

3 WEEKS OF EASY DINNERS

SEPTEMBER EXCLUSIVE



September brings a lot of change—back to school, back to routine, back to busy-ness. With this in mind meal prepping, shopping ahead and planning out the week can be a real game changer! Use this meal plan to bring delicious, healthy, home-cooked meals to your family every weeknight.

Your September meal plan includes 3 weeks of grocery lists. These lists are separated out by produce, pantry staples, protein and dairy for easy and convenient shopping. Each of the 3 weeks gives you 5 delicious recipes to choose from. Enjoy a variety of soups like Azteca Tortilla Soup, Home-Style Chicken Stew and Sweet Potato Enchilada Soup. Plus, we've got your fave comfort foods on the menu. Get ready to impress the entire family with dishes like Pulled Pork, Stuffed Pepper Mac & Cheese and Rotisserie Chicken.

Here's to good eating!

3 WEEKS OF EASY DINNERS

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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	<u>COMFORTING LENTILS & GREENS</u> 4 servings \$3.36 CA \$2.86 US 	<u>SWEET POTATO ENCHILADA SOUP</u> 4 servings \$4.82 CA \$4.10 US 	<u>CRISPY & CRUNCHY TOFU BITES</u> 4 servings \$1.69 CA \$1.44 US 
	<u>SHEET PAN DONAIR MEATBALLS</u> 8 servings \$1.52 CA \$1.29 US 	<u>DONAIR</u> 10 servings \$1.65 CA \$1.30 US 	<u>HOME-STYLE CHICKEN STEW</u> 4 servings \$2.65 CA \$2.25 US 
TUESDAY	<u>SURF 'N TURF STEW</u> 4 servings \$3.75 CA \$3.19 US 	<u>SUNDRIED TOMATO MAC & CHEESE</u> 4 servings \$4.66 CA \$3.68 US 	<u>SMOKEHOUSE LENTIL SLOPPY JOES</u> 6 servings \$2.36 CA \$2 US 
	<u>WINTRY BEEF STROGANOFF</u> 6 servings \$2.41 CA \$2.05 US 	<u>AZTECA TORTILLA SOUP</u> 4 servings \$2.40 CA \$1.90 US 	<u>STUFFED PEPPER MAC & CHEESE</u> 4 servings \$3.35 CA \$2.65 US 
WEDNESDAY	<u>ROTISSERIE CHICKEN</u> 8 servings \$2.29 CA \$1.95 US 	<u>PULLED PORK</u> 20 servings \$1 CA \$0.85 US 	<u>FESTIVE MEAL IN A BOWL</u> 4 servings \$4.45 CA \$3.78 US 
	<u>THURSDAY</u>	<u>FRIDAY</u>	

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

GROCERY LIST

WEEK 1

PRODUCE

- 2 carrots** (Surf 'n Turf Stew)
- 1 bell pepper** (Comforting Lentils & Greens)
- 1 celery stalk** (Surf 'n Turf Stew)
- 1 large potato**, Russet or Yukon Gold (Surf 'n Turf Stew)
- 1 pkg (7 oz/200 g) sliced mushrooms**, about 3 cups (Wintry Beef Stroganoff)
- 8 cups leafy greens** (Comforting Lentils & Greens) | *Try: baby spinach or kale*
- 1 cup frozen peas** (Surf 'n Turf Stew)

PANTRY STAPLES

- 4 cups uncooked egg noodles**, extra broad (Wintry Beef Stroganoff)
- ¼ cup ketchup** (Sheet Pan Donair Meatballs)
- Oil:**
 - 1 tbsp (Comforting Lentils & Greens)
 - 1 tbsp + 1 tsp (Wintry Beef Stroganoff)
 - 2 tsp (Surf 'n Turf Stew)
- 2 tbsp sundried tomatoes**, optional (Surf 'n Turf Stew)
- 1 tbsp white vinegar** (Sheet Pan Donair Meatballs)
- ½ tbsp honey** (Sheet Pan Donair Meatballs)
- 2 tsp soy sauce**, preferably low-sodium
 - 1 tsp (Comforting Lentils & Greens)
 - 1 tsp (Sheet Pan Donair Meatballs)
- 1 tsp Worcestershire sauce** (Wintry Beef Stroganoff)

PROTEIN

- 3 lbs (1.36 kg) whole chicken** (Rotisserie Chicken)
- 2 lbs (900 g) lean ground beef**
 - 1 lb/450 g (Sheet Pan Donair Meatballs)
 - 1 lb/450 g (Wintry Beef Stroganoff)
Swap: soy ground round
- 1 lb (450 g) ground pork** (Sheet Pan Donair Meatballs)
- ½ lb (225 g) boneless, skinless chicken breasts** (Surf 'n Turf Stew)
- ½ lb (225 g) peeled uncooked shrimp** (Surf 'n Turf Stew)
- 2 cans (19 oz/540 ml each) lentils** (Comforting Lentils & Greens)

DAIRY

- 1 cup 2% plain Greek yogurt** (Wintry Beef Stroganoff) | *Swap: sour cream*

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 rice, mixed veggies such as extra peppers and carrots, extra leafy greens, and whole-grain rolls.



COMFORTING LENTILS & GREENS



TOTAL TIME: 15 min



4 SERVINGS



\$3.36 CA/\$2.86 US PER SERVING

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

INGREDIENTS

- 1 pkg **Beef & Broccoli Stir-Fry Seasoning**
- $\frac{3}{4}$ cup water
- 1 tsp low-sodium soy sauce
- 1 tbsp oil
- 1 bell pepper
- 2 cans (19 oz/540 ml each) lentils
- 8 cups leafy greens such as baby spinach or kale

Topping (optional): Chili Flakes & Garlic Topper

NUTRITIONAL INFO

Per serving (about 1 $\frac{3}{4}$ cups): Calories 330, Fat 4 g (Saturated 0.4 g, Trans 0 g), Cholesterol 0 mg, Sodium 570 mg, Carbohydrate 54 g (Fibre 25 g, Sugars 10 g), Protein 22 g.

INSTRUCTIONS

1. In a bowl, combine seasoning, water, and soy sauce. Set aside.
2. In **Wok**, heat oil over medium-high heat. Dice pepper; add to wok. Sauté until slightly softened, about 1 min.
3. Drain and rinse lentils; add to wok. Stir in seasoning mixture. Stir gently to heat lentils through.
4. Reduce heat to medium. Add spinach, a few handfuls at a time, stirring until wilted. Add topping, if desired.

SHEET PAN DONAIR MEATBALLS



TIP: Prep the meatballs ahead of time—arrange on the **Sheet Pan**, freeze, then transfer to a freezer-safe container. Bake from frozen, until an internal temperature of 160° F is reached.



TOTAL TIME: 20 min



8 SERVINGS



\$1.52 CA/\$1.29 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ cup rice and 1 cup veggies, your choice.

INGREDIENTS

- ¼ cup ketchup
- 1 tbsp white vinegar
- ½ tbsp honey
- 1 tsp low-sodium soy sauce
- 1 lb (450 g) lean ground beef
- 1 lb (450 g) ground pork
- 1 pkg **Donair Seasoning**

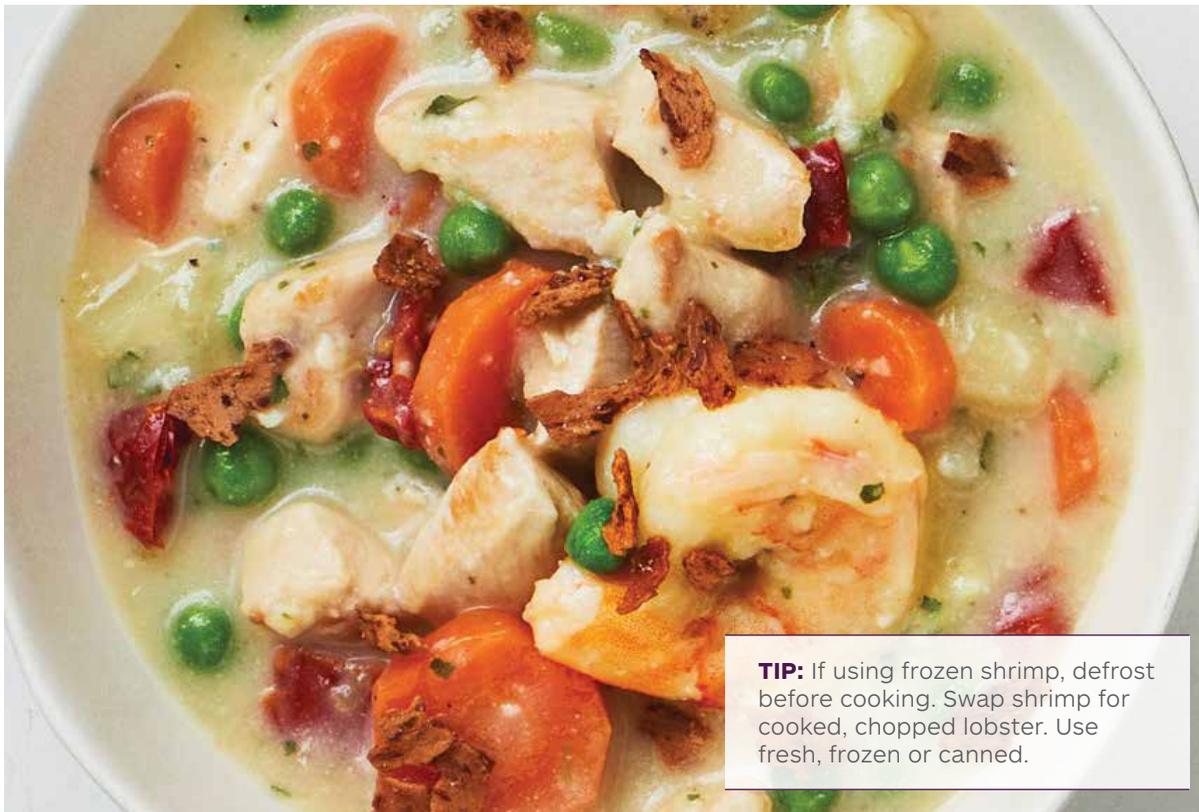
NUTRITIONAL INFO

Per serving (3 meatballs): Calories 240, Fat 14 g (Saturated 5 g, Trans 0.2 g), Cholesterol 65 mg, Sodium 560 mg, Carbohydrate 7 g (Fibre 1 g, Sugars 3 g), Protein 22 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. In a small bowl, whisk together ketchup, vinegar, honey, and soy sauce. Set aside.
3. In a large bowl, crumble in ground meat; add seasoning. Mix well. Form into 24 meatballs (about 2 tbsp each). Place on pan.
4. Generously brush meatballs with glaze. Bake until cooked through, about 12–13 min.

SURF 'N TURF STEW



TIP: If using frozen shrimp, defrost before cooking. Swap shrimp for cooked, chopped lobster. Use fresh, frozen or canned.



TOTAL TIME: 20 min



4 SERVINGS



\$3.75 CA/\$3.19 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy green salad and 1 tbsp Epicure Salad Dressing, your choice.

INGREDIENTS

1 pkg **Home-Style Chicken Stew Seasoning**
2 ½ cups water, divided
2 carrots
1 celery stalk
1 large potato, preferably Yukon gold
½ lb (225 g) boneless, skinless chicken breasts
2 tsp oil
½ lb (225 g) peeled uncooked shrimp
2 tbsp chopped sundried tomatoes, optional
1 cup frozen peas
Better Than Bacon Topper, to taste
Toppings (optional): fresh pea sprouts or sliced green onion

NUTRITIONAL INFO

Per serving (about 1 ½ cups): Calories 320, Fat 7 g (Saturated 1.5 g, Trans 0.1 g), Cholesterol 130 mg, Sodium 570 mg, Carbohydrate 36 g (Fibre 6 g, Sugars 7 g), Protein 29 g.

INSTRUCTIONS

1. In a bowl, combine seasoning with 2 cups water. Set aside.
2. Slice carrots into thin rounds. Dice celery. Cut unpeeled potato into small cubes.
3. Place veggies in **Multipurpose Steamer** and pour in ½ cup water. Cover; microwave on high until veggies are tender, about 8 min.
4. Meanwhile, cut chicken into small cubes. Heat oil in **Wok** set over medium-high heat. Add chicken and shrimp; stir-fry until golden and cooked through, 4-5 min.
5. Stir in reserved seasoning mixture, cooked veggies, and sundried tomatoes, if using. Bring to a boil, then stir in frozen peas. Cook until warmed through, 1 min.
6. Spoon into bowls and shake on topper. Garnish with toppings, if using.

WINTRY BEEF STROGANOFF



TOTAL TIME: 20 min



6 SERVINGS



\$2.41 CA/\$2.05 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups mixed greens and 1 tbsp Epicure Salad Dressing, your choice.

INGREDIENTS

4 cups uncooked extra broad egg noodles
4¾ cups water, divided
1 pkg **Wintry Mushroom Soup Seasoning**
1 tsp Worcestershire sauce
1 tbsp + 1 tsp oil
1 lb (450 g) lean ground beef or ground meat alternative
1 pkg (7 oz/200 g) sliced mushrooms, about 3 cups
1 cup 2% plain Greek yogurt or sour cream

NUTRITIONAL INFO

Per serving: Calories 370, Fat 13 g (Saturated 4.5 g, Trans 0.2 g), Cholesterol 95 mg, Sodium 200 mg, Carbohydrate 35 g (Fibre 2 g, Sugars 4 g), Protein 26 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, add noodles and 4 cups water. Cover; microwave on high 10 min or until al dente. Once cooked, carefully remove from microwave; drain noodles.
2. Meanwhile, in a large bowl, combine seasoning with remaining ¾ cup water and Worcestershire sauce. Set aside.
3. In **Wok**, heat 1 tsp oil over medium-high heat. Crumble in ground beef and brown until cooked, about 4–5 min, using **Ground Meat Separator** to break up chunks. Remove from wok, including any liquid.
4. Heat remaining 1 tsp oil in wok over medium-high heat; add mushrooms and brown, about 4 min. Return beef and any liquid to wok, then stir in seasoning mixture. Simmer, lowering heat if necessary, 2 min.
5. Remove from heat. Stir in yogurt. Serve over noodles or add noodles to wok and stir to combine.

ROTISSERIE CHICKEN

TIP: Keep it juicy! Let chicken stand 8–10 min before cutting. This allows time for the juices to redistribute back through the meat.



TIP: Cook once, eat twice. Use up leftovers to make nourish bowls or add to soup or pasta.



TOTAL TIME: 25 min



8 SERVINGS



\$2.29 CA/\$1.95 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup steamed veggies and 1 cup rice or 1 whole-grain roll.

INGREDIENTS

3 lbs (1.36 kg) whole chicken
1 pkg **Rotisserie Chicken Seasoning**

NUTRITIONAL INFO

Per serving: Calories 210, Fat 12 g (Saturated 3.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 240 mg, Carbohydrate 2 g (Fibre 0 g, Sugars 0 g), Protein 21 g

INSTRUCTIONS

1. Place chicken in **Round Steamer**, breast-side down. Shake on half the seasoning and rub over meat. Turn chicken over, breast side up, and rub remaining seasoning all over to evenly coat.
2. Cover; microwave on high for 20 min. Or, roast in preheated 400° F oven for 65–70 min.
3. To test for doneness, insert an instant read thermometer into thickest part of the meat (all the way to the middle, not touching any bone). It should register at 180° F.

GROCERY LIST

WEEK 2

PRODUCE

- 2 green bell peppers** (Sweet Potato Enchilada Soup)
- 2 small sweet potatoes** (Sweet Potato Enchilada Soup)
- 2 medium tomatoes** (Donair)
- 1 avocado** (Azteca Tortilla Soup)
- ½ English cucumber** (Donair)
- ½ head romaine** (Donair)
Swap: leafy green lettuce
- ½ red onion** (Donair)
- 6 cups baby spinach**
 - 4 cups (Sweet Potato Enchilada Soup)
 - 2 cups (Sundried Tomato Mac & Cheese)
- ½ cup frozen corn** (Azteca Tortilla Soup)
Swap: fresh corn

PANTRY STAPLES

- 1 can (14 oz/398 ml) crushed tomatoes** (Azteca Tortilla Soup)
- 1 can (14 oz/398 ml) whole tomatoes** (Sweet Potato Enchilada Soup)
- 1 jar (210 ml) julienned sundried tomatoes, in oil** (Sundried Tomato Mac & Cheese)
- 2 cups uncooked macaroni pasta** (Sundried Tomato Mac & Cheese)
- 1 cup ketchup** (Pulled Pork)
- ½ cup brown sugar** (Pulled Pork)
- ½ cup vinegar** (Pulled Pork)

PROTEIN

- 5 lbs (2.5 kg) boneless pork shoulder** (Pulled Pork) | Swap: butt roast
- 2 lbs (900 g) lean ground beef** (Donair)
- 1 lb (450 g) boneless, skinless chicken breasts** (Sundried Tomato Mac & Cheese)
Swap: 1 pkg (300 g) soft/silken tofu
- 2 cans (19 oz/540 ml each) black beans, preferably unsalted**
 - 1 can (Azteca Tortilla Soup)
 - 1 can (Sweet Potato Enchilada Soup)

DAIRY

- 1 cup 2% plain Greek yogurt** | Swap: coconut-based yogurt
 - ½ cup (Azteca Tortilla Soup)
 - ½ cup (Sweet Potato Enchilada Soup)
- 1 cup grated cheese** | Swap: vegan cheese
 - ½ cup, your choice (Azteca Tortilla Soup)
 - ½ cup (Sweet Potato Enchilada Soup)
- ⅓ cup milk, your choice** (Sundried Tomato Mac & Cheese)
- 2 tbsp butter, optional** (Sundried Tomato Mac & Cheese)

OTHER

- 10 whole-wheat pitas, about 2 packs** (Donair)
- ½ cup tortilla chips** (Azteca Tortilla Soup)

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**.

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add an extra avocado, extra mixed greens such as baby spinach, extra veggies such as peppers and cucumber, and buns.



SWEET POTATO ENCHILADA SOUP



TIP: Hand crushing tomatoes is not only almost as satisfying as squeezing a stress ball, but it also releases all the delicious juice and gives the dish a rustic look.



TOTAL TIME: 20 min



4 SERVINGS



\$4.82 CA/\$4.10 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 tbsp Guacamole.

INGREDIENTS

5 cups hot water
1 pkg **Enchilada Seasoning**
2 small sweet potatoes
2 green bell peppers
1 can (14 oz/398 ml) whole tomatoes
1 can (19 oz/540 ml) unsalted black beans
4 cups baby spinach
½ cup 2% plain Greek yogurt
½ cup grated cheese

Toppings (optional): crushed tortillas, squeeze of fresh lime juice

NUTRITIONAL INFO

Per serving (3 cups): Calories 350, Fat 7 g (Saturated 3.5 g, Trans 0 g), Cholesterol 15 mg, Sodium 630 mg, Carbohydrate 56 g (Fibre 13 g, Sugars 11 g), Protein 19 g.

INSTRUCTIONS

1. In **Wok**, combine water and seasoning over high heat. Cover; bring to a boil. Meanwhile, dice sweet potatoes (don't peel) and bell peppers; add to wok.
2. Hand crush tomatoes; add to wok with juice from can. Cover; return to a boil. Reduce heat and simmer 5 min.
3. Drain and rinse black beans, add to wok. Simmer 2 min. Add baby spinach and stir gently until wilted.
4. Divide between bowls. Top each bowl with 2 tbsp each yogurt and cheese; add additional toppings, if desired.

DONAIR

TIP: Refrigerate loaf up to 3 days. Slice, then pan fry until crispy.



TOTAL TIME: 20 min



10 SERVINGS



\$1.65 CA/\$1.30 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups mixed greens with 2 tbsp **Epicure Salad Dressing**, your choice.

INGREDIENTS

- 1 pkg **Donair Seasoning**
- 2 lbs (900 g) lean ground beef
- ¼ cup water
- 10 whole-wheat pitas
- 1 cup East Coast Donair Sauce, or Dillicious Tzatziki, optional
- 2 tomatoes, sliced
- ½ English cucumber, sliced
- ½ red onion, thinly sliced
- ½ head romaine or leafy green lettuce

NUTRITIONAL INFO

Per serving: Calories 340, Fat 14 g (Saturated 5 g, Trans 0 g), Cholesterol 70 mg, Sodium 550 mg, Carbohydrate 22 g (Fibre 4 g, Sugars 2 g), Protein 30 g.

INSTRUCTIONS

MICROWAVE

1. In large bowl, combine seasoning with beef and water until well blended.
2. Press into **Rectangular Steamer**. Cover and microwave on high for 13 min.
3. To serve, thinly slice meat. Serve on pita with East Coast Donair Sauce or Dillicious Tzatziki (if using), tomatoes, cucumber, red onion, and lettuce.

OVEN

1. Preheat oven to 375° F.
2. In large bowl, combine seasoning with beef and water until well blended.
3. Press into 9" x 5" loaf pan. Bake in preheated oven for 1 hour.
4. To serve, thinly slice meat. Serve on pita with East Coast Donair Sauce or Dillicious Tzatziki (if using), tomatoes, cucumber, red onion, and lettuce.

SUNDRIED TOMATO MAC & CHEESE



TIP: Go vegetarian—simply blend 1 pkg (300g) soft/silken tofu with mac & cheese.



TOTAL TIME: 17 min



4 SERVINGS



\$4.66 CA/\$3.68 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup mixed greens and 2 tsp **Epicure Salad Dressing**.

INGREDIENTS

1 lb (450 g) boneless, skinless chicken breasts, cubed
2 cups uncooked macaroni pasta
4 cups hot water
½ cup milk, your choice
1 pkg **Mac & Cheese Seasoning**
2 tbsp butter, optional
1 jar (210 ml) julienned sundried tomatoes, in oil
2 cups baby spinach

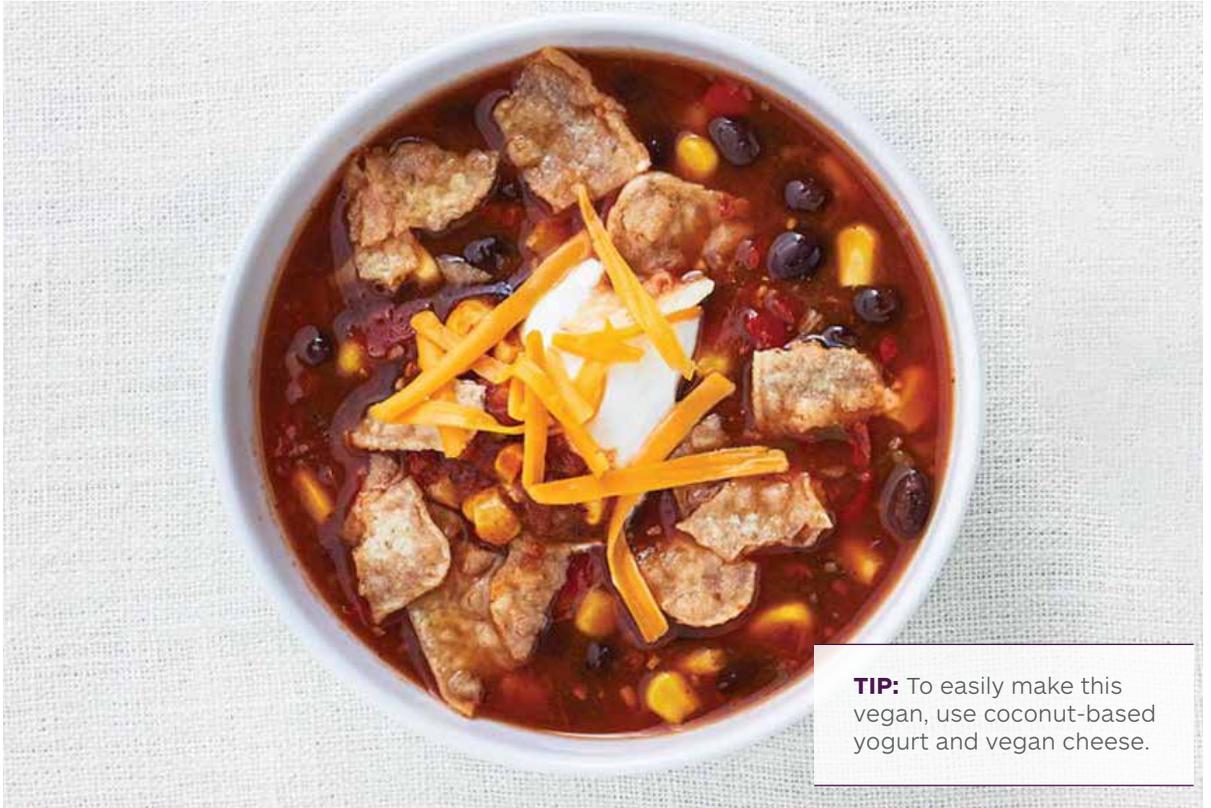
NUTRITIONAL INFO

Per serving: Calories 460, Fat 11 g (Saturated 3.5 g, Trans 0.2 g), Cholesterol 95 mg, Sodium 470 mg, Carbohydrate 50 g (Fibre 4 g, Sugars 3 g), Protein 38 g.

INSTRUCTIONS

1. Place chicken in **Multipurpose Steamer**. Cover; microwave on high 3–4 min.
2. Remove chicken from steamer; set aside. Place pasta in **Multipurpose Steamer**. Stir in water. Cover; microwave on high until tender, 7–8 min. Drain pasta; return to steamer. Add milk, seasoning, and butter, if using. Stir until evenly mixed.
3. Add chicken, tomatoes, and spinach to mac & cheese. Stir to combine.

AZTECA TORTILLA SOUP



TIP: To easily make this vegan, use coconut-based yogurt and vegan cheese.



TOTAL TIME: 20 min



4 SERVINGS



\$2.40 CA/\$1.90 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve topped with 1 cup baby spinach.

INGREDIENTS

4 cups hot water or broth
1 pkg **Azteca Tortilla Soup Seasoning**
1 can (14 oz/398 ml) crushed tomatoes
1 can (19 oz/540 ml) black beans
½ cup corn, fresh or frozen
1 avocado
½ cup tortilla chips
½ cup 2% plain Greek yogurt
½ cup grated cheese, your choice
Toppings (optional): lime wedges

NUTRITIONAL INFO

Per serving: Calories 380, Fat 15 g (Saturated 4.5 g, Trans 0 g), Cholesterol 15 mg, Sodium 300 mg, Carbohydrate 48 g (Fibre 15 g, Sugars 5 g), Protein 20 g.

INSTRUCTIONS

1. In **Multipurpose Pot** over high heat, combine hot water with seasoning. Cover; bring to a boil. Stir in crushed tomatoes; cover, return to a boil.
2. Meanwhile, drain and rinse black beans.
3. Reduce heat to medium. Add black beans and corn. Simmer, uncovered, 5–10 min.
4. Meanwhile, dice avocado and coarsely crush tortilla chips.
5. To serve, top each serving with 2 tbsp each Greek yogurt, diced avocado, grated cheese, crumbled tortilla chips, and a squeeze of lime juice, if desired.

PULLED PORK

TIP: Lucky enough to have leftovers? Simply freeze for an easy meal later.



TOTAL TIME: 3 hrs & 5 min
(3 hrs slow cook time)



20 SERVINGS



\$1 CA/\$0.85 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 small bun or 1 tortilla and 2 cups mixed veggies.

INGREDIENTS

1 pkg **Pulled Pork Seasoning**
1 cup ketchup
½ cup vinegar
½ cup brown sugar
¼ cup water
5 lbs (2.5 kg) boneless pork shoulder or butt roast

NUTRITIONAL INFO

Per serving (½ cup): Calories 180, Fat 5 g (Saturated 1.5 g, Trans 0.1 g), Cholesterol 80 mg, Sodium 260 mg, Carbohydrate 8 g (Fibre 0 g, Sugars 6 g), Protein 26 g.

INSTRUCTIONS

1. In a slow cooker, combine seasoning with ketchup, vinegar, brown sugar, and water.
2. Add pork and turn to coat with sauce.
3. Cover and cook for 6 hrs on low or for 3 hrs on high.
4. With two forks, pull pork into shreds. Stir into the sauce.
5. Serve on a small bun or tortilla, if desired.

GROCERY LIST

WEEK 3

PRODUCE

- 12 large Brussels sprouts** (Festive Meal in a Bowl)
- 10 brown cremini mushrooms** (Smokehouse Lentil Sloppy Joes)
- 4 large bell peppers** (Stuffed Pepper Mac & Cheese)
- 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 large sweet potato** (Festive Meal in a Bowl)
- 1 pint cherry tomatoes** (Festive Meal in a Bowl)
- 3 cups shredded coleslaw mix** (Smokehouse Lentil Sloppy Joes)
- 1 cup frozen peas** (Home-Style Chicken Stew)

PANTRY STAPLES

- 1 can (5.5 oz/156 ml) tomato paste** (Smokehouse Lentil Sloppy Joes)
- 2 cups uncooked macaroni pasta** (Stuffed Pepper Mac & Cheese)
- ¼ cup vegan mayonnaise** (Smokehouse Lentil Sloppy Joes) | *Swap: mayonnaise*
- 2 tbsp mayonnaise** (Crispy & Crunchy Tofu Bites) | *Swap: 2% plain Greek yogurt*
- Oil**
 - 1 tbsp (Home-Style Chicken Stew)
 - 1 tbsp (Smokehouse Lentil Sloppy Joes)
 - 1 tsp (Festive Meal in a Bowl)
- 2 tbsp brown sugar** (Smokehouse Lentil Sloppy Joes)

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**.
- Press tofu—layer paper towel around blocks of tofu. Place heavy items on top to weigh down tofu and remove extra liquid. Store in the fridge.

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra veggies such as carrots and cherry tomatoes, rice or quinoa, and extra potatoes.

- 1 tbsp + 2 tsp cider vinegar** (Smokehouse Lentil Sloppy Joes)
- ½ tsp maple syrup**, optional (Smokehouse Lentil Sloppy Joes)

PROTEIN

- 1 lb (450 g) boneless, skinless chicken breasts**, about 2 breasts (Home-Style Chicken Stew)
- 2 lbs (900 g) lean ground beef**
 - 1 lb/450 g (Festive Meal in a Bowl) | *Swap: 1 can (19 oz/540 ml) lentils*
 - 1 lb/450 g (Stuffed Pepper Mac & Cheese) | *Swap: soy ground round or lentils*
- 2 blocks (12 oz/350 g each) firm or extra-firm tofu** (Crispy & Crunchy Tofu Bites)
- 2 cans (19 oz/540 ml each) lentils** (Smokehouse Lentil Sloppy Joes)

DAIRY

- ½ cup grated cheddar cheese** (Stuffed Pepper Mac & Cheese)
- ½ cup milk**, your choice (Stuffed Pepper Mac & Cheese)
- 2 tbsp butter**, optional (Stuffed Pepper Mac & Cheese)

OTHER

- 6 burger buns** (Smokehouse Lentil Sloppy Joes)



CRISPY & CRUNCHY TOFU BITES



TIP: If you have time, layer paper towel around your blocks of tofu. Place heavy items—cutting board, cookbooks, or bowls—on top to weigh down tofu and remove extra liquid. Let sit 20 min. Alternatively, look for already pressed tofu (it will be vacuumed packed, with no liquid in it) at the grocery store. It'll give your nuggets an irresistible texture.

TIP: Coat nuggets with your favourite Epicure Dip instead of mayo for extra flavour.



TOTAL TIME: 25 min



4 SERVINGS



\$1.69 CA/\$1.44 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced veggies, 2 tbsp favourite Epicure Dip, and ½ cup cooked grains or oven fries, your choice.

INGREDIENTS

2 blocks (12 oz/350 g each) firm or extra-firm tofu
2 tbsp mayonnaise or 2% plain Greek yogurt
1 pkg **Crispy & Crunchy Coating Mix**

NUTRITIONAL INFO

Per serving: Calories 270, Fat 15 g (Saturated 2 g, Trans 0 g), Cholesterol 5 mg, Sodium 310 mg, Carbohydrate 18 g (Fibre 1 g, Sugars 1 g), Protein 17 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Place two **Cooling Racks** on **Sheet Pan** lined with **Sheet Pan Liner**; lightly brush racks with oil to prevent sticking.
2. Drain and pat tofu dry. Slice each block in two, lengthwise. Using your hands, tear the tofu into bite-sized nuggets. Place in a bowl with mayo; toss to coat.
3. Place coating mix in a shallow dish. Using tongs or your hands, add tofu pieces one at a time, rotating and pressing to coat.
4. Place tofu on racks, leaving some space between each piece. Bake 15 min or until golden.

HOME-STYLE CHICKEN STEW



TOTAL TIME: 20 min



4 SERVINGS



\$2.65 CA/\$2.25 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1½ cups veggies.

INGREDIENTS

1 pkg **Home-style Chicken Stew Seasoning**

2½ cups water, divided

2 cups cubed potatoes

1 cup diced carrots

1 cup diced celery

1 tbsp oil

1 lb (450 g) boneless, skinless chicken, cut into bites

1 cup frozen peas

NUTRITIONAL INFO

Per serving: Calories 320, Fat 8 g (Saturated 2 g, Trans 0 g), Cholesterol 70 mg, Sodium 500 mg, Carbohydrate 31 g (Fibre 6 g, Sugars 6 g), Protein 30 g.

INSTRUCTIONS

1. In a bowl, combine seasoning with 2 cups water. Set aside.
2. In a **Multipurpose Steamer** combine potatoes, carrots, and celery with ½ cup water. Cover and microwave on high for 8 min or until veggies are tender.
3. Meanwhile, heat oil in large frying pan. Add chicken; stir-fry until golden and cooked through, 3–4 min.
4. Stir in reserved seasoning mixture and cooked veggies. Bring to a boil, then stir in frozen peas. Cook until warmed through, 1 more min.

SMOKEHOUSE LENTIL SLOPPY JOES



TOTAL TIME: 20 min



6 SERVINGS



\$2.36 CA/\$2 US PER SERVING

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

INGREDIENTS

10 brown cremini mushrooms
1 tbsp oil
1 pkg **Pulled Pork Seasoning**, divided
1 can (5.5 oz/156 ml) tomato paste
2 tbsp brown sugar, packed
2 tsp + 1 tbsp cider vinegar
2 cups water
2 cans (19 oz/540 ml each) lentils
¼ cup vegan mayonnaise
½ tbsp maple syrup, optional
3 cups shredded coleslaw mix
6 burger buns, toasted

NUTRITIONAL INFO

Per serving: Calories 440, Fat 12 g (Saturated 1.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 600 mg, Carbohydrate 69 g (Fibre 20 g, Sugars 14 g), Protein 20 g.

INSTRUCTIONS

1. Roughly dice mushrooms. Heat oil in a large fry pan over medium-high heat. Add mushrooms; stirring occasionally, cook 4 min or until they soften and shrink.
2. Reduce heat to medium. Measure out ¼ cup seasoning; add to pan. Stir in tomato paste, sugar, and 2 tsp vinegar. Add water; stir to combine.
3. Drain and rinse lentils, then add to pan. Simmer, uncovered, stirring occasionally, 5 min.
4. Meanwhile, make coleslaw. In a large bowl, whisk together remaining seasoning (about 2 tbsp), mayonnaise, 1 tbsp vinegar, and maple syrup, if using. Add coleslaw mix, stirring to combine.
5. Spoon lentil mixture over bottom buns. Top with coleslaw, then cover with the top bun.

STUFFED PEPPER MAC & CHEESE

TIP: Go vegetarian—replace ground beef with soy ground round or lentils.



TOTAL TIME: 20 min



4 SERVINGS



\$3.35 CA/\$2.65 US PER SERVING

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

INGREDIENTS

2 cups uncooked macaroni pasta
1 lb (450 g) lean ground beef
4 large bell peppers
½ cup milk, your choice
1 pkg **Mac & Cheese Seasoning**
2 tbsp butter, optional
½ cup grated cheddar cheese

NUTRITIONAL INFO

Per serving: Calories 520, Fat 19 g (Saturated 9 g, Trans 0.5 g), Cholesterol 80 mg, Sodium 470 mg, Carbohydrate 49 g (Fibre 4 g, Sugars 6 g), Protein 36 g.

INSTRUCTIONS

1. In **Multipurpose Pot** set over high heat, boil macaroni until tender, about 6–8 min.
2. Meanwhile, place beef in **Multipurpose Steamer**. Cover; microwave on high, 6 min. Once beef is cooked, break it up using **Ground Meat Separator**.
3. For stuffed whole peppers, cut tops from peppers and gently remove pith and seeds.
4. Drain pasta; return to pot. Add milk, seasoning, and butter, if using. Add beef. Stir until evenly mixed.
5. Using a large spoon, stuff peppers with mac & cheese mixture. Place in **Multipurpose Steamer** and top with grated cheese.
6. Cover; microwave on high until bell peppers have softened and cheese is melted, 5 min.

FESTIVE MEAL IN A BOWL



TIP: Swap beef for 1 can (19 oz/540 ml) lentils, drained and rinsed.



TOTAL TIME: 20 min



4 SERVINGS



\$4.45 CA/\$3.78 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 tbsp Epicure Salad Dressing, your choice.

INGREDIENTS

1 pkg **Shepherds Pie Seasoning**
1 cup water
1 large sweet potato
1 lb (450 g) lean ground beef
12 large Brussels sprouts
1 tsp oil
Sea Salt and **Black Pepper**, to taste
1 pint cherry tomatoes

NUTRITIONAL INFO

Per serving: Calories 380, Fat 13 g (Saturated 4.5 g, Trans 0.4 g), Cholesterol 60 mg, Sodium 550 mg, Carbohydrate 38 g (Fibre 8 g, Sugars 9 g), Protein 28 g.

INSTRUCTIONS

1. In a bowl, combine seasoning and water. Set aside.
2. Cube sweet potato: you should have about 3 cups. Place in **Multipurpose Steamer**. Cover and microwave on high until tender, about 8 min.
3. Meanwhile, brown beef in a large non-stick fry pan over medium-high heat. Drain any liquid. Stir in seasoning mixture. Bring to a boil; reduce heat. Simmer for 2 min, stirring frequently. Remove from heat and divide meat between four bowls; cover to keep warm. Rinse and dry pan.
4. Trim and quarter Brussels sprouts. Heat oil in the same pan over medium-high heat. Add sprouts and sauté 5 min until lightly browned. Season with salt and pepper to taste.
5. Halve tomatoes. Add to pan, stirring occasionally, until heated through.
6. Add sweet potatoes and veggies to bowls and serve.