



MEAL PLAN

A week of dinners with recipes and grocery list.

Wendy Peppel



Monday

Rotisserie Chicken

8 servings
\$2.00 US/per serving
25 Minutes

Notes:

Serve with 1 cup steamed veggies and 1 cup rice or 1 whole-grain roll.



Tuesday

Enchiladas

4 servings
\$3.17 US
20 Minutes

Notes:

I substitute 1 pound of ground beef & 1 can of black beans in this recipe.



Wednesday

Classic Meatloaf

4 servings
\$1.85 US/per serving
15 Minutes

Notes:

Serve with 1 cup mashed potatoes or rice and 1 cup steamed vegetables.



Thursday

Crispy Crunchy Lettuce Wraps

4 servings
\$2.69 US/per serving
15 Minutes

Notes:

Serve with one cup of rice per person. Optional topping includes Epicure Chipotle Aioli or Garlic Aioli. Add milk to thin down aioli.



Friday

Beef & Broccoli Stir-Fry

4 servings
\$3.10 US/per serving
15 Minutes

Notes:

Serve with 1 cup rice.



GROCERY LIST

PRODUCE

- 2 bell peppers (Lettuce Wraps)
- 4 cups broccoli florets, fresh or frozen (Beef & Broccoli Stir-Fry)
- 16 lettuce leaves about 1 small head (Lettuce Wraps)
- 1/2 lime (Enchiladas)

PROTEIN

- 1 lb (450 g) Beef Strips (Beef & Broccoli Stir-Fry)
- 1 lb Ground Beef (Enchiladas)
- 1 lb (450 g) Ground Pork (Lettuce Wraps)
- 1 lb (450 g) Lean Ground Beef (Classic Meatloaf)
- 3 lbs (1.36 kg) Whole Chicken (Rotisserie Chicken)

GROCERY

Sauces and Condiments

- 1 tsp honey mustard (Classic Meatloaf)
- 3 tbsp ketchup (Classic Meatloaf)
- 2 tbsp low-sodium soy sauce (Beef & Broccoli Stir-Fry)
- 1 tsp soy sauce (Lettuce Wraps)
- Toppings (optional): sriracha or hoisin sauce (Lettuce Wraps)

Canned and Jar Goods

- 3 tbsp tomato paste (Enchiladas)
- 2* cans (14 oz/398 ml each) of unsalted black beans (Enchiladas)
- *I substitute 1 lb of ground beef for 1 can of Black Beans

Dairy

- 1 cup grated cheese of your choice, divided (Enchiladas)
- 1 egg (Classic Meatloaf)

Baking Goods

- 1 tsp brown sugar (Classic Meatloaf)

Oils and Dressings

- 1 tsp coconut or olive oil (Enchiladas)
- 2 tbsp oil (Beef & Broccoli Stir-Fry)
- 1 tsp sesame oil (Lettuce Wraps)

Bread and Cereals

- 4 medium tortillas (Enchiladas)

Epicure

- 1 pkg Beef & Broccoli Stir-Fry Seasoning
- 1 pkg Classic Meatloaf Seasoning
- 1 pkg Enchilada Seasoning
- 1 pkg Rotisserie Chicken Seasoning
- 1 pkg Crispy & Crunchy Lettuce Wrap Seasoning

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 potatoes for making mashed potatoes.

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Beef & Broccoli Stir-Fry



🕒 15 min 🍴 4 servings 💰 \$3.10/serving

In 15 minutes you can have this insanely delicious beef and broccoli stir-fry! Way better than a restaurant!

Perfectly Balance Your Plate

Serve with 1 cup rice.

Ingredients

- 1 pkg [Beef & Broccoli Stir-Fry Seasoning \(Pack of 3\)](#)
- $\frac{3}{4}$ cups water
- 2 tbsp low-sodium soy sauce
- 2 tbsp oil
- 1 lb (450 g) beef strips
- 4 cups broccoli florets, fresh or frozen

Preparation

1. In a bowl, stir seasoning with water and soy sauce. Set aside.
2. Heat oil in [Wok](#) over high heat.
3. Add beef; stir-fry until cooked, 3–4 min.
4. Add broccoli to wok, cover and steam for 2 min, until broccoli is tender-crisp.
5. Add reserved seasoning mixture; stir-fry, uncovered, until sauce thickens.

Nutritional Information

Per serving: Calories 310, Fat 16 g (Saturated 4 g, Trans 0 g), Cholesterol 45 mg, Sodium 360 mg, Carbohydrate 15 g (Fiber 1 g, Sugars 7 g), Protein 30 g.

Tips

Make it vegan and replace beef with 1 lb (450 g) medium-firm tofu, cut into 1" cubes.

Swap beef strips for 1 lb (450g) lean ground beef or chicken breast.



🕒 15 min 🍴 4 servings 💰 \$1.85/serving

Perfectly Balance Your Plate

Serve with 1 cup mashed potatoes or rice and 1 cup steamed vegetables.

Ingredients

3 tbsp ketchup
1 tsp brown sugar
1 tsp [Honey Mustard](#)
1 pkg [Classic Meatloaf Seasoning \(Pack of 3\)](#)
1 lb (450 g) lean ground beef
1 egg
2 tbsp water

Preparation

1. In a small bowl, combine ketchup, sugar, and mustard. Set aside.
2. In a large bowl, combine seasoning, ground beef, egg, and water. Using your hands or a large spoon, mix until well blended. Press mixture into [Rectangular Steamer](#) or 8" x 4" silicone loaf pan.
3. Place steamer on microwave-safe plate. Cover; cook on high 4 min. Spread prepared sauce over meatloaf; cover and cook on high an additional 2–3 min or until internal temperature reaches 160° F. Or, spread prepared sauce over meatloaf; place steamer on a [Sheet Pan](#) lined with [Sheet Pan Liner](#). Bake, uncovered, in preheated 350° F oven for 35–40 min.

Nutritional Information

Per serving: Calories 260, Fat 13 g (Saturated 5 g, Trans 0.4 g), Cholesterol 120 mg, Sodium 490 mg, Carbohydrate 11 g (Fiber 1 g, Sugars 6 g), Protein 25 g.

Tips

If you have extra time, let the meatloaf rest in the steamer 10 min before unmolding and slicing.

Rotisserie Chicken



🕒 25 min 🍴 8 servings 💰 \$2.00/serving

Cook a whole, juicy chicken in the microwave in just 20 minutes! Yes, this is real! The seasoning is a unique blend that marries classic chicken-y herbs and spices like paprika, thyme and parsley with a slight Mediterranean vibe with oregano and sumac. The sumac adds a refreshing acidity – an almost lemony tang.

Perfectly Balance Your Plate

Serve with 1 cup steamed veggies and 1 cup rice or 1 whole-grain roll.

Ingredients

3 lbs (1.36 kg) whole chicken
1 pkg [Rotisserie Chicken Seasoning \(Pack of 3\)](#)

Preparation

1. Place chicken in [Round Steamer](#), breast-side down. Shake on half the seasoning and rub over meat. Turn chicken over, breast side up, and rub remaining seasoning all over to evenly coat.
2. Cover; microwave on high for 20 min. Or, roast in preheated 400° F oven for 65–70 min.
3. To test for doneness, insert an instant read thermometer into thickest part of the meat (all the way to the middle, not touching any bone). It should register at 180° F.

Nutritional Information

Per serving: Calories 210, Fat 12 g (Saturated 3.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 240 mg, Carbohydrate 2 g (Fiber 0 g, Sugars 0 g), Protein 21 g.

Tips

For crispier skin in the microwave, remove the lid during the last 5 min of cooking.

Cook once, eat twice. Use up leftovers to make nourish bowls or add to soup or pasta.

Keep it juicy! Let chicken stand 8–10 min before cutting. This allows time for the juices to redistribute back through the meat.

Save on dishes, slice baby potatoes in half and tuck in with chicken while it cooks!



🕒 15 min 🍴 4 servings 💰 \$2.69/serving

Perfectly Balance Your Plate

Serve with 1 cup rice.

Ingredients

- 2 bell peppers
- 1 pkg [Crispy & Crunchy Lettuce Wrap Seasoning \(Pack of 3\)](#)
- 1 lb (450 g) ground pork
- 1 tbsp water
- 1 tsp sesame oil
- 1 tsp soy sauce
- 16 lettuce leaves, about 1 small head
- Toppings (optional): sriracha or hoisin sauce

Preparation

1. Dice bell peppers and place in a large bowl. Mix in seasoning, ground pork, water, oil, and soy sauce.
2. In [Multipurpose Steamer](#), evenly crumble in meat mixture. Cover; cook on high 5–6 min or until meat is cooked through. Use [Ground Meat Separator](#) to break up chunks halfway through cooking. Drain off any excess liquid.
3. To assemble, make eight sets of two stacked lettuce leaves. Top each stack with about $\frac{1}{2}$ cup filling. Drizzle with toppings, if desired.

Nutritional Information

Per serving (2 wraps): Calories 290, Fat 18 g (Saturated 6 g, Trans 0 g), Cholesterol 75 mg, Sodium 240 mg, Carbohydrate 8 g (Fiber 2 g, Sugars 3 g), Protein 22 g.

Tips

Prefer to make the filling on the stovetop? In [Wok](#) or [Sauté Pan](#), heat 1 tsp oil over medium-high heat. Add mixture; stir-fry until meat is cooked through, about 5 min.

Enchiladas



Perfectly Balance Your Plate

Serve with 1 cup sliced veggies, your choice.

Ingredients

- 1 pkg [Enchilada Seasoning \(Pack of 3\)](#)
- 1 ½ cups water
- 3 tbsp tomato paste
- ½ lime
- 1 tsp coconut or olive oil
- 2 cans (14 oz/398 ml each) unsalted black beans
- 1 cup grated cheese, your choice, divided
- 4 medium tortillas

Preparation

MICROWAVE

1. In [4-Cup Prep Bowl](#), whisk seasoning with water and tomato paste. Microwave; uncovered, on high, 2 min or until thickened.
2. Using [2-in-1 Citrus Press](#), squeeze in juice from lime; whisk in oil. Set aside.
3. Drain and rinse beans. Place in [Multipurpose Steamer](#); add ½ cup sauce. Cover; microwave on high 2 min. Using a fork, coarsely mash.
4. Divide bean mixture and ¾ cup cheese between tortillas. Roll up and arrange seam side down in a single layer in the steamer (don't wash). Top with remaining sauce and ¼ cup cheese.
5. Cover; microwave on high, 6–8 min, or until heated through.

OVEN

1. Preheat oven to 350° F.
2. In [Multipurpose Pot](#), whisk seasoning with water and tomato paste over medium-high heat. Whisk frequently until thickened, about 8 min.
3. Remove from heat. Using [2-in-1 Citrus Press](#), squeeze in juice from lime; whisk in oil. Set aside.
4. Drain and rinse beans; place in a bowl. Add ½ cup sauce. Using a fork, coarsely mash.
5. Divide bean mixture and ¾ cup cheese between tortillas. Roll up and arrange seam down in [Multipurpose Steamer](#). Top with remaining sauce and ¼ cup cheese.
6. Bake, uncovered, 15–20 min or until heated through and cheese has melted.

Nutritional Information

Per serving (1 enchilada): Calories 430, Fat 14 g (Saturated 7 g, Trans 0 g), Cholesterol 30 mg, Sodium 530 mg, Carbohydrate 56 g (Fiber 13 g, Sugars 4 g), Protein 22 g.

Tips

Make a single serving in [Rectangular Steamer](#).

Prepared sauce can be refrigerated up to 4 days.