

3 WEEKS OF EASY DINNERS

OCTOBER EXCLUSIVE



Are you stuck wondering what's for dinner tonight? Enjoy three weeks of family-friendly meal solutions for a healthy, delicious alternative to takeout or frozen dinners.

Get excited to try the Shrimp & Mango Stir-Fry, the Gingerly Turkey & Rice Bowl, and our Pumpkin & Bean Chili. That's right, this month you're going to kick it up a notch in the kitchen by adding some flair and flavour to every meal!
















And things just got even easier with grocery lists that are set and ready to go for each of the three weeks. To make every meal a perfectly balanced dish, keep your eye out for suggestions throughout the meal plan.

Happy cooking!

3 WEEKS OF EASY DINNERS

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

	WEEK 1	WEEK 2	WEEK 3
MONDAY	<p><u>CHA CHA CHILI</u> 4 servings \$2.30 CA \$1.96 US</p> 	<p><u>HAMBURGER STEAKS WITH GRAVY</u> 8 servings \$1.46 CA \$1.24 US</p> 	<p><u>SESAME NOODLES & FRIED EGG</u> 4 servings \$2.23 CA \$1.90 US</p> 
TUESDAY	<p><u>PULLED BUTTER CHICKEN SANDWICH</u> 4 servings \$4.28 CA \$3.64 US</p> 	<p><u>GINGERY TURKEY & RICE BOWL</u> 4 servings \$3.41 CA \$2.90 US</p> 	<p><u>BUTTER CHICKEN</u> 8 servings \$2.26 CA \$1.92 US</p> 
WEDNESDAY	<p><u>SHRIMP & MANGO STIR-FRY</u> 4 servings \$4.83 CA 4.12 US</p> 	<p><u>GROWN UP CHICKEN STRIPS & MATCHSTICK FRIES</u> 4 servings \$3.02 CA \$2.57 US</p> 	<p><u>CRISPY & CRUNCHY LETTUCE WRAPS</u> 4 servings \$3.05 CA \$2.59 US</p> 
THURSDAY	<p><u>THAI COCONUT CHICKEN</u> 4 servings \$4.60 CA \$3.91 US</p> 	<p><u>MINI MEATBALL SOUP</u> 4 servings \$2.49 CA \$2.10 US</p> 	<p><u>PUMPKIN & BEAN CHILI</u> 4 servings \$2.99 CA \$2.36 US</p> 
FRIDAY	<p><u>CLASSIC MEATLOAF</u> 4 servings \$2.05 CA \$1.74 US</p> 	<p><u>PULLED CHICKEN</u> 16 servings \$1.29 CA \$1.02 US</p> 	<p><u>FLORENTINE STYLE CHICKEN ALFREDO</u> 4 servings \$3.65 CA \$3.10 US</p> 

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

GROCERY LIST

WEEK 1

PRODUCE

- 4 bell peppers**
 - 2 (Shrimp & Mango Stir-Fry)
 - 2 (Thai Coconut Chicken)
- 1½ limes** | *Swap: Bottled lime juice*
 - 1 (Thai Coconut Chicken)
 - ½ (Shrimp & Mango Stir-Fry)
- ½ bunch fresh cilantro**
(Pulled Butter Chicken Sandwich)
- ½ lemon** (Pulled Butter Chicken Sandwich)
Swap: Bottled lemon juice
- 2 cups broccoli florets** (Shrimp & Mango Stir-Fry)
- 2 cups mango chunks**, fresh or frozen
(Shrimp & Mango Stir-Fry)
- 2 cups snap peas** (Thai Coconut Chicken)

PANTRY STAPLES

- Oil:**
 - 1 tbsp (Shrimp & Mango Stir-Fry)
 - ½ tbsp (Thai Coconut Chicken)
- 1 ½ cans (14 oz/398 ml each) coconut milk:**
 - 1 (Thai Coconut Chicken)
 - ½, preferably light (Pulled Butter Chicken Sandwich)
- 1 can (28 oz/796 ml) diced tomatoes**
(Cha Cha Chili)
- ½ can (5.5 oz/156 ml) tomato paste**
(Pulled Butter Chicken Sandwich)
- 1 cup uncooked rice** (Thai Coconut Chicken)
Try: Jasmine or white
- 3 tbsp ketchup** (Classic Meatloaf)

- 2 tbsp soy sauce**, preferably low sodium
(Shrimp & Mango Stir-Fry)
- 1 tsp brown sugar** (Classic Meatloaf)
- 1 tsp corn starch** (Shrimp & Mango Stir-Fry)
- 1 tsp fish sauce**, optional (Thai Coconut Chicken)
- 1 tsp honey mustard** (Classic Meatloaf)
Swap: Yellow mustard

PROTEIN

- 1 egg** (Classic Meatloaf)
- 2 lbs (900 g) lean ground beef**
Swap: ground chicken or pork
 - 1 lb/450 g (Cha Cha Chili)
 - 1 lb/450 g (Classic Meatloaf)
- 2 lbs (900 g) boneless, skinless chicken breasts**,
about 4 breasts
 - 1 lb/450 g (Pulled Butter Chicken Sandwich)
 - 1 lb/450 g (Thai Coconut Chicken)
- 1 pkg (12 oz/340 g) peeled shrimp**,
frozen, raw (Shrimp & Mango Stir-Fry)
- 1 can (19 oz/540 ml) kidney beans**
(Cha Cha Chili)

DAIRY

- ½ cup 2% plain Greek yogurt**
(Pulled Butter Chicken Sandwich)
- 1 tbsp unsalted butter**
(Pulled Butter Chicken Sandwich)

OTHER

- 4 whole-grain burger buns**
(Pulled Butter Chicken Sandwich)

Sunday Prep Tips

- After shopping, prep fresh produce as you unpack.
- Wash, chop, and slice raw veggies. Store in **4-Cup Prep Bowl** and **Prep Bowls**.
- Cook rice or mashed potatoes in **Multipurpose Steamer**. Store in **4-Cup Prep Bowl**.

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add mixed salad greens, extra veggies such as broccoli and snap peas, extra rice, and potatoes.



CHA CHA CHILI



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



TOTAL TIME: 20 min



4 SERVINGS



\$2.30 CA/\$1.96 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup mixed greens or steamed veggies and 1 tbsp Epicure Salad Dressing.

INGREDIENTS

1 lb (450 g) lean ground beef, ground chicken or turkey
1 can (19 oz/540 ml) kidney beans
1 pkg **Cha Cha Chili Seasoning**
1 can (28 oz/796 ml) diced tomatoes
½ cup water

NUTRITIONAL INFO

Per serving (1¾ cups): Calories 330, Fat 6 g (Saturated 1.5 g, Trans 0 g), Cholesterol 60 mg, Sodium 460 mg, Carbohydrate 38 g (Fibre 12 g, Sugars 13 g), Protein 31 g.

INSTRUCTIONS

1. Cook beef in a large fry pan over medium heat using **Ground Meat Separator** to break up chunks, until beef is browned, 3–4 min. Drain excess fat.
2. Meanwhile, drain and rinse beans.
3. Stir in seasoning, beans, tomatoes, and water. Simmer 12–15 min, stirring occasionally.

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.

SHRIMP & MANGO STIR-FRY



TIP: Quickly defrost frozen shrimp under cold running water.



TOTAL TIME: 18 min



4 SERVINGS



\$4.83 CA/\$4.12 US PER SERVING

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

INGREDIENTS

- 1 pkg **Sweet & Sour Stir-Fry Seasoning**
- ½ cup water
- 2 tbsp each low-sodium soy sauce and lime juice
- 2 bell peppers
- 2 cups broccoli florets
- 1 tbsp oil
- 1 pkg (12 oz/340 g) frozen, raw, peeled shrimp, defrosted
- 2 cups fresh or frozen mango chunks
- 2 tbsp cold water
- 1 tsp corn starch

NUTRITIONAL INFO

Per serving: Calories 230, Fat 4.5 g (Saturated 0.5 g, Trans 0 g), Cholesterol 125 mg, Sodium 460 mg, Carbohydrate 30 g (Fibre 5 g, Sugars 16 g), Protein 18 g.

INSTRUCTIONS

1. In a bowl, combine seasoning, water, soy sauce, and lime juice. Set aside.
2. Cut peppers into thin strips. Chop any large broccoli florets into bite-sized pieces.
3. Heat oil in **Wok** over high heat. Add peppers and broccoli. Stir-fry 1 min. Add shrimp, cooking 2 min, until they start to turn opaque (they will not be cooked through at this point).
4. Add mango and reserved seasoning mixture. Cook until mango is heated through and sauce is reduced, 2–3 min.
5. In a small bowl, whisk corn starch and cold water. Add to wok, stirring until sauce is slightly thickened. Serve with rice, if desired.

THAI COCONUT CHICKEN

TIP: Although fish sauce is optional, it's worth adding to this recipe! It adds a little saltiness and funkiness (it is made from fermented fish after all!). You can usually find it in the international food aisle in the grocery store.



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 rice 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
Toppings (optional): lime zest, toasted coconut

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.

INSTRUCTIONS

1. In **Multipurpose Steamer**, combine rice and water. Top with tray; microwave uncovered, on high, 16–18 min, or until tender.
2. In bowl, combine coconut milk and seasoning. Set aside.
3. 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 salt and pepper.
4. Heat oil in large sauté pan over medium-high heat. Add chicken to pan; cook 4–5 min per side until golden brown and cooked through. Place on a plate; cover to keep warm.
5. In the same pan (don't wash), add coconut milk mixture and fish sauce, if using. Bring to a boil over high heat.
6. Meanwhile, slice bell peppers. Trim snap peas. Reduce heat to medium-high; add bell peppers and snap peas. Cook until vegetables are tender-crisp and liquid has reduced slightly, about 2 min.
7. Serve chicken over rice; spoon vegetables and sauce on top. Using **2-in-1 Citrus Press**, squeeze in juice from lime on top, and add additional toppings, if desired.

CLASSIC MEATLOAF



TIP: If you have extra time, let the meatloaf rest in the steamer 10 min before unmolding and slicing.



TOTAL TIME: 15 min



4 SERVINGS



\$2.05 CA/\$1.74 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup mashed potatoes or rice and 1 cup steamed vegetables.

INGREDIENTS

- 3 tbsp ketchup
- 1 tsp brown sugar
- 1 tsp honey mustard
- 1 pkg **Classic Meatloaf Seasoning**
- 1 lb (450 g) lean ground beef
- 1 egg
- 2 tbsp water

NUTRITIONAL INFO

Per serving: Calories 260, Fat 13 g (Saturated 5 g, Trans 0.4 g), Cholesterol 120 mg, Sodium 490 mg, Carbohydrate 11 g (Fibre 1 g, Sugars 6 g), Protein 25 g.

INSTRUCTIONS

1. In a small bowl, combine ketchup, sugar, and mustard. Set aside.
2. In a large bowl, combine seasoning, ground beef, egg, and water. Using your hands or a large spoon, mix until well blended. Press mixture into **Rectangular Steamer** or 8" x 4" silicone loaf pan.
3. Place steamer on microwave-safe plate. Cover; cook on high 4 min. Spread prepared sauce over meatloaf; cover and cook on high an additional 2-3 min or until internal temperature reaches 160° F. Or, spread prepared sauce over meatloaf; place steamer on a **Sheet Pan** lined with **Sheet Pan Liner**. Bake, uncovered, in preheated 350° F oven for 35-40 min.

GROCERY LIST

WEEK 2

PRODUCE

- 2 large carrots** (Gingery Turkey & Rice Bowl)
- 1 large russet potato** (Grown Up Chicken Strips & Matchstick Fries)
- 4 cups baby kale** (Mini Meatball Soup)
Swap: spinach
- 4 cups shredded coleslaw mix** (Gingery Turkey & Rice Bowl)
- 2 cups frozen diced carrots** (Mini Meatball Soup)

PANTRY STAPLES

- Oil:**
 - 2 tbsp + more for brushing (Grown Up Chicken Strips & Matchstick Fries)
 - 1 tbsp (Gingery Turkey & Rice Bowl)
 - ½ tbsp (Hamburger Steaks with Gravy)
- 1 cup ketchup** (Pulled Chicken)
- 1 cup uncooked white rice** (Gingery Turkey & Rice Bowl)
- ½ cup uncooked orzo** (Mini Meatball Soup)
- ½ cup vinegar** (Pulled Chicken)
- ¼ cup brown sugar** (Pulled Chicken)
- 2 tbsp corn starch** (Hamburger Steaks with Gravy)
- 1 tbsp soy sauce**, preferably low sodium (Gingery Turkey & Rice Bowl)
- 1 tbsp hot sauce**, optional (Gingery Turkey & Rice Bowl)

PROTEIN

- 3 lbs (1.5 kg) boneless, skinless chicken** (Pulled Chicken)
- 2 lbs (900 g) lean ground beef** (Hamburger Steaks with Gravy)
- 1 lb (450 g) boneless, skinless chicken breast fillets** (Grown Up Chicken Strips & Matchstick Fries)
- 1 lb (450 g) ground turkey** (Gingery Turkey & Rice Bowl) | *Swap: chicken*
- ½ lb (225 g) ground chicken** (Mini Meatball Soup)
- 1 can (19 oz/540 ml) lentils** (Mini Meatball Soup)

DAIRY

- ¾ cup Parmesan cheese:**
 - ½ cup, shaved or grated (Mini Meatball Soup)
 - ¼ cup, shredded Parmesan cheese (Grown Up Chicken Strips & Matchstick Fries)

Sunday Prep Tips

- After shopping, prep fresh produce as you unpack.
- Wash, chop, and slice raw veggies. Store in **4-Cup Prep Bowl** and **Prep Bowls**.
- Cook rice or mashed potatoes in **Multipurpose Steamer**. Store in **4-Cup Prep Bowl**.

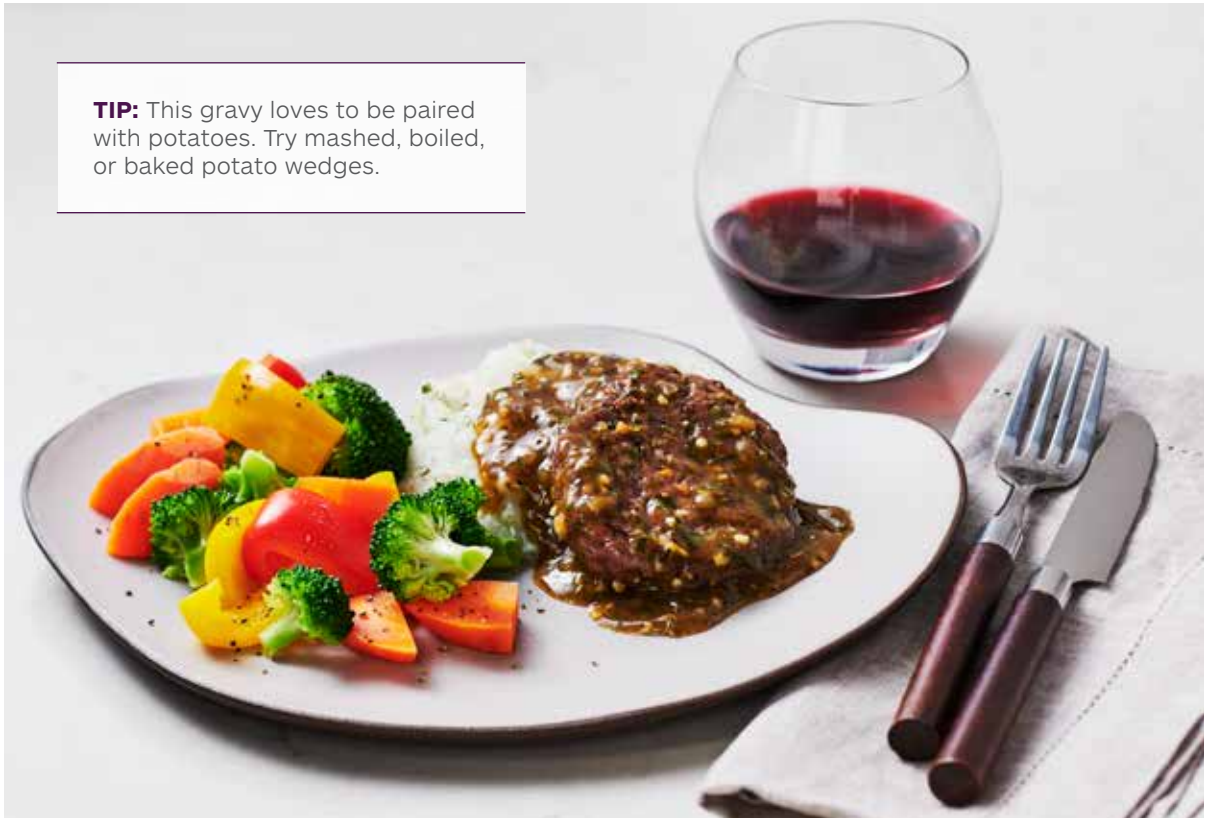
PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra potatoes and veggies such as carrots and baby kale, tortillas, and avocado.



HAMBURGER STEAKS WITH GRAVY

TIP: This gravy loves to be paired with potatoes. Try mashed, boiled, or baked potato wedges.



TOTAL TIME: 20 min



8 SERVINGS



\$1.46 CA/\$1.24 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup steamed veggies and 1 cup potatoes.

INGREDIENTS

1 pkg **Hearty Beef Stew Seasoning**, divided
1½ cups water
2 lbs (900 g) lean ground beef
½ tbsp oil
3 tbsp cold water
2 tbsp corn starch

NUTRITIONAL INFO

Per serving (1 hamburger steak and about 3 tbsp gravy): Calories 230, Fat 12 g (Saturated 4.5 g, Trans 0 g), Cholesterol 60 mg, Sodium 370 mg, Carbohydrate 6 g (Fibre 1 g, Sugars 1 g), Protein 23 g

INSTRUCTIONS

1. Measure out 5 tbsp seasoning into a bowl. Add water; stir to combine. Set aside to hydrate.
2. In a separate bowl, crumble in beef and remaining seasoning, about 3 tbsp. Using your hands, mix to combine. Form into eight patties.
3. Heat oil in a large non-stick fry pan over medium-high heat. Add patties; cook 4–5 min per side, or until cooked through. Cook in batches if you have a small pan. Once cooked, remove from pan; cover to keep warm.
4. In same pan (don't wash) set over low heat, add reserved seasoning mixture. Bring to a simmer (this will happen quickly), scraping up any brown bits from the bottom of the pan.
5. In a small bowl, whisk cold water and corn starch. Stirring constantly, add corn starch slurry to pan. Continue stirring frequently until thickened, 1 min.
6. Pour gravy over patties before serving.

GINGERY TURKEY & RICE BOWL

TIP: Cutting carrots on the bias is a technique often used for stir-frying vegetables. Not only does it look nice, but it cooks faster and is ideal for tender-crisp texture.



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): Sliced green onions

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.

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.

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 **Epicure Dip**, your choice.

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.

MINI MEATBALL SOUP



TIP: Orzo is a rice-shaped pasta. Look for it in the pasta section of the grocery store.



TOTAL TIME: 20 min



4 SERVINGS



\$2.49 CA/\$2.10 US PER SERVING

Inspired by classic Italian Wedding soup—the perfect “marriage” of flavours. We’ve added lots of veggies to this hearty and nourishing soup.

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

INGREDIENTS

- 1 pkg **Minestrone Seasoning**, divided
- 2 cups frozen diced carrots
- ½ cup uncooked orzo
- 4 cups hot water
- 1 can (19 oz/540 ml) lentils
- ½ lb (225 g) ground chicken
- 4 cups baby kale or spinach
- ½ cup shaved or grated parmesan cheese

NUTRITIONAL INFO

Per serving: Calories 310, Fat 4 g (Saturated 2 g, Trans 0 g), Cholesterol 10 mg, Sodium 390 mg, Carbohydrate 50 g (Fibre 15 g, Sugars 8 g), Protein 19 g.

INSTRUCTIONS

1. Measure 1 tbsp seasoning; set aside.
2. In **Wok**, add carrots, orzo, water, and remaining seasoning.
3. Drain and rinse lentils, then add to wok. Cover; bring to a boil. Reduce heat to medium and simmer, uncovered, 8–10 min or until orzo is tender.
4. Meanwhile, in a bowl, combine chicken and reserved seasoning. Form into mini meatballs, each about 1" thick.
5. Arrange in a single layer in **Multipurpose** or **Round Steamer**. Cover and microwave on high, 2 min or until cooked. Add to soup, including any liquid in steamer.
6. Stir in baby kale until wilted. Top with parmesan before serving.

PULLED CHICKEN



TIP: Serve on tacos, nachos, baked potatoes, beans and rice, or pizza.

 **TOTAL TIME: 3 hrs & 5 min**  **16 SERVINGS**  **\$1.29 CA/\$1.02 US PER SERVING**
(3 hrs slow cook time)

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 small tortillas, 3 tbsp prepared **Guacamole** or dip, and 1 cup veggies.

INGREDIENTS

- 1 pkg **Pulled Chicken Seasoning**
- 1 cup ketchup
- ½ cup vinegar
- ¼ cup brown sugar
- 3 lbs (1.5 kg) boneless, skinless chicken

NUTRITIONAL INFO

Per serving (½ cup): Calories 130, Fat 2 g (Saturated 0.5 g, Trans 0 g), Cholesterol 45 mg, Sodium 240 mg, Carbohydrate 9 g (Fibre 0 g, Sugars 8 g), Protein 17 g.

INSTRUCTIONS

1. In a slow cooker, combine seasoning with ketchup, vinegar, and brown sugar. Add chicken and turn to coat. Cover and cook 6 hours on low or 3 hours on high.
2. With two forks, pull chicken into shreds. Stir into sauce.

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)
- 1 large onion** (Butter Chicken)
- 5 cups frozen mixed vegetables:**
 - 4 cups (Sesame Noodles & Fried Egg)
 - 1 cup (Pumpkin & Bean Chili)
- 4 cups baby spinach** (Florentine Style Chicken Alfredo) | *Swap: kale*
- 2 cups sliced mushrooms** (Florentine Style Chicken Alfredo)

PANTRY STAPLES

- Oil:**
 - 1 tbsp, preferably sesame (Sesame Noodles & Fried Egg)
 - 1 tbsp, preferably vegetable (Sesame Noodles & Fried Egg)
 - 4 tsp (Florentine Style Chicken Alfredo)
 - 1 tsp, preferably sesame (Crispy & Crunchy Lettuce Wraps)
- ½ lb (225 g) uncooked spaghetti noodles**, preferably whole wheat (Sesame Noodles & Fried Egg)
- 1 can (28 oz/796 ml) diced tomatoes** (Pumpkin & Bean Chili)
- 1 can (14 oz/398 ml) coconut milk** (Butter Chicken)

- 1 can (14 oz/398 ml) pumpkin purée** (Pumpkin & Bean Chili)
- ½ cup crushed tomatoes** (Butter Chicken)
- 2 tbsp + 1 tsp soy sauce**, preferably low sodium:
 - 2 tbsp (Sesame Noodles & Fried Egg)
 - 1 tsp (Crispy & Crunchy Lettuce Wraps)
- 1 tbsp rice vinegar** (Sesame Noodles & Fried Egg) *Swap: white vinegar*

PROTEIN

- 4 eggs** (Sesame Noodles & Fried Egg)
- 3 lbs (1.36 kg) boneless, skinless chicken breasts**, about 6
 - 2 lbs/900 g (Butter Chicken) | *Swap: 4 cups chickpeas or 2 lbs/900 g tofu*
 - 1 lb/450 g (Florentine Style Chicken Alfredo)
- 1 lb (450 g) ground pork** (Crispy & Crunchy Lettuce Wraps) | *Swap: Ground chicken or beef*
- 1 can (19 oz/540 ml) black beans**, preferably low sodium (Pumpkin & Bean Chili)
- 1 can (19 oz/540 ml) kidney beans**, preferably low sodium (Pumpkin & Bean Chili)

DAIRY

- 1½ cups milk**, your choice (Florentine Style Chicken Alfredo)
- ½ cup 2% plain Greek yogurt** (Butter Chicken)
- 1 tbsp butter** (Butter Chicken)

Sunday Prep Tips

- After shopping, prep fresh produce as you unpack.
- Wash, chop, and slice raw veggies. Store in **4-Cup Prep Bowl** and **Prep Bowls**.
- Cook rice in **Multipurpose Steamer**. Store in **4-Cup Prep Bowl**.

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add extra lettuce or spinach, extra veggies such as green beans or broccoli, rice, and pasta.



SESAME NOODLES & FRIED EGG



TIP: Cook the eggs to your liking—a runny yolk works well to mix with the noodles. Try sunny-side up, soft boiled, or if you prefer, try scrambled!



TOTAL TIME: 20 min



4 SERVINGS



\$2.23 CA/\$1.90 US PER SERVING

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

INGREDIENTS

½ lb (225 g) uncooked spaghetti noodles, preferably whole-wheat

1 pkg **General Tao Seasoning**

2 tbsp low-sodium soy sauce

1 tbsp sesame oil

1 tbsp rice vinegar or white vinegar

4 cups frozen mixed vegetables

1 tbsp vegetable oil

4 eggs

Toppings (optional): Sliced green onion, sesame seeds

NUTRITIONAL INFO

Per serving: Calories 450, Fat 16 g (Saturated 3 g, Trans 0 g), Cholesterol 245 mg, Sodium 410 mg, Carbohydrate 62 g (Fibre 9 g, Sugars 10 g), Protein 20 g.

INSTRUCTIONS

1. In **Wok** set over high heat, bring water to boil. Once boiling, add noodles and continue to boil until pasta is tender, about 8–10 min.
2. Meanwhile, in a bowl, whisk together seasoning, soy sauce, sesame oil, and vinegar. This will be a thick sauce.
3. In **Multipurpose Steamer**, add vegetables. Cover; microwave on high, until cooked, about 6 min, depending on the type of vegetables.
4. Once cooked, drain noodles. Add noodles and sauce to vegetables in steamer. Toss with tongs to combine. Cover to keep warm; set aside.
5. Meanwhile, in wok, heat oil over medium-high heat. Fry eggs until done to your liking.
6. To serve, divide noodles between four bowls. Top with egg and add additional toppings, if desired.

BUTTER CHICKEN

TIP: 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**
1 can (14 oz/398 ml) coconut milk
½ cup crushed tomatoes
2 lbs (900 g) boneless, skinless chicken breasts, cubed
½ cup 2% plain Greek yogurt

NUTRITIONAL INFO

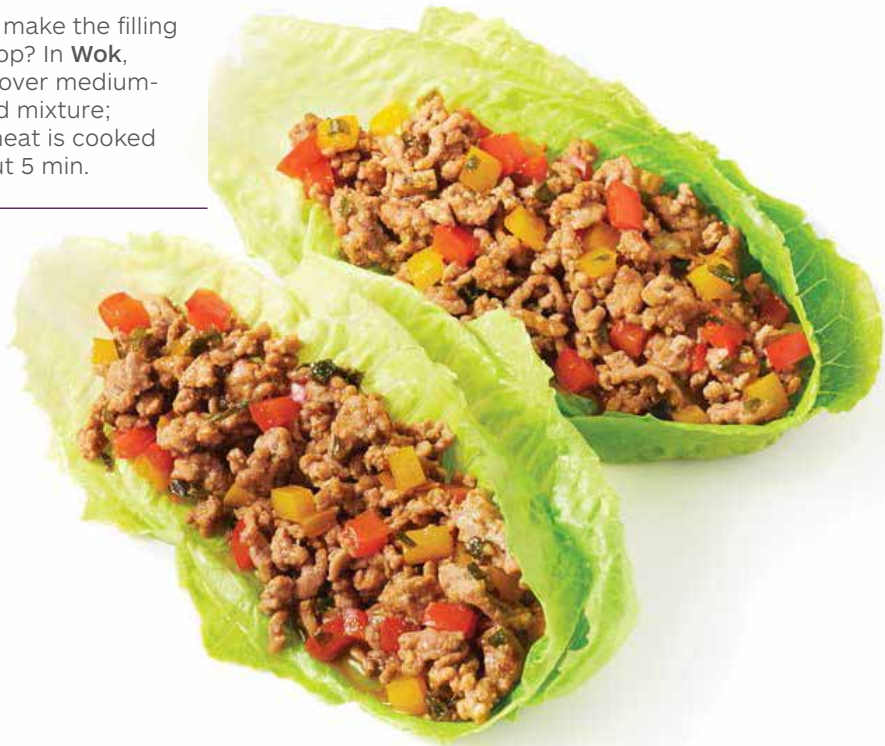
Per serving: Calories 260, Fat 15 g (Saturated 11 g, Trans 0 g), Cholesterol 65 mg, Sodium 120 mg, Carbohydrate 7 g (Fibre 2 g, Sugars 3 g), Protein 26 g.

INSTRUCTIONS

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

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 1 small head
Toppings (optional): sriracha or hoisin sauce

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.

INSTRUCTIONS

1. Dice bell peppers and place in a large bowl. Mix in seasoning, ground pork, water, oil, and soy sauce.
2. 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.
3. To assemble, make eight sets of two stacked lettuce leaves. Top each stack with about ½ cup filling. Drizzle with toppings, if desired.

PUMPKIN & BEAN CHILI

TIP: Make sure to use puréed pumpkin rather than pumpkin pie filling! The latter contains seasonings that will change the flavour of this recipe.



TOTAL TIME: 20 min



4 SERVINGS



\$2.99 CA/\$2.36 US PER SERVING

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

INGREDIENTS

1 can (19 oz/540 ml) kidney beans
1 can (19 oz/540 ml) black beans
1 can (28 oz/796 ml) diced tomatoes
1 cup frozen mixed vegetables
1 can (14 oz/398 ml) pumpkin purée
½ cup water or vegetable broth
1 pkg **Cha Cha Chili Seasoning**

Sea Salt, to taste

Black Pepper, to taste

Toppings (optional): chopped red onion, sliced jalapeño, sliced avocado

NUTRITIONAL INFO

Per serving: Calories 410, Fat 25 g (Saturated 0.3 g, Trans 0 g), Cholesterol 0 mg, Sodium 610 mg, Carbohydrate 76 g (Fibre 26 g, Sugars 14 g), Protein 22 g

INSTRUCTIONS

1. Drain and rinse beans.
2. In **Multipurpose Pot**, add beans, tomatoes, vegetables, pumpkin purée, water, and seasoning. Bring to a boil over medium-high; reduce heat and simmer 12–15 min, stirring occasionally.
3. Spoon into bowls and garnish with toppings, if desired. Season to taste with salt and pepper.

FLORENTINE STYLE CHICKEN ALFREDO



TOTAL TIME: 20 min



4 SERVINGS



\$3.65 CA/\$3.10 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups mixed greens, 1 tbsp favourite Epicure Dressing, and $\frac{1}{2}$ cup pasta, your choice.

INGREDIENTS

1 lb (450 g) boneless, skinless chicken breasts, about 2

Sea Salt and Black Pepper, to taste

4 tsp oil, divided

2 cups sliced mushrooms

1 pkg Alfredo Sauce Mix

1½ cups milk, your choice

4 cups baby spinach or kale

NUTRITIONAL INFO

Per serving: Calories 270, Fat 11 g (Saturated 3.5 g, Trans 0.2 g), Cholesterol 75 mg, Sodium 360 mg, Carbohydrate 12 g (Fibre 2 g, Sugars 2 g), Protein 30 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 with salt and pepper.
2. Heat 2 tsp oil in a large sauté pan over medium-high heat. Add chicken to pan; cook 4–5 min per side until golden brown and cooked through. Place on a plate; cover to keep warm.
3. In the same pan (don't wash), add remaining 2 tsp oil. Add mushrooms. Sauté until lightly brown, 3–5 min.
4. Reduce heat to medium. Add sauce mix and milk. Stirring constantly, bring to a boil. Reduce heat and simmer until thickened, 2 min. Gradually stir in spinach until wilted. Return chicken to pan, spooning sauce on top.