

BACK-TO-SCHOOL

DIGITAL MEAL PLAN



This year, make sending your kiddo off to school for the first time a breeze! Whether you are packing a lunch for your child's first day of school or looking for inspiration to switch up the same lunch that your kid is getting bored of, Epicure CEO Amelia Warren and her daughter Maya are here to help solve the mealtime dilemma. Discover a curated collection of products from the CEO herself and a list of quick, easy, and flavourful recipes under \$3— all the tools you need to master those busy, non-stop mornings on the first Monday to Friday back to school!

BACK TO SCHOOL MEAL PLANNING

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

MONDAY

BAKED MAC & CHEESE BITES

With cherry tomatoes, sliced cucumber, pita wedges, and red grapes.

6 servings
\$1.74 CA | \$1.48 US



TUESDAY

SANDWICH ON A STICK

With 3 Onion Dip, bell pepper strips, and watermelon.

4 servings
\$2.74 CA | \$2.33 US



WEDNESDAY

CUCUMBER PINWHEELS

With cooked chicken slices, cheese, snap peas, and sliced kiwi & apples.

4 servings
\$1.53 CA | \$1.30 US



THURSDAY

CRISPY & CRUNCHY CHICKEN NUGGETS

With Marinara Sauce, baby carrots, mandarin segments, and strawberries.

4 servings
\$2.37 CA | \$2.01 US



FRIDAY

CCB EGG BITES

With celery sticks, Sweet Banana Muffins, blueberries, and pineapple.

6 servings
\$1.23 CA | \$1.05 US



Prices are in CA/US, based on average store costs.

MEAL PREP FOR THE WEEK



SUNDAY

- Get your groceries done on #MealPrepSunday (use our included Grocery List on p. 6)—make sure to see what ingredients you might already have at home.
- Touch your groceries once after shopping and meal prep lunches for the rest of the school week!
- Wash, chop, and prep veggies and fruit. Store in **Stay with Me Produce Savers** and easily add prepared veggies and fruit to lunches all week long.
- For **Cucumber Pinwheels**, combine **3 Onion Dip Mix** and cream cheese. Thinly slice cucumber.
- Prepare **Marinara Sauce**. Store in **Prep Bowls**.
- For **Sandwich on a Stick**, combine cream cheese and **CCB Dip Mix**, cube cheese, and slice cucumber.
- Prepare **Baked Mac & Cheese Bites**. Portion and refrigerate for the week—leftovers make a great dinner addition!
- Bake **Sweet Banana Bread Muffins**. Store in an air-tight container.



MONDAY

- You've already baked the **Mac & Cheese Bites**—simply add cherry tomatoes, sliced cucumber, pita wedges, and red grapes to the lunchbox.
- While cooking dinner, assemble **Sandwich on a Stick** portions. Slice into cubes and thread on skewers with veggies, cheese, and meat.



TUESDAY

- Add **3 Onion Dip**, bell pepper strips, and watermelon along with the **Sandwich on a Stick** portions.
- While cooking dinner, prepare tomorrow's lunch. Assemble tortilla rolls and slice into 1" pieces. Cook chicken and store in an air-tight container for tomorrow.



MEAL PREP FOR THE WEEK CONT'D

WEDNESDAY

- Add cooked chicken slices, cheese, snap peas, and sliced kiwi and apples along with the **Cucumber Pinwheels**.
- While cooking dinner, prepare **Crispy & Crunchy Chicken Strips** (using chunks of chicken for nuggets instead of strips). Save what you need for lunch and serve the rest with dinner!



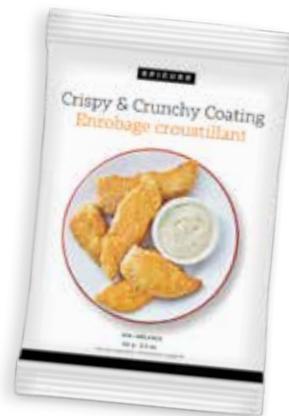
THURSDAY

- Add Marinara Sauce, baby carrots, mandarin segments, and strawberries along with the **Crispy & Crunchy Chicken Strips**.
- While cooking dinner, prepare **CCB Egg Bites**. Portion and refrigerate. Have more than you need for lunches? These are a delicious and quick way to boost protein at breakfast time!



FRIDAY

- Add celery sticks, **Sweet Banana Muffins**, blueberries, and pineapple along with the **CCB Egg Bites**.



COOKWARE

MUFFIN MAKER (SET OF 2)

- Perfect for lunch-sized portions—try **Mac & Cheese Bites** or **CCB Egg Bites**.
- Make delicious **Sweet Banana Muffins** in the microwave or oven!
- Each tray has six ¼ cup wells.
- Microwaveable, silicone pan with smooth, flexible cups so you can easily fill them, pop out cooked food, and clean up afterward.
- Use to portion and freeze etc.

CARE & USE

- Wash before initial use.
- Freezer and dishwasher-safe.
- Use in microwave or oven.
- Oven-safe up to 450° F.
- Avoid using metal utensils—silicone or wood recommended.



GROCERY LIST

PRODUCE

- 1½ English cucumbers:**
 - 1 (Cucumber Pinwheels)
 - ½ (Sandwich on a Stick)
- 1 cup cherry tomatoes (Sandwich on a Stick)**

Add sliced apples, baby carrots, bell peppers, blueberries, celery sticks, cherry tomatoes, mandarin segments, pineapple, red grapes, sliced cucumber, sliced kiwi, snap peas, strawberries, and watermelon (the veggies and fruit in the menu).

PANTRY STAPLES

- 2 cups bite-sized pasta, your choice (Baked Mac & Cheese Bites)**
- 2 tbsp mayonnaise (Crispy & Crunchy Chicken Nuggets) | Swap: 2% plain Greek yogurt**

Add Marinara Sauce (the sides).

PROTEIN

- 11 eggs:**
 - 10 (CCB Egg Bites)
 - 1 (Baked Mac & Cheese Bites)
Swap: 1 cup cheese or 2 tbsp chia seeds
- 8 slices deli meat, your choice (Sandwich on a Stick)**
- 1 lb (450 g) chicken breast fillets, about 16 pieces (Crispy & Crunchy Chicken Nuggets)**

Add cooked chicken slices (the sides).

DAIRY

- ½ brick (8 oz/250 g) + ¼ cup cream cheese:**
 - ½ brick (Cucumber Pinwheels)
 - ¼ cup (Sandwich on a Stick)
- 2½ cups grated + 2 oz (60 g) cheddar cheese:**
 - 2 cups grated (**Baked Mac & Cheese Bites**)
Swap: Tex-Mex or Pepper Jack
 - ½ cup grated (**CCB Egg Bites**)
 - 2 oz (60 g) (**Sandwich on a Stick**)
- ½ cup milk, your choice (Baked Mac & Cheese Bites)**
- 2 tbsp unsalted butter (Baked Mac & Cheese Bites)**

Add cheese (the sides).

BAKERY

- 4 slices bread (Sandwich on a Stick)**
Swap: pita wedges
- 4 whole wheat tortillas (Cucumber Pinwheels)**

Add pita wedges and Sweet Banana Muffins (the sides).



EPIC DINNERS START HERE

- 7 Dinners
- 1 Dessert
- 1 Exclusive Surprise
- 1 Sample-Sized Dip

HOW IT WORKS

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FLEXIBLE PLANS

\$35 CA | \$32 US monthly

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