

# 5 EASY MEALS. FOR REAL.

## YOUR EASY 5-NIGHT MEAL PLAN

Repeat after us: I can make and stick to a meal plan. Now, get started with this easy 5-night meal plan featuring 5 nights' worth of healthy and delicious family-friendly recipes. With easy-to-follow instructions, only 4 to 7 ingredients each and the whole grocery list coming in under \$100, it's a plan you'll enjoy sticking to!

### SHOPPING LIST

4 whole chicken legs	1 can (341 mL) Longo's Corn
1 pkg (454 g) ground pork	1 bottle Longo's Ranch Salad Dressing
1 pkg (454 g) Longo's Signature Raw Jumbo Black Tiger Shrimp	1 bottle hoisin sauce
1 pkg (454 g) ground beef	1 jar Longo's Basil and Pine Nut Pesto Sauce
1 pkg Longo's Sweet Potato Fries	1 can (540 mL) Longo's Petite Cut Tomatoes with Garlic and Olive Oil
1 pkg Longo's fresh thyme	1 jar Longo's Sundried Tomatoes in Oil
1 avocado	4 cups beef broth
1 bunch green onions	1 pkg (300 g) extra firm tofu
1 bag (397 g) coleslaw mix	1 pkg (350 g) Longo's Fresh Fettuccine Pasta
1 head Boston leaf lettuce	1 pkg (500 g) Longo's Fresh Beef Tortellini
1 pkg (227 g) Longo's sliced mushrooms	
1 bottle Longo's Caribbean Jerk Cooking and Grilling Sauce	
1 can (540 mL) Longo's Mixed Beans	

**SHOPPING TOTAL: \$81.32**

### PANTRY ITEMS

Red onion	Soy sauce
Garlic	Rice vinegar
Fresh ginger	Longo's 100% Pure Canola Oil
Cajun spice	Longo's Extra Virgin Olive Oil
Salt and Pepper	



### MONDAY: JERK CHICKEN AND SWEET POTATO SHEET PAN SUPPER

This easy spiced up dinner is great to serve up to your busy family!

Prep: 10 min Cook: 35 min Serves: 4 to 6

- 4 chicken legs, cut into thighs and drumsticks (about 3 lb)
- 1/2 cup Longo's Caribbean Jerk Cooking and Grilling Sauce
- 1 pkg (400 g) Longo's Sweet Potato Fries
- 1 small red or yellow onion, cut into wedges
- 1 tsp chopped Longo's Fresh Thyme

Pierce chicken pieces all over with fork. Toss with jerk sauce and place on parchment-paper-lined baking sheet. Roast in preheated 400°F oven for 15 minutes.

Toss sweet potato fries, onion and thyme with 1 tbsp Longo's 100% Pure Canola Oil and 1/4 tsp each salt and pepper. Add to baking sheet and roast for another 20 minutes or until chicken is no longer pink and fries are tender.

*Get-ahead tip: Marinate chicken in a resealable bag and refrigerate overnight for additional flavour.*

Per serving (1/4 recipe): 640 calories; 43 g protein; 38 g fat; 28 g carbohydrate; 3 g fibre; 11 g sugars; 580 mg sodium.





## TUESDAY: TEX-MEX TOFU SALAD

A vegetarian twist using well-seasoned tofu makes this a tasty dinner and makes sure leftovers are packed for lunch.

Prep: 10 min Cook: 8 min Serves: 4

- 1 can (540 mL) Longo's Mixed Beans, drained and rinsed
- 1 avocado, diced
- 1 can (341 mL) Longo's Corn, drained
- 4 green onions, sliced
- 1/4 cup Longo's Ranch Salad Dressing
- 1 pkg (300 g) extra-firm tofu or halloumi cheese, cubed
- 2 tsp Cajun spice mix

Toss together beans, avocado, corn, green onions, salad dressing and pinch each of salt and pepper; set aside.

Coat tofu with 2 tbsp Longo's 100% Pure Canola Oil and Cajun spice.

Heat 1 tbsp Longo's 100% Pure Canola Oil over medium-high heat. Brown tofu for about 8 minutes, stirring occasionally, until golden brown. Add to salad and toss gently to combine.

*Get-ahead tip: Toss tofu with oil and Cajun spice and refrigerate overnight for a bigger flavour.*

Per serving: 440 calories; 17 g protein; 24 g fat; 42 g carbohydrate; 11 g fibre; 5 g sugars; 720 mg sodium.



## WEDNESDAY: MOO SHU PORK

To add more colour, use up crisper veggies like carrots, peppers or zucchini in this mixture too.

Prep: 10 min Cook: 10 min Serves: 4

- 1 pkg (454 g) ground pork
- 2 cloves garlic, minced
- 1 tbsp minced fresh ginger
- 1 bag (397 g) coleslaw mix
- 1/4 cup hoisin sauce
- 1 tbsp each soy sauce and rice vinegar
- 1 head Boston leaf lettuce

Heat 1 tbsp Longo's 100% Pure Canola Oil in nonstick skillet over medium heat. Cook pork, garlic and ginger for about 8 minutes or until no longer pink inside. Add coleslaw mix, hoisin, soy sauce and vinegar; stir to combine and cook for about 2 minutes or until coleslaw wilts slightly.

Serve with lettuce cups.

Per serving: 240 calories; 25 g protein; 9 g fat; 15 g carbohydrate; 3 g fibre; 9 g sugars; 550 mg sodium.





### THURSDAY: PESTO PASTA AND SHRIMP

This classic can always benefit from more garlic if your family are true garlic lovers! Change up this easy meal and use scallops when you can.

Prep: 5 min Cook: 10 min Serves: 4 to 6

- 1 bag (454 g) Longo's Signature Raw Jumbo Black Tiger Shrimp (21/25ct)**
- 3 cloves garlic, minced**
- 1/2 cup Longo's Basil and Pine Nut Pesto Sauce**
- 1 pkg (350 g) fresh Longo's Fettuccine Pasta**

Heat 3 tbsp Longo's Extra Virgin Olive Oil over medium-high heat. Add shrimp and garlic; cook, stirring, for 3 minutes or until shrimp are pink and cooked through. Reduce heat to low and stir in pesto sauce to warm through; set aside.

Cook pasta in pot of boiling salted water for about 5 minutes or until tender but firm; drain, reserving 1/2 cup of cooking water. Add pasta to shrimp mixture and enough of the pasta water to coat and create sauce; toss well to coat.

*Get-ahead tip: Cook pasta the night before, drain well and chill with cold water. Toss with oil and pack in a resealable bag. Add directly to the sauce to heat through.*

Per serving (1/4 recipe): 630 calories; 36 g protein; 30 g fat; 53 g carbohydrate; 3 g fibre; 2 g sugars; 470 mg sodium.



### FRIDAY: BEEF TORTELLINI SOUP

Hearty and filling, this soup truly eats like a stew filled with plump beef tortellini.

Prep: 5 min Cook: 25 min Serves: 4 to 6

- 1 pkg (500 g) fresh Longo's Beef Tortellini**
- 227 g lean ground beef**
- 1 pkg (227 g) Longo's Sliced Mushrooms**
- 3 cloves garlic, minced**
- 1 can (540 mL) Longo's Petite Cut Tomatoes with Garlic and Olive Oil**
- 1/4 cup diced Longo's Sundried Tomatoes in Oil, drained**
- 4 cups beef broth**

Boil tortellini in pot of boiling salted water for 10 minutes or until tender but firm. Drain well and set aside.

Heat 1 tbsp Longo's 100% Pure Canola Oil over medium-high heat. Cook beef, mushrooms, garlic and 1/4 tsp each salt and pepper, stirring often, for about 10 minutes or until beef is no longer pink and mushrooms are softened. Add tomatoes, sundried tomatoes and broth; bring to a simmer. Add tortellini and heat through before serving.

*Get-ahead tip: Cook tortellini the night before, drain well and chill with cold water. Toss with oil and pack in a resealable bag. Add directly to the soup to heat through.*

Per serving (1/6th recipe): 370 calories; 23 g protein; 13 g fat; 50 g carbohydrate; 4 g fibre; 7 g sugars; 960 mg sodium.

