

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

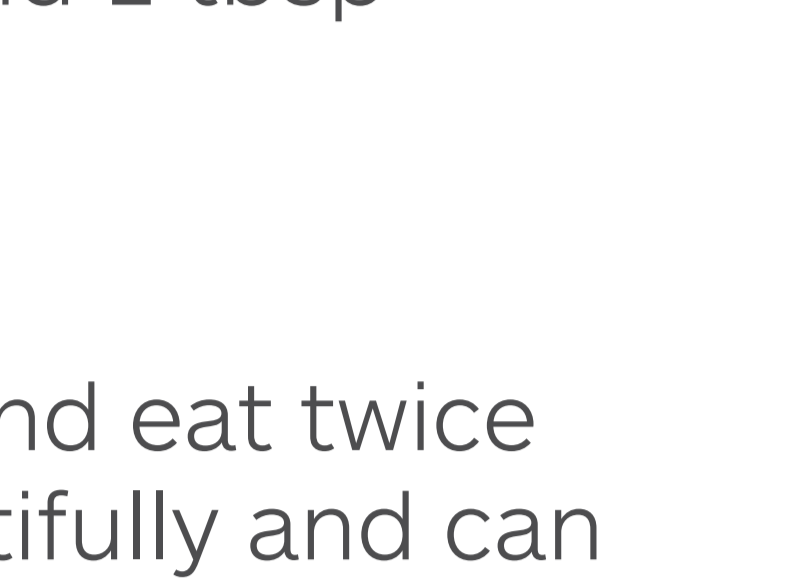
Serve with 1 cup mixed veggies and 1 tbsp [3 Onion Dip](#).

TIP

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

WED

[Cha Cha Chili](#)



PERFECTLY BALANCE YOUR PLATE

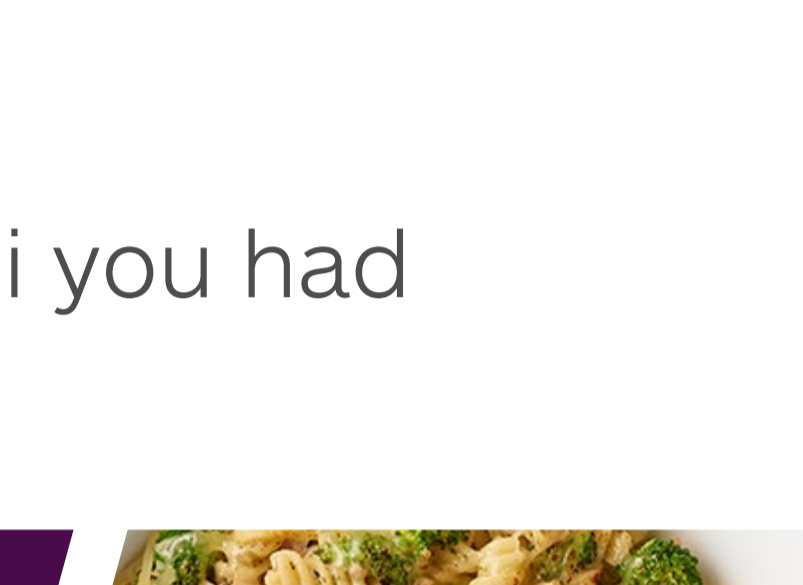
Serve with 1 cup mixed greens and 1 tbsp [Balsamic Vinaigrette Dressing](#).

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

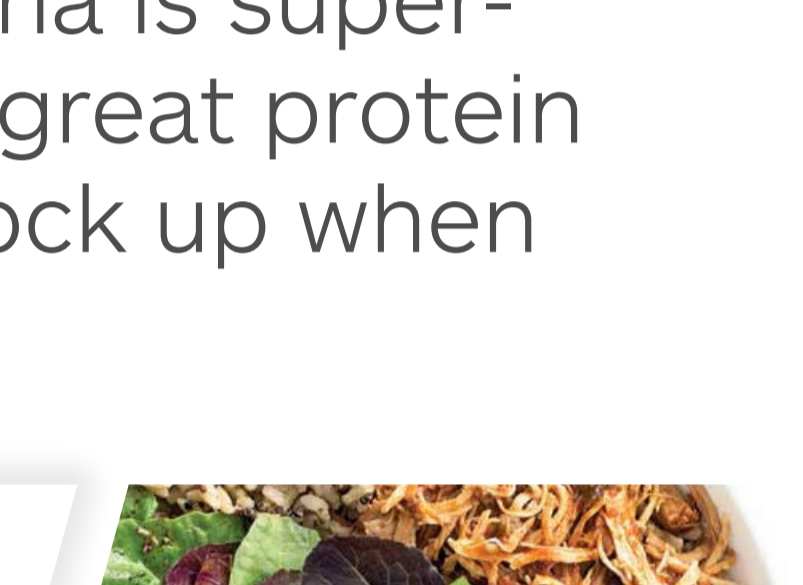
Serve with 2 cups mixed greens and 1 tbsp [Balsamic Vinaigrette Dressing](#).

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.