

MON

[Chicken Alfredo Pizza](#)



PERFECTLY BALANCE YOUR PLATE

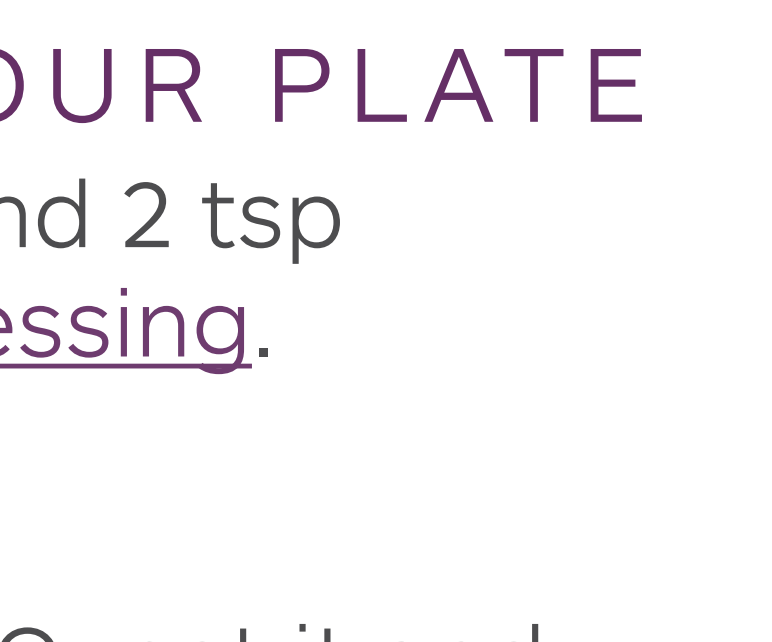
Serve with 2 cups leafy green salad and 2 tsp prepared [Balsamic Vinaigrette Dressing](#).

TIP

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

TUE

[Pumpkin & Bean Chili](#)



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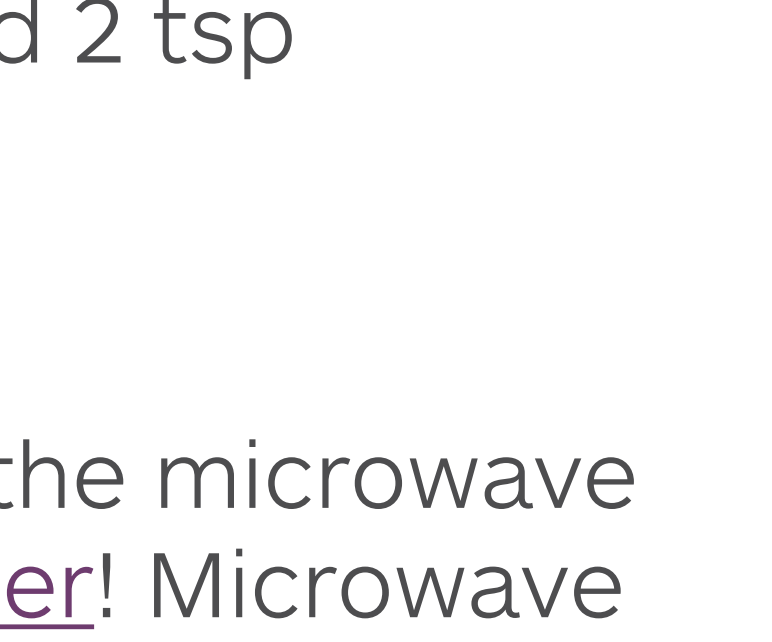
Serve with 2 cups mixed greens and 2 tsp prepared [Balsamic Vinaigrette Dressing](#).

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](#)



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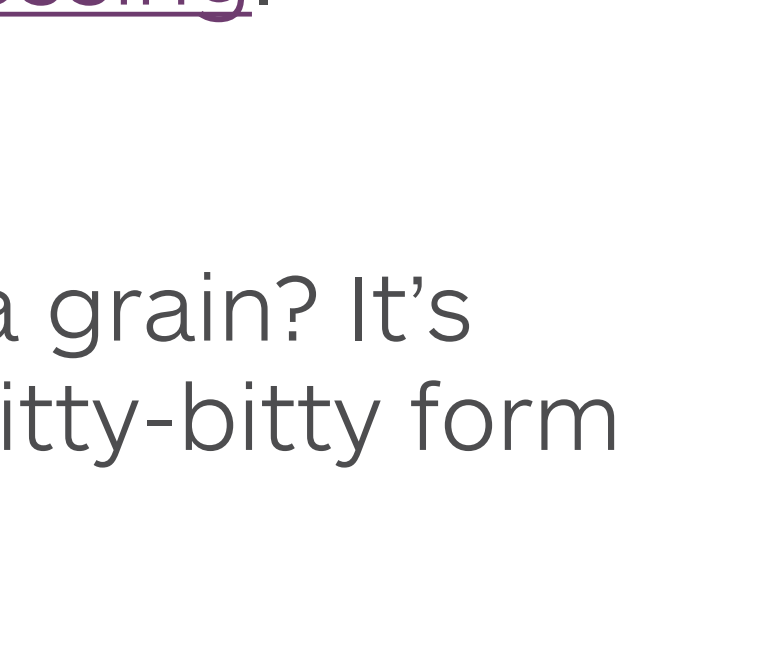
Serve with 1 cup mixed greens and 2 tsp [Balsamic Vinaigrette Dressing](#).

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](#)



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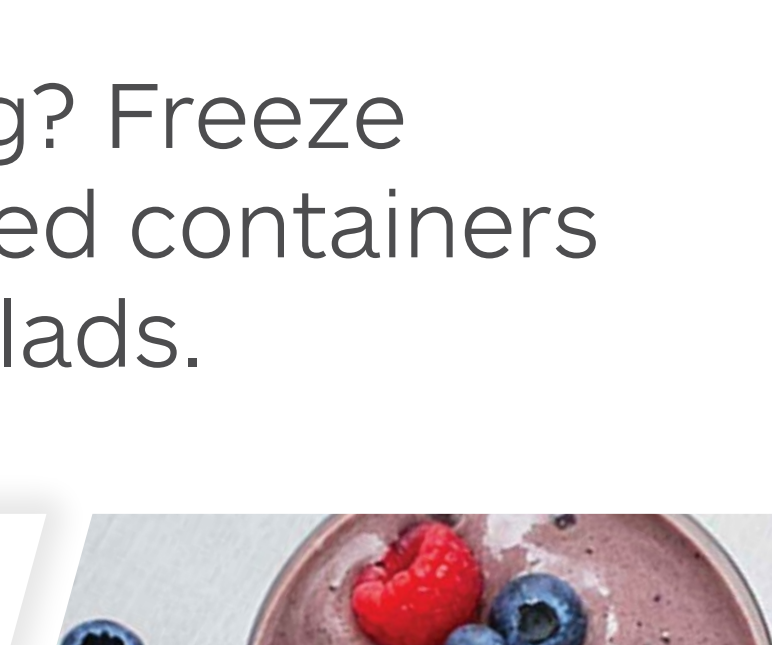
Serve with 2 cups leafy green salad and 1 tbsp prepared [Balsamic Vinaigrette Dressing](#).

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

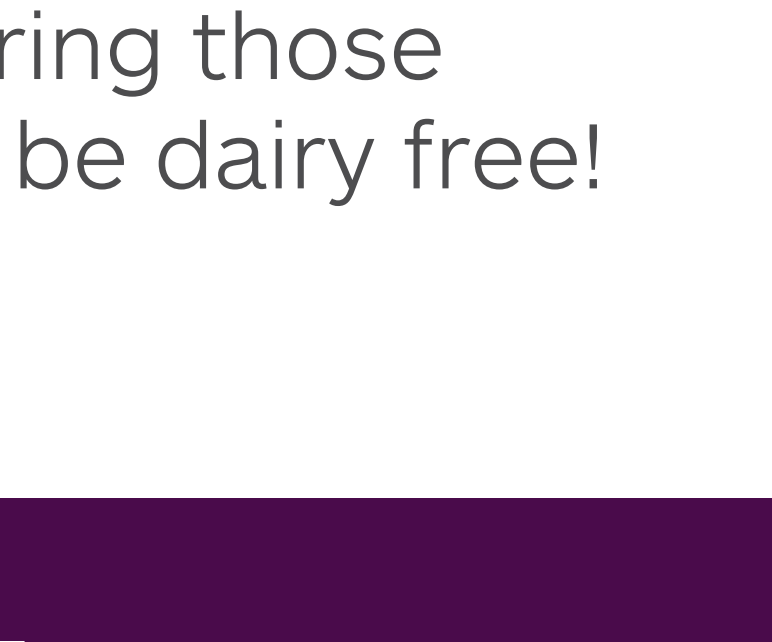
Serve with 1 cup sliced cucumber and celery sticks.

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](#)



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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.