



E P I C U R E™

WHAT'S FOR DINNER? 30-DAY MEAL PLAN

MARCH EXCLUSIVE



BETTER THAN TAKEOUT

E P I C U R E™

Meal options abound—follow either the package instructions on the Meal Solutions listed, or find inspiration with the fresh, new recipes (follow the links) within this guide. The weekly grocery lists break down what you need and have easy swaps to help you shop smarter and find ingredients to suit your family's taste. This guide is your perfect companion to helping you create hearty and healthy meals.

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 greens 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**.
- Prep dips ahead. Great to have on hand to round out meals!

WHAT'S FOR DINNER?

MARCH EXCLUSIVE

Follow the links to get your reicpe for each meal.
You'll also find tips there on how to perfectly balance your plate.

	<u>WEEK 1</u>	<u>WEEK 2</u>	<u>WEEK 3</u>	<u>WEEK 4</u>	<u>WEEK 5</u>
MON	SUNDRIED TOMATO MAC & CHEESE 4 servings \$4.66 CA \$3.96 US	SOUTHWEST BEEF & CABBAGE STIR-FRY 4 servings \$2.98 CA \$2.53 US	CHICKEN & MANGO CURRY SOUP 4 servings \$4.37 CA \$3.71 US	GINGERY TURKEY & RICE BOWL 4 servings \$3.41 CA \$2.90 US	GROUND BEEF & UDON NOODLE STIR-FRY 4 servings \$3.54 CA 2.78 \$ US
TUE	DONAIR 10 servings \$1.65 CA \$1.40 US	TURKEY & BROCCOLI SKILLET MEAL 4 servings \$4.87 CA \$4.12 US	STEAMER BEEF & BROCCOLI PASTA 4 servings \$3.02 CA \$2.57 US	NO FUSS PASTA BOLOGNESE 6 servings \$1.01 CA \$0.94 US	TANDOORI CHICKEN CURRY 4 servings \$4.83 CA \$4.11 US
WED	THAI COCONUT CHICKEN 4 servings \$4.60 CA \$3.91 US	EASY ASIAN LETTUCE WRAPS 4 servings \$1.71 CA \$1.27 US	SPEEDY LASAGNA 6 servings \$1.92 CA \$1.63 US	BUTTER CHICKEN 8 servings \$2.26 CA \$1.92 US	
THU	SHEET PAN GINGER SALMON 4 servings \$2.48 CA \$2.12 US	PULLED BUTTER CHICKEN SANDWICHES 4 servings \$4.28 CA \$3.64 US	CRISPY & CRUNCHY LETTUCE WRAPS 4 servings \$3.05 CA \$2.59 US	STEAMER THAI COCONUT SOUP 4 servings \$3.18 CA \$2.70 US	
FRI	CHICKEN TANDOORI 8 servings \$2.48 CA \$2.12 US	SHEPHERDS PIE 4 servings \$3.03 CA \$2.58 US	GREEN MONSTER MAC & CHEESE 4 servings \$1.97 CA \$1.67 US	SHEPHERDS PIE PASTA 4 servings \$3.13 CA \$2.39 US	
SAT	GREEN POWER BOWL 4 servings \$3.35 CA \$2.84 US	MEXICAN BLACK BEAN & AVOCADO WRAPS 4 servings \$3.07 CA \$2.61 US	SWEET GARLIC SHRIMP STIR-FRY 4 servings \$4.60 CA \$3.91 US	SAUCY AZTECA CHICKEN 4 servings \$3.39 CA \$2.89 US	
SUN	PORK CABBAGE ROLLS 4 servings \$2.17 CA \$1.84 US	SWEET GARLIC CHICKEN 4 servings \$3.20 CA \$2.72 US	SOBA NOODLE SALAD 4 servings 0.74 CA \$0.56 US	DONAIR SCRAMBLED EGGS 4 servings \$2.02 CA \$1.72 US	

GROCERY LIST

WEEK 1

PRODUCE

- 8–10 button mushrooms** (Pork Cabbage Rolls)
- 8 leaves savoy cabbage** (Pork Cabbage Rolls) | Swap: Napa or green cabbage
- 4 heads baby bok choy** (Sheet Pan Ginger Salmon) | Swap: Broccoli florets
- 2 bell peppers** (Thai Coconut Chicken)
- 2 carrots** (Pork Cabbage Rolls)
- 2 tomatoes** (Donair)
- 2 limes** | Swap: Bottled lime juice
 - 1 (Thai Coconut Chicken)
 - ½ (Chicken Tandoori)
 - ½ (Green Power Bowl)
- 1½ English cucumbers:**
 - 1 small (Green Power Bowl)
 - ½ (Donair)
- ½ avocado** (Green Power Bowl) | Swap: Frozen cubed avocado
- ½ head lettuce**, such as romaine or leafy green lettuce (Donair)
- ½ red onion** (Donair)
- 4 cups baby gem lettuce leaves** (Green Power Bowl) | Swap: Butter, romaine, or leafy green lettuce
- 2 cups baby spinach** (Sundried Tomato Mac & Cheese)
- 2 cups frozen edamame**, shelled (Green Power Bowl)
- 2 cups snap peas** (Thai Coconut Chicken) | Swap: Snow peas
- 1 cup snow peas** (Green Power Bowl) | Swap: Snap peas

PANTRY STAPLES

- 1 can (14 oz/398 ml) coconut milk**, preferably light (Thai Coconut Chicken)
- 1 jar (210 ml) julienned sundried tomatoes**, in oil (Sundried Tomato Mac & Cheese)
- 2 cups uncooked macaroni pasta** (Sundried Tomato Mac & Cheese)

- 2 cups uncooked rice**, such as jasmine or white rice:
 - 1 cup (Green Power Bowl)
 - 1 cup (Thai Coconut Chicken)
- 2½ tbsp oil:**
 - 2 tbsp, preferably olive (Sheet Pan Ginger Salmon)
 - ½ tbsp (Thai Coconut Chicken)
- 1 tbsp honey** (Sheet Pan Ginger Salmon) | Swap: Maple syrup
- 1 tbsp rice vinegar** (Sheet Pan Ginger Salmon)
- 1 tbsp + 2 tsp soy sauce**, preferably low-sodium:
 - 1 tbsp (Sheet Pan Ginger Salmon)
 - 2 tsp (Pork Cabbage Rolls)
- 2 tsp cornstarch** (Pork Cabbage Rolls)
- 1 tsp fish sauce**, optional (Thai Coconut Chicken)

PROTEIN

- 4 (4 oz/113 g each) salmon fillets** (Sheet Pan Ginger Salmon)
- 4 lbs (1.8 kg) boneless, skinless chicken breasts**, about 8 breasts:
 - 2 lbs/900 g (Chicken Tandoori)
 - 1 lb/450 g (Sundried Tomato Mac & Cheese)
 - 1 lb/450 g (Thai Coconut Chicken)
- 2 lbs (900 g) lean ground beef** (Donair)
- 1 lb (450 g) lean ground pork** (Pork Cabbage Rolls)
- 1 can (19 oz/540 ml) chickpeas** (Green Power Bowl)

DAIRY

- ½ cup milk**, your choice (Sundried Tomato Mac & Cheese)
- 2 tbsp butter**, optional (Sundried Tomato Mac & Cheese)
- 2 tbsp 2% plain yogurt** (Chicken Tandoori)
- 1 cup tzatziki** (Donair)

BAKERY

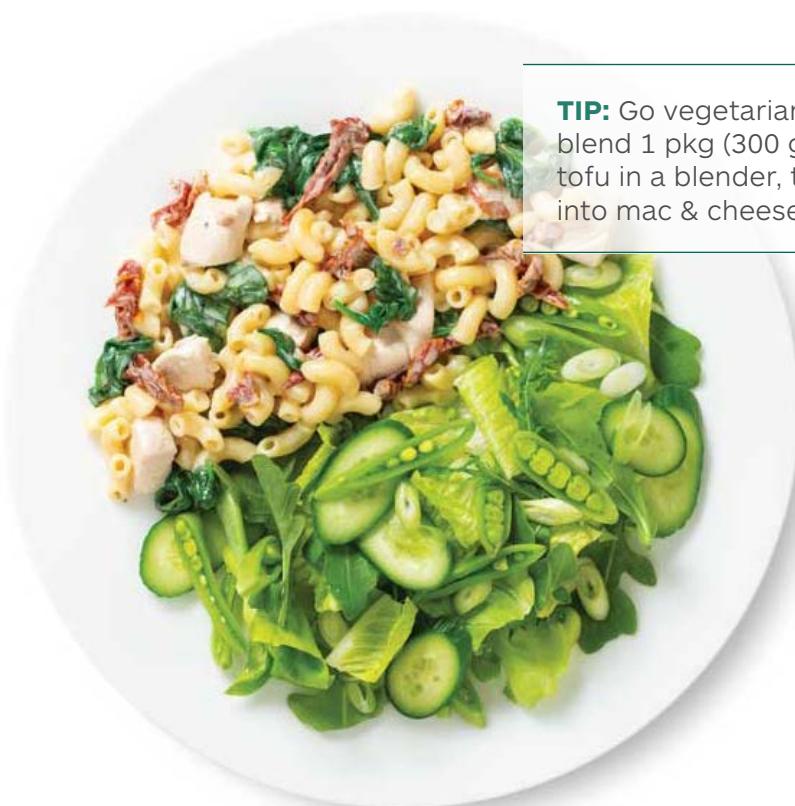
- 10 pitas**, preferably whole-wheat (Donair)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra lettuce and rice, and green beans.



SUNDRIED TOMATO MAC & CHEESE



TIP: Go vegetarian—simply blend 1 pkg (300 g) silken tofu in a blender, then stir into mac & cheese.

TOTAL TIME: 17 min **4 SERVINGS** **\$4.66 CA/\$3.96 US PER SERVING**

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

INGREDIENTS

1 lb (450 g) boneless, skinless chicken breasts, cubed
2 cups uncooked macaroni pasta
4 cups hot water
 $\frac{1}{3}$ cup milk, your choice
1 pkg **Mac & Cheese Seasoning**
2 tbsp butter, optional
1 jar (210 ml) julienned sundried tomatoes, in oil, drained
2 cups baby spinach

INSTRUCTIONS

- Place chicken in **Multipurpose Steamer**. Cover; microwave on high 3–4 min.
- 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.
- Add chicken, tomatoes, and spinach to mac & cheese. Stir to combine.

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.

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
 $\frac{1}{4}$ cup water
10 whole-wheat pitas
1 cup tzatziki, optional
2 tomatoes, sliced
 $\frac{1}{2}$ English cucumber, sliced
 $\frac{1}{2}$ red onion, thinly sliced
 $\frac{1}{2}$ head romaine or leafy green lettuce

INSTRUCTIONS

Microwave:

- In large bowl, combine seasoning with beef and water until well blended.
- Press into **Rectangular Steamer**. Cover and microwave on high for 13 min.
- To serve, thinly slice meat. Serve on pita with tzatziki sauce (if using), tomatoes, cucumber, red onion, and lettuce.

Oven:

- Preheat oven to 375° F.
- In large bowl, combine seasoning with beef and water until well blended.
- Press into 9" x 5" loaf pan. Bake in preheated oven for 1 hr.
- To serve, thinly slice meat. Serve on pita with tzatziki sauce (if using), tomatoes, cucumber, red onion, and 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.

THAI COCONUT CHICKEN



TOTAL TIME: 20 min



4 SERVINGS



\$4.60 CA/\$3.91 US PER SERVING

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

INGREDIENTS

1 cup uncooked jasmine or white rice
2 cups water
1 can (14 oz/398 ml) light coconut milk
1 pkg **Thai Coconut Soup Seasoning**
1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts
Sea Salt, to taste
Black Pepper, to taste
½ tbsp oil
1 tsp fish sauce, optional
2 bell peppers
2 cups snap peas
1 lime

INSTRUCTIONS

- In **Multipurpose Steamer**, combine rice and water. Top with tray; microwave uncovered, on high, 16–18 min, or until tender.
- In bowl, combine coconut milk and seasoning. Set aside.
- To thinly slice chicken, place one hand on one breast and press down firmly. Carefully slice meat horizontally. Repeat with remaining chicken. Season with salt and pepper.
- Heat oil in large sauté pan over medium-high heat. Add chicken; cook 4–5 min per side until cooked through. Place on a plate; cover to keep warm.
- In the same pan (don't wash), add coconut milk mixture and fish sauce, if using. Bring to a boil over high heat.
- Meanwhile, slice peppers and trim peas. Reduce heat to medium-high; add peppers and peas. Cook until tender-crisp and liquid has reduced slightly, about 2 min.
- Serve chicken over rice; spoon vegetables and sauce on top.

NUTRITIONAL INFO

Per serving: Calories 450, Fat 11 g (Saturated 6 g, Trans 0 g), Cholesterol 85 mg, Sodium 320 mg, Carbohydrate 53 g (Fibre 4 g, Sugars 8 g), Protein 33 g.

SHEET PAN GINGER SALMON



TIP: Though it doesn't look like typical cabbage, baby bok choy is part of the Chinese cabbage family. It's more tender and less bitter than full-sized bok choy.

TOTAL TIME: 15 min **4 SERVINGS** **\$2.48 CA/\$2.12 US PER SERVING**

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

INGREDIENTS

2 tbsp Sesame Ginger Dressing Mix
2 tbsp olive oil
1 tbsp liquid honey or maple syrup
1 tbsp low-sodium soy sauce
1 tbsp rice vinegar
4 (4 oz/113 g each) salmon fillets
4 heads baby bok choy
Sea Salt, to taste
Black Pepper, to taste

INSTRUCTIONS

1. Preheat oven to 400° F.
2. In a bowl, whisk together dressing mix, oil, honey, soy sauce, and vinegar. Add salmon, gently tossing to coat.
3. Trim ends of bok choy. Cut in half lengthwise. If one bunch is larger than the others, cut in quarters lengthwise.
4. Place salmon on **1/4 Sheet Pan** lined with **1/4 Sheet Pan Liner**. Toss bok choy with remaining marinade. Place on a separate **1/4 Sheet Pan** lined with **1/4 Sheet Pan Liner**. Bake, 7 min, until salmon is cooked through and bok choy stalks are tender.
5. Add salt and pepper to taste.

NUTRITIONAL INFO

Per serving: Calories 270, Fat 14 g (Saturated 2 g, Trans 0 g), Cholesterol 60 mg, Sodium 250 mg, Carbohydrate 10 g (Fibre 1 g, Sugars 7 g), Protein 24 g.

CHICKEN TANDOORI



TOTAL TIME: 18 min **8 SERVINGS** **\$2.48 CA/\$2.12 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup steamed green beans and 1 cup rice.

INGREDIENTS

1 pkg **Tandoori Chicken Curry Seasoning**
2 tbsp lime juice
2 tbsp 2% yogurt
2 lbs (900 g) boneless, skinless chicken breasts

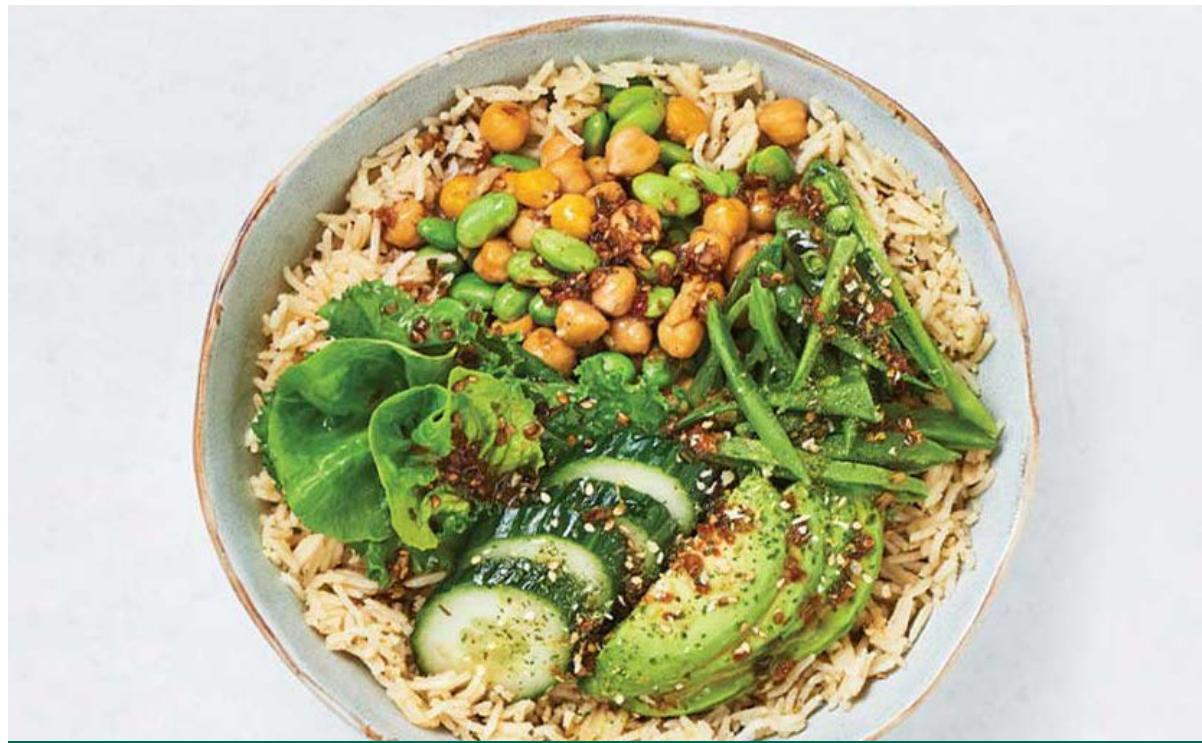
NUTRITIONAL INFO

Per serving: Calories 150, Fat 3.5 g (Saturated 0.5 g, Trans 0 g), Cholesterol 85 mg, Sodium 60 mg, Carbohydrate 3 g (Fibre 1 g, Sugars 1 g), Protein 26 g.

INSTRUCTIONS

1. Preheat oven to 400 °F.
2. In a large bowl, whisk together seasoning, lime juice, and yogurt.
3. Cut chicken into bite-sized pieces. Add to bowl and coat with sauce. Arrange on a **Sheet Pan** lined with **Sheet Pan Liner**.
4. Roast 15–18 min, or until cooked.

GREEN POWER BOWL



TOTAL TIME: 20 min



4 SERVINGS



\$3.35 CA/\$2.84 US PER SERVING

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

INGREDIENTS

1 cup uncooked white rice
2 cups water
1 tbsp **Miso Broth Mix**
1 can (19 oz/540 ml) chickpeas
2 cups frozen edamame, defrosted
1½ tbsp lime juice
1–1½ tbsp **Asian Stir-Fry Seasoning**
1 small English cucumber
½ avocado
1 cup snow peas
4 cups baby gem lettuce leaves
¼ cup **Sesame Ginger Dressing**, prepared
Toppings (optional): Garlic & Onion Nutritional Yeast Topper, pickled ginger, red onion rings

INSTRUCTIONS

1. Stir together rice, water, and broth mix in **Multipurpose Steamer**. Top with tray; microwave uncovered, on high, 16–18 min.
2. Meanwhile, drain and rinse chickpeas. Place in bowl with edamame, lime juice, and seasoning. Toss to combine.
3. Cut cucumber into rounds. Slice avocado.
4. Once cooked, divide half of rice between four bowls; reserve remaining rice for use at a later date. Arrange chickpea mixture, cucumbers, avocado, snow peas, and lettuce in bowls. Drizzle dressing on top; add additional toppings, if desired.

NUTRITIONAL INFO

Per serving: Calories 460, Fat 14 g (Saturated 1 g, Trans 0 g), Cholesterol 0 mg, Sodium 610 mg, Carbohydrate 70 g (Fibre 14 g, Sugars 6 g), Protein 19 g.

PORK CABBAGE ROLLS



TIP: For a twist, serve with tomato sauce seasoned with pinches of curry.



TOTAL TIME: 20 min



4 SERVINGS



\$2.17 CA/\$1.84 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with $\frac{1}{2}$ cup rice and 1 tbsp **Sesame Ginger Dressing**.

INGREDIENTS

8 leaves savoy cabbage
8-10 button mushrooms
2 carrots
1 lb (450 g) lean ground pork
2 tbsp **Asian Stir-Fry Seasoning**
2 tsp each cornstarch and low-sodium soy sauce

NUTRITIONAL INFO

Per serving (2 rolls): Calories 310, Fat 18 g (Saturated 7 g, Trans 0.2 g), Cholesterol 75 mg, Sodium 220 mg, Carbohydrate 12 g (Fibre 4 g, Sugars 4 g), Protein 25 g.

INSTRUCTIONS

1. Place leaves in a **Multipurpose Steamer**; cover with lid (it's ok if not snug!). Microwave on high at 1 min intervals until wilted, about 3 min. Spread leaves out on the counter to cool.
2. Meanwhile, finely chop mushrooms. You'll need about 2 cups. Using a box grater, coarsely grate carrots. In a large bowl, combine pork, mushrooms, carrots, seasoning, cornstarch, and soy sauce.
3. To assemble, cut out and discard thick stem end from the bottom of each leaf; this will make them easier to roll. Divide filling between leaves. Fold 1 end and both sides over filling; roll up. Tuck rolls, seam-side down, in **Multipurpose Steamer**; it's OK if they overlap.
4. Cover; microwave on high until rolls are firm, about 7 min. Using tongs, remove to plates; discard liquid. Serve warm.

GROCERY LIST

WEEK 2

PRODUCE

- 8–16 lettuce leaves**, about 1 head (Easy Asian Lettuce Wraps) | Try: Butter or iceberg lettuce
- 5 sweet potatoes:**
 - 3 small (Sweet Garlic Chicken)
 - 2 large (Turkey & Broccoli Skillet Meal)
- 1 avocado** (Mexican Black Bean & Avocado Wraps) | Swap: Frozen cubed avocado
- 1 bell pepper** (Mexican Black Bean & Avocado Wraps)
- ½ bunch fresh cilantro** (Pulled Butter Chicken Sandwich)
- ½ lemon** (Pulled Butter Chicken Sandwich) | Swap: Bottled lemon juice
- ½ lime** (Mexican Black Bean & Avocado Wraps) | Swap: Bottled lime juice
- 2 lbs (900 g) potatoes**, Russet or Yukon Gold (Shepherds Pie)
- 6 cups shredded coleslaw mix**
 - 5 cups (Southwest Beef & Cabbage Stir-Fry)
 - 1 cup (Easy Asian Lettuce Wraps)
- 4 cups broccoli florets** (Turkey & Broccoli Skillet Meal)
- 2 cups diced mixed vegetables**, fresh or frozen (Shepherds Pie)
- 1 cup corn niblets** (Southwest Beef & Cabbage Stir-Fry)
- 1 cup baby spinach** (Mexican Black Bean & Avocado Wraps)

PANTRY STAPLES

- Oil:**
 - 1 tbsp (Easy Asian Lettuce Wraps)
 - 1 tbsp (Sweet Garlic Chicken)
 - ½ tbsp (Turkey & Broccoli Skillet Meal)
 - 1 tsp (Southwest Beef & Cabbage Stir-Fry)
- 1 can (28 oz/796 ml) diced tomatoes** (Southwest Beef & Cabbage Stir-Fry)
- ½ can (14 oz/398 ml) coconut milk** (Pulled Butter Chicken Sandwich)

- ½ can (5.5 oz/156 ml) tomato paste** (Pulled Butter Chicken Sandwich)
- 1 cup uncooked white rice** (Southwest Beef & Cabbage Stir-Fry)
- ¼ cup rice vinegar** (Easy Asian Lettuce Wraps)
- 2½ tbsp soy sauce**, preferably low-sodium (Easy Asian Lettuce Wraps)

PROTEIN

- 3 lbs (1.36 kg) lean ground beef** | Swap: Ground chicken, pork, or soy ground round
 - 1 lb/450 g (Easy Asian Lettuce Wraps)
 - 1 lb/450 g (Shepherds Pie)
 - 1 lb/450 g (Southwest Beef & Cabbage Stir-Fry)
- 1 lb (450 g) boneless, skinless chicken breasts**, about 2 breasts (Pulled Butter Chicken Sandwich)
- 1 lb (450 g) boneless, skinless chicken thighs** (Sweet Garlic Chicken)
- 1 lb (450 g) lean ground turkey** (Turkey & Broccoli Skillet Meal) | Swap: Soy ground round
- 2 cans (14 oz/398 ml each) low-sodium black beans** (Mexican Black Bean & Avocado Wraps)

DAIRY

- 1 cup grated cheese**, your choice (Turkey & Broccoli Skillet Meal)
- 1½ cups 2% plain Greek yogurt:**
 - ½ cup (Mexican Black Bean & Avocado Wraps)
 - ½ cup (Pulled Butter Chicken Sandwich)
 - ½ cup (Turkey & Broccoli Skillet Meal)
- ½ cup milk**, your choice (Shepherds Pie)
- 1 tbsp unsalted butter** (Pulled Butter Chicken Sandwich)

BAKERY

- 4 burger buns**, preferably whole-grain (Pulled Butter Chicken Sandwich)
- 4 large tortillas**, preferably whole-wheat (Mexican Black Bean & Avocado Wraps)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra broccoli, bell peppers, lemons, spinach, and rice (if you don't have any left over from last week).



SOUTHWEST BEEF & CABBAGE STIR-FRY



TIP: Go vegetarian—replace beef with soy ground round or crumbed firm tofu.

TOTAL TIME: 17 min **4 SERVINGS** **\$2.98 CA/\$2.53 US PER SERVING**

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

INGREDIENTS

1 cup uncooked white rice
2½ cups hot water
1 tsp oil
1 lb (450 g) lean ground beef
1 pkg **Pulled Chicken Seasoning**
1 can (28 oz/796 ml) diced tomatoes
1 cup corn niblets
5 cups coleslaw mix
Sea Salt, to taste
Black Pepper, to taste
Toppings (optional): guacamole, salsa

INSTRUCTIONS

1. Place rice in **Multipurpose Steamer**. Stir in hot water. Cover; microwave on high until tender and water has absorbed, 15 min.
2. Meanwhile, heat oil in a wok over medium-high heat.
3. Add beef and seasoning. Reduce heat to medium; cook, using **Ground Meat Separator** to break up chunks, until beef is browned, 3–4 min.
4. Drain tomatoes, then add to wok with corn and coleslaw mix. Stir-fry until coleslaw mix is tender-crisp, 2–3 min.
5. Serve with rice and season to taste with salt and pepper. Add toppings if desired.

NUTRITIONAL INFO

Per serving: Calories 510, Fat 14 g (Saturated 5 g, Trans 0.4 g), Cholesterol 60 mg, Sodium 360 mg, Carbohydrate 62 g (Fibre 8 g, Sugars 9 g), Protein 32 g.

TURKEY & BROCCOLI SKILLET MEAL



TOTAL TIME: 18 min 4 SERVINGS \$4.87 CA/\$4.12 US PER SERVING

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

INGREDIENTS

1 cup water
½ cup 2% plain Greek yogurt
1 pkg Beef & Broccoli Stir-Fry Seasoning
2 large sweet potatoes
½ tbsp oil
1 lb (450 g) lean ground turkey or soy ground round
4 cups broccoli florets
1 cup grated cheese, your choice
Toppings (optional): extra grated cheese, chopped parsley

NUTRITIONAL INFO

Per serving: Calories 460, Fat 21 g (Saturated 9 g, Trans 0.1 g), Cholesterol 110 mg, Sodium 390 mg, Carbohydrate 34 g (Fibre 6 g, Sugars 13 g), Protein 37 g.

INSTRUCTIONS

1. In bowl, whisk together water, yogurt, and seasoning. Set aside.
2. Peel and cut sweet potatoes. Place in **Multipurpose Steamer**. Cover; microwave on high 6 min or until cooked.
3. Meanwhile, heat oil in a sauté pan over high heat. Crumble in turkey; cook, breaking up meat using **Ground Meat Separator**, until the meat is cooked through, about 6 min. Add broccoli; cover and steam 2 min.
4. Reduce heat, add reserved seasoning mixture and cooked sweet potatoes; stir to combine.
5. Sprinkle with grated cheese and cover until cheese has melted.

EASY ASIAN LETTUCE WRAPS



TIP: Swap ground beef for soy ground round for a vegetarian friendly option.

TOTAL TIME: 10 min **4 SERVINGS** **\$1.71 CA/\$1.27 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced vegetables, ½ cup cooked rice, and 2 tbsp Epicure Dip.

INGREDIENTS

1 lb (450 g) lean ground beef, chicken, pork, or soy
2½ tbsp low-sodium soy sauce, divided
1 tbsp **Asian Stir-Fry Seasoning**
1 tbsp **Sesame Ginger Dressing Mix**
¼ cup rice vinegar
1 tbsp oil
1 cup coleslaw mix
8–16 leaves butter or iceberg lettuce

INSTRUCTIONS

- In **Multipurpose Steamer**, combine meat, 1 tbsp soy sauce, and seasoning. Cover and microwave on high until meat is cooked through, 3–5 min.
- In a bowl, whisk together dressing mix, rice vinegar, remaining soy sauce, and oil. Add coleslaw; toss to mix.
- To serve, spoon meat into each lettuce leaf (use 2 leaves per wrap for a heartier serving).

NUTRITIONAL INFO

Per serving (2 lettuce wraps): Calories 370, Fat 21 g (Saturated 7 g, Trans 0.5 g), Cholesterol 90 mg, Sodium 480 mg, Carbohydrate 9 g (Fibre 3 g, Sugars 4 g), Protein 35 g.

PULLED BUTTER CHICKEN SANDWICH



TIP: Canned coconut milk has a thick layer on top—make sure to stir well prior to measuring out half the can for the recipe.

TOTAL TIME: 20 min **4 SERVINGS** **\$4.28 CA/\$3.64 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup veggies on the side (or in your sandwich!).

INGREDIENTS

1 pkg Butter Chicken Seasoning
½ can (14 oz/398 ml) coconut milk
½ can (5.5 oz/156 ml) tomato paste
1 tbsp unsalted butter, melted
1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts
½ bunch fresh cilantro
½ cup 2% plain Greek yogurt
½ tbsp lemon juice
Sea Salt, to taste
Black Pepper, to taste
4 whole-grain burger buns, toasted

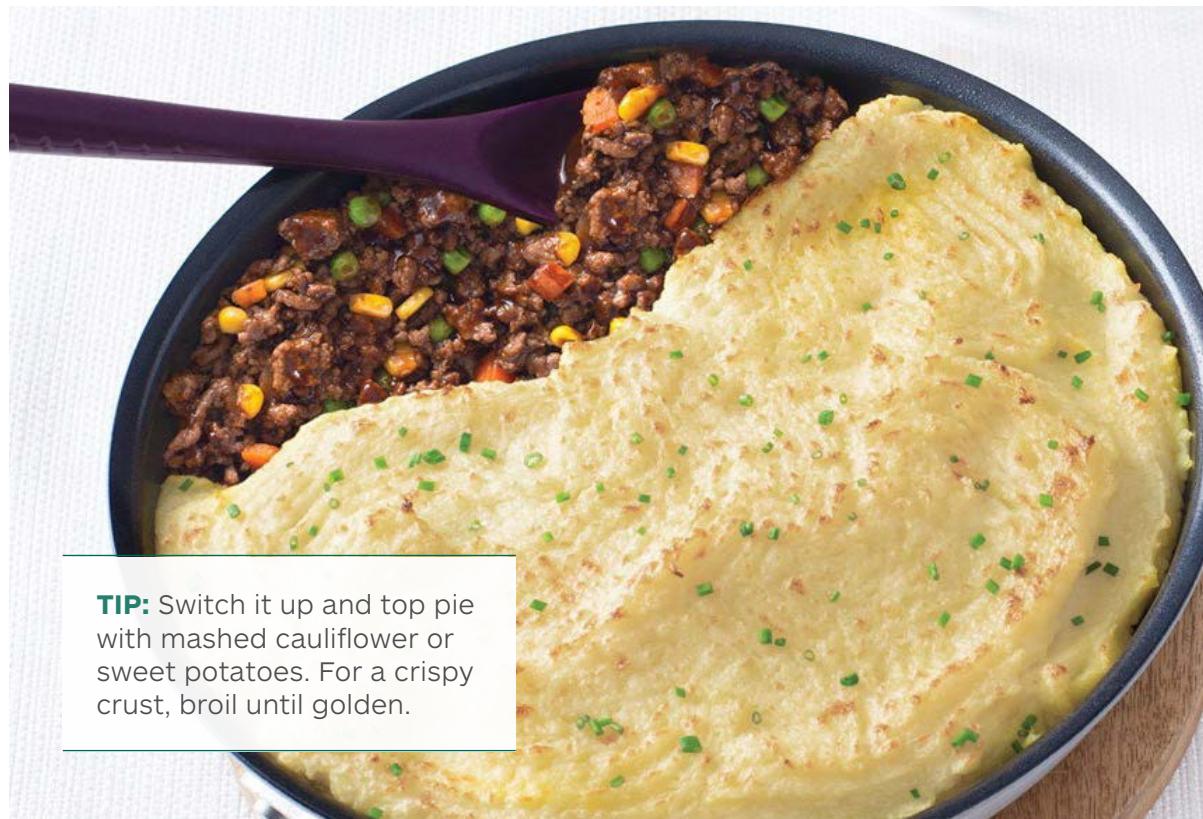
NUTRITIONAL INFO

Per serving: Calories 450, Fat 19 g (Saturated 12 g, Trans 0.1 g), Cholesterol 95 mg, Sodium 340 mg, Carbohydrate 35 g (Fibre 6 g, Sugars 6 g), Protein 35 g.

INSTRUCTIONS

1. In Multipurpose Steamer, whisk together seasoning, coconut milk, tomato paste, and butter. The sauce will be thick. Add chicken breasts; press down firmly and flip to coat with some of the sauce. Cover; microwave on high, 9 min, or until cooked through.
2. Meanwhile, prepare yogurt sauce. Discard cilantro stems. Coarsely chop leaves; place in a bowl. Stir in yogurt and lemon juice. Taste and season with salt and pepper.
3. Once chicken is cooked, let rest 2 min, then uncover. Remove chicken to a cutting board. Using 2 forks, shred chicken. Stir back into sauce (in steamer), including any juices on the cutting board.
4. Divide chicken mixture on bottom half of each bun; spread top bun with yogurt sauce, then cover.

SHEPHERDS PIE



TIP: Switch it up and top pie with mashed cauliflower or sweet potatoes. For a crispy crust, broil until golden.

TOTAL TIME: 20 min **4 SERVINGS** **\$3.03 CA/\$2.58 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy green salad with fresh lemon wedge.

INGREDIENTS

1 pkg Shepherd's Pie Seasoning
1¼ cup water
2 lbs (900 g) potatoes, Russet or Yukon Gold
1 lb (450 g) lean ground beef
2 cups diced mixed vegetables, fresh or frozen
½ cup milk, your choice
Toppings (optional): chopped chives or sliced green onion

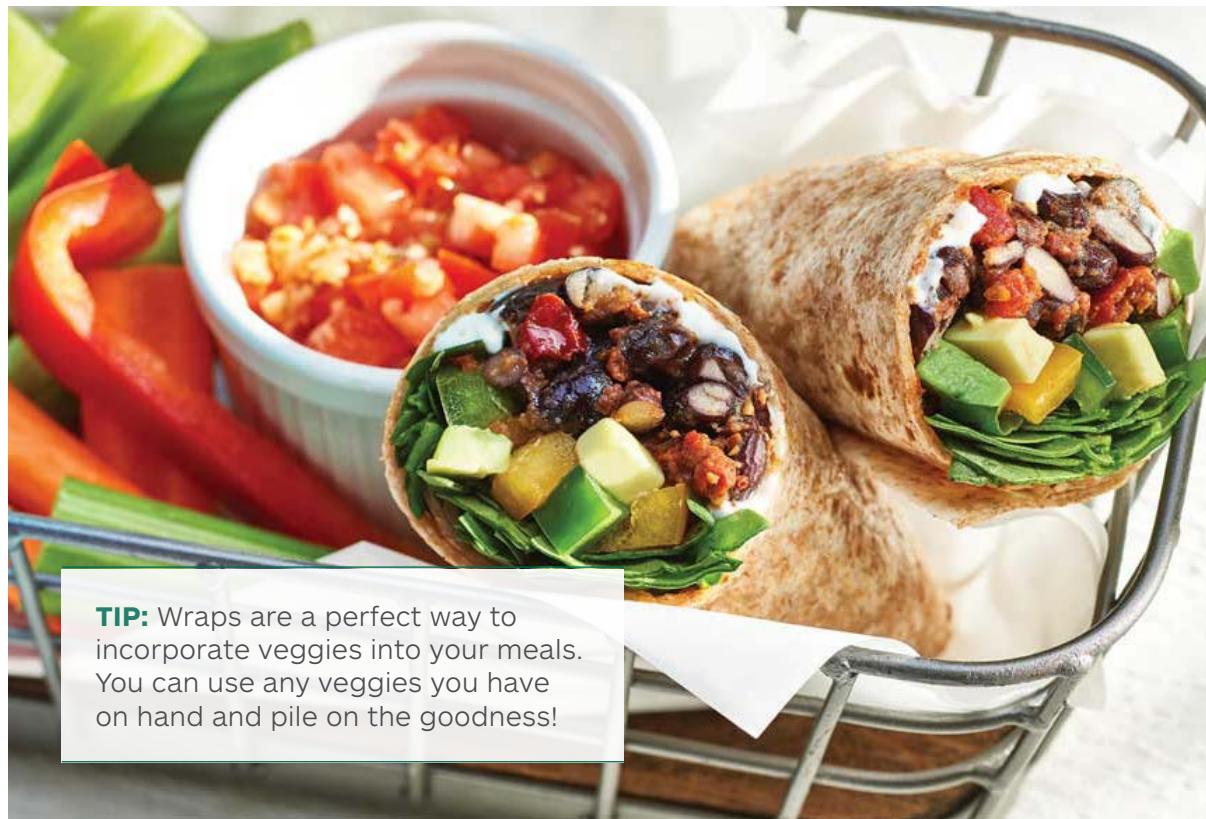
NUTRITIONAL INFO

Per serving: Calories 500, Fat 13 g (Saturated 5 g, Trans 0 g), Cholesterol 60 mg, Sodium 540 mg, Carbohydrate 64 g (Fibre 3 g, Sugars 3 g), Protein 32 g.

INSTRUCTIONS

1. In a bowl, stir seasoning into water; set aside.
2. Peel and cube potatoes. Microwave in **Multipurpose Steamer**, covered, on high for 8–10 min.
3. Meanwhile, brown beef in a fry pan over medium-high heat. Stir in seasoning mixture. Bring to a boil, reduce heat, and stir while simmering for 2 min. Stir in vegetables and heat through.
4. Using the **Ground Meat Separator**, mash potatoes with milk. Top meat mixture with potatoes and chives or green onions, if desired.

MEXICAN BLACK BEAN & AVOCADO WRAPS



TIP: Wraps are a perfect way to incorporate veggies into your meals. You can use any veggies you have on hand and pile on the goodness!

TOTAL TIME: 15 min **4 SERVINGS** **\$3.07 CA/\$2.61 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup of your favourite veggies.

INGREDIENTS

2 cans (14 oz/398 ml each) low sodium black beans
1 pkg **Azteca Tortilla Soup Seasoning**
½ cup 2% plain Greek yogurt
1 tbsp lime juice
1 bell pepper
1 avocado
1 cup spinach
4 large whole-wheat tortillas, warmed

NUTRITIONAL INFO

Per serving: Calories 400, Fat 9 g (Saturated 1.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 510 mg, Carbohydrate 68 g (Fibre 22 g, Sugars 6 g), Protein 21 g.

INSTRUCTIONS

1. Drain and rinse beans. In **Multipurpose Steamer**, combine beans and seasoning. Cover; microwave on high 2–3 min, or until warmed through. Once warmed, smash lightly with a fork.
2. Meanwhile, in small bowl, combine yogurt and lime juice. Set aside.
3. Dice bell pepper and avocado. Thinly slice spinach.
4. To assemble, spread 2 tbsp yogurt mix on each warm tortilla. Top with beans, bell pepper, avocado, and spinach. Roll tightly.

SWEET GARLIC CHICKEN



TIP: Make it vegan by replacing 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 Sheet Pan. Roast 16–18 min, or until cooked through.

GROCERY LIST

WEEK 3

PRODUCE

- 16 lettuce leaves**, about 1 small head (Crispy & Crunchy Lettuce Wraps) | Try: Butter, iceberg, or romaine lettuce
- 2 bell peppers** (Crispy & Crunchy Lettuce Wraps)
- 2 bunches broccolini** (Sweet Garlic Shrimp Stir-Fry) | Swap: Broccoli florets
- 1 large carrot** (Soba Noodle Salad)
- 1 green onion** (Soba Noodle Salad)
- ½ head Napa cabbage** (Soba Noodle Salad) | Swap: Green or savoy cabbage
- 6 cups broccoli florets:**
 - 4 cups (Steamer Beef & Broccoli Pasta)
 - 2 cups (Mango Curry Chicken Soup)
- 5 cups baby spinach:**
 - 4 cups (Speedy Lasagna)
 - 1 cup (Green Monster Mac & Cheese)
- 4½ cups frozen edamame**, shelled:
 - 2½ cups (Green Monster Mac & Cheese)
 - 2 cups (Sweet Garlic Shrimp Stir-Fry)
- 2 cups shredded purple cabbage**, about ¼ head (Sweet Garlic Shrimp Stir-Fry) | Swap: Shredded coleslaw mix
- 2 cups frozen mango chunks** (Mango Curry Chicken Soup)

PANTRY STAPLES

- Oil:**
 - 2 tbsp, preferably sesame oil (Sweet Garlic Shrimp Stir-Fry)
 - 1 tbsp (Soba Noodle Salad)
 - 2 tsp (Mango Curry Chicken Soup)
 - 1 tsp, preferably sesame oil (Crispy & Crunchy Lettuce Wraps)
- 9 oven-ready lasagna noodles** (Speedy Lasagna)
- 1 can (14 oz/398 ml) coconut milk**, preferably light (Mango Curry Chicken Soup)
- 1 can (14 oz/398 ml) crushed tomatoes** (Speedy Lasagna)

- ½ pkg (14 oz/400 g) rice noodles** (Sweet Garlic Shrimp Stir-Fry)
- ½ pkg (12.9 oz/360 g) buckwheat soba noodles** (Soba Noodle Salad)
- 2 cups broth**, your choice, preferably low-sodium (Mango Curry Chicken Soup)
- 2 cups uncooked rotini pasta** (Green Monster Mac & Cheese) | Swap: Small pasta shells, macaroni
- 2 cups uncooked small pasta shells** (Steamer Beef & Broccoli Pasta)
- ½ cup slivered almonds** (Soba Noodle Salad)
- 2 tbsp rice vinegar** (Soba Noodle Salad)
- 2 tbsp sunflower seeds** (Soba Noodle Salad)
- ½ tbsp cornstarch** (Sweet Garlic Shrimp Stir-Fry)
- 3 tsp soy sauce**, preferably low-sodium:
 - 2 tsp (Soba Noodle Salad)
 - 1 tsp (Crispy & Crunchy Lettuce Wraps)

PROTEIN

- 2 eggs** (Speedy Lasagna)
- 1 lb (450 g) extra lean ground beef** (Steamer Beef & Broccoli Pasta)
- 1 lb (450 g) boneless, skinless chicken breasts**, about 2 breasts (Mango Curry Chicken Soup)
- 1 lb (450 g) ground pork** (Crispy & Crunchy Lettuce Wraps) | Swap: Ground chicken or beef
- 1 pkg (340 g) frozen, peeled shrimp** (Sweet Garlic Shrimp Stir-Fry)

DAIRY

- 1 pkg (500 ml) ricotta**, about 2 cups (Speedy Lasagna)
- ½ cup milk**, your choice (Green Monster Mac & Cheese)
- 1 cup shredded mozzarella** (Speedy Lasagna)
- 2 tbsp butter** (Green Monster Mac & Cheese)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra spinach and lettuce, dinner rolls, and lean protein of your choice.



MANGO CURRY CHICKEN SOUP



TOTAL TIME: 20 min **4 SERVINGS** **\$4.37 CA/\$3.71 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 dinner roll or ½ cup rice (try adding it to the soup!).

INGREDIENTS

- 2 tsp oil
- 1 lb (450 g) boneless, skinless chicken breasts
- 2 cups broccoli florets
- 2 tbsp **Mango Curry Dip Mix**
- 2 cups low-sodium broth, your choice
- 1 can (14 oz/398 ml) light coconut milk
- 2 cups frozen mango chunks
- Toppings** (optional): Cilantro, sliced red onion

NUTRITIONAL INFO

Per serving (about 2 cups): Calories 360, Fat 14 g (Saturated 7 g, Trans 0 g), Cholesterol 85 mg, Sodium 180 mg, Carbohydrate 29 g (Fibre 4 g, Sugars 14 g), Protein 31 g.

INSTRUCTIONS

1. In **Wok**, heat oil over medium-high heat. Meanwhile, cut chicken into bite-sized pieces; add to wok.
2. Stir-fry 5 min or until the sides start to turn white. The chicken won't be fully cooked yet and that's OK. Add broccoli; sprinkle with dip mix and stir to coat.
3. Add broth, coconut milk, and mango. Increase to high heat and cover until the soup begins to boil. Once the soup is boiling, stir. Decrease heat and simmer about 3–4 min, covered, to allow flavours to combine. Spoon into bowls, add toppings if desired, and serve.

STEAMER BEEF & BROCCOLI PASTA



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 Epicure 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

- 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**.
- 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.
- Meanwhile, cut broccoli into bite-sized pieces, as needed.
- Add broccoli to steamer. Cover; microwave another 4 min until pasta is cooked.
- Season with salt and pepper, to taste. Spoon into bowls and add toppings, if desired.

SPEEDY LASAGNA



TIP: Make it your way! Use gluten-free or classic noodles. Add cooked ground meat or shredded chicken.

TOTAL TIME: 20 min **6 SERVINGS** **\$1.92 CA/\$1.63 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy green salad with 2 tsp Epicure dressing.

INGREDIENTS

1 pkg Speedy Lasagna Seasoning
1 can (14 oz/398 ml) crushed tomatoes
 $\frac{1}{2}$ cup water
2 eggs
1 pkg (500 ml) ricotta, about 2 cups
4 cups baby spinach
9 oven-ready lasagna noodles
1 cup shredded mozzarella

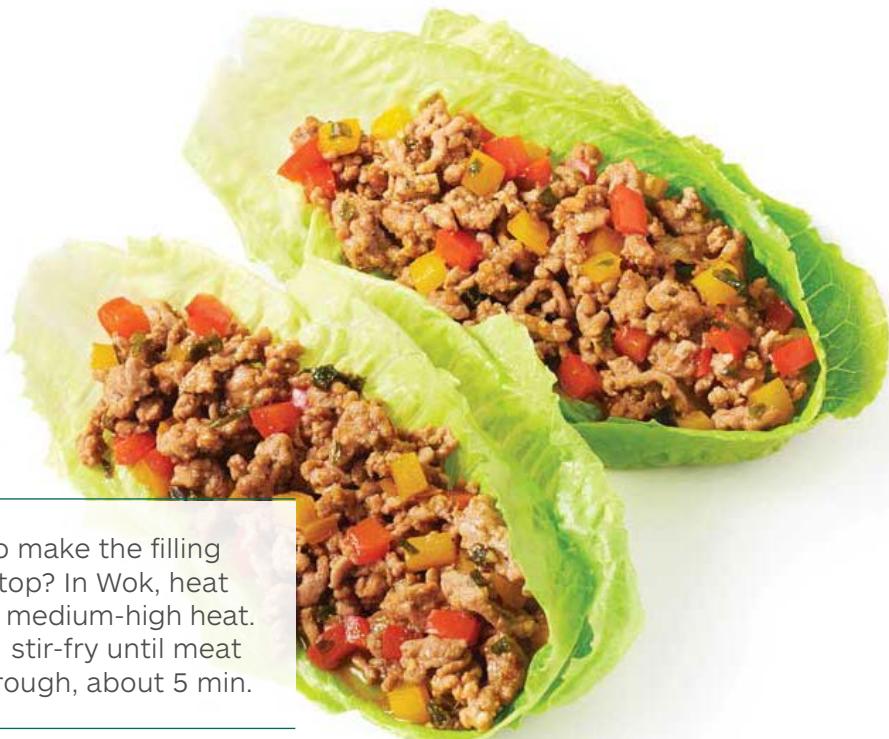
NUTRITIONAL INFO

Per serving: Calories 380, Fat 18 g (Saturated 10 g, Trans 0 g), Cholesterol 120 mg, Sodium 290 mg, Carbohydrate 33 g (Fibre 2 g, Sugars 2 g), Protein 22 g.

INSTRUCTIONS

1. In bowl, stir seasoning with crushed tomatoes and water to make sauce.
2. In separate large bowl, whisk eggs. Stir in ricotta and baby spinach.
3. To assemble, spread $\frac{1}{2}$ cup tomato sauce on bottom of **Multipurpose Steamer**. Top with three noodles, breaking to fit, if necessary.
4. Add half the spinach mixture and $\frac{1}{2}$ cup sauce. Add another layer of three noodles, and remaining spinach mixture.
5. Top with last three noodles and remaining sauce.
6. Cover; microwave on high for 15 min. Uncover and sprinkle with cheese. If desired, cover and let rest for 3–5 min so lasagna can set before cutting and serving.

CRISPY & CRUNCHY LETTUCE WRAPS



TIP: Prefer to make the filling on the stovetop? In Wok, heat 1 tsp oil over medium-high heat. Add mixture; stir-fry until meat is cooked through, about 5 min.

TOTAL TIME: 15 min **4 SERVINGS** **\$3.05 CA/\$2.59 US PER SERVING**

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

INGREDIENTS

2 bell peppers
1 pkg **Crispy & Crunchy Lettuce Wrap Seasoning**
1 lb (450 g) ground pork
1 tbsp water
1 tsp sesame oil
1 tsp soy sauce
16 lettuce leaves, about small 1 head
Toppings (optional): Sriracha or hoisin sauce

INSTRUCTIONS

- Dice bell peppers and place in a large bowl. Mix in seasoning, ground pork, water, oil, and soy sauce.
- In **Multipurpose Steamer**, evenly crumble in meat mixture. Cover; cook on high 5–6 min or until meat is cooked through. Use **Ground Meat Separator** to break up chunks halfway through cooking. Drain off any excess liquid.
- To assemble, make eight sets of two stacked lettuce leaves. Top each stack with about $\frac{1}{2}$ cup filling. Drizzle with toppings, if desired.

NUTRITIONAL INFO

Per serving (2 wraps): Calories 290, Fat 18 g (Saturated 6 g, Trans 0 g), Cholesterol 75 mg, Sodium 240 mg, Carbohydrate 8 g (Fibre 2 g, Sugars 3 g), Protein 22 g.

GREEN MONSTER MAC & CHEESE



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

TOTAL TIME: 17 min **4 SERVINGS** **\$1.97 CA/\$1.67 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
 $\frac{1}{2}$ 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.

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 cornstarch
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

- 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.
- Meanwhile, in another bowl, stir seasoning with water, cornstarch, and 1 tbsp sesame oil. Set aside.
- 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.
- Add reserved seasoning mixture and cabbage; stir-fry, about 1 min, until cabbage is slightly wilted.
- Drain and rinse noodles; place on large serving platter and top with prepared stir-fry.

SOBA NOODLE SALAD



TOTAL TIME: 20 min



4 SERVINGS



\$0.74 CA/\$0.56 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup cooked, sliced chicken, beef, shrimp, or cubed tofu, and 1 cup baby spinach.

INGREDIENTS

½ pkg (12.8 oz/360 g) buckwheat soba noodles
1½ tsp **Sesame Ginger Dressing Mix**
2 tbsp rice vinegar
2 tsp low sodium soy sauce
1 tbsp oil
1 large carrot
1 green onion
½ head Napa cabbage
½ cup slivered almonds
2 tbsp sunflower seeds
2 tsp **Asian Stir-Fry Seasoning**

INSTRUCTIONS

1. Cook noodles according to package directions.
2. Meanwhile, in a large bowl, whisk together dressing mix, vinegar, soy sauce, and oil.
3. Grate carrot. Thinly slice green onion and cabbage.
4. Drain noodles, then add to bowl with dressing. Add veggies, almonds, seeds, and seasoning; toss to mix.

NUTRITIONAL INFO

Per serving: Calories 310, Fat 14 g (Saturated 1 g, Trans 0 g), Cholesterol 0 mg, Sodium 240 mg, Carbohydrate 41 g (Fibre 5 g, Sugars 4 g), Protein 11 g.

GROCERY LIST

WEEK 4

PRODUCE

- 2 heads baby bok choy** (Steamer Thai Coconut Soup) | Swap: *Broccoli*
- 2 bell peppers:**
 - 1 (Donair Scrambled Eggs)
 - 1 (Saucy Azteca Chicken)
- 2 large carrots** (Gingery Turkey & Rice Bowl)
- 1 large onion** (Butter Chicken)
- 1 large sweet potato** (Steamer Thai Coconut Soup)
- 1 large Yukon Gold Potato** (Donair Scrambled Eggs) | Swap: *Small sweet potato*
- 1 zucchini** (Saucy Azteca Chicken)
- ½ lime**, optional (Steamer Thai Coconut Soup)
- 4 cups baby spinach** (Shepherds Pie Pasta)
- 4 cups shredded coleslaw mix** (Gingery Turkey & Rice Bowl)
- 2 cups baby arugula** (Donair Scrambled Eggs) | Swap: *Spinach*
- 2 cups frozen peas** (Shepherds Pie Pasta)
- 1 cup sliced mushrooms** (Steamer Thai Coconut Soup)

PANTRY STAPLES

- Oil:**
 - 1 tbsp (Gingery Turkey & Rice Bowl)
 - 2 tsp (No Fuss Pasta Bolognese)
 - 2 tsp (Saucy Azteca Chicken)
 - 1 tsp, preferably olive oil (Donair Scrambled Eggs)
 - 1 tsp (Shepherds Pie Pasta)
- 2 cans** (14 oz/398 ml each) coconut milk
 - 1 can (Butter Chicken)
 - 1 can (Steamer Thai Coconut Soup)
- 2 cans (14 oz/398 ml each) crushed tomatoes:**
 - 1 can (No Fuss Pasta Bolognese)
 - ½ can (Butter Chicken)
 - ½ can (Saucy Azteca Chicken)
- 2 cans (14 oz/398 ml) diced tomatoes**, preferably no salt added:
 - 1 can (No Fuss Pasta Bolognese)
 - 1 can (Shepherds Pie Pasta)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra baby spinach, rice, and carrots, as well as sliced bread, avocado, and cherry tomatoes.

- 2 cups uncooked penne pasta** (Shepherds Pie Pasta)
- 1 cup chicken broth** (Saucy Azteca Chicken) | Swap: Vegetable broth
- 1 tbsp hot sauce**, optional (Gingery Turkey & Rice Bowl)
- 1 tbsp soy sauce**, preferably low-sodium (Gingery Turkey & Rice Bowl)
- 3 cups uncooked small shell pasta** (No Fuss Pasta Bolognese)
- 1 cup uncooked white rice** (Gingery Turkey & Rice Bowl)

PROTEIN

- 8 eggs** (Donair Scrambled Eggs)
- 1 block (454 g) medium-firm tofu** (Steamer Thai Coconut Soup) | Swap: *Chicken or shrimp*
- 2 lbs (900 g) boneless, skinless chicken breasts** (Butter Chicken)
- 1½ lbs (675 g) lean ground beef** | Swap: Meatless substitute
 - 1 lb (450 g) (No Fuss Pasta Bolognese)
 - ½ lb (225 g) (Shepherds Pie Pasta)
- 1 lb (450 g) boneless, skinless chicken thighs** (Saucy Azteca Chicken)
- 1 lb (450 g) ground turkey** (Gingery Turkey & Rice Bowl) | Swap: *Ground chicken*

DAIRY

- ¾ cup crumbled feta cheese** | Swap: Grated cheese
 - ½ cup (Saucy Azteca Chicken)
 - ¼ cup (Donair Scrambled Eggs)
- ½ cup 2% plain Greek yogurt** (Butter Chicken)
- 1 tbsp butter** (Butter Chicken)



GINGERY TURKEY & RICE BOWL



TIP: If the carrot's skin is dry or looks thick, peel it off. Otherwise, a good scrub is all that's needed!



TOTAL TIME: 20 min



4 SERVINGS



\$3.41 CA/\$2.90 US PER SERVING

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

INGREDIENTS

- 1 cup uncooked white rice
- 2 cups water
- 1 tbsp oil
- 2 large carrots
- 1 lb (450 g) ground turkey or chicken
- 1 pkg **Crispy & Crunchy Lettuce Wrap Seasoning**

4 cups shredded coleslaw mix

1 tbsp low-sodium soy sauce

1 tbsp hot sauce, optional

Toppings (optional): Everything Bagel Whole Food Topper, sliced green onions

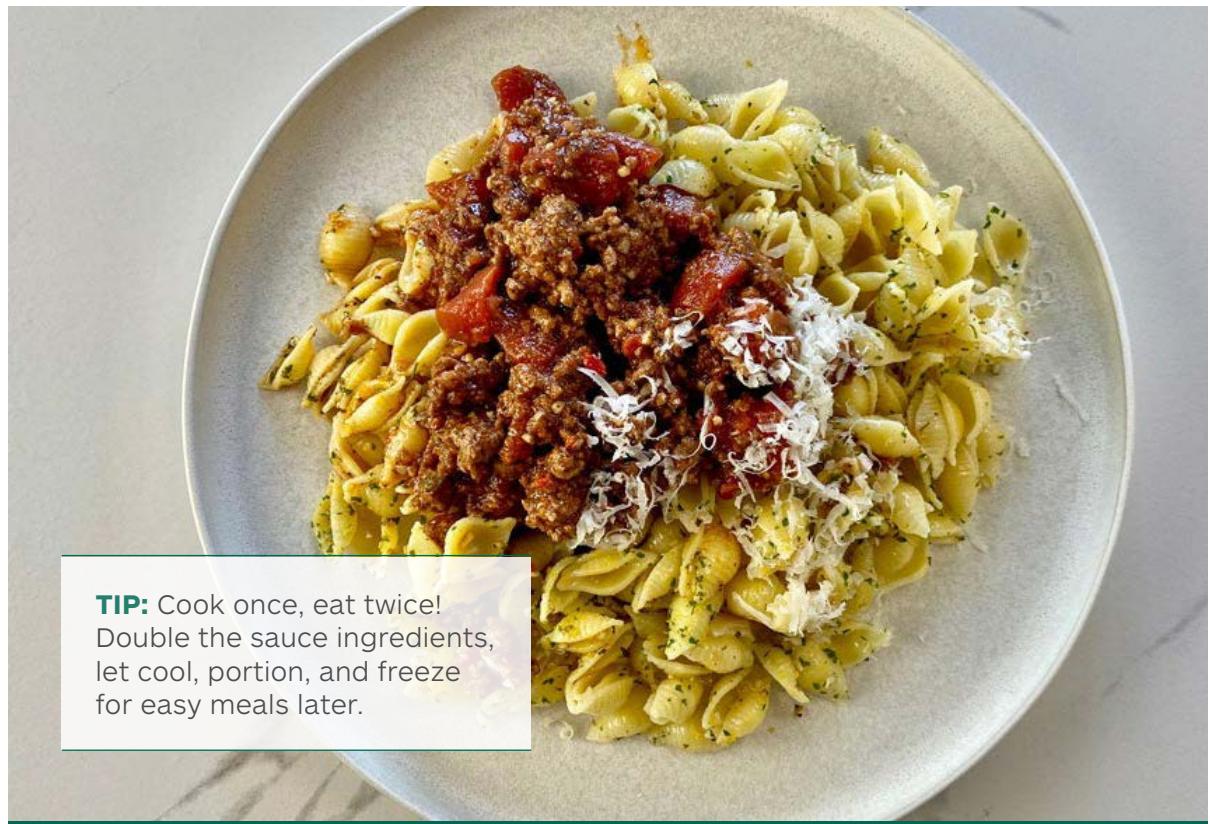
INSTRUCTIONS

1. In **Multipurpose Steamer**, combine rice and water. Top with tray; microwave, uncovered, on high for about 16–18 min, or until tender.
2. In **Wok**, heat oil over medium-high heat.
3. Meanwhile, scrub carrots clean. Cut into oval slices by slicing on the bias.
4. In a bowl, combine turkey and seasoning; add to wok. Stir-fry until meat starts to change colour and is almost cooked through, 3 min.
5. Add carrots; stir-fry until tender-crisp and meat is cooked through, 3–4 min. Add shredded coleslaw, soy sauce, and hot sauce, if desired. Stir until cabbage is tender-crisp, 2 min.
6. Divide cooked rice, turkey, and veggies between bowls. Add toppings, if desired.

NUTRITIONAL INFO

Per serving: Calories 430, Fat 13 g (Saturated 2.5 g, Trans 0.1 g), Cholesterol 75 mg, Sodium 360 mg, Carbohydrate 51 g (Fibre 3 g, Sugars 4 g), Protein 28 g.

NO FUSS PASTA BOLOGNESE



TIP: Cook once, eat twice!
Double the sauce ingredients,
let cool, portion, and freeze
for easy meals later.

TOTAL TIME: 16 min **SERVINGS:** 6 **PER SERVING:** \$1.10 CA/\$0.94 US

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

INGREDIENTS

3 cups uncooked small shell pasta
6 cups hot water
2 tsp oil
1 lb (450 g) lean ground beef, or
meatless substitute
1 can (14 oz/398 ml) diced tomatoes
1 can (14 oz/398 ml) crushed tomatoes
½ pkg Speedy Lasagna Seasoning
Black Pepper, to taste
Sea Salt, to taste
Toppings (optional): Grated Parmesan
cheese

NUTRITIONAL INFO

Per serving: Calories 320, Fat 5 g (Saturated 1.5 g,
Trans 0.3 g), Cholesterol 40 mg, Sodium 340 mg,
Carbohydrate 45 g (Fibre 4 g, Sugars 7 g), Protein 23 g

INSTRUCTIONS

1. Place pasta in **Multipurpose Steamer**. Stir in water. Cover; microwave on high until al dente, 10 min.
2. Meanwhile, heat oil in **Wok** over medium-high heat. Crumble in beef; cook, using **Ground Meat Separator** to break up chunks, until meat is cooked through, 4–5 min.
3. Stir in canned tomatoes (don't drain the diced ones!) and seasoning. Allow the sauce to come to a boil. Partially cover; reduce heat to medium and let simmer 5 min for flavours to blend. Season with salt and pepper, to taste.
4. Once cooked, drain pasta. Spoon into bowls; add sauce and topping, if desired.

BUTTER CHICKEN



MAKE IT VEGETARIAN: Swap chicken with 4 cups chickpeas or 2 lbs (900 g) cubed firm tofu.

TOTAL TIME: 20 min **8 SERVINGS** **\$2.26 CA/\$1.92 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup steamed green beans or broccoli florets and 1 cup rice.

INGREDIENTS

1 large onion
1 tbsp butter
1 pkg **Butter Chicken Seasoning**
2 lbs (900 g) boneless, skinless chicken breasts
1 can (14 oz/398 ml) coconut milk
 $\frac{1}{2}$ cup crushed tomatoes
 $\frac{1}{2}$ cup 2% plain Greek yogurt

INSTRUCTIONS

1. Dice onion. Place in **Multipurpose Steamer** with butter and seasoning. Cover; microwave on high 2 min.
2. Meanwhile, cube chicken. Stir into steamer with coconut milk and tomatoes.
3. Cover; microwave on high 6–8 min or until chicken is cooked through.
4. Remove from microwave and stir in yogurt.

NUTRITIONAL INFO

Per serving: Calories 260, Fat 15 g (Saturated 11 g, Trans 0 g), Cholesterol 65 mg, Sodium 120 mg, Carbohydrate 7 g (Fibre 2 g, Sugars 3 g), Protein 26 g.

STEAMER THAI COCONUT SOUP



TIP: Swap tofu with cooked chicken or shrimp.

TOTAL TIME: 20 min **4 SERVINGS** **\$3.18 CA/\$2.70 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced vegetables and 1 small whole-grain bun.

INGREDIENTS

1 sweet potato
1 pkg Thai Coconut Soup Seasoning
1 can (14 oz/ 398ml) coconut milk
2 cups hot water
2 heads baby bok choy
1 block (454 g) medium-firm tofu
1 cup sliced mushrooms
 $\frac{1}{2}$ lime, juiced, optional

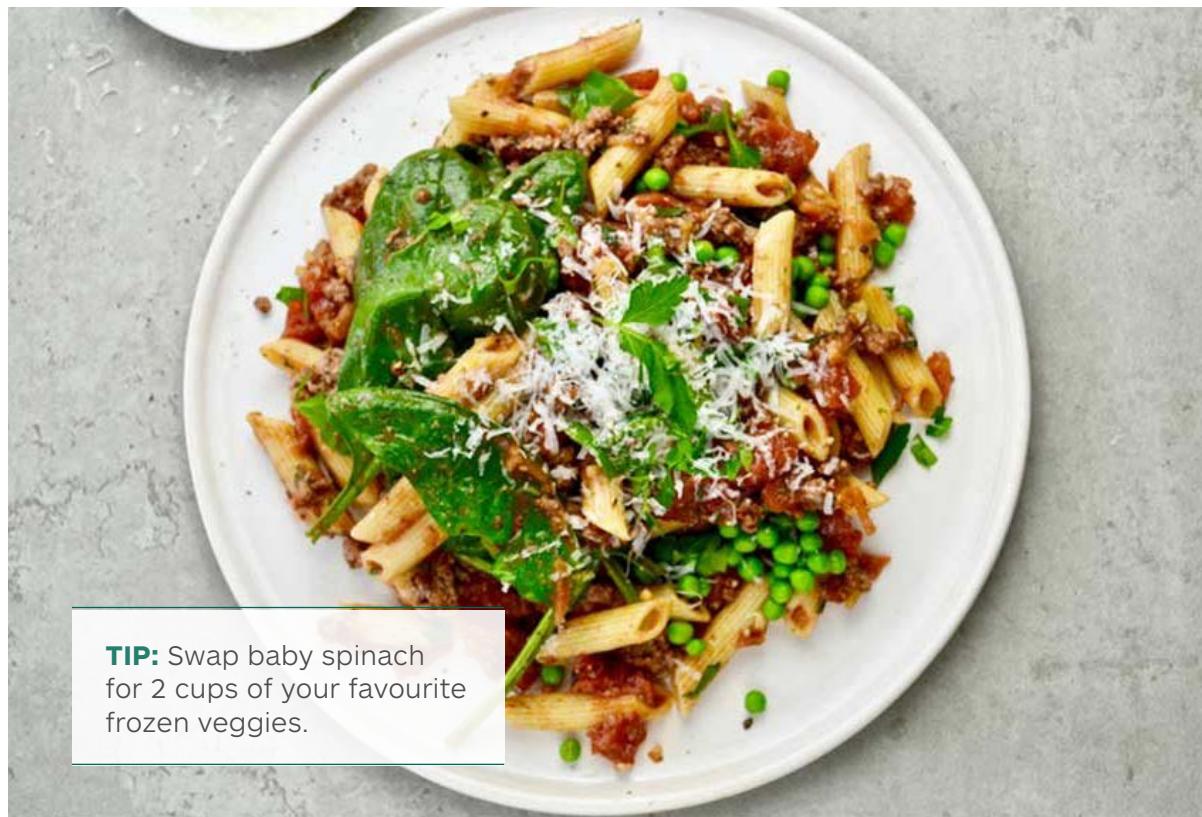
NUTRITIONAL INFO

Per serving (about $1\frac{1}{2}$ cups): Calories 340, Fat 19 g (Saturated 13 g, Trans 0 g), Cholesterol 0 mg, Sodium 340 mg, Carbohydrate 30 g (Fibre 6 g, Sugars 10 g), Protein 16 g.

INSTRUCTIONS

1. Dice potato into small cubes; you should have about 2 cups. Place in a **Round Steamer**. Cover; microwave on high until tender, 4–6 min.
2. Meanwhile, in a large measuring cup, combine seasoning with coconut milk and hot water. Coarsely chop bok choy; you should have about 2 cups. Drain tofu and measure out $1\frac{1}{2}$ cups. Save remainder for another use.
3. When potatoes are tender, pour coconut milk mixture into steamer. Cover; microwave on high until hot, about 4–6 min. Stir halfway through cooking.
4. Carefully stir in bok choy, tofu, and mushrooms. Cover; microwave on high until bok choy and mushrooms are tender, about 4 min. Squeeze in lime juice, if desired.

SHEPHERDS PIE PASTA



TIP: Swap baby spinach for 2 cups of your favourite frozen veggies.

TOTAL TIME: 20 min **4 SERVINGS** **\$3.13 CA/\$2.39 US PER SERVING**

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

INGREDIENTS

2 cups uncooked penne pasta
4 cups hot water
1 tsp oil
 $\frac{1}{2}$ lb (225 g) lean ground beef or ground turkey
1 pkg **Shepherds Pie Seasoning**
1 can (14.5 oz/398 ml) no salt diced tomatoes
4 cups baby spinach
2 cups frozen peas
Sea Salt, to taste
Black Pepper, to taste
Toppings (optional): chopped parsley, grated Parmesan

INSTRUCTIONS

- Place pasta in **Multipurpose Steamer**. Stir in water. Cover; microwave on high until al dente, 12 min.
- Meanwhile, heat oil in a large fry pan or **Wok** over medium-high heat. Crumble in beef; cook, breaking up meat using the **Ground Meat Separator**, until meat is cooked through, 3–5 min.
- Stir in seasoning and tomatoes; bring to a boil. Reduce heat and simmer, 5 min.
- Once cooked, drain pasta, then add to pan. Stir in peas and spinach until warm, 1 min. Taste and season with salt and pepper, if desired.
- To serve, spoon into bowls. Add toppings, if desired.

NUTRITIONAL INFO

Per serving: Calories 500, Fat 11 g (Saturated 3.5 g, Trans 0 g), Cholesterol 45 mg, Sodium 590 mg, Carbohydrate 68 g (Fibre 9 g, Sugars 14 g), Protein 31 g.

SAUCY AZTECA CHICKEN



TOTAL TIME: 20 min



4 SERVINGS



\$3.39 CA/\$2.89 US PER SERVING

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

INGREDIENTS

- 1 bell pepper
- 1 zucchini
- 2 tsp oil or coconut oil
- 1 lb (450 g) boneless, skinless chicken thighs
- 1 cup broth, your choice
- 1 pkg **Azteca Tortilla Soup Seasoning**
- $\frac{1}{2}$ can (14 oz/398 ml) crushed tomatoes, about 1 cup
- $\frac{1}{2}$ cup crumbled feta or grated cheese
- Toppings** (optional): Guacamole or chopped avocado, sliced radish, or pickled jalapeños

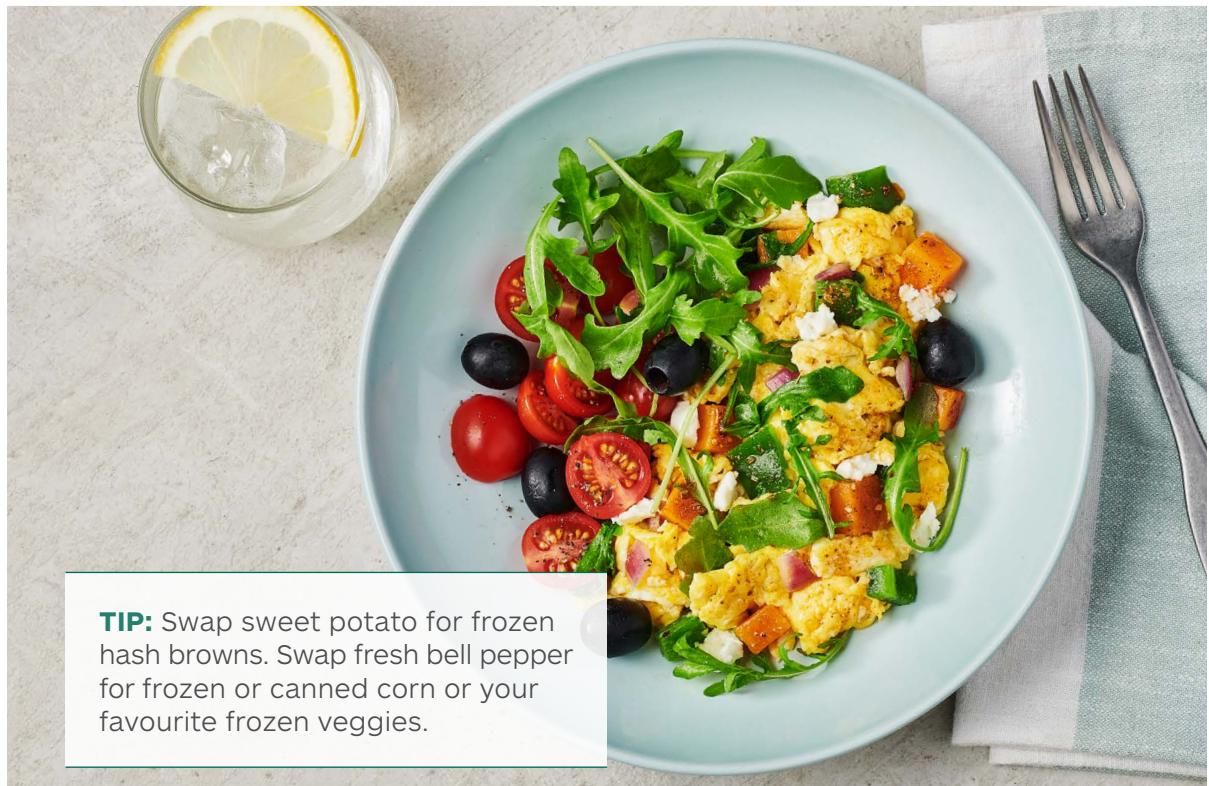
NUTRITIONAL INFO

Per serving: Calories 300, Fat 13 g (Saturated 5 g, Trans 0 g), Cholesterol 110 mg, Sodium 440 mg, Carbohydrate 16 g (Fibre 4 g, Sugars 7 g), Protein 30 g.

INSTRUCTIONS

1. Coarsely chop pepper and zucchini into large chunky pieces.
2. In a **Wok**, heat oil over medium-high heat. Add chicken; cook until lightly browned, about 2 min per side. Add peppers and zucchini; stir-fry about 1-2 min.
3. Sprinkle in seasoning; stir to evenly coat, then stir in broth and tomatoes. Cover and reduce heat; simmer, stirring occasionally, until chicken is cooked through, about 5 min. Sprinkle with cheese.
4. Divide chicken and veggies on plates; spoon sauce over top and finish with toppings, as desired.

DONAIR SCRAMBLED EGGS



TIP: Swap sweet potato for frozen hash browns. Swap fresh bell pepper for frozen or canned corn or your favourite frozen veggies.

TOTAL TIME: 15 min **4 SERVINGS** **\$2.02 CA/\$1.72 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 slice toast, $\frac{1}{4}$ sliced avocado, and 1 cup cherry tomatoes.

INGREDIENTS

1 small sweet potato
1 bell pepper
2 tbsp chopped red onion, optional
2 tbsp **Donair Seasoning**, divided
8 eggs
1 tsp olive oil or butter
2 cups baby arugula or spinach
 $\frac{1}{4}$ cup crumbled feta
Toppings (optional): black olives

NUTRITIONAL INFO

Per serving: Calories 280, Fat 13 g (Saturated 4.5 g, Trans 0 g), Cholesterol 380 mg, Sodium 540 mg, Carbohydrate 23 g (Fibre 3 g, Sugars 3 g), Protein 17 g.

INSTRUCTIONS

1. Dice unpeeled potato. Coarsely chop pepper; place in **Multipurpose Steamer**. Add onion, if using, and stir in 1 tbsp seasoning. Cover; microwave on high 7–8 min or until potato is tender.
2. Meanwhile, crack eggs into a large, non-stick fry pan or skillet set over medium-high heat. Add remaining 1 tbsp seasoning and oil. Stir constantly (like a risotto) as eggs start to scramble. Reduce heat to medium if needed.
3. Once eggs are almost set, remove from heat. Stir in cooked veggies, arugula, and feta.
4. Spoon onto plates and add toppings, as desired.

GROCERY LIST

WEEK 5

PRODUCE

- 2 bell peppers** (Ground Beef & Udon Noodle Stir-Fry)
- 1 lime** (Tandoori Chicken Curry)
- 4 cups baby spinach** (Tandoori Chicken Curry)
- 2 cups broccoli florets** (Ground Beef & Udon Noodle Stir-Fry)

PANTRY STAPLES

- Oil:
 - 2 tbsp (Tandoori Chicken Curry)
 - 2 tsp (Ground Beef & Udon Noodle Stir-Fry)
 - 1 tbsp sesame oil (Ground Beef & Udon Noodle Stir-Fry)
- 2 pkgs (200 g each) fresh udon noodles** (Ground Beef & Udon Noodle Stir-Fry)
- 2 tbsp rice vinegar** (Ground Beef & Udon Noodle Stir-Fry)
- 1 tbsp soy sauce**, preferably low-sodium (Ground Beef & Udon Noodle Stir-Fry)
- ½ tbsp cornstarch** (Ground Beef & Udon Noodle Stir-Fry)

PROTEIN

- 1 lb (450 g) lean ground beef** (Ground Beef & Udon Noodle Stir-Fry)
- 1 lb (450 g) boneless, skinless chicken breasts** (Tandoori Chicken Curry)
- 1 can (19 oz/540 ml) chickpeas** (Tandoori Chicken Curry)

DAIRY

- 1½ cups 2% plain yogurt** (Tandoori Chicken Curry)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra broccoli and rice.



GROUND BEEF & UDON NOODLE STIR-FRY



TIP: Find fresh udon noodles in the Asian section of most grocery stores. Look for the noodles in the vacuum-sealed plastic packages—these are pre-cooked and require a short time in boiling water to separate the strands.

TOTAL TIME: 18 min **4 SERVINGS** **\$3.54 CA/\$2.78 US PER SERVING**

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

INGREDIENTS

1 pkg Crispy & Crunchy Lettuce Wrap Seasoning
3 tbsp water
2 tbsp rice vinegar
1 tbsp each low-sodium soy sauce and sesame oil
 $\frac{1}{2}$ tbsp cornstarch
2 pkgs (200 g each) fresh udon noodles
2 tsp oil
1 lb (450 g) lean ground beef
2 bell peppers
2 cups broccoli florets
Toppings (optional): Everything Bagel Whole Food Topper

INSTRUCTIONS

- In a small bowl, whisk together seasoning, water, vinegar, soy sauce, sesame oil, and cornstarch. Set aside.
- Fill a **Multipurpose Pot** three-quarters full of hot water and bring to a boil. Add noodles; boil, 4–5 min, stirring noodles gently until each strand has separated. The noodles will soften, but still be chewy. Drain, rinse under cool water; set aside.
- Meanwhile, heat oil in **Wok** over medium-high heat; add beef. Cook until browned, about 4–5 min. Drain liquid, if needed.
- Slice peppers into thin strips. Add peppers and broccoli to wok; stir-fry until tender-crisp, 4–5 min.
- Add drained noodles and reserved sauce. Stir gently to combine (the wok will be full!) and sauce has heated through, 1 min.

NUTRITIONAL INFO

Per serving: Calories 420, Fat 18 g (Saturated 5 g, Trans 0.4 g), Cholesterol 60 mg, Sodium 460 mg, Carbohydrate 37 g (Fibre 3 g, Sugars 3 g), Protein 28 g.

TANDOORI CHICKEN CURRY



TOTAL TIME: 20 min 4 SERVINGS \$4.83 CA/\$4.11 US PER SERVING

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

INGREDIENTS

1 lb (450 g) boneless, skinless chicken breasts
1 pkg **Tandoori Chicken Curry Seasoning**
2 tbsp oil
1 can (19 oz/540 ml) chickpeas
4 cups baby spinach
 $1\frac{1}{2}$ cups 2% plain yogurt
1 lime, cut in half

NUTRITIONAL INFO

Per serving: Calories 420, Fat 16 g (Saturated 3.5 g, Trans 0 g), Cholesterol 95 mg, Sodium 340 mg, Carbohydrate 32 g (Fibre 9 g, Sugars 9 g), Protein 37 g.

INSTRUCTIONS

1. Cube chicken. In a bowl, combine chicken with seasoning.
2. Heat oil in a large sauté pan over medium-high heat.
3. Meanwhile, rinse and drain chickpeas.
4. Add chicken to pan; stir-fry until cooked, about 5 min. Stir in chickpeas and spinach. Cook for 2 min.
5. Remove from heat; stir in yogurt. Using the **2-in-1 Citrus Press**, squeeze in juice from lime.