

# 3 Weeks of Easy Dinners

Fall & Winter 2020


















**Your next 3 weeks of weekday meals are planned!** The weekly grocery lists break down what you need and cover easy swaps so you can 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 with any of these recipes—each taste even better as next day lunches!

# 3 Weeks of Easy Dinners Collection

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

	WEEK 1	WEEK 2	WEEK 3
MONDAY	<p><b><u>BEEF STROGANOFF</u></b> 6 servings \$2.55 per serving</p> 	<p><b><u>BUTTER CHICKEN</u></b> 8 servings \$1.92 per serving</p> 	<p><b><u>PASTA ALFREDO</u></b> 6 servings \$0.90 per serving</p> 
TUESDAY	<p><b><u>MAC &amp; CHEESE</u></b> 4 servings \$0.81 per serving</p> 	<p><b><u>CHA CHA CHILI</u></b> 4 servings \$1.96 per serving</p> 	<p><b><u>DONAIR</u></b> 10 servings \$0.98 per serving</p> 
WEDNESDAY	<p><b><u>TACOS</u></b> 6 servings \$1.91 per serving</p> 	<p><b><u>PULLED PORK</u></b> 20 servings \$0.85 per serving</p> 	<p><b><u>TANDOORI CHICKEN CURRY</u></b> 4 servings \$4.11 per serving</p> 
THURSDAY	<p><b><u>BUFFALO WINGS</u></b> 6 servings \$1.49 per serving</p> 	<p><b><u>SLOPPY JOES</u></b> 4 servings \$1.79 per serving</p> 	<p><b><u>PULLED CHICKEN</u></b> 16 servings \$1.12 per serving</p> 
FRIDAY	<p><b><u>AFRICAN SWEET POTATO STEW</u></b> 6 servings \$2.08 per serving</p> 	<p><b><u>SWEET &amp; SOUR STIR-FRY</u></b> 4 servings \$3.57 per serving</p> 	<p><b><u>THAI STIR-FRY</u></b> 6 servings \$3.27 per serving</p> 

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



# WEEK 1 GROCERY LIST

Add the suggested toppers, condiments, and sides of your choosing (noted in the recipe on each pack) to your grocery list.



PANTRY STAPLES	PRODUCE	PROTEIN		
<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can (28 oz/796 ml) diced tomatoes (African Sweet Potato Stew)</li> <li><input type="checkbox"/> 1 can (14 oz/398 ml) coconut milk, preferably light (African Sweet Potato Stew)</li> <li><input type="checkbox"/> 7 cups uncooked egg noodles (Beef Stroganoff)</li> <li><input type="checkbox"/> 2 cups dry pasta, your choice (Mac &amp; Cheese)</li> <li><input type="checkbox"/> ½ cup natural crunchy peanut butter (African Sweet Potato Stew)   Swap: almond, sunflower seed, or other nut butter</li> <li><input type="checkbox"/> ¼ cup vinegar (Buffalo Wings)</li> <li><input type="checkbox"/> 2 tbsp brown sugar (Buffalo Wings)</li> <li><input type="checkbox"/> 2 tbsp oil (Beef Stroganoff)</li> <li><input type="checkbox"/> 1 tbsp ketchup (Buffalo Wings)</li> <li><input type="checkbox"/> 1 tsp Worcestershire sauce (Beef Stroganoff)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 large sweet potatoes (African Sweet Potato Stew)</li> <li><input type="checkbox"/> 2 cups sliced mushrooms (Beef Stroganoff)   Swap: 1 can (10 oz/284 ml) sliced mushrooms, drained and rinsed</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 lbs (900 g) chicken wings (Buffalo Wings)   Swap: boneless chicken strips</li> <li><input type="checkbox"/> 1½ lbs (675 g) lean ground beef (Tacos)   Swap: ground chicken, turkey, or meatless substitute</li> <li><input type="checkbox"/> 1 lb (450 g) lean ground beef (Beef Stroganoff)   Swap: beef strips</li> <li><input type="checkbox"/> ½ lb (225 g) ground turkey (African Sweet Potato Stew)   Swap: ground chicken or beef</li> </ul>		
	<th data-bbox="478 1270 861 1320">DAIRY</th> <td data-bbox="861 1270 1245 1631"> <th data-bbox="861 1270 1245 1320">OTHER</th> </td>	DAIRY	<th data-bbox="861 1270 1245 1320">OTHER</th>	OTHER
	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 cup 2% plain Greek yogurt or sour cream (Beef Stroganoff)</li> <li><input type="checkbox"/> ⅓ cup milk, your choice (Mac &amp; Cheese)</li> <li><input type="checkbox"/> 2 tbsp butter, optional (Mac &amp; Cheese)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 12 taco shells or 6 large corn or flour tortillas (Tacos)</li> </ul>		

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

**TIP:** Doublecheck your grocery list to see what you already have in your kitchen before heading to the grocery store. After shopping, prep food as you unpack. Consider cooking your **Taco** filling ahead of time—you can serve any extras (it serves 6!) with **Mac & Cheese**.





# WEEK 2 GROCERY LIST

Add the suggested toppers, condiments, and sides of your choosing (noted in the recipe on each pack) to your grocery list.



PANTRY STAPLES	PRODUCE	PROTEIN
<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can (28 oz/796 ml) diced tomatoes (Cha Cha Chili)</li> <li><input type="checkbox"/> 1 can (19 oz/540 ml) kidney beans (Cha Cha Chili)</li> <li><input type="checkbox"/> 1 can (14 oz/398 ml) light coconut milk (Butter Chicken)</li> <li><input type="checkbox"/> 1 can (14 oz/398 ml) pineapple chunks (Sweet &amp; Sour Stir-Fry)</li> <li><input type="checkbox"/> 1 can (5.5 oz/156 ml) tomato paste (Sloppy Joes)</li> <li><input type="checkbox"/> ½ can (14 oz/398 ml) crushed tomatoes (Butter Chicken)</li> <li><input type="checkbox"/> 1 cup ketchup (Pulled Pork)</li> <li><input type="checkbox"/> ½ cup brown sugar (Pulled Pork)</li> <li><input type="checkbox"/> ½ cup vinegar (Pulled Pork)</li> <li><input type="checkbox"/> ¼ cup cornstarch (Sweet &amp; Sour Stir-Fry)</li> <li><input type="checkbox"/> 3 tbsp oil (Sweet &amp; Sour Stir-Fry)</li> <li><input type="checkbox"/> 2 tbsp soy sauce (Sweet &amp; Sour Stir-Fry)</li> <li><input type="checkbox"/> 2 tbsp vinegar (Sweet &amp; Sour Stir-Fry)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 large onion (Butter Chicken)</li> <li><input type="checkbox"/> 2 cups snap peas (Sweet &amp; Sour Stir-Fry) <i>Easy Swap: frozen beans</i></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 5 lbs (2.5 kg) boneless pork shoulder roast (Pulled Pork)</li> <li><input type="checkbox"/> 3 lbs (1.5 kg) boneless, skinless chicken breasts: <ul style="list-style-type: none"> <li>■ 2 lbs/900 g (Butter Chicken)</li> <li>■ 1 lb/450 g (Sweet &amp; Sour Stir-Fry)</li> </ul> </li> <li><input type="checkbox"/> 2 lbs (900 g) lean ground beef, chicken, turkey, or meatless substitute: <ul style="list-style-type: none"> <li>■ 1lb/450 g (Cha Cha Chili)</li> <li>■ 1 lb/450 g (Sloppy Joes)</li> </ul> </li> </ul>
	DAIRY	OTHER
	<ul style="list-style-type: none"> <li><input type="checkbox"/> ½ cup 2% plain Greek yogurt (Butter Chicken)</li> <li><input type="checkbox"/> 1 tbsp butter (Butter Chicken)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 8 buns <ul style="list-style-type: none"> <li>■ 4 (Pulled Pork)</li> <li>■ 4 (Sloppy Joes)</li> </ul> </li> <li><input type="checkbox"/> 2 cups rice <ul style="list-style-type: none"> <li>■ 1 cup (Butter Chicken)</li> <li>■ 1 cup (Sweet &amp; Sour Stir-Fry)</li> </ul> </li> </ul>

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

**TIP:** Freeze any leftovers (*Hint: Pulled Pork*) in family-or-individual-sized containers for a quick “heat-and-eat meal” for those nights when you’re too busy to cook. Defrost in the microwave using a [Multipurpose Steamer](#) (find it on [epicure.com](#)).



# WEEK 3 GROCERY LIST

Add the suggested toppers, condiments, and sides of your choosing (noted in the recipe on each pack) to your grocery list.



PANTRY STAPLES	PRODUCE	PROTEIN		
<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Oil:</b> <ul style="list-style-type: none"> <li>■ 2 tbsp (Tandoori Chicken Curry)</li> <li>■ 2 tbsp (Thai Stir-Fry)</li> </ul> </li> <li><input type="checkbox"/> <b>1 can (19 oz/540 ml) chickpeas</b> (Tandoori Chicken Curry)</li> <li><input type="checkbox"/> <b>1 can (14 oz/398 ml) coconut milk</b>, preferably light (Thai Stir-Fry)</li> <li><input type="checkbox"/> <b>4 cups uncooked pasta</b>, your choice (Pasta Alfredo)</li> <li><input type="checkbox"/> <b>1 cup ketchup</b> (Pulled Chicken)</li> <li><input type="checkbox"/> <b>½ cup vinegar</b> (Pulled Chicken)</li> <li><input type="checkbox"/> <b>½ cup natural peanut butter</b> (Thai Stir-Fry)   <i>Swap: almond, sunflower seed, or other nut butter</i></li> <li><input type="checkbox"/> <b>¼ cup brown sugar</b> (Pulled Chicken)</li> <li><input type="checkbox"/> <b>1 tbsp soy sauce</b>, preferably low-sodium (Thai Stir-Fry)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>4 large stalks celery</b> (Thai Stir-Fry)</li> <li><input type="checkbox"/> <b>2 large bell peppers</b> (Thai Stir-Fry)   <i>Easy Swap: 1 heaping cup frozen mixed veggies for every pepper</i></li> <li><input type="checkbox"/> <b>1½ limes</b>   <i>Easy Swap: bottled lime juice</i> <ul style="list-style-type: none"> <li>■ 1 (Tandoori Chicken Curry)</li> <li>■ ½ (Thai Stir-Fry)</li> </ul> </li> <li><input type="checkbox"/> <b>4 cups baby spinach</b> (Tandoori Chicken Curry)</li> <li><input type="checkbox"/> <b>2 cups broccoli florets</b> (Thai Stir-Fry)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>5 lbs (2.5 kg) boneless skinless chicken breasts:</b> <ul style="list-style-type: none"> <li>■ 3 lbs/1.5 kg (Pulled Chicken)</li> <li>■ 1 lb/450 g (Tandoori Chicken Curry)</li> <li>■ 1 lb/450 g (Thai Stir-Fry)</li> </ul> </li> <li><input type="checkbox"/> <b>2 lbs (900 g) lean ground beef</b> (Donair)</li> </ul>		
	<th data-bbox="478 1289 861 1339">DAIRY</th> <td data-bbox="861 1283 1245 1617"> <th data-bbox="861 1289 1245 1339">OTHER</th> </td>	DAIRY	<th data-bbox="861 1289 1245 1339">OTHER</th>	OTHER
	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>1½ cups milk</b>, your choice (Pasta Alfredo)</li> <li><input type="checkbox"/> <b>1½ cups 2% plain yogurt</b> (Tandoori Chicken Curry)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>1 pkg small wholewheat or corn tortillas</b> (Pulled Chicken)</li> <li><input type="checkbox"/> <b>1 pkg 9" pita wraps</b> (Donair)</li> <li><input type="checkbox"/> <b>1 cup rice</b> (Tandoori Chicken Curry)</li> </ul>		

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

**TIP:** Epicure **Pulled Chicken** makes 16 servings! Use leftovers in nourish bowls, tacos, nachos—the possibilities are endless! Check out [epicure.com](http://epicure.com) for more inspiration.

