



EPICURE SELECTIONS®



SHOP, PREP & COOK
GUIDE TO HEALTHY MEALS

Get back to the table as a family again!

Healthy Meals Made Simple

Epicure makes it easy for healthy food to taste delicious! Simple, healthy meals start with creating a meal plan. With Epicure, it's as easy as 1, 2, 3!

1. PLAN:

Once a week, take 15 minutes to plan the week's meals with the family. Using **Epicure's Plan for Health Weekly Planner** (included in this eBook), write down recipes for the week in the Breakfast, Lunch, Dinner, and Snacks columns. You can find great recipes at epicureselections.com.

Tip: if you're new to meal planning, start simple by only planning Monday-to-Friday dinners.

Write the week's shopping list at the same time to make grocery shopping a quick and easy once-a-week affair. Be sure to check your pantry first to see what you have on hand – get creative with Epicure's flexible recipes and versatile products.

Give the kids a night each to decide the dinner menu. If you have time, help them think their choices through. Is the meal balanced? Can we make anything ahead of time? Should we make extra to freeze for another meal? What shopping will it require? How expensive are the ingredients at that time of year? How much time will the meal take to prepare? What will the clean-up involve?

Developing good eating habits now will set your kids up for a lifetime of healthy eating!

2. SHOP:

Plan to get all the week's ingredients in one go – your weekly shopping list will keep things quick and easy in the aisles, and save you time and stress throughout the week.

3. PREP:

Do as much prep work as you can to save time during the work week. For example, set aside an hour on the weekend to cook and freeze full meals for future easy dinners, or to make and freeze versatile sides such as rice. Get the kids involved in bagging, freezing, and clean-up. Let them make dips, dressings, spreads, and sauces to have handy for snacks and sides. Post the week's meal plan on the fridge with a note of the prep work you've done, and have a recipe list handy so the first one home can start putting it all together.



Meal Planning 101

Plan and prepare easy, healthy, delicious meals every day of the week with **Epicure's Plan for Health Weekly Planner** (see next page).

Follow the 80/20 Rule

A small indulgence won't wreak havoc on your health, as long as you eat well at least 80% of the time. Enjoy a small indulgence now and then, or use one meal to eat whatever you want: that's your 20% for the week!

Picture Your Plate

Try to fill **half** your plate with veggies and fruit, **one quarter** with lean protein, and **one quarter** with grains and starches.

Eat in Living Colour

Choose no more than two items of the same colour to give your meal eye-appeal and optimize nutrition.

Combine and Serve

Enjoy the different tastes, textures, and health benefits of a wide variety of foods at every meal.

Mix Up Your Menu

Go meatless on Mondays, have 'kids' choice' on Tuesdays, and have everyone help prepare on Fridays. Menu variety not only keeps food interesting (and you interested in your food), it also helps maximize nutrient intake.

Right Food at the Right Time

Know your schedule and plan for it. If Mondays are always busy, prepare and freeze food over the weekend. Simply reheat and serve for a stress-free meal.

Go in with a Game Plan

Plan your week ahead of time so you're never left wondering *what's for dinner?* Use **Epicure's Plan for Health Weekly Planner** to schedule the week's meals, shopping, and activities, saving you a lot of time and stress.

Make it a Family Affair

Healthy living is about more than healthy eating! Raise household health-consciousness, share valuable life skills, and reduce your cooking load by getting the family to help make meals. Assign preparation, cooking, and clean-up tasks for each meal, and help the kids make their planned menu. A family that cooks and eats together stays together, so enjoy sit-down family meals as often as possible!

Plan for Health Weekly Planner

	Breakfast	Lunch	Dinner	Snacks <i>(try for 2-3 small snacks per day)</i>	Activity <i>(aim for 30-60 minutes of activity per day)</i>
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

An Affordable Grocery Shopping Guide in 3 Easy Steps

Follow this cardinal rule: never go grocery shopping when hungry! You're more likely to buy pricier items you don't really need.

Step 1: Do your Homework

- Compare flyers and prices
- Check to see what you already have at home
- Clip and save coupons
- Plan your meals ahead, allowing room for flexibility

Step 2: Make your List

- Try to stick to only buying the items on your list
- **Shop for Good Health!** Shop the perimeter of the store first for healthier food choices (fresh fruits and vegetables, milk, whole-grains, and lean protein).

Step 3: Let's Go Shopping

- Find the best time to shop for markdowns (usually early morning or later in the evening)
- Be aware of product placement: the most expensive items are usually shelved at eye level
- Compare per unit prices (often listed on the sales tag – typically cost per 100 g or 100 ml). This is an easy way to compare prices, as packaging and sales can be deceiving
- Check out store and no-name brands; they are often less expensive for the same product
- Try the bulk bins to keep quantities in check – buy only what you need when you need it!



Grain Products	Vegetables & Fruit
<ul style="list-style-type: none"> Rice (choose brown. Rice can be cooked and frozen in family- or individual-sized portions to be reheated later) Pasta (choose whole-grain) Rolled oats Hot cereals Cold cereal (choose < 8-10 g sugar per serving) Breads (whole-grain) Bagels (whole-grain) English muffins (whole-grain) Wraps (whole-grain) 	<ul style="list-style-type: none"> In-season veggies and fruits (maximum nutrition at an affordable price. Buy fresh, frozen, or canned vegetables <u>without</u> sauces) Canned fruits packed in juice 100% natural juices (check the ingredients) Canned tomatoes Frozen orange juice
<p>Tips Think whole-grain!</p> <ul style="list-style-type: none"> Look for end-of-day bakery discounts Avoid buying rice and pasta mixes, as they cost more and are higher in salt and fat 	<p>Tips Buy in-season!</p> <ul style="list-style-type: none"> Cut your own as pre-cut veggies often cost more Ask when produce markdowns occur Avoid buying canned goods that are dented, bulging or leaking <p>Health bite: to ensure good health, veggies and fruit should make up ¼ of your grocery cart.</p>
Milk & Dairy	Meat & Alternatives
<ul style="list-style-type: none"> "No-name" cheeses (choose MF % < 20%) Plain yogurt (buy larger containers of plain, and mix with frozen fruit) Evaporated 2% milk (a great alternative to cream) Milk (choose low-fat) Skim milk powder (½ cup + ¾ cup water = 1 cup of milk) 	<ul style="list-style-type: none"> Beans (canned or dried) Canned fish: salmon/light tuna (packed in water) Lentils (canned or dried – a great, meatless source of protein) Ground beef, turkey Blade or rump roast (cheaper cuts are ideal for marinating) family-pack chicken (breasts and thighs) Eggs Peanut butter Plain frozen fish (tilapia is an economical choice) Tofu (firm is great for stir-fries) Nuts and seeds Textured Vegetable Protein (a great protein alternative to ground beef. Rehydrate with low-sodium prepared Epicure's Bouillon, or water)
<p>Tips</p> <ul style="list-style-type: none"> Avoid pre-grated cheeses, as they often cost more 	<p>Tips</p> <ul style="list-style-type: none"> Find out when meats are marked down Double bag meats so they don't leak (grab extra produce bags. Marinate and freeze in family- or individual-sized portions to be cooked later) Try eating meatless once a week (easier on the environment, and often more affordable)

Imagine knowing *what's for dinner every night of the week* – it's easy with Epicure!

Epicure's Savvy Weekly Prep Plan for Healthy Eating

- Make and refrigerate Epicure's Dips and Dressings in reusable containers
- Steam brown rice and freeze leftovers in individual- or family-sized portions for future recipes
- Make extra servings of each recipe for easy lunches the next day
- Wash, cut, and refrigerate fruits and veggies in reusable containers for easy sides, platters, and snacks
- Cook large batches of beans or peas, and freeze – or buy frozen
- Cook large batches of soups and stews, and freeze in family- or individual-sized portions for easy future meals
- Buy family packs of chicken when on sale. Cook, portion, and freeze for easy meals throughout the week (add to stir-fries, soups, fajitas, and casseroles)
- Marinate meats and freeze in family-sized portions. Simply defrost and cook
- Wash Romaine lettuce, wrap in a damp paper towel, and place in your crisper. Lasts up to a week or longer, and it's one less step for making an easy salad

Purchase our Grocery Bag for \$25 every month and get:

- Amazing versatile products to make delicious, nutritious meals
- Over 15 easy dinner solutions with wholesome, everyday ingredients – ready in under 30 minutes!
- Tips for savvy grocery shopping and food prep
- We've even put together your grocery list!

Get easy, healthy mealtime solutions to feed a family of 4 for an entire month for less than \$45 per week!

Contact your Consultant to order yours!

Epicure's Grocery Bag also makes a great gift – nourish someone you love today!





We know
what's for dinner
– will you?

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get your Grocery Bag
for only \$25 a month!

