



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



Cheeseburger Pasta
5 servings
2.72 CA | 2.31 US



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




Tuesday

Philly-Style Cheesesteak
6 servings
3.88 CA | 3.30 US



Sweet Garlic Chicken
4 servings
3.33 CA | 2.83 US




Mac & Cheese
4 servings
1.12 CA | 0.95 US




Wednesday

Rosée Pasta
8 servings
0.88 CA | 0.75 US



Tuscan Herb Risotto
4 servings
2.03 CA | 1.42 US



Broccoli Cheddar Soup
4 servings
1.68 CA | 1.43 US




Thursday


Home-style Chicken Stew
8 servings
1.91 CA | 1.62 US



Yaki Udon
4 servings
4.23 CA | 3.60 US



Lemon Chicken Orzo
4 servings
5.66 CA | 4.81 US




Friday

Beef Stroganoff
6 servings
2.45 CA | 2.08 US



Beef Dip
12 servings
2.89 CA | 2.46 US



Italian Meatballs
16 servings
0.99 CA | 0.84 US



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

Grocery List

Week 1

Produce

- ☐ 4 bell peppers
 - 2 (General Tao Chicken)
 - 2 (Philly-Style Cheesesteak)
- ☐ 3 celery stalks (Home-Style Chicken Stew)
- ☐ 2 medium carrots (Home-Style Chicken Stew)
- ☐ 2 medium potatoes (Home-Style Chicken Stew)
- ☐ 1 small yellow onion (Philly-Style Cheesesteak)
- ☐ 5 cups sliced mushrooms
 - 3 cups (Philly-Style Cheesesteak)
 - 2 cups (Beef Stroganoff)
- ☐ 1 cup frozen peas (Home-Style Chicken Stew)

Pantry Staples

- ☐ Oil:
 - 3 tbsp (General Tao Chicken)
 - 2 tbsp (Beef Stroganoff)
 - 1 tbsp (Home-Style Chicken Stew)
 - 1 tbsp (Philly-Style Cheesesteak)
- ☐ 8 cups uncooked pasta:
 - 4 cups, preferably egg noodle (Beef Stroganoff)
 - 4 cups, your choice (Rosée Pasta)
- ☐ ½ cup tomato paste (Rosée Pasta)
- ☐ ¼ cup cornstarch (General Tao Chicken)
- ☐ 2 tbsp ketchup (General Tao Chicken)
- ☐ 2 tbsp low-sodium soy sauce (General Tao Chicken)
- ☐ 1 tsp Worcestershire sauce (Beef Stroganoff)

Sunday Prep Tips

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

Protein

- ☐ 2 lbs (900 g) boneless, skinless chicken breasts:
 - 1 lb/450 g (General Tao Chicken)
 - 1 lb/450 g (Home-Style Chicken Stew)
Swap: chicken thighs
- ☐ 1 lb (450 g) lean ground beef (Beef Stroganoff)
Swap: beef strips
- ☐ 1 lb (450 g) thinly sliced beef strips (Philly-Style Cheesesteak)

Dairy

- ☐ 1½ cups milk, your choice (Rosée Pasta)
- ☐ 1 cup plain 2% Greek yogurt (Beef Stroganoff)
Swap: sour cream
- ☐ 1 cup shredded mozzarella (Philly-Style Cheesesteak) | *Swap: provolone cheese*

Other

- ☐ 6 hoagie rolls (Philly-Style Cheesesteak)
Swap: mini sub buns or hot dog buns



Make It A Perfectly Balanced Plate:

This week, add mixed veggies, leafy greens, oil for dressing, grains such as rice or quinoa, and your choice of protein such as chicken, beef, or tofu.

Grocery List

Week 2

Produce

- ☐ **3 small sweet potatoes (Sweet Garlic Chicken)**
Swap: Yukon gold or russet potatoes
- ☐ **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)**
- ☐ **½ cup frozen peas (Tuscan Herb Risotto)**

Pantry Staples

- ☐ **Oil:**
 - 2 tbsp (Yaki Udon)
 - 1 tbsp (Beef Dip)
 - 1 tbsp (Sweet Garlic Chicken)
- ☐ **2 pkgs (7 oz/200 g each) fresh Udon noodles (Yaki Udon)**
- ☐ **2 cups uncooked bite-sized pasta, preferably fusilli (Cheeseburger Pasta)**
- ☐ **2 tbsp ketchup (Cheeseburger Pasta)**
- ☐ **2 tbsp low-sodium soy sauce (Yaki Udon)**

Protein

- ☐ **3 lbs (1.36 kg) boneless beef blade pot roast or chuck roast (Beef Dip)**
- ☐ **2 lbs (900 g) boneless, skinless chicken:**
 - 1 lb/450 g (Yaki Udon) | *Swap: firm tofu*
 - 1 lb/450 g, preferably thighs (Sweet Garlic Chicken) | *Swap: medium-firm tofu*
- ☐ **1 lb (450 g) lean ground beef (Cheeseburger Pasta)**

Dairy

- ☐ **1 cup grated cheddar cheese (Cheeseburger Pasta)**
- ☐ **½ cup milk, your choice (Cheeseburger Pasta)**
- ☐ **1 tbsp butter (Tuscan Herb Risotto)**

Other

- ☐ **12 French rolls (Beef Dip)**

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, lemon juice, and your choice of protein such as chicken, beef, or tofu.

Grocery List Week 3

Produce

- ☐ 4 cups baby spinach (Lemon Chicken Orzo)
- ☐ 2 cups fresh or frozen broccoli florets (Broccoli Cheddar Soup)
- ☐ 2 cups cherry tomatoes (Lemon Chicken Orzo)

Pantry Staples

- ☐ 2 cups uncooked bite-sized pasta (Mac & Cheese)
- ☐ 1 cup orzo (Lemon Chicken Orzo)
- ☐ ¼ cup capers (Lemon Chicken Orzo)
- ☐ 2 tbsp mayonnaise (Crispy & Crunchy Chicken Strips) | *Swap: plain 2% Greek yogurt*
- ☐ 1 tbsp oil (Lemon Chicken Orzo)

Protein

- ☐ 2 eggs (Italian Meatballs)
- ☐ 1 lb (450 g) lean ground beef (Italian Meatballs)
- ☐ 1 lb (450 g) boneless, skinless chicken breast fillets, about 16 pieces (Crispy & Crunchy Chicken Strips)
- ☐ 1 lb (450 g) boneless, skinless chicken thighs (Lemon Chicken Orzo)
- ☐ 1 lb (450 g) lean ground pork (Italian Meatballs)

Dairy

- ☐ 2⅔ cups milk, your choice
 - 2 cups (Broccoli Cheddar Soup)
 - ⅓ cup (Mac & Cheese)
 - ¼ cup (Italian Meatballs)
- ☐ ½ cup grated cheddar cheese (Broccoli Cheddar Soup)
- ☐ ¼ cup Parmesan cheese, optional (Italian Meatballs)
- ☐ 3 tbsp unsalted butter
 - 2 tbsp, optional (Mac & Cheese)
 - 1 tbsp (Lemon Chicken Orzo)

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, dinner rolls, grains such as rice or quinoa, and your choice of protein such as chicken, beef, or tofu.