



3 Weeks of Easy Dinners

E P I C U R E™



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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

General Tao Chicken
4 servings
3.09 CA | 2.63 US



Italian Meatballs
16 servings
0.99 CA | 0.84 US



Butter Chicken
8 servings
2.30 CA | 1.96 US



Tuesday

Mac & Cheese
4 servings
1.12 CA | 0.95 US



Crispy & Crunchy Chicken Strips
4 servings
2.37 CA | 2.01 US



Slow Cooker Pulled Pork
20 servings
1.03 CA | 0.88 US



Wednesday

Portuguese Chicken
8 servings
2.36 CA | 2.00 US



Donair
10 servings
1.80 CA | 1.53 US



Thai Basil Chicken
4 servings
4.18 CA | 3.56 US



Thursday

Chicken Barbacoa
12 servings
2.39 CA | 2.03 US



Cheeseburger Pasta
5 servings
2.72 CA | 2.31 US



Fettuccine Alfredo
6 servings
1.14 CA | 0.97 US



Friday

Beef Dip
12 servings
2.89 CA | 2.46 US



Sticky Orange Chicken
4 servings
3.18 CA | 2.70 US



Beef & Broccoli Stir-Fry
4 servings
3.65 CA | 3.10 US



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

Grocery List Week 1

Produce

- 2 bell peppers (General Tao Chicken)

Pantry Staples

- Oil:
 - 3 tbsp (General Tao Chicken)
 - 2 tbsp (Chicken Barbacoa)
 - 1 tbsp (Beef Dip)
 - 1 tbsp (Portuguese Chicken)
- 2 cups uncooked bite-sized pasta (Mac & Cheese)
- ¼ cup cornstarch (General Tao Chicken)
- 2 tbsp ketchup (General Tao Chicken)
- 2 tbsp soy sauce, preferably low-sodium (General Tao Chicken)
- 1 tbsp tomato paste (Chicken Barbacoa)

Protein

- 3 lbs (1.36 kg) boneless beef blade pot roast or chuck roast (Beef Dip)
- 3 lbs (1.36 kg) boneless, skinless chicken (Chicken Barbacoa) | *Swap: beef chuck roast, boneless lamb shoulder, or pork butt*
- 3 lb (1.36 kg) whole chicken (Portuguese Chicken)
- 1 lb (450 g) boneless, skinless chicken breasts (General Tao Chicken) | *Swap: cubed firm tofu*

Dairy

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

Other

- 12 French rolls (Beef Dip)

Sunday Prep Tips

- After shopping, prep fresh produce as you unpack.
- Wash, chop, and slice raw veggies.
- Prepare grains in **Multipurpose Steamer**.

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Make It A Perfectly Balanced Plate:

This week, add mixed veggies such as broccoli, leafy greens, oil for dressing, rice, whole-grain dinner roll, taco shells, avocados for guacamole, and your choice of protein such as chicken, beef, or tofu.

Grocery List Week 2

Produce

- 2 tomatoes (Donair)
- ½ English cucumber (Donair)
- ½ red onion (Donair)
- ½ head romaine lettuce (Donair)

Pantry Staples

- 2 cups uncooked fusilli (Cheeseburger Pasta)
Swap: bite-sized pasta of your choice
- ½ cup orange juice (Sticky Orange Chicken)
- ¼ cup cornstarch (Sticky Orange Chicken)
- 2 tbsp ketchup (Cheeseburger Pasta)
- 2 tbsp mayonnaise (Crispy & Crunchy Chicken Strips) | *Swap: plain 2% Greek yogurt*
- 2 tbsp oil (Sticky Orange Chicken)
- 2 tbsp soy sauce, preferably low-sodium (Sticky Orange Chicken)
- 2 tsp Red Pepper Jelly, optional (Sticky Orange Chicken)

Protein

- 2 eggs (Italian Meatballs)
- 4 lbs (1.8 kg) lean ground beef
 - 2 lbs/900 g (Donair)
 - 1 lb/450 g (Cheeseburger Pasta)
 - 1 lb/450 g (Italian Meatballs)
- 1 lb (450 g) boneless, skinless chicken breasts (Sticky Orange Chicken)
- 1 lb (450 g) chicken breast fillets, about 16 pieces (Crispy & Crunchy Chicken Strips)
- 1 lb (450 g) lean ground pork (Italian Meatballs)

Dairy

- 1 cup grated cheddar cheese (Cheeseburger Pasta)
- ⅓ cup + ¼ cup milk, your choice
 - ⅓ cup (Cheeseburger Pasta)
 - ¼ cup (Italian Meatballs)
- ¼ cup Parmesan cheese, optional (Italian Meatballs)

Other

- 10 whole-wheat pitas (Donair)

Sunday Prep Tips

- After shopping, prep fresh produce as you unpack.
- Wash, chop, and slice raw veggies.
- Prepare grains in **Multipurpose Steamer**.



Make It A Perfectly Balanced Plate:

This week, add mixed veggies, rice or pasta, leafy greens, oil for dressing, and lemon juice.

Grocery List Week 3

Produce

- 1 large onion (Butter Chicken)
- ½ lb (227 g) green beans, about 2 cups (Thai Basil Chicken)
- 4 cups broccoli florets, fresh or frozen (Beef & Broccoli Stir-Fry)
- 4 cups baby spinach (Thai Basil Chicken)

Pantry Staples

- Oil:
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 2 tbsp (Thai Basil Chicken)
- 1 can (14 oz/398 ml) coconut milk, preferably light (Butter Chicken)
- 4 cups uncooked pasta, your choice (Fettucine Alfredo)
- 1 cup ketchup (Slow Cooker Pulled Pork)
- ½ cup brown sugar (Slow Cooker Pulled Pork)
- ½ cup crushed tomatoes (Butter Chicken)
- ½ cup vinegar (Slow Cooker Pulled Pork)
- ¼ cup soy sauce, preferably low-sodium
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 2 tbsp (Thai Basil Chicken)
- 1-2 tsp fish sauce, optional (Thai Basil Chicken)

Protein

- 5 lbs (2.5 kg) boneless pork shoulder or butt roast (Slow Cooker Pulled Pork)
- 2 lbs (900 g) boneless, skinless chicken breasts (Butter Chicken) | *Swap: chicken thighs*
- 1 lb (450 g) beef strips (Beef & Broccoli Stir-Fry) *Swap: cubed firm tofu, lean ground beef, or chicken breasts*
- 1 lb (450 g) lean ground chicken (Thai Basil Chicken)

Dairy

- 1½ cups milk, your choice (Fettucine Alfredo)
- ½ cup plain 2% Greek yogurt (Butter Chicken)
- 1 tbsp butter (Butter Chicken)

Sunday Prep Tips

- After shopping, prep fresh produce as you unpack.
- Wash, chop, and slice raw veggies.
- Prepare grains in **Multipurpose Steamer**.



Make It A Perfectly Balanced Plate:

This week, mixed veggies such as green beans or broccoli. Add rice, small buns or tortillas, and your choice of protein such as chicken, beef, or tofu.