

Week 1

MEAL PLANS, GROCERY LISTS & RECIPES



E P I C U R E TM

Meal Plan at a Glance

DAY	BREAKFAST	LUNCH	DINNER	DESSERT
1	3-Day Reset: Berry Blast Smoothie Serve with 1 slice of toast with 2 tsp nut or seed butter. P. 33	3-Day Reset: Feel Better Chicken Power Bowl Serve with 1 apple. P. 33	3-Day Reset: Powerhouse Chicken Salad This is a balanced plate. P. 33	Evening tea
2	3-Day Reset: Berry Blast Smoothie Serve with 1 slice of toast with 2 tsp nut or seed butter. P. 33	3-Day Reset: Feel Better Chicken Power Bowl Serve with 1 apple. P. 33	3-Day Reset: Powerhouse Chicken Salad This is a balanced plate. P. 33	Evening tea
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4	One-Pan Egg Sandwich Serve with 1 cup berries. P. 37	Chicken & Pasta Salad This is a balanced plate. P. 41	Cheeseburger Pasta Serve with 1 cup sliced veggies. P. 43	Power Up Chocolate Protein Brownie P. 47
5	Power Up Mocha Serve with 1 slice of buttered toast & 3 tbsp unsalted almonds. P. 38	Leftovers: Chicken & Pasta Salad This is a balanced plate. P. 41	Marry Me Chicken Serve with 1 cup steamed veggies and 1 cup cooked pasta. P. 44	Leftovers: Power Up Chocolate Protein Brownie P. 47
6	Get Up & Glow Smoothie Bowl Serve with 2 tbsp unsalted almonds. P. 39	Balsamic Glazed Salmon Salad Bowl Serve with ½ cup cooked rice. P. 42	Cheesy Chicken Casserole Serve with ½ cup steamed veggies and ½ cup cooked rice. P. 45	Leftovers: Power Up Chocolate Protein Brownie P. 47
7	Powered Up Breakfast Crumble This is a balanced plate. P. 40	Leftovers: Balsamic Glazed Salmon Salad Bowl Serve with ½ cup cooked rice. P. 42	Beef Dip Serve with 2 cups leafy greens with 1 tbsp Balsamic Vinaigrette Dressing. P. 46	Blueberry Honey Parfait P. 48

3-Day Reset

BREAKFAST



Berry Blast Smoothie • Makes: 1 serving

- 1 scoop Power Up Protein Blend, your choice
- 1 cup frozen mixed berries
- ½ cup baby spinach
- 1 tsp nut butter or nut-free alternative
- ½ cup water

Perfectly Balance Your Plate: Serve with 1 slice of toast with 2 tsp nut or seed butter.

Substitute your favourite ingredients with the Build Your Own Smoothie chart on Page 106.

LUNCH



Feel Better Chicken Power Bowl • Makes: 1 serving

- ½ cup cooked quinoa
- ¼ avocado, smashed or sliced
- 1 cup cooked, diced chicken
- ½ bell pepper, sliced
- 1 cup baby spinach
- ½ cup cherry tomatoes, halved

Perfectly Balance Your Plate: Serve with an apple.

Substitute your favourite ingredients with the Build Your Own Power Bowl chart on Page 107.

DINNER



Powerhouse Chicken Salad • Makes: 1 serving

- 2 cups baby spinach or mixed greens
- 1 cup roasted chicken, sliced
- 1 cup roasted, mixed vegetables
- 1 large diced, roasted sweet potato
- 1 tbsp prepared Balsamic Vinaigrette Dressing

This is a perfectly balanced plate.

Substitute your favourite ingredients with the Build Your Own Dinner Plate chart on Page 109.

EVENING TEA



Finish your day with 1 cup herbal tea right before bed. Create a soothing ritual!

Grocery List

PRODUCE

- 7 bananas
- 4 bell peppers
- 3 large sweet potatoes
- 1 avocado
- 1 English cucumber
- 1 pitted date
- 1 large lemon
- 1 tomato
- 1 can (14 oz/398 ml) artichoke hearts
- 2 pints cherry tomatoes
- 13 cups baby spinach
- 8 cups mixed greens
- 7 cups mixed berries, fresh or frozen
- 6 cups mixed veggies, fresh or frozen
- 1½ cups blueberries

PANTRY STAPLES

- 4 cups bite-size pasta, your choice
- 1 cup + 1 tbsp nut butter or nut-free alternative
- 1 cup oats
- ½ cup + 1 tsp unsweetened cocoa powder
- ½ cup uncooked quinoa
- ¼ cup + 1 tbsp olive oil
- ¼ cup + 2 tsp balsamic vinegar
- 2 tbsp + 2 tsp honey
- 2 tbsp + 2 tsp oil
- 2 tbsp ketchup
- 1 tbsp Dijon mustard
- 1 tbsp lemon juice
- 1 tsp cinnamon
- ¼ tsp vanilla extract, optional

PROTEIN

- 2 eggs
- 3 lb (1.36 kg) boneless beef blade pot roast or chuck roast
- 2½ lbs (1.13 kg) boneless, skinless chicken breasts
- 1½ lbs (675 g) boneless, skinless chicken breast fillets
- 1 lb (450 g) boneless, skinless chicken thighs
- 1 lb (450 g) lean ground beef
- 1 lb (450 g) salmon fillet, about 1" thick

DAIRY

- ½ brick (8 oz/250 g) cream cheese
- 2 cups + 2 tbsp shredded cheddar cheese
- 2 cups plain 2% Greek yogurt
- 1¼ cups milk, your choice
- 1 cup half-and-half cream (10%)
- ½ cup goat cheese crumbles
- ½ cup sour cream
- ¼ cup unsalted butter *Swap: coconut oil*

OTHER

- 12 French rolls *Tip: Freeze leftover rolls for dinner next week*
- 2 slices bread
- ½ cup cold coffee
- ¼ cup mixed nuts, optional

Other ingredients This week, pick up extra berries, veggies, leafy greens, bread, pasta, and rice to balance out your plates, and olive oil and balsamic vinegar to make Balsamic Vinaigrette Dressing.



MEAL PLANS, GROCERY LISTS & RECIPES

Week 1: Prep Tips

ON PREP DAY, TAKE 60–90 MINUTES TO... MAKE SALADS FOR YOUR 3-DAY RESET

- Pre-cook Chicken: To prep ahead for your 3-day reset meals, cook 1½ lbs (675 g) boneless, skinless chicken breasts seasoned with 1 tbsp SPG Seasoning in the oven or in Multipurpose Steamer. Let cool, then slice or dice chicken.
- Prep Quinoa: Cook quinoa ahead of time. You'll need 1½ cups of cooked quinoa (or ½ cup uncooked) this week to go in Feel Better Chicken Power Bowls.
- Prepare Balsamic Vinaigrette Dressing: This week, you'll need ½ cup. Add a little water, lemon juice, or apple cider vinegar to stretch your dressing.
- Assemble Feel Better Chicken Power Bowls and Powerhouse Chicken Salads and store in individual containers in the fridge before you start the challenge to make your first 3 days a breeze.

WASH FRUITS & VEGGIES

- Rinse, prep and store fruit and berries for the week. You'll need 3 apples to serve with Feel Better Chicken Power Bowls, 1 cup of berries to serve with One-Pan Egg Sandwich, and 4 cups to make Powered Up Breakfast Crumble (if using fresh berries).
- Wash and slice 4 cups of raw veggies to serve with Cheeseburger Pasta, such as carrots, bell peppers, or cucumbers. Store in water to keep fresh; drain before serving.

MAKE ROASTED OR STEAMED VEGGIES

- Roast or steam sweet potatoes and mixed vegetables for Powerhouse Chicken Salads with 1 tbsp SPG Seasoning.
- Steam 6 cups of extra veggies, your choice, seasoned with 1 tbsp SPG Seasoning to balance your plates for Marry Me Chicken and Cheesy Chicken Casserole. Tip: Pick up an extra bag of frozen mixed vegetables—you're already picking some up at the store!

DON'T FORGET DESSERT

- After baking and cooling, individually wrap Power Up Chocolate Protein Brownies and freeze to pull out as needed for the rest of the month.

ON DAY 4

COOK PASTA

- You'll need 4 cups uncooked, bite-size pasta to serve with Chicken & Pasta Salad and Marry Me Chicken. Store in an air-tight container in the fridge; drizzle with a bit of olive oil to prevent sticking.

ON DAY 5 COOK RICE

- You'll need 4 cups cooked rice (or 1½ cups uncooked) to serve with Balsamic Glazed Salmon Salad Bowl and Cheesy Chicken Casserole.

ON DAY 7

- Freeze leftover shredded Beef Dip for dinner next week.

One-Pan Egg Sandwich

Eggs for breakfast? You're off to an egg-cellent start! Packed with protein to power your day, they help keep you full and focused. Start your morning sunnyside strong!



Total Time
5 min



Makes
1 serving



Cost per serving
\$1.65 (CA) • \$1.40 (US)

Ingredients

- 2 eggs
- ½ tbsp CCB Dip Mix
- 2 slices bread
- 2 tbsp shredded cheddar cheese
- 1 slice tomato
- ¼ cup baby spinach

Preparation

1. In a medium bowl, whisk eggs with dip mix. Pour egg mixture into a small, non-stick frying pan over medium heat. Cook eggs until almost cooked through, about 1 min 30 sec.
2. Place 2 slices of bread side by side on top of egg mixture and press down. Using a flipper or your hand, carefully flip bread and eggs over. If there is egg hanging over the side of the bread, fold it over.
3. Top eggs with cheese, tomato, and spinach. Cook until bread is toasted, 1–2 min. Carefully flip one slice of bread over the other to make a sandwich.

MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup mixed berries.

Per serving: Calories 360, Fat 17 g (Saturated 6 g, Trans 0.1 g), Cholesterol 390 mg, Sodium 480 mg, Carbohydrate 29 g (Fibre 2 g, Sugars 5 g), Protein 21 g.



Power Mocha Up

Enjoy a cool and frosty pick-me-up. Bananas and dates create a rich, caramelly experience, mixed with a boost from protein powder. For a sweeter version, add vanilla extract.



Total Time
5 min



Makes
1 serving



Cost per serving
\$3.40 (CA) • \$2.89 (US)

Ingredients

- 1 pitted date
- ½ small frozen banana
- 1 heaping cup ice cubes
- ½ cup cold coffee
- ¼ cup milk, your choice
- 1 scoop Power Up Protein Blend, your choice
- 1 tsp unsweetened cocoa powder
- ¼ tsp vanilla extract, optional

Preparation

1. Coarsely chop date. Slice banana into chunks. Place both in a blender.
2. Add ice cubes, coffee, milk, protein blend, cocoa powder, and vanilla, if using.
3. Cover and blend until just slushy; add more milk, as needed, to reach desired consistency. Pour into chilled glasses.



TIPS

1. If dates are too hard or brittle, pre-soak them in boiling water until soft, about 10 min. Drain and then chop.
2. For easier prep, slice banana before freezing. Store slices in a freezer bag or air-tight container.

MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 slice of buttered toast, and 3 tbsp unsalted almonds.

Per serving: Calories 260, Fat 3.5 g (Saturated 1.5 g, Trans 0.1 g), Cholesterol 5 mg, Sodium 370 mg, Carbohydrate 35 g (Fibre 4 g, Sugars 22 g), Protein 23 g.

Get Up & Glow Smoothie Bowl

Get up, get glowing, and get going! This berry-packed blend is your new A.M. boost—perfect for getting you out the door and feeling fresh. Berries bring their A-game with antioxidants, helping you start your day on the right foot.



Total Time
5 min



Makes
1 serving



Cost per serving
\$4.75 (CA) • \$4.04 (US)

Ingredients

- 1 cup blueberries, fresh or frozen
- ½ cup milk, your choice
- ¼ avocado
- ¼ frozen banana
- 1 scoop Power Up Protein Blend, your choice

Toppings (optional): blueberries, black berries, halved green grapes, sliced kiwis, sliced bananas

Preparation

1. In a blender, combine blueberries, milk, avocado, banana and protein blend until smooth.
2. Turn smoothie into a bowl; garnish with toppings, if desired.

MAKE IT A PERFECTLY BALANCED PLATE

Serve with 2 tbsp raw, unsalted almonds.

Per serving: Calories 370, Fat 13 g (Saturated 3 g, Trans 0.1 g), Cholesterol 10 mg, Sodium 360 mg, Carbohydrate 44 g (Fibre 11 g, Sugars 26 g), Protein 26 g.



Powered Up Breakfast Crumble

Something to share with the fam! This is a cross between a fun, fruity dessert and a breakfast granola. It delivers close to 20 g of protein to fuel your day so you stay strong and keep yourself fuller longer. Use frozen fruit—it keeps the crumble perfectly saucy and is less expensive.



Total Time
15 min



Makes
4 servings



Cost per serving
\$2.60 (CA) • \$2.21 (US)

Ingredients

- 4 cups mixed berries, fresh or frozen
- 1 tbsp Summer Berry Sweet Dip Mix
- 1 tbsp lemon juice
- 1 cup oats
- 1 scoop Power Up Protein Blend, your choice
- 1 tsp cinnamon
- ¼ cup unsalted butter or coconut oil, melted
- ¼ cup mixed nuts, chopped, optional
- 1 cup plain 2% Greek yogurt

Preparation

1. In Multipurpose Steamer, toss berries with sweet dip mix and lemon juice.
2. Microwave uncovered on high for 4 min, or until berries become tender and sauce begins to thicken.
3. Meanwhile, in a bowl, stir together oats, protein blend, cinnamon, butter, and nuts, if desired.
4. Spoon the mixture over warm berries; microwave 4 min or until hot. Serve with Greek yogurt.

THIS IS A PERFECTLY BALANCED PLATE.

Per serving: Calories 400, Fat 16 g (Saturated 9 g, Trans 0 g), Cholesterol 35 mg, Sodium 35 mg, Carbohydrate 48 g (Fibre 11 g, Sugars 18 g), Protein 18 g.

Chicken & Pasta Salad

Make this perfectly balanced lunchtime win ahead of time and serve it chilled as a pasta salad. Mix and match with your favourite veggies or protein.



Total Time
20 min



Makes
4 servings



Cost per serving
\$4.44 (CA) • \$3.55 (US)

Ingredients

- 2 cups small pasta shells
- 1 large lemon
- ¼ cup olive oil
- 1½ tbsp Lemon Dilly Dip Mix
- 1 lb (450 g) boneless, skinless chicken breasts
- 2 bell peppers
- ½ English cucumber
- 1 can (14 oz/398 ml) artichoke hearts

Topping (optional): feta cheese

Preparation

1. In a large pot, cook pasta in boiling water until al dente, 7–8 min.
2. Meanwhile, prepare dressing. In a large bowl, using a box grater or microplane, finely grate zest from lemon. Squeeze in juice from zested lemon. Whisk in oil and dip mix.
3. Cut chicken into bite-sized pieces; place in Multipurpose Steamer. Cover and cook on high 4 min, stirring halfway, or until cooked through. Drain excess liquid.
4. Dice peppers and cucumber. Drain artichoke hearts; roughly chop. Place in bowl with dressing. Set aside.
5. Once pasta is cooked, drain and rinse with cool water to prevent sticking. Add pasta, chicken, and feta, if using, to bowl; stir to mix.



TIP

Olive oil is great for salad dressing. Its mild, earthy flavour pairs well with the punchy lemon in this recipe.

THIS IS A PERFECTLY BALANCED PLATE.

Per serving: Calories 480, Fat 17 g (Saturated 2.5 g, Trans 0 g), Cholesterol 85 mg, Sodium 125 mg, Carbohydrate 48 g (Fibre 7 g, Sugars 5 g), Protein 35 g.



Balsamic Glazed Salmon Salad Bowl

Salmon is a powerhouse of omega-3 fatty acids: they're awesome for heart health and brain function! Fish should be a weekly catch to reel in those health benefits. As for veggies? The more, the merrier! Use your favourites or what's available in the fridge.



Total Time
20 min



Makes
4 servings



Cost per serving
\$5.10 (CA) • \$4.34 (US)

Ingredients

- ¼ cup + 2 tsp balsamic vinegar, divided
- 2 tbsp honey
- 1 tbsp Dijon mustard
- 1 tbsp Balsamic Vinaigrette Dressing Mix, divided
- 1 lb (450 g) salmon fillet, about 1" thick
- 1 tbsp olive oil
- ½ cup goat cheese crumbles
- 8 cups mixed greens
- 1 pint cherry tomatoes

Toppings (optional): balsamic glaze, sliced red onion, sunflower seeds



TIPS

1. Once the salmon has cooked, the sauce that has pooled on the ¼ Sheet Pan Liner is full of flavour! Spoon it on top of salmon, if desired.
2. Swap salmon for 1 lb (450 g) boneless, skinless chicken breasts. Cut it into bite-sized pieces before cooking.

Preparation

1. Preheat oven to 400° F.
2. Meanwhile, prepare sauce. In a bowl, whisk together ¼ cup vinegar, honey, mustard, and 2 tsp dressing mix. Place salmon on ¼ Sheet Pan lined with ¼ Sheet Pan Liner. Pour sauce over salmon. Let stand to marinate while preparing remaining ingredients.
3. For dressing, in a large mixing bowl, whisk together remaining 1 tsp dressing mix and 2 tsp vinegar with oil. Add cheese. Place greens on top; don't mix. Set aside.
4. Bake fish until cooked through, about 8–10 min.
5. Cut cherry tomatoes in half and add to salad bowl.
6. Remove salmon to a cutting board. Slice into 4 portions.
7. Toss salad so dressing is evenly mixed. Divide salad between four plates, and add salmon. Add toppings, if desired.

MAKE IT A PERFECTLY BALANCED PLATE

Serve with ½ cup cooked rice.

Per serving: Calories 320, Fat 15 g (Saturated 4.5 g, Trans 0 g), Cholesterol 70 mg, Sodium 400 mg, Carbohydrate 18 g (Fibre 4 g, Sugars 13 g), Protein 29 g.

Cheeseburger Pasta

High in protein and loaded with flavour, it's comfort food with benefits. Plus, it's a one-pot deal, so dinner's done with no fuss. Slice a batch of raw veggies at the beginning of the week, so come dinnertime, it's a no-think balanced plate—but extra veggie toppings are always welcome on your pasta, too!



Total Time
20 min



Makes
5 servings



Cost per serving
\$2.72 (CA) • \$2.31 (US)

Ingredients

- 1 pkg Cheeseburger Pasta Seasoning
- 2 cups hot water
- 1 lb (450 g) lean ground beef
- 2 tbsp ketchup
- 2 cups uncooked fusilli or bite-size pasta
- 1 cup grated cheddar cheese
- ½ cup milk, your choice

Toppings (optional): diced tomato, shredded lettuce, pickles

Preparation

1. Whisk seasoning with hot water. Set aside.
2. In Sauté Pan, cook ground beef over medium-high heat until browned, using Ground Meat Separator to break up chunks. Drain excess liquid. Stir in ketchup to coat meat.
3. Add in reserved seasoning mixture and pasta. Bring to a boil. Reduce heat; cover and simmer for 15–17 min, or until pasta is tender.
4. Stir in cheese and milk. Continue to simmer; stir until cheese melts and sauce is well combined. Add toppings, if desired.

MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup sliced veggies.

Per serving: Calories 440, Fat 17 g (Saturated 8 g, Trans 0.5 g), Cholesterol 75 mg, Sodium 440 mg, Carbohydrate 39 g (Fibre 2 g, Sugars 4 g), Protein 30 g.



Marry Me Chicken

Say “I do” to this luscious, high protein dish. This recipe is wonderfully creamy and a delightful part of a balanced diet that celebrates flavour! Round out your plate with some pasta to soak up all that saucy goodness.



Total Time
20 min



Makes
4 servings



Cost per serving
\$4.14 (CA) • \$3.52 (US)

Ingredients

- 1 tbsp oil • 1 lb (450 g) boneless, skinless chicken thighs • 1 pkg Marry Me Chicken Seasoning, divided • 1 cup half-and-half cream (10%) • ½ cup water • 2 cups baby spinach

Preparation

1. Heat oil in Sauté Pan over medium-high heat.
2. Season chicken with 2 tbsp seasoning.
3. Whisk remaining seasoning with cream and water. Set aside.
4. Add chicken to pan; brown 2 min per side. Stir in reserved seasoning mixture. Bring to a boil, then reduce heat to medium-low. Cover and simmer 5 min, or until chicken is cooked through, stirring occasionally.
5. Add spinach; cover and cook until wilted.

MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup steamed veggies and 1 cup cooked pasta.

Per serving: Calories 340, Fat 19 g (Saturated 6 g, Trans 0.1 g), Cholesterol 95 mg, Sodium 320 mg, Carbohydrate 10 g (Fibre 2 g, Sugars 2 g), Protein 31 g.

Cheesy Chicken Casserole

Casseroles are living proof that healthy dinners don't have to be complicated! Have some rice and steamed veggies cooked ahead of time to serve alongside.



Total Time
20 min



Makes
6 servings



Cost per serving
\$3.34 (CA) • \$2.84 (US)

Ingredients

- 2 tsp oil
- 1½ lbs (675 g) boneless, skinless chicken breast fillets
- 3 cups frozen mixed veggies
- 1 cup grated cheddar cheese, divided
- ½ brick (8 oz/250 g) cream cheese, softened
- ½ cup sour cream
- 2 tbsp CCB Dip Mix

Preparation

1. Heat oil in Sauté Pan over medium-high heat. Add chicken; cook until golden and cooked through, about 5–6 min per side.
2. Reduce heat to medium. Add veggies, ½ cup cheddar, cream cheese, sour cream, and dip mix. Stir to combine (it's OK if the cream cheese is not fully incorporated yet). Cover and cook 4 min, stirring frequently, or until cheese has melted. 3. Top with remaining ½ cup cheese. Cover and cook 1 min or until cheese has melted.



TIP

Chicken breast fillets are ready to flip when they release easily from the pan—they should have a golden-brown crust.

MAKE IT A PERFECTLY BALANCED PLATE

Serve with ½ cup steamed veggies and ½ cup cooked rice.

Per serving: Calories 390, Fat 20 g (Saturated 10 g, Trans 0.2 g), Cholesterol 130 mg, Sodium 300 mg, Carbohydrate 16 g (Fibre 3 g, Sugars 4 g), Protein 35 g.



Beef Dip

Slow cooker meals are some of the best meal prep tools you can have in your arsenal. Make sure you freeze half the cooked, shredded beef and any extra buns for an easy, pull-out-of-the-freezer dinner next week.



Total Time
1 h 15 min



Makes
12 servings



Cost per serving
\$2.89 (CA) • \$2.46 (US)

Ingredients

- 1 pkg Beef Dip Seasoning
- 1½ cups water
- 3 lb (1.36 kg) boneless beef blade pot roast or chuck roast
- 1 tbsp oil
- 12 French rolls

Preparation

SLOW COOKER 1. Combine seasoning with water. Set aside.
2. Cut roast lengthwise into 3" thick slices. Heat oil in Sauté Pan and brown beef 2 min per side. 3. Place beef in slow cooker with seasoning mixture. Cover and cook on low 6 hrs or on high 4 hrs. 4. Remove beef from slow cooker. Thinly slice or shred and moisten with ¼ cup of jus from slow cooker. Divide between rolls. Serve remaining jus on the side for dipping.

MAKE IT A PERFECTLY BALANCED PLATE

Serve with 2 cups leafy greens and 1 tbsp Balsamic Vinaigrette Dressing.

Preparation

PROGRAMMABLE PRESSURE COOKER

1. Combine seasoning with water. Set aside.
2. Cut roast lengthwise into 3" thick slices. Heat oil in pressure cooker and brown beef 2 min per side.
3. Pour seasoning mixture over beef. Secure lid. Place steam release valve in SEALING position. Press MANUAL button, select HIGH, and set the time to 45 min.
4. When the cook time has finished, naturally release pressure for 15 min.
5. Using a long-handled spoon, push the steam release valve to VENTING position. Release pressure completely before opening lid.
6. Remove beef from pressure cooker. Thinly slice or shred and moisten with ¼ cup of jus from slow cooker. Divide between rolls. Serve remaining jus on the side for dipping.



TIPS

1. Rub half the seasoning over the roast before browning to create more depth of flavour.
2. After slicing or shredding the beef, let it rest in the jus to absorb the flavour—you can even let the beef soak up the jus overnight!

Per serving: Calories 300, Fat 11 g (Saturated 4 g, Trans 0.3 g), Cholesterol 60 mg, Sodium 480 mg, Carbohydrate 22 g (Fibre 2 g, Sugars 1 g), Protein 26 g.

Power Up Chocolate Protein Brownies

Power up with these epic brownies when you need to satisfy a craving! They're packed with 4 grams of protein, so you're getting the most out of your sweets—protein slows the absorption of glucose to help you avoid a sugar spike (and crash!).



Total Time
38 min



Makes
25 servings



Cost per serving
\$0.53 (CA) • \$0.45 (US)

Ingredients

- 6 ripe bananas
- 1 cup almond butter or nut-free alternative
- ½ cup cocoa powder
- 2 scoops Protein Blend, your choice

Preparation

1. Preheat oven to 350° F. Lightly oil an 8" square pan.
2. Using Ground Meat Separator, mash bananas into a large bowl. Add almond butter, cocoa powder, and protein blend; mix until smooth.
3. Scrape batter into pan and smooth top. Bake 32 min, or until a toothpick inserted into the centre comes out clean. Cool in pan before serving.

Per serving (1 brownie): Calories 100, Fat 6 g (Saturated 0.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 25 mg, Carbohydrate 10 g (Fibre 3 g, Sugars 4 g), Protein 4 g.



Blueberry Honey Parfait

Enjoy layers of yum! Greek yogurt is perfect for a healthy dessert: it's naturally sweet and creamy, and high in calcium, probiotics, and protein. In fact, this dessert is packed with 12 grams of protein to promote fullness after a meal.



Total Time
3 min



Makes
2 servings



Cost per serving
\$1.72 (CA) • \$1.46 (US)

Ingredients

- ⅓ cup frozen blueberries
- 1 tbsp Summer Berry Sweet Dip Mix
- 1 cup plain 2% Greek yogurt
- 2 tsp honey

Preparation

1. Combine blueberries and dip mix in a small bowl; microwave uncovered on high 30–45 seconds, or until hot. Lightly mash and stir together.
2. Scoop 1 tbsp each of the berry mixture into two small, transparent glasses. To create parfait layers, add ¼ cup yogurt, 1 tsp honey, remaining yogurt, then remaining berry mixture, to each glass.



TIP

When building your parfait layers, be sure each layer reaches the edges of the glass so you can really see each layer! To do this, gently tap the bottom of each glass on the counter.

Per serving: Calories 130, Fat 2.5 g (Saturated 1.5 g, Trans 0.2 g), Cholesterol 5 mg, Sodium 60 mg, Carbohydrate 18 g (Fibre 2 g, Sugars 15 g), Protein 12 g.