

# Your Weekly Meal Plan

Comfort Food



Monday

## Basic Meatloaf with Creamy Tomato Sauce

- + 1 cup mashed sweet potato per serving
- + 1/2 cup peas per serving
- + 3/4 cup yogourt with 1/2 cup frozen berries

click

## Weekly Shopping List

Take an inventory of your pantry, and click on items to remove them from your shopping list

### Meat, Seafood & Dairy

- + Eggs
- + Low-Sodium Bacon
- + Buttermilk
- + Chicken Thighs
- + Parmesan Cheese
- + Light Ricotta Cheese
- + Mozzarella Cheese
- + Yogourt
- + Whipping Cream
- + Lean Ground Beef

### Produce & Bakery

- + Onion
- + Cremini Mushrooms
- + Mirepoix Mix
- + Fresh Rosemary
- + Mixed Mushrooms (Shiitake, Oyster & Cremini)
- + Garlic
- + Dried Oregano
- + Potatoes
- + Salad Greens
- + Pears
- + Baby Carrots
- + Celery
- + Broccoli
- + Cucumber
- + Romaine Lettuce

### Non-Perishable & Frozen

- + Sensations by Compliments Tuscan Olive Oil
- + Tomato & Basil Bisque
- + Panko Breadcrumbs
- + Canola Oil
- + Package White Cheddar Macaroni & Cheese
- + Garlic Powder
- + Cayenne Pepper
- + All-Purpose Flour
- + Cornstarch
- + Sensations by Compliments Spirited Mickie Seriously Sriracha BBQ Sauce
- + Maple Syrup
- + Frozen Waffles
- + Reduced-Sodium Chicken Broth
- + Quick Rolled Oats
- + Tomato Passata (Jarred Strained Tomato Sauce)
- + Oven-Ready Lasagna Noodles
- + Frozen Peas
- + Frozen Mixed Berries
- + Brown Rice
- + Caesar Vinaigrette



Tuesday

## Crispy Bacon Macaroni & Cheese

- + 2 cups salad greens with Italian vinaigrette per serving
- + 1 pear per serving

click



Wednesday

## Maple-Glazed Fried Chicken & Waffles

- + 1 cup mixed raw veggies per serving (baby carrots, celery, broccoli, cucumber)

click



Thursday

## Skillet Chicken Pot Pie

- + 1 cup cooked brown rice per person
- + 1 cup fresh sliced seasonal fruit with whipped cream per serving

click



Friday

## Veal & Mushroom Lasagna

- + 2 cups romaine with 2 tbsp Caesar vinaigrette per serving

click

## BASIC MEATLOAF WITH CREAMY TOMATO SAUCE

Prep time: 5 min. | Total time: 1 hr. | Serves: 6

1 container *Sensations by Compliments*

Tuscan Tomato & Basil Bisque

1 lb (500 g) lean ground beef

1 egg, lightly beaten

3/4 cup (175 mL) panko breadcrumbs

2 tbsp (30 mL) onion, finely chopped

1/2 tsp (2 mL) each salt and pepper

### Directions:

1. Preheat oven to 350°F (180°C). In a large bowl, mix together the ground beef and 3/4 cup (175 mL) of the tomato bisque. Next add the egg, breadcrumbs, onion, salt and pepper and mix by hand until just combined, being careful not to over mix.
2. Add beef mixture to a greased 9 X 5-in. (23 x 13-cm.) loaf pan. Cover with aluminum foil and bake 45 min., or until meatloaf reaches an internal temperature of 160°F (71°C).
3. Simmer remaining soup in saucepan and drizzle over sliced meatloaf to serve.

**Per serving** (1/6 of the recipe):

**320** calories, **16 g** total fat, **7 g** saturated fat, **22 g** carbohydrates, **7 g** sugar, **21 g** protein, **90 mg** cholesterol, **1 g** fibre, **610 mg** sodium

## CRISPY BACON MACARONI & CHEESE

Prep Time: 10 mins | Total Time: 30 mins | Serves: 4

1 pkg (200 g) white Cheddar macaroni & cheese

1/2 cup (125 mL) shredded Swiss cheese

1/4 cup (60 mL) panko bread crumbs

1 green onion, chopped

2 slices low-sodium bacon, cooked through but not crispy, chopped into 1/2-in. (1-cm) pieces  
pepper to taste

### Directions:

1. Prepare macaroni and cheese according to package directions.
2. In a medium ovenproof pan or dish (about 4 cups/1 L), spread cooked macaroni and cheese in 1-in. (2.5-cm) layer. Top with Swiss cheese, then sprinkle panko, green onion

and bacon over top. Broil on top rack of oven until golden and bubbly, and bacon edges are crispy, 2 to 4 min.

**Per serving** (1/4 of the recipe):

**370** calories, **16 g** total fat, **9 g** saturated fat, **43 g** carbohydrates, **7 g** sugar, **13 g** protein, **45 mg** cholesterol, **2 g** fibre, **540 mg** sodium

## MAPLE-GLAZED FRIED CHICKEN & WAFFLES

Prep time: 5 min. | Total time: 1 hr. | Serves: 4

2 cups (500 mL) buttermilk

1 tsp (5 mL) garlic powder

1 tsp (5 mL) each salt and pepper, divided

1/2 tsp (2 mL) cayenne pepper

4 chicken thighs

1 cup (250 mL) all-purpose flour

1 tbsp (15 mL) cornstarch

1/2 cup (125 mL) *Sensations by Compliments*

Spirited Mickie Seriously Sriracha BBQ Sauce

2 tbsp (30 mL) maple syrup, plus extra to serve

4 cups (1 L) canola oil, for frying

8 store-bought waffles

### Directions:

1. Whisk together buttermilk, garlic powder, 1/2 tsp (2 mL) each of the salt and pepper, and cayenne in large bowl. Add chicken; turn to coat. Cover and refrigerate 20 min., or overnight.
2. In another large bowl, mix flour, cornstarch and remaining salt and pepper. Remove chicken from buttermilk mixture, letting excess drip off. Dredge chicken in flour mixture, shaking off excess. Place chicken on plate and set aside. In small bowl, mix barbecue sauce and maple syrup. Set aside.
3. Pour oil into large, deep cast-iron skillet or heavy saucepan to depth of 1 in. (2.5 cm). Set on medium heat until temperature of oil reaches 350°F (180°C). Fry chicken, 2 pieces at a time, turning often, until deep golden brown and crispy, 12 to 14 min. Remove chicken from oil to check that a meat thermometer inserted into thickest part reads 165°F (74°C). Place fried chicken on rack set on baking sheet or paper-lined platter to

drain. Brush barbecue sauce mixture over hot chicken.

4. Prepare waffles according to package directions. Place chicken on waffles and serve with leftover barbecue sauce mixture for dipping and extra maple syrup to drizzle.

**Per serving:**

**670** calories, **35 g** fat, **7 g** saturated fat, **61 g** carbohydrates, **20 g** sugars, **28 g** protein, **61 mg** cholesterol, **2 g** fibre, **1080 mg** sodium

## SKILLET CHICKEN POT PIE

Prep time: 15 min. | Total time: 45 min. | Serves: 4

1/4 cup (60 mL) butter, divided

1/2 lb (250 g) cremini mushrooms, quartered

1 pkg (250 g) mirepoix mix

2 cloves garlic, minced

2 tsp (10 mL) finely chopped fresh rosemary

2 tbsp (30 mL) all-purpose flour

2 1/2 cups (625 mL) reduced-sodium chicken broth

2 cups (500 mL) chopped cooked chicken

3/4 cup (175 mL) quick rolled oats

1/3 cup (75 mL) grated Parmesan cheese

### Directions:

1. Melt 2 tbsp butter in a 12-in. (30-cm) skillet set over medium-high heat. Saute mushrooms with mirepoix mix, garlic and rosemary 10 min. or until vegetables start to soften.
2. Sprinkle flour over top. Cook, stirring 2 min. Gradually stir in broth. Bring to a boil. Stir in chicken. Reduce heat to low. Simmer 20 min. or until sauce has thickened and vegetables are tender.
3. To make crumble topping, melt remaining 2 tbsp butter and combine with oats in medium bowl. Stir in cheese. Sprinkle on top of chicken mixture in skillet. Place under broiler for 3 to 4 min., or until topping is golden.

**Per serving** (1/4 of the recipe):

**370** calories, **17 g** fat, **9 g** saturated fat, **22 g** carbohydrates, **4 g** sugar, **31 g** protein, **90 mg** cholesterol, **3 g** fibre, **710 mg** sodium

## BEEF & MUSHROOM LASAGNA

Prep Time: 10 mins | Total Time 80 mins | Serves: 8

1 tbsp (15 mL) olive oil

12 oz (375 g) lean ground beef

1 pkg (8 oz, 227 g) mixed mushrooms (shiitake, oyster and cremini), sliced

4 cloves garlic, minced

1 onion, chopped

1 tsp (5 mL) dried oregano

1 tsp (5 mL) each salt and pepper

4 cups (1 L) tomato passata (jarred strained tomato sauce)

12 oven-ready lasagna noodles

1 tub (475 g) light Ricotta cheese

1/2 cup (125 mL) grated Parmesan cheese

1/2 cup (125 mL) grated mozzarella cheese

### Directions:

1. Heat oil in large skillet set over high heat. Saute ground beef, mushrooms, garlic, onion, oregano, salt and pepper 10 to 12 min., or until meat is browned and mushrooms are tender. Add passata and 1/2 cup (125 mL) water and simmer 7 min.
2. Ladle 1/2 cup (125 mL) meat mixture into bottom of greased 9x13-in. (3-L) baking dish. Place 4 lasagna noodles over top. Spread 1 cup (250 mL) meat mixture and 2/3 cup (150 mL) of ricotta on top of noodles. Repeat noodle/meat mixture/ricotta layers two more times. Top with remaining sauce, Parmesan and mozzarella cheese.
2. Cover with foil. Bake in preheated 400°F (200°C) oven 40 min. Remove foil and bake an additional 10 min., or until golden brown and bubbling. Rest 10 min. before slicing.

**Per serving** (1/8 of the recipe):

**350** calories, **11 g** total fat, **3.5 g** saturated fat, **37 g** carbohydrates, **8 g** sugar, **25 g** protein, **35 mg** cholesterol, **4 g** fibre, **820 mg** sodium