

WEEKNIGHT WONDERS

Put wonder-full into your weeknight meal prep! Add the suggested toppers, condiments, and sides of your choosing (noted in the recipe on each pack) to your grocery list.

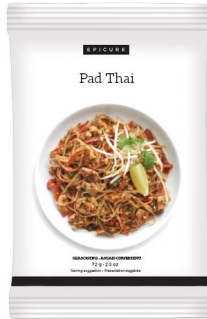
MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



PROTEIN

- 2 eggs (Pad Thai)
- 3 lbs (1.5 kg) boneless, skinless chicken breasts (Pulled Chicken)
- 2½ lbs (1.13kg) lean ground beef
Swap: Ground chicken, turkey or meatless substitute
 - 1½ lbs/675 g (Tacos)
 - 1 lb/450 g (Sloppy Joes)
- ½ lb (225 g) boneless, skinless chicken breast, or shrimp, your choice (Pad Thai)

PANTRY STAPLES

- 4 cups dry pasta, your choice (Pasta Alfredo)
- 4 cups rice noodles (Pad Thai)
- 1 cup ketchup (Pulled Chicken)
- ½ cup vinegar (Pulled Chicken)
- 2 tbsp soy sauce (Pad Thai)
- 1 tbsp oil (Pad Thai)
- 1 can (5.5 oz/156 ml) tomato paste (Sloppy Joes)

DAIRY

- 1 ½ cups milk, your choice (Pasta Alfredo)

PRODUCE

- 2 bell peppers (Pad Thai)
- 1 lime (Pad Thai)
- 2 cups bean sprouts (Pad Thai)

OTHER

- 12 taco shells or 6 large corn or flour tortillas (Tacos)
- 1 pkg small wholewheat or corn tortillas (Pulled Chicken)
- 4 buns (Sloppy Joes)

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: Don't forget your veggies! Frozen mixed vegetables and leafy greens like baby spinach or lettuce are cost-effective and easy to prep on busy weeknights.

TIP: Epicure Pulled Chicken makes 16 servings! Serve leftovers with Pasta Alfredo.

