

# 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

- 3 lbs (1.5 kg) boneless, skinless chicken breasts** (Pulled Chicken)
- 2½ lbs (1.13 kg) lean ground beef**  
Swap: Ground chicken, turkey or meatless substitute
  - 1½ lbs/675 g (Tacos)
  - 1 lb/450 g (Cha Cha Chili)

### PANTRY STAPLES

- 1 can (28 oz/796 ml) diced tomatoes** (Cha Cha Chili)
- 1 can (19 oz/540 ml) kidney beans** (Cha Cha Chili)
- 6 cups dry pasta**, your choice:
  - 4 cups (Pasta Alfredo)
  - 2 cups (Mac & Cheese)
- 1 cup ketchup** (Pulled Chicken)
- ½ cup vinegar** (Pulled Chicken)
- ¼ cup brown sugar** (Pulled Chicken)

### DAIRY

- Milk**, your choice:
  - 1½ cups (Pasta Alfredo)
  - ⅓ cup (Mac & Cheese)
- 2 tbsp butter**, optional (Mac & Cheese)

### OTHER

- 12 taco shells** or **6 large corn or flour tortillas** (Tacos)
- 1 pkg small wholewheat or corn tortillas** (Pulled Chicken)

**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 **Mac & Cheese** or **Pasta Alfredo**.

