



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

Lemon Garlic Chicken
8 servings
\$2.35 CA | \$2.00 US



Chicken Barbacoa
12 servings
\$2.39 CA | \$2.03 US



Donair
10 servings
\$1.80 CA | \$1.53 US



Tuesday

Philly-Style Cheesesteak
6 servings
\$3.88 CA | \$3.30 US



Mac & Cheese
4 servings
\$1.12 CA | \$0.95 US



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



Wednesday

Poke Bowl
4 servings
\$4.25 CA | \$3.61 US



Crispy & Crunchy Lettuce Wraps
4 servings
\$3.17 CA | \$2.69 US



Pulled Pork
20 servings
\$1.03 CA | \$0.88 US



Thursday

Smokin' BBQ Pork Chops
4 servings
\$3.03 CA | \$2.58 US



Butter Chicken
8 servings
\$2.30 CA | \$1.96 US



Sweet Garlic Chicken
4 servings
\$3.33 CA | \$2.83 US



Friday

General Tao Chicken
4 servings
\$3.09 CA | \$2.63 US



Cheeseburger Pasta
6 servings
\$2.27 CA | \$1.93 US



Fettuccine Alfredo
6 servings
\$1.14 CA | \$0.97 US



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

Grocery List Week 1

Produce

- 5 bell peppers:
 - 2 (General Tao Chicken)
 - 2 (Philly-Style Cheesesteak)
 - 1 (Smokin' BBQ Pork Chops)
- 1 small yellow onion (Philly-Style Cheesesteak)
- 1 red onion (Smokin' BBQ Pork Chops)
- ½ English cucumber (Poke Bowl)
- ¼ small purple cabbage (Poke Bowl)
- 3 cups sliced mushrooms, about 1 pkg (227 g/8 oz) (Philly-Style Cheesesteak)
- 2 cups frozen shelled edamame (Poke Bowl)
- 1 cup mango chunks (Poke Bowl)

Pantry Staples

- Oil:
 - 3 tbsp (General Tao Chicken)
 - 3 tbsp (Smokin' BBQ Pork Chops)
 - 1 tbsp (Lemon Garlic Chicken)
 - 1 tbsp (Philly-Style Cheesesteak)
 - 1 tsp, preferably sesame (Poke Bowl)
- 1 cup uncooked white rice (Poke Bowl)
- ¼ cup cornstarch (General Tao Chicken)
- ¼ cup mayonnaise (Poke Bowl)
- 3 tbsp + 2 tsp soy sauce, preferably low sodium
 - 2 tbsp (General Tao Chicken)
 - 1 tbsp + 2 tsp (Poke Bowl)
- 2 tbsp ketchup (General Tao Chicken)
- 1 tbsp apple cider vinegar (Smokin' BBQ Pork Chops)
- 1 tbsp rice vinegar (Poke Bowl)

Sunday Prep Tips

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

Protein

- 4 bone-in, centre-cut pork loin chops, about 1 lb (450 g) (Smokin' BBQ Pork Chops)
- 3 lb (1.36 kg) whole chicken (Lemon Garlic Chicken)
- 1 lb (450 g) boneless, skinless chicken breasts (General Tao Chicken)
- 1 lb (450 g) thinly sliced beef strips (Philly-Style Cheesesteak)
- ½ lb (225 g) peeled, cooked shrimp (Poke Bowl)
Swap: sushi-grade raw tuna; salmon; or cubed, firm tofu

Dairy

- 1 cup shredded mozzarella (Philly-Style Cheesesteak) | *Swap: provolone cheese*

Other

- 6 hoagie rolls (Philly-Style Cheesesteak)



Make It A Perfectly Balanced Plate:

This week, add mixed veggies, grains such as rice or quinoa, and your choice of protein such as tuna, chicken, or tofu.

Grocery List

Week 2

Produce

- 2 bell peppers (Crispy & Crunchy Lettuce Wraps)
- 1 large onion (Butter Chicken)
- 1 small head lettuce (Crispy & Crunchy Lettuce Wraps)

Pantry Staples

- Oil:
 - 2 tbsp (Chicken Barbacoa)
 - 1 tsp, preferably sesame (Crispy & Crunchy Lettuce Wraps)
- 1 can (14 oz/398 ml) coconut milk, preferably light (Butter Chicken)
- 4 cups uncooked bite-sized pasta
 - 2 cups (Cheeseburger Pasta)
 - 2 cups (Mac & Cheese)
- ½ cup crushed tomatoes (Butter Chicken)
- 2 tbsp ketchup (Cheeseburger Pasta)
- 1 tbsp tomato paste (Chicken Barbacoa)
- 1 tsp soy sauce (Crispy & Crunchy Lettuce Wraps)

Protein

- 5 lbs (2.5 kg) boneless, skinless chicken breasts
 - 3 lbs/1.35 kg (Chicken Barbacoa) | *Swap: chicken thighs*
 - 2 lbs/900 g (Butter Chicken) | *Swap: cubed, firm tofu or 4 cups chickpeas*
- 1 lb (450 g) ground pork (Crispy & Crunchy Lettuce Wraps)
- 1 lb (450 g) lean ground beef (Cheeseburger Pasta)

Dairy

- 1 cup grated cheddar cheese (Cheeseburger Pasta)
- ⅔ cup milk, your choice
 - ⅓ cup (Cheeseburger Pasta)
 - ⅓ cup (Mac & Cheese)
- ½ cup plain 2% Greek yogurt (Butter Chicken)
- 3 tbsp butter
 - 2 tbsp, optional (Mac & Cheese)
 - 1 tbsp (Butter Chicken)

Sunday Prep Tips

- After shopping, prep fresh produce as you unpack.
- Prepare grains in **Multipurpose Steamer**.



Make It A Perfectly Balanced Plate:

This week, add grains such as rice or quinoa; leafy greens; oil for dressing; and lean protein such as tuna or tofu.

Grocery List Week 3

Produce

- 3 small sweet potatoes (Sweet Garlic Chicken)
- 2 tomatoes (Donair)
- ½ English cucumber (Donair)
- ½ red onion (Donair)
- ½ head romaine or leafy green lettuce (Donair)

Pantry Staples

- 4 cups uncooked pasta, your choice (Fettuccine Alfredo)
- 1 cup ketchup (Pulled Pork)
- ½ cup brown sugar (Pulled Pork)
- ½ cup vinegar (Pulled Pork)
- 2 tbsp mayonnaise (Crispy & Crunchy Chicken Strips) | *Swap: plain 2% Greek yogurt*
- 1 tbsp oil (Sweet Garlic Chicken)

Protein

- 5 lbs (2.25 kg) boneless pork shoulder or butt roast (Pulled Pork)
- 2 lbs (900 g) lean ground beef (Donair)
- 1 lb (450 g) boneless, skinless chicken thighs (Sweet Garlic Chicken)
- 1 lb (450 g) chicken breast fillets, about 16 pieces (Crispy & Crunchy Chicken Strips)

Dairy

- 1½ cups milk, your choice (Fettuccine Alfredo)

Other

- 10 whole-wheat pitas (Donair)

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 leafy greens; oil for dressing; whole-grain buns or rolls; and coleslaw (to serve with Pulled Pork, if desired).