


3 WEEKS OF EASY DINNERS



Take the guesswork out of meal planning with 3 Weeks of Easy Dinners! Discover delicious and nutritious meals that go from raw to ready in 20 minutes or less—perfect for those busy weeknights. You'll find budget-friendly recipes for as low as \$1 a serving that are sure to impress the whole family. Plus, we've included meal prep tips and a ready-to-use grocery list for hassle-free shopping. From **Hearty Beef Stew** to **Creamy Pesto Parmesan Chicken**, there's something for everyone in this easy-to-follow meal guide!

3 WEEKS OF EASY DINNERS

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>CHICKEN FRIED RICE</u> 4 servings \$3.90 CA \$3.32 US</p> 	<p><u>CRISPY & CRUNCHY CHICKEN STRIPS</u> 4 servings \$2.37 CA \$2.01 US</p> 	<p><u>CHICKEN SOUVLAKI</u> 8 servings \$2.75 CA \$2.34 US</p> 
TUESDAY	<p><u>MAC & CHEESE</u> 4 servings \$1.12 CA \$0.95 US</p> 	<p><u>FETTUCCINE ALFREDO</u> 6 servings \$1.14 CA \$0.97 US</p> 	<p><u>WINTRY MUSHROOM SOUP</u> 4 servings \$2.27 CA \$1.93 US</p> 
WEDNESDAY	<p><u>TROPICAL PINEAPPLE CHICKEN</u> 4 servings \$4.99 CA \$4.24 US</p> 	<p><u>HEARTY BEEF STEW</u> 6 servings \$2.72 CA \$2.31 US</p> 	<p><u>PHILLY-STYLE CHEESESTEAK</u> 6 servings \$3.88 CA \$3.30 US</p> 
THURSDAY	<p><u>BEEF & BROCCOLI STIR FRY</u> 4 servings \$3.65 CA \$3.10 US</p> 	<p><u>CREAMY PESTO PARMESAN CHICKEN</u> 4 servings \$3.31 CA \$2.81 US</p> 	<p><u>SWEET GARLIC CHICKEN</u> 4 servings \$3.33 CA \$2.83 US</p> 
FRIDAY	<p><u>HOME-STYLE CHICKEN STEW</u> 4 servings \$2.77 CA \$2.35 US</p> 	<p><u>HONEY GARLIC MEATBALLS</u> 4 servings \$2.65 CA \$2.25 US</p> 	<p><u>CARNE GUISADA</u> 8 servings \$2.06 CA \$1.75 US</p> 

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

GROCERY LIST

WEEK 1

PRODUCE

- 3 celery stalks (Home-Style Chicken Stew)
- 2 medium carrots (Home-Style Chicken Stew)
- 2 medium potatoes (Home-Style Chicken Stew)
- 1 bell pepper (Tropical Pineapple Chicken)
- 1 small red onion (Tropical Pineapple Chicken)
- 4 cups broccoli florets, fresh or frozen (Beef & Broccoli Stir-Fry)
- 4 cups shredded coleslaw (Chicken Fried Rice)
- 2 cups sugar snap peas (Tropical Pineapple Chicken)
- 1 cup frozen peas (Home-Style Chicken Stew)

PANTRY STAPLES

- 1 can (14 oz/398 ml) pineapple chunks in juice (Tropical Pineapple Chicken)
- 2 cups bite-sized pasta, your choice (Mac & Cheese)
- 1 cup uncooked white rice (Chicken Fried Rice)
- 7 tbsp oil:
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 2 tbsp, preferably coconut (Tropical Pineapple Chicken)
 - 1 tbsp (Chicken Fried Rice)
 - 1 tbsp, preferably sesame (Chicken Fried Rice)
 - 1 tbsp (Home-Style Chicken Stew)
- 4 tbsp soy sauce, preferably low sodium:
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 2 tbsp (Chicken Fried Rice)

PROTEIN

- 2 lbs (900 g) boneless, skinless chicken breasts, about 4 breasts | *Swap: chicken thighs*
 - 1 lb/450 g (Chicken Fried Rice)
 - 1 lb/450 g (Home-Style Chicken Stew)
- 1 lb (450 g) beef strips (Beef & Broccoli Stir-Fry) | *Swap: medium-firm tofu, ground beef, or chicken breast*
- 1 lb (450 g) boneless, skinless chicken breast fillets (Tropical Pineapple Chicken)

DAIRY

- ½ cup milk, your choice (Mac & Cheese)
- 2 tbsp butter, optional (Mac & Cheese)

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**.
- Prepare rice in **Multipurpose Steamer**.

MAKE IT A PERFECTLY BALANCED PLATE:

This week, add mixed veggies, lean protein such as tuna or tofu, and grains such as rice or quinoa.



GROCERY LIST

WEEK 2

PRODUCE

- 2 lbs (900 g) baby carrots (Hearty Beef Stew)
- 1½ lbs (675 g) mini potatoes (Hearty Beef Stew)
- 4 cups baby spinach (Creamy Pesto Parmesan Chicken)

PANTRY STAPLES

- 4 cups uncooked pasta, your choice (Fettucine Alfredo)
- 3 tbsp tomato paste (Hearty Beef Stew)
- 2 tbsp mayonnaise (Crispy & Crunchy Chicken Strips) | *Swap: 2% plain Greek yogurt*
- 2 tbsp oil:
 - 1 tbsp (Creamy Pesto Parmesan Chicken)
 - 1 tbsp (Hearty Beef Stew)
- 1 tbsp honey (Honey Garlic Meatballs)

PROTEIN

- 2 lbs (900 g) chicken breast fillets, about 32 pieces:
 - 1 lb/450 g (Creamy Pesto Parmesan Chicken) | *Swap: medium-firm tofu or plant-based sausages*
 - 1 lb/450 g (Crispy & Crunchy Chicken Strips)
- 1½ lbs (675 g) cubed stewing beef (Hearty Beef Stew)
- 1 lb (450 g) lean ground beef (Honey Garlic Meatballs)

DAIRY

- 3 cups milk, your choice:
 - 1½ cups (Fettucine Alfredo)
 - 1½ cups (Creamy Pesto Parmesan 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**.
- Prepare rice and pasta in **Multipurpose Steamer**.

MAKE IT A PERFECTLY BALANCED PLATE:

This week, add leafy greens; extra protein such as beans or canned fish, like salmon or tuna; mixed veggies; and rice or pasta.



GROCERY LIST

WEEK 3

PRODUCE

- 7 bell peppers:
 - 4 green (Carne Guisada)
 - 2, your choice (Philly-Style Cheesesteak)
 - 1 yellow (Chicken Souvlaki)
- 3 small sweet potatoes (Sweet Garlic Chicken)
Swap: Yukon Gold or Russet potatoes
- 2 small onions:
 - 1 red (Chicken Souvlaki)
 - 1 yellow (Philly-Style Cheesesteak)
- 6 cups sliced mushrooms, about 4 packages (7 oz/200 g each):
 - 3 cups (Philly-Style Cheesesteak)
 - 3 cups (Wintry Mushroom Soup)
- 2 cups cherry tomatoes (Chicken Souvlaki)

PANTRY STAPLES

- 5 tbsp oil:
 - 2 tbsp, preferably olive (Chicken Souvlaki)
 - 1 tbsp (Carne Guisada)
 - 1 tbsp (Philly-Style Cheesesteak)
 - 1 tbsp (Sweet Garlic Chicken)
- 2 tbsp lemon juice (Chicken Souvlaki)

PROTEIN

- 2 lbs (900 g) boneless, skinless chicken breast fillets (Chicken Souvlaki)
- 2 lbs (900 g) stewing beef (Carne Guisada)
- 1 lb (450 g) boneless, skinless chicken thighs (Sweet Garlic Chicken) | *Swap: medium-firm tofu*
- 1 lb (450 g) thinly sliced beef strips (Philly-Style Cheesesteak)

DAIRY

- 3½ cups milk, your choice (Wintry Mushroom Soup)
- 1 cup shredded mozzarella cheese (Philly-Style Cheesesteak) | *Swap: provolone cheese*
- 2 tbsp butter (Wintry Mushroom Soup)
Swap: olive oil

BAKERY

- 8 pitas, optional (Chicken Souvlaki)
- 6 hoagie rolls (Philly-Style Cheesesteak)
Swap: mini sub buns or hot dog buns

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**.
- Prepare rice or quinoa in **Multipurpose Steamer**.

MAKE IT A PERFECTLY BALANCED PLATE:

This week, add whole-grain bread, feta cheese, leafy greens, rice, and chicken or canned salmon to make sandwiches.

