

E P I C U R E <sup>™</sup>

3 weeks of  
**Easy Dinners**





# 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	<b>Beef Dip</b> 12 servings \$2.89 CA   \$2.46 US 	<b>Butter Chicken</b> 8 servings \$2.30 CA   \$1.96 US 	<b>Pulled Pork</b> 20 servings \$1.03 CA   \$0.88US 
Tuesday	<b>Sticky Orange Chicken</b> 4 servings \$3.18 CA   \$2.70 US 	<b>Crispy &amp; Crunchy Chicken Strips</b> 4 servings \$2.37 CA   \$2.01 US 	<b>General Tao</b> 4 servings \$3.09 CA   \$2.63 US 
Wednesday	<b>Mac &amp; Cheese</b> 4 servings \$1.12 CA   \$0.95 US 	<b>Beef &amp; Broccoli Stir-Fry</b> 4 servings \$3.65 CA   \$3.10 US 	<b>Beef Stroganoff</b> 6 servings \$2.31 CA   \$1.96 US 
Thursday	<b>Donair</b> 10 servings \$1.80 CA   \$1.53 US 	<b>Cheeseburger Pasta</b> 5 servings \$2.72 CA   \$2.31 US 	<b>Italian Meatballs</b> 16 servings \$0.99 CA   \$0.84 US 
Friday	<b>Thai Basil Chicken</b> 4 servings \$4.18 CA   \$3.55 US 	<b>Portuguese Chicken</b> 8 servings \$2.36 CA   \$2 US 	<b>Fettuccine Alfredo</b> 6 servings \$1.14 CA   \$0.97 US 

PRICES ARE IN CAD/USD BASED ON AVERAGE GROCERY STORE COSTS.



# Grocery List

## Week 1

### Produce

- **2 tomatoes** (Donair)
- **½ English cucumber** (Donair)
- **½ red onion** (Donair)
- **½ head romaine or leafy green lettuce** (Donair)
- **½ lb (227 g) trimmed green beans**, about 2 cups (Thai Basil Chicken)
- **4 cups baby spinach** (Thai Basil Chicken)

### Pantry Staples

- **Oil:**
  - 2 tbsp (Thai Basil Chicken)
  - 2 tbsp (Sticky Orange Chicken)
  - 1 tbsp (Beef Dip)
- **2 cups bite-sized pasta** (Mac & Cheese)
- **½ cup orange juice** (Sticky Orange Chicken)
- **¼ cup cornstarch** (Sticky Orange Chicken)
- **¼ cup soy sauce**, preferably low-sodium
  - 2 tbsp (Sticky Orange Chicken)
  - 2 tbsp (Thai Basil Chicken)
- **1-2 tsp fish sauce**, optional (Thai Basil Chicken)

### Protein

- **3 lbs (1.36 kg) boneless beef blade pot roast or chuck roast** (Beef Dip)
- **2 lbs (900 g) lean ground beef** (Donair)
- **1 lb (450 g) boneless, skinless chicken breasts** (Sticky Orange Chicken)
- **1 lb (450 g) lean ground chicken** (Thai Basil Chicken) *Swap: pork, shrimp, or beef*

### Dairy

- **⅓ cup milk**, your choice (Mac & Cheese)
- **2 tbsp butter**, optional (Mac & Cheese)

### Other

- **12 French Rolls** (Beef Dip)
- **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** or **Round Steamer**.



### Make It A Perfectly Balanced Plate

This week, add mixed veggies, rice, leafy greens, and oil for dressing.

# Grocery List

## Week 2

### Produce

- **1 large onion** (Butter Chicken)
- **4 cups broccoli florets**, fresh or frozen (Beef & Broccoli Stir-Fry)

### Pantry Staples

- **Oil:**
  - 2 tbsp (Beef & Broccoli Stir-Fry)
  - 1 tbsp (Portuguese Chicken)
- **1 can (14 oz/398 ml) light coconut milk** (Butter Chicken)
- **2 cups uncooked fusilli or bite-sized pasta** (Cheeseburger Pasta)
- **½ cup crushed tomatoes** (Butter Chicken)
- **2 tbsp ketchup** (Cheeseburger Pasta)
- **2 tbsp mayonnaise** or **plain 2% Greek yogurt** (Crispy & Crunchy Chicken Strips)
- **2 tbsp soy sauce**, preferably low-sodium (Beef & Broccoli Stir-Fry)

### Protein

- **3 lbs (1.36 kg) whole chicken** (Portuguese Chicken)
- **2 lbs (900 g) boneless, skinless chicken breasts** (Butter Chicken)  
*Swap: firm tofu or 4 cups chickpeas*
- **1 lb (450 g) lean ground beef** (Cheeseburger Pasta)
- **1 lb (450 g) beef strips** (Beef & Broccoli Stir-Fry) | *Swap: medium-firm tofu, ground beef or chicken*
- **1 lb (450 g) chicken breast fillets**, about 16 pieces (Crispy & Crunchy Chicken Strips)

### Dairy

- **1 cup grated cheddar cheese** (Cheeseburger Pasta)
- **½ cup plain 2% Greek yogurt** (Butter Chicken)
- **⅓ cup milk**, your choice (Cheeseburger Pasta)
- **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** or **Round Steamer**.



### Make It A Perfectly Balanced Plate

This week, add mixed veggies such as green beans or broccoli, leafy greens, oil for dressing, dinner roll, and lemon juice.

# Grocery List

## Week 3

### Produce

- **2 bell peppers** (General Tao)
- **1 pkg (8 oz/227 g) sliced mushrooms**, about 2 ½ cups (Beef Stroganoff)

### Pantry Staples

- **Oil:**
  - 3 tbsp (Beef Stroganoff)
  - 3 tbsp (General Tao)
- **4 cups uncooked egg noodles or pasta** (Beef Stroganoff)
- **4 cups uncooked pasta**, your choice (Fettucine Alfredo)
- **1 cup + 2 tbsp ketchup**
  - 1 cup (Pulled Pork)
  - 2 tbsp (General Tao)
- **½ cup brown sugar** (Pulled Pork)
- **½ cup vinegar** (Pulled Pork)
- **¼ cup cornstarch** (General Tao)
- **¼ cup soy sauce**, preferably low-sodium
  - 2 tbsp (Beef Stroganoff)
  - 2 tbsp (General Tao)
- **1 tbsp Worcestershire sauce** (Beef Stroganoff)

### Protein

- **2 eggs** (Italian Meatballs)
- **5 lbs (2.5 kg) boneless pork shoulder or butt roast** (Pulled Pork)
- **1 lb (450 g) lean ground beef** (Italian Meatballs)
- **1 lb (450 g) beef strips** (Beef Stroganoff)
- **1 lb (450 g) boneless, skinless chicken breasts** (General Tao)  
*Swap: firm tofu*
- **1 lb (450 g) lean ground pork** (Italian Meatballs)

### Dairy

- **1 ¾ cups milk**, your choice
  - 1 ½ cups (Fettuccine Alfredo)
  - ¼ cup (Italian Meatballs)
- **¾ cup light sour cream** (Beef Stroganoff)
- **¼ cup Parmesan cheese**, optional (Italian Meatballs)



### Sunday Prep Tips

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



### Make It A Perfectly Balanced Plate

This week, add small buns or tortillas, leafy greens, mixed veggies, rice, pasta, and oil for dressing.