

WHAT'S FOR DINNER?

DIGITAL MEAL PLAN



The Ultimate Guide to Getting Dinner on the Table Every Day!

Skip the takeout this season and save money on food by making delicious restaurant-style meals at home! Whether you want to be the grill master at summer BBQs, the MVP of game night wings, or shake things up with Sheet Pan Dinners, this guide will make any dinner a hit! Discover tasty, healthier recipes that are made with ingredients you can trust. Plus, a time-saving curated grocery list, meal plan, and Sunday prep tips so you can create perfectly-balanced meals every time!

WHAT'S FOR DINNER?

Follow the links to get your recipe for each meal. You'll also find tips there on how to perfectly balance your plate.

MONDAY

Crispy & Crunchy Chicken Strips

4 servings
\$2.01 US



TUESDAY

Enchiladas

4 servings
\$3.17 US



WEDNESDAY

Florentine Style Chicken Alfredo

4 servings
\$3.21 US



THURSDAY

Instant Pot™ Pulled Pork

20 servings
\$0.88 US



FRIDAY

Philly-Style Cheesesteak

6 servings
\$3.30 US



Prices are in CA/US, based on average store costs.

WHAT'S FOR DINNER SEASONINGS & DINNER OPTIONS



**BEST
SELLER**

Crispy & Crunchy Chicken Strips

- Buffalo Chicken Strips
- Tiny Baked Mac & Cheese



Enchiladas

- Saucy Enchilada Burger
- Black Bean Enchilada Sliders



Florentine Style Chicken Alfredo

- Spinach Artichoke Alfredo Pizza
- Fettuccine Alfredo



Instant Pot™ Pulled Pork

- Slow Cooker Pulled Pork
- Pulled Pork & Coleslaw Sandwich



Philly-Style Cheesesteak

- Philly Cheesesteak Stuffed Peppers
- Easy Sheet Pan Egg Bake

GROCERY LIST

PRODUCE

- 4 cups baby spinach or kale (Florentine Style Chicken Alfredo)
- 2 bell peppers (Philly-Style Cheesesteak)
- 1/2 lime (Enchiladas)
- 2 cups sliced mushrooms (Florentine Style Chicken Alfredo)
- 3 cups sliced mushrooms (Philly-Style Cheesesteak)
- 1 small yellow onion (Philly-Style Cheesesteak)

Grocery

Baking Goods

- 1/2 cup brown sugar (Instant Pot™ Pulled Pork)

Breads and Cereals

- 6 hoagie rolls, toasted (Philly-Style Cheesesteak)
- 4 medium tortillas (Beef Enchiladas)

Canned and Jar Goods

- 3 tbsp tomato paste (Beef Enchiladas)
- 1 cans (14 oz/398 ml each) unsalted black beans (Beef Enchiladas)

Dairy

- 1 cup grated cheese your choice, divided (Beef Enchiladas)
- 1 1/2 cups milk your choice (Florentine Style Chicken Alfredo)
- 1 cup shredded mozzarella or provolone cheese (Philly-Style Cheesesteak)

PROTEIN

- 5 lbs (2.5 kg) boneless pork shoulder or butt roast (Instant Pot™ Pulled Pork)
- 1 lb (450 g) boneless, skinless chicken breasts about 2 (Florentine Style Chicken Alfredo)
- 1 lb (450 g) chicken breast fillets about 16 pieces (Crispy & Crunchy Chicken Strips)
- 1 lb Ground Beef (Enchiladas)
- 1 lb (450 g) thinly sliced beef strips (Philly-Style Cheesesteak)

Oils and Dressings

- 1 tsp coconut or olive oil (Beef Enchiladas)
- 2 tbsp mayonnaise or 2% plain greek yogurt (Crispy & Crunchy Chicken Strips)
- 1 tbsp oil (Philly-Style Cheesesteak)
- 4 tsp oil divided (Florentine Style Chicken Alfredo)
- 1/2 cup vinegar (Instant Pot™ Pulled Pork)

Sauces and Condiments

- 1 cup ketchup (Instant Pot™ Pulled Pork)

Spices and Seasonings

- black pepper (Grinder) to taste (Florentine Style Chicken Alfredo)
- sea salt (Grinder) to taste (Florentine Style Chicken Alfredo)

Epicure

- 1 pkg Crispy & Crunchy Coating Mix
- 1 pkg Enchilada Mix
- 1 pkg Alfredo Sauce Mix
- 1 pkg Pulled Pork Seasoning Mix
- 1 pkg Philly-Style Cheesesteak Seasoning Mix

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 and mixed veggies—such as carrots, celery sticks, and leafy greens—and extra potatoes for making oven fries.





EPIC DINNERS START HERE

- 7 Dinners
- 1 Dessert
- 1 Exclusive Surprise
- 1 Sample-Sized Dip

HOW IT WORKS

1. Get your Epic Box
Delivered every month, right to your door.
2. Pick a recipe
Choose from your digital meal plan, on-pack directions, or bonus recipes online.
3. Shop for ingredients
Choose what works best for your lifestyle.
4. Start cooking
Go from raw-to-ready in 20 minutes or less.



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