



EPICURE SELECTIONS™

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Epicure's 14-Day Light and Lean Meal Plan

Based on 1500-1800 calories per day

Enjoy the added health benefits of immune boosting and slimming powers that whole foods and Epicure spice blends offer. These meal plans will not only help you discover great flavour, they will also save you money and time in the kitchen. Find recipes and products online at www.epicureselections.com.

Remember, try to drink at least 8 cups (2 L) of fluids daily. Epicure's herbal teas make it easy – especially on those cold winter days!

WEEK 1

	Breakfast	Snack	Lunch	Snack	Dinner
Mon.	1 whole-grain English muffin, 2 Tbsp (30 ml) peanut butter, 1 banana, ½ cup (125 ml) skim milk	15 almonds seasoned with Epicure's Arriba! Sansel™	Epicure's Apple Tuna Sandwich , 1 medium apple, 1 cup (250 ml) skim milk	Prepared Epicure's Chocolate Pudding in an Instant	Prepared Epicure's Cha-Cha Chili , 2 cups (500 ml) mixed greens, 1 Tbsp (15 ml) any prepared Epicure's Dressing

Daily: Calories 1510, Fat 45 g (Saturated 9 g, Trans 1 g), Cholesterol 95 mg, Sodium 1530 mg, Carbohydrate 198 g (Fibre 36 g, Sugars 93 g), Protein 93 g, Cost \$11.12

	Breakfast	Snack	Lunch	Snack	Dinner
Tues.	¾ cup (175 ml) oatmeal, ½ cup (125 ml) skim milk, ½ tsp (2.5 ml) Epicure's Apple Pie Spice , 1 medium apple	10 baby carrots, 2 Tbsp (30 ml) prepared Epicure's Hummus	Prepared Epicure's Cha-Cha Chili wrapped in 1 whole-wheat tortilla, 1 orange	3 cups (750 ml) air-popped popcorn seasoned with Epicure's Arriba! Sansel™	Epicure's Mexican Beef and Black Beans , 1 whole-wheat tortilla, Epicure's Cherry Tomato Salad

Daily: Calories 1520, Fat 35 g (Saturated 9 g, Trans 1 g), Cholesterol 130 mg, Sodium 1610 mg, Carbohydrate 209 g (Fibre 41 g, Sugars 65 g), Protein 91 g, Cost \$12.24

	Breakfast	Snack	Lunch	Snack	Dinner
Wed.	2 Tbsp (30 ml) peanut butter, 1 banana and 2 tsp (10 ml) Epicure's Pure Cocoa wrapped in 1 whole-wheat tortilla, 1 cup (250 ml) skim milk	1 apple, 1 tsp (5 ml) peanut butter	Epicure's Mexican Beef and Black Beans , 1 whole-wheat tortilla, Epicure's Cherry Tomato Salad	2 Tbsp (30 ml) prepared Epicure's Hummus , 10 baby carrots	Epicure's Curry in a Hurry , Epicure's Cucumber Raita

Daily: Calories 1630, Fat 52 g (Saturated 12 g, Trans 0.4 g), Cholesterol 110 mg, Sodium 1690 mg, Carbohydrate 212 g (Fibre 38 g, Sugars 71 g), Protein 95 g, Cost \$11.64

	Breakfast	Snack	Lunch	Snack	Dinner
Thurs.	Epicure's Quick Breakfast Burrito , 1 cup (250 ml) skim milk, 1 banana	1 cup (250 ml) berries, ¼ tsp (1.25 ml) Epicure's Cinnamon (ground) and ½ cup (125 ml) prepared Epicure's Summer Berry Fruit Dip	Epicure's Curry in a Hurry , Epicure's Cucumber Raita , 1 cup (250 ml) skim milk	3 cups (750 ml) air-popped popcorn seasoned with Epicure's Arriba! Sansel™	Epicure's Balsamic-glazed Chicken Breasts , Epicure's Asparagus with Dijon Tarragon Vinaigrette , Epicure's Lemon Herbed Rice

Daily: Calories 1580, Fat 45 g (Saturated 15 g, Trans 0 g), Cholesterol 360 mg, Sodium 1430 mg, Carbohydrate 212 g (Fibre 29 g, Sugars 79 g), Protein 96 g, Cost \$14.50

	Breakfast	Snack	Lunch	Snack	Dinner
Fri.	Epicure's Banana Berry Smoothie , 1 whole-grain English muffin, 2 tsp (10 ml) margarine	15 almonds seasoned with Epicure's Arriba! Sansel™	Epicure's Balsamic-glazed Chicken Breasts , Epicure's Asparagus with Dijon Tarragon Vinaigrette , Epicure's Lemon Herbed Rice	2 servings Epicure's Summer Berry Granita	Epicure's Pepperoni Pizza , 2 cups (500 ml) mixed greens, 1 Tbsp (15 ml) any prepared Epicure's Dressing , 1 cup (250 ml) skim milk

Daily: Calories 1500, Fat 67 g (Saturated 15 g, Trans 0.2 g), Cholesterol 115 mg, Sodium 1840 mg, Carbohydrate 161 g (Fibre 24 g, Sugars 63 g), Protein 74 g, Cost \$16.68

	Breakfast	Snack	Lunch	Snack	Dinner
Sat.	Epicure's Whole-wheat Banana Pancakes , 1 cup (250 ml) berries, 1 cup (250 ml) skim milk	2 servings Epicure's Summer Berry Granita	Prepared Epicure's Fisherman's Chowder , 1 crusty roll, 1 oz (30 g) low-fat cheese	Prepared Epicure's Chocolate Pudding in an Instant , 1 banana	Epicure's Easy Vegetarian Lasagna , Epicure's Light Caesar Salad

Daily: Calories 1560, Fat 37 g (Saturated 16 g, Trans 0.2 g), Cholesterol 275 mg, Sodium 2180 mg, Carbohydrate 227 g (Fibre 26 g, Sugars 106 g), Protein 88 g, Cost \$17.03

	Breakfast	Snack	Lunch	Snack	Dinner
Sun.	Epicure's Classic Scrambled Eggs , 1 sliced tomato, 1 cup (250 ml) skim milk, 2 slices whole-grain toast, 2 tsp (10 ml) margarine	1 cup (250 ml) berries, ¼ tsp (1.25 ml) Epicure's Cinnamon (ground) , ¼ cup (60 ml) prepared Epicure's Summer Berry Fruit Dip	Epicure's Easy Vegetarian Lasagna , Epicure's Light Caesar Salad	3 cups (750 ml) air-popped popcorn seasoned with Epicure's Arriba! Sansel™	Prepared Epicure's Pulled Pork , Epicure's Garlic Mashed Potatoes , 1 cup (250 ml) steamed veggies seasoned with Epicure's Arriba! Sansel™

Daily: Calories 1620, Fat 45 g (Saturated 15 g, Trans 0.2 g), Cholesterol 450 mg, Sodium 1750 mg, Carbohydrate 218 g (Fibre 29 g, Sugars 81 g), Protein 90 g, Cost \$12.96

WEEK 2

	Breakfast	Snack	Lunch	Snack	Dinner
Mon.	Epicure's Quick Breakfast Burrito , 1 cup (250 ml) skim milk, 1 banana	15 almonds seasoned with Epicure's Arriba! Sansel™	Prepared Epicure's Pulled Pork on 2 whole-wheat bread slices, 1 cup (250 ml) skim milk, 1 medium apple	3 cups (750ml) air-popped popcorn seasoned with Epicure's Arriba! Sansel™	Epicure's Asian Chicken Stir-fry , 1 cup (250 ml) steamed brown rice

Daily: Calories 1520, Fat 38 g (Saturated 9 g, Trans 0 g), Cholesterol 375 mg, Sodium 1610 mg, Carbohydrate 210 g (Fibre 25 g, Sugars 70 g), Protein 98 g, Cost \$10.84

	Breakfast	Snack	Lunch	Snack	Dinner
Tues.	$\frac{3}{4}$ cup (175 ml) oatmeal, $\frac{1}{2}$ cup (125 ml) skim milk, $\frac{1}{2}$ tsp (25 ml) Epicure's Apple Pie Spice , 1 medium apple	10 baby carrots, 2 Tbsp (30 ml) prepared Epicure's Hummus	Epicure's Asian Chicken Stir-fry , 1 cup (250 ml) steamed brown rice, 1 cup (250 ml) skim milk	2 servings Epicure's Summer Berry Granita	Epicure's Mexican Beef and Pasta Casserole , 2 cups (500 ml) mixed greens, 1 Tbsp (15 ml) any prepared Epicure's Dressing

Daily: Calories 1500, Fat 44 g (Saturated 14 g, Trans 0.4 g), Cholesterol 180 mg, Sodium 1930 mg, Carbohydrate 189 g (Fibre 22 g, Sugars 58 g), Protein 91 g, Cost \$17.69

	Breakfast	Snack	Lunch	Snack	Dinner
Wed.	Epicure's Cranberry Orange Muffins , 1 cup (250 ml) skim milk, 1 medium orange	1 cup (250 ml) berries, $\frac{1}{4}$ tsp (1.25 ml) Epicure's Cinnamon (ground) , 2 Tbsp (30 ml) prepared Epicure's Summer Berry Fruit Dip	Epicure's Mexican Beef and Pasta Casserole , celery sticks	Prepared Epicure's Chocolate Pudding in an Instant	Epicure's Pulled Pork Quesadillas , 2 cups (500 ml) mixed greens, 2 Tbsp (30 ml) any prepared Epicure's Dressing

Daily: Calories 1640, Fat 59 g (Saturated 18 g, Trans 0.5 g), Cholesterol 170 mg, Sodium 1990 mg, Carbohydrate 210 g (Fibre 27 g, Sugars 101 g), Protein 81 g, Cost \$12.95

	Breakfast	Snack	Lunch	Snack	Dinner
Thurs.	Epicure's Strawberry Cheesecake Morning Shake , 1 whole-grain English muffin, 1 Tbsp (15 ml) margarine	30 almonds seasoned with Epicure's Arriba! Sansel™	Epicure's Pulled Pork Quesadilla , 10 baby carrots, 2 celery sticks, 2 Tbsp (30 ml) prepared Epicure's Lemon Dilly Dip	2 servings Epicure's Summer Berry Granita	Prepared Epicure's Jambalaya , 2 cups (500 ml) mixed greens, 2 Tbsp (30 ml) any prepared Epicure's Dressing , 1 cup (250 ml) skim milk

Daily: Calories 1600, Fat 80 g (Saturated 13 g, Trans 0.2 g), Cholesterol 75 mg, Sodium 1770 mg, Carbohydrate 165 g (Fibre 26 g, Sugars 63 g), Protein 65 g, Cost \$17.25

	Breakfast	Snack	Lunch	Snack	Dinner
Fri.	Epicure's Greek Breakfast Wrap , 1 cup (250 ml) skim milk, 1 $\frac{1}{2}$ cups (375 ml) berries	1 cup (250 ml) berries, $\frac{1}{4}$ tsp (1.25 ml) Epicure's Cinnamon (ground) and 2 Tbsp (30 ml) prepared Epicure's Summer Berry Fruit Dip	Prepared Epicure's Jambalaya , 2 cups (500 ml) mixed greens, 2 Tbsp (30 ml) any prepared Epicure's Dressing	3 cups (750ml) air-popped popcorn seasoned with Epicure's Arriba! Sansel™	Epicure's Spa-style Salmon , 1 cup (250 ml) steamed veggies

Daily: Calories 1690, Fat 53 g (Saturated 13 g, Trans 0.2 g), Cholesterol 315 mg, Sodium 1110 mg, Carbohydrate 249 g (Fibre 32 g, Sugars 150 g), Protein 66 g, Cost \$16.90

	Breakfast	Snack	Lunch	Snack	Dinner
Sat.	3 Sylvie's Cauliflower Pancakes , 1 cup (250 ml) skim milk, 2 tomatoes	20 baby carrots, $\frac{1}{4}$ cup (60 ml) prepared Epicure's Hummus	Prepared Epicure's Tortilla Soup , Epicure's 3 Bean Salad , 1 cup (250 ml) skim milk	Prepared Epicure's Chocolate Pudding in an Instant	Epicure's Bean Burritos , 2 cups (500 ml) mixed greens, 1 Tbsp (15 ml) any prepared Epicure's Dressing

Daily: Calories 1500, Fat 42 g (Saturated 10 g, Trans 0.1 g), Cholesterol 175 mg, Sodium 1780 mg, Carbohydrate 220 g (Fibre 42 g, Sugars 88 g), Protein 73 g, Cost \$12.10

	Breakfast	Snack	Lunch	Snack	Dinner
Sun.	Epicure's Mexican Deep Dish Huevos Rancheros , 1 tomato	1 cup (250 ml) berries, $\frac{1}{4}$ tsp (1.25 ml) Epicure's Cinnamon (ground) and 2 Tbsp (30 ml) prepared Epicure's Summer Berry Fruit Dip	Epicure's Pulled Pork Nachos , 1 cup (250 ml) veggies, 2 Tbsp (30 ml) any prepared Epicure's Dip	Epicure's Cranberry Crumble	Epicure's Zippy Cauliflower and Cheese Soup , 1 whole-wheat crusty roll, 1 grilled chicken breast seasoned with Epicure's Arriba! Sansel™

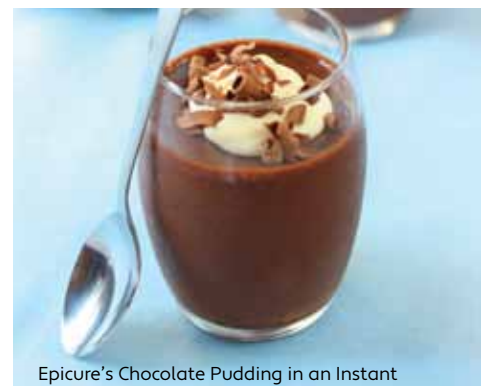
Daily: Calories 1539, Fat 59 g (Saturated 21 g, Trans 0.1 g), Cholesterol 415 mg, Sodium 1780 mg, Carbohydrate 180 g (Fibre 26 g, Sugars 78 g), Protein 79 g, Cost \$13.08



Epicure's Spa-style Salmon



Epicure's Curry in a Hurry



Epicure's Chocolate Pudding in an Instant

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