



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

Yaki Udon

4 servings
4.23 CA | 3.60 US



Shepherd's Pie

6 servings
2.37 CA | 2.01 US



Beef Stroganoff

6 servings
2.45 CA | 2.08 US



Tuesday

Spanish Rice

12 servings
0.38 CA | 0.32 US



Ratatouille

4 servings
2.80 CA | 2.38 US



Lemon Chicken Orzo

4 servings
5.66 CA | 4.81 US



Wednesday

Mac & Cheese

4 servings
1.12 CA | 0.95 US



Fettuccine Alfredo

6 servings
1.14 CA | 0.97 US



Cheeseburger Pasta

5 servings
2.72 CA | 2.31 US



Thursday

Crispy & Crunchy Chicken Strips

4 servings
2.37 CA | 2.01 US



Honey Garlic Meatballs

4 servings
2.65 CA | 2.25 US



Philly-Style Cheesesteak

6 servings
3.88 CA | 3.30 US



Friday

Beef Dip

12 servings
2.89 CA | 2.46 US



Coq Au Vin

4 servings
4.61 CA | 3.92 US



Chicken Barbacoa

12 servings
2.39 CA | 2.03 US



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

Grocery List Week 1

Produce

- 1 bell pepper (Yaki Udon)
- ½ pkg (227 g/8 oz) sugar snap peas (Yaki Udon)
- 4 cups shredded coleslaw (Yaki Udon)
- 1 cup sliced mushrooms (Yaki Udon)

Pantry Staples

- Oil:
 - 2 tbsp (Yaki Udon)
 - 1 tbsp (Beef Dip)
 - 1 tbsp (Spanish Rice)
- 2 pkgs (7 oz/200 g each) fresh Udon noodles (Yaki Udon)
- 2 cups bite-sized pasta, your choice (Mac & Cheese)
- 1½ cups long grain rice (Spanish Rice)
- 2 tbsp mayonnaise (Crispy & Crunchy Chicken Strips) | *Swap: plain 2% Greek yogurt*
- 2 tbsp soy sauce, preferably low-sodium (Yaki Udon)
- 1 tbsp tomato paste (Spanish Rice)

Protein

- 3 lbs (1.36 kg) boneless beef blade pot roast or chuck roast (Beef Dip)
- 1 lb (450 g) chicken breast fillets, about 16 pieces (Crispy & Crunchy Chicken Strips)
- 1 lb (450 g) boneless, skinless chicken (Yaki Udon) | *Swap: 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, grains such as rice, taco shells or tortillas, leafy greens, oil for dressing, and your choice of protein such as tuna, chicken, or tofu.

Grocery List Week 2

Produce

- 1 bell pepper, preferably red (Ratatouille)
- 1 medium carrot (Coq au Vin)
- 1 eggplant (Ratatouille)
- 1 zucchini (Ratatouille)
- 2 lbs (900 g) potatoes, such as Russet or Yukon Gold (Shepherd's Pie)
- 2½ cups sliced mushrooms (Coq au Vin)
- 2 cups diced mixed vegetables, fresh or frozen (Shepherd's Pie)

Pantry Staples

- 1 can (14 oz/398 ml) diced tomatoes (Ratatouille)
- 4 cups uncooked pasta, your choice (Fettucine Alfredo)
- 2 tbsp olive oil (Ratatouille)
- 1 tbsp honey (Honey Garlic Meatballs)

Protein

- 2 lbs (900 g) lean ground beef
 - 1 lb/450 g (Honey Garlic Meatballs)
 - 1 lb/450 g (Shepherd's Pie)
- 1 lb (450 g) boneless, skinless chicken thighs (Coq au Vin)

Dairy

- 2 cups milk, your choice
 - 1½ cups (Fettucine Alfredo)
 - ½ cup (Shepherd's Pie)
- 1 tbsp unsalted butter (Coq au Vin) | *Swap: oil*

Other

- 1 cup dry red wine (Coq au Vin)

Sunday Prep Tips

- After shopping, prep fresh produce as you unpack.
- Wash, chop, and slice raw veggies.



Make It A Perfectly Balanced Plate:

This week, add mixed veggies, leafy greens, oil for dressing, small buns or grains such as rice, and your choice protein such as tuna, chicken, or tofu.

Grocery List Week 3

Produce

- 2 bell peppers (Philly-Style Cheesesteak)
- 1 small yellow onion (Philly-Style Cheesesteak)
- 5 cups sliced mushrooms
 - 3 cups (Philly-Style Cheesesteak)
 - 2 cups (Beef Stroganoff)
- 4 cups baby spinach (Lemon Chicken Orzo)
- 2 cups cherry tomatoes (Lemon Chicken Orzo)

Pantry Staples

- Oil:
 - 2 tbsp (Beef Stroganoff)
 - 2 tbsp (Chicken Barbacoa)
 - 1 tbsp (Lemon Chicken Orzo)
 - 1 tbsp (Philly-Style Cheesesteak)
- 6 cups uncooked pasta
 - 4 cups, preferably egg noodles (Beef Stroganoff)
 - 2 cups, preferably fusilli (Cheeseburger Pasta)
- 1 cup orzo (Lemon Chicken Orzo)
- ¼ cup capers (Lemon Chicken Orzo)
- 2 tbsp ketchup (Cheeseburger Pasta)
- 1 tbsp tomato paste (Chicken Barbacoa)
- 1 tsp Worcestershire sauce (Beef Stroganoff)

Protein

- 4 lbs (1.8 kg) boneless, skinless chicken
 - 3 lbs/1.5 kg (Chicken Barbacoa)
 - 1 lb/450 g, preferably thighs (Lemon Chicken Orzo)
- 2 lbs (900 g) lean ground beef
 - 1 lb/450 g (Beef Stroganoff) | *Swap: beef strips*
 - 1 lb/450 g (Cheeseburger Pasta)
- 1 lb (450 g) thinly sliced beef strips (Philly-Style Cheesesteak)

Dairy

- 1 cup plain 2% Greek yogurt (Beef Stroganoff)
Swap: sour cream
- 1 cup grated cheddar cheese (Cheeseburger Pasta)
- 1 cup shredded mozzarella (Philly-Style Cheesesteak) | *Swap: provolone cheese*
- ½ cup milk, your choice (Cheeseburger Pasta)
- 1 tbsp unsalted butter (Lemon Chicken Orzo)

Other

- 6 hoagie rolls (Philly-Style Cheesesteak)

Sunday Prep Tips

- After shopping, prep fresh produce as you unpack.
- Wash, chop, and slice raw veggies.



Make It A Perfectly Balanced Plate:

This week add mixed veggies, leafy greens, oil for dressing, small whole-grain buns, taco shells, and avocado for guacamole.