 cups bite-sized pasta, your choice (Mac &amp; Cheese)</div><div><input type="checkbox"/> 1 cup ketchup (Pulled Chicken)</div><div><input type="checkbox"/> ½ cup vinegar (Pulled Chicken)</div><div><input type="checkbox"/> ¼ cup brown sugar (Pulled Chicken)</div><div><input type="checkbox"/> ¼ cup cornstarch (Sweet &amp; Sour Stir-Fry)</div><div><input type="checkbox"/> 3 tbsp oil (Sweet &amp; Sour Stir-Fry)</div><div><input type="checkbox"/> 2 tbsp lime juice (Chicken Tandoori)</div><div><input type="checkbox"/> 2 tbsp soy sauce, preferably low-sodium (Sweet &amp; Sour Stir-Fry)</div><div><input type="checkbox"/> 2 tbsp white vinegar (Sweet &amp; Sour Stir-Fry)</div></div>	<div><div><input type="checkbox"/> 2 tomatoes (Donair)</div><div><input type="checkbox"/> ½ English cucumber (Donair)</div><div><input type="checkbox"/> ½ head romaine (Donair)   Swap: leafy green lettuce</div><div><input type="checkbox"/> ½ red onion (Donair)</div><div><input type="checkbox"/> 2 cups snap peas (Sweet &amp; Sour Stir-Fry)   Swap: frozen green beans</div></div>	<div><div><input type="checkbox"/> 3 lbs (1.35 kg) boneless, skinless chicken<ul style="list-style-type: none"><li>■ 3 lbs/1.5 kg (Pulled Chicken)</li></ul></div><div><input type="checkbox"/> 3 lbs (1.35 kg) boneless, skinless chicken breasts, about 6 breasts<ul style="list-style-type: none"><li>■ 2 lbs/900 g (Chicken Tandoori)</li><li>■ 1 lb/450 g (Sweet &amp; Sour Stir-Fry)   Swap: medium-firm tofu, cut into cubes</li></ul></div><div><input type="checkbox"/> 2 lbs (900 g) lean ground beef (Donair)</div></div>
	DAIRY	BAKERY
	<div><div><input type="checkbox"/> ½ cup milk, your choice (Mac &amp; Cheese)</div><div><input type="checkbox"/> 2 tbsp 2% yogurt (Chicken Tandoori)</div><div><input type="checkbox"/> 2 tbsp butter, optional (Mac &amp; Cheese)</div></div>	<div><div><input type="checkbox"/> 10 whole-wheat pitas (Donair)</div></div>

**MAKE IT A PERFECTLY BALANCED PLATE:** This week, add rice, extra veggies like green beans, snap peas, and lettuce, lean protein such as extra chicken, olive oil and vinegar (for dressing), small tortillas, and avocado (for guacamole).

# WEEK 3 GROCERY LIST

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



PANTRY STAPLES	PRODUCE	PROTEIN
<div><input type="checkbox"/> 1 can (5.5 oz/156 ml) tomato paste (Sloppy Joes)</div> <div><input type="checkbox"/> ¼ cup cornstarch (General Tao Chicken)</div> <div><input type="checkbox"/> 3 tbsp vegetable oil (General Tao Chicken)</div> <div><input type="checkbox"/> 2 tbsp ketchup (General Tao Chicken)</div> <div><input type="checkbox"/> 2 tbsp soy sauce, preferably low-sodium (General Tao Chicken)</div> <div><input type="checkbox"/> 1 tbsp creamy natural peanut butter (Chicken Mole)   Swap: pumpkin seed butter</div> <div><input type="checkbox"/> ½ tsp sesame oil (Chicken Mole)</div> <div><input type="checkbox"/> ½ oz (14 g) semi-sweet baking chocolate (Chicken Mole)   Swap: dark chocolate</div>	<div><input type="checkbox"/> 2 medium bell peppers (General Tao Chicken)</div>	<div><input type="checkbox"/> 3 lbs (1.36 kg) whole chicken (Rotisserie Chicken)</div> <div><input type="checkbox"/> 2½ lbs (1.19 kg) lean ground beef<div><input type="checkbox"/> 1 ½ lbs/675 g (Tacos) Swap: 1 lb (450 g) firm tofu, grated</div><div><input type="checkbox"/> 1 lb/450 g (Sloppy Joes) Swap: 1 can (19 oz/ 540 ml) lentils</div></div> <div><input type="checkbox"/> 2½ lbs (1.13 kg) boneless, skinless breasts, about 5 breasts<div><input type="checkbox"/> 1 ½ lbs/675 g boneless skinless chicken breasts (Chicken Mole)   Swap: chicken thighs</div><div><input type="checkbox"/> 1 lb/450 g (General Tao) Swap: 1 lb (450 g) firm tofu, cut into cubes</div></div>
	<div>BAKERY</div> <div><input type="checkbox"/> 12 taco shells (Tacos)</div> <div><input type="checkbox"/> 12 corn tortillas or taco shells (Chicken Mole Tacos)</div> <div><input type="checkbox"/> 4 buns (Sloppy Joes) Swap: lettuce cups</div>	

**MAKE IT A PERFECTLY BALANCED PLATE:** This week, add extra bell peppers and other veggies of your choice, avocados (for guacamole), rice, and extra buns.