



E P I C U R E™

# WHAT'S FOR DINNER? 30-DAY MEAL PLAN

*JULY EXCLUSIVE*



# BETTER THAN TAKEOUT

## E P I C U R E <sup>TM</sup>

This month, learn how the magic of prepping ahead will lighten the load throughout the week, helping you quickly put a fresh, delicious meal on your family's table every night.

Within our July meal plan you'll find 30 curated recipes that feature a variety of lean meats, grains, fresh produce, and pantry staples. Every dish will satisfy your craving for flavour, and balanced nutrition. Take advantage of our prep tips, calendar at-a-glance and weekly grocery lists.

Go ahead—relax and enjoy your summer knowing that you don't have to think about what's for dinner!!

### SUNDAY PREP TIPS

- After shopping, prep fresh produce as you unpack.
- Wash leafy greens and dry well. Wrap in paper towel and place in a baggie or storage container. Refrigerate in crisper drawer. Replace towel when damp—that'll keep them fresh, not slimy.
- Cook grains like rice and quinoa in the **Multipurpose Steamer**. Store in **4-Cup Prep Bowls**.
- Wash, chop, and slice raw veggies. Store in **4-Cup Prep Bowl** and **Prep Bowls**.
- Make and store dressing (recipe on label) using **Funnel** and **Cruet**.

Meal planning and food prep is easier with the right tools. Epicure cookware is specially designed to help you cook faster, easier, and with minimal cleanup. These essentials pair well with this month's recipes.

### 4-IN-1 MANDOLINE

- Streamlines meal prep: cut even slices or julienne veggies.
- Works best with carrots, cucumber, onion, potatoes, beets, zucchini, and eggplant.



### 2-IN-1 CITRUS PRESS

- Get more mileage out of your citrus! Strong die-cast aluminum helps squeeze out every drop of juice.
- Strains seeds and pulp.



### STEAMERS

- Great for fast, healthy, and energy-efficient microwave cooking—no hot oven required!
- Ideal for cooking rice and other grains, soups, stews, and pasta.
- Streamline cooking: use both microwave and stovetop to make a fast meal.
- Multipurpose & Round Steamers hold 14¾ cups; Rectangular Steamer holds 3½ cups.



### PREP BOWLS (SET OF 4)

- Built-in measurements make it easy to mix, stir, and serve straight from the bowl.
- Ideal for meal prep.
- Volume: 1 cup each.



### WOK & GLASS LID

- Hard aluminum body evenly distributes heat. Great for stovetop and oven-safe up to 450° F. Tempered glass lid is shatter-resistant.
- Volume: 16 cups.



# WHAT'S FOR DINNER?

## JULY 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	WEEK 4	WEEK 5
MON	<b><u>SWEET GARLIC CHICKEN</u></b> 4 servings \$3.20 CA   \$2.72 US	<b><u>ENCHILADA CHICKEN &amp; ZOODLES</u></b> 4 servings \$2.64 CA   \$2.24 US	<b><u>GROWN UP CHICKEN STRIPS &amp; MATCHSTICK FRIES</u></b> 4 servings \$3.02 CA   \$2.57 US	<b><u>SAUCY QUESO CHICKEN</u></b> 4 servings \$3.56 CA   \$2.81 US	<b><u>BEEF &amp; BROCCOLI STIR-FRY</u></b> 4 servings \$3.55 CA   \$2.80 US
TUE	<b><u>SUMMER TOFU STIR-FRY</u></b> 4 servings \$3.99 CA   \$3.15 US	<b><u>SMASHED CHICKPEA TACOS</u></b> 4 servings \$3.17 CA   \$2.50 US	<b><u>SWEET GARLIC SHRIMP STIR-FRY</u></b> 4 servings \$4.60 CA   \$3.91 US	<b><u>NO-COOK SALMON TACOS</u></b> 4 servings \$3.32 CA   \$2.62 US	<b><u>TACOS</u></b> 6 servings \$2.25 CA   \$1.91 US
WED	<b><u>SOUTHERN BAKED CHICKEN</u></b> 8 servings \$2.01 CA   \$1.59 US	<b><u>GRILLED TANDOORI CHICKEN WRAP</u></b> 4 servings \$4.18 CA   \$3.55 US	<b><u>STEAMER BEEF &amp; BROCCOLI PASTA</u></b> 4 servings \$3.02 CA   \$2.57 US	<b><u>ENCHILADAS</u></b> 4 servings \$2.88 CA   \$2.45 US	
THU	<b><u>GRILLED PORK &amp; CORN</u></b> 4 servings \$3.40 CA   \$2.89 US	<b><u>GREEN MONSTER MAC &amp; CHEESE</u></b> 4 servings \$1.97 CA   \$1.56 US	<b><u>CHEESY GRILLED QUESADILLAS</u></b> 6 servings \$2.46 CA   \$2.09 US	<b><u>GRILLED TANDOORI TOFU &amp; CAULIFLOWER STEAKS</u></b> 4 servings \$3.08 CA   \$2.62 US	
FRI	<b><u>GRILLED CHICKEN &amp; ZUCCHINI SKEWERS</u></b> 4 servings \$3.37 CA   \$2.86 US	<b><u>GREAT CANADIAN DONAIR BURGER</u></b> 8 servings \$2.03 CA   \$1.60 US	<b><u>ROTISSERIE CHICKEN</u></b> 8 servings \$2.29 CA   \$1.95 US	<b><u>DONAIR</u></b> 10 servings \$1.65 CA   \$1.40 US	
SAT	<b><u>WEST COAST NIÇOISE SALAD</u></b> 4 servings \$4.31 CA   \$3.66 US	<b><u>SWEET &amp; SOUR STIR-FRY</u></b> 4 servings \$4.20 CA   \$3.32 US	<b><u>GREEN EGGS &amp; VEG POWER BOWL</u></b> 4 servings \$2.94 CA   \$2.50 US	<b><u>WEST COAST BURGER</u></b> 4 servings \$3.39 CA   \$2.88 US	
SUN	<b><u>PULLED PORK</u></b> 20 servings \$1 CA   \$0.85 US	<b><u>GRILLED STEAK SALAD BOWLS</u></b> 4 servings \$5.14 CA   \$4.06 US	<b><u>MAC &amp; CHEESE WITH TREES</u></b> 4 servings \$1.27 CA   \$1.00 US	<b><u>FEISTY "ROAST" CHICKEN &amp; GREEN SAUCE</u></b> 8 servings \$2.33 CA   \$1.98 US	

# GROCERY LIST

## WEEK 1

### PRODUCE

- 4 small corn cobs** (Grilled Pork & Corn)
- 3 small sweet potatoes** (Sweet Garlic Chicken) | *Swap: Yukon Gold or Russet potatoes*
- 2 zucchini**, preferably 1 yellow and 1 green (Grilled Chicken & Zucchini Skewers)
- 1 lime** (Grilled Pork & Corn) | *Swap: bottled lime juice*
- 1 lb (450 g) baby potatoes** (West Coast Niçoise Salad) | *Swap: Yukon Gold or Russet Potatoes*
- 1 lb (450 g) fresh or frozen green beans**
  - ½ lb/225 g (West Coast Niçoise Salad)
  - ½ lb/225 g (Summer Tofu Stir-Fry)
- 1 pint cherry tomatoes** (West Coast Niçoise Salad)
- 8 cups spring salad mix** (West Coast Niçoise Salad)
- 2 cups sliced peaches** (Summer Tofu Stir-Fry) | *Swap: plums, nectarines, mango*

### PANTRY STAPLES

- Oil:**
  - ¼ cup oil (Grilled Chicken & Zucchini Skewers)
  - ¼ cup (West Coast Niçoise Salad)
  - 2 tbsp (Summer Tofu Stir-Fry)
  - 1 tbsp (Southern Baked Chicken)
  - 1 tbsp (Sweet Garlic Chicken)
- 1 cup ketchup** (Pulled Pork)
- 1 cup uncooked white rice** (Summer Tofu Stir-Fry)
- ½ cup brown sugar** (Pulled Pork)
- ½ cup white vinegar** (Pulled Pork)
- ¼ cup mayonnaise** (Grilled Pork & Corn)
- 3 tbsp olives**, preferably niçoise (West Coast Niçoise Salad)
- 2½ tbsp lemon juice** (West Coast Niçoise Salad)
- 2 tbsp rice vinegar** (Summer Tofu Stir-Fry)
- 2 tbsp soy sauce**, preferably low sodium (Summer Tofu Stir-Fry)
- 2 tsp Dijon mustard** (West Coast Niçoise Salad)

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra spring mix, potatoes, buns, pitas, and extra fresh veggies such as zucchini or green beans.

### PROTEIN

- 2 eggs** (West Coast Niçoise Salad)
- 5 lbs (2.5 kg) boneless pork shoulder or butt roast** (Pulled Pork)
- 3 lbs (1.35 kg) boneless, skinless chicken breasts**, about 6 breasts
  - 2 lbs/900 g (Southern Baked Chicken)
  - 1 lb/450 g (Grilled Chicken & Zucchini Skewers)
- 1 lb (450 g) boneless, skinless chicken thighs** (Sweet Garlic Chicken)
- 1 lb (450 g) pork tenderloin**, about ½"-1" thick (Grilled Pork & Corn)
- 2 blocks (7 oz/210 g each) smoked tofu** (Summer Tofu Stir-Fry) | *Swap: firm tofu*
- 2 cans (170 g each) tuna** (West Coast Niçoise Salad)

### DAIRY

- ½ cup 2% plain Greek yogurt** (Grilled Pork & Corn)
- ¼ cup crumbled feta cheese** (Grilled Pork & Corn)
- 2 tbsp milk**, your choice (Grilled Pork & Corn)



# SWEET GARLIC CHICKEN



**TIP:** Make it vegan: Replace chicken with 1 lb (450 g) medium-firm tofu, cubed.



TOTAL TIME: 20 min



4 SERVINGS



\$3.20 CA/\$2.72 US PER SERVING

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

## INGREDIENTS

- 3 small sweet potatoes
- 1 tbsp oil
- 1 lb (450 g) boneless, skinless chicken thighs
- 1 pkg Sweet Garlic Chicken Seasoning

## NUTRITIONAL INFO

**Per serving:** Calories 300, Fat 8 g (Saturated 1 g, Trans 0 g), Cholesterol 90 mg, Sodium 450 mg, Carbohydrate 31 g (Fibre 4 g, Sugars 10 g), Protein 25 g.

## INSTRUCTIONS

1. Preheat oven to 450° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Meanwhile, cut sweet potatoes into small cubes. You should have about 3 cups.
3. In a large bowl, add sweet potatoes, oil, chicken, and seasoning. Toss until well coated.
4. Arrange chicken and sweet potatoes on pan. Roast 16–18 min, or until cooked through.

# SUMMER TOFU STIR-FRY



**TIP:** Swap peaches for other summer stone fruits like nectarines or plums.



TOTAL TIME: 18 min



4 SERVINGS



\$3.99 CA/\$3.15 US PER SERVING

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

## INGREDIENTS

1 cup uncooked white rice  
2½ cups water, divided  
1 pkg **Sweet & Sour Stir-Fry Seasoning**  
2 tbsp low-sodium soy sauce  
2 tbsp rice vinegar  
2 tbsp vegetable oil  
2 blocks (7 oz/210 g each) smoked tofu  
2 cups fresh or frozen green beans  
2 cups fresh or frozen sliced peaches

**Toppings** (optional): Toasted sliced almonds or sesame seeds

## NUTRITIONAL INFO

**Per serving:** Calories 490, Fat 17 g (Saturated 2.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 600 mg, Carbohydrate 58 g (Fibre 6 g, Sugars 10 g), Protein 24 g.

## INSTRUCTIONS

1. Place rice and 2 cups water in **Multipurpose Steamer**. Top with tray; microwave uncovered, on high, 16–18 min.
2. In bowl, combine seasoning, remaining ½ cup water, soy sauce, and rice vinegar. Set aside.
3. In wok, heat oil over high heat.
4. Meanwhile, cut tofu into cubes. Stir-fry tofu until golden brown on some sides, about 4–5 min.
5. Stir in green beans and peaches. Sauté until beans are tender-crisp, about 2 min. Add reserved seasoning mixture; cook for 1–2 min until sauce is reduced.
6. Serve over rice and add toppings, if desired.

# SOUTHERN BAKED CHICKEN



**TIP:** For extra flavour, coat chicken pieces with your favourite prepared Epicure dip, then coat with crumb mixture.



TOTAL TIME: 20 min



8 SERVINGS



\$2.01 CA/\$1.59 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with  $\frac{1}{2}$  cup mashed potatoes and 1  $\frac{1}{2}$  cups mixed greens or coleslaw with 2 tbsp **Epicure Salad Dressing**, your choice.

## INGREDIENTS

2 lbs (900 g) boneless, skinless chicken breasts  
1 tbsp oil  
1 pkg **Southern Baked Gluten Free Crumb Mix**

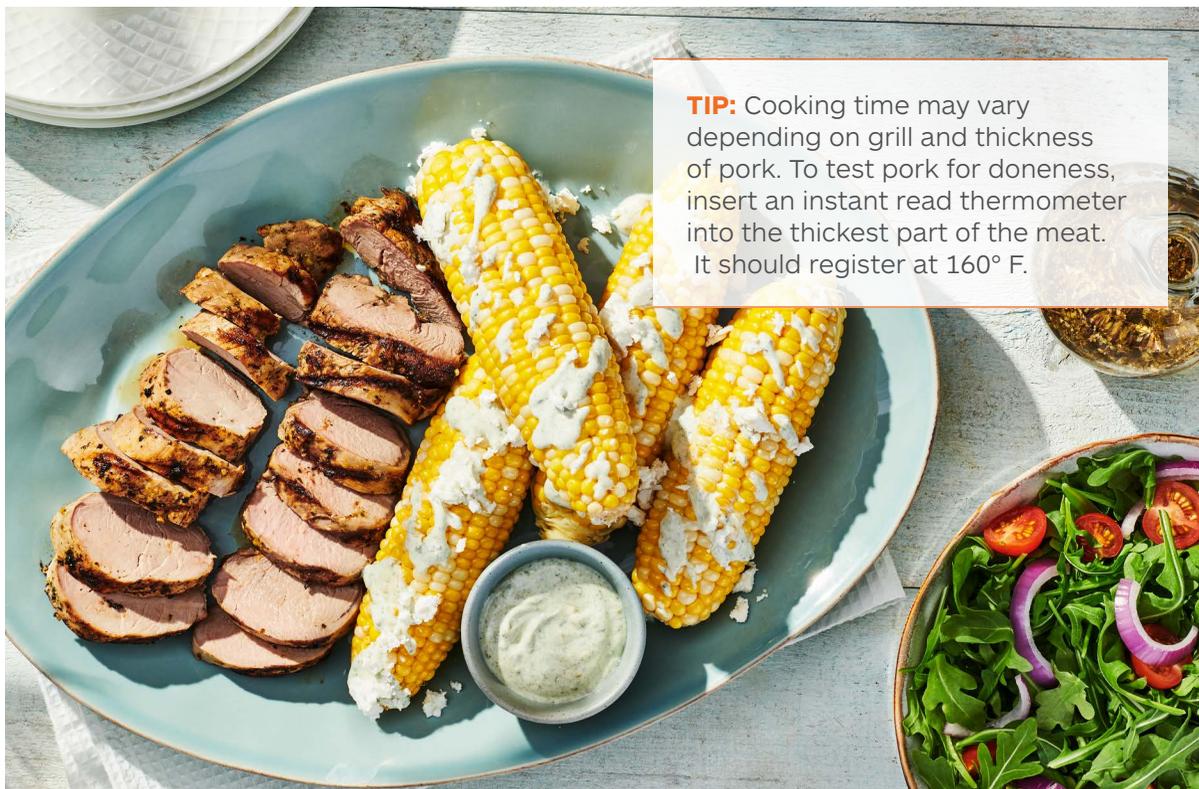
## NUTRITIONAL INFO

**Per serving:** Calories 170, Fat 5 g (Saturated 1 g, Trans 0 g), Cholesterol 65 mg, Sodium 310 mg, Carbohydrate 6 g (Fibre 3 g, Sugars 0 g), Protein 24 g.

## INSTRUCTIONS

1. Preheat oven to 400° F.
2. Meanwhile, cut chicken into pieces. Coat chicken with oil. Place crumb mix in a resealable plastic bag.
3. Add one piece of chicken at a time, shaking gently until evenly coated. Place on a **Sheet Pan** lined with a **Sheet Pan Liner**.
4. Bake in preheated oven for 15-17 min or until cooked through.

# GRILLED PORK & CORN



**TIP:** Cooking time may vary depending on grill and thickness of pork. To test pork for doneness, insert an instant read thermometer into the thickest part of the meat. It should register at 160° F.



TOTAL TIME: 20 min



4 SERVINGS



\$3.40 CA/\$2.89 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups mixed greens.

## INGREDIENTS

- ¼ cup mayonnaise
- 2 tbsp **Feisty Green Sauce Mix**, divided
- 2 tbsp water
- 1 lime, divided
- 1 lb (450 g) pork tenderloin, about ½"-1" thick
- 4 small corn cobs, unshucked
- ½ cup 2% plain Greek yogurt
- 2 tbsp milk, your choice
- ⅓ cup crumbled feta cheese

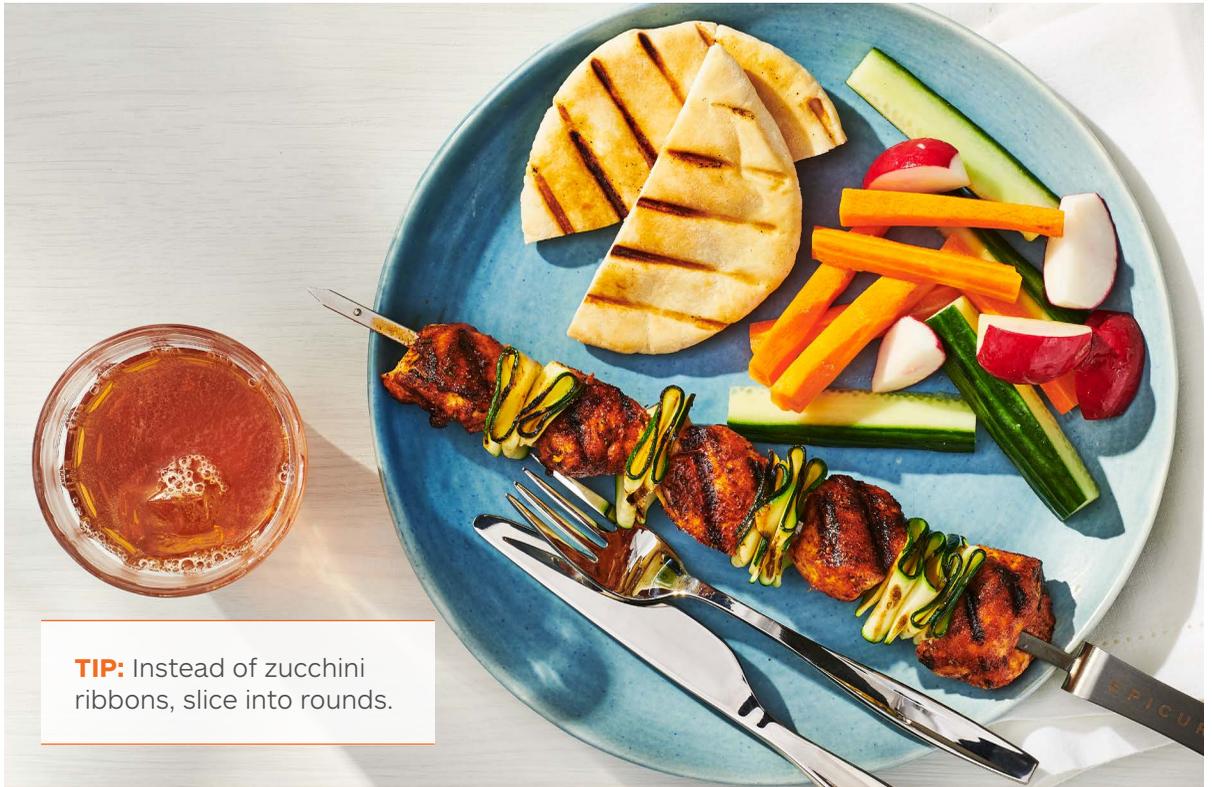
## NUTRITIONAL INFO

**Per serving:** Calories 360, Fat 18 g (Saturated 5 g, Trans 0 g), Cholesterol 95 mg, Sodium 280 mg, Carbohydrate 18 g (Fibre 2 g, Sugars 4 g), Protein 31 g.

## INSTRUCTIONS

1. Preheat grill to medium-high. In a bowl, whisk mayonnaise with 1 tbsp sauce mix and water. Slice lime in half. Using **2-in-1 Citrus Press**, squeeze in juice from half the lime.
2. With a paper towel, pat pork dry. Cut in half crosswise; coat each piece with sauce. If you have extra time, refrigerate and marinate for 15 min or overnight.
3. Place pork on grill. Cook, flipping once, about 8-9 min per side, or until cooked through.
4. Meanwhile, cut off and discard stem ends from corn. Leave silky tassels at the top end. Place cobs in **Multipurpose Steamer**. Cover; microwave on high 5 min. Using oven mitts, gently grip tip of corn with one hand and squeeze. It will cleanly pop out of the husk.
5. Once cooked, remove pork to a cutting board. If you have extra time, let it rest about 2-3 min before slicing (this keeps it juicy). Whisk together remaining 1 tbsp sauce mix, juice from remaining half lime, yogurt, and milk. Place corn on a serving platter. Drizzle with reserved sauce and top with cheese.

# GRILLED CHICKEN & ZUCCHINI SKEWERS



**TIP:** Instead of zucchini ribbons, slice into rounds.



TOTAL TIME: 20 min



4 SERVINGS



\$3.37 CA/\$2.86 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups mixed greens.

## INGREDIENTS

1 pkg **Rotisserie Chicken Seasoning**  
¼ cup oil  
1 lb (450 g) boneless, skinless chicken breasts (about 2 breasts)  
2 zucchini, preferably 1 yellow and 1 green  
**Sea Salt** and **Black Pepper**, to taste

## NUTRITIONAL INFO

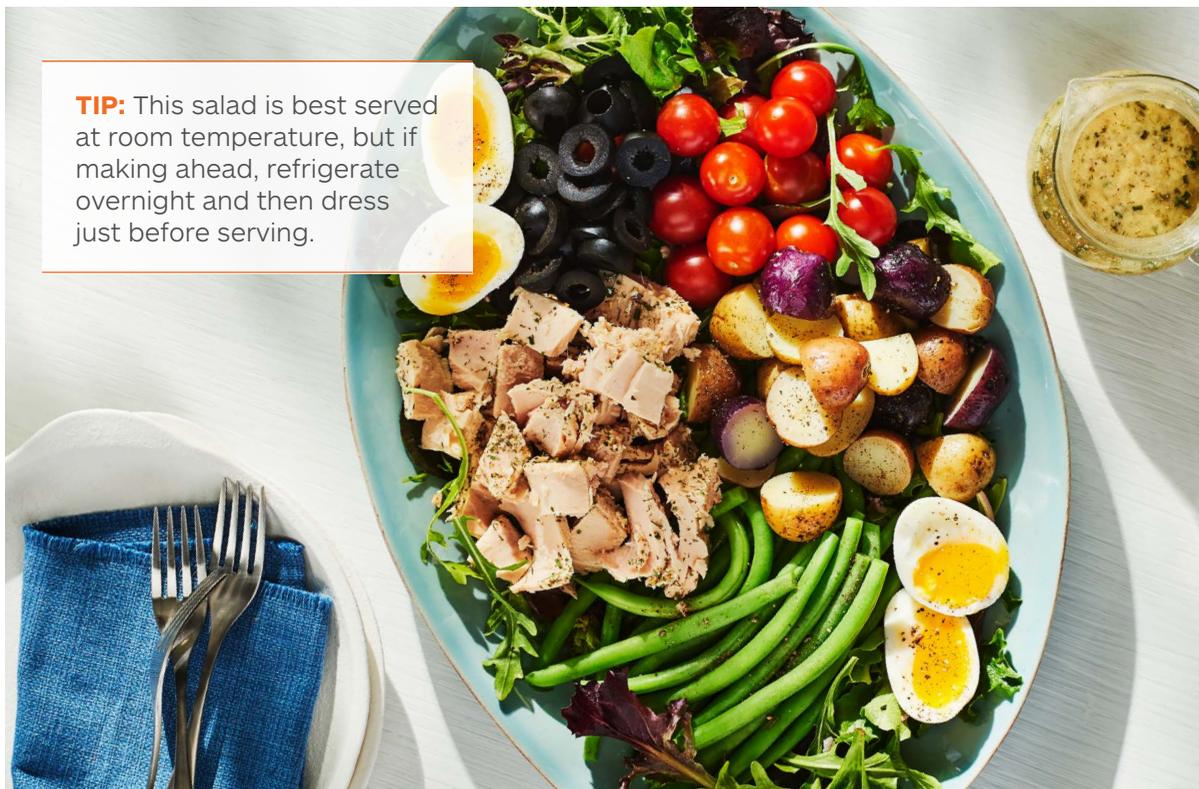
**Per serving:** Calories 300, Fat 17 g (Saturated 1.5 g, Trans 0 g), Cholesterol 85 mg, Sodium 400 mg, Carbohydrate 6 g (Fibre 2 g, Sugars 0 g), Protein 29 g.

## INSTRUCTIONS

1. Preheat grill to medium-high.
2. In a large bowl, whisk together seasoning and oil. Cut chicken into 1" cubes. Add chicken to bowl; stir to evenly coat.
3. Using **4-in-1 Mandoline**, fitted with 3.5 mm slicer plate, slice zucchini into ribbons. Season with salt and pepper. Thread meat and zucchini onto skewers.
4. Place skewers on grill; rotate often until lightly charred and chicken is cooked through, 10–12 min.

# WEST COAST NIÇOISE SALAD

**TIP:** This salad is best served at room temperature, but if making ahead, refrigerate overnight and then dress just before serving.



TOTAL TIME: 20 min



4 SERVINGS



\$4.31 CA/\$3.66 US PER SERVING

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

## INGREDIENTS

4 cups water  
2 eggs  
1 lb (450 g) baby potatoes  
¼ cup olive oil  
2½ tbsp lemon juice  
2 tbsp **West Coast Burger Seasoning**,  
divided  
2 tsp Dijon mustard  
½ lb (225 g) fresh or frozen green beans  
2 cans (170 g each) tuna  
8 cups spring salad mix  
1 pint cherry tomatoes  
3 tbsp olives, preferable niçoise

## NUTRITIONAL INFO

**Per serving:** Calories 430, Fat 19 g (Saturated 3 g, Trans 0 g), Cholesterol 150 mg, Sodium 350 mg, Carbohydrate 34 g (Fibre 7 g, Sugars 5 g), Protein 32 g.

## INSTRUCTIONS

1. In **Multipurpose Pot** with lid on, bring water to a boil. Place eggs in boiling water. Cook 7 min. Drain, cool in ice water, peel, and quarter. The yolk should be soft and jammy.
2. While the eggs are cooking, slice any large baby potatoes in half; place in **Multipurpose Steamer**. Cover; microwave on high until tender, about 6 min.
3. Meanwhile, prepare dressing. In a bowl, whisk together oil, lemon juice, 1 tbsp seasoning, and mustard.
4. Once potatoes are cooked, remove from steamer and place in a bowl to cool slightly. Toss potatoes with 2 tbsp of the prepared dressing.
5. Add green beans to steamer (don't wash); cover, microwave until tender-crisp, about 3–5 min. Rinse in cold water to cool and stop the cooking.
6. Drain tuna. Mix with remaining 1 tbsp seasoning.
7. In a large serving bowl or platter, arrange salad mix. Place eggs, potatoes, beans, tuna, tomatoes, and olives on top. Drizzle with dressing.

# PULLED PORK



**TIP:** Refrigerate 1½ cups for **Pulled Pork Tacos** later this week. Portion and freeze remaining leftovers for easy meals another day!



**TOTAL TIME: 3h 5m**  
(3 hrs slow cook time)



**20 SERVINGS**



**\$1.00 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 crusty rolls, nachos, baked potatoes, pizza, and even omelets if desired.

# GROCERY LIST

## WEEK 2

### PRODUCE

- 16 lettuce leaves**
- 4 tomatoes**
  - 2 (Great Canadian Donair Burger)
  - 2 (Grilled Tandoori Chicken Wrap)
- 2 medium zucchini** (Enchilada Chicken & Zoodles)
- 1 avocado** (Smashed Chickpea Tacos)
- 1 lime** (Grilled Tandoori Chicken Wrap) | *Swap: bottled lime juice*
- ¾ small red onion**
  - ½ (Great Canadian Donair Burger)
  - ¼ (Grilled Tandoori Chicken Wrap)
- 1 pint cherry tomatoes** (Grilled Steak Salad Bowls)
- 8 cups mixed greens** (Grilled Steak Salad Bowls)
- 2 cups corn niblets** (Grilled Steak Salad Bowls)
- 2 cups chopped romaine lettuce** (Grilled Tandoori Chicken Wrap)
- 2 cups snap peas** (Sweet & Sour Stir-Fry)
- 1 cup baby spinach** (Green Monster Mac & Cheese)

### PANTRY STAPLES

- Oil:**
  - 3 tbsp (Sweet & Sour Stir-Fry)
  - 2 tbsp + 1 tsp (Grilled Steak Salad Bowls)
  - 1 tbsp (Grilled Tandoori Chicken Wrap)
  - 2 tsp oil (Enchilada Chicken & Zoodles)
- 1 can (14 oz/398 ml) pineapple chunks** (Sweet & Sour Stir-Fry)
- ½ can (14 oz/398 ml) crushed tomatoes** (Enchilada Chicken & Zoodles)
- 1 can (5.5 oz/156 ml) tomato paste** (Smashed Chickpea Tacos)
- 2 cups uncooked rotini pasta** (Green Monster Mac & Cheese)
- 1 cup broth**, preferably low sodium (Enchilada Chicken & Zoodles)
- ¼ cup corn starch** (Sweet & Sour Stir-Fry)

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra buns, avocado, mixed greens, rice, and fresh veggies such as cucumber or carrots.

- 2 tbsp soy sauce**, preferably low sodium (Sweet & Sour Stir-Fry)
- 2 tbsp cider vinegar** (Grilled Steak Salad Bowls) | *Swap: white vinegar*
- 2 tbsp white vinegar** (Sweet & Sour Stir-Fry)

### PROTEIN

- 2 eggs** (Great Canadian Donair Burger)
- 2 lbs (900 g) ground beef** (Great Canadian Donair Burger) | *Swap: ground chicken*
- 2 lbs (900 g) boneless, skinless chicken breasts**, about 4 breasts
  - 1 lb/450 g (Grilled Tandoori Chicken Wrap)
  - 1 lb/450 g (Sweet & Sour Stir-Fry)
- 1 lb (450 g) boneless, skinless chicken thighs** (Enchilada Chicken & Zoodles)
- 1 lb (450 g) grilling steak**, such as top sirloin, ½"–1" thick (Grilled Steak Salad Bowls)
- 2 cans (19 oz/540 ml each) chickpeas** (Smashed Chickpea Tacos)
- 2½ cups frozen edamame** (Green Monster Mac & Cheese)

### DAIRY

- 1¼ cups 2% plain Greek yogurt**
  - ¾ cup (Grilled Tandoori Chicken Wrap)
  - ½ cup (Smashed Chickpea Tacos)
- 1 cup crumbled feta cheese** (Grilled Steak Salad Bowls)
- ½ cup milk**, your choice (Green Monster Mac & Cheese)
- ¼ cup crumbled feta cheese**, optional (Enchilada Chicken & Zoodles)
- 2 tbsp butter** (Green Monster Mac & Cheese)

### BAKERY

- 8 burger buns** (Great Canadian Donair Burger)
- 8 crunchy taco shells** (Smashed Chickpea Tacos)
- 4 small naans** (Grilled Tandoori Chicken Wrap)



# ENCHILADA CHICKEN & ZOODLES



**TIP:** To save time, find pre-spiralized zucchini in the produce section of many grocery stores. It can often be found near the packaged salad mixes.



TOTAL TIME: 20 min



4 SERVINGS



\$2.64 CA/\$2.24 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 small whole-grain bun and ¼ avocado, sliced.

## INGREDIENTS

2 tsp oil  
1 lb (450 g) boneless, skinless chicken thighs  
1 pkg **Enchilada Seasoning**, divided  
1 cup low-sodium broth, your choice  
½ can (14 oz/398 ml) crushed tomatoes  
2 medium zucchini  
¼ cup crumbled feta cheese, optional

## NUTRITIONAL INFO

**Per serving:** Calories 240, Fat 8 g (Saturated 1.5 g, Trans 0 g), Cholesterol 90 mg, Sodium 520 mg, Carbohydrate 17 g (Fibre 3 g, Sugars 5 g), Protein 28 g.

## INSTRUCTIONS

1. In **Wok**, heat oil over medium-high heat. Add chicken; cook until lightly browned, about 3 min per side.
2. Meanwhile, reserve 1 tbsp seasoning and set aside. In a bowl, whisk together remaining seasoning, broth, and crushed tomatoes. Pour over chicken. Reduce heat to medium. Cover; simmer until chicken is cooked, 5 min.
3. Meanwhile, using **4-in-1 Mandoline** fitted with 6 mm julienne plate, julienne zucchini into zoodles. Place in **Multipurpose Steamer**; sprinkle with reserved 1 tbsp seasoning. Cover; microwave on high 2 min. Toss (with lid on) and microwave an additional 2 min.
4. Divide zoodles and chicken on plates, spoon sauce on top, and finish with cheese, if desired.

# SMASHED CHICKPEA TACOS

**TIP:** Consider cooking chickpeas in microwave using **Multipurpose Steamer**. Simply combine chickpeas (drained and rinsed), seasoning, water, and tomato paste. Cover; microwave on high 2–3 min until heated through.



TOTAL TIME: 15 min



4 SERVINGS



\$3.17 CA/\$2.50 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced cucumber and celery sticks.

## INGREDIENTS

2 cans (19 oz/540 ml each) chickpeas  
1 pkg **Taco Seasoning**  
¾ cup water  
1 can (5.5 oz/156 ml) tomato paste  
1 avocado  
8 crunchy taco shells  
½ cup 2% plain Greek yogurt  
**Toppings** (optional): salsa, sliced onions, shredded cabbage, jalapeños.

## NUTRITIONAL INFO

**Per serving:** Calories 530, Fat 19 g (Saturated 2.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 460 mg, Carbohydrate 77 g (Fibre 18 g, Sugars 10 g), Protein 20 g.

## INSTRUCTIONS

1. Drain and rinse chickpeas. Add to a sauté pan over medium heat with taco seasoning, water, and tomato paste. Stir to combine and cook until fragrant, 3–4 min.
2. Meanwhile, cut avocado in half; discard pit. Scoop out flesh and slice.
3. Remove pan from heat. Using **Ground Meat Separator**, lightly mash chickpeas until some have broken up.
4. To serve, spoon chickpea filling into taco shells; top with avocado and Greek yogurt. Add additional toppings, if desired.

# GRILLED TANDOORI CHICKEN WRAP



TOTAL TIME: 20 min



4 SERVINGS



\$4.18 CA/\$3.55 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies.

## INGREDIENTS

1 pkg **Tandoori Chicken Curry Seasoning**  
¾ cup 2% plain yogurt, divided  
1 lime, divided  
1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts  
2 tomatoes  
¼ small red onion  
4 small naans  
1 tbsp oil  
2 cups chopped romaine lettuce

## NUTRITIONAL INFO

**Per serving:** Calories 410, Fat 9 g (Saturated 2.5 g, Trans 0 g), Cholesterol 90 mg, Sodium 430 mg, Carbohydrate 46 g (Fibre 8 g, Sugars 7 g), Protein 36 g.

## INSTRUCTIONS

1. Preheat grill to medium-high.
2. In a bowl, combine seasoning and ¼ cup yogurt. Slice lime in half. Using **2-in-1 Citrus Press**, squeeze in juice from half the lime. Squeeze in juice from the other half into another small bowl; set aside.
3. Cover chicken with plastic or parchment paper. Using a rolling pin, give the thickest parts of the chicken a few firm whacks. The chicken should have an even thickness from end to end, about ½" thick. This will help it cook quickly and evenly. Place chicken in bowl with yogurt mixture. Coat well. If you have time, let stand for 10 min to marinate.
4. Place on grill. Grill with lid closed for 5-7 min per side. Meanwhile, add remaining ½ cup yogurt to bowl with reserved lime juice. Stir to combine. Dice tomatoes. Slice onion into rings.
5. Once chicken is cooked, remove from grill. Lightly brush naan with oil. Grill until lightly charred, about 1-2 min per side.
6. Slice chicken. Spread yogurt sauce over naan; divide chicken, tomatoes, onion, and lettuce between each naan. Fold and enjoy!

# GREEN MONSTER MAC & CHEESE



**TIP:** Gluten free? Try using brown rice pasta instead.



TOTAL TIME: 17 min



4 SERVINGS



\$1.97 CA/\$1.56 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups mixed greens and 1 tbsp Epicure Dressing.

## INGREDIENTS

2 cups uncooked rotini pasta  
4 cups hot water  
1 cup baby spinach  
½ cup milk, your choice  
1 pkg **Mac & Cheese Seasoning**  
2½ cups frozen edamame  
2 tbsp butter

## NUTRITIONAL INFO

**Per serving:** Calories 320, Fat 13 g (Saturated 6 g, Trans 0.3 g), Cholesterol 30 mg, Sodium 400 mg, Carbohydrate 36 g (Fibre 5 g, Sugars 5 g), Protein 17 g.

## INSTRUCTIONS

1. Place pasta in **Multipurpose Steamer**. Stir in water. Cover; microwave on high until al dente, 8 min.
2. Meanwhile, add spinach, milk, and seasoning to blender. Blend until smooth, 20-30 sec.
3. Drain pasta; return to steamer. Add edamame, butter and sauce; mix well.
4. Cover; microwave on high, 5 min.

# GREAT CANADIAN DONAIR BURGER



TOTAL TIME: 20 min



8 SERVINGS



\$2.03 CA/\$1.60 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 tbsp **Big Burger Sauce** or **BBQ sauce** and 1 cup side salad.

## INGREDIENTS

1 pkg **Donair Seasoning**  
2 lbs (900 g) ground beef or chicken  
¼ cup water  
2 eggs, lightly beaten  
16 lettuce leaves  
2 tomatoes  
½ small red onion  
8 buns

## NUTRITIONAL INFO

**Per serving:** Calories 460, Fat 20 g (Saturated 8 g, Trans 0 g), Cholesterol 140 mg, Sodium 740 mg, Carbohydrate 28 g (Fibre 1 g, Sugars 5 g), Protein 40 g.

## INSTRUCTIONS

1. Preheat grill to medium-high.
2. In large bowl, combine seasoning with beef, water, and eggs until well blended. Form into eight patties.
3. Grill, with lid closed, 5–6 min per side or until an instantread thermometer inserted into centre reads 160° F.
4. Meanwhile, shred lettuce; thinly slice tomatoes and onion.
5. Place patty on bun; top with tomatoes, onion, and lettuce.

# SWEET & SOUR STIR FRY



**TIP:** Make it vegan and replace chicken with medium-firm tofu, cut into 1" cubes.



TOTAL TIME: 20 min



4 SERVINGS



\$4.20 CA/\$3.32 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with  $\frac{1}{2}$  cup rice and 1 cup steamed veggies, your choice

## INGREDIENTS

- 1 pkg **Sweet & Sour Stir-Fry Seasoning**
- 1 can (14 oz/398 ml) pineapple chunks
- 2 tbsp each soy sauce, white vinegar, and water
- 1 lb (450 g) boneless, skinless chicken breasts
- 3 tbsp oil
- $\frac{1}{4}$  cup corn starch
- 2 cups snap peas

## NUTRITIONAL INFO

**Per serving:** Calories 360, Fat 13 g (Saturated 1.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 260 mg, Carbohydrate 32 g (Fibre 4 g, Sugars 18 g), Protein 28 g.

## INSTRUCTIONS

1. In a bowl, combine seasoning with pineapple chunks (including juice), soy sauce, vinegar, and water. Set aside.
2. Cut chicken into bite-sized pieces.
3. Heat oil in **Wok** over high heat. In a separate bowl, toss chicken with corn starch; shake off excess.
4. Add chicken to wok; stir-fry until golden, 6–8 min.
5. Stir in snap peas and reserved seasoning mixture; cook until snow peas are tender crisp, 2 min. Serve over rice, if desired.

# GRILLED STEAK SALAD BOWLS



TOTAL TIME: 20 min



4 SERVINGS



\$5.14 CA/\$4.06 US PER SERVING

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

## INGREDIENTS

1 lb (450 g) grilling steak, such as top sirloin, striploin or ribeye, about ½" to 1" thick  
2 tbsp + 1 tsp oil, divided  
2 tbsp **Creamy Potato Salad Dressing Mix**, divided  
2 tbsp cider vinegar  
1 pint cherry tomatoes  
2 cups fresh or frozen corn niblets  
1 cup crumbled feta cheese  
8 cups mixed greens  
**Toppings (optional): Better Than Bacon Topper**, sliced red onion

## NUTRITIONAL INFO

**Per serving:** Calories 430, Fat 21 g (Saturated 8 g, Trans 0.1 g), Cholesterol 95 mg, Sodium 490 mg, Carbohydrate 23 g (Fibre 6 g, Sugars 7 g), Protein 36 g.

## INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. Meanwhile, coat both sides of steak with 1 tsp oil; rub in 1 tbsp dressing mix. Let stand to marinate while preparing remaining ingredients.
3. For dressing, in a large mixing bowl, whisk together remaining 1 tbsp dressing mix and vinegar with remaining 2 tbsp oil.
4. Cut tomatoes in half, and then add to bowl with dressing. Add corn and feta; toss to mix. Place greens on top; don't mix. Set aside.
5. Place steak on grill; close lid and grill to desired doneness, about 3 min per side for medium rare.
6. Remove to a cutting board. If you have extra time, let steak rest about 2-3 min before slicing (this keeps it juicy). Thinly slice, and then add to bowl with salad; toss well so dressing is evenly mixed. Divide salad between four plates; add toppings, if desired.

# GROCERY LIST

## WEEK 3

### PRODUCE

- 2 bunches broccolini** (Sweet Garlic Shrimp Stir-Fry) | *Swap: broccoli florets*
- 1 bell pepper** (Cheesy Grilled Quesadillas)
- 1 large Russet potato** (Grown Up Chicken Strips & Matchstick Fries)
- ¼ head purple cabbage** (Sweet Garlic Shrimp Stir-Fry)
- 10 cups broccoli florets**
  - 4 cups (Green Eggs & Veg Power Bowl)
  - 4 cups (Steamer Beef & Broccoli Pasta)
  - 2 cups (Mac & Cheese with Trees)
- 4 cups arugula** (Green Eggs & Veg Power Bowl) | *Swap: baby spinach*
- 2 cups corn kernels** (Cheesy Grilled Quesadillas)

### PANTRY STAPLES

- Oil:**
  - 2 tbsp (Grown Up Chicken Strips & Matchstick Fries)
  - 2 tbsp, preferably sesame (Sweet Garlic Shrimp Stir-Fry)
- ½ pkg (14 oz/400 g) rice noodles** (Sweet Garlic Shrimp Stir-Fry)
- 2 cups uncooked small pasta shells** (Steamer Beef & Broccoli Pasta)
- 2 cups uncooked macaroni** (Mac & Cheese with Trees)
- 1 cup uncooked quinoa** (Green Eggs & Veg Power Bowl)
- ¼ cup mayonnaise** (Green Eggs & Veg Power Bowl)
- ½ tbsp corn starch** (Sweet Garlic Shrimp Stir-Fry)
- 1 tsp lime juice** (Green Eggs & Veg Power Bowl)

### PROTEIN

- 4 eggs** (Green Eggs & Veg Power Bowl)
- 3 lbs (1.36 kg) whole chicken** (Rotisserie Chicken)
- 2 lbs (900 g) lean ground beef**
  - 1 lb/450 g (Cheesy Grilled Quesadillas)
  - 1 lb/450 g (Steamer Beef & Broccoli Pasta)
- 1 lb (450 g) boneless, skinless chicken breast fillets** (Grown Up Chicken Strips & Matchstick Fries)
- 1 pkg (12 oz/340 g) frozen, peeled shrimp** (Sweet Garlic Shrimp Stir-Fry)
- 1 can (14 oz/398 ml) lentils** (Green Eggs & Veg Power Bowl)
- 2 cups frozen edamame** (Sweet Garlic Shrimp Stir-Fry)

### DAIRY

- 1½ cups + ⅓ cup + 3 tbsp milk**, your choice
  - 1½ cups (Cheesy Grilled Quesadillas)
  - ⅓ cup (Mac & Cheese with Trees)
  - 3 tbsp (Green Eggs & Veg Power Bowl)
- 1 cup grated cheddar cheese** (Cheesy Grilled Quesadillas)
- ¼ cup 2% plain Greek yogurt** (Green Eggs & Veg Power Bowl)
- ¼ cup shredded Parmesan cheese** (Grown Up Chicken Strips & Matchstick Fries)
- 2 tbsp butter**, optional (Mac & Cheese with Trees)

### BAKERY

- 6 medium tortillas** (Cheesy Grilled Quesadillas)

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra arugula, fresh veggies such as bell peppers or cabbage, rice, and lean protein such as tuna, ground meat, chicken, or tofu.



# GROWN UP CHICKEN STRIPS & MATCHSTICK FRIES



**TIP:** For extra-crispy fries, place cut potato in a large bowl and cover with cold water. Allow to soak for at least 30 min or overnight. This removes excess starch, which helps the potatoes crisp during cooking. Drain, rinse, and pat dry with a kitchen towel before using.



TOTAL TIME: 25 min



4 SERVINGS



\$3.02 CA/\$2.57 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies and 2 tbsp 3 Onion Dip.

## INGREDIENTS

1 large russet potato, scrubbed  
2 tbsp oil, divided, plus more for brushing  
½ pkg **Southern Baked Gluten Free Crumb Mix**, about ¼ cup  
¼ cup shredded Parmesan cheese  
1 lb (450 g) boneless, skinless chicken breast fillets

## NUTRITIONAL INFO

**Per serving:** Calories 320, Fat 12 g (Saturated 2 g, Trans 0 g), Cholesterol 85 mg, Sodium 380 mg, Carbohydrate 22 g (Fibre 5 g, Sugars 1 g), Protein 30 g.

## INSTRUCTIONS

1. Preheat oven to 425° F. Line two ¼ **Sheet Pans** each with a ¼ **Sheet Pan Liner**. Place a **Cooling Rack** on each pan. Lightly brush with oil.
2. Using **4-in-1 Mandoline** fitted with the 6.6 mm julienne plate, julienne potato into matchsticks. Pat dry with a kitchen towel; place in a large bowl. Add 1 tbsp oil and toss.
3. In another bowl, combine crumb mix and cheese. Sprinkle about 2 tbsp over the potatoes; toss to coat. Spread out in a single layer on one rack as best you can. Place in oven.
4. Place chicken in bowl used for potatoes; add remaining 1 tbsp oil and toss. In batches, place chicken in the remaining crumb mixture, tossing to coat and pressing if necessary to cover all sides. Spread out on second rack. Try not to crowd—be sure they have a bit of space between each other.
5. Bake until chicken is cooked through and fries are crisp, about 18–25 min.

# SWEET GARLIC SHRIMP STIR-FRY



**TIP:** Swap broccolini for 3 cups broccoli florets.



TOTAL TIME: 15 min



4 SERVINGS



\$4.60 CA/\$3.91 US PER SERVING

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

## INGREDIENTS

½ pkg (14 oz/400 g) rice noodles  
8 cups boiling water  
1 pkg **Sweet Garlic Chicken Seasoning**  
½ cup water  
½ tbsp corn starch  
2 tbsp sesame oil, divided  
1 pkg (340 g) frozen, peeled shrimp, thawed  
2 bunches broccolini  
2 cups frozen edamame, thawed  
2 cups shredded purple cabbage,  
about ¼ head

## NUTRITIONAL INFO

**Per serving:** Calories 460, Fat 11 g (Saturated 1.5 g, Trans 0 g), Cholesterol 125 mg, Sodium 570 mg, Carbohydrate 66 g (Fibre 7 g, Sugars 11 g), Protein 25 g.

## INSTRUCTIONS

1. In a large bowl, combine noodles and boiling water. Ensure noodles are completely submerged. Every few minutes, give the noodles a stir to ensure even cooking. Noodles take approximately 6 min to cook.
2. Meanwhile, in another bowl, stir seasoning with water, corn starch, and 1 tbsp sesame oil. Set aside.
3. Over high heat, heat remaining 1 tbsp oil in **Wok**. Add shrimp, broccolini, and edamame. Stir-fry about 3 min or until shrimp are cooked.
4. Add reserved seasoning mixture and cabbage; stir-fry, about 1 min, until cabbage is slightly wilted.
5. Drain and rinse noodles; place on large serving platter and top with prepared stir-fry.

# STEAMER BEEF & BROCCOLI PASTA



**TIP:** Make it vegan—swap ground beef with soy ground round.



TOTAL TIME: 20 min



4 SERVINGS



\$3.02 CA/\$2.57 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups leafy green salad and 1 tbsp prepared **Balsamic Vinaigrette**.

## INGREDIENTS

1 lb (450 g) extra lean ground beef  
1 pkg **Beef & Broccoli Stir-Fry Seasoning**  
2 cups hot water  
2 cups uncooked small pasta shells  
4 cups broccoli florets  
**Sea Salt**, to taste  
**Black Pepper**, to taste  
**Toppings (optional):** **Garlic & Onion Nutritional Yeast Topper**, sliced green onions

## NUTRITIONAL INFO

**Per serving:** Calories 370, Fat 5 g (Saturated 2 g, Trans 0 g), Cholesterol 60 mg, Sodium 180 mg, Carbohydrate 49 g (Fibre 5 g, Sugars 8 g), Protein 34 g

## INSTRUCTIONS

1. In **Multipurpose Steamer**, combine ground beef and seasoning. Cover; microwave on high for 5 min or until beef is cooked through. Break up meat using **Ground Meat Separator**.
2. Add hot water and pasta; stir to mix. Microwave on high, uncovered, for 6 min. Remove from microwave and stir; cook for an additional 3 min 30 sec.
3. Meanwhile, cut broccoli into bite-sized pieces, as needed.
4. Add broccoli to steamer. Cover; microwave another 4 min until pasta is cooked.
5. Season with salt and pepper, to taste. Add toppings, if desired.

# CHEESY GRILLED QUESADILLAS



TOTAL TIME: 20 min



6 SERVINGS



\$2.46 CA/\$2.09 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies of your choice.

## INGREDIENTS

1 lb (450 g) lean ground beef  
2 cups corn kernels  
1 bell pepper  
1 pkg **Ooey Gooley Queso Dip Mix**  
1½ cups milk, your choice  
1 cup grated cheddar cheese  
6 medium flour tortillas

## NUTRITIONAL INFO

**Per serving:** Calories 380, Fat 18 g (Saturated 9 g, Trans 0.4 g), Cholesterol 70 mg, Sodium 430 mg, Carbohydrate 29 g (Fibre 4 g, Sugars 5 g), Protein 26 g.

## INSTRUCTIONS

1. Preheat grill to medium heat.
2. Meanwhile, in **Round Steamer**, crumble in beef. Cover; microwave on high 4 min. Once cooked, discard liquid. Use **Ground Meat Separator** to break up chunks of meat. Remove from steamer and place in a large bowl with corn.
3. While the beef is cooking, thinly slice bell pepper.
4. In same steamer (don't wash) whisk together mix and milk. Microwave, uncovered, on high for 4–5 min, whisking halfway through, or until thickened. Stir in cheddar.
5. Add half the sauce, about ¾ cup, to beef and corn. Stir to combine.
6. Divide meat mixture and peppers on one side of each tortilla. Fold tortilla over filling. Place on grill.
7. Grill for 5 min, flipping halfway through, or until lightly charred.
8. Serve with remaining sauce (reheat in microwave, if necessary).

# 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.



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.

# GREEN EGGS & VEG POWER BOWL

**TIP:** Add a splash of vinegar or lemon juice to egg cooking water—it helps the eggs set. Prefer a softer yolk? Start with 2 min, then increase by 30-second increments as needed. For a hard poach, try 4 min.



TOTAL TIME: 20 min



4 SERVINGS



\$2.94 CA/\$2.50 US PER SERVING

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

## INGREDIENTS

- 1 cup uncooked quinoa
- 2 cups water
- ¼ cup each 2% plain Greek yogurt and mayonnaise
- 2 tbsp **Feisty Green Sauce Mix**
- 3 tbsp milk, your choice
- 1 tsp lime juice
- 1 can (14 oz/398 ml) lentils
- 4 cups broccoli florets
- 2 cups cold water
- 4 eggs
- 4 cups arugula or baby spinach

## NUTRITIONAL INFO

**Per serving:** Calories 500, Fat 20 g (Saturated 4 g, Trans 0 g), Cholesterol 195 mg, Sodium 370 mg, Carbohydrate 55 g (Fibre 16 g, Sugars 6 g), Protein 27 g.

## INSTRUCTIONS

1. In **Multipurpose Steamer**, stir together quinoa and 2 cups water. Cover; microwave on high for 12 min, or until tender.
2. Meanwhile, prepare dressing. Whisk together yogurt, mayonnaise, sauce mix, milk, and lime juice. Set aside.
3. Drain and rinse lentils. Roughly chop broccoli.
4. Fill four **Prep Bowls** with ½ cup cold water each. Crack one egg into each bowl.
5. Once quinoa is cooked, cook eggs. Partially cover each bowl with lid. If your microwave is equipped with a turntable, place bowls on the edge of the turntable; avoid crowding in the middle for even cooking. Microwave until yolk is set to your liking, about 3 min for a medium poach with a jammy yolk. Carefully remove bowls from microwave. Using a spoon, scoop eggs onto a paper towel-lined plate.
6. Divide quinoa between four bowls. Arrange lentils, broccoli, and arugula on top. Top with egg. Drizzle with dressing.

# MAC & CHEESE WITH TREES



TOTAL TIME: 20 min



4 SERVINGS



\$1.27 CA/\$1.00US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 4 oz (113 g) lean protein (tuna, ground meat, chicken, tofu) and 1 cup mixed veggies and 2 tsp prepared **Epicure Dip**.

## INGREDIENTS

2 cups uncooked macaroni  
2 cups broccoli florets, fresh or frozen  
½ cup milk, your choice  
1 pkg **Mac & Cheese Seasoning**  
2 tbsp butter, optional

## NUTRITIONAL INFO

**Per serving:** Calories 270, Fat 5 g (Saturated 2.5 g, Trans 0.2 g), Cholesterol 15 mg, Sodium 340 mg, Carbohydrate 45 g (Fibre 3 g, Sugars 3 g), Protein 12 g.

## INSTRUCTIONS

1. In **Multipurpose Pot** set over high heat, boil macaroni until tender, about 6–8 min.
2. Meanwhile, chop broccoli florets (aka trees) into bite-sized pieces. Stir in trees for the last 1 min of cooking.
3. Carefully drain, then return noodles and trees to pot. Add milk, seasoning, and butter, if using. Stir until evenly mixed. Spoon into bowls.

# GROCERY LIST

## WEEK 4

### PRODUCE

- 3 tomatoes**
  - 2 (Donair)
  - 1 (West Coast Burger)
- 2 limes** | *Swap: bottled lime juice*
  - 1 (Saucy Queso Chicken)
  - ½ (Enchiladas)
  - ½ (Feisty “Roast” Chicken & Green Sauce)
- 1 bell pepper** (No-Cook Salmon Tacos)
- 1 head cauliflower** (Grilled Tandoori Tofu & Cauliflower Steaks)
- 1 potato** (West Coast Burger)
- ½ avocado** (Saucy Queso Chicken)
- ½ English cucumber** (Donair)
- ¾ head romaine lettuce**
  - ½ (Donair)
  - ¼ (West Coast Burger)
- ½ lemon** (No-Cook Salmon Tacos) | *Swap: bottled lemon juice*
- 1¼ red onions**
  - ½ (Donair)
  - ½ (West Coast Burger)
  - ¼ (No-Cook Salmon Tacos)

### PANTRY STAPLES

- Oil:**
  - 2 tbsp (Grilled Tandoori Tofu & Cauliflower Steaks)
  - 1 tbsp (West Coast Burger)
  - ½ tbsp (Saucy Queso Chicken)
  - 1 tsp, preferably coconut (Enchiladas)
- ⅓ + ¼ cup mayonnaise**
  - ⅓ cup (Feisty “Roast” Chicken & Green Sauce)
  - ¼ cup (No-Cook Salmon Tacos)
- 3 tbsp maple syrup** (Grilled Tandoori Tofu & Cauliflower Steaks)
- 3 tbsp tomato paste** (Enchiladas)
- 1 tbsp mustard** (West Coast Burger)

### PROTEIN

- 1 egg** (West Coast Burger)
- 3 lbs (1.36 kg) whole chicken** (Feisty “Roast” Chicken & Green Sauce)
- 2 lbs (900 g) lean ground beef** (Donair)
- 1 lb (450 g) boneless, skinless chicken breasts**, about 2 breasts (Saucy Queso Chicken)
- 2 blocks (350 g each) extra-firm tofu** (Grilled Tandoori Tofu & Cauliflower Steaks)
- 4 cans (7.5 oz/213 g each) sockeye salmon**, preferably unsalted
  - 2 (No-Cook Salmon Tacos)
  - 2 (West Coast Burger)
- 2 cans (14 oz/398 ml each) black beans**, preferably unsalted (Enchiladas)

### DAIRY

- 1½ cups milk**, your choice (Saucy Queso Chicken)
- 1½ cups grated cheddar cheese**
  - 1 cup (Enchiladas)
  - ½ cup (Saucy Queso Chicken)
- 1½ cups 2% plain Greek yogurt**
  - 1 cup (Grilled Tandoori Tofu & Cauliflower Steaks)
  - ½ cup (Feisty “Roast” Chicken & Green Sauce)

### BAKERY

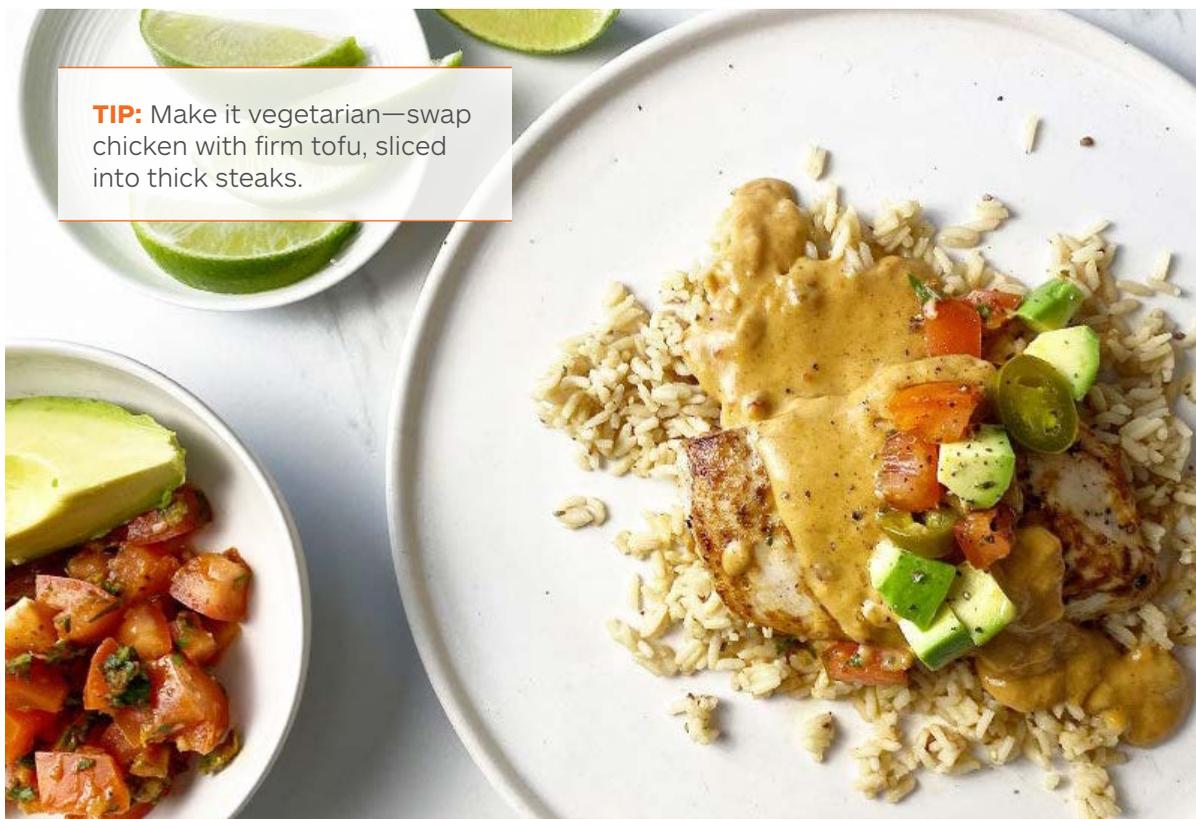
- 10 whole-wheat pitas** (Donair)
- 8 small whole-grain tortillas** (No-Cook Salmon Tacos) | *Swap: corn tortillas*
- 4 burger buns** (West Coast Burger)
- 4 medium tortillas** (Enchiladas)

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra fresh veggies such as cauliflower and bell peppers, extra romaine lettuce, rice or quinoa, and potatoes.



# SAUCY QUESO CHICKEN



**TIP:** Make it vegetarian—swap chicken with firm tofu, sliced into thick steaks.



TOTAL TIME: 17 min



4 SERVINGS



\$3.56 CA/\$2.81 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup steamed veggies and ½ cup rice.

## INGREDIENTS

1 lb (450 g) boneless, skinless chicken breasts (about 2)  
1 pkg **Ooey Goey Queso Dip Mix**, divided  
½ tbsp oil  
1½ cups milk, your choice  
½ cup grated cheddar cheese  
½ avocado  
1 lime

**Toppings** (optional): crushed tortilla chips, pickled jalapeños, **Poco Picante Salsa**

## NUTRITIONAL INFO

**Per serving:** Calories 360, Fat 18 g (Saturated 7 g, Trans 0.2 g), Cholesterol 115 mg, Sodium 470 mg, Carbohydrate 15 g (Fibre 2 g, Sugars 3 g), Protein 35 g.

## INSTRUCTIONS

1. To thinly slice chicken, place one hand on one breast and press down firmly. Curve fingers up slightly for safety. Carefully slice meat horizontally. Repeat with remaining chicken. You should have four pieces in total. Season chicken with 1 tbsp dip mix.
2. Heat oil in a large fry pan over medium-high heat. Add chicken; cook 4–5 min per side until golden brown and cooked through.
3. Meanwhile, prepare queso sauce. In **Multipurpose Steamer**, whisk remaining dip mix with milk. Microwave, uncovered on high for 4–5 min, or until thickened. Whisk halfway through cooking. Remove from microwave. Stir in grated cheddar.
4. Thinly slice avocado. Cut lime into quarters.
5. To serve, spoon queso sauce over chicken, top with avocado and lime. Add additional toppings, if desired.

# NO-COOK SALMON TACOS

**TIP:** To warm tortillas in the microwave, place in **Multipurpose Steamer**. Cover and microwave on high, for 20–30 sec.



TOTAL TIME: 15 min



4 SERVINGS



\$3.32 CA/\$2.62 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies and 1 tbsp of your favourite Epicure dip.

## INGREDIENTS

2 cans (7.5 oz/213 g each) no salt added salmon  
¼ cup light mayonnaise  
2 tbsp **Creamy Potato Salad Dressing Mix**  
½ lemon  
1 bell pepper  
¼ red onion  
8 small whole-grain or corn tortillas, warmed

**Toppings (optional):** **Better Than Bacon Topper**, sliced avocado, sliced radish, shredded cabbage, hot sauce

## NUTRITIONAL INFO

**Per serving (2 tacos):** Calories 340, Fat 14 g (Saturated 2.5 g, Trans 0 g), Cholesterol 50 mg, Sodium 200 mg, Carbohydrate 28 g (Fibre 4 g, Sugars 3 g), Protein 26 g.

## INSTRUCTIONS

1. Drain salmon; place in a large bowl. Add mayonnaise and dressing mix. Using **2-in-1 Citrus Press**, squeeze in juice from ½ lemon. Stir to combine, breaking up large chunks of salmon, as needed.
2. Dice bell pepper. Thinly slice onion.
3. Divide salmon mixture and veggies between warm tortillas. Add toppings, if desired.

# ENCHILADAS



**TIP:** Make a single serving in **Rectangular Steamer**.



**TOTAL TIME:** 20 min



**4 SERVINGS**



**\$2.88 CA/\$2.45 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies, your choice.

## INGREDIENTS

- 1 pkg **Enchilada Seasoning**
- 1½ cups water
- 3 tbsp tomato paste
- ½ lime
- 1 tsp coconut or olive oil
- 2 cans (14 oz/398 ml each) unsalted black beans
- 1 cup grated cheese, your choice, divided
- 4 medium tortillas

## NUTRITIONAL INFO

**Per serving (1 enchilada):** Calories 430, Fat 14 g (Saturated 7 g, Trans 0 g), Cholesterol 30 mg, Sodium 530 mg, Carbohydrate 56 g (Fibre 13 g, Sugars 4 g), Protein 22 g.

## INSTRUCTIONS

1. In **4-Cup Prep Bowl**, whisk seasoning with water and tomato paste. Microwave, uncovered, on high, 2 min or until thickened.
2. Using **2-in-1 Citrus Press**, squeeze in juice from lime; whisk in oil. Set aside.
3. Drain and rinse beans. Place in **Multipurpose Steamer**; add ½ cup sauce. Cover; microwave on high 2 min. Using a fork, coarsely mash.
4. Divide bean mixture and ¾ cup cheese between tortillas. Roll up and arrange seam down in a single layer in the steamer (don't wash). Top with remaining sauce and ¼ cup cheese.
5. Cover; microwave on high, 6-8 min, or until heated through.

# GRILLED TANDOORI TOFU & CAULIFLOWER STEAKS



TOTAL TIME: 20 min



4 SERVINGS



\$3.08 CA/\$2.62 US PER SERVING

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

## INGREDIENTS

1 head cauliflower  
2 blocks (350 g each) extra firm tofu  
3–4 tbsp water  
3 tbsp maple syrup  
2 tbsp oil  
1 pkg **Tandoori Chicken Curry Seasoning**  
1 cup 2% plain Greek yogurt  
**Toppings** (optional): seeds, chopped nuts, chopped fresh herbs such as cilantro, basil, and/or parsley, squeeze of lime

## NUTRITIONAL INFO

**Per serving:** Calories 360, Fat 17 g (Saturated 1.5 g, Trans 0 g), Cholesterol 5 mg, Sodium 80 mg, Carbohydrate 29 g (Fibre 8 g, Sugars 15 g), Protein 24 g.

## INSTRUCTIONS

1. Preheat grill to medium-high.
2. Trim leaves and bottom stalk from cauliflower, making sure not to remove the core. Place cauliflower in **Round Steamer**. Cover; microwave on high 5–6 min or until a knife can easily slide into it.
3. Meanwhile, cut each tofu block in half, lengthwise. You should have four pieces. Pat dry with a paper or kitchen towel.
4. Whisk together water, maple syrup, oil, and seasoning. Brush sauce on one side of tofu steaks. Place on grill, saucy side down. Brush sauce on top. Grill with lid closed for 10 min, flipping once, until lightly charred.
5. Brush the remaining sauce all over cauliflower. Place on grill, florets side down. Grill 5 min, then flip and cook 2 more min.
6. To serve, slice cauliflower into steaks or wedges. Top cauliflower and tofu with yogurt, and additional toppings, if desired.

# DONAIR



**TIP:** Make ahead and refrigerate loaf up to 3 days. Slice, then pan fry until crispy.



TOTAL TIME: 20 min



10 SERVINGS



\$1.65 CA/\$1.40 US PER SERVING

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

## INGREDIENTS

- 1 pkg Donair Seasoning
- 2 lbs (900 g) lean ground beef
- ¼ cup water
- 10 whole-wheat pitas
- 1 cup 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 tzatziki sauce (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 hr.
4. To serve, thinly slice meat. Serve on pita with tzatziki sauce (if using), tomatoes, cucumber, red onion, and lettuce.

# WEST COAST BURGER



**TIP:** The bones in canned salmon are a great source of calcium! They're soft enough to mash up with the fish.



**TOTAL TIME:** 20 min



**4 SERVINGS**



**\$3.39 CA/\$2.88 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies, your choice.

## INGREDIENTS

2 cans (7.5 oz/213 g each) unsalted sockeye salmon  
½ cup mashed potatoes  
1 egg  
2 tbsp **West Coast Burger Seasoning**  
1 tbsp mustard  
1 tbsp oil  
1 tomato  
½ small red onion  
4 burger buns  
4 lettuce leaves

**Toppings (optional): Feisty Green Sauce**

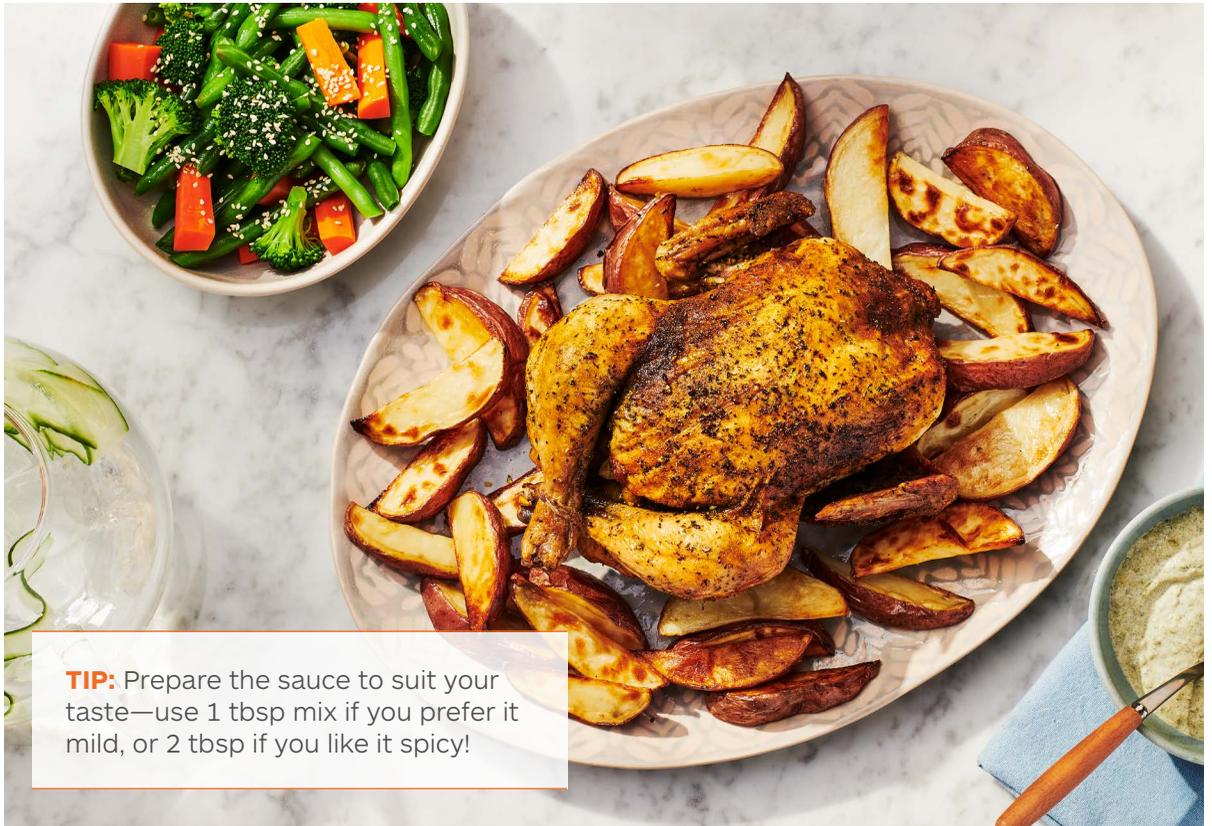
## NUTRITIONAL INFO

**Per serving:** Calories 400, Fat 15 g (Saturated 3 g, Trans 0 g), Cholesterol 110 mg, Sodium 480 mg, Carbohydrate 35 g (Fibre 2 g, Sugars 4 g), Protein 30 g.

## INSTRUCTIONS

1. Drain salmon; add to a large bowl. Add mashed potatoes, egg, seasoning, and mustard. Mix until well blended. Form into four patties.
2. Heat oil in a non-stick fry pan over medium-high heat. Add patties; cook, flipping halfway, until golden brown on both sides, about 8 min.
3. Meanwhile, slice tomato. Slice onion into rings.
4. Place patty on bottom bun; top with tomatoes, onion, and lettuce. Spread top bun with sauce, if desired, before covering burger.

# FEISTY “ROAST” CHICKEN & GREEN SAUCE



**TIP:** Prepare the sauce to suit your taste—use 1 tbsp mix if you prefer it mild, or 2 tbsp if you like it spicy!



TOTAL TIME: 25 min



8 SERVINGS



\$2.33 CA/\$1.98 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup potato wedges and 1 cup steamed veggies.

## INGREDIENTS

3 lbs (1.36 kg) whole chicken  
3–4 tbsp **Feisty Green Sauce Mix**, divided  
½ cup 2% plain Greek yogurt  
⅓ cup mayonnaise  
3 tbsp water  
2 tsp lime juice  
**Toppings** (optional): lime wedges

## NUTRITIONAL INFO

**Per serving:** Calories 280, Fat 20 g (Saturated 4.5 g, Trans 0 g), Cholesterol 70 mg, Sodium 125 mg, Carbohydrate 2 g (Fibre 0 g, Sugars 1 g), Protein 23 g.

## INSTRUCTIONS

1. Place chicken in **Round** or **Multipurpose Steamer**, breast side down. Sprinkle 1 tbsp mix and rub over meat. Turn chicken over, breast side up, and rub 1 tbsp mix all over to evenly coat.
2. Cover; microwave on high for 20 min. Or loosely cover with foil and roast in preheated 400° F oven for about 65–70 min. Remove foil for last 15 min of cooking to brown skin.
3. Meanwhile, prepare sauce. In a small bowl, whisk together yogurt, mayonnaise, water, 1–2 tbsp mix, and lime juice.
4. To test chicken 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.
5. Carve chicken and serve with green sauce for dipping or drizzling.

# GROCERY LIST

## WEEK 5

### PRODUCE

- 4 cups broccoli florets** (Beef & Broccoli Stir-Fry)

### PANTRY STAPLES

- 2 tbsp oil** (Beef & Broccoli Stir-Fry)
- 2 tbsp soy sauce**, preferably low sodium (Beef & Broccoli Stir-Fry)

### PROTEIN

- 1½ lbs** (675 g) lean ground beef (Tacos)
- 1 lb** (450 g) beef strips (Beef & Broccoli Stir-Fry)

### BAKERY

- 12 taco shells** (Tacos)

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add rice, fresh veggies such as lettuce or tomatoes, and avocados (to make guacamole).



# BEEF & BROCCOLI STIR-FRY



**TIP:** Make it vegan and replace beef with 1 lb (450 g) medium-firm tofu, cut into 1" cubes.



TOTAL TIME: 15 min



4 SERVINGS



\$3.55 CA/\$2.80 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup rice.

## INGREDIENTS

- 1 pkg **Beef & Broccoli Stir-Fry Seasoning**
- $\frac{3}{4}$  cups water
- 2 tbsp low-sodium soy sauce
- 2 tbsp oil
- 1 lb (450 g) beef strips
- 4 cups broccoli florets, fresh or frozen

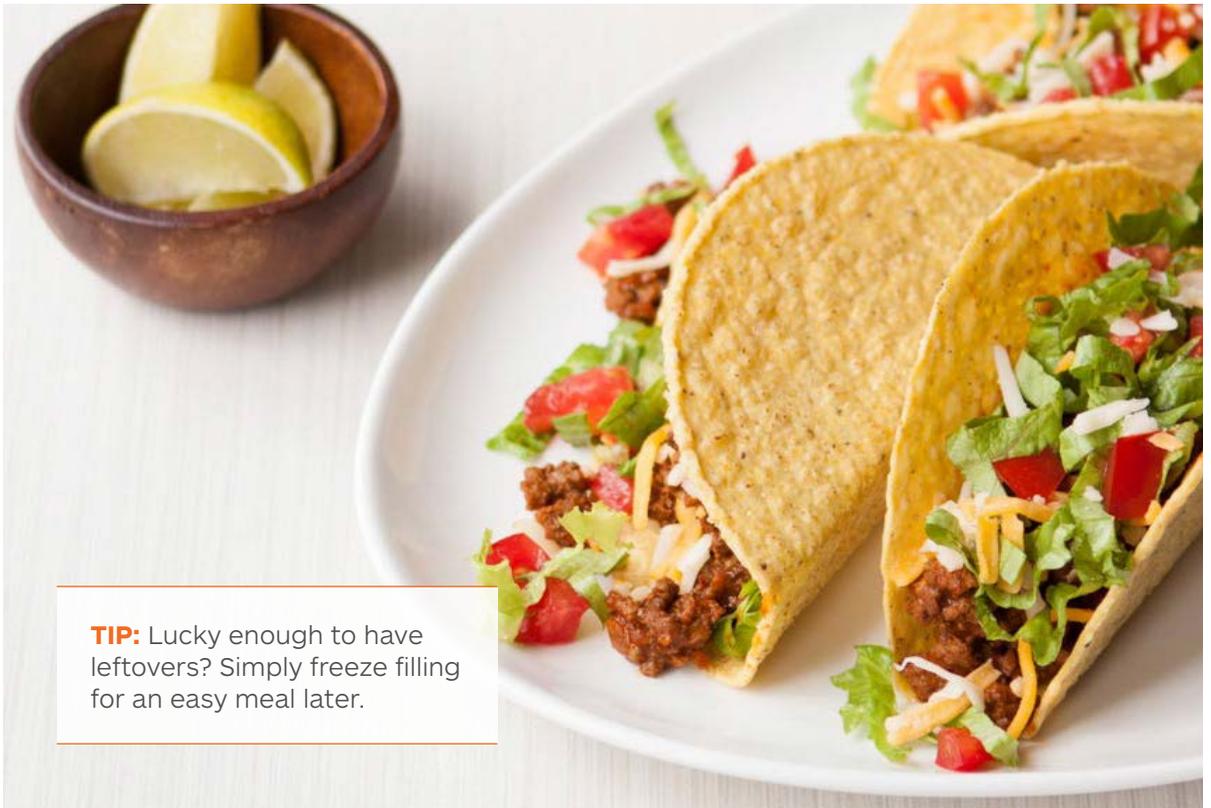
## NUTRITIONAL INFO

**Per serving:** Calories 310, Fat 16 g (Saturated 4 g, Trans 0 g), Cholesterol 45 mg, Sodium 360 mg, Carbohydrate 15 g (Fibre 1 g, Sugars 7 g), Protein 30 g.

## INSTRUCTIONS

1. In a bowl, stir seasoning with water and soy sauce. Set aside.
2. Heat oil in **Wok** over high heat.
3. Add beef; stir-fry until cooked, 3–4 min.
4. Add broccoli to wok, cover and steam for 2 min, until broccoli is tender-crisp.
5. Add reserved seasoning mixture; stir-fry, uncovered, until sauce thickens.

# TACOS



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



TOTAL TIME: 15 min



6 SERVINGS



\$2.25 CA/\$1.91 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1½ cups mixed veggies and 2 tbsp **Guacamole**. Sneak in veggies by serving diced tomatoes, onions, shredded lettuce, carrots, or beets as toppings.

## INGREDIENTS

1½ lbs (675 g) lean ground beef  
1 pkg **Taco Seasoning**  
1 cup water  
12 taco shells

**Toppings** (optional): shredded lettuce, tomatoes, salsa and grated low-fat cheese

## NUTRITIONAL INFO

**Per serving (2 tacos):** Calories 430, Fat 23 g (Saturated 8 g, Trans 0.5 g), Cholesterol 90 mg, Sodium 125 mg, Carbohydrate 19 g (Fibre 3 g, Sugars 1 g), Protein 35 g.

## INSTRUCTIONS

1. Brown beef in a fry pan.
2. Stir seasoning with water and add to pan. Simmer with beef for 5 min, until thickened.
3. Spoon filling into taco shells. Add toppings, if desired.