

MON

[Loaded Naan Pizzas](#)



PERFECTLY BALANCE YOUR PLATE

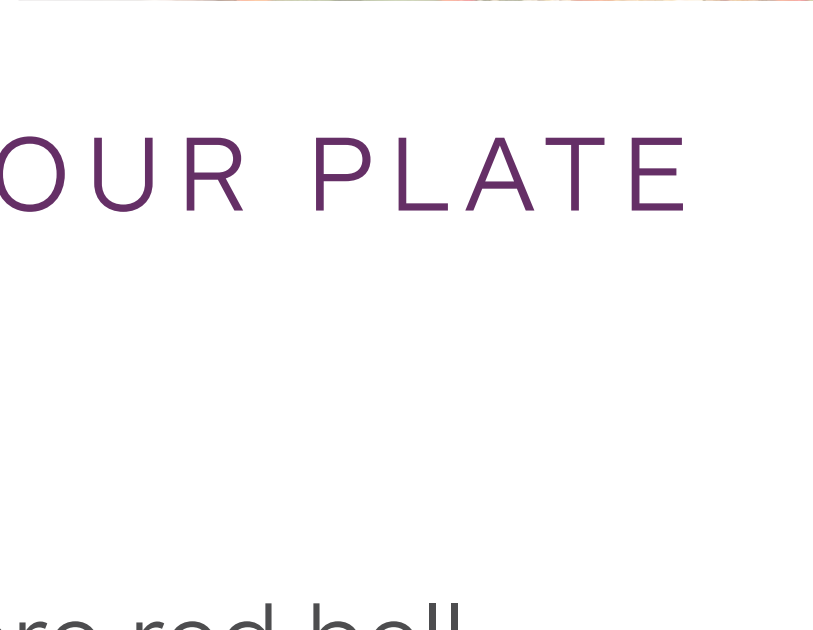
Serve with 1 cup mixed veggies.

TIP

Check your pulse! As in make sure you stock up on heart-healthy lentils, dry peas, beans, and chickpeas! These pizzas are topped with lentils—protein and fibre powerhouses.

TUE

[Tex Mex Burrito Bowl](#)



PERFECTLY BALANCE YOUR PLATE

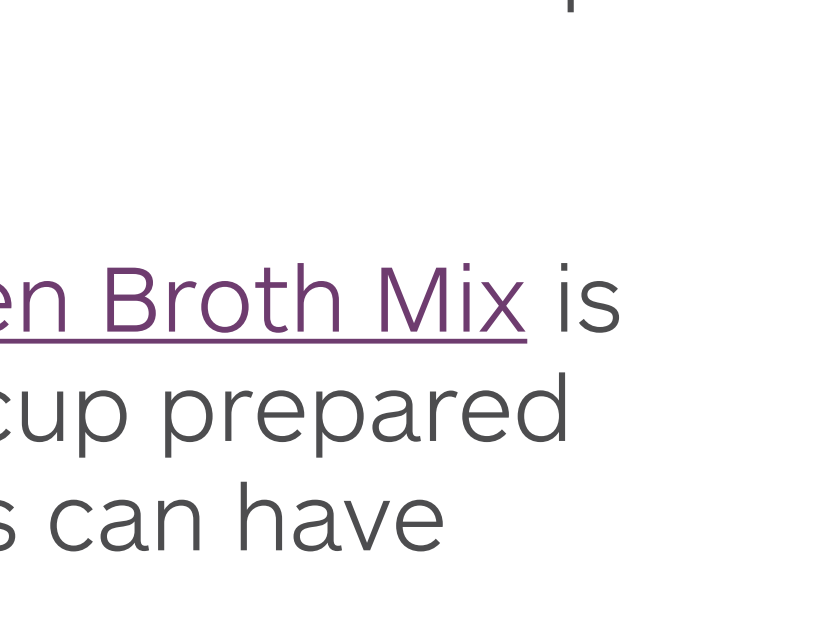
This is a perfectly balanced bowl.

TIP

Veggies are just so tasty! Add more red bell peppers for vitamin C and tomatoes for beta-carotene—two heart-healthy antioxidants!

WED

[Chicken Zoodle Soup](#)



PERFECTLY BALANCE YOUR PLATE

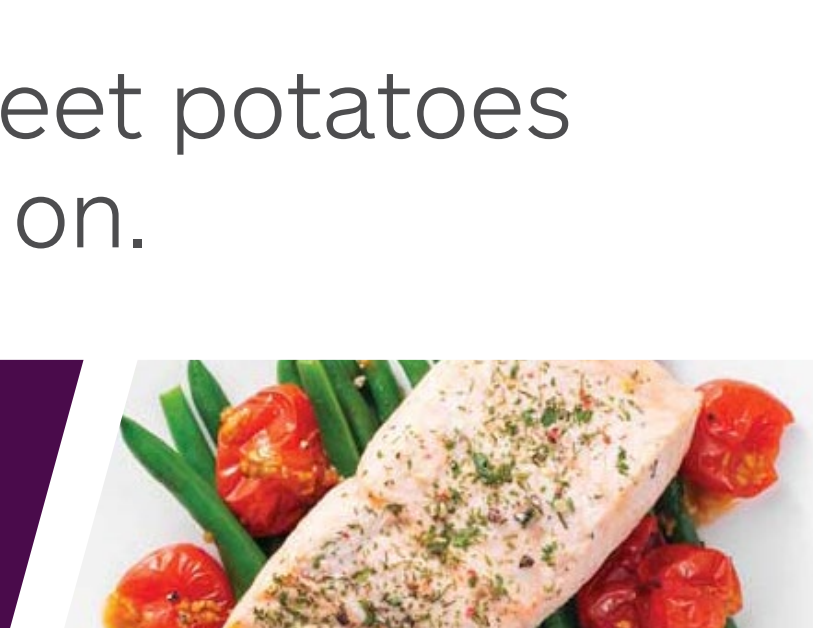
Serve with 1 cup rice—try adding it to the soup!

TIP

Did you know that [Epicure Chicken Broth Mix](#) is low in sodium? It has 85 mg in 1 cup prepared broth—some storebought brands can have over 900 mg.

THU

[Alfredo Chicken & Broccoli Microwave SKillet](#)



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Serve with 1 cup mixed greens and 1 tsp 1 tsp prepared [Italian Dressing Mix](#).

TIP

Up your fibre game! Give your sweet potatoes a good scrub and leave the skins on.

FRI

[Greek Salmon & Beans](#)



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Serve with 1 cup rice or mashed sweet potatoes and 1 tbsp prepared [Lemon Dilly Dip](#).

TIP

Salmon is a fatty fish that is a good source of heart-healthy omega-3 fats. Try including two servings of fatty fish each week such as Arctic char, mackerel, sardines.

BONUS

[Cocoa Crunch Banana Tarts](#)



TIP

Epicure [Cocoa Crunch Whole Food Topper](#) is a delicious way to add fibre and omega-3 fatty acids to your dessert. A sweet treat for you and your sweetie!

GROCERY LIST

*Ingredients for BONUS recipe indicated with **

EPICURE PRODUCTS

- [Alfredo Sauce Mix](#)
- [Black Pepper](#), optional
- [Chicken Broth Mix](#)
- [Cocoa Acai Smoothie Booster](#)*
- [Cocoa Crunch Whole Food Topper](#)*
- [Fajita Seasoning](#)
- [Guacamole Dip Mix](#)
- [Lemon Dilly Dip Mix](#)
- [Mango Curry Dip Mix](#)
- [Poco Picante Salsa Mix](#)
- [Roasted Garlic Aioli](#)
- [Sea Salt](#), optional

OPTIONAL COOKWARE

- [Prep Bowls](#) (for measuring and storing)
- [2-in-1 Citrus Press](#)
- [Cruet](#) and [Funnel](#) (for dressings)
- [4-in-1 Spice Spoon](#) (for easy measuring)

DAIRY

- 1½ cups milk
- ¾ cup grated cheese

PANTRY

- Honey, optional*
- 1 can (19 oz/540 ml) lentils
- 1 cup uncooked quinoa
- ½ cup light mayonnaise
- ½ cup natural peanut butter or nut butter alternative*
- 1 tbsp oil

FRUITS & VEGGIES

- 4 zucchinis
- 2 large bananas*
- 2 red bell peppers
- 2 carrots
- 2 large sweet potatoes
- 2 lemons
- 1 avocado
- 1 lime, optional
- 1 large tomato
- ½ pint cherry tomatoes
- 1 cup raspberries*
- 4 cups green beans
- 4 cups fresh broccoli florets
- 4 cups baby spinach
- 3 cups fresh cauliflower florets

PROTEIN

- 3 lbs (900 g) boneless, skinless chicken breasts
- 1 lb (450 g) salmon fillet

OTHER

- 4 small whole-wheat naans

PERFECTLY BALANCED YOUR PLATE

Add the suggested sides (noted above) to your grocery list.

TIPS FROM OUR MEAL PREP PROS

As you unpack your groceries...

PREPARE AND REFRIGERATE

[Italian Dressing](#) using [Cruet](#) and [Funnel](#).

PREP THESE INGREDIENTS

Wash, chop, portion, cook or make in advance, according to recipes: bell peppers, zucchini, carrots, sweet potatoes, chicken, quinoa, aioli, salsa and guacamole.

STORE PREPPED FOOD

In labelled resealable containers—we swear by these [Prep Bowls](#).

GUACAMOLE TIP

To prevent guacamole from browning, store prepared guacamole in Prep Bowl, pushing it down to remove any air pockets. Add enough water to cover the top and cover with lid. When you're ready to enjoy, simply pour out the water!