

## MON

[Crunchy Taco Salad](#)



PERFECTLY BALANCE YOUR PLATE

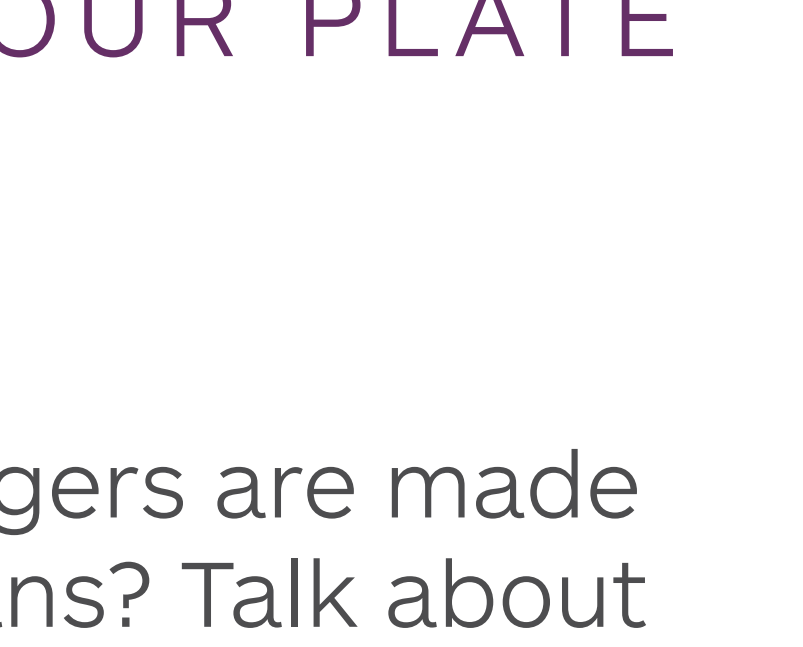
Serve with ½ whole grain roll.

### TIP

Creating a positive eating environment can be as simple as turning on some fun tunes in the background! Some Mexican Mariachi music might do the trick with this taco-themed salad!

## TUE

[Veggie Burger Nourish Bowl](#)



PERFECTLY BALANCE YOUR PLATE

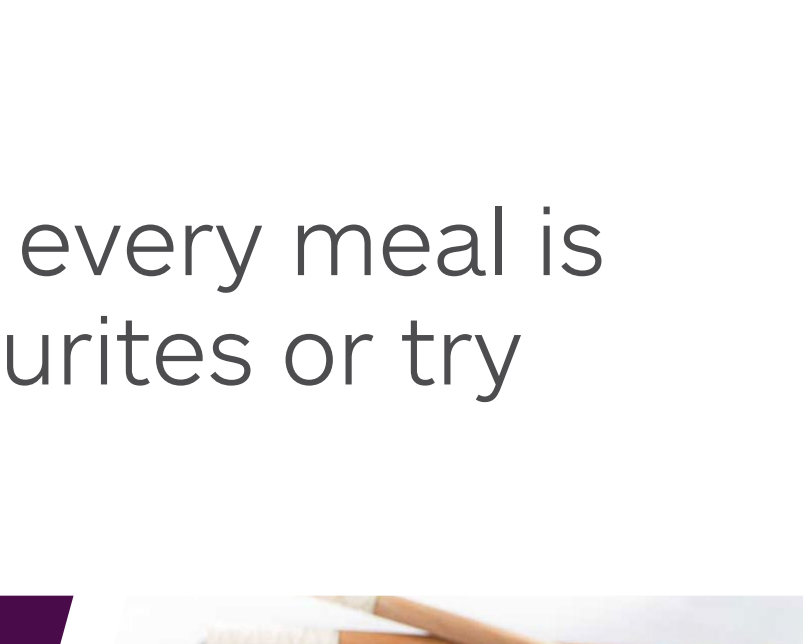
This is a perfectly balanced bowl.

### TIP

Did you know Epicure Veggie Burgers are made with chickpea flour and black beans? Talk about plant-based protein power! Choose protein foods that come from plants often—your health and your wallet will thank you.

## WED

[Taco Spiced Quinoa](#)



PERFECTLY BALANCE YOUR PLATE

Serve with 1 cup sliced veggies.

### TIP

Making your plate half veggies at every meal is easy with this dish! Add your favourites or try something new!

## THU

[Creamy Miso Noodle Salad](#)



PERFECTLY BALANCE YOUR PLATE

This is a perfectly balanced plate.

### TIP

Fat often gets a bad rap, but fat does many important things for our bodies, like helping us feel full after a meal! Tahini, AKA sesame paste, is an excellent source of healthy fats.

## FRI

[Pork and Bok Choy Stir-Fry](#)



PERFECTLY BALANCE YOUR PLATE

This is a perfectly balanced plate.

### TIP

Take time to eat and savour every bite! Have you ever tried bok choy? What does it taste like? Feel like? It's fun to try new foods!

## BONUS

[Green Monster Mac & Cheese](#)



PERFECTLY BALANCE YOUR PLATE

Serve with 2 cups mixed greens and 1 tbsp prepared [Balsamic Vinaigrette Dressing](#).

### TIP

Epicure [Mac & Cheese Seasoning](#) is already healthier than most storebought versions, and it's getting an extra nutrition boost with added greens. The dish may be called 'Green Monster', but there's nothing scary about it!

## GROCERY LIST

*Ingredients for BONUS recipe indicated with \**

### EPICURE PRODUCTS

- [Cha Cha Chili Seasoning](#)
- [Balsamic Vinaigrette Dressing Mix](#)
- [Black Pepper](#), optional
- [Mac & Cheese Seasoning\\*](#)
- [Miso Broth Mix](#)
- [Sea Salt](#), optional
- [Taco Seasoning](#)
- [Veggie Burger Mix](#)

### OPTIONAL COOKWARE

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

### DAIRY

- 1½ cups shredded cheese, your choice
- ½ cup milk\*
- 2 tbsp butter\*
- 2 tbsp 2% plain Greek yogurt

### PANTRY

- 2½ cups uncooked quinoa, preferably white
- 2 cups uncooked rotini pasta\*
- 1 cup uncooked white rice
- ¾ cup olive oil
- ¼ cup balsamic vinegar
- ¼ cup oil
- 3 tbsp tahini
- 2 tbsp low-sodium soy sauce

### FRUITS & VEGGIES

- 2 avocados
- 2 small bell peppers
- 2 medium carrots
- 4 tomatoes
- 1 red bell pepper
- 1 small head bok choy
- 1 small zucchini
- ½ lemon
- ½ red onion
- ¼ head red cabbage
- 1 pkg (8 oz) sliced mushrooms
- 8 cups chopped romaine lettuce
- 4 cups baby spinach \*(5 cups total, if bonus recipe included)
- 2 cups zucchini noodles
- 1 cup fresh broccoli florets
- 1 cup frozen edamame \*(3½ cups total, if bonus recipe included)
- 1 cup snow peas

### PROTEIN

- 4 eggs
- 1 lb (450 g) lean ground beef
- 1 lb (450 g) lean ground pork
- ½ lb (225 g) boneless, skinless chicken breasts

### OTHER

- 1 pkg (363 g) Soba buckwheat noodles
- 2 cups tortilla chips
- 1 cup broth

### PERFECTLY BALANCE 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

[Balsamic Vinaigrette Dressing](#) using [Cruet](#) and [Funnel](#).

### PREP THESE INGREDIENTS

Wash, chop, portion, cook or make in advance, according to recipes: quinoa, rice, tomatoes, romaine, onion, bell peppers, broccoli, snow peas, cabbage, chicken, and veggie burger sliders.

### STORE PREPPED FOOD

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

### GRAINS HACK

When preparing large batches of grains, like quinoa or rice, ahead of time, freeze them in a resealable bag and spread the grains out so the bag lies flat. This way, the grains will thaw evenly.