

# 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

## [Chicken Souvlaki](#)

4 servings  
\$2.34 US



TUESDAY

## [Tacos](#)

4 servings  
\$2.07 US



WEDNESDAY

## [Sloppy Joes](#)

4 servings  
\$1.89 US



THURSDAY

## [Chicken Fried Rice](#)

4 servings  
\$3.32 US



FRIDAY

## [Asparagus Alfredo Penne](#)

4 servings  
\$2.59 US



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

# WHAT'S FOR DINNER SEASONINGS & DINNER OPTIONS



## CHICKEN SOUVLAKI

- [Souvlaki Chicken Kebabs](#)
- [Shredded Souvlaki Chicken Flatbread](#)
- [Mediterranean Meatballs Power Bowl](#)



## TACO

- [Crunchy Taco Salad](#)
- [Beef Chili Tacos](#)
- [Taco Pasta Salad](#)



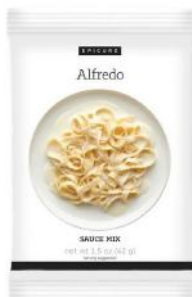
## SLOPPY JOE

- [Sloppy Joe Zucchini Boats](#)
- [Sloppy Joe Sweet Potatoes](#)
- [Summer Lasagna Skillet](#)



## CHICKEN FRIED RICE

- [Tamari Chicken Lettuce Wraps](#)
- [Chicken Noodle Stir-Fry](#)



## ALFREDO

- [Spinach Artichoke Alfredo Pizza](#)
- [Fettuccine Alfredo](#)
- [Florentine Style Chicken Alfredo](#)

# GROCERY LIST

## Bread and Cereals

- 4 buns, split and toasted optional
- 8 pitas optional
- 12 taco shells

## Beverages

- 2 tbsp each lemon juice and olive oil

## Canned and Jar Goods

- 1 can (5.5 oz/156 ml) tomato paste
- Toppings (optional): shredded lettuce, tomatoes, Epicure Poco Picante Salsa, and grated cheese.

## Dairy

- 1/4 cup grated parmesan cheese
- 1 1/2 cups milk of your choice

## Meat

- 2 lbs (900 g) boneless, skinless chicken breast fillets
- 1 lb (450 g) boneless, skinless chicken thighs or breasts
- 1 lb (450 g) ground chicken
- 1 1/2 lbs (675 g) lean ground beef
- 1 lb (450 g) lean ground beef

## Oils and Dressings

- 2 tsp oil
- 1 tbsp sesame oil
- 1 tbsp vegetable oil

## Pasta, Rice, and Beans

- 3 cups cold, cooked white rice
- 2 cups uncooked penne pasta

## Produce

- 1 bunch of asparagus about 16-20 spears
- 2 cups cherry tomatoes
- 4 cups shredded coleslaw
- 1 small red onion
- 2 cups spinach
- Toppings (optional): chopped cucumber crumbled feta
- 1 yellow bell pepper

## Sauces and Condiments

- 2 tbsp low-sodium soy sauce

## 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.



**FLEXIBLE PLANS**  
\$35 CA | \$32 US monthly

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**BEST VALUE!**

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