



# 14 DAY DINNER MEAL PLAN

Epicure Style



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# WEEK 1

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- 01 Chicken Souvlaki w/Delicious Tzatziki
- 02 Classic Meatloaf
- 03 Sweet Garlic Chicken
- 04 Donair w/Delicious Tzatziki
- 05 Sea Food Alfredo
- 06 Beef Stroganoff
- 07 Creamy Pesto Chicken

\*Sides - Not included in Grocery List

Mashed Potatoes (1 meal)

Leafy Green Salad & Dressing (5 meals)

Steamed Vegetables (2 meals)



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# MEAL PLAN

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## F O R T H E W E E K 1

DAY 1

Chicken Souvlaki w/ Delicious  
Tzatziki  
Pita Bread  
Feta Cheese  
\*Leafy Green Salad & Dressing

DAY 2

Classic Meatloaf  
\*Mashed Potatoes  
\*Steamed Vegetables

DAY 3

Sweet Garlic Chicken  
Sweet Potatoes  
\*Leafy Green Salad & Dressing

DAY 4

Donair w/Delicious Tzatziki  
Pita Bread  
\*Leafy Green Salad & Dressing

DAY 5

Seafood Alfredo  
\*Leafy Green Salad & Dressing

SAY 6

Beef Stroganoff  
\*Leafy Green Salad & Dressing

DAY 7

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Creamy Pesto Parmesan  
Chicken w/Pasta  
\*Steamed Seasonal Vegetable

# Week 1 - by Meal

## **Beef Stroganoff**

- 1 cup 2% plain Greek yogurt or sour cream(Beef Stroganoff)
- 1 pkg Beef Stroganoff Seasoning (Beef Stroganoff)
- black pepper if desired (Beef Stroganoff)
- 6 cups cooked egg noodles(Beef Stroganoff)
- 1 lb (450 g) lean ground beef or beef strips(Beef Stroganoff)
- 2 tbsp oil(Beef Stroganoff)
- sea salt if desired (Beef Stroganoff)
- 2 cups sliced mushrooms (Beef Stroganoff)
- 1 3/4 cups water (Beef Stroganoff)
- 1 tsp Worcestershire sauce (Beef Stroganoff)

## **Chicken Souvlaki**

- 2 lbs (900 g) boneless, skinless chicken breast fillets(Chicken Souvlaki)
- 2 cups cherry tomatoes(Chicken Souvlaki)
- 1 pkg Chicken Souvlaki Seasoning (Chicken Souvlaki)
- 2 tbsp lemon juice(Chicken Souvlaki)
- 2 tbsp olive oil(Chicken Souvlaki)
- 8 pitas optional (Chicken Souvlaki)
- 1 small red onion(Chicken Souvlaki)
- Toppings (optional)(Chicken Souvlaki): chopped cucumber, crumbled feta
- 1 yellow bell pepper(Chicken Souvlaki)

## **Classic Meatloaf**

- 1 tsp brown sugar (classic meatloaf)
- 1 pkg Classic Meatloaf Seasoning (classic meatloaf)
- 1 egg (classic meatloaf)
- 1 tsp honey mustard (classic meatloaf)
- 3 tbsp ketchup (classic meatloaf)
- 1 lb (450 g) lean ground beef (classic meatloaf)
- 2 tbsp water (classic meatloaf)

## **Creamy Pesto Parmesan Chicken**

- 4 cups baby spinach(Creamy Pesto Parmesan Chicken)
- 1 lb (450 g) chicken breast fillets (Creamy Pesto Parmesan Chicken)
- 1 pkg Creamy Pesto Parmesan Chicken Skillet Sauce Mix (Creamy Pesto Parmesan Chicken)  1 1/2 cups milk your choice (Creamy Pesto Parmesan Chicken)
- 1 tbsp oil(Creamy Pesto Parmesan Chicken)

# Week 1 by Meal -continued-

## **Delicious Tzatziki**

- 1 cup 2% plain Greek yogurt(Tzatziki)
- black pepper to taste (Tzatziki)
- 1/2 English cucumber(Tzatziki)
- 1 tbsp Lemon Dilly Dip Mix Dilly Dip Mix (Tzatziki)
- sea salt to taste (Tzatziki)

## **Donair**

- 1 cup Delicious Tzatziki (Donair), optional
- 1 pkg Donair Seasoning(Donair)
- 1/2 English cucumber sliced (Donair)
- 2 lbs (900 g) lean ground beef(Donair)
- 1/2 red onion thinly sliced (Donair)
- 1/2 head romaine or leafy green lettuce(Donair)
- 2 tomatoes sliced (Donair)
- 1/4 cup water(Donair)
- 10 whole-wheat pitas(Donair)

## **Seafood Alfredo**

- 1 pkg Alfredo sauce Mix (Seafood Alfredo)
- black pepper to taste (Seafood Alfredo)
- 1 pkg (340 g) frozen, raw, peeled shrimp defrosted, or scallops or a mix of both (Seafood Alfredo)
- 1 1/2 cups milk your choice (Seafood Alfredo)
- 1/2 pkg (85 g) sliced smoked salmon optional (Seafood Alfredo)
- Toppings (optional) (Seafood Alfredo): fresh dill
- 3/4 lb (340 g) uncooked fettuccine(Seafood Alfredo)

## **Sweet Garlic Chicken**

- 1 lb (450 g) boneless, skinless chicken thighs(Sweet Garlic Chicken)
- 1 tbsp oil(Sweet Garlic Chicken)
- 3 small sweet potatoes(Sweet Garlic Chicken)
- 1 pkg Sweet Garlic Chicken Seasoning(Sweet Garlic Chicken)

# Week 1 - By aisle

## **Baking Goods**

- 1 tsp brown sugar (classic meatloaf)

## **Breads and Cereals**

- 8 pitas optional (Chicken Souvlaki)
- 10 whole-wheat pitas(Donair)

## **Beverages**

- 1 3/4 cups water(Beef Stroganoff)  1/4 cup water(Donair)
- 2 tbsp water (classic meatloaf)

## **Dairy**

- 1 cup 2% plain greek yogurt(Tzatziki)
- 1 cup 2% plain greek yogurt or sour cream(Beef Stroganoff)
- 1 egg (classic meatloaf)
- 1 1/2 cups milk your choice (Creamy Pesto Parmesan Chicken)
- 1 1/2 cups milk your choice (Seafood Alfredo)

## **Deli**

- 1/2 pkg (85 g) sliced smoked salmon optional (Seafood Alfredo)
- Toppings (optional)(Chicken Souvlaki): chopped cucumber, crumbled feta

## **Frozen Foods**

- 1 pkg (340 g) frozen, raw, peeled shrimp defrosted, or scallops or a mix of both (Seafood Alfredo) Meat
- 2 lbs (900 g) boneless, skinless chicken breast fillets(Chicken Souvlaki)
- 1 lb (450 g) boneless, skinless chicken thighs(Sweet Garlic Chicken)
- 1 lb (450 g) chicken breast fillets (Creamy Pesto Parmesan Chicken)
- 2 lbs (900 g) lean ground beef(Donair)
- 1 lb (450 g) lean ground beef (classic meatloaf)
- 1 lb (450 g) lean ground beef or beef strips(Beef Stroganoff)

## **Miscellaneous**

- 1 tbsp oil(Creamy Pesto Parmesan Chicken)
- 1 tbsp oil(Sweet Garlic Chicken)
- 2 tbsp oil(Beef Stroganoff)
- 2 tbsp olive oil(Chicken Souvlaki)

## **Pasta, Rice and Beans**

- 6 cups cooked egg noodles(Beef Stroganoff)
- 3/4 lb (340 g) uncooked fettuccine(Seafood Alfredo)

# Week 1 - By aisle -continued-

## **Produce**

- 4 cups baby spinach(Creamy Pesto Parmesan Chicken)
- 2 cups cherry tomatoes(Chicken Souvlaki)
- 1/2 English cucumber(Tzatziki)
- 1/2 English cucumber sliced (Donair)
- 1 tbsp Lemon Dilly Dip Mix (Tzatziki)
- 2 tbsp lemon juice(Chicken Souvlaki)
- 1/2 red onion thinly sliced (Donair)
- 1/2 head romaine or leafy green lettuce(Donair)
- 2 cups sliced mushrooms(Beef Stroganoff)
- 1 small red onion(Chicken Souvlaki)
- 3 small sweet potatoes(Sweet Garlic Chicken)
- 2 tomatoes sliced (Donair)
- 1 yellow bell pepper(Chicken Souvlaki)

## **Sauces and Condiments**

- 3 tbsp ketchup (classic meatloaf)
- Toppings (optional) (Seafood Alfredo): fresh dill
- 1 tsp Worcestershire sauce(Beef Stroganoff)

## **Spices and Seasonings**

- black pepper if desired (Beef Stroganoff)
- black pepper to taste (Seafood Alfredo)
- black pepper to taste (Tzatziki)
- sea salt if desired (Beef Stroganoff)
- sea salt to taste (Tzatziki)

## **Epicure**

- 1 pkg Alfredo sauce Mix (Seafood Alfredo)
- 1 pkg Beef Stroganoff Seasoning (Beef Stroganoff)
- 1 pkg Chicken Souvlaki Seasoning (Chicken Souvlaki)
- 1 pkg Classic Meatloaf Seasoning (classic meatloaf)
- 1 pkg Creamy Pesto Parmesan Chicken Skillet Sauce Mix (Creamy Pesto Parmesan Chicken)
- 1 pkg Donair Seasoning (Donair)
- 1 pkg Sweet Garlic Chicken Seasoning(Sweet Garlic Chicken)
- 1 jar Lemon Dilly (Chicken Souvlaki) & (Donair)
- 1 tsp honey mustard (classic meatloaf)

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# CHICKEN SOUVLAKI

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## Perfectly Balance Your Plate:

Serve with a large pita, 2 tbsp feta cheese, 2 cups leafy greens, and 1 tbsp prepared Greek Dressing.



### Ingredients

1 yellow bell pepper  
1 small red onion  
2 lbs boneless, skinless chicken breast fillets  
2 cups cherry tomatoes  
2 tbsp lemon juice  
2 tbsp olive oil  
1 pkg [Chicken Souvlaki Seasoning](#)  
8 pitas, optional  
Toppings (optional): chopped cucumber, crumbled feta

### Directions

Preheat oven to 425° F. Line Sheet Pan with Sheet Pan Liner.

Slice pepper and onion. Place in a large bowl. Add chicken, tomatoes, lemon juice, olive oil, and seasoning. Toss until well coated.

Arrange in a single layer on Sheet Pan Liner. Roast 18 min or until chicken is cooked through.

If desired, serve with pitas and optional toppings.

### Tips:

Using chicken breast fillets reduces prep time—no cutting required! This recipe also works well with chicken thighs or breasts cut into large pieces.

### Nutritional Information:

Per serving: Calories 170, Fat 6 g (Saturated 1 g, Trans 0 g), Cholesterol 65 mg, Sodium 125 mg, Carbohydrate 5 g (Fiber 1 g, Sugars 2 g), Protein 24 g.



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# DELICIOUS TZATZIKI

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## Perfectly Balance Your Plate:

Serve with 4 oz (113 g) lean protein, 2 cups mixed veggies, and 1 cup cooked rice.



### Ingredients

1 cup 2% plain Greek yogurt  
1 tbsp [Lemon Dilly Dip Mix](#)  
½ English cucumber  
Sea Salt, to taste  
Black Pepper, to taste

### Directions

1. In a bowl, combine yogurt and dip mix. Set aside.
2. Grate cucumber; press to remove excess liquid.
3. Add cucumber, salt and pepper to bowl; stir to combine. Serve, or refrigerate up to 5 days.

### Tips:

For a thicker sauce, try using Skyr. It's Icelandic-style yogurt that's very thick, rich and creamy. Like Greek yogurt, it's protein dense too.

### Nutritional Information:

Per serving (2 tbsp): Calories 15, Fat 0.3 g (Saturated 0.2 g, Trans 0 g), Cholesterol 0 mg, Sodium 3 mg, Carbohydrate 1 g (Fibre 0 g, Sugars 1 g), Protein 2 g.

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# CLASSIC MEATLOAF

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## Perfectly Balance Your Plate:

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



### Ingredients

- 3 tbsp ketchup
- 1 tsp brown sugar
- 1 tsp [Honey Mustard](#)
- 1 pkg [Classic Meatloaf](#)

### [Seasoning](#)

- 1 lb (450 g) lean ground beef
- 1 egg
- 2 tbsp water

### Directions

In a small bowl, combine ketchup, sugar, and mustard. Set aside.

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 8" x 4" loaf pan.

Spread prepared sauce over meatloaf.

Bake, uncovered, in preheated 350° F oven for 35–40 min. Internal temperature should reach 160F

### Tips:

If you have extra time, let the meatloaf rest 10 min before slicing.

### 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.

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# SWEET GARLIC CHICKEN

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## Perfectly Balance Your Plate:

Serve with 2 cups leafy green salad and 1 tbsp Epicure Dressing, your choice.



### Ingredients

3 small sweet potatoes  
1 tbsp oil  
1 lb boneless, skinless chicken thighs  
1 pkg [Sweet Garlic Chicken](#)

### Seasoning

### Directions

Preheat oven to 450° F. Line Sheet Pan with Sheet Pan Liner.

Meanwhile, cut sweet potatoes into small cubes, you should have about 3 cups.

In a large bowl, add sweet potatoes, oil, chicken, and seasoning. Toss until well-coated.

Arrange chicken and sweet potatoes on Sheet Pan. Roast 16-18 min, or until cooked through.

## Tips:

Make it vegan: Replace chicken with 1 lb (450 g) medium-firm tofu, cubed.

## Nutritional Information:

Per serving: Calories 300, Fat 8 g (Saturated 1 g, Trans 0 g), Cholesterol 90 mg, Sodium 450 mg, Carbohydrate 31 g (Fiber 4 g, Sugars 10 g), Protein 25 g.



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# DONAIR

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## Perfectly Balance Your Plate:

Serve with 2 cups mixed greens with 2 tbsp Epicure Salad Dressing, your choice.



### Ingredients

1 pkg [Donair Seasoning](#)  
2 lbs lean ground beef  
¼ cup water  
10 whole-wheat pitas  
1 cup [Delicious Tzatziki](#), optional  
2 tomatoes, sliced  
½ English cucumber, sliced  
½ red onion, thinly sliced  
½ head romaine or leafy green lettuce

### Directions

Preheat oven to 375° F.

In large bowl, combine seasoning with beef and water until well blended.

Press into 9" x 5" loaf pan. Bake in preheated oven for 1 hour.

To serve, thinly slice meat. Serve on pita with [Delicious Tzatziki](#) (if using), tomatoes, cucumber, red onion, and lettuce.

### Tips:

Refrigerate loaf up to 3 days. Slice, then pan fry until crispy.

### Nutritional Information:

Per serving: Calories 340, Fat 14 g (Saturated 5 g, Trans 0 g), Cholesterol 70 mg, Sodium 550 mg, Carbohydrate 22 g (Fiber 4 g, Sugars 2 g), Protein 30 g.

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# SEAFOOD ALFREDO

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## Perfectly Balance Your Plate:

Serve with 2 cups mixed greens and 1 tbsp favourite Epicure Dressing.



### Ingredients

$\frac{3}{4}$  lb (340 g) uncooked fettuccine  
1 pkg [Alfredo Sauce Mix](#)  
1  $\frac{1}{2}$  cups milk, your choice  
1 pkg (340 g) frozen, raw, peeled shrimp, defrosted, or scallops or a mix of both  
Turmeric & Black Pepper Blend (Grinder), to taste  
 $\frac{1}{2}$  pkg (85 g) sliced smoked salmon, optional  
Toppings (optional): fresh dill

### Directions

1. Boil pasta until tender, about 8-10 min.
2. In a bowl, whisk sauce mix with milk. Set aside.
3. Meanwhile, in Wok over medium heat, cook shrimp and scallops (if using) until opaque, about 2-3 min.
4. Add reserved seasoning mixture. Stir constantly until sauce thickens, about 2 min.
5. Once cooked, drain pasta; add to wok. Toss with tongs to combine. If using, add smoked salmon.
6. Divide pasta between six bowls. Season with pepper. Top with dill, if desired.

### Tips:

Look for larger shrimp for a more elegant dish. Frozen shrimp is sold by size per pound. The smaller the number of shrimp per pound, the bigger the shrimp!

### Nutritional Information:

Per serving: Calories 310, Fat 4 g (Saturated 2 g, Trans 0.1 g), Cholesterol 95 mg, Sodium 270 mg, Carbohydrate 48 g (Fiber 2 g, Sugars 3 g), Protein 20 g.

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# BEEF STROGANOFF

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## Perfectly Balance Your Plate:

Serve with 1 cup mixed greens and ½ tbsp Epicure salad dressing.



### Ingredients

1 pkg Beef Stroganoff Seasoning  
1 ¾ cups water  
2 tbsp oil  
1 lb (450 g) lean ground beef or beef strips  
2 cups sliced mushrooms  
1 cup 2% plain Greek yogurt or sour cream  
1 tsp Worcestershire sauce  
6 cups cooked egg noodles  
Sea Salt, if desired  
Black Pepper, if desired

### Directions

Combine seasoning with water. Set aside.

Heat oil in Sauté Pan or large fry pan over medium-high heat. Brown beef. Remove from pan.

Add mushrooms to pan and brown.

Return beef and any juices to pan, then stir in reserved seasoning mixture. Bring to a boil, reduce heat, and simmer for 3 min.

Remove from heat and stir in Greek yogurt and Worcestershire sauce.

Serve over cooked egg noodles. Season to taste with salt and pepper.

## Nutritional Information:

Per serving: Calories 440, Fat 14 g (Saturated 3.5 g, Trans 0 g), Cholesterol 80 mg, Sodium 380 mg, Carbohydrate 48 g (Fiber 3 g, Sugars 3 g), Protein 2



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# CREAMY PESTO PARMESAN CHICKEN

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## Perfectly Balance Your Plate:

Serve with 1 cup veggies and 1 cup rice or pasta.



### Ingredients

1 tbsp oil  
1 pkg [Creamy Pesto Parmesan Chicken Skillet Sauce Mix](#)  
1 ½ cups milk, your choice  
1 lb (450 g) chicken breast fillets  
4 cups baby spinach

### Directions

Preheat large non-stick frying pan over medium-high heat. Add oil.

In a bowl, combine sauce mix and milk. Set aside.

Cook chicken in pan until golden and cooked through. Stir in reserved seasoning mixture.

Reduce heat to medium, stirring occasionally, until sauce thickens, about 3 min.

Gradually stir in spinach until wilted.

### Tips:

Make it vegetarian: Swap chicken with 1 lb (450 g) medium-firm tofu, cubed or plant-based sausages.

### Nutritional Information:

Per serving: Calories 270, Fat 10 g (Saturated 3.5 g, Trans 0 g), Cholesterol 75 mg, Sodium 290 mg, Carbohydrate 12 g (Fiber 2 g, Sugars 1 g), Protein 30 g.

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## WEEK 2

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- 01 Crispy & Crunchy Lettuce Wraps
- 02 Tropical Pineapple Chicken
- 03 Honey Garlic Meatballs
- 04 Chicken Steaks w/Creamy Mushroom Sauce
- 05 Cheater Philly-Style Cheesesteak
- 06 Asparagus Alfredo Penne
- 07 Crunchy Taco Salad

\*Sides - (not included in grocery list)

Whole Grain Roll ( 2 meals)

Leafy Green Salad & Dressing (3 meals)

Seasonal Vegetable (2 meals)





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# MEAL PLAN

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## F O R T H E W E E K 2

DAY 1

Crispy & Crunchy Lettuce Wraps  
\*Whole Grain Roll

DAY 2

Tropical Pineapple Chicken  
\*Whole Grain Roll  
\*Leafy Green Salad & Dressing

DAY 3

Honey Garlic Meatballs w/Pasta  
\*Steamed Seasonal Vegetable

DAY 4

Chicken Steaks w/Creamy  
Mushroom Sauce  
\*Mashed Potatoes  
\*Leafy Green Salad & Dressing

DAY 5

Cheater Philly-Style  
Cheesesteak & Sandwich Roll  
\*Leafy Green Salad & Dressing

SAY 6

Asparagus Alfredo Penne

DAY 7

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Crunchy Taco Salad  
\*Whole Grain Roll

## **Week 2 by Meal Plan**

### **Chicken Steaks with Creamy Mushroom Sauce**

- 1 cup 2% plain greek yogurt or sour cream(Chicken Steaks with Creamy Mushroom Sauce)
- 1 pkg Beef Stroganoff Seasoning (Chicken Steaks with Creamy Mushroom Sauce)
- 1 1/2 lbs (675 g) boneless, skinless chicken breasts about 3 (Chicken Steaks with Creamy Mushroom Sauce)
- 1 tbsp oil(Chicken Steaks with Creamy Mushroom Sauce)
- 2 cups sliced mushrooms(Chicken Steaks with Creamy Mushroom Sauce)
- 1 3/4 cup water(Chicken Steaks with Creamy Mushroom Sauce)
- 1 tsp Worcestershire sauce(Chicken Steaks with Creamy Mushroom Sauce)

### **Asparagus Alfredo Penne**

- 1 pkg Alfredo sauce Mix(Asparagus Alfredo Penne)
- 1 bunch asparagus about 16-20 spears (Asparagus Alfredo Penne)
- 1/4 cup grated parmesan cheese(Asparagus Alfredo Penne)
- 1 lb (450 g) ground chicken(Asparagus Alfredo Penne)
- 1 1/2 cups milk your choice (Asparagus Alfredo Penne)
- 2 tsp oil(Asparagus Alfredo Penne)
- 2 cups spinach(Asparagus Alfredo Penne)
- Toppings (optional) (Asparagus Alfredo Penne): chili flakes & Garlic Topper, chopped sundried tomatoes
- 2 cups uncooked penne pasta(Asparagus Alfredo Penne)

### **Cheater Philly Cheesesteak**

- 2 bell peppers(Cheater Philly Cheesesteak)
- 6 hoagie rolls, toasted(Cheater Philly Cheesesteak)
- 1 lb (450 g) lean ground beef(Cheater Philly Cheesesteak)
- 1 tbsp oil(Cheater Philly Cheesesteak)
- 1 pkg Philly-Style Cheesesteak Seasoning(Cheater Philly Cheesesteak)
- 1 cup shredded cheese, mozzarella or provolone(Cheater Philly Cheesesteak)  3 cups sliced mushrooms(Cheater Philly Cheesesteak)
- 1 small yellow onion(Cheater Philly Cheesesteak)

## **Week 2 by Meal Plan -continued-**

### **Crispy & Crunchy Lettuce Wraps**

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

### **Crunchy Taco Salad**

- 1 avocado(Crunchy Taco Salad)
- 8 cups chopped romaine lettuce(Crunchy Taco Salad)
- 1 lb (450 g) lean ground beef(Crunchy Taco Salad)
- 1 tsp oil(Crunchy Taco Salad)
- 2 Roma tomatoes(Crunchy Taco Salad)
- 1/2 cup shredded cheese your choice (Crunchy Taco Salad)
- 1 pkg taco seasoning(Crunchy Taco Salad)
- Toppings (optional) (Crunchy Taco Salad): Salsa, greek yogurt or sour cream, jalapenos
- 2 cups tortilla chips(Crunchy Taco Salad)
- 1 cup water(Crunchy Taco Salad)

### **Honey Garlic Meatballs**

- 1 tbsp honey (Honey Garlic Meatballs)
- 1 pkg Honey Garlic Meatball Seasoning (Honey Garlic Meatballs) divided
- 1 lb (450 g) lean ground beef (Honey Garlic Meatballs)
- 3/4 cup water (Honey Garlic Meatballs)

### **Tropical Pineapple Chicken**

- 1 bell pepper(Tropical Pineapple Chicken)
- 1 lb (450 g) boneless, skinless chicken breast fillets (Tropical Pineapple Chicken)
- 2 tbsp melted coconut oil(Tropical Pineapple Chicken)
- 1 can (14 oz/398 ml) pineapple chunks in juice (Tropical Pineapple Chicken)
- 1 small red onion(Tropical Pineapple Chicken)
- 2 cups sugar snap peas(Tropical Pineapple Chicken)
- Toppings (optional) (Tropical Pineapple Chicken): fresh lime juice
- 1 pkg Tropical Pineapple Chicken Seasoning(Tropical Pineapple Chicken)

# Week 2 - By aisle

## **Breads and Cereals**

- 6 hoagie rolls, toasted(Cheater Philly Cheesesteak)

## **Canned and Jar Goods**

- 1 can (14 oz/398 ml) pineapple chunks in juice (Tropical Pineapple Chicken)

## **Dairy**

- 1 cup 2% plain greek yogurt or sour cream(Chicken Steaks with Creamy Mushroom Sauce)
- 1/4 cup grated parmesan cheese(Asparagus Alfredo Penne)
- 1 1/2 cups milk your choice (Asparagus Alfredo Penne)
- 1/2 cup shredded cheese your choice (Crunchy Taco Salad)
- 1 cup shredded cheese, mozzarella or provolone(Cheater Philly Cheesesteak)

## **Meat**

- 1 lb (450 g) boneless, skinless chicken breast fillets (Tropical Pineapple Chicken)
- 1 1/2 lbs (675 g) boneless, skinless chicken breasts about 3 (Chicken Steaks with Creamy Mushroom Sauce)
- 1 lb (450 g) ground chicken(Asparagus Alfredo Penne)
- 1 lb (450 g) ground pork(Crispy & Crunchy Lettuce Wraps)
- 1 lb (450 g) lean ground beef(Cheater Philly Cheesesteak)
- 1 lb (450 g) lean ground beef(Crunchy Taco Salad)
- 1 lb (450 g) lean ground beef (Honey Garlic Meatballs)
- Toppings (optional) (Tropical Pineapple Chicken): fresh lime juice

## **Oils and Dressings**

- 2 tbsp melted coconut oil(Tropical Pineapple Chicken)
- 1 tbsp oil(Cheater Philly Cheesesteak)
- 1 tbsp oil(Chicken Steaks with Creamy Mushroom Sauce)  1 tsp oil(Crunchy Taco Salad)
- 2 tsp oil(Asparagus Alfredo Penne)
- 1 tsp sesame oil(Crispy & Crunchy Lettuce Wraps)

## **Pasta, Rice and Beans**

- 2 cups uncooked penne pasta(Asparagus Alfredo Penne)

## **Week 2 - By aisle -continued-**

### **Produce**

- 1 bunch asparagus about 16-20 spears (Asparagus Alfredo Penne)
- 1 avocado(Crunchy Taco Salad)
- 1 bell pepper(Tropical Pineapple Chicken)
- 2 bell peppers(Cheater Philly Cheesesteak)
- 2 bell peppers(Crispy & Crunchy Lettuce Wraps)
- 8 cups chopped romaine lettuce(Crunchy Taco Salad)
- 16 lettuce leaves about 1 small head (Crispy & Crunchy Lettuce Wraps)
- 2 Roma tomatoes(Crunchy Taco Salad)
- 2 cups sliced mushrooms(Chicken Steaks with Creamy Mushroom Sauce)
- 3 cups sliced mushrooms(Cheater Philly Cheesesteak)
- 1 small red onion(Tropical Pineapple Chicken)
- 1 small yellow onion(Cheater Philly Cheesesteak)
- 2 cups spinach(Asparagus Alfredo Penne)
- 2 cups sugar snap peas(Tropical Pineapple Chicken)
- Toppings (optional) (Asparagus Alfredo Penne): chili flakes & Garlic Topper, chopped sundried tomatoes
- Toppings (optional) (Crunchy Taco Salad): Salsa, greek yogurt or sour cream, jalapenos
- Toppings (optional)(Crispy & Crunchy Lettuce Wraps): sriracha or hoisin sauce

### **Sauces and Condiments**

- 1 tbsp honey (Honey Garlic Meatballs)
- 1 tsp soy sauce(Crispy & Crunchy Lettuce Wraps)
- 1 tsp Worcestershire sauce(Chicken Steaks with Creamy Mushroom Sauce)

### **Snacks**

- 2 cups tortilla chips(Crunchy Taco Salad)

### **Epicure**

- 1 pkg Alfredo sauce Mix(Asparagus Alfredo Penne)
- 1 pkg Beef Stroganoff Seasoning (Chicken Steaks with Creamy Mushroom Sauce)
- 1 pkg Crispy & Crunchy Lettuce Wrap Seasoning (Crispy & Crunchy Lettuce Wraps)
- 1 pkg Honey Garlic Meatball Seasoning (Honey Garlic Meatballs) divided
- 1 pkg Philly-Style Cheesesteak Seasoning(Cheater Philly Cheesesteak)
- 1 pkg taco seasoning(Crunchy Taco Salad)
- 1 pkg Tropical Pineapple Chicken Seasoning(Tropical Pineapple Chicken)

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# CRISPY & CRUNCHY LETTUCE WRAPS

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## Perfectly Balance Your Plate:

Serve with Multigrain (whole grain) Roll



### Ingredients

2 bell peppers  
1 pkg Crispy & Crunchy Lettuce Wrap Seasoning  
1 lb 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

### Directions

Dice bell peppers and place in a large bowl. Mix in seasoning, ground pork, water, oil, and soy sauce.

In saute pan, heat 1 tsp oil over medium-high heat. Add mixture and stir-fry until meat is cooked through, about 5 minutes.

To assemble, make eight sets of two stacked lettuce leaves. Top each stack with about ½ cup filling. Drizzle with toppings, if desired.

### 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.

### 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.

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# TROPICAL PINEAPPLE CHICKEN

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## Perfectly Balance Your Plate:

Serve with Dinner Roll



### Ingredients

1 bell pepper  
1 small red onion  
1 lb (450 g) boneless, skinless  
chicken breast fillets  
2 cups sugar snap peas  
1 can (14 oz/398 ml)  
pineapple chunks in juice  
2 tbsp melted coconut oil  
1 pkg [Tropical Pineapple  
Chicken Seasoning](#)  
Toppings (optional): fresh  
lime juice

### Directions

Preheat oven to 425° F. Line Sheet Pan with Sheet Pan Liner.

Slice pepper and onion.

In a large bowl, combine pepper, onion, chicken, snap peas, pineapple chunks (including juice), coconut oil, and seasoning. Toss until well coated.

Arrange in a single layer on pan as best you can.

Roast 16 min, or until chicken is cooked through.

Finish with a squeeze of fresh lime, if desired.

### Nutritional Information:

Per serving: Calories 340, Fat 11 g (Saturated 8 g, Trans 0 g), Cholesterol 65 mg, Sodium 500 mg, Carbohydrate 30 g (Fiber 5 g, Sugars 19 g), Protein 30 g.

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# HONEY GARLIC MEATBALLS

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## Perfectly Balance Your Plate:

Serve with ½ cup Pasta and 1 cup steamed vegetables.



### Ingredients

1 lb lean ground beef  
1 pkg [Honey Garlic Meatball Seasoning](#) divided  
¾ cup water  
1 tbsp honey

### Directions

Preheat oven to 375F.

In a large bowl, using a fork, combine beef and 2 tbsp seasoning. Form into 16 meatballs (about a scant 2 tbsp each).

Arrange in a single layer on sheet pan and bake for 20 minutes, or until cooked through.

Meanwhile, prepare sauce. In Sauté Pan, combine remaining seasoning, water, and honey. Bring to a boil over medium-high heat, stirring constantly.

Reduce heat; simmer until sauce has thickened to your liking.

When meatballs are cooked, add meatballs to wok; stir to coat with sauce. Serve with rice or pasta, if desired.

### Tips:

For richer flavour and colour, add 1 tsp fancy molasses to the sauce while cooking.

### Nutritional Information:

Per serving (4 meatballs): Calories 310, Fat 13 g (Saturated 5 g, Trans 0 g), Cholesterol 70 mg, Sodium 460 mg, Carbohydrate 26 g (Fiber 1 g, Sugars 19 g), Protein 22 g.



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# CHICKEN STEAKS WITH CREAMY MUSHROOM SAUCE

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## Perfectly Balance Your Plate:

Serve with 1 cup mashed potatoes and 2 cups leafy greens with 1 tbsp Epicure Dressing.



### Ingredients

1 ½ lbs (675 g) boneless, skinless chicken breasts, about 3  
1 tbsp oil  
1 pkg [Beef Stroganoff Seasoning](#)  
1 ¾ cup water  
2 cups sliced mushrooms  
1 cup 2% plain Greek yogurt or sour cream  
1 tsp Worcestershire sauce

### Directions

1. Thinly slice chicken by placing one hand on one breast and pressing down firmly. Then, curve fingers up slightly for safety. Carefully slice meat horizontally with knife using other hand. Repeat with remaining chicken. You should have six pieces in total.
2. Heat oil in Sauté Pan over medium-high heat. Brown chicken 2 min each side and remove from pan. Set aside.
3. Meanwhile, in 4-Cup Prep Bowl, combine seasoning with water.
4. When chicken has been removed from pan, add mushrooms to pan and cook until softened, about 4 min. Return chicken to pan and stir in seasoning mixture. Bring to a boil, reduce heat, and simmer for 4 min, or until thickened.
5. Remove from heat and stir in Greek yogurt and Worcestershire sauce.

### Tips:

For a vegetarian option, swap firm, cubed tofu for chicken.

### Nutritional Information:

Per serving: Calories 200, Fat 6 g (Saturated 1.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 260 mg, Carbohydrate 7 g (Fiber 1 g, Sugars 2 g), Protein 28 g.

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# CHEATER PHILLY-STYLE CHEESESTEAK

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## Perfectly Balance Your Plate:

Serve with 2 cups leafy greens and 1 tbsp Epicure salad dressing.



### Ingredients

2 bell peppers  
1 small yellow onion  
3 cups sliced mushrooms  
1 tbsp oil  
1 pkg Philly-Style Cheesesteak Seasoning  
1 lb lean ground beef  
1 cup shredded cheese, mozzarella or provolone  
6 hoagie rolls, toasted

### Directions

Preheat oven 400° F. Line Sheet Pan with Sheet Pan Liner.

Thinly slice peppers and onion; place in a large bowl. Add mushrooms, oil, and seasoning, lightly toss to mix. Crumble in beef; using a fork, gently combine.

Arrange in a single layer on pan as best you can. Roast for 8-10 min.

Remove from oven and sprinkle with cheese. Place back in oven and roast 2 min or until cheese melts.

Serve in hoagie rolls.

### Tips:

Try this recipe with ground chicken, turkey, or pork. Think thrifty and get the protein that's on sale!

### Nutritional Information:

Per serving: Calories 460, Fat 17 g (Saturated 5 g, Trans 0.4 g), Cholesterol 65 mg, Sodium 590 mg, Carbohydrate 44 g (Fiber 7 g, Sugars 8 g), Protein 36 g.

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# ASPARAGUS ALFREDO PENNE

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## Perfectly Balance Your Plate:

This is a perfectly balanced plate.



### Ingredients

2 cups uncooked penne pasta  
1 pkg [Alfredo Sauce Mix](#)  
1 ½ cups milk, your choice  
2 tsp oil  
1 lb (450 g) ground chicken  
1 bunch asparagus, about 16–20 spears  
2 cups spinach  
¼ cup grated parmesan cheese

### Directions

1. Fill a stock with water. Bring to a boil over high heat. Once water is boiling, add pasta and continue to boil until tender, about 10 min. Once cooked, drain noodles.
2. In a bowl, whisk sauce mix with milk. Set aside.
3. In saute pan, heat oil over medium-high heat. Cook chicken 5–6 min, break up chunks.
4. Trim and discard the tough, woody ends of the asparagus spears. Slice spears into 2" pieces.
5. Add reserved seasoning mixture and asparagus to wok. Reduce heat to medium. Stir frequently, until sauce thickens and asparagus are tender crisp, 4–5 min.
6. Remove from heat. Add noodles to saute pan. Stir to combine, until noodles are well coated with sauce. Stir in spinach and cheese, until spinach is just wilted.
7. Divide between four bowls; add toppings, if desired.

### Tips:

Elevate this dish—swap ground chicken with chicken breast pieces or shrimp.

### Nutritional Information:

Per serving: Calories 490, Fat 16 g (Saturated 6 g, Trans 0.2 g), Cholesterol 115 mg, Sodium 430 mg, Carbohydrate 49 g (Fiber 4 g, Sugars 4 g), Protein 35 g.



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# CRUNCHY TACO SALAD

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## Perfectly Balance Your Plate:

Serve with ½ whole grain roll.



### Ingredients

1 tsp oil  
1 lb (450 g) lean ground beef  
1 pkg Taco Seasoning.  
1 cup water  
2 Roma tomatoes  
1 avocado  
2 cups tortilla chips  
8 cups chopped romaine lettuce  
½ cup shredded cheese, your  
choice

### Directions

1. In Sauté Pan, heat oil over medium-high heat. Add beef. Reduce heat to medium; cook, breaking up chunks, until beef is browned, 3–4 min.
2. Stir seasoning mix with water; pour over beef. Stir often, until thickened, 5 min.
3. Meanwhile, chop tomatoes, cube avocado and coarsely crush tortilla chips.
4. Divide lettuce among four plates. Top evenly with meat mixture, tomatoes, avocado, cheese, and chips. Add additional toppings, if desired.

### Tips:

\*Swap 1 pkg of Taco Seasoning with 2 tbsp Taco Seasoning or Fajita Seasoning.  
Swap ground beef for soy ground round for a vegetarian-friendly option.

### Nutritional Information:

Per serving: Calories 420, Fat 25 g (Saturated 7 g, Trans 0.4 g), Cholesterol 65 mg, Sodium 290 mg, Carbohydrate 22 g (Fibre 8 g, Sugars 4 g), Protein 30 g.