

MERRY MONTH OF MEALS



24 DINNERS



The holidays can be hectic, but they don't have to have you holi-dazed! Use this guide to help you stay on track and focused while planning your meals. Many of the meals can be dressed up for low-key (socially distanced!) family/bubble entertaining. 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. Pair with time-saving cookware to maximize your festive meal prep, without too much in-advance meal prep.

Prep Ahead! Make the most out of your kitchen's bounty. See what's already in your pantry, fridge, and freezer—along with the swap suggestions—to maximize your meal prep and budget.

Have tasty leftovers? Cook once, eat twice! Transform any of these meals into delicious next day lunches.





WEEK 1 GROCERY LIST

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



PANTRY STAPLES	PRODUCE	PROTEIN		
<ul style="list-style-type: none"> <input type="checkbox"/> Tomato paste: <ul style="list-style-type: none"> ■ 1 can (5.5 oz/156 ml) (Sloppy Joes) ■ 3 tbsp (Enchiladas) <input type="checkbox"/> 2 cups dry pasta, your choice (Mac & Cheese) <input type="checkbox"/> ¼ cup corn starch (General Tao Chicken) <input type="checkbox"/> 2 tbsp ketchup (General Tao Chicken) <input type="checkbox"/> 2 tbsp soy sauce, preferably low-sodium (General Tao Chicken) <input type="checkbox"/> 1 tbsp oil (Sweet Garlic Chicken) <input type="checkbox"/> 1 tsp coconut oil (Enchiladas) 	<ul style="list-style-type: none"> <input type="checkbox"/> 5 medium potatoes (Shepherds Pie) <input type="checkbox"/> 3 small sweet potatoes (Sweet Garlic Chicken) <input type="checkbox"/> 2 large bell peppers (General Tao Chicken) <input type="checkbox"/> ½ lime (Enchiladas) <input type="checkbox"/> 2 cups frozen mixed vegetables (Shepherds Pie) 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 lbs (900 g) lean ground beef: <i>Swap: 2 cans (19 oz/540 ml each) lentils, drained and rinsed</i> <ul style="list-style-type: none"> ■ 1 lb/450 g (Shepherds Pie) ■ 1 lb/450 g (Sloppy Joes) <input type="checkbox"/> 1 lb (450 g) boneless, skinless chicken breasts (General Tao Chicken) <input type="checkbox"/> 1 lb (450 g) boneless, skinless chicken thighs (Sweet Garlic Chicken) <i>Swap: Medium-firm tofu</i> <input type="checkbox"/> 2 cans (14 oz/398 ml each) black beans, preferably unsalted (Enchiladas) 		
	<th data-bbox="478 1272 861 1323">DAIRY</th> <td data-bbox="861 1272 1245 1606"> <th data-bbox="861 1272 1245 1323">OTHER</th> </td>	DAIRY	<th data-bbox="861 1272 1245 1323">OTHER</th>	OTHER
	<ul style="list-style-type: none"> <input type="checkbox"/> Milk, your choice: <ul style="list-style-type: none"> ■ ½ cup (Shepherds Pie) ■ ⅓ cup (Mac & Cheese) ■ 1 cup grated cheese, your choice (Enchiladas) ■ 2 tbsp butter, optional (Mac & Cheese) 	<ul style="list-style-type: none"> <input type="checkbox"/> 4 buns, optional (Sloppy Joes) <input type="checkbox"/> 4 medium tortillas (Enchiladas) 		

MAKE IT A PERFECTLY BALANCED PLATE: Fill ½ your plate with veggies, ¼ with lean protein, ¼ with complex carbs, and healthy fat on top.

TIP: Make four servings **Enchiladas** in the **Multipurpose Steamer** or one serving in the **Rectangular Steamer** (find steamers on epicure.com).





WEEK 2 GROCERY LIST

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



PANTRY STAPLES	PRODUCE	PROTEIN		
<ul style="list-style-type: none"> <input type="checkbox"/> 1 can (5.5 oz/156 ml) tomato paste (Sloppy Joes) <input type="checkbox"/> 7 cups uncooked egg noodles (Beef Stroganoff) <input type="checkbox"/> 1 cup ketchup (Pulled Pork) <input type="checkbox"/> ½ cup brown sugar (Pulled Pork) <input type="checkbox"/> ½ cup white vinegar (Pulled Pork) <input type="checkbox"/> 4 tbps oil: <ul style="list-style-type: none"> ■ 2 tbps (Beef Stroganoff) ■ 1 tbps (Home-Style Chicken Stew) ■ 1 tbps (Southern Baked Chicken) <input type="checkbox"/> 1 tsp Worcestershire sauce (Beef Stroganoff) 	<ul style="list-style-type: none"> <input type="checkbox"/> 3 celery stalks (Home-Style Chicken Stew) <i>Swap: 1 cup diced frozen veggies</i> <input type="checkbox"/> 2 medium carrots (Home-Style Chicken Stew) <i>Swap: 1 cup diced frozen veggies</i> <input type="checkbox"/> 2 medium potatoes (Home-Style Chicken Stew) <input type="checkbox"/> 2 cups sliced mushrooms (Beef Stroganoff) <input type="checkbox"/> 1 cup frozen peas (Home-Style Chicken Stew) <i>Swap: Canned peas</i> 	<ul style="list-style-type: none"> <input type="checkbox"/> 5 lbs (2.5 kg) boneless pork shoulder roast (Pulled Pork) <input type="checkbox"/> 3 lbs (1.36 kg) boneless, skinless chicken breasts: <ul style="list-style-type: none"> ■ 2 lbs/900 g (Southern Baked Chicken) ■ 1 lb/450 g (Home-Style Chicken Stew) <input type="checkbox"/> 21/2 lbs (1.13 kg) lean ground beef: <ul style="list-style-type: none"> ■ 1½ lbs/675 g (Tacos) ■ 1 lb/450 g (Sloppy Joes) <input type="checkbox"/> 1 lb (450 g) lean ground beef or beef strips (Beef Stroganoff) 		
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	<ul style="list-style-type: none"> <input type="checkbox"/> 1 cup 2% plain Greek yogurt (Beef Stroganoff) 	<ul style="list-style-type: none"> <input type="checkbox"/> 12 taco shells or 6 large corn or flour tortillas (Tacos) <input type="checkbox"/> 4 buns, optional (Sloppy Joes) 		

MAKE IT A PERFECTLY BALANCED PLATE: Fill ½ your plate with veggies, ¼ with lean protein, and 1/4 with complex carbs, and healthy fat on top.

TIP: Pulled Pork makes a big batch. Portion and freeze leftovers for use another day.





WEEK 3 GROCERY LIST

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



PANTRY STAPLES	PRODUCE	PROTEIN		
<ul style="list-style-type: none"> <input type="checkbox"/> 1 can (14 oz/398 ml) crushed tomatoes (Azteca Tortilla Soup) <input type="checkbox"/> 1 can (14 oz/398 ml) pineapple chunks (Sweet & Sour Stir-Fry) <input type="checkbox"/> 4 cups uncooked egg noodles (Tuna Casserole) <input type="checkbox"/> 2 cups dry pasta, your choice (Mac & Cheese) <input type="checkbox"/> 5 tbsp oil: <ul style="list-style-type: none"> ■ 3 tbsp (Sweet & Sour Stir-Fry) ■ 2 tbsp (Tandoori Chicken Curry) <input type="checkbox"/> ¼ cup cornstarch (Sweet & Sour Stir-Fry) <input type="checkbox"/> ¼ cup vinegar (Buffalo Wings) <input type="checkbox"/> 2 tbsp brown sugar (Buffalo Wings) <input type="checkbox"/> 2 tbsp soy sauce, preferably low-sodium (Sweet & Sour Stir-Fry) <input type="checkbox"/> 2 tbsp white vinegar (Sweet & Sour Stir-Fry) <input type="checkbox"/> 1 tbsp ketchup (Buffalo Wings) 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 limes: <ul style="list-style-type: none"> ■ 1 (Tandoori Chicken Curry) ■ 1 (Azteca Tortilla Soup) <input type="checkbox"/> 1 avocado (Azteca Tortilla Soup) <input type="checkbox"/> 4 cups baby spinach (Tandoori Chicken Curry) <input type="checkbox"/> 2 cups frozen peas (Tuna Casserole) <input type="checkbox"/> 2 cups snap peas (Sweet & Sour Stir-Fry) <i>Swap: Frozen beans</i> <input type="checkbox"/> ½ cup frozen corn (Azteca Tortilla Soup) 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 lbs (900 g) boneless, skinless chicken breasts: <ul style="list-style-type: none"> ■ 1 lb/450 g (Tandoori Chicken Curry) ■ 1 lb/450 g (Sweet & Sour Stir-Fry) <input type="checkbox"/> 2 lbs (900 g) chicken wings (Buffalo Wings) <input type="checkbox"/> 1 can (19 oz/540 ml) black beans (Azteca Tortilla Soup) <input type="checkbox"/> 1 can (19 oz/540 ml) chickpeas (Tandoori Chicken Curry) <input type="checkbox"/> 1 can (170 g) tuna (Tuna Casserole) 		
	<th data-bbox="478 1220 861 1276">DAIRY</th> <td data-bbox="861 1220 1244 1785"> <th data-bbox="861 1220 1244 1276">OTHER</th> </td>	DAIRY	<th data-bbox="861 1220 1244 1276">OTHER</th>	OTHER
	<ul style="list-style-type: none"> <input type="checkbox"/> Milk, your choice: <ul style="list-style-type: none"> ■ 1½ cups (Tuna Casserole) ■ ⅓ cup (Mac & Cheese) <input type="checkbox"/> 2 cups 2% plain Greek yogurt: <ul style="list-style-type: none"> ■ 1½ cups (Tandoori Chicken Curry) ■ ½ cup (Azteca Tortilla Soup) <input type="checkbox"/> ½ cup grated cheese, your choice (Azteca Tortilla Soup) <input type="checkbox"/> 2 tbsp butter, optional (Mac & Cheese) 	<ul style="list-style-type: none"> <input type="checkbox"/> ½ cup tortilla chips (Azteca Tortilla Soup) 		

MAKE IT A PERFECTLY BALANCED PLATE: Fill ½ your plate with veggies, ¼ with lean protein, and 1/4 with complex carbs, and healthy fat on top.

TIP: Switch things up! Instead of chicken wings, try the recipe using chicken tenders.





WEEK 4 GROCERY LIST

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



PANTRY STAPLES	PRODUCE	PROTEIN
<ul style="list-style-type: none"> <input type="checkbox"/> 1 pkg (14 oz/400 g) rice noodles (Pad Thai) <input type="checkbox"/> 1 can (28 oz/796 ml) diced tomatoes (Hearty Minestrone) <input type="checkbox"/> 7 cups uncooked egg noodles (Beef Stroganoff) <input type="checkbox"/> ½ cup dry small shell pasta (Hearty Minestrone) <input type="checkbox"/> 6 tbsp oil: <ul style="list-style-type: none"> ■ 2 tbsp (Beef & Broccoli Stir-Fry Seasoning) ■ 2 tbsp (Beef Stroganoff) ■ 1 tbsp (Pad Thai) ■ 1 tbsp (Sweet Garlic Chicken) <input type="checkbox"/> ¼ cup soy sauce, preferably low-sodium: <ul style="list-style-type: none"> ■ 2 tbsp (Beef & Broccoli Stir-Fry Seasoning) ■ 2 tbsp (Pad Thai) 	<ul style="list-style-type: none"> <input type="checkbox"/> 3 small sweet potatoes (Sweet Garlic Chicken) <input type="checkbox"/> 2 bell peppers (Pad Thai) <i>Swap: 1 heaping cup frozen mixed veggies for every pepper</i> <input type="checkbox"/> 1 lime (Pad Thai) <i>Swap: Bottle of lime juice</i> <input type="checkbox"/> 4 cups broccoli florets (Beef & Broccoli Stir-Fry) <input type="checkbox"/> 2 cups bean sprouts (Pad Thai) <i>Swap: Baby spinach</i> <input type="checkbox"/> 2 cups sliced mushrooms (Beef Stroganoff) <input type="checkbox"/> 1½ cups frozen mixed vegetables (Hearty Minestrone) 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 eggs (Pad Thai) <input type="checkbox"/> 2½ lbs (1.13 kg) lean ground beef: <ul style="list-style-type: none"> ■ 1½ lbs/675 g (Tacos) ■ 1 lb/450 g (Beef Stroganoff) <i>Swap: beef strips</i> <input type="checkbox"/> 1 lb (450 g) thinly sliced beef strips (Beef & Broccoli Stir-Fry) <i>Swap: Firm tofu</i> <input type="checkbox"/> 1 lb (450 g) boneless, skinless chicken thighs (Sweet Garlic Chicken) <i>Swap: Medium-firm tofu</i> <input type="checkbox"/> ½ lb (225 g) boneless, skinless chicken breasts (Pad Thai) <input type="checkbox"/> 1 can (19 oz/540 ml) lentils (Hearty Minestrone)
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	<th data-bbox="861 1377 1239 1428">OTHER</th>	OTHER
	<ul style="list-style-type: none"> <input type="checkbox"/> 1 cup 2% plain Greek yogurt (Beef Stroganoff) 	<ul style="list-style-type: none"> <input type="checkbox"/> 12 taco shells or 6 large corn or flour tortillas (Tacos) <input type="checkbox"/> 1 tsp Worcestershire sauce (Beef Stroganoff)

MAKE IT A PERFECTLY BALANCED PLATE: Fill ½ your plate with veggies, ¼ with lean protein, and 1/4 with complex carbs, and healthy fat on top.

TIP: Make **Beef & Broccoli Stir-Fry** with ground beef instead of beef strips. It costs less and cooks up faster too!





A SWEET SURPRISE

For a 20-minute dessert, follow microwave instructions for the gingerbread cake. While it cools, prepare the caramel sauce.



PANTRY STAPLES	DAIRY	PROTEIN
<ul style="list-style-type: none"><input type="checkbox"/> ½ cup oil (Gingerbread)<input type="checkbox"/> ¼ cup molasses, cooking or fancy (Gingerbread)	<ul style="list-style-type: none"><input type="checkbox"/> 1 cup whipping cream (Caramel Sauce)<input type="checkbox"/> ¼ cup unsalted butter (Caramel Sauce)	<ul style="list-style-type: none"><input type="checkbox"/> 2 eggs (Gingerbread)

TIP: Make a vegan cake—swap eggs for ½ cup unsweetened apple sauce or silken tofu. For vegan Caramel Sauce, whisk sauce mix with 1 can (14 oz/398 ml) coconut milk; bring to a boil, reduce heat to medium-high, and continue cooking about 4 min.

