SUMMER STRONG
30-DAY DINNER MEAL PLAN
Take your Summer Strong Collection even further and go beyond the included two-week meal plan. This digital guide includes a meal plan for 30 sizzling suppers with simple, fresh recipes (follow the links) and charts to build your own burgers and lettuce wraps. The weekly grocery lists break down what you need and have easy swaps to help you shop smarter and find ingredients to suit your family’s taste.

**Prep ahead!** Prepping your ingredients (i.e. washing, chopping, and portioning veggies) while you unpack your groceries will make your cooking faster and easier!

**Have tasty leftovers?** Cook once, eat twice! Transform any of these meals into delicious next day lunches.
## SUMMER STRONG

### 30-DAY DINNER MEAL PLAN

Follow the links to get your recipe for each meal. You’ll also find tips there on how to perfectly balance your plate.

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<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
<th>WEEK 5</th>
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</thead>
<tbody>
<tr>
<td><strong>MON</strong></td>
<td><strong>TUE</strong></td>
<td><strong>WED</strong></td>
<td><strong>THU</strong></td>
<td><strong>FRI</strong></td>
</tr>
<tr>
<td>STACKED BLT CHICKEN SALAD</td>
<td>RANCHER STYLE BAKED BEANS &amp; EGGS</td>
<td>TUSCAN CHICKEN BURGER</td>
<td>SIMPLY BETTER BAKED BEAN SALAD</td>
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<tr>
<td>4 servings $3.19</td>
<td>4 servings $2.62</td>
<td>See p. 4 for recipe. 4 servings $2.69</td>
<td>16 servings $0.67</td>
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<tr>
<td><strong>MEXICAN BLACK BEAN &amp; AVOCADO WRAPS</strong></td>
<td><strong>BBQ BEAN BURGER</strong></td>
<td><strong>SWEET &amp; SOUR STIR-FRY</strong></td>
<td><strong>TERIYAKI CHICKEN DINNER</strong></td>
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<tr>
<td>4 servings $2.61</td>
<td>4 servings $1.96</td>
<td>4 servings $3.57</td>
<td>4 servings $3.76</td>
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<tr>
<td><strong>TERIYAKI CHICKEN WRAPS</strong></td>
<td><strong>TUSCAN CHICKEN MEATBALLS</strong></td>
<td><strong>SMOKY BEEF WRAPS</strong></td>
<td><strong>MICROWAVE CHICKEN ‘N SHRIMP JAMBALAYA</strong></td>
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<tr>
<td>See p. 5 for recipe. 4 servings $2.31</td>
<td>4 servings $1.99</td>
<td>See p. 5 for recipe. 4 servings $2.59</td>
<td>4 servings $3.45</td>
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<tr>
<td><strong>TANGY FISH TACOS</strong></td>
<td><strong>TERIYAKI BANH MI SANDWICH</strong></td>
<td><strong>“ROAST” TUSCAN CHICKEN</strong></td>
<td><strong>GRILLED STEAK SALAD BOWLS</strong></td>
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<tr>
<td>4 servings $2.03</td>
<td>4 servings $1.87</td>
<td>8 servings $1.74</td>
<td>4 servings $4.37</td>
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<tr>
<td><strong>ZESTY PORK BURGER</strong></td>
<td><strong>NO-COOK SALMON TACOS</strong></td>
<td><strong>AZTECA TORTILLA SOUP</strong></td>
<td><strong>GRILLED CAPRESE CHICKEN</strong></td>
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<tr>
<td>See p. 4 for recipe. 4 servings $2.18</td>
<td>4 servings $2.82</td>
<td>4 servings $2.04</td>
<td>4 servings $2.47</td>
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<tr>
<td><strong>GRILLED CAPRESE CHICKEN</strong></td>
<td><strong>ALOHA CHICKEN &amp; VEGGIE KEBABS</strong></td>
<td><strong>TERIYAKI CHICKEN KEBABS</strong></td>
<td><strong>NO-COOK SWEET &amp; SPICY SHRIMP DRAGON BOATS</strong></td>
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<tr>
<td>4 servings $2.47</td>
<td>4 servings $3.37</td>
<td>4 servings $3.85</td>
<td>4 servings $3.20</td>
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</tr>
<tr>
<td><strong>“BACON” &amp; EGG POTATO SALAD</strong></td>
<td><strong>SMOKIN’ GOOD COWBOY BURGERS</strong></td>
<td><strong>SAUCY AZTECA CHICKEN</strong></td>
<td><strong>SUMMER TOFU STIR-FRY</strong></td>
<td></td>
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<tr>
<td>8 servings $0.43</td>
<td>12 servings $1.39</td>
<td>4 servings $2.89</td>
<td>4 servings $3.00</td>
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</table>

Prices are in USD and are based on average grocery store costs.

SUMMER SIPPER: ITALIAN WHIPPED COFFEE 6 servings $1.10
Preheat grill to medium-high.

**LET'S MAKE A BURGER!**

**BBQ BEAN BURGER**
- Combine:
  - 1 egg, beaten
  - 1 lb (450 g) lean ground beef or soy ground round
  - 1 tbsp Better Than Bacon Topper

  Form into four patties; grill 5–6 min per side, or until cooked.

**TUSCAN CHICKEN BURGER**
- Combine:
  - 1 lb (450 g) ground chicken
  - 2 tbsp Tuscan Chicken Burger Seasoning

  Form into four patties; grill 5–7 min per side, or until cooked.

**ZESTY PORK BURGER**
- Combine:
  - 1 egg, beaten
  - 1 lb (450 g) lean ground pork

  Form into four patties; grill 5–6 min per side, or until cooked.

**CHOOSE YOUR CHEESE**
- 4 slices cheddar cheese
- 4 tbsp goat cheese
- 4 slices Swiss cheese

**CHOOSE YOUR TOPPINGS**
- Veggies, grilled using BBQ grill basket:
  - 1 small onion, sliced
  - 1 cup mushrooms, sliced

- Veggies:
  - 1 cup arugula
  - 1 tomato, sliced

- Veggies, grilled using BBQ grill basket:
  - 1 small onion, sliced
  - 4 lettuce leaves

**SAUCE IT!**
- 1 cup prepared Simply Better Baked Beans, warmed

- ¼ cup prepared Creamy Potato Salad Dressing

- ¼ cup Sweet & Spicy Organic Mustard

**PUT A LID ON IT!**
- 4 small multigrain buns
- 4 small buns
- 4 small pretzel buns

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**E P I C U R E™**
### Build Your Own Lettuce Wraps

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Teriyaki Chicken Wraps</th>
<th>Smoky Beef Wraps</th>
<th>Tuscan Veggie Wraps</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size</strong></td>
<td>4 (2 wraps)</td>
<td>4 (2 wraps)</td>
<td>4 (2 wraps)</td>
</tr>
<tr>
<td><strong>Choose Your Protein &amp; Seasoning</strong></td>
<td>In Multipurpose Steamer, combine:</td>
<td>In Multipurpose Steamer, combine:</td>
<td>In Multipurpose Steamer, combine:</td>
</tr>
<tr>
<td></td>
<td>■ 1 lb (450 g) ground chicken</td>
<td>■ 1 lb (450 g) lean ground beef</td>
<td>■ 1 can (19 oz/540 ml) lentils, drained and rinsed</td>
</tr>
<tr>
<td></td>
<td>■ 2 tbsp Teriyaki Dry Glaze</td>
<td>■ 2 tbsp Better Than Bacon Topper</td>
<td>■ 2 tbsp Tuscan Chicken Burger Seasoning</td>
</tr>
<tr>
<td></td>
<td>Cover; microwave on high, 3–5 min or until cooked through. Drain any excess liquid. Use Ground Meat Separator to break up chunks.</td>
<td>Cover; microwave on high, 3–5 min or until cooked through. Drain any excess liquid. Use Ground Meat Separator to break up chunks.</td>
<td>Cover; microwave on high, 3 min or until heated through.</td>
</tr>
<tr>
<td><strong>Choose Your Base</strong></td>
<td>Butter lettuce, 8–16 leaves</td>
<td>Iceberg lettuce, 8–16 leaves</td>
<td>Romaine lettuce, 8–16 leaves</td>
</tr>
<tr>
<td><strong>Choose Your Veggies</strong></td>
<td>■ 1 cup shredded coleslaw mix</td>
<td>■ ½ pint cherry tomatoes, halved</td>
<td>■ 2 cups edamame beans, defrosted</td>
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<tr>
<td></td>
<td>■ 1 cup matchstick carrots</td>
<td>■ 1 bell pepper, sliced</td>
<td>■ 1 bell pepper, chopped</td>
</tr>
<tr>
<td><strong>Sauce It!</strong></td>
<td>Top each serving with 1 tbsp Teriyaki Dry Glaze Dressing, prepared as per label (sauce variation)</td>
<td>Top each serving with 1 tbsp Teriyaki Dry Glaze Dressing, prepared as per label (sauce variation)</td>
<td>Top each serving with 1 tbsp Creamy Potato Salad Dressing, prepared as per label.</td>
</tr>
</tbody>
</table>
**MAKE BLUE BUTTERFLY SIMPLE SYRUP**
Whisk together 1 cup sugar and 1 cup water in an 8-Cup Multipurpose Pot. Add 4 Blue Butterfly Herbal Tea Blend tea bags. Bring to a boil; reduce heat and simmer until slightly thickened, about 14 min. Strain and refrigerate in Cruet for up to one week. Each recipe below makes one cocktail. Eliminate alcohol to make chilled mocktails.

Per serving (1 tsp): Calories 10, Fat 0 g (Saturated 0 g, Trans 0 g), Cholesterol 0 mg, Sodium 0 mg, Carbohydrate 3 g (Fibre 0 g, Sugars 3 g), Protein 0 g.

<table>
<thead>
<tr>
<th>RECIPE</th>
<th>MAGICAL MARGARITA</th>
<th>BASIL CUCUMBER MOJITO</th>
<th>REFRESHING BLACK &amp; BLUE G&amp;T</th>
<th>KOMBUCHA MOSCOW MULE</th>
<th>SUMMER SANGRIA</th>
</tr>
</thead>
<tbody>
<tr>
<td>BLUE BUTTERFLY SIMPLE SYRUP</td>
<td>½ tsp</td>
<td>½ tsp</td>
<td>½ tsp</td>
<td>½ tsp</td>
<td>½ tsp</td>
</tr>
<tr>
<td>CHOOSE YOUR BOOZE</td>
<td>1 oz tequila</td>
<td>1 oz rum</td>
<td>½ oz gin</td>
<td>1 oz vodka</td>
<td>4.5 oz white wine</td>
</tr>
<tr>
<td>CHOOSE YOUR MIX</td>
<td>½ cup club soda</td>
<td>½ cup club soda</td>
<td>½ cup tonic water</td>
<td>1 cup ginger kombucha</td>
<td>¼ cup lemon lime sparkling water</td>
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<tr>
<td></td>
<td>½ tbsp lime juice</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>CHOOSE YOUR GARNISH</td>
<td>Salted glass rim</td>
<td>Lime slices</td>
<td>Blackberries, muddled</td>
<td>Lime slices</td>
<td>Watermelon cubes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Basil leaves, muddled</td>
<td>Sprig of fresh mint</td>
<td></td>
<td>Pineapple wedges</td>
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</tbody>
</table>
**WEEK 1 (7 Days) GROCERY LIST**

**PRODUCE**

- 4 fresh basil leaves (Grilled Caprese Chicken)  
  Swap: 1 cup baby spinach
- 4 lettuce leaves (Zesty Pork Burger)
- 2 avocados | Swap: Bag of frozen chopped avocado  
  □ 1 (Mexican Black Bean & Avocado Wraps)  
  □ 1 (Stacked BLT Chicken Salad)
- 2 celery stalks (Stacked BLT Chicken Salad)
- 1 bell pepper (Mexican Black Bean & Avocado Wraps)
- 1 head butter lettuce, about 16 leaves (Teriyaki Chicken Wraps)  
  Swap: Iceberg, green leaf, romaine
- 1 small onion (Zesty Pork Burger)
- 1 head romaine lettuce (Stacked BLT Chicken Salad)
- 1 small tomato (Grilled Caprese Chicken)
- ½ lime (Mexican Black Bean & Avocado Wraps) | Swap: Bottled lime juice
- 1 1/2 lbs (675 g) baby potatoes, about 25 (“Bacon” & Egg Potato Salad)  
  Swap: Waxy potatoes such as red, new, or fingerling
- 1 pint cherry tomatoes (Stacked BLT Chicken Salad)  
  Swap: 2 large tomatoes
- 4 cups arugula, optional (“Bacon” & Egg Potato Salad)
- 3 cups shredded coleslaw mix:  
  □ 2 cups (Tangy Fish Tacos)  
  □ 1 cup (Teriyaki Chicken Wraps)
- 1 cup matchstick carrots (Teriyaki Chicken Wraps)
- 1 cup spinach (Mexican Black Bean & Avocado Wraps)

**PANTRY STAPLES**

- Oil:  
  □ 2 tbsp (Grilled Caprese Chicken)
  □ 2 tbsp olive oil (Tangy Fish Tacos)
  □ 1 tsp (Teriyaki Chicken Wraps)
  □ ½ cup mayonnaise, preferably light:  
    □ ¼ cup (“Bacon” & Egg Potato Salad)
    □ ¼ cup (Stacked BLT Chicken Salad)
- 2 tbsp balsamic vinegar (Grilled Caprese Chicken)
- 2 tbsp liquid honey (Grilled Caprese Chicken)
- 1 tbsp apple cider vinegar (Tangy Fish Tacos)  
  Swap: White vinegar
- ½ tbsp red pepper jelly (Teriyaki Chicken Wraps)  
  Swap: Smooth fruit jam or jelly, honey, or maple syrup
- ½ tbsp soy sauce, preferably low-sodium (Teriyaki Chicken Wraps)

**PROTEIN**

- 3 eggs:  
  □ 2 (“Bacon” & Egg Potato Salad)
  □ 1 (Zesty Pork Burger)
- 2 lbs (900 g) boneless, skinless chicken breasts  
  Swap: Buy a club pack; portion and freeze for later:  
  □ 1 lb/450 g (Grilled Caprese Chicken)
  □ 1 lb/450 g (Stacked BLT Chicken Salad)
- 1 lb (450 g) ground chicken (Teriyaki Chicken Wraps)
- 1 lb (450 g) white fish, such as tilapia, cod, or haddock, about 4 fillets (Tangy Fish Tacos)
- 1 lb (450 g) lean ground pork (Zesty Pork Burger)
- 2 cans (14 oz/398 ml each) low-sodium black beans (Mexican Black Bean & Avocado Wraps)

**BAKERY**

- 8 small wholegrain or corn tortillas (Tangy Fish Tacos)
- 4 small pretzel buns (Zesty Pork Burger)  
  Swap: Multigrain bun
- 4 large wholewheat tortillas (Mexican Black Bean & Avocado Wraps)

**DAIRY**

- 4 slices Swiss cheese (Zesty Pork Burger)
- 2 slices mozzarella cheese (Grilled Caprese Chicken)
- 1 cup 2% Plain Greek Yogurt:  
  □ ½ cup (Mexican Black Bean & Avocado Wraps)
  □ ¼ cup (“Bacon” & Egg Potato Salad)
  □ ½ cup (Stacked BLT Chicken Salad)

**MAKE IT A PERFECTLY BALANCED PLATE:** Fill ½ your plate with veggies, ¼ with lean protein, and ¼ with complex carbs and healthy fat on top.

**TIP:** “Bacon” & Egg Potato Salad makes 8 servings! Make sure to serve with Grilled Caprese Chicken this week.

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**EPICURE™**
### WEEK 2 (7 Days) GROCERY LIST

#### MAKE IT A PERFECTLY BALANCED PLATE:
Fill ½ your plate with veggies, ¼ with lean protein, and ¼ with complex carbs and healthy fat on top.

#### TIP:
Cook once and eat twice! *Rancher Style Baked Beans & Eggs* makes a big batch of beans—enough for another meal or two. Make sure to save 1 cup for *BBQ Bean Burgers* this week!

<table>
<thead>
<tr>
<th>PRODUCE</th>
<th>PANTRY STAPLES</th>
<th>PROTEIN</th>
</tr>
</thead>
</table>
| □ 4 bell peppers:  
  ■ 2 (Rancher Style Baked Beans & Eggs)  
  ■ 1 (Aloha Chicken & Veggie Kebabs)  
  ■ 1 (No-Cook Salmon Tacos)  
| □ ½ cup mayonnaise, preferably light:  
  ■ ¼ cup (No-Cook Salmon Tacos)  
  ■ ¼ cup (Teriyaki Banh Mi Sandwich)  
| □ 5 eggs:  
  ■ 4 (Rancher Style Baked Beans & Eggs)  
  ■ 1 (BBQ Bean Burger)  |
| □ 2¼ small onions:  
  ■ 1, preferably red (Aloha Chicken & Veggie Kebabs)  
  Tip: Purchase 1 medium red onion and save ¼ for tacos.  
  ■ 1 (BBQ Bean Burger)  
  ■ ¼, preferably red (No-Cook Salmon Tacos)  
| □ ½ cup molasses, cooking or fancy (Rancher Style Baked Beans & Eggs)  
| □ ½ English cucumber (Teriyaki Banh Mi Sandwich)  
| □ ½ lemon (No-Cook Salmon Tacos)  
| □ 2 cups fresh pineapple chunks (Aloha Chicken & Veggie Kebabs) | Swap: Canned pineapple chunks |
| □ 2 cups baby spinach (Rancher Style Baked Beans & Eggs)  
| □ ½ cup soy sauce, preferably low-sodium (Teriyaki Banh Mi Sandwich)  
| □ 8–16 burger buns (see recipes):  
  ■ 4–12 (Smokin’ Good Cowboy Burgers)  
  ■ 4 (BBQ Bean Burger)  
| □ 4 slices cheddar cheese (BBQ Bean Burger)  
| □ 1 cup carrot matchsticks (Teriyaki Banh Mi Sandwich)  
| □ 2 tbsp white vinegar (Rancher Style Baked Beans & Eggs)  
| □ 8 medium-sized panini buns (Teriyaki Banh Mi Sandwich)  
  Swap: 1 baguette  
| □ ½ cup sour cream, preferably light (Tuscan Chicken Meatballs)  
| □ 1 cup mushrooms (BBQ Bean Burger)  
| □ 1 can (14 oz/398 ml) crushed tomatoes (Rancher Style Baked Beans & Eggs)  
| □ 1 lb (450 g) ground chicken (Tuscan Chicken Meatballs)  
  Swap: Lean ground beef  
| □ 1 lb (450 g) boneless, skinless chicken breasts (Aloha Chicken & Veggie Kebabs)  
| □ 2 cups fresh pineapple chunks (Aloha Chicken & Veggie Kebabs)  
  Swap: Canned pineapple chunks |
| □ ½ cup mayonnaise, preferably light:  
  ■ ¼ cup (No-Cook Salmon Tacos)  
  ■ ¼ cup (Teriyaki Banh Mi Sandwich)  
| □ ½ cup white vinegar (Rancher Style Baked Beans & Eggs)  
| □ 2 tsp black pepper  
| □ 2 tbsp white vinegar (Rancher Style Baked Beans & Eggs)  
| □ ½ tbsp soy sauce, preferably low-sodium (Teriyaki Banh Mi Sandwich)  
| □ 5 eggs:  
  ■ 4 (Rancher Style Baked Beans & Eggs)  
  ■ 1 (BBQ Bean Burger)  |
| □ ½ cup mayonnaise, preferably light:  
  ■ ¼ cup (No-Cook Salmon Tacos)  
  ■ ¼ cup (Teriyaki Banh Mi Sandwich)  
| □ ½ cup white vinegar (Rancher Style Baked Beans & Eggs)  
| □ 2 tsp black pepper  
| □ 2 tbsp white vinegar (Rancher Style Baked Beans & Eggs)  
| □ ½ tbsp soy sauce, preferably low-sodium (Teriyaki Banh Mi Sandwich)  
| □ 5 eggs:  
  ■ 4 (Rancher Style Baked Beans & Eggs)  
  ■ 1 (BBQ Bean Burger)  |
| □ ½ cup mayonnaise, preferably light:  
  ■ ¼ cup (No-Cook Salmon Tacos)  
  ■ ¼ cup (Teriyaki Banh Mi Sandwich)  
| □ ½ cup white vinegar (Rancher Style Baked Beans & Eggs)  
| □ 2 tsp black pepper  
| □ 2 tbsp white vinegar (Rancher Style Baked Beans & Eggs)  
| □ ½ tbsp soy sauce, preferably low-sodium (Teriyaki Banh Mi Sandwich)  
| □ 5 eggs:  
  ■ 4 (Rancher Style Baked Beans & Eggs)  
  ■ 1 (BBQ Bean Burger)  |
| □ ½ cup mayonnaise, preferably light:  
  ■ ¼ cup (No-Cook Salmon Tacos)  
  ■ ¼ cup (Teriyaki Banh Mi Sandwich)  
| □ ½ cup white vinegar (Rancher Style Baked Beans & Eggs)  
| □ 2 tsp black pepper  
| □ 2 tbsp white vinegar (Rancher Style Baked Beans & Eggs)  
| □ ½ tbsp soy sauce, preferably low-sodium (Teriyaki Banh Mi Sandwich)  
| □ 5 eggs:  
  ■ 4 (Rancher Style Baked Beans & Eggs)  
  ■ 1 (BBQ Bean Burger)  |
**MAKE IT A PERFECTLY BALANCED PLATE:** Fill ½ your plate with veggies, ¼ with lean protein, and ¼ with complex carbs and healthy fat on top.

**TIP:** Have leftover “Roast” Tuscan Chicken? For added protein (and flavour!), try shredding it and adding it to Azteca Tortilla Soup this week.
### WEEK 4 (7 Days) GROCERY LIST

#### PRODUCE

- **5 bell peppers:**
  - 2 (Teriyaki Chicken Dinner)
  - 1 (Microwave Chicken ‘n Shrimp Jambalaya)
  - 1 (Tuscan Veggie Wraps)
  - 1 (No-Cook Sweet & Spicy Shrimp Dragon Boats)
- **4 fresh basil leaves** (Grilled Caprese Chicken) | Swap: 1 cup baby spinach
- **2 celery stalks** (Microwave Chicken ‘n Shrimp Jambalaya)
- **2 heads romaine lettuce:**
  - 1 head, about 16 leaves (Tuscan Veggie Wraps)
  - 1 head, about 16 leaves (No-Cook Sweet & Spicy Shrimp Dragon Boats)
- **1 avocado** (No-Cook Sweet & Spicy Shrimp Dragon Boats)
- **1 large onion** (Microwave Chicken ‘n Shrimp Jambalaya)
- **1 small tomato** (Grilled Caprese Chicken)
- **1 zucchini** (Teriyaki Chicken Dinner)
- **1 pint cherry tomatoes** (Grilled Steak Salad Bowl) | Swap: 2 large tomatoes
- **16 cups leafy greens:**
  - 8 cups (Teriyaki Chicken Dinner)
  - 8 cups (Grilled Steak Salad Bowl)
- **2 cups fresh or frozen corn niblets** (Grilled Steak Salad Bowl)
- **2 cups frozen edamame beans** (Tuscan Veggie Wraps)
- **2 cups fresh or frozen green beans** (Summer Tofu Stir-Fry)
- **2 cups fresh or frozen sliced peaches** (Summer Tofu Stir-Fry) | Swap: Frozen mango chunks

#### PANTRY STAPLES

- **Oil:**
  - 2 tbsp + 1 tsp (Grilled Steak Salad Bowl)
  - 2 tbsp (Grilled Caprese Chicken)
  - 2 tbsp (Summer Tofu Stir-Fry)
  - 2 tbsp (Teriyaki Chicken Dinner)
- **5 tbsp mayonnaise,** preferably light:
  - 3 tbsp (No-Cook Sweet & Spicy Shrimp Dragon Boats)
  - 2 tbsp (Tuscan Veggie Wraps)
- **2 cups white rice,** uncooked:
  - 1 cup (Microwave Chicken ‘n Shrimp Jambalaya)
  - 1 cup (Summer Tofu Stir-Fry)
- **1 can (14 oz/398 ml) diced tomatoes** (Microwave Chicken ‘n Shrimp Jambalaya)
- **2 tbsp balsamic vinegar** (Grilled Caprese Chicken)
- **2 tbsp liquid honey** (Grilled Caprese Chicken)
- **2 tbsp cider vinegar** (Grilled Steak Salad Bowl) | Swap: White vinegar
- **2 tbsp rice vinegar** (Summer Tofu Stir-Fry) | Swap: White vinegar
- **2 tbsp soy sauce,** preferably low-sodium (Summer Tofu Stir-Fry)

#### PROTEIN

- **2½ lbs (1.13 kg) boneless, skinless chicken breasts:**
  - 1 lb/450 g (Grilled Caprese Chicken)
  - 1 lb/450 g (Teriyaki Chicken Dinner)
  - ½ lb/225 g (Microwave Chicken ‘n Shrimp Jambalaya)
- **1 lb (450 g) grilling steak,** such as top sirloin, striploin or ribeye, about ½ to 1” thick (Grilled Steak Salad Bowl)
- **1¾ bags (340 g each) frozen cooked peeled shrimp:**
  - 1 bag/340 g (No-Cook Sweet & Spicy Shrimp Dragon Boats)
  - ⅔ bag/225 g (Microwave Chicken ‘n Shrimp Jambalaya)
- **2 blocks (7 oz/210 g each) smoked tofu** (Summer Tofu Stir-Fry) | Swap: Extra-firm tofu for 1 lb (450 g) boneless, skinless chicken breasts
- **1 can (19 oz/540 ml) lentils** (Tuscan Veggie Wraps)

#### DAIRY

- **2 slices mozzarella cheese** (Grilled Caprese Chicken)
- **1 cup crumbled feta cheese** (Grilled Steak Salad Bowl)
- **2 tbsp 2% plain Greek yogurt** (Tuscan Veggie Wraps)

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**MAKE IT A PERFECTLY BALANCED PLATE:** Fill ½ your plate with veggies, ¼ with lean protein, and ¼ with complex carbs and healthy fat on top.

**TIP:** Sheet Pan or ¼ Sheet Pan (Set of 2) is your BBQ buddy. Use as a carry tray to transport ingredients or tools to the grill! The ¼ Sheet Pan fits snuggly on most BBQ side tables. Find it on epicure.com.

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**EPICTURE™**
MAKE IT A PERFECTLY BALANCED PLATE: Fill ½ your plate with veggies, ¼ with lean protein, and ¼ with complex carbs and healthy fat on top.

TIP: Try using leftover bean salad in a bean dip or hummus, burritos, tostadas, or chili.

ITALIAN WHIPPED COFFEE

PRODUCE

- 1 lb (450 g) asparagus spears (Tuscan Grilled Salmon)
- 2 cups fresh or frozen corn niblets (Simply Better Baked Bean Salad)

OIL:
- ½ cup (Simply Better Baked Bean Salad)
- 2½ tbsp (Tuscan Grilled Salmon)
- ½ cup vinegar (Simply Better Baked Bean Salad)

PROTEIN

- 1 lb (450 g) salmon fillet, about 1” thick (Tuscan Grilled Salmon)
- 3 cans (19 oz/540 ml each) mixed beans (Simply Better Baked Bean Salad)

PANTRY STAPLES

- ⅓ cup instant coffee
- 3 cups unsweetened soy milk | Swap: Milk of your choice

DAIRY

Dairy

- 3 cups unsweetened soy milk | Swap: Milk of your choice

Looking for a kid-friendly or caffeine-free panna cotta dessert? Try making Blue Butterfly Panna Cotta.

BONUS RECIPE!

BLUE BUTTERFLY PANNA COTTA

TOTAL TIME: 3 HOURS AND 20 MIN (3 hrs chill time)  MAKES: 6 SERVINGS  COST PER SERVING: $1.09 CA/$0.93 US

1 pkg Vanilla Bean Panna Cotta Mix
3 cups milk or non-dairy milk
3 Blue Butterfly Herbal Tea bags

Toppings (optional): Prepared Chocolate or Caramel Sauce, Tutti Fruity Whole Food Topper, Cocoa Crunch Whole Food Topper.

1. In 8-Cup Multipurpose Pot, whisk mix with milk. Add tea bags.
2. Bring to a boil over medium-high heat, stirring and squeezing tea bags against side of the pot while cooking—this helps release colour and flavour. Once boiling, immediately remove from heat. Squeeze tea bags again when removing and then discard.
3. Pour into six Prep Bowls. Cool. Cover and refrigerate until set, approx. 3 hrs or overnight.
4. Serve as is or to unmold, run a knife around the edge of each ramekin; turn out onto a dessert plate.

Tip: Don’t forget to add the ingredients to your shopping list.

Tip: Cow’s milk works the best for the brightest blue colour.

Tip: Rinse ramekins with cold water before filling. This will help prevent sticking when unmolding.

Per serving (½ cup): Calories 100, Fat 2.5 g (Saturated 1.5 g, Trans 0 g), Cholesterol 10 mg, Sodium 60 mg, Carbohydrate 17 g (Fibre 0 g, Sugars 11 g), Protein 4 g.