

## MON

[Chicken Alfredo Pizza](#)



### PERFECTLY BALANCE YOUR PLATE

Serve with 2 cups leafy green salad and 2 tsp prepared [Balsamic Vinaigrette Dressing](#).

#### TIP

This recipe makes TWO pizzas! Cook once, eat twice for an easy lunch the next day.

## TUE

[Pumpkin & Bean Chili](#)



### PERFECTLY BALANCE YOUR PLATE

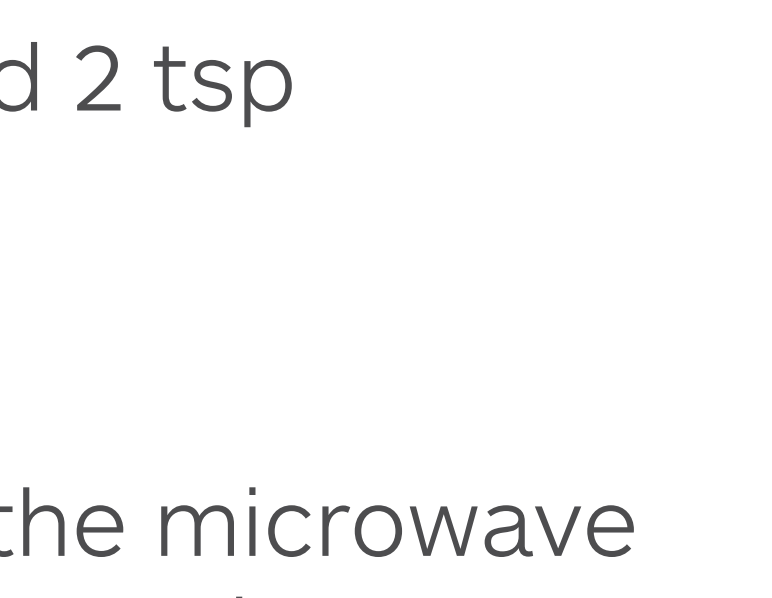
Serve with 2 cups mixed greens and 2 tsp prepared [Balsamic Vinaigrette Dressing](#).

#### TIP

Get table on the dinner in 20 min. Or set it and forget it in the morning so dinner is ready in the slow cooker when you return home.

## WED

[Sundried Tomato Mac & Cheese](#)



### PERFECTLY BALANCE YOUR PLATE

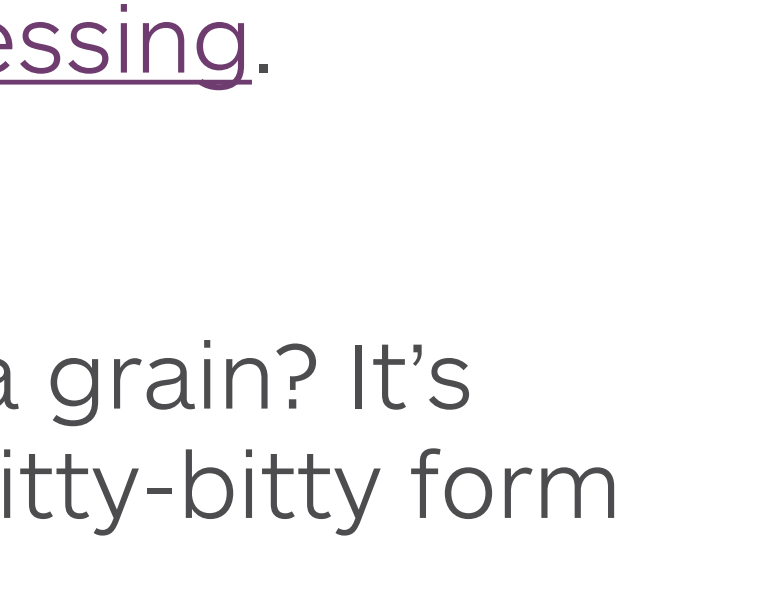
Serve with 1 cup mixed greens and 2 tsp [Balsamic Vinaigrette Dressing](#).

#### TIP

A one-pot wonder all prepared in the microwave thanks to the [Multipurpose Steamer!](#) Microwave cooking seals in freshness, flavour and nutrients.

## THU

[Fish with Corn Salsa](#)



### PERFECTLY BALANCE YOUR PLATE

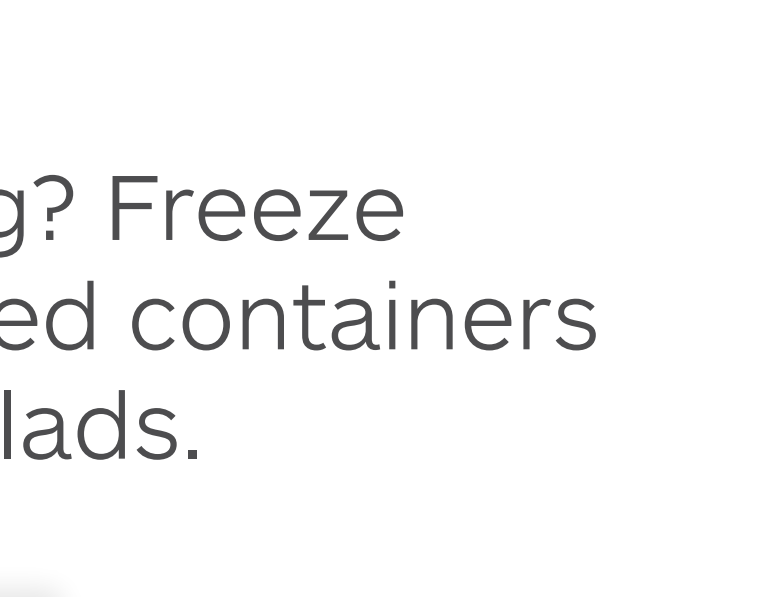
Serve with 2 cups leafy green salad and 1 tbsp prepared [Balsamic Vinaigrette Dressing](#).

#### FYI

Did you know that couscous isn't a grain? It's made from semolina flour—it's an itty-bitty form of pasta!

## FRI

[Smashed Chickpea Tacos](#)



### PERFECTLY BALANCE YOUR PLATE

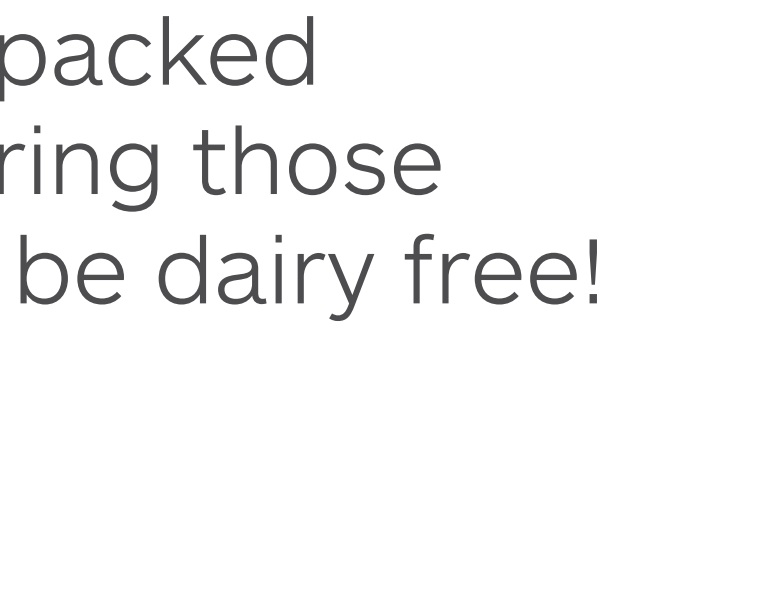
Serve with 1 cup sliced cucumber and celery sticks.

#### TIP

Have some leftover chickpea filling? Freeze leftovers in family or individual-sized containers to add to nourish bowls or taco salads.

## BONUS

[Mixed Berry Muffin Smoothie](#)



### PERFECTLY BALANCE YOUR PLATE

Serve with 1 slice whole grain bread and 1 tsp nut butter.

#### FYI

In 3 minutes, you'll have a protein packed smoothie that will be on replay during those busy mornings. It also happens to be dairy free!

## GROCERY LIST

*Ingredients for BONUS recipe indicated with \**

### EPICURE PRODUCTS

- [Alfredo Sauce Mix](#)
- [Apple Pie Spice](#)\*
- [Black Pepper](#), optional
- [Cha Cha Chili Seasoning](#)
- [Cocoa Acai Smoothie Booster](#)\*
- [Mac & Cheese Seasoning](#)
- [Pulled Chicken Seasoning](#)
- [Sea Salt](#), optional
- [Taco Seasoning](#)
- [Vanilla Optimum Vegan Protein Blend](#)\*

### OPTIONAL COOKWARE

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

### DAIRY

- 2 cups milk
- 1 cup grated mozzarella cheese
- ½ cup 2% plain Greek yogurt
- 2 tbsp butter, optional

### PANTRY

- 2 cans (19 oz/540 ml each) chickpeas
- 1 can (19 oz/540 ml) black beans
- 1 can (19 oz/540 ml) kidney beans
- 1 can pumpkin purée
- 1 can (28 oz/796 ml) diced tomatoes
- 1 can (5.5 oz/156 ml) tomato paste
- 1 jar (201 ml) julienned sundried tomatoes, in oil
- 2 cups uncooked macaroni pasta
- 1 cup uncooked couscous
- 2 tbsp olive oil

### FRUITS & VEGGIES

- 3 small bell peppers
- 1 avocado
- 1 frozen banana\*
- 1 lime
- 1 small red onion, optional
- 2 cups baby spinach
- 1 ½ cup corn niblets
- 1 cup frozen mixed berries\*
- 1 cup frozen mixed vegetables

### PROTEIN

- 4 (4.5 oz/130 g) white fish fillets, such as haddock, tilapia, or sole, about 1" thick
- 2 lbs (900 g) boneless, skinless chicken breasts

### OTHER

- 8 crunchy taco shells
- 2 12" thin whole-wheat pizza crusts
- 2 cups unsweetened coconut or almond milk\*
- ⅓ cup quick cooking gluten-free oats\*

### PERFECTLY BALANCED 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, or cook in advance, according to recipes: salad greens, bell peppers, onion, chicken, couscous.

### STORE PREPPED FOOD

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

### SMOOTHIE TIP

Measure and portion dry ingredients into a small container the night before. In the morning, simply add to a blender with the liquid ingredients.