

MON

[Crunchy Taco Salad](#)



PERFECTLY BALANCE YOUR PLATE

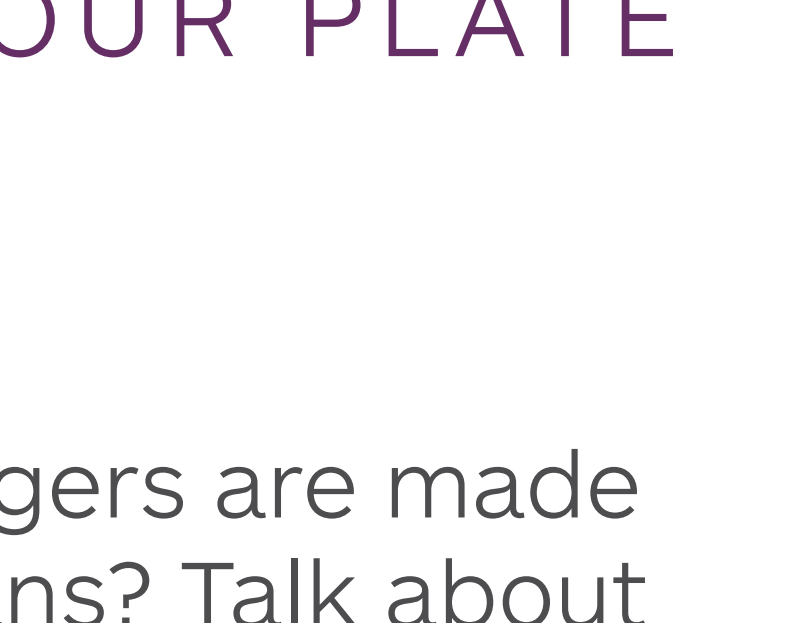
Serve with ½ whole grain roll.

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

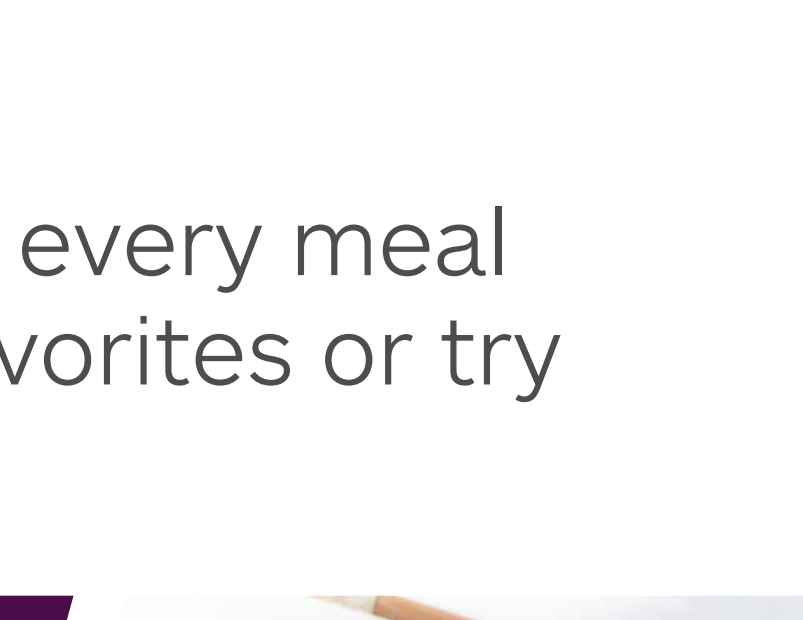
This is a perfectly balanced bowl.

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 favorites 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 savor 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.