
















3 WEEKS OF EASY DINNERS



Stop wondering what's for dinner every night and enjoy 3 weeks of family-friendly meals bursting with flavour! We've done the meal planning, so you don't have to. Cozy up to a mouth-watering **Lemon Chicken Orzo** recipe or enjoy a comforting **Home-Style Chicken Stew** — this family-friendly guide is sure to impress. Consider this your “go-to” guide to budget-friendly meal planning.

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	<u>TROPICAL PINEAPPLE CHICKEN</u> 4 servings \$4.99 CA \$4.24 US 	<u>CHICKEN FRIED RICE</u> 4 servings \$3.90 CA \$3.32 US 	<u>BEEF & BROCCOLI STIR FRY</u> 4 servings \$3.65 CA \$3.10 US 
	<u>HOME-STYLE CHICKEN STEW</u> 4 servings \$2.77 CA \$2.35 US 	<u>HONEY GARLIC MEATBALLS</u> 4 servings \$2.65 CA \$2.25 US 	<u>CRISPY & CRUNCHY CHICKEN STRIPS</u> 4 servings \$2.37 CA \$2.01 US 
TUESDAY	<u>MAC & CHEESE</u> 4 servings \$1.12 CA \$0.95 US 	<u>ROTISSERIE CHICKEN</u> 8 servings \$2.35 CA \$2.00 US 	<u>CHOP CHOP SALAD</u> 4 servings \$5.07 CA \$4.31 US 
	<u>LEMON CHICKEN ORZO NEW</u> 4 servings \$5.66 CA \$4.81 US 	<u>FETTUCCHINE ALFREDO</u> 6 servings \$1.14 CA \$0.97 US 	<u>SWEET GARLIC CHICKEN</u> 4 servings \$3.33 CA \$2.83 US 
WEDNESDAY	<u>PHILLY-STYLE CHEESESTEAK</u> 6 servings \$3.88 CA \$3.30 US 	<u>PULLED PORK</u> 20 servings \$1.03 CA \$0.88 US 	<u>BEEF STROGANOFF</u> 6 servings \$2.45 CA \$2.08 US 
	<u>THURSDAY</u>	<u>FRIDAY</u>	

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

GROCERY LIST

WEEK 1

PRODUCE

- 3 bell peppers:
 - 2 (Philly-Style Cheesesteak)
 - 1 (Tropical Pineapple Chicken)
- 3 celery stalks (Home-Style Chicken Stew)
- 2 medium carrots (Home-Style Chicken Stew)
- 2 medium potatoes (Home-Style Chicken Stew)
- 2 small onions:
 - 1 red (Tropical Pineapple Chicken)
 - 1 yellow (Philly-Style Cheesesteak)
- 4 cups baby spinach (Lemon Chicken Orzo)
- 3 cups sliced mushrooms, about 2 packs (7 oz/200 g each) (Philly-Style Cheesesteak)
- 2 cups cherry tomatoes (Lemon Chicken Orzo)
- 2 cups sugar snap peas (Tropical Pineapple Chicken)
- 1 cup frozen peas (Home-Style Chicken Stew)

PANTRY STAPLES

- Oil:
 - 2 tbsp, preferably coconut (Tropical Pineapple Chicken)
 - 1 tbsp (Lemon Chicken Orzo)
 - 1 tbsp (Home-Style Chicken Stew)
 - 1 tbsp (Philly-Style Cheesesteak)
- 1 can (14 oz/398 ml) pineapple chunks, in juice (Tropical Pineapple Chicken)
- 2 cups bite-size pasta, your choice (Mac & Cheese)
- 1 cup orzo (Lemon Chicken Orzo)
- ¼ cup capers (Lemon Chicken Orzo)

PROTEIN

- 1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts (Home-Style Chicken Stew) | *Swap: chicken thighs*
- 1 lb (450 g) boneless, skinless chicken breast fillets, about 16 pieces (Tropical Pineapple Chicken)
- 1 lb (450 g) boneless, skinless chicken thighs (Lemon Chicken Orzo)
- 1 lb (450 g) thinly sliced beef strips (Philly-Style Cheesesteak)

DAIRY

- 1 cup shredded mozzarella (Philly-Style Cheesesteak) | *Swap: provolone cheese*
- ½ cup milk, your choice (Mac & Cheese)
- 3 tbsp unsalted butter:
 - 2 tbsp, optional (Mac & Cheese)
 - 1 tbsp (Lemon Chicken Orzo)

OTHER

- 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**.

MAKE IT A PERFECTLY BALANCED PLATE:

This week, add mixed veggies, grains such as rice or quinoa, and your choice of protein such as tuna, chicken, or tofu.



GROCERY LIST

WEEK 2

PRODUCE

- 4 cups shredded coleslaw (Chicken Fried Rice)

PANTRY STAPLES

- Oil:
 - 1 tbsp (Chicken Fried Rice)
 - 1 tbsp sesame (Chicken Fried Rice)
- 4 cups uncooked pasta, your choice (Fettucine Alfredo)
- 1 cup ketchup (Pulled Pork)
- 1 cup uncooked white rice (Chicken Fried Rice)
- ½ cup brown sugar (Pulled Pork)
- ½ cup vinegar (Pulled Pork)
- 2 tbsp soy sauce, preferably low sodium (Chicken Fried Rice)
- 1 tbsp honey (Honey Garlic Meatballs)

PROTEIN

- 5 lbs (2.5 kg) boneless pork shoulder or butt roast (Pulled Pork)
- 3 lbs (1.36 kg) whole chicken (Rotisserie Chicken)
- 1 lb (450 g) boneless, skinless chicken breasts, about 2 (Chicken Fried Rice)
Swap: chicken thighs
- 1 lb (450 g) lean ground beef (Honey Garlic Meatballs)

DAIRY

- 1½ cups milk, your choice (Fettucine Alfredo)

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 whole-grain rolls and buns, mixed veggies, lean protein such as tuna or tofu, grains such as rice or quinoa, and coleslaw (to serve with Pulled Pork, if desired).



GROCERY LIST

WEEK 3

PRODUCE

- 3 small sweet potatoes (Sweet Garlic Chicken)
Swap: Yukon Gold or russet potatoes
- 2 bell peppers (Chop Chop Salad)
- 4 cups broccoli florets, fresh or frozen (Beef & Broccoli Stir-Fry)
- 4 cups chopped romaine (Chop Chop Salad)
- 2 cups sliced mushrooms, about 1 pkg (7 oz/200 g) (Beef Stroganoff)
- 1½ cups corn niblets (Chop Chop Salad)

PANTRY STAPLES

- Oil:
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 2 tbsp (Beef Stroganoff)
 - 2 tbsp, preferably olive (Chop Chop Salad)
 - 1 tbsp (Sweet Garlic Chicken)
 - 1 tsp (Chop Chop Salad)
- 1 can (19 oz/540 ml) unsalted chickpeas (Chop Chop Salad)
- 4 cups uncooked egg noodles (Beef Stroganoff)
- 2 tbsp mayonnaise (Crispy & Crunchy Chicken Strips) | *Swap: 2% plain Greek yogurt*
- 2 tbsp soy sauce, preferably low sodium (Beef & Broccoli Stir-Fry)
- 1 tbsp honey mustard (Chop Chop Salad)
- 1 tsp Worcestershire sauce (Beef Stroganoff)

PROTEIN

- 1 lb (450 g) boneless, skinless chicken breast fillets, about 16 pieces (Crispy & Crunchy Chicken Strips)
- 1 lb (450 g) boneless, skinless chicken thighs (Sweet Garlic Chicken) | *Swap: 1 lb (450 g) medium-firm tofu*
- 1 lb (450 g) beef strips (Beef & Broccoli Stir-Fry)
Swap: medium-firm tofu, ground beef, or chicken breast
- 1 lb (450 g) lean ground beef (Beef Stroganoff)
Swap: beef strips
- ½ lb (225 g) boneless, skinless chicken breasts, about 1 breast (Chop Chop Salad)

DAIRY

- 1 cup 2% plain Greek yogurt (Beef Stroganoff)
Swap: sour cream
- ½ cup crumbled feta (Chop Chop Salad)

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.

MAKE IT A PERFECTLY BALANCED PLATE:

This week, add leafy greens, oil for dressing, and grains such as rice or quinoa.

