

## MON

[Pulled Chicken](#)



### PERFECTLY BALANCE YOUR PLATE

Serve with 1 cup rice, 3 tbsp prepared guacamole, and 1 cup veggies.

#### TIP

Each jar of [Guacamole Dip Mix](#) makes up to 8 cups of guacamole. Make the right amount fresh, every time. Say goodbye to throwing away brown guac!

## TUE

[Pulled Chicken Soup](#)



### PERFECTLY BALANCE YOUR PLATE

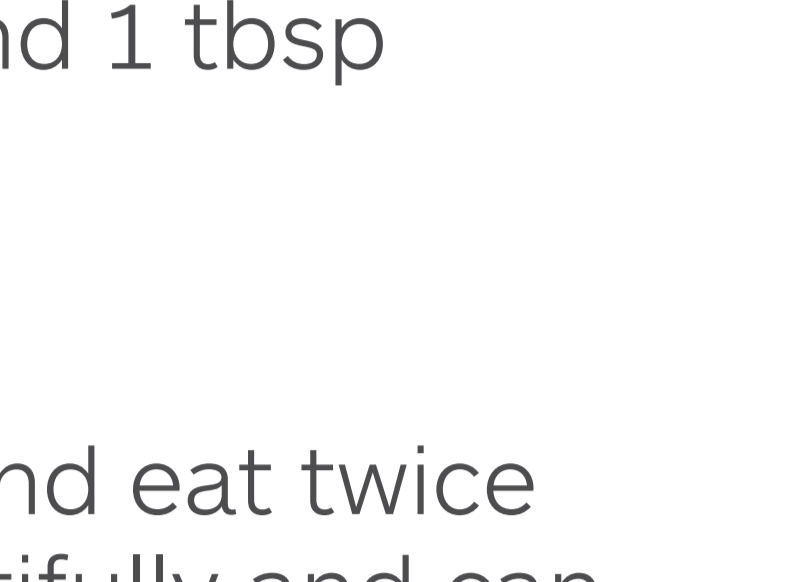
Serve with 1 cup mixed veggies and 1 tbsp [3 Onion Dip](#).

#### TIP

Pulled Chicken makes 16 servings! Use leftovers from last night to make this soup.

## WED

[Cha Cha Chili](#)



### PERFECTLY BALANCE YOUR PLATE

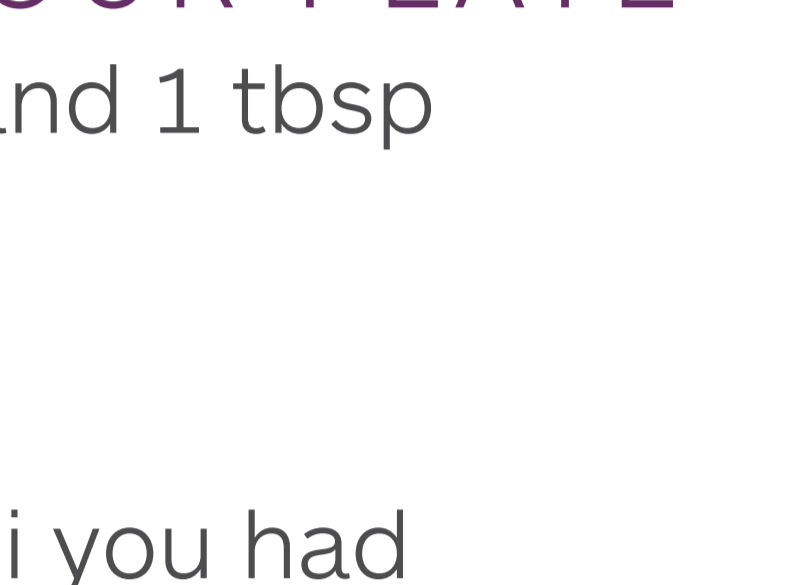
Serve with 1 cup mixed greens and 1 tbsp [Balsamic Vinaigrette Dressing](#).

#### TIP

Double the recipe to cook once and eat twice this week! Chili also freezes beautifully and can easily be reheated in a [Multipurpose Steamer](#).

## THU

[Chili Baked Sweet Potato](#)



### PERFECTLY BALANCE YOUR PLATE

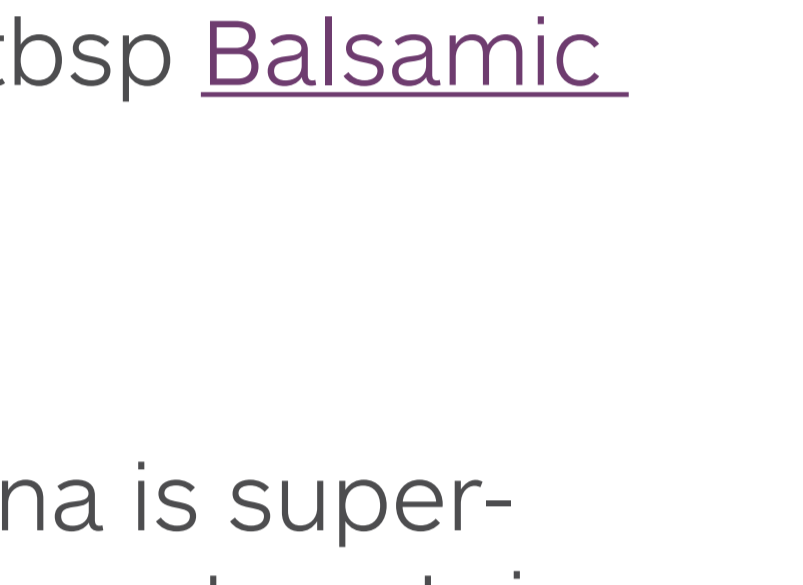
Serve with 2 cups mixed greens and 1 tbsp [Balsamic Vinaigrette Dressing](#).

#### TIP

An easy way to use that extra chili you had yesterday!

## FRI

[Tuna Mac & Cheese](#)



### PERFECTLY BALANCE YOUR PLATE

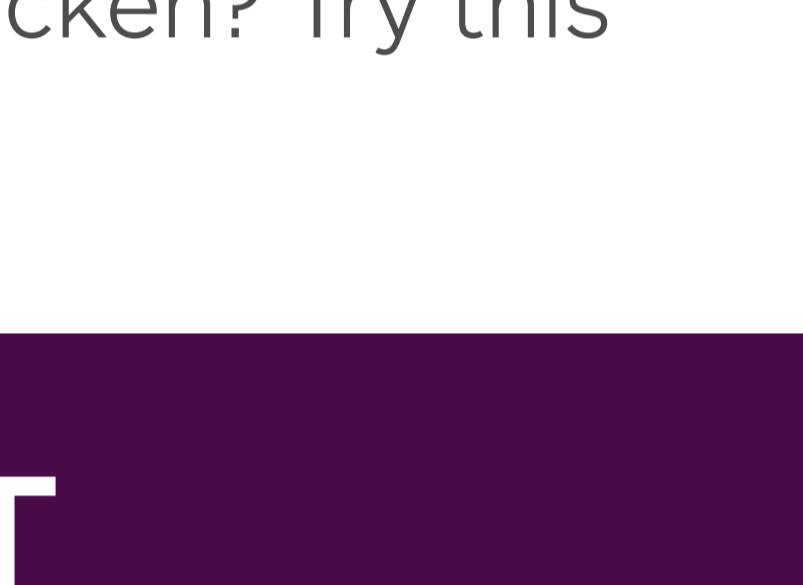
Serve with 2 cups veggies and 1 tbsp [Balsamic Vinaigrette Dressing](#).

#### TIP

Grab your can opener! Canned tuna is super-convenient, inexpensive, and is a great protein to have on hand. Make sure to stock up when it's on sale!

## BONUS

[Pulled Chicken Nourish Bowl](#)



### PERFECTLY BALANCE YOUR PLATE

This is a perfectly balanced bowl.

#### TIP

Still have some leftover pulled chicken? Try this easy recipe for lunch this week.

## GROCERY LIST

*Ingredients for BONUS recipe indicated with \**

### EPICURE PRODUCTS

- [3 Onion Dip Mix](#)
- [Balsamic Vinaigrette Dressing Mix](#)\*
- [CCB Dip Mix](#)
- [Cha Cha Chili Seasoning](#)
- [Chicken Broth Mix](#)
- [Lemon Dilly Dip Mix](#)
- [Mac & Cheese Seasoning](#)
- [Pulled Chicken Seasoning](#)

### OPTIONAL COOKWARE

- [Ground Meat Separator](#) (to make guacamole and break up large chunks of ground meat)
- [Multipurpose Steamer](#) (to make rice)
- [Prep Bowls](#) (for measuring and storing)
- [Cruet](#) and [Funnel](#) (for dressings)
- [4-in-1 Spice Spoon](#) (for easy measuring)

### DAIRY

- 1¼ cups grated cheese\* (1½ cups total, if bonus recipe included)
- 2 tbsp milk, your choice

### PANTRY

- 2 cans (19 oz/540 ml each) kidney beans\* (buy an extra can (14 oz/398 ml), if bonus recipe included)
- 2 cans (28 oz/796 ml) diced tomatoes
- 1 can (28 oz/796 ml) plum tomatoes
- 1 can (5 oz/142 g) low-sodium light tuna
- 1¼ cups bite-sized pasta
- 1 cup ketchup
- 1 cup brown rice
- ½ cup vinegar
- ¼ cup balsamic vinegar
- ¼ cup olive oil
- ¼ cup brown sugar

### FRUITS & VEGGIES

- 2 bell peppers\* (3 total, if bonus recipe included)
- 2 large sweet potatoes
- 4 cups mixed greens\*
- 2 cups fresh or frozen broccoli florets
- 2 cups frozen corn kernels
- 1 cup cherry tomatoes\*

### PROTEIN

- 3 lbs (1.5 kg) boneless, skinless chicken
- 2 lbs (900 g) lean ground beef, chicken, or turkey

### 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: bell peppers, sweet potato, rice, pulled chicken, and ground meat.

### STORE PREPPED FOOD

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

### PANTRY HACK

Stock up your pantry with some essentials like canned beans, tomatoes, or lentils; canned tuna or salmon; pasta, rice, or quinoa; oil and vinegar. That way, no matter what, you'll always have healthy meal options even if you don't hit the grocery store.