



# ***Back to School, Back to Routine***

After soaking up the best of summer, back to school means back to routine. We're here for you, as life begins to feel like normal again and slowly gets back on track. A few good recipes can really save the day when you're trying to stick to a schedule. Here you'll find easy and fast meal solutions to help make breakie fast, crave-worthy lunch ideas, and raw-to-ready dinners in just 20 minutes. We all learned how valuable our time is and cooking healthy meals does not have to be time-consuming or overwhelming.

Enjoy these strategies, tips, and hacks to help you customize fall your way!



## BREAKFAST

We get it you want breakie fast. Some would argue breakfast is the most important meal of the day. We know it can be a struggle to get the li'l ones out of bed, feed them, and then out the door for school.

Here are a few tips to help you master this task with ease for better good mornings.

## STRATEGIES

1. Set the table for breakfast the night before. Set out water glasses, plates, and bowls. Basically, anything that you typically use at breakfast—place it on the table. One less thing you have to do in the morning.
2. Have the kids help prep breakie the night before. And bonus if they help make it, they are more likely to eat it too.

### RECIPES TO TRY:

[Overnight Oatmeal](#)

3. Some people don't like eating breakfast as soon as they wake up. Make-ahead breakfasts that are grab-and-go friendly, can be a real gamechanger for that reason. These breakfasts are fast and easy to make. Prep the night before or on the weekend then grab-and-go or pop in the microwave to heat and eat.

### RECIPES TO TRY:

[Superhero Breakfast Cookies](#)

[Greek Omelet](#)

[Egg Muffin To Go](#)

[Egg Muffin in Muffin Pan](#)

[Steamy Berry Good Oatmeal](#)

[Protein Power Petites](#)

[Easy Peasy Waffles](#)



## LUNCH

We know we got used to just opening the fridge and throwing a few items quickly on a plate, or casually grazing at lunchtime when working from home. Not to worry we want to help you rock lunches and become LunchAble! We make it easy to simplify and brown bag it.

Watch this great [video](#) here for more tips from our Registered Dietitians.

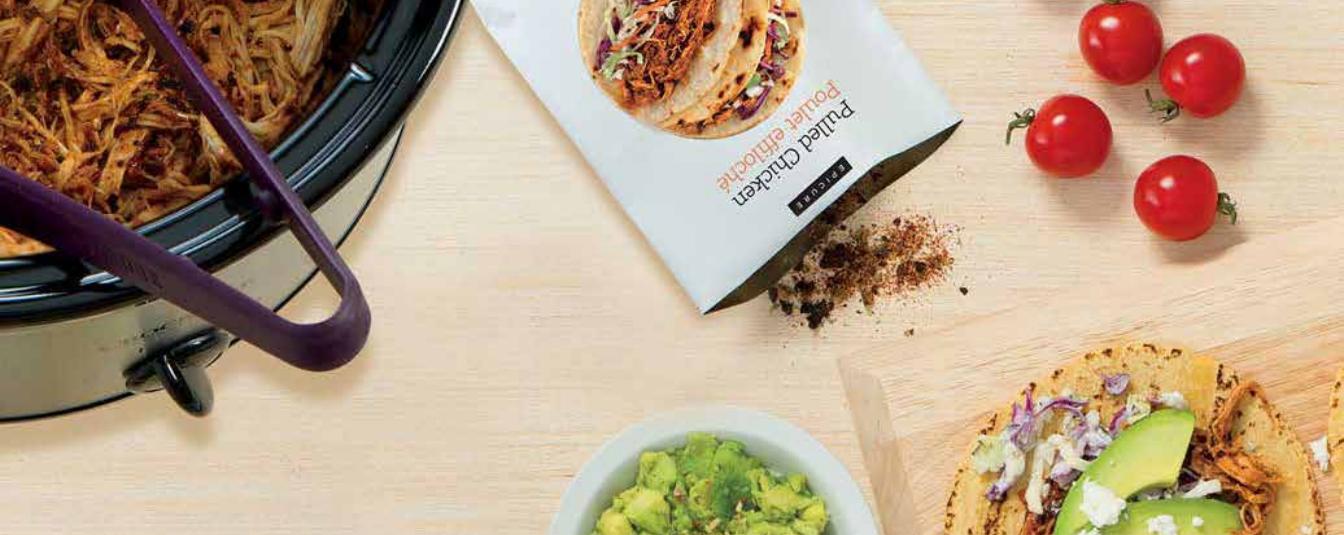
### RECIPES TO TRY:

[Apple & Tuna Sandwich](#)

[Sunday Dinner Nourish Bowl](#)

[Sylvie's Lunchbox Spinach Squares](#)





## DINNER

You know the question that starts to pop in your mind on your drive home around 4 or 5 o'clock and you then start reviewing everything you need to get done when you get home. Well, take a deep breath! We have you covered with three simple strategies:

1. Prep Ahead
2. Cook Once Eat Twice
3. Dine & Dash

## YOUR GO-TO STRATEGIES

### 1. Prep Ahead

Make big batches on the weekend and freeze in individual or family sized portions. Great to reheat and eat on those busy weeknights.

#### RECIPES TO TRY:

[Pulled Pork & Blackened Onion Pizza](#)

[Pulled Chicken Soup](#)

### 2. Cook Once, Eat Twice

#### RECIPES TO TRY:

[Pulled Pork/Pulled Chicken](#)

**TIP:** Add to quesadillas, wraps, salads, nourish bowls.

[Butter Chicken](#)

**TIP:** Double it and freeze the second half. Use to make a naan pizza.

[Cha Cha Chili](#)

**TIP:** Use for sloppy joes, wraps or taco salads.



### 3. Dine & Dash

Our meal kits make it easy to make crave-worthy family favourite recipes that are raw-to-ready in just 20 minutes.



#### RECIPES TO TRY:

#### Good Mexican. Real Fast.™

Taco Tuesday just got easier and even more delicious.

#### Good Asian. Real Fast.™

Here are a few of our favourite family meal solutions:

[Mac & Cheese](#)

[Fettuccine Alfredo](#)

## FUNDRAISER

Raise funds to support your community or cause while sharing wholesome weeknight meal solutions. Everyone eats, so everyone is a potential customer!



### FUNDRAISING MADE EASY

Collect orders of our special Weeknight Dinners Collection (\$25 CA/US) and your Consultant takes care of the rest.



### MEALS THAT MATTER

The Weeknight Dinners Collection is packed with an assortment of easy meal solutions that help you get dinner on the table fast.



### EARN 40% ON FUNDRAISER SALES

That's \$10 toward your cause for every collection sold!

**CONTACT YOUR EPICURE CONSULTANT TO LEARN MORE**

# EARN EXTRA CASH

We hear you—back to school is costly! One solution is choosing a side hustle—your way. Curious how you can start your own side hustle?

Contact one of our Epicure Consultants today. You can start for as little as \$125 CA (\$99 US). If it's not for you, then you have stocked your kitchen with healthy essentials, or you can return your Business Kit for a full refund with our 90-day Business Guarantee.



**\$125 CA**

*Value at over \$250!*

**\$99 US**

*Value at over \$225!*