

5 EASY MEALS. FOR REAL.

YOUR EASY 5-NIGHT MEAL PLAN

Do you sometimes say you'll make a meal plan but never quite get to it? Well that's about to change! Here are 5 days' worth of delicious family-approved recipes that are simple to prepare. Using 6 to 8 ingredients in each recipe and ready in 30 minutes – it's easy to become a meal plan master.

SHOPPING LIST

4 Atlantic salmon fillets	1 tub Longo's Whipped Tahini Spread
2 grilling striploin steaks	Longo's Meal Kit Black and Brown Rice
4 lamb shoulder chops or 1 boneless lamb leg	Longo's Hickory Smoke Barbecue Sauce
1 lb boneless, skinless chicken breasts	Longo's Thai Grilling Sauce
2 bunches broccolini	Longo's Pesto Basil
1 red onion	Longo's Baguette
4 red bell peppers	Longo's Cheddar
3 zucchini	1 tub mini bocconcini
2 portobello mushrooms	1 small pkg feta cheese
1 pkg (142g) Longo's Baby Spinach	1 pkg Longo's Frozen Cauliflower Pizza Crusts
1 cored fresh pineapple	
1 lime	

SHOPPING TOTAL: \$133.04

PANTRY ITEMS

Longo's 100% Pure Canola Oil	Hoisin sauce
Longo's Cider Vinegar	Sesame oil
Longo's Balsamic Vinegar	Garlic
Salt and pepper	Ginger
Longo's Curry Powder	Longo's Italian Salad Dressing
Longo's Ground Cumin	Longo's Horseradish



MONDAY: GRILLED VEGGIE CAULIFLOWER PIZZA

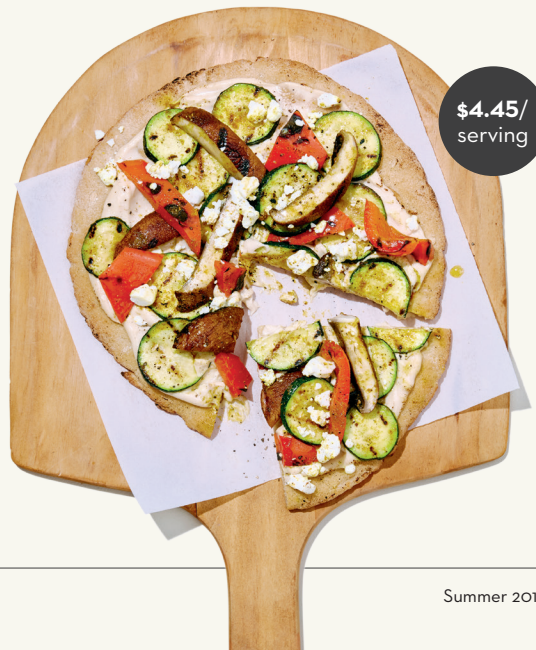
Prep: 5 min Cook: 15 min Serves: 4

- 1 large red bell pepper, quartered
- 1 zucchini, thinly sliced
- 2 portobello mushrooms, stems and gills removed
- 1 tsp curry powder
- 1/2 tsp ground cumin
- 1 pkg (500g) Longo's Cauliflower Pizza Crust (2)
- 1 tub (227g) Longo's Whipped Tahini Spread
- 1 cup crumbled feta cheese

Toss pepper, zucchini and mushrooms with 2 tbsp Longo's 100% Pure Canola Oil, curry powder, cumin, and 1/4 tsp each salt and pepper. Place on preheated greased grill over medium-high heat. Grill, turning once, for about 8 minutes or until tender. Slice mushrooms and pepper.

Spread crusts with tahini spread and top with vegetables. Sprinkle with feta and return to grill. Close lid and heat through for about 5 minutes or until crust is crisped.

Per serving: 750 calories; 14g protein; 37g fat; 90g carbohydrate; 11g fibre; 13g sugars; 1,510mg sodium.





TUESDAY: GRILLED HAWAIIAN CHICKEN SALAD

Prep: 5 min Cook: 15 min Serves: 4

- 2 boneless, skinless chicken breasts (about 1lb total)
- 4 1-inch-thick slices fresh cored pineapple
- 1/3 cup Longo's Thai Grilling Sauce
- 1 pkg (142g) Longo's Baby Spinach
- 1 small red bell pepper, thinly sliced
- 1 lime

Coat chicken breasts with 1 tbsp Longo's 100% Pure Canola Oil and 1/4 tsp each salt and pepper. Place on preheated greased grill over medium-high heat with pineapple slices. Grill, turning pineapple once, for 5 minutes while brushing with grilling sauce. Remove pineapple slices and turn chicken over; grill and brush for about 8 minutes more or until chicken is no longer pink inside. Remove to cutting board.

Toss together spinach and pepper in large bowl. Thinly slice chicken and pineapple and add to bowl.

Zest lime and measure out 1/2 tsp into small bowl. Squeeze juice from lime and add to bowl. Add 2 tbsp Longo's 100% Pure Canola Oil and 1/4 tsp each salt and pepper; whisk together. Drizzle over salad and toss to combine.

Per serving: 350 calories; 30g protein; 14g fat; 21g carbohydrate; 3g fibre; 15g sugars; 770mg sodium.



WEDNESDAY: GRILLED HOISIN SALMON AND BROCCOLINI

Prep: 5 min Cook: 10 min Serves: 4

- 4 Atlantic salmon portions (about 1 1/4lb total)
- 3 tbsp hoisin sauce
- 1 tbsp sesame oil
- 2 bunches broccolini or 1 bunch asparagus, trimmed
- 1 tbsp minced fresh ginger
- 2 cloves garlic, minced
- 1 pkg (450g) Longo's Meal Kit Cooked Black and Brown Rice, heated

Coat salmon with hoisin, sesame oil and 1/4 tsp each salt and pepper.

Toss broccolini with 2 tbsp Longo's 100% Pure Canola Oil, ginger, garlic and 1/2 tsp each salt and pepper. Place salmon and broccolini on preheated greased grill over medium-high heat. Grill, turning once, for 8 to 10 minutes or until salmon flakes when tested and broccolini is charred. Remove both to plate and serve over rice.

Per serving: 670 calories; 26g protein; 26g fat; 76g carbohydrate; 4g fibre; 4g sugars; 710mg sodium.



\$4.13/
serving



\$9.94/
serving



THURSDAY: GRILLED PESTO LAMB

Prep: 15 min Cook: 20 min Serves: 4

- 1/3 cup plus 2 tbsp Longo's Basil Pesto
- 2 tbsp Longo's Cider Vinegar
- 4 lamb leg chops or 1 boneless lamb leg (about 2lb)
- 2 red bell peppers, quartered
- 2 zucchini, thinly sliced
- 1 tub (200g) mini bocconcini, drained
- 1 tbsp Longo's Signature Balsamic Vinegar (Silver Label)

Whisk together 1/3 cup of the pesto, vinegar, 1 tbsp Longo's 100% Pure Canola Oil, and 1/4 tsp each salt and pepper. Add lamb chops and turn to coat.

Toss peppers and zucchini with 1 tbsp Longo's 100% Pure Canola Oil and 1/4 tsp each salt and pepper. Place zucchini and peppers on preheated greased grill over medium-high heat. Grill for 8 minutes, turning once, until golden. Set aside.

Place lamb chops on grill for about 8 minutes, turning once, until medium rare. Remove to plate.

Meanwhile, chop peppers and zucchini and place in bowl with bocconcini. Drizzle with balsamic vinegar, 2 tbsp pesto, and 1/4 tsp each salt and pepper; stir to coat. Serve with lamb chops.

Tip: If using boneless lamb leg, grill until meat thermometer reaches 135°F, which may take about 15 minutes.

Per serving: 760 calories; 49g protein; 57g fat; 12g carbohydrate; 2g fibre; 6g sugars; 730mg sodium.



FRIDAY: GRILLED STEAK AND HORSERADISH PANINI

For a peppery bite to this sandwich, tuck in a few baby arugula leaves before serving.

Prep: 10 min Cook: 8 min Serves: 4

- 2 grilling beef steaks (striploin or ribeye; about 1lb total)
- 1/3 cup Longo's Italian Dressing
- 1 red onion, cut into wedges
- 1/2 cup Longo's Hickory Smoke Barbecue Sauce
- 2 tbsp Longo's Horseradish
- 1 Longo's Baguette, halved
- 4 to 6 slices Longo's Cheddar

Coat steaks with dressing and 1/4 tsp each salt and pepper; let stand for 10 minutes.

Place steaks and onion wedges on preheated greased grill over medium-high heat. Grill, turning once, for about 8 minutes or until steaks are medium rare and onion is tender crisp. Let steak stand for 3 minutes before slicing thinly. Cut root end off onion wedges.

Whisk together barbecue sauce and horseradish in small bowl and spread onto baguette. Top with steak and onions. Layer cheese on top and warm through on the grill until lightly toasted. Cut into 4 to serve.

Per serving: 680 calories; 42g protein; 24g fat; 68g carbohydrate; 2g fibre; 19g sugars; 1,300mg sodium.

