



E P I C U R E™

WINTER WARM UP

BETTER THAN TAKEOUT

30-DAY DINNER MEAL PLAN



WINTER WARM UP

30-DAY MEAL PLAN AND WEEKLY GROCERY LISTS



Bring warm, comforting goodness to your busy weekday meal prep with the Winter Warm Up Collection and this 30-day custom-curated meal plan! Meal options abound—follow either the package instructions on the Meal Solutions listed, or find inspiration with the fresh, new recipes (follow the links) within this guide. The weekly grocery lists break down what you need and have easy swaps to help you shop smarter and find ingredients to suit your family's taste. This guide is your perfect companion to helping you create hearty and healthy better-than-takeout meals.

SUNDAY PREP TIPS

- After shopping, prep fresh produce as you unpack.
- Wash leafy greens and dry well. Wrap in paper towel; place in a baggie or storage container. Refrigerate in crisper drawer. Replace towel when damp—that'll keep it fresh, not slimy.
- Cook grains like rice and quinoa in the **Multipurpose Steamer**. Store in **4-Cup Prep Bowls**.
- Wash, chop, slice, and store raw veggies. Store in **4-Cup Prep Bowl** and **Prep Bowls**.
- Make and store dressing (recipe on label) using **Funnel** and **Cruet**
- Prep dips ahead. Great to have on hand to round out meals!

WINTER WARM UP

30-DAY DINNER MEAL PLAN

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	WEEK 4	WEEK 5
MON	<u>WINTRY MUSHROOM PORK</u> 4 servings \$3.90 CA \$3.32 US	<u>GREEK CHICKEN POWER BOWL</u> 4 servings \$4.93 CA \$4.19 US	<u>ORANGE ROSEMARY GARLIC CHICKEN</u> 4 servings \$1.86 CA \$1.58 US	<u>QUICK ROSEMARY & GARLIC BEEF STEW</u> 4 servings \$1.55 CA \$1.33 US	<u>ENCHILADAS</u> 4 servings \$2.88 CA \$2.45 US
TUE	<u>THAI COCONUT SOUP</u> 4 servings \$3.18 CA \$2.70 US	<u>KIMCHI BURRITO BOWLS</u> 4 servings \$3.19 CA \$2.71 US	<u>GROUND BEEF & UDON NOODLE STIR-FRY</u> 4 servings \$3.54 CA \$3 US	<u>WINTER QUINOA & WHITE BEAN SALAD</u> 4 servings \$2.34 CA \$1.99 US	<u>SHRIMP & PINEAPPLE SHEET PAN DINNER</u> 4 servings \$4.05 CA \$3.44 US
WED	<u>SIMPLE VEGGIE NOODLE BOWL</u> 4 servings \$3.17 CA \$2.69 US	<u>CREAMY MUSHROOM & CHICKEN PASTA</u> 4 servings \$3.69 CA \$3.14 US	<u>PANZANELLA SALAD</u> 6 servings \$2 CA \$1.70 US	<u>ENCHILADA CHICKEN & ZOODLES</u> 4 servings \$2.64 CA \$2.24 US	SOMETHING SWEET: <u>LUSCIOUS LEMON CURD</u> 1½ cups \$0.41 CA \$0.35 US <u>LUSCIOUS LEMON TARTS</u> 24 servings \$0.51 CA \$0.43 US <u>LEMON CURD & BERRIES</u> 4 servings \$0.86 CA \$0.73 US
THU	<u>GREEK LEMON CHICKEN SOUP (AVGOLEMONO)</u> 4 servings \$2.96 CA \$2.52 US	<u>CRISPY & CRUNCHY LETTUCE WRAPS</u> 4 servings \$3.05 CA \$2.59 US	<u>CHICKEN ZOODLE SOUP</u> 4 servings \$3.50 CA \$2.98 US	<u>GARLICKY SHRIMP PASTA</u> 4 servings \$4.50 CA \$3.83 US	
FRI	<u>SHEET PAN CAPRESE CHICKEN</u> 8 servings \$3.58 CA \$3.04 US	<u>HERB & GARLIC BAKED COD</u> 4 servings \$2.72 CA \$2.31 US	<u>SHRIMP & FETA PASTA TOSS</u> 4 servings \$3.77 CA 3.20 US	<u>LEMON CHICKEN</u> 6 servings \$2.53 CA \$2.15 US	
SAT	<u>TOASTED GNOCCHI & KALE PESTO</u> 4 servings \$3.66 CA \$3.11 US	<u>CLASSIC MEATLOAF</u> 4 servings \$2.05 CA \$1.74 US	<u>THAI COCONUT CHICKEN</u> 4 servings \$4.60 CA \$3.91 US	<u>BUTTERNUT SQUASH PASTA</u> 4 servings \$2.83 CA \$2.40 US	
SUN	<u>LOADED HUMMUS TOSTADAS</u> 4 servings \$3.04 CA \$2.58 US	<u>ROTISSERIE CHICKEN</u> 8 servings \$2.29 CA \$1.95 US	<u>SAUCY MEATBALL SANDWICH</u> 4 servings \$2.37 CA \$2.01 US	<u>LENTIL & BEEF BURGER</u> 4 servings \$2.27 CA \$1.93 US	



DINNERS & GROCERY LISTS

WEEK 1

PRODUCE

- 5 lemons:**
 - 4 (Greek Lemon Chicken Soup)
 - 1 (Toasted Gnocchi & Kale Pesto)
- 3 tomatoes:**
 - 2 (Sheet Pan Caprese Chicken)
 - 1 (Loaded Hummus Tostadas)
- 2½ limes** | *Swap: Bottled lime juice*
 - 1 (Loaded Hummus Tostadas)
 - 1 (Simple Veggie Noodle Bowl)
 - ½, optional (Thai Coconut Soup)
- 2 carrots** (Simple Veggie Noodle Bowl)
- 2 heads baby bok choy** (Thai Coconut Soup)
Swap: 4 cups baby spinach
- 1 avocado** (Loaded Hummus Tostadas)
- 1 bunch radishes** (Simple Veggie Noodle Bowl)
- 1 English cucumber** (Simple Veggie Noodle Bowl)
- 1 large sweet potato** (Thai Coconut Soup)
- ½ bunch green kale** (Toasted Gnocchi & Kale Pesto)
- 4 cups baby spinach** (Loaded Hummus Tostadas)
- 3½ cups sliced mushrooms:**
 - 2½ cups (Wintry Mushroom Pork)
 - 1 cup (Thai Coconut Soup)

PANTRY STAPLES

- Oil:**
 - ¾ cup, preferably olive (Sheet Pan Caprese Chicken)
 - ¼ cup, preferably olive (Toasted Gnocchi & Kale Pesto)
 - 1 tbsp, preferably sesame (Simple Veggie Noodle Bowl)
 - 1 tbsp (Wintry Mushroom Pork)
 - ½ tbsp (Loaded Hummus Tostadas)
- 1 pkg (350 g) Olivieri® Skillet Gnocchi®** (Toasted Gnocchi & Kale Pesto) | *Swap: 4 cups cooked pasta*
- ½ pkg (14 oz/400 g) vermicelli rice noodles** (Simple Veggie Noodle Bowl)

- 1 can (14 oz/398 ml) coconut milk** (Thai Coconut Soup)
- 1 cup uncooked orzo** (Greek Lemon Chicken Soup) | *Swap: Rice*
- ¼ cup red wine vinegar** (Sheet Pan Caprese Chicken)
- 3 tbsp raw sunflower seeds** (Toasted Gnocchi & Kale Pesto) | *Swap: Pumpkin seeds*
- 2 tbsp tahini** (Loaded Hummus Tostadas)
- 1 tbsp honey** (Simple Veggie Noodle Bowl)
Swap: Maple syrup

PROTEIN

- 8 eggs**
 - 4 (Greek Lemon Chicken Soup)
 - 4 (Loaded Hummus Tostadas)
- 3 ¼ lbs (1.47 kg) boneless, skinless chicken breasts**, about 7
 - 2 lbs/900 g (Sheet Pan Caprese Chicken)
 - 1 lb/450 g (Toasted Gnocchi & Kale Pesto)
 - ¼ lb/112.5 g (Greek Lemon Chicken Soup)
- 1 lb (450 g) boneless pork loin roast** (Wintry Mushroom Pork)
- 2 blocks (7 oz/210 g each) smoked tofu** (Simple Veggie Noodle Bowl)
- 1 block (454 g) medium-firm tofu** (Thai Coconut Soup)
- 1 can (19 oz/540 ml) low-sodium black beans** (Loaded Hummus Tostadas)

DAIRY

- 1 large ball fresh mozzarella**, about 8 oz (226 g) (Sheet Pan Caprese Chicken)
- 1½ cups milk**, your choice (Wintry Mushroom Pork)

BAKERY

- 4 small tortillas** (Loaded Hummus Tostadas)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add extra mixed greens or spinach, extra carrots, cucumber, mushrooms, potatoes, wholegrain buns, and rice or quinoa.



WINTRY MUSHROOM PORK



TOTAL TIME: 20 min



4 servings



\$3.90 CA/\$3.32 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ cup mashed potatoes and 1 cup steamed vegetables.

INGREDIENTS

1 tbsp oil, divided
1 lb (450 g) boneless pork loin roast
Sea Salt, to taste
Black Pepper, to taste
1 pkg (7 oz/200 g) sliced mushrooms, about 2½ cups
1 pkg **Wintry Mushroom Soup Seasoning**
1½ cups milk, your choice
Toppings (optional): coarsely chopped parsley

NUTRITIONAL INFO

Per serving: Calories 320, Fat 17 g (Saturated 5 g, Trans 0.1 g), Cholesterol 80 mg, Sodium 300 mg, Carbohydrate 13 g (Fibre 1 g, Sugars 1 g), Protein 29 g.

TIP: To get a golden-brown sear on the pork, first pat meat dry with paper towel. When cooking, resist the urge to move it around or flip it too early. It will naturally release from the pan when it's ready (about 3–4 min), then flip and don't fiddle around with it.

INSTRUCTIONS

1. In **Wok**, heat ½ tbsp oil over medium-high heat. Meanwhile, slice pork into 4 steaks; season with salt and pepper. Add to pan and fry until browned, 3–4 min per side. Place on a plate; cover and keep warm.
2. Add remaining ½ tbsp oil to wok. Add mushrooms and sauté until lightly brown, 3 min.
3. Meanwhile, in a bowl, whisk together seasoning and milk. Once mushrooms have browned, add milk mixture. Bring to a boil, then reduce heat and return pork to pan. Cover; simmer until meat is cooked through, about 4 min, turning once.
4. Divide pork between plates; spoon sauce on top, add parsley if desired.

THAI COCONUT SOUP



TOTAL TIME: 20 min



**6 cups for
4 servings**



\$3.18 CA/\$2.70 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced vegetables and 1 small wholegrain bun.

INGREDIENTS

- 1 large sweet potato
- 1 pkg **Thai Coconut Soup Seasoning**
- 2 cups hot water
- 1 can (14 oz/398 ml) coconut milk
- 2 heads baby bok choy
- 1 block (454 g) medium-firm tofu
- 1 cup sliced mushrooms
- ½ lime, optional

NUTRITIONAL INFO

Per serving (about 1½ cups): Calories 340, Fat 19 g (Saturated 13 g, Trans 0 g), Cholesterol 0 mg, Sodium 340 mg, Carbohydrate 30 g (Fibre 6 g, Sugars 10 g), Protein 16 g.

TIP: Swap tofu with cooked chicken or shrimp.

TIP: For a protein boost, add leftover tofu to your morning smoothie—you won't even taste it!

INSTRUCTIONS

1. Dice sweet potato into small cubes, you should have about 2 cups. Place in **Round** or **Multipurpose Steamer**; cover, microwave on high 6 min, or until tender.
2. Meanwhile, in **Wok**, combine seasoning, hot water, and coconut milk. Cover; bring to a boil over high heat. Reduce heat to a simmer.
3. Meanwhile, coarsely chop bok choy, you should have about 2 cups. Drain tofu, measure out 1½ cups. Save remainder for use at a later date.
4. Add bok choy, tofu, mushrooms, and sweet potato to wok. Simmer for 1 min.
5. Using **2-in-1 Citrus Press**, squeeze in juice from lime, if desired.

SIMPLE VEGGIE NOODLE BOWL



TOTAL TIME: 15 min



4 servings



\$3.17 CA/\$2.69 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: This is a perfectly balanced plate.

INGREDIENTS

½ pkg (14 oz/400 g) vermicelli rice noodles
8 cups boiling water
1 lime
½ tbsp **Greek Dressing Mix**
1 tbsp each liquid honey and sesame oil
1 bunch radishes
2 carrots
1 English cucumber
2 blocks (7 oz/210 g each) smoked tofu

NUTRITIONAL INFO

Per serving: Calories 430, Fat 14 g (Saturated 2.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 410 mg, Carbohydrate 54 g (Fibre 4 g, Sugars 7 g), Protein 20 g.

TIP: Smoked tofu is very firm and has a smoky flavour; it can be eaten uncooked or cooked. If you're feeling fancy, make ribbons. Simply fit the **4-in-1 Mandoline** with the 3.5 mm slicer plate and slice the tofu into thin strips.

INSTRUCTIONS

1. In a large bowl, combine rice noodles and boiling water. Ensure noodles are completely submerged—add more boiling water as needed. Every couple of minutes, give the noodles a stir to ensure they are evenly cooked. Noodles take approximately 6 min to cook until tender, then drain and rinse under cold water.
2. Meanwhile, in a small bowl, make dressing. Using **2-in-1 Citrus Press**, squeeze in juice from 1 lime. Whisk in dressing mix, honey, and oil.
3. Slice radishes into thin rounds. Grate carrots. Slice cucumber in half, lengthwise. Use a spoon to scrape out seeds (save for a smoothie!). Slice halves cross-wise. Cube tofu.
4. Divide noodles, veggies and tofu between four bowls. Drizzle dressing on top.

GREEK LEMON CHICKEN SOUP (AVGOLEMONO)



TOTAL TIME: 20 min



4 servings



\$2.96 CA/\$2.52 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy greens and 1 tbsp Epicure Dressing, your choice.

INGREDIENTS

8 cups **Nourish Broth**
1 cup uncooked orzo or rice
4 eggs
1 tbsp **Greek Dressing Mix**
4 lemons
1 cup diced cooked chicken
Sea Salt, to taste
Black Pepper, to taste

NUTRITIONAL INFO

Per serving: Calories 320, Fat 8 g (Saturated 2.5 g, Trans 0 g),
Cholesterol 265 mg, Sodium 280 mg, Carbohydrate 42 g
(Fibre 3 g, Sugars 4 g), Protein 22 g.

INSTRUCTIONS

1. Pour broth in **Multipurpose Pot**. Cover; bring to a boil over medium-high heat. Once boiling, add orzo and cook, partially covered, until tender, about 10 min. If using rice, about 20 min. Once cooked, reduce heat and simmer, uncovered.
2. Meanwhile, in a large bowl, add eggs and dressing mix. Using **2-in-1 Citrus Press**, squeeze in juice from lemons. Whisk to combine.
3. Slowly whisk in 2 cups of hot broth into egg and lemon mixture. This tempers the eggs and prevents curdling.
4. Whisk the tempered egg mixture into remaining broth.
5. Add chicken and simmer until heated through, about 2 min. Season with salt and pepper to taste. Serve immediately.

SHEET PAN CAPRESE CHICKEN



TOTAL TIME: 20 min



8 servings



\$3.58 CA/\$3.04 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy green salad and ½ cup pasta or rice.

INGREDIENTS

1 large ball fresh mozzarella, about 226 g
2 medium field tomatoes
2 lbs (900 g) boneless, skinless chicken breasts, about 4
4 tbsp **Rosemary Garlic Seasoning**
1 cup **Greek Dressing**, prepared
Sea Salt (Grinder), to taste
Black Pepper (Grinder), to taste
Toppings (optional): fresh spinach leaves

NUTRITIONAL INFO

Per serving: Calories 320, Fat 20 g (Saturated 6 g, Trans 0 g), Cholesterol 90 mg, Sodium 160 mg, Carbohydrate 5 g (Fiber 1 g, Sugars 1 g), Protein 31 g

INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Slice cheese into eight slices. Slice tomatoes into four slices each. Set aside.
3. Cut chicken breasts in half. Place chicken on lined pan; coat with seasoning.
4. Roast until chicken is cooked through, about 15–18 min. Top chicken with sliced tomato and cheese during the last 5 min of cooking.
5. To serve, drizzle dressing on top. Season with salt and pepper, if desired.

RECIPE TIP: Swap field tomatoes for cherry tomatoes—simply toss on sheet pan while chicken is cooking.

TOASTED GNOCCHI & KALE PESTO



TOTAL TIME: 20 min



4 servings



\$3.66 CA/\$3.11 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with $\frac{1}{2}$ cup veggies, your choice.

INGREDIENTS

$\frac{1}{4}$ cup olive oil, divided
1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts
 $\frac{1}{2}$ bunch green kale
 $\frac{1}{4}$ cup water
2–3 tbsp lemon juice
3 tbsp raw sunflower or pepita seeds
2 tbsp **Herb & Garlic Dip Mix**
1 pkg (350 g) **Olivieri® Skillet Gnocchi**®
Toppings (optional): halved cherry tomatoes, grated parmesan

NUTRITIONAL INFO

Per serving: Calories 500, Fat 21 g (Saturated 3.5 g, Trans 0 g), Cholesterol 95 mg, Sodium 580 mg, Carbohydrate 43 g (Fibre 4 g, Sugars 2 g), Protein 34 g.

RECIPE TIP: Look for skillet gnocchi in the refrigerated pasta section of your grocery store. While traditional gnocchi is boiled, this product only requires a quick pan-fry. The end result is a crispy golden exterior with a soft and fluffy interior.

INSTRUCTIONS

1. Heat $\frac{1}{2}$ tbsp oil in a large sauté pan over medium-high heat.
2. Meanwhile, cut chicken into bite-sized pieces; stir-fry until cooked through, 6–8 min. Remove from pan and set aside.
3. While the chicken is cooking, de-stem kale and tear leaves. You should have about 4 cups (packed). In a food processor or high-speed blender, add kale, water, lemon juice, 3 tbsp oil, seeds, and dip mix. Blend until well combined, scraping down the sides, as necessary. It will be thick—thin out with more water or oil, if desired.
4. Over medium heat, heat remaining $\frac{1}{2}$ tbsp oil. Add gnocchi; cook, stirring frequently until golden brown, 4–5 min.
5. Add cooked chicken and pesto to pan; stir until combined. Add toppings and stir to mix. Serve immediately.

LOADED HUMMUS TOSTADAS



TOTAL TIME: 20 min



4 servings



\$3.04 CA/\$2.58 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: This is a perfectly balanced plate.

INGREDIENTS

- 1 can (19 oz/540 ml) low-sodium black beans
- 3 tbsp **Creamy Garlic Hummus Dip Mix**
- 2 tbsp tahini
- 1 lime
- 1 large tomato
- 1 avocado
- 4 cups baby spinach
- 4 small tortillas
- ½ tbsp oil
- 4 eggs

Toppings (optional): grated cheese, lime wedges, **Poco Picante Salsa**, **Guacamole**

NUTRITIONAL INFO

Per serving: Calories 450, Fat 21 g (Saturated 4 g, Trans 0 g), Cholesterol 245 mg, Sodium 440 mg, Carbohydrate 48 g (Fibre 17 g, Sugars 3 g), Protein 22 g.

INSTRUCTIONS

1. Drain and reserve liquid from can of black beans. In a food processor, add beans, ¼ cup reserved liquid, dip mix, and tahini. Slice lime in half. Using **2-in-1 Citrus Press**, squeeze in juice from lime. Blend until smooth, about 1–2 min. Set aside.
2. Slice tomato into rounds. Cut avocado in half, remove pit, and slice. Chop spinach.
3. Heat a large fry pan over medium heat. When warm, 2 add tortillas; lightly toast about 30 sec per side. Repeat with remaining tortillas. Wrap in a kitchen towel to keep warm.
4. In same pan (don't wash) heat oil over medium heat; crack eggs into pan. Fry until whites are set and yolk is done to your liking.
5. Arrange 1 tortilla on each plate. Divide hummus between shells, spreading evenly. Top with spinach, tomato, avocado, and egg. Add toppings, if desired.

DINNERS & GROCERY LISTS

WEEK 2

PRODUCE

- 4 bell peppers:**
 - 2 (Crispy & Crunchy Lettuce Wraps)
 - 1, preferably yellow (Greek Chicken Power Bowl)
 - 1 (Kimchi Burrito Bowls)
- 2 Roma tomatoes** (Kimchi Burrito Bowls)
- 1 ½ lemons:**
 - 1 (Herb & Garlic Baked Cod)
 - ½ (Greek Chicken Power Bowl)
- 1 small head lettuce**, about 16 leaves | *Tip: Try romaine, butter, or iceberg*
- ½ small red onion** (Greek Chicken Power Bowl)
- 1 pint cherry tomatoes** (Greek Chicken Power Bowl)
- 8 cups chopped romaine lettuce** (Kimchi Burrito Bowls) | *Swap: Mixed leafy greens of your choice*
- 2 cups frozen peas** (Creamy Mushroom & Chicken Pasta)
- ½ cup kimchi** (Kimchi Burrito Bowls)

PANTRY STAPLES

- Oil:**
 - 1 tbsp, preferably sesame (Crispy & Crunchy Lettuce Wraps)
 - 1 tbsp, preferably olive (Herb & Garlic Baked Cod)
- 2 cups uncooked egg noodles, extra-broad** (Creamy Mushroom & Chicken Pasta)
- 1 cup uncooked quinoa** (Greek Chicken Power Bowl)
- 1 cup uncooked white rice** (Kimchi Burrito Bowls)
- ½ cup dry breadcrumbs**, panko or coarse (Herb & Garlic Baked Cod) | *Swap: Gluten-free breadcrumbs*
- 3 tbsp ketchup** (Classic Meatloaf)
- 1 tsp brown sugar** (Classic Meatloaf)
- 1 tsp honey mustard** (Classic Meatloaf) | *Swap: Yellow mustard*
- 1 tsp soy sauce** (Crispy & Crunchy Lettuce Wraps)

PROTEIN

- 1 egg** (Classic Meatloaf)
- 4- 4 oz (113 g) cod fillets, skinless** (Herb & Garlic Baked Cod) | *Swap: Haddock, salmon, or halibut*
- 3 lbs (1.36 kg) whole chicken** (Rotisserie Chicken)
- 2 lbs (900 g) boneless, skinless chicken breast fillets:**
 - 1 lb/450 g (Creamy Mushroom & Chicken Pasta)
 - 1 lb/450 g (Greek Chicken Power Bowl)
- 1 lb (450 g) lean ground beef** (Classic Meatloaf)
- 1 lb (450 g) ground pork** (Crispy & Crunchy Lettuce Wraps)
- 2 cans (14 oz/398 ml each) black beans**, preferably low-sodium (Kimchi Burrito Bowls)

DAIRY

- 1½ cups milk**, your choice (Creamy Mushroom & Chicken Pasta)
- ⅓ cup grated cheese**, your choice (Kimchi Burrito Bowls)
- ¼ cup crumbled feta cheese** (Greek Chicken Power Bowl)
- 1 tbsp butter**, preferably unsalted (Herb & Garlic Baked Cod)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add extra lettuce, yams, potatoes, extra rice, and extra peas & bell peppers.



GREEK CHICKEN POWER BOWL



TOTAL TIME: 20 min



4 servings



\$4.93 CA/\$4.19 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: This is a perfectly balanced plate.

INGREDIENTS

- 1 cup uncooked quinoa
- 2 cups water
- 1 tbsp **Nourish Broth Mix** or broth mix of your choice
- 1 lb (450 g) boneless, skinless chicken breast fillets
- 2 tbsp **Greek Dressing Mix**
- ½ lemon
- 1 yellow bell pepper
- ½ small red onion
- 1 pint cherry tomatoes
- ⅓ cup prepared **Greek Dressing**
- ¼ cup crumbled feta cheese
- Toppings** (optional): black olives

NUTRITIONAL INFO

Per serving: Calories 440, Fat 17 g (Saturated 3.5 g, Trans 0 g), Cholesterol 90 mg, Sodium 280 mg, Carbohydrate 36 g (Fibre 5 g, Sugars 6 g), Protein 35 g

INSTRUCTIONS

1. Preheat oven to 400° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Meanwhile, stir together quinoa, water, and broth mix in **Multipurpose Steamer**. Cover; microwave on high, 12 min.
3. Place chicken and dressing mix in a bowl. Using **2-in-1 Citrus Press**, squeeze juice from lemon. Stir to mix.
4. Spread chicken out on lined pan. Roast until chicken is cooked through, about 15 min.
5. Meanwhile, slice pepper and red onion.
6. Once cooked, divide quinoa between four bowls. Arrange chicken, pepper, onion, and tomatoes in bowls. Drizzle dressing on top; top with feta and additional toppings, if desired.

KIMCHI BURRITO BOWLS



TOTAL TIME: 15 min



4 servings



\$3.19 CA/\$2.71 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 tbsp **Greek Dressing**.

INGREDIENTS

2 cans (14 oz/398 ml each) low-sodium black beans
2 cups cooked white rice
¼ cup water
2 tbsp **Nourish Broth Mix**
2 Roma tomatoes
1 bell pepper
½ cup kimchi
8 cups chopped romaine lettuce
⅓ cup grated cheese, your choice

NUTRITIONAL INFO

Per serving: Calories 370, Fat 4.5 g (Saturated 2.5 g, Trans 0 g), Cholesterol 10 mg, Sodium 530 mg, Carbohydrate 64 g (Fibre 18 g, Sugars 4 g), Protein 20 g.

INSTRUCTIONS

1. Drain and rinse beans. Place beans and rice in **Multipurpose Steamer**. Stir in water and broth mix. Cover; microwave on high 2–3 min or until heated through.
2. Meanwhile, dice tomatoes and pepper. Chop any pieces of kimchi if they're too large.
3. Divide bean and rice mixture, tomatoes, peppers, kimchi, and lettuce between four bowls. Top with cheese.

RECIPE TIP: If your rice was cooked more than a day ago, you might have to increase the amount of water in the steamer when reheating to help hydrate the grains.

RECIPE TIP: Kimchi is a fermented food that may promote optimal gut health. Look for it in the refrigerated product section of most grocery stores—it's often beside the tofu.

CREAMY MUSHROOM & CHICKEN PASTA



TOTAL TIME: 20 min



4 servings



\$3.69 CA/\$3.14 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups mixed greens and 1 tbsp Greek Dressing.

INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken breast fillets
- 2 cups uncooked extra-broad egg noodles
- 1½ cups milk, your choice
- 1 cup hot water
- 1 pkg **Wintry Mushroom Soup Seasoning**
- 2 cups frozen peas

NUTRITIONAL INFO

Per serving (2 cups): Calories 390, Fat 6 g (Saturated 2.5 g, Trans 0.1 g), Cholesterol 125 mg, Sodium 360 mg, Carbohydrate 41 g (Fibre 5 g, Sugars 6 g), Protein 38 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, add chicken in a single layer (it's OK if the fillets touch). Cover; cook on high 4 min.
2. Add noodles, milk, hot water, and seasoning; stir to mix. Microwave on high, uncovered, 5 min. Remove from microwave and stir; cook for an additional 3 min 30 sec.
3. Stir in peas. Microwave on high, uncovered, for 4 min or until pasta is tender and sauce has thickened.

RECIPE TIP: For a thicker sauce, let the dish rest 2–3 min before serving. The sauce will thicken as it sits.

CRISPY & CRUNCHY LETTUCE WRAPS



TOTAL TIME: 16 min



4 servings



\$3.05 CA/\$2.59 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup rice.

INGREDIENTS

2 bell peppers
1 pkg **Crispy & Crunchy Lettuce Wrap Seasoning**
1 lb (450 g) ground pork
1 tbsp water
1 tsp sesame oil
1 tsp soy sauce
16 lettuce leaves, about small 1 head
Toppings (optional): sriracha or hoisin sauce

NUTRITIONAL INFO

Per serving (2 wraps): Calories 290, Fat 18 g (Saturated 6 g, Trans 0 g), Cholesterol 75 mg, Sodium 240 mg, Carbohydrate 8 g (Fibre 2 g, Sugars 3 g), Protein 22 g.

INSTRUCTIONS

1. Dice bell peppers and place in a large bowl. Mix in seasoning, ground pork, water, oil, and soy sauce.
2. In **Multipurpose Steamer**, evenly crumble in meat mixture. Cover; cook on high 5–6 min or until meat is cooked through. Use **Ground Meat Separator** to break up chunks halfway through cooking. Drain off any excess liquid.
3. To assemble, make eight sets of two stacked lettuce leaves. Top each stack with about ½ cup filling. Drizzle with toppings, if desired.

RECIPE TIP: Prefer to make the filling on the stovetop? In **Wok**, heat 1 tsp oil over medium-high heat. Add mixture; stir-fry until meat is cooked through, about 5 min.

HERB & GARLIC BAKED COD



TOTAL TIME: 18 min



4 servings



\$2.72 CA/\$2.31 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup oven baked yam fries, 2 tbsp **Herb & Garlic Dip**, and 1 cup veggies, your choice.

INGREDIENTS

- 1 tbsp unsalted butter, softened
- 1 tbsp olive oil
- 1 tbsp **Herb & Garlic Dip Mix**
- 1 lemon
- 4–4 oz (113 g) cod fillets, skinless
- $\frac{1}{3}$ cup panko breadcrumbs

NUTRITIONAL INFO

Per serving: Calories 180, Fat 7 g (Saturated 2.5 g, Trans 0.1 g), Cholesterol 55 mg, Sodium 120 mg, Carbohydrate 7 g (Fibre 1 g, Sugars 1 g), Protein 21 g.

INSTRUCTIONS

1. Preheat oven to 400° F. Line $\frac{1}{4}$ **Sheet Pan** with $\frac{1}{4}$ **Sheet Pan Liner**.
2. In a small bowl, combine butter, oil, and dip mix. It will be a thick paste.
3. Slice lemon into thin rounds; place in a single layer on pan.
4. Pat fish dry with a paper towel. Place fish on top of the lemon slices.
5. Rub paste over top of each fillet; press on breadcrumbs.
6. Bake 10–12 min, or until fish flakes easily and breadcrumbs start to brown.

RECIPE TIP: Swap cod with your favourite fish—haddock, salmon, halibut, or trout would work well too.

CLASSIC MEATLOAF



TOTAL TIME: 15 min



4 servings



\$2.05 CA/\$1.74 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup mashed potatoes or rice and 1 cup steamed vegetables.

INGREDIENTS

- 3 tbsp ketchup
- 1 tsp brown sugar
- 1 tsp honey mustard
- 1 pkg **Classic Meatloaf Seasoning**
- 1 lb (450 g) lean ground beef
- 1 egg
- 2 tbsp water

NUTRITIONAL INFO

Per serving: Calories 260, Fat 13 g (Saturated 5 g, Trans 0.4 g), Cholesterol 120 mg, Sodium 490 mg, Carbohydrate 11 g (Fibre 1 g, Sugars 6 g), Protein 25 g.

INSTRUCTIONS

1. In a small bowl, combine ketchup, sugar, and mustard. Set aside.
2. In a large bowl, combine seasoning, ground beef, egg, and water. Using your hands or a large spoon, mix until well blended. Press mixture into **Rectangular Steamer** or 8" x 4" silicone loaf pan.
3. Place steamer on microwave-safe plate. Cover; cook on high 4 min. Spread prepared sauce over meatloaf; cover and cook on high an additional 2–3 min or until internal temperature reaches 160° F. Or, spread prepared sauce over meatloaf; place steamer on a **Sheet Pan** lined with **Sheet Pan Liner**. Bake, uncovered, in preheated 350° F oven for 35–40 min.

RECIPE TIP: If you have extra time, let the meatloaf rest in the steamer 10 min before unmolding and slicing.

ROTISSERIE CHICKEN



TOTAL TIME: 25 min



8 servings



\$2.29 CA/\$1.95 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup steamed veggies and 1 cup rice or 1 wholegrain roll.

INGREDIENTS

3 lbs (1.36 kg) whole chicken
1 pkg **Rotisserie Chicken Seasoning**

NUTRITIONAL INFO

Per serving: Calories 210, Fat 12 g (Saturated 3.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 240 mg, Carbohydrate 2 g (Fiber 0 g, Sugars 0 g), Protein 21 g.

INSTRUCTIONS

1. Place chicken in **Round Steamer**, breast-side down. Shake on half the seasoning and rub over meat. Turn chicken over, breast side up, and rub remaining seasoning all over to evenly coat.
2. Cover; microwave on high for 20 min. Or, roast in preheated 400° F oven for 65–70 min.
3. To test for doneness, insert an instant read thermometer inserted into thickest part of the meat (all the way to the middle, not touching any bone). It should register at 180° F.

TIP: Cook once, eat twice. Use up leftovers to make nourish bowls or add to soup or pasta.

TIP: Keep it juicy! Let chicken stand 8–10 min before cutting. This allows time for the juices to redistribute back through the meat.

DINNERS & GROCERY LISTS

WEEK 3

PRODUCE

- 5 bell peppers:**
 - 2 (Ground Beef & Udon Noodle Stir-Fry)
 - 2 (Thai Coconut Chicken)
 - 1 (Chicken Zoodle Soup)
- 4 zucchinis** (Chicken Zoodle Soup) | *Swap: Frozen zucchini spirals*
- 2 carrots** (Chicken Zoodle Soup)
- 1½ English cucumbers:**
 - 1 (Panzanella Salad)
 - ½ (Saucy Meatball Sandwich)
- 1½ red onions:**
 - 1 (Orange Rosemary Garlic Chicken)
 - ½ (Panzanella Salad)
- 1 lime** (Thai Coconut Chicken) | *Swap: Bottled lime juice*
- 1 orange**, such as Navel or Valencia (Orange Rosemary Garlic Chicken) | *Swap: ½ cup orange juice*
- 1 pint cherry tomatoes** (Panzanella Salad)
- 2 cups broccoli florets**, fresh or frozen (Ground Beef & Udon Noodle Stir-Fry)
- 2 cups snap peas** (Thai Coconut Chicken) | *Swap: Green beans*
- 1 cup carrot matchsticks** (Saucy Meatball Sandwich)
- 1 tbsp fresh parsley** (Shrimp & Feta Pasta Toss)

PANTRY STAPLES

- Oil:**
 - ¼ cup, preferably olive (Panzanella Salad)
 - 1 tbsp, preferably sesame (Ground Beef & Udon Noodle Stir-Fry)
 - 1 tbsp (Orange Rosemary Garlic Chicken)
 - 2 tsp (Ground Beef & Udon Noodle Stir-Fry)
 - ½ tbsp (Thai Coconut Chicken)
- ½ lb (225 g) uncooked pasta** (Shrimp & Feta Pasta Toss) | *Tip: Try spaghetti or fettucine*
- 2 pkgs (200 g each) fresh udon noodles**
Swap: Spaghetti
- 1 can (28 oz/796 ml) diced tomatoes**, preferably unsalted (Shrimp & Feta Pasta Toss)
- 1 can (14 oz/398 ml) coconut milk**, preferably light (Thai Coconut Chicken)

- 2 cups uncooked white rice**
 - 1 cup (Orange Rosemary Garlic Chicken)
 - 1 cup (Thai Coconut Chicken)
- 3 tbsp honey:**
 - 2 tbsp (Saucy Meatball Sandwich)
 - 1 tbsp (Orange Rosemary Garlic Chicken)
- 2 tbsp mustard** (Saucy Meatball Sandwich)
- 2 tbsp rice vinegar** (Ground Beef & Udon Noodle Stir-Fry)
- 1 tbsp hot sauce** (Saucy Meatball Sandwich)
- 1 tbsp red wine vinegar** (Panzanella Salad)
- 1 tbsp soy sauce**, preferably low-sodium (Ground Beef & Udon Noodle Stir-Fry)
- ½ tbsp + 1 tsp cornstarch:**
 - ½ tbsp (Ground Beef & Udon Noodle Stir-Fry)
 - 1 tsp (Orange Rosemary Garlic Chicken)
- 1 tsp fish sauce**, optional (Thai Coconut Chicken)

PROTEIN

- 1 bag (340 g) frozen shrimp**, uncooked & peeled (Shrimp & Feta Pasta Toss)
- 2 lbs (900 g) boneless, skinless chicken breasts**, about 4 breasts
 - 1 lb/450 g (Chicken Zoodle Soup)
 - 1 lb/450 g (Thai Coconut Chicken)
- 1 lb (450 g) lean ground beef** (Ground Beef & Udon Noodle Stir-Fry)
- 1 lb (450 g) boneless, skinless chicken thighs** (Orange Rosemary Garlic Chicken)
- 1 lb (450 g) ground pork** (Saucy Meatball Sandwich) | *Swap: Ground chicken*
- 1 can (19 oz/540 ml) chickpeas**, preferably low-sodium (Panzanella Salad)

DAIRY

- ½ cup crumbled feta cheese** (Shrimp & Feta Pasta Toss)

BAKERY

- 4 panini buns**, medium (Saucy Meatball Sandwich) | *Swap: Baguette*

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add spinach, extra carrots, bell peppers, snap peas, extra rice, potatoes, and lean protein of your choice. You'll need extra protein to round out the Panzanella Salad to make it a complete meal.



ORANGE ROSEMARY GARLIC CHICKEN



TOTAL TIME: 20 min



4 servings



\$1.86 CA/\$1.58 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups spinach and 1 tbsp Greek Dressing.

INGREDIENTS

- 1 cup uncooked white rice
- 2 cups water
- 1 tbsp oil
- 1 red onion
- 1 lb (450 g) boneless, skinless chicken thighs
- 1 orange, such as Navel or Valencia
- 1 tbsp honey
- 1 tbsp **Rosemary Garlic Seasoning**
- 1 tsp cornstarch

Toppings (optional): sliced green onions

NUTRITIONAL INFO

Per serving: Calories 380, Fat 8 g (Saturated 1 g, Trans 0 g), Cholesterol 90 mg, Sodium 105 mg, Carbohydrate 48 g (Fibre 1 g, Sugars 8 g), Protein 27 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, combine rice and water. Top with tray; microwave uncovered, on high for about 16–18 min, or until tender.
2. In **Wok**, heat oil over medium-high heat. Meanwhile, cut onion in half lengthwise, thinly slice each half. Add chicken to wok. Cook until golden-brown, about 2–3 min per side. Add onion; cook for 2 min, stirring halfway through, until softened and slightly browned.
3. Cut orange into quarters. Using **2-in-1 Citrus Press**, squeeze juice into a bowl, you should have about $\frac{1}{2}$ cup. Whisk in honey, seasoning, and cornstarch.
4. Decrease heat to medium-low. Pour sauce into pan; simmer, stirring and turning chicken to coat with sauce. Add more water to thin sauce, if needed. Serve with rice.

RECIPE TIP: If your orange doesn't give you a full $\frac{1}{2}$ cup of juice, top with water.

GROUND BEEF & UDON NOODLE STIR-FRY



TOTAL TIME: 18 min



4 servings



\$3.54 CA/\$3.00 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced veggies.

INGREDIENTS

1 pkg **Crispy & Crunchy Lettuce Wrap Seasoning**

3 tbsp water

2 tbsp rice vinegar

1 tbsp each low-sodium soy sauce and sesame oil

½ tbsp cornstarch

2 pkgs (200 g each) fresh udon noodles

2 tsp oil

1 lb (450 g) lean ground beef

2 bell peppers

2 cups broccoli florets

Toppings (optional): Everything Bagel Whole Food Topper

NUTRITIONAL INFO

Per serving: Calories 420, Fat 18 g (Saturated 5 g, Trans 0.4 g), Cholesterol 60 mg, Sodium 460 mg, Carbohydrate 37 g (Fibre 3 g, Sugars 3 g), Protein 28 g.

INSTRUCTIONS

1. In a small bowl, whisk together seasoning, water, vinegar, soy sauce, sesame oil, and cornstarch. Set aside.
2. Fill a **Multipurpose Pot** three-quarters full with hot water and bring to a boil. Add noodles; boil, 4–5 min, stirring noodles gently until each strand has separated. The noodles will soften, but still be chewy. Drain, run under cool water; set aside.
3. Meanwhile, heat oil in **Wok** over medium-high heat; add beef. Cook until browned, about 4–5 min. Drain liquid, if needed.
4. Slice peppers into thin strips. Add peppers and broccoli to wok; stir-fry until tender-crisp, 4–5 min.
5. Add drained noodles and reserved sauce. Stir gently to combine (the wok will be full!) and sauce has heated through, 1 min.

RECIPE TIP: Find fresh udon noodles in the Asian section of most grocery stores. Look for the noodles in the vacuum sealed plastic packages—these are pre-cooked and required a short time in boiling water to separate the strands.

PANZANELLA SALAD

Panzanella Salad is usually made with toasted bread cubes (aka croutons!)—try this version with chickpeas for a protein boost.



TOTAL TIME: 7 min



6 servings



\$2.00 CA/\$1.70 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 4 oz (113 g) lean protein and ½ cup grilled corn.

INGREDIENTS

1 can (19 oz/540 ml) chickpeas
1 pint cherry tomatoes (preferably multicoloured)
2 tbsp **Herb & Garlic Dip Mix**
1 English cucumber
½ small red onion
⅓ cup **Greek Dressing**, prepared
Black Pepper (Grinder), to taste
Sea Salt (Grinder), to taste
Toppings (optional): fresh basil leaves

NUTRITIONAL INFO

Per serving: Calories 190, Fat 10 g (Saturated 1.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 230 mg, Carbohydrate 20 g (Fiber 5 g, Sugars 5 g), Protein 5 g

INSTRUCTIONS

1. Drain and rinse chickpeas. Slice tomatoes in half. Place both in a large bowl; add dip mix and toss to coat.
2. Slice cucumber lengthwise; scrape out and discard seeds, then thinly slice halves. Thinly slice onion. Place both in bowl with chickpeas.
3. Drizzle dressing overtop; toss to mix. Season to taste with salt and pepper. Add basil if using.

TIP: Quickly and easily slice cherry tomatoes—find two lids of the same size. Place the tomatoes on one lid, place the other lid on top of the tomatoes and press down with one hand. Make a horizontal cut to halve the tomatoes. Do this in batches, as needed.

CHICKEN ZOODLE SOUP

Zucchini noodles = zoodles! This is a delicious, easy fix for whatever ails you.



TOTAL TIME: 20 min



8 cups for 4 servings



\$3.50 CA/\$2.98 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup rice.

INGREDIENTS

4 zucchinis
6 cups **Nourish Broth**, prepared
1 lb (450 g) boneless, skinless chicken breasts
2 carrots
1 bell pepper

NUTRITIONAL INFO

Per serving (2 cups): Calories 200, Fat 4 g (Saturated 1 g, Trans 0 g), Cholesterol 65 mg, Sodium 220 mg, Carbohydrate 14 g (Fiber 5 g, Sugars 3 g), Protein 30 g.

INSTRUCTIONS

1. Fit **4-in-1 Mandoline** with 6 mm julienne plate. Julienne zucchinis into long thin strips to make zoodles. Set aside.
2. Cut chicken into small cubes. Chop carrots and pepper. Place in **Multipurpose Steamer**.
3. Cover; microwave on high, 8 min.
4. Carefully remove from the microwave, stir in zoodles and serve.

RECIPE TIP: Prepare soup on the stove top. Simply add chicken, carrots, and pepper to **Multipurpose Pot**. Bring to a boil. Reduce heat and simmer 10–12 min. Stir in zoodles.

SHRIMP & FETA PASTA TOSS



TOTAL TIME: 15 min



4 servings



\$3.77 CA/\$3.20 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy greens and 1 tbsp Greek Dressing.

INGREDIENTS

½ lb (225 g) uncooked pasta, such as spaghetti, fettuccine, or linguine

1 can (28 oz/796 ml) unsalted, diced tomatoes

2 tsp **Greek Dressing Mix**

½ tsp **Black Pepper**

1 bag (340 g) frozen, uncooked, peeled shrimp, defrosted

½ cup crumbled feta cheese

1 tbsp chopped parsley

NUTRITIONAL INFO

Per serving: Calories 370, Fat 6 g (Saturated 3 g, Trans 0 g), Cholesterol 145 mg, Sodium 350 mg, Carbohydrate 53 g (Fibre 7 g, Sugars 9 g), Protein 26 g.

INSTRUCTIONS

1. Fill a **Multipurpose Pot** three-quarters full with hot water and bring to a boil. Once boiling add pasta and continue to boil until pasta is tender, about 8–10 min.
2. Meanwhile, in a large fry pan combine tomatoes, dressing mix, and pepper. Simmer, uncovered, 5 min. Add shrimp and cook 4 min, stirring frequently. Remove from heat.
3. Once pasta is cooked, drain and return to pot. Add shrimp and sauce, stirring to coat.
4. Gently stir in cheese and top with parsley.

THAI COCONUT CHICKEN



TOTAL TIME: 20 min



4 servings



\$4.60 CA/\$3.91 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: This is a perfectly balanced plate.

INGREDIENTS

1 cup uncooked jasmine rice or white rice

2 cups water

1 can (14 oz/398 ml) light coconut milk

1 pkg **Thai Coconut Soup Seasoning**

½ tbsp oil

1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts

Sea Salt, to taste

Black Pepper, to taste

½ tbsp oil

1 tsp fish sauce, optional

2 bell peppers

2 cups snap peas

1 lime

Toppings (optional): lime zest, toasted coconut

NUTRITIONAL INFO

Per serving: Calories 450, Fat 11 g (Saturated 6 g, Trans 0 g), Cholesterol 85 mg, Sodium 320 mg, Carbohydrate 53 g (Fibre 4 g, Sugars 8 g), Protein 33 g

INSTRUCTIONS

1. In **Multipurpose Steamer**, combine rice and water. Top with tray; microwave uncovered, on high, 16–18 min, or until tender.
2. In bowl, combine coconut milk and seasoning. To thinly slice chicken, place one hand on one breast and press down firmly. Curve fingers up slightly for safety. Carefully slice meat horizontally. Repeat with remaining chicken. You should have four pieces. Season with salt and pepper.
3. Heat oil in large sauté pan over medium-high heat. Add chicken; cook 4–5 min per side until golden brown and cooked through. Place on a plate; cover to keep warm. In the same pan (don't wash), add coconut milk mixture and fish sauce, if using. Bring to a boil over high heat.
4. Meanwhile, slice bell peppers. Trim snap peas. Reduce heat to medium-high, add vegetables. Cook until tender-crisp and liquid has reduced slightly, about 2 min.
5. Using **2-in-1 Citrus Press**, squeeze in juice from lime on top, add additional toppings, if desired.

SAUCY MEATBALL SANDWICH



TOTAL TIME: 15 min



4 servings



\$2.37 CA/\$2.01 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced vegetables, your choice.

INGREDIENTS

- 1 lb (450 g) ground pork or chicken
- 1 tbsp **Nourish Broth Mix**
- 1 tbsp water
- 2 tbsp each mustard and honey
- 1 tbsp hot sauce
- ½ English cucumber
- 4 medium-sized panini buns or chopped baguette
- 1 cup carrot matchsticks

Toppings (optional): pickled onions

NUTRITIONAL INFO

Per serving: Calories 400, Fat 19 g (Saturated 7 g, Trans 0 g), Cholesterol 75 mg, Sodium 410 mg, Carbohydrate 31 g (Fibre 3 g, Sugars 10 g), Protein 25 g.

INSTRUCTIONS

1. In a large bowl, using a fork, combine ground pork, broth mix, and water. Form into 16 meatballs (about a scant 2 tbsp each).
2. Arrange in a single layer in **Round Steamer** (it's OK if they touch). Cover and microwave on high, for 4 min or until cooked. Uncover; let sit about 1 min.
3. Meanwhile, prepare sauce. In a small bowl, whisk together mustard, honey, and hot sauce. Slice cucumber. Cut buns open.
4. When meatballs are cooked, carefully drain off liquid from bottom of steamer. Pour sauce over meatballs (in steamer); gently stir to coat.
5. Fill each bun with four meatballs. Top with cucumber and carrots; spoon any remaining sauce in steamer on top.

RECIPE TIP: The more veggies the better—shredded cabbage would be a great addition to this sandwich.

DINNERS & GROCERY LISTS

WEEK 4

PRODUCE

- 2 carrots** (Quick Rosemary & Garlic Beef Stew)
- 2 celery stalks** (Winter Quinoa & White Bean Salad)
- 2 medium potatoes**, Russet or Yukon Gold (Quick Rosemary & Garlic Beef Stew)
- 2 medium zucchinis** (Enchilada Chicken & Zoodles)
- 1 large lemon** (Lemon Chicken)
- 1 pint cherry tomatoes** (Garlicky Shrimp Pasta)
- 2½ cups frozen, peeled, and diced butternut squash** (Butternut Squash Pasta)
- 2 cups matchstick carrots** (Winter Quinoa & White Bean Salad)
- 2 cups broccoli florets** (Winter Quinoa & White Bean Salad)

PANTRY STAPLES

- Oil:**
 - 3 tbsp, preferably olive (Winter Quinoa & White Bean Salad)
 - 3 tbsp (Garlicky Shrimp Pasta)
 - 1½ tbsp (Lemon Chicken)
 - 1 tbsp (Lentil & Beef Burgers)
 - 2 tsp (Butternut Squash Pasta)
 - 2 tsp (Enchilada Chicken & Zoodles)
 - 2 tsp (Quick Rosemary & Garlic Beef Stew)
- ½ can (14 oz/398 ml) crushed tomatoes** (Enchilada Chicken & Zoodles)
- 2½ cups broth**, your choice:
 - 1½ cups (Lemon Chicken)
 - 1 cup (Enchilada Chicken & Zoodles)
- 4 cups uncooked penne pasta**
 - 2 cups (Butternut squash Pasta)
 - 2 cups (Garlicky Shrimp Pasta)
- 1 cup uncooked quinoa** (Winter Quinoa & White Bean Salad)
- ¼ cup dried cranberries** (Winter Quinoa & White Bean Salad) | *Swap: Raisins*
- ¼ cup pumpkin seeds** (Winter Quinoa & White Bean Salad) | *Swap: Sunflower seeds*
- ¼ cup julienned sundried tomatoes** (Lentil & Beef Burgers)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add leafy mixed greens, wholegrain buns, avocado, rice, and extra carrots & broccoli.

- 2 tbsp cornstarch** (Quick Rosemary & Garlic Beef Stew)
- 1½ tbsp soy sauce**, preferably low-sodium (Quick Rosemary & Garlic Beef Stew)
- 1 tbsp balsamic vinegar** (Winter Quinoa & White Bean Salad)
- 1 tbsp capers** (Lemon Chicken)

PROTEIN

- 1 egg** (Lentil & Beef Burgers)
- 2½ lbs (1.13 kg) boneless, skinless chicken breasts**, about 5 breasts
 - 1½ lbs/675 g (Lemon Chicken)
 - 1 lb/450 g (Butternut Squash Pasta)
- 1 lb (450 g) boneless, skinless chicken thighs** (Enchilada Chicken & Zoodles)
- 1½ lbs (675 g) lean ground beef:**
 - 1 lb/450 g (Quick Rosemary & Garlic Beef Stew)
 - ½ lb/225 g (Lentil & Beef Burgers)
- 1 bag (340 g) frozen shrimp, uncooked, peeled** (Garlicky Shrimp Pasta)
- 2 cans (14 oz/398 ml each) white beans** (Winter Quinoa & White Bean Salad) | *Tip: try butter, cannellini, or navy beans.*
- ½ can (19 oz/540 ml) lentils** (Lentil & Beef Burgers)

DAIRY

- Feta cheese**, crumbled:
 - ⅓ cup (Garlicky Shrimp Pasta)
 - ¼ cup, optional (Enchilada Chicken & Zoodles)
 - ¼ cup, optional (Lentil & Beef Burgers)
- ⅓ cup milk**, your choice (Butternut Squash Pasta)
- ¼ cup grated Parmesan cheese** (Butternut Squash Pasta)
- 2 tbsp butter**, preferably unsalted
 - 1 tbsp (Butternut Squash Pasta)
 - 1 tbsp (Lemon Chicken)

BAKERY

- 4 burger buns** (Lentil & Beef Burgers)



QUICK ROSEMARY & GARLIC BEEF STEW



TOTAL TIME: 20 min



4 servings



\$1.55 CA/\$1.33 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups mixed greens and 1 tbsp Greek Dressing.

INGREDIENTS

2 medium potatoes, Russet or Yukon Gold
2 carrots
2 celery stalks
2½ cup water or broth, divided
2 tsp oil
1 lb (450 g) lean ground beef
1 tbsp low-sodium soy sauce
1 tbsp **Rosemary Garlic Seasoning**
2 tbsp cold water
2 tbsp cornstarch

NUTRITIONAL INFO

Per serving: Calories 340, Fat 14 g (Saturated 5 g, Trans 0.4 g), Cholesterol 60 mg, Sodium 280 mg, Carbohydrate 28 g (Fibre 4 g, Sugars 3 g), Protein 25 g.

RECIPE TIP: Use **Nourish** or **Vegetable Broth Mix** instead of water.

RECIPE TIP: If you prefer a thicker stew, use 3 tbsp each cornstarch and cold water.

INSTRUCTIONS

1. Peel and cut potatoes into small cubes. Peel carrots; slice into thin rounds. Dice celery. Place all in **Multipurpose Steamer**; add ½ cup water. Cover; microwave on high for 8 min, or until veggies are tender.
2. Meanwhile, heat oil in **Wok**. Crumble in beef; cook, breaking up any clumps with the **Ground Meat Separator**, 4–5 min. Add remaining 2 cups water, soy sauce, and seasoning. Stir in veggies and any liquid in steamer.
3. Increase heat to high; cover, bring to a boil. Once it reaches a boil, uncover, reduce heat and let simmer to develop flavour, about 3 min.
4. Meanwhile, in a small bowl, whisk together cold water and cornstarch. Add to stew; stir often until thickened, about 2–3 min.

WINTER QUINOA & WHITE BEAN SALAD



TOTAL TIME: 20 min



4 servings



\$2.19 CA/\$1.86 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: This is a perfectly balanced plate.

INGREDIENTS

1 cup uncooked quinoa
2 cups water
1 tbsp **Nourish Broth Mix**
2 cans (14 oz/398 ml each) white beans, such as butter, cannellini, or navy
2 cups broccoli florets
2 celery stalks
2 cups matchstick carrots
¼ cup each dried cranberries and pumpkin seeds
¼ cup prepared **Greek Dressing**
Sea Salt, to taste
Black Pepper, to taste

NUTRITIONAL INFO

Per serving (about 3 cups): Calories 510, Fat 18 g (Saturated 2.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 170 mg, Carbohydrate 70 g (Fibre 15 g, Sugars 12 g), Protein 21 g

INSTRUCTIONS

1. In **Multipurpose Steamer**, combine quinoa and water. Stir in broth mix. Cover; microwave on high for about 12 min, or until tender.
2. Meanwhile, drain and rinse beans. Roughly chop broccoli. Dice celery.
3. In a large bowl, combine quinoa, broccoli, celery, carrots, beans, and cranberries. Pour dressing on top and gently toss to combine. Top with pumpkin seeds. Add salt and pepper, to taste. Serve warm or refrigerate to chill.

RECIPE TIP: Prep the quinoa ahead of time and store in the fridge.

ENCHILADA CHICKEN & ZOODLES



TOTAL TIME: 20 min



4 servings



\$2.64 CA/\$2.24 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 small wholegrain bun and $\frac{1}{4}$ avocado, sliced.

INGREDIENTS

2 tsp oil
1 lb (450 g) boneless, skinless chicken thighs
1 pkg **Enchilada Seasoning**, divided
1 cup low-sodium broth, your choice
 $\frac{1}{2}$ can (14 oz/398 ml) crushed tomatoes
2 medium zucchinis
 $\frac{1}{4}$ cup crumbled feta cheese, optional

NUTRITIONAL INFO

Per serving: Calories 240, Fat 8 g (Saturated 1.5 g, Trans 0 g), Cholesterol 90 mg, Sodium 520 mg, Carbohydrate 17 g (Fibre 3 g, Sugars 5 g), Protein 28 g.

INSTRUCTIONS

1. In **Wok**, heat oil over medium-high heat. Add chicken; cook until lightly browned, about 3 min per side.
2. Meanwhile, reserve 1 tbsp seasoning and set aside. In a bowl, whisk together remaining seasoning, broth, and crushed tomatoes. Add to wok once chicken has browned.
3. Reduce heat; stir to coat. Cover; simmer, stirring occasionally, until chicken is cooked through, about 5 min.
4. Meanwhile, using **4-in-1 Mandoline** fitted with 6 mm julienne plate, julienne zucchinis into long thin strips to make zoodles (you should have about 6 cups). Place in **Multipurpose Steamer**; sprinkle with reserved 1 tbsp seasoning. Cover; microwave on high 2 min. Toss (with lid on) and microwave an additional 2 min.
5. Divide zoodles and chicken on plates, spoon sauce on top and finish with cheese, if desired.

GARLICKY SHRIMP PASTA



TOTAL TIME: 20 min



4 servings



\$4.50 CA/\$3.83 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy greens—try arugula!

INGREDIENTS

2 cups uncooked penne pasta
4 cups hot water
3 tbsp olive oil, divided
1 bag (340 g) frozen, uncooked, peeled shrimp, defrosted & drained
3 tbsp **Creamy Garlic Hummus Dip Mix**
1 pint cherry tomatoes
½ cup crumbled feta cheese
Sea Salt, to taste
Black Pepper, to taste

NUTRITIONAL INFO

Per serving: Calories 420, Fat 16 g (Saturated 4 g, Trans 0 g), Cholesterol 140 mg, Sodium 360 mg, Carbohydrate 42 g (Fibre 3 g, Sugars 5 g), Protein 27 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, combine pasta and hot water. Cover; microwave on high until tender, about 7–8 min. Once cooked, drain and set aside.
2. Meanwhile, in **Wok**, heat ½ tbsp oil over medium-high heat. In a bowl, coat shrimp with dip mix, then add to wok. Stir-fry until slightly pink, about 2 min. Don't overcook cook the shrimp—they will continue to cook in the next step.
3. Reduce heat to medium. Add tomatoes, cooked pasta, and remaining 2½ tbsp oil. Stir until shrimp are cooked through and tomatoes start to burst. Add feta cheese. Season with salt and pepper, if desired.

RECIPE TIP: If you have time, place **Wok** in pre-heated 450° F oven and let the feta melt before serving.

LEMON CHICKEN



TOTAL TIME: 20 min



6 servings



\$2.53 CA/\$2.15 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup rice and 1 cup steamed vegetables.

INGREDIENTS

- 1 large lemon
- 1½ lbs (675 g) boneless, skinless chicken breasts, about 3 breasts
- ½ pkg **Rotisserie Chicken Seasoning**, about 2 tbsp
- 1½ tbsp oil
- ½ cup prepared **Nourish Broth**
- 1 tbsp drained capers
- 1 tbsp unsalted butter

NUTRITIONAL INFO

Per serving: Calories 190, Fat 9 g (Saturated 2 g, Trans 0.1 g), Cholesterol 90 mg, Sodium 210 mg, Carbohydrate 2 g (Fibre 0 g, Sugars 0 g), Protein 26 g.

INSTRUCTIONS

1. Slice lemon in half; using **2-in-1 Citrus Press**, juice half. Slice the other half into thin rounds. Set aside.
2. To thinly slice chicken, place one hand on one breast and press down firmly. Curve fingers up slightly for safety. Carefully slice meat horizontally. Repeat with remaining chicken. You should have six pieces in total. Coat both sides with seasoning.
3. In a large fry pan, heat oil over medium-high heat. Add chicken; sear 2-3 min per side or until cooked through. Remove chicken to a plate. Add broth, lemon juice, sliced lemons and capers to pan. Scrape up and stir in any brown bits. Reduce heat to medium; simmer, stirring occasionally, until sauce starts to reduce and thicken, 3-5 min. Add butter, stir until melted.
4. Add chicken back to pan and coat with sauce, turning over to warm through, 1 min. To serve, spoon sauce over chicken.

BUTTERNUT SQUASH PASTA



TOTAL TIME: 20 min



4 servings



\$2.83 CA/\$2.40 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy greens and 1 tbsp Greek Dressing.

INGREDIENTS

2 cups uncooked penne pasta
4 cups hot water
2½ cups frozen, peeled, and diced butternut squash
2 tsp oil
1 lb (450 g) boneless, skinless chicken breasts
Sea Salt, to taste
Black Pepper, to taste
⅓ cup milk, your choice
1 tbsp butter
1½ tsp Herb & Garlic Dip Mix
¼ cup grated Parmesan cheese
Toppings (optional): chopped fresh basil or sliced green onions

NUTRITIONAL INFO

Per serving: Calories 450, Fat 13 g (Saturated 4 g, Trans 0.2 g), Cholesterol 95 mg, Sodium 200 mg, Carbohydrate 48 g (Fibre 3 g, Sugars 4 g), Protein 35 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, combine pasta and hot water. Top with tray; place squash on tray. Cover; microwave on high 12 min until pasta and squash are tender.
2. Meanwhile, thinly slice chicken; season with salt and pepper. In **Wok**, heat oil over medium-high heat. Add chicken; stir-fry until golden-brown and cooked through, about 5 min. Remove from heat.
3. Once pasta and squash are cooked, using a spoon, place squash in blender. Drain pasta; set aside. Add milk, butter and dip mix to blender; purée. Mixture will be thick.
4. Add drained pasta, sauce, and cheese to wok; toss to coat. Taste and season with more salt and pepper, if desired. Spoon into bowls and add toppings, if desired.

RECIPE TIP: Swap milk for cream for a richer sauce.

LENTIL & BEEF BURGERS



TOTAL TIME: 12 min



4 servings



\$2.27 CA/\$1.93 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced veggies and 2 tbsp Herb & Garlic Dip.

INGREDIENTS

1 tbsp oil
½ can (19 oz/540 ml) lentils, about 1 cup
¼ cup drained, julienned, sundried tomatoes
½ lb (225 g) lean ground beef
1 egg
¼ cup crumbled feta cheese, optional
1 pkg **Classic Meatloaf Seasoning**
4 burger buns

Toppings (optional): zucchini ribbons, red onion, lettuce, sliced tomato

NUTRITIONAL INFO

Per serving: Calories 380, Fat 14 g (Saturated 3.5 g, Trans 0.2 g), Cholesterol 90 mg, Sodium 580 mg, Carbohydrate 41 g (Fibre 7 g, Sugars 4 g), Protein 23 g

INSTRUCTIONS

1. In a fry pan, heat oil over medium heat.
2. Meanwhile, drain and rinse lentils. Chop sundried tomatoes into small pieces. Place both in a bowl. Crumble in ground beef and add egg and feta, if using. Mix well; lentils will mash as you combine the ingredients. Form mixture into four patties.
3. Pan fry patties until cooked through and edges are crispy, about 3 min per side.
4. Tuck into buns and add toppings, if desired.

RECIPE TIP: If you have extra time, prep ahead and cook green lentils. They have an earthy, peppery flavour. Bring 4 cups water and 1 cup of lentils to a boil. Reduce heat; partially cover and simmer until tender, about 15–18 min. Drain; refrigerate up to 1 week.

DINNERS & GROCERY LISTS

WEEK 5

PRODUCE

- 2 bell peppers** (Shrimp & Pineapple Sheet Pan Dinner)
- 1 small red onion** (Shrimp & Pineapple Sheet Pan Dinner)
- ½ lime** (Enchiladas)
- 2 cups pineapple chunks**, fresh or frozen (Shrimp & Pineapple Sheet Pan Dinner)

PANTRY STAPLES

- Oil:**
 - 3 tbsp (Shrimp & Pineapple Sheet Pan Dinner)
 - 1 tsp, preferably coconut (Enchiladas)
- 3 tbsp tomato paste** (Enchiladas)
- 2 tbsp balsamic vinegar** (Shrimp & Pineapple Sheet Pan Dinner)

PROTEIN

- 2 cans (14 oz/398 ml) unsalted black beans** (Enchiladas)
- 1 bag (340 g) frozen shrimp, uncooked, peeled** (Shrimp & Pineapple Sheet Pan Dinner)

DAIRY

- 1 cup grated cheese**, your choice (Enchiladas)

BAKERY

- 4 medium tortillas** (Enchiladas)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week add extra bell peppers and rice.



ENCHILADAS



TOTAL TIME: 20 min



4 servings



\$2.88 CA/\$2.45 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced veggies, your choice.

INGREDIENTS

- 1 pkg **Enchilada Seasoning**
- 1½ cups water
- 3 tbsp tomato paste
- ½ lime
- 1 tsp coconut or olive oil
- 2 cans (14 oz/398 ml each) unsalted black beans
- 1 cup grated cheese, your choice, divided
- 4 medium tortillas

NUTRITIONAL INFO

Per serving (1 enchilada): Calories 430, Fat 14 g (Saturated 7 g, Trans 0 g), Cholesterol 30 mg, Sodium 530 mg, Carbohydrate 56 g (Fibre 13 g, Sugars 4 g), Protein 22 g.

INSTRUCTIONS

1. In **4-Cup Prep Bowl**, whisk seasoning with water and tomato paste. Microwave; uncovered, on high, 2 min or until thickened.
2. Using **2-in-1 Citrus Press**, squeeze in juice from lime; whisk in oil. Set aside.
3. Drain and rinse beans. Place in **Multipurpose Steamer**; add ½ cup sauce. Cover; microwave on high 2 min. Using a fork, coarsely mash.
4. Divide bean mixture and ¾ cup cheese between tortillas. Roll up and arrange seam down in a single in the steamer (don't wash). Top with remaining sauce and ¼ cup cheese.
5. Cover; microwave on high, 6–8 min, or until heated through.

RECIPE TIP: Make a single serving in **Rectangular Steamer**.

RECIPE TIP: Prepared sauce can be refrigerated up to 4 days.

SHRIMP & PINEAPPLE SHEET PAN DINNER



TOTAL TIME: 15 min



4 servings



\$4.05 CA/\$3.44 US per serving

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup rice.

INGREDIENTS

- 2 bell peppers
- 1 small red onion
- 2 cups fresh or frozen pineapple chunks
- 3 tbsp oil
- 2 tbsp balsamic vinegar
- 1 tbsp **Greek Dressing Mix**
- 1 bag (340 g) frozen cooked peeled shrimp, defrosted

NUTRITIONAL INFO

Per serving: Calories 250, Fat 11 g (Saturated 1.5 g, Trans 0 g), Cholesterol 165 mg, Sodium 200 mg, Carbohydrate 20 g (Fibre 3 g, Sugars 7 g), Protein 19.

INSTRUCTIONS

1. Preheat oven to 450° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Slice bell peppers into 1" strips. Cut onion in half; slice halves into thick strips.
3. Place bell peppers, onion, and pineapple on pan. Cook 10 min or until veggies start to soften.
4. Meanwhile, in a bowl, whisk together dressing mix, oil, and vinegar. Add shrimp and toss to coat.
5. Remove pan from oven; add shrimp and drizzle any remaining dressing over veggies. Cook 3 min or until heated through.

RECIPE TIP: Swap pineapple for fresh or frozen mango chunks.

DESSERTS & GROCERY LIST

SOMETHING SWEET

PREP TIPS

- Prepare **Luscious Lemon Curd** ahead of time. Refrigerate up to 5 days or freeze up to 6 months. Defrost in the refrigerator before using.

PRODUCE

- 1 cup mixed berries**, fresh or frozen
(Lemon Curd & Berries)

PROTEIN

- 6 eggs:**
 - 3 (Lemon Curd & Berries)
 - 3 (Luscious Lemon Tarts)

DAIRY

- 2 tbsp butter**, optional
 - 1 tbsp (Lemon Curd & Berries)
 - 1 tbsp (Luscious Lemon Tarts)

BAKERY

- 24 frozen mini tart shells**
(Luscious Lemon Tarts)

LUSCIOUS LEMON CURD



TOTAL TIME: 1 hr & 10 min
(Plus 1 hour chill time)



1 ½ cups



\$0.41 CA/\$0.35 US per serving

INGREDIENTS

3 eggs
1 pkg **Luscious Lemon Curd Mix**
½ cup water
1 tbsp butter, optional

NUTRITIONAL INFO

Per serving (1 tbsp curd): Calories 35, Fat 0.5 g (Saturated 0.2 g, Trans 0 g), Cholesterol 25 mg, Sodium 10 mg, Carbohydrate 7 g (Fiber 0 g, Sugars 6 g), Protein 1 g.

NUTRITIONAL INFO

Per serving (1 mini tart): Calories 100, Fat 4 g (Saturated 1.5 g, Trans 0 g), Cholesterol 25 mg, Sodium 65 mg, Carbohydrate 14 g (Fiber 0 g, Sugars 6 g), Protein 2 g.

INSTRUCTIONS

1. In a **4-Cup Prep Bowl**, whisk eggs until foamy. Add mix and water; whisk until well combined.
2. Microwave, uncovered, on high for 2 min, until thickened, whisking halfway through and at the end. If the curd has not thickened after 2 min, cook for additional 30 sec intervals, whisking after each, until desired thickness is achieved.
3. Whisk in butter, if desired.
4. Cover; refrigerate for at least 1 hour, or until cooled.

RECIPE TIP: Make Lemon Tarts! Fill prebaked, cooled tart shells with cooled prepared curd. There is enough filling to fill 12 tart shells or 24 mini tart shells.

LEMON CURD & BERRIES

This recipe is ideal for using leftover **Luscious Lemon Curd**.



TOTAL TIME: 5 min



4 servings



\$0.86 CA/\$0.73 US per serving

INGREDIENTS

1 cup fresh or frozen mixed berries
½ cup prepared **Luscious Lemon Curd Filling**

NUTRITIONAL INFO

Per serving: Calories 90, Fat 1.5 g (Saturated 0.4 g, Trans 0 g), Cholesterol 45 mg, Sodium 20 mg, Carbohydrate 18 g (Fibre 1 g, Sugars 14 g), Protein 2 g.

INSTRUCTIONS

1. Divide half the berries between four **Prep Bowls**. Add with lemon curd (about 2 tbsp per bowl). Top with remaining berries.