

# 3 WEEKS OF EASY DINNERS

DECEMBER EXCLUSIVE



Cozy up this month to some fave feasts and frugal-friendly dinners. This is 15 weeknights of prep and planning—done. Plus, we’ve made sure that each dish is budget-friendly, packed with flavour, and fast to get on the table!

Life gets busy, so think strategically about how you want to set yourself up for success each week. Start by taking advantage of the Sunday meal prep tips provided throughout this guide. Also, think about how you can maximize each dish’s serving size. For example, leftovers can be lunch the next day, soups and sauces can be frozen, and if everything gets eaten in one sitting—well, that’s a win, too!



Want to make each dish a perfectly balanced plate? Each recipe comes with recommendations so that your meal is both nutritious and delicious.

Say goodbye to mealtime boredom and hello to mealtime solutions!

# 3 WEEKS OF EASY DINNERS

## DECEMBER EXCLUSIVE

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><u>BUTTER CHICKEN</u></b> <b><u>CAULIFLOWER SANDWICH</u></b> 4 servings \$3.36 CA   \$2.86 US 	<b><u>PANTRY</u></b> <b><u>PAD THAI</u></b> 4 servings \$3 CA   \$2.55 US 	<b><u>CRISPY &amp; CRUNCHY</u></b> <b><u>CHICKEN STRIPS</u></b> 4 servings \$2.24 CA   \$1.90 US 
	<b><u>SAUCY AZTECA</u></b> <b><u>CHICKEN</u></b> 4 servings \$3.39 CA   \$2.68 US 	<b><u>BROCCOLI &amp; CHEDDAR</u></b> <b><u>SOUP</u></b> 8 servings \$1.29 CA   \$1.10 US 	<b><u>SHRIMP &amp; MANGO</u></b> <b><u>STIR-FRY</u></b> 4 servings \$4.83 CA   \$4.12 US 
TUESDAY	<b><u>SWEET &amp; SOUR</u></b> <b><u>STIR-FRY</u></b> 4 servings \$4.20 CA   \$3.32 US 	<b><u>GENERAL TAO</u></b> <b><u>CHICKEN</u></b> 4 servings \$2.97 CA   \$2.35 US 	<b><u>MINI SUMMER CAPRESE</u></b> <b><u>MEATLOAF</u></b> 4 servings \$2.43 CA   \$2.07 US 
	<b><u>HONEY GARLIC</u></b> <b><u>MEATBALLS</u></b> 4 servings \$2.53 CA   \$2.15 US 	<b><u>CRISPY &amp; CRUNCHY</u></b> <b><u>COD</u></b> 4 servings \$3.40 CA   \$2.89 US 	<b><u>CREAMY MUSHROOM</u></b> <b><u>&amp; CHICKEN PASTA</u></b> 4 servings \$3.69 CA   \$3.14 US 
WEDNESDAY	<b><u>ALFREDO LIME</u></b> <b><u>CHICKEN PASTA</u></b> 6 servings \$1.82 CA   \$1.55 US 	<b><u>LEMON CHICKEN</u></b> 6 servings \$2.53 CA   \$2.15 US 	<b><u>SWEET 'N STICKY</u></b> <b><u>STEAK BITES</u></b> 4 servings \$2.17 CA   \$1.84 US 
THURSDAY			
FRIDAY			

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

# GROCERY LIST

## WEEK 1

### PRODUCE

- ☐ **1 bell pepper** (Saucy Azteca Chicken)
- ☐ **1 large head cauliflower**, about 7" (Butter Chicken Cauliflower Sandwich) | *Swap: 2 small heads cauliflower*
- ☐ **1 lime** (Alfredo Lime Chicken Pasta) | *Swap: lemon*
- ☐ **1 zucchini** (Saucy Azteca Chicken)
- ☐ **2 cups snap peas** (Sweet & Sour Stir-Fry)  
*Swap: frozen beans*

### PANTRY STAPLES

- ☐ **Oil:**
  - 3 tbsp (Sweet & Sour Stir-Fry)
  - 2 tbsp (Butter Chicken Cauliflower Sandwich)
  - 1 tbsp (Alfredo Lime Chicken Pasta)
  - 2 tsp (Saucy Azteca Chicken) | *Swap: coconut oil*
- ☐ **¾ lb (340 g) uncooked fettuccine** (Alfredo Lime Chicken Pasta)
- ☐ **1 can (14 oz/398 ml) pineapple chunks** (Sweet & Sour Stir-Fry)
- ☐ **½ can (14 oz/398 ml) crushed tomatoes**, about 1 cup (Saucy Azteca Chicken)
- ☐ **¾ cup all-purpose flour** (Butter Chicken Cauliflower Sandwich) | *Swap: gluten-free flour*
- ☐ **¼ cup corn starch** (Sweet & Sour Stir-Fry)
- ☐ **¼ cup vegan mayonnaise** (Butter Chicken Cauliflower Sandwich) | *Swap: mayonnaise*
- ☐ **2 tbsp soy sauce**, preferably low sodium (Sweet & Sour Stir-Fry)
- ☐ **2 tbsp white vinegar** (Sweet & Sour Stir-Fry)
- ☐ **1 tbsp honey** (Honey Garlic Meatballs)
- ☐ **1 tbsp lime juice** (Butter Chicken Cauliflower Sandwich)

### PROTEIN

- ☐ **1 lb (450 g) boneless, skinless chicken breasts** (Sweet & Sour Stir-Fry) | *Swap: medium-firm tofu*
- ☐ **1 lb (450 g) boneless, skinless chicken breast fillets** (Alfredo Lime Chicken Pasta)
- ☐ **1 lb (450 g) boneless, skinless chicken thighs** (Saucy Azteca Chicken)
- ☐ **1 lb (450 g) lean ground beef** (Honey Garlic Meatballs)

### DAIRY

- ☐ **1½ cups milk**, your choice (Alfredo Lime Chicken Pasta)
- ☐ **½ cup crumbled feta** (Saucy Azteca Chicken)  
*Swap: grated cheese*
- ☐ **½ cup soy milk**, your choice (Butter Chicken Cauliflower Sandwich) | *Try: almond or cashew milk*

### OTHER

- ☐ **4 buns** (Butter Chicken Cauliflower Sandwich)

### 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**.
- Cook rice in **Multipurpose Steamer**. Store in **4-Cup Prep Bowl**.

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add canned beans, mixed greens, rice, and extra veggies such as cauliflower and zucchini.





# BUTTER CHICKEN CAULIFLOWER SANDWICH



**TIP:** Use two smaller cauliflower heads if you can't find a large one at the store.

**TIP:** Use leftover cauliflower florets in smoothies or add to your next sheet pan meal.

 **TOTAL TIME:** 30 min

 **4 SERVINGS**

 **\$3.36 CA/\$2.86 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with ½ cup **Simply Better Baked Beans** or beans of your choice.

## INGREDIENTS

- 1 large head cauliflower, about 7"
- 1 pkg **Butter Chicken Seasoning**, divided
- ¼ cup vegan mayonnaise
- 1 tbsp lime juice
- ¾ cup all-purpose flour or gluten-free flour
- 1 cup water
- ½ cup soy milk or other non-dairy milk, your choice
- 2 tbsp oil, divided
- 4 buns, toasted
- Toppings** (optional): sliced tomatoes, pickles, red onion rings, lettuce

## NUTRITIONAL INFO

**Per serving:** Calories 440, Fat 21 g (Saturated 2.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 430 mg, Carbohydrate 55 g (Fibre 10 g, Sugars 9 g), Protein 12 g.

## INSTRUCTIONS

1. Remove leaves from cauliflower. Trim stem, leaving the core intact. Using a large knife, cut cauliflower vertically, into four 1" thick slices. Save remaining florets for use at a later date. Place slices in **Round Steamer** or **Multipurpose Steamer**; cover and microwave on high 1-2 min or until just tender-crisp. Remove from steamer and pat dry.
2. In a small bowl, measure out 1 tsp seasoning; combine with mayonnaise and lime juice. Set aside.
3. In a shallow bowl or pie plate large enough to fit the cauliflower slices, whisk together remaining seasoning, flour, water, and milk. Using your hands, dredge the cauliflower slices in the mixture, making sure to coat all sides and the crevices.
4. In a large non-stick pan, heat 1 tbsp oil over medium-high heat. Add two cauliflower slices; cook 6-8 min, turning once, until golden-brown. Remove from pan. Heat remaining 1 tbsp oil and repeat process with remaining cauliflower slices.
5. To assemble, spread sauce on both buns, add cauliflower on bottom bun, then add your favourite toppings and cover.

# SAUCY AZTECA CHICKEN



**TIP:** Use your favourite Epicure broth—choose from **Nourish**, **Vegetable** or even **Miso**!

**TIP:** Streamline dinner prep and cook rice in the **Multipurpose Steamer** in the microwave while the chicken cooks on the stovetop.

 **TOTAL TIME: 20 min**

 **4 SERVINGS**

 **\$3.39 CA/\$2.68 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with ½ cup rice and 1 cup mixed fresh greens.

## INGREDIENTS

- 1 bell pepper
- 1 zucchini
- 2 tsp oil or coconut oil
- 1 lb (450 g) boneless, skinless chicken thighs
- 1 pkg **Azteca Tortilla Soup Seasoning**
- 1 cup prepared **Nourish Broth** or **Vegetable Broth**
- ½ can (14 oz/398 ml) crushed tomatoes, about 1 cup
- ½ cup crumbled feta or grated cheese
- Toppings** (optional): Guacamole or chopped avocado, sliced radish or pickled jalapeños

## NUTRITIONAL INFO

**Per serving:** Calories 300, Fat 13 g (Saturated 5 g, Trans 0 g), Cholesterol 110 mg, Sodium 440 mg, Carbohydrate 16 g (Fibre 4 g, Sugars 7 g), Protein 30 g.

## INSTRUCTIONS

1. Coarsely chop pepper and zucchini into large chunky pieces.
2. In a **Wok**, heat oil over medium-high heat. Add chicken; cook until lightly browned, about 2 min per side. Add peppers and zucchini; stir-fry about 1–2 min.
3. Sprinkle in seasoning; stir to evenly coat, then stir in broth and tomatoes. Cover and reduce heat; simmer, stirring occasionally, until chicken is cooked through, about 5 min. Sprinkle with cheese.
4. Divide chicken and veggies on plates; spoon sauce on top and finish with toppings, as desired.



# SWEET & SOUR STIR-FRY



**TIP:** Make it vegan and replace chicken with medium-firm tofu, cut into 1" cubes.



TOTAL TIME: 20 min



4 SERVINGS



\$4.20 CA/\$3.32 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with ½ cup rice and 1 cup steamed veggies, your choice.

## INGREDIENTS

- 1 pkg **Sweet & Sour Stir-Fry Seasoning**
- 1 can (14 oz/398 ml) pineapple chunks
- 2 tbsp each soy sauce, white vinegar, and water
- 1 lb (450 g) boneless, skinless chicken breasts
- 3 tbsp oil
- ¼ cup corn starch
- 2 cups snap peas

## NUTRITIONAL INFO

**Per serving:** Calories 360, Fat 13 g (Saturated 1.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 260 mg, Carbohydrate 32 g (Fibre 4 g, Sugars 18 g), Protein 28 g.

## INSTRUCTIONS

1. In a bowl, combine seasoning with pineapple chunks (including juice), soy sauce, vinegar, and water. Set aside.
2. Cut chicken into bite-sized pieces.
3. Heat oil in **Wok** over high heat. In a separate bowl, toss chicken with corn starch; shake off excess.
4. Add chicken to Wok; stir-fry until golden, 6–8 min.
5. Stir in snap peas and reserved seasoning mixture; cook until snow peas are tender crisp, 2 min. Serve over rice, if desired.

# HONEY GARLIC MEATBALLS

**TIP:** For richer flavour and colour, add 1 tsp fancy molasses to the sauce while cooking.



TOTAL TIME: 11 min



4 SERVINGS



\$2.53 CA/\$2.15 US PER SERVING

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

## INGREDIENTS

- 1 lb (450 g) lean ground beef
- 1 pkg **Honey Garlic Meatball Seasoning**, divided
- ¾ cup water
- 1 tbsp honey

## NUTRITIONAL INFO

**Per serving (4 meatballs):** Calories 310, Fat 13 g (Saturated 5 g, Trans 0 g), Cholesterol 70 mg, Sodium 460 mg, Carbohydrate 26 g (Fibre 1 g, Sugars 19 g), Protein 22 g.

## INSTRUCTIONS

1. In a large bowl, using a fork, combine beef and 2 tbsp seasoning. Form into 16 meatballs (about a scant 2 tbsp each).
2. Arrange in a single layer in **Round Steamer** or **Multipurpose Steamer** (it's OK if they touch). Cover and microwave on high, for 4 min or until cooked.
3. Meanwhile, prepare sauce. In **Wok**, combine remaining seasoning, water, and honey. Bring to a boil over medium-high heat, stirring constantly. Reduce heat; simmer until sauce has thickened to your liking.
4. When meatballs are cooked, carefully drain and discard liquid from bottom of steamer. Add meatballs to Wok; stir to coat with sauce. Serve with rice, if desired.

# ALFREDO LIME CHICKEN PASTA



**TIP:** Swap lime with lemon for a milder tang.

 **TOTAL TIME:** 20 min

 **6 SERVINGS**

 **\$1.82 CA/\$1.55 US PER SERVING**

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

## INGREDIENTS

- 1 pkg **Alfredo Sauce Mix**
- 1½ cups milk, your choice
- ¾ lb (340 g) uncooked fettuccine
- 1 tbsp oil
- 1 lb (450 g) boneless, skinless chicken breast fillets
- Black Pepper**, to taste
- 1 lime

## NUTRITIONAL INFO

**Per serving:** Calories 380, Fat 7 g (Saturated 2.5 g, Trans 0.1 g), Cholesterol 50 mg, Sodium 210 mg, Carbohydrate 52 g (Fibre 4 g, Sugars 3 g), Protein 27 g.

## INSTRUCTIONS

1. In a bowl, whisk sauce mix with milk. Set aside.
2. In **Multipurpose Pot** set over high heat, boil pasta until tender, about 8–10 min.
3. Meanwhile, heat oil in a large fry pan over medium-high heat. Add chicken and season with pepper. Cook until golden and cooked through, about 8 min.
4. Add reserved seasoning mixture. Reduce heat to medium, stirring constantly, until sauce thickens, about 2 min. Turn off heat.
5. Using a microplane or small holes on a box grater, zest lime.
6. Once cooked, drain pasta; add to pan. Add lime zest.
7. Slice lime in half. Using **2-in-1 Citrus Press**, squeeze in juice from ½ lime. Using tongs, toss to combine. Taste, adding juice from remaining ½ lime, if desired.



# GROCERY LIST

## WEEK 2

### PRODUCE

- ☐ **2 bell peppers** (General Tao Chicken)
- ☐ **2 medium-sized carrots** (Broccoli & Cheddar Soup)
- ☐ **1 broccoli crown** (Broccoli & Cheddar Soup)
- ☐ **1 large lemon** (Lemon Chicken)
- ☐ **4 cups frozen mixed vegetables** (Pantry Pad Thai)

### PANTRY STAPLES

- ☐ **Oil:**
  - 3 tbsp (General Tao Chicken)
  - 1½ tbsp (Lemon Chicken)
  - ½ tbsp (Pantry Pad Thai)
- ☐ **½ pkg (14 oz/400 g) rice vermicelli noodles** (Pantry Pad Thai)
- ☐ **¼ cup corn starch** (General Tao Chicken)
- ☐ **¼ cup natural peanut butter** (Pantry Pad Thai)  
*Swap: seed or another nut butter*
- ☐ **3 tbsp soy sauce**, preferably low sodium:
  - 2 tbsp (General Tao Chicken)
  - 1 tbsp (Pantry Pad Thai)
- ☐ **2 tbsp ketchup** (General Tao Chicken)
- ☐ **2 tbsp mayonnaise** (Crispy & Crunchy Cod)  
*Swap: 2% Greek yogurt*
- ☐ **1 tbsp drained capers** (Lemon Chicken)

### PROTEIN

- ☐ **2 eggs** (Pantry Pad Thai)
- ☐ **3 lbs (1.35 kg) boneless, skinless chicken breasts**, about 6
  - 1½ lbs/675 g (Lemon Chicken)
  - 1 lb/450 g (General Tao Chicken)
  - ½ lb/225 g (Pantry Pad Thai)
- ☐ **1 lb (450 g) skinless cod fillet** (Crispy & Crunchy Cod)

### DAIRY

- ☐ **2 cups milk**, your choice (Broccoli & Cheddar Soup)
- ☐ **1½ cups grated cheddar cheese** (Broccoli & Cheddar Soup)
- ☐ **1 tbsp unsalted butter** (Lemon Chicken)

### 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**.
- Cook rice in **Multipurpose Steamer**. Store in **4-Cup Prep Bowl**.

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add rice, extra veggies such as peppers and carrots, potatoes, and your favourite fixings for a sandwich such as sliced bread, chicken, and leafy greens.



# PANTRY PAD THAI



**TIP:** The sauce thickens quickly if not eaten immediately—add more water to thin out, as needed.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$3 CA/\$2.55 US PER SERVING**

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

## INGREDIENTS

- ½ pkg (14 oz/400 g) rice vermicelli noodles
- 8 cups boiling water, or enough to soak noodles
- ¼ cup natural peanut butter, or nut butter alternative
- ½ cup water
- 1 tbsp low-sodium soy sauce
- 1 pkg **Pad Thai Seasoning**
- ½ lb (225 g) boneless, skinless chicken breast, about 1 breast
- ½ tbsp oil
- 4 cups frozen mixed vegetables
- 2 eggs
- Black Pepper**, to taste
- Toppings** (optional): Chopped peanuts, sliced green onions, lime wedges

## NUTRITIONAL INFO

**Per serving:** Calories 500, Fat 15 g (Saturated 2.5 g, Trans 0 g), Cholesterol 165 mg, Sodium 360 mg, Carbohydrate 67 g (Fibre 5 g, Sugars 13 g), Protein 25 g

## 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. Drain and rinse noodles under cold water.
2. Meanwhile, in a bowl, whisk together peanut butter, water, soy sauce, and seasoning. Set aside.
3. Cut chicken into bite-sized pieces. In **Wok**, heat oil over medium-high heat. Add chicken and frozen vegetables. Cook for about 10 min or until chicken is cooked and vegetables are heated through.
4. In a small bowl, whisk eggs.
5. Reduce heat to low-medium. Add cooked noodles and reserved sauce to wok. Using tongs, mix well, and loosen noodle strands to avoid having them clump together.
6. Add whisked eggs, stir into noodles very well, and cook, stirring constantly and scraping the bottom of the Wok, about 1 min. Season with pepper to taste, and serve immediately, adding toppings as desired.

# BROCCOLI & CHEDDAR SOUP



**TIP:** Use freshly grated cheddar instead of pre-grated cheese. Pre-grated cheese will work—but it’s coated with anticaking agents that will give the soup a grainy texture, and it doesn’t melt as smoothly.



**TOTAL TIME:** 20 min



**8 SERVINGS**



**\$1.29 CA/\$1.10 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with an open-faced or half sandwich made with 1 slice whole-grain bread, ½ tbsp mayo, ½ cup lean protein, and ½ cup leafy greens.

## INGREDIENTS

- 1 pkg **Home-Style Chicken Stew Seasoning**
- 3 cups water or low-sodium broth
- 1 broccoli crown
- 2 medium-sized carrots
- 2 cups milk, your choice
- 1½ cups grated cheddar cheese
- Black Pepper**, to taste
- Toppings (optional): CCB Dip Mix, Better Than Bacon Topper**

## NUTRITIONAL INFO

**Per serving (about 1 cup):** Calories 170, Fat 9 g (Saturated 6 g, Trans 0.1 g), Cholesterol 30 mg, Sodium 360 mg, Carbohydrate 12 g (Fibre 2 g, Sugars 3 g), Protein 10 g.

## INSTRUCTIONS

1. In **Wok**, add seasoning and water; stir to combine. Cover and start to heat over medium heat.
2. Meanwhile, chop broccoli into small, bite-sized pieces. You should have about 4 cups. Using the smaller holes on a box grater, grate carrots. You should have about 2 cups. Add veggies to Wok. Simmer, covered, until broccoli is vibrant green, about 2 min. The soup will have thickened at this point.
3. Add milk; stir in cheese. Keep uncovered and bring back to a simmer, stirring occasionally. Simmer until broccoli is tender, about 2 min. Taste and season with pepper. Add toppings just before serving, if desired.



# GENERAL TAO CHICKEN



**TIP:** Replace chicken with 1 lb (450 g) firm tofu, cut into cubes.

**TOTAL TIME:** 16–20 min **4 SERVINGS** **\$2.97 CA/\$2.35 US PER SERVING**

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

## INGREDIENTS

- 1 pkg **General Tao Seasoning**
- ¼ cup water
- 2 tbsp low-sodium soy sauce
- 2 tbsp ketchup
- 1 lb (450 g) boneless, skinless chicken breasts, cubed
- ¼ cup corn starch
- 3 tbsp vegetable oil
- 2 bell peppers, chopped

## NUTRITIONAL INFO

**Per serving:** Calories 300, Fat 13 g (Saturated 1.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 440 mg, Carbohydrate 21 g (Fibre 2 g, Sugars 8 g), Protein 25 g

## INSTRUCTIONS

1. In a bowl, whisk together seasoning, water, soy sauce, and ketchup. Set aside.
2. Toss chicken with corn starch.
3. Preheat **Wok** over high heat, then swirl in oil; stir-fry chicken in batches until golden, about 5–8 min. Remove pieces as done; set aside.
4. Add peppers to Wok; stir-fry 1–2 minutes. Return chicken to pan. Add sauce, stirring to coat.
5. Serve with rice, if desired.

# CRISPY & CRUNCHY COD



**TIP:** Make fish & chips!  
For fast fries, use frozen ones and season with your favourite **Epicure Seasoning**.



**TOTAL TIME:** 20 min



**4 SERVINGS**



**\$3.40 CA/\$2.89 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies, 2 tbsp favourite **Epicure Dip**, and 1 cup oven fries or cooked grains, your choice.

## INGREDIENTS

- 1 lb (450 g) skinless cod fillet
- 2 tbsp mayonnaise or 2% plain Greek yogurt
- 1 pkg **Crispy & Crunchy Coating Mix**

## NUTRITIONAL INFO

**Per serving:** Calories 190, Fat 6 g (Saturated 1 g, Trans 0 g), Cholesterol 45 mg, Sodium 370 mg, Carbohydrate 13 g (Fibre 0 g, Sugars 1 g), Protein 19 g.

## INSTRUCTIONS

1. Preheat oven to 425° F. Place two **Cooling Racks** on **Sheet Pan** lined with **Sheet Pan Liner**; lightly brush racks with oil to prevent sticking.
2. Pat fish dry; cut into bite-sized pieces. In a bowl, gently mix fish with mayo until coated.
3. Place mix in a shallow dish. Using tongs or your hands, add fish pieces one at a time, gently rotating and pressing to coat.
4. Place fish on racks, leaving some space between each piece. Bake 12 min or until golden and cooked through. Let rest on racks a few minutes before removing to prevent sticking.

# 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 low-sodium broth, your choice
- 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, stirring 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.



# GROCERY LIST

## WEEK 3

### PRODUCE

- ☐ **8 fresh basil leaves** (Mini Summer Caprese Meatloaf)
- ☐ **2 bell peppers** (Shrimp & Mango Stir-Fry)
- ☐ **2 cups broccoli florets** (Shrimp & Mango Stir-Fry)
- ☐ **2 cups fresh or frozen mango chunks** (Shrimp & Mango Stir-Fry)
- ☐ **2 cups frozen peas** (Creamy Mushroom & Chicken Pasta)

### PANTRY STAPLES

- ☐ **2 cups uncooked egg noodles**, extra broad (Creamy Mushroom & Chicken Pasta)
- ☐ **¼ cup crushed tomatoes** (Mini Summer Caprese Meatloaf) | *Swap: Marinara Sauce*
- ☐ **2 tbsp balsamic reduction** (Mini Summer Caprese Meatloaf) | *Swap: balsamic vinegar*
- ☐ **2 tbsp lime juice** (Shrimp & Mango Stir-Fry)
- ☐ **2 tbsp mayonnaise** (Crispy & Crunchy Chicken Strips) | *Swap: 2% plain Greek yogurt*
- ☐ **2 tbsp soy sauce**, preferably low sodium (Shrimp & Mango Stir-Fry)
- ☐ **1 tbsp + 2 tsp oil:**
  - 1 tbsp (Shrimp & Mango Stir-Fry)
  - 2 tsp (Sweet 'n Sticky Steak Bites)
- ☐ **1 tbsp liquid honey** (Sweet 'n Sticky Steak Bites)
- ☐ **1 tsp corn starch** (Shrimp & Mango Stir-Fry)

### PROTEIN

- ☐ **1 egg** (Mini Summer Caprese Meatloaf)
- ☐ **2 lbs (900 g) boneless, skinless chicken breast fillets:**
  - 1 lb/450 g (Creamy Mushroom & Chicken Pasta)
  - 1 lb/450 g (Crispy & Crunchy Chicken Strips)
- ☐ **1 lb (450 g) lean ground beef** (Mini Summer Caprese Meatloaf)
- ☐ **1 lb (450 g) steak** (Sweet 'n Sticky Steak Bites)  
*Try: top sirloin or striploin*
- ☐ **1 pkg (340 g) frozen, raw, peeled shrimp** (Shrimp & Mango Stir-Fry)

### DAIRY

- ☐ **2 slices mozzarella cheese** (Mini Summer Caprese Meatloaf)
- ☐ **1½ cups milk**, your choice (Creamy Mushroom & Chicken Pasta)

### 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**.
- Cook rice in **Multipurpose Steamer**. Store in **4-Cup Prep Bowl**.

### PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add leafy greens, rice, and extra lemon.



# CRISPY & CRUNCHY CHICKEN STRIPS



**TIP:** Coat chicken with your favourite **Epicure Dip** instead of mayo for extra flavour.

**TIP:** For an extra-crispy coating, spray coated chicken with oil before baking. Do not spray over **Sheet Pan Liner**.

 **TOTAL TIME:** 25–30 min

 **4 SERVINGS**

 **\$2.24 CA/\$1.90 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups leafy greens, 1 tbsp favourite **Epicure Salad Dressing**, and ½ cup cooked grains, your choice.

## INGREDIENTS

- 1 lb (450 g) chicken breast fillets, about 16 pieces
- 2 tbsp mayonnaise or 2% plain Greek yogurt
- 1 pkg **Crispy & Crunchy Coating Mix**

## NUTRITIONAL INFO

**Per serving:** Calories 230, Fat 8 g (Saturated 1.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 360 mg, Carbohydrate 13 g (Fibre 0 g, Sugars 1 g), Protein 24 g.

## INSTRUCTIONS

1. Preheat oven to 425° F. Place two **Cooling Racks** on **Sheet Pan** lined with **Sheet Pan Liner**; lightly brush racks with oil to prevent sticking.
2. In a bowl, add chicken and mayo; toss to coat.
3. Place coating mix in a shallow dish. Using tongs or your hands, add chicken one piece at a time, rotating and pressing to coat.
4. Place chicken on racks, leaving some space between each piece. Bake 18–20 min or until golden and cooked through. Let rest on racks a few minutes before removing to prevent sticking.

# SHRIMP & MANGO STIR-FRY



**TIP:** Quickly defrost frozen shrimp under cold running water.

 **TOTAL TIME:** 18 min

 **4 SERVINGS**

 **\$4.83 CA/\$4.12 US PER SERVING**

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

## INGREDIENTS

- 1 pkg **Sweet & Sour Stir-Fry Seasoning**
- ½ cup water
- 2 tbsp each low-sodium soy sauce and lime juice
- 2 bell peppers
- 2 cups broccoli florets
- 1 tbsp oil
- 1 pkg (340 g) frozen, raw, peeled shrimp, defrosted
- 2 cups fresh or frozen mango chunks
- 2 tbsp cold water
- 1 tsp corn starch

## NUTRITIONAL INFO

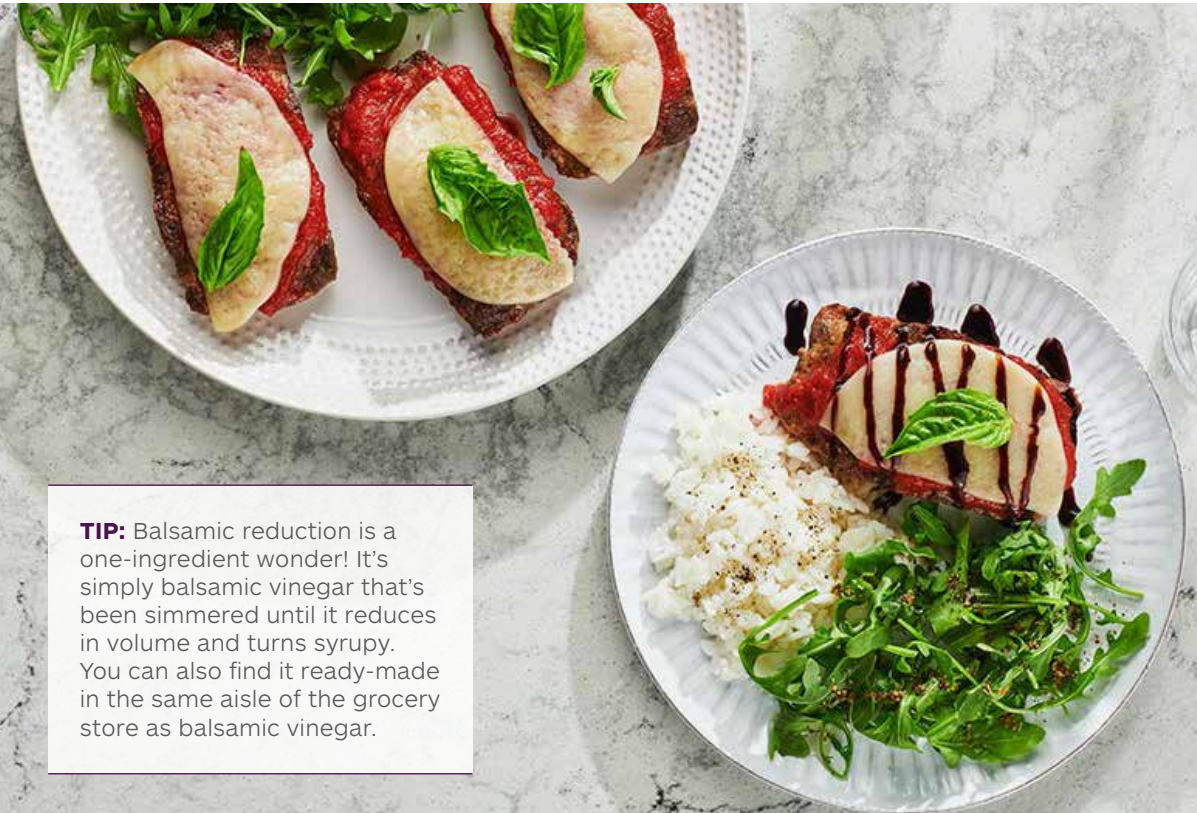
**Per serving:** Calories 230, Fat 4.5 g (Saturated 0.5 g, Trans 0 g), Cholesterol 125 mg, Sodium 460 mg, Carbohydrate 30 g (Fibre 5 g, Sugars 16 g), Protein 18 g.

## INSTRUCTIONS

1. In a bowl, combine seasoning, water, soy sauce, and lime juice. Set aside.
2. Cut peppers into thin strips. Chop any large broccoli florets into bite-sized pieces.
3. Heat oil in **Wok** over high heat. Add peppers and broccoli. Stir-fry 1 min. Add shrimp, cooking 2 min, until they start to turn opaque (they will not be cooked through at this point).
4. Add mango and reserved seasoning mixture. Cook until mango is heated through and sauce is reduced, 2–3 min.
5. In a small bowl, whisk cold water and corn starch. Add to Wok, stirring until sauce is slightly thickened. Serve with rice, if desired.



# MINI SUMMER CAPRESE MEATLOAF



**TIP:** Balsamic reduction is a one-ingredient wonder! It's simply balsamic vinegar that's been simmered until it reduces in volume and turns syrupy. You can also find it ready-made in the same aisle of the grocery store as balsamic vinegar.

 **TOTAL TIME:** 15 min

 **4 SERVINGS**

 **\$2.43 CA/\$2.07 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with ½ cup rice and 2 cups leafy greens with a squeeze of lemon juice.

## INGREDIENTS

- 1 lb (450 g) lean ground beef
- 1 egg
- 2 tbsp water
- 1 pkg **Classic Meatloaf Seasoning**
- ¼ cup crushed tomatoes
- 2 slices mozzarella cheese
- 8 fresh basil leaves
- 2 tbsp balsamic reduction

## NUTRITIONAL INFO

**Per serving:** Calories 300, Fat 15 g (Saturated 6 g, Trans 0.4 g), Cholesterol 130 mg, Sodium 440 mg, Carbohydrate 13 g (Fibre 1 g, Sugars 7 g), Protein 28 g.

## INSTRUCTIONS

1. In a large bowl, combine beef, egg, water, and seasoning. Using a fork or your hands, mix until well blended.
2. Press meat into four **Mini Loaf Pans**. If your microwave is equipped with a turntable, place pans on the edge of the turntable to ensure even cooking; avoid crowding them in the middle. Microwave, on high, 4 min. They will not be cooked through yet. Drain excess liquid.
3. Spread crushed tomatoes on top. Cut each cheese slice in half and place on top of sauce. Microwave on high for 2 min until cheese has melted and internal temperature reaches 160° F.
4. If you have time, let rest in the pans 1–2 min. Using tongs, remove from pans. Top with basil leaves and balsamic reduction.

# CREAMY MUSHROOM & CHICKEN PASTA



**TIP:** For a thicker sauce, let the dish rest 10 min before serving. The sauce will thicken as it sits.

 **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 **Epicure Salad Dressing** of your choice.

## 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:** 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** or **Round Steamer**, add chicken in a single layer (it's OK if the fillets touch). Cover; microwave 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.



# SWEET 'N STICKY STEAK BITES



TOTAL TIME: 15 min



4 SERVINGS



\$2.17 CA/\$1.84 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with ½ cup rice, 2 cups mixed greens, and 1 tbsp favourite Epicure Salad Dressing.

## INGREDIENTS

- ¾ cup water
- 1 pkg **Honey Garlic Meatball Seasoning**
- 1 tbsp liquid honey
- 2 tsp oil
- 1 lb (450 g) steak such as top sirloin or striploin
- Black Pepper**, to taste
- Toppings** (optional): sesame seeds, sliced green onions

## NUTRITIONAL INFO

**Per serving:** Calories 260, Fat 7 g (Saturated 2 g, Trans 0 g), Cholesterol 60 mg, Sodium 440 mg, Carbohydrate 26 g (Fibre 1 g, Sugars 19 g), Protein 23 g

## INSTRUCTIONS

1. In a small bowl, whisk together water, seasoning, and honey. Set aside.
2. In a large sauté pan or cast iron pan, heat oil over medium-high heat.
3. Meanwhile, cut steak into 1" cubes. Season with pepper to taste.
4. Add steak to pan; cook until all sides are browned, about 4–5 min. Remove pieces as they're done to a plate and set aside.
5. Reduce heat to low. Add sauce to the pan; scraping up and stirring in any brown bits. Sauce will thicken quickly. Once thickened, immediately remove from heat; add steak and stir to coat. Serve with rice, if desired.