

# Make Ahead Weekly Menu

Here are 5 delicious and nutritious meal ideas for a family of four – UNDER \$100

No matter how you slice it, weeknights can get a little choppy in the kitchen. That's why making these healthy fridge-ready meals from scratch ahead of time is the way to go. It's simple. Plan and prep your Monday to Friday meal plan on Sunday. Follow our healthy recipes that fill Half Your Plate with fresh vegetables. Voila... weeknight dinners will be served in a snap.



## MONDAY

Tilapia Topped  
Zucchini Pasta with  
Arugula Pesto



## TUESDAY

Lemony Greens and  
Chickpea Bulgur Bowl



## WEDNESDAY

Fusilli with Avocado  
and Turkey Meatball  
Sauce



## THURSDAY

Kale Salad with  
Herbed Beef



## FRIDAY

Turkey Noodle Bowl

### Grocery List

#### Produce

- 1 pkg Longo's Fresh Thyme
- 1 bunch fresh parsley
- 1 small piece fresh ginger
- 1 pkg Longo's Portobello Mushrooms (4)
- 1 bunch fresh cilantro
- 3 zucchini
- 1 tub (142 g) Longo's Baby Arugula
- 1 bunch fresh broccoli
- 1 tub (312 g) Longo's Powerblend Cooking Greens
- 4 red bell peppers
- 2 small lemons
- 1 tomato
- 1 bunch green onions
- 1 tub (142 g) Longo's Baby Kale
- 1 yellow bell pepper
- 1 avocado

#### Seafood/Meat

- 2 lbs ground turkey
- 1 striploin steak
- 4 tilapia fillets

#### Grocery

- 1 pkg sodium-reduced miso paste
- 1 can Longo's Chickpeas
- 1 bag Longo's Bulgur

#### Frozen

- 1 bag shelled edamame

**Total cost \$97.84\***

For 5 meals, 4-6 servings per meal

### Pantry Items

#### Have Buy

- sodium-reduced vegetable broth
- Longo's Extra Virgin Oil and 100% Pure Canola Oil
- Longo's Balsamic Vinegar
- sodium-reduced soy sauce
- Longo's Cider Vinegar
- Longo's Pure Maple Syrup
- Longo's Dijon Mustard
- salt and pepper
- Montreal steak spice
- Longo's Seasoned Breadcrumbs

#### Have Buy

- Longo's Artisan Fusilli Pasta
- Longo's Pumpkin Seeds
- Longo's Sunflower Seeds
- Longo's Cashews
- sriracha or other hot sauce
- rice vermicelli noodles
- onions
- garlic
- apple
- fresh grated Parmesan cheese
- carrots
- eggs

\*Menu plan price calculated in advance of publication and is based on 5 meals with 4 servings each. Prices may vary.



### Convenience at your fingertips

If you're pressed for time and too busy to shop, we offer online shopping and delivery – right to your doorstep! Fast. Easy. 7 days a week.

# Sunday Prep Plan

You'll be surprised at how doing a little legwork on weekends can give you a leg up on weekdays. Map out your week on Sunday with these 5 easy recipes. To boost your energy, each dish fills Half Your Plate with a healthy serving of veggies.

## Bulgur

- 2 cups sodium-reduced vegetable broth
- 1 cup Longo's Bulgur
- 1 clove garlic, minced
- 1 tsp Longo's Fresh Thyme, chopped

BRING broth, bulgur, garlic and thyme to a boil. Reduce heat; cover and simmer gently for 15 minutes or until liquid is absorbed and bulgur is tender. Place in airtight container and refrigerate.

## Portobello Mushrooms

- 4 Longo's Portobello Mushrooms, stems removed
- 1 tbsp each Longo's Extra Virgin Olive Oil and Longo's Balsamic Vinegar
- 1/4 tsp fresh ground pepper

SCRAPE gills out of mushrooms with small spoon. Combine oil, vinegar and pepper and toss with mushrooms. Place on parchment-paper-lined baking sheet.

BAKE in preheated 425°F oven for 10 minutes or until golden and juicy. Let cool. Divide into 2 airtight containers. Refrigerate 1 container for Tuesday and freeze the other for Thursday.

## Miso Soy Turkey

- 1 lb ground turkey
- 2 tbsp fresh cilantro, chopped
- 1 tbsp each sodium-reduced soy sauce and miso paste

COOK turkey, cilantro, soy and miso in large nonstick skillet over medium-high heat, stirring frequently until no longer pink inside. Let cool; place in airtight container and freeze.

## Zucchini Pasta

- 3 zucchini

USING a mandolin or knife, thinly slice zucchini into long strands similar to pasta. Cover and refrigerate.

## Arugula Pesto

- 1 cup Longo's Baby Arugula
- 1/3 cup fresh grated Parmesan cheese
- 1/4 cup Longo's Extra Virgin Olive Oil
- 3 tbsp sodium-reduced vegetable broth
- 1 clove garlic, minced

PURÉE arugula, Parmesan, oil and broth in food processor until smooth. Stir in garlic. Cover and refrigerate.

## Maple Apple Dressing

- 1 tbsp Longo's 100% Pure Canola Oil
- 1 small onion, finely chopped
- 1 apple, peeled, cored and diced
- 1 tsp chopped fresh Longo's Thyme
- 3 tbsp Longo's Pure Maple Syrup
- 2 tbsp Longo's cider vinegar
- 2 tsp Longo's Dijon Mustard
- Pinch each salt and pepper

HEAT oil over medium heat in small nonstick skillet. Cook onion, apple and thyme for about 7 minutes or until very soft and starting to become golden. Remove from heat and stir in maple syrup, vinegar, mustard, salt and pepper. Let cool; cover and refrigerate.

## Garlic Striploin Steak

- 1 striploin steak, excess fat trimmed (about 400 g), thinly sliced
- 2 tsp Longo's 100% Pure Canola Oil
- 1 tsp Montreal steak spice, crushed
- 2 cloves garlic, minced

PLACE sliced steak in resealable bag. Add oil, steak spice and garlic and move them around to coat steak. Seal bag and freeze.

## Turkey Meatballs

- 2 cups small broccoli florets
- 1 lb ground turkey
- 1/2 cup Longo's Seasoned Breadcrumbs
- 3 cloves garlic, minced
- 1 egg

STEAM broccoli in microwaveable bowl with 1/4 cup of water, covered, in microwave for about 4 minutes or until soft. Drain and mash; set aside to cool.

COMBINE turkey, breadcrumbs, garlic and egg in large bowl. Stir in broccoli and shape mixture into 1-inch meatballs. Place on parchment-paper-lined baking sheet.

BAKE in preheated 350°F oven for about 15 minutes or until no longer pink inside. Let cool; place in resealable bag or container and freeze.

## Pasta

- 1/2 bag Longo's Artisan Fusilli Pasta
- 1 tbsp Longo's 100% Pure Canola Oil

BOIL pasta in large pot of salted water for about 7 minutes or until tender but firm. Drain well and rinse under cold water. Drain again and toss with oil. Refrigerate in resealable bag.



Filling Half Your Plate with fruits and vegetables is easy when you have smart recipes to back you up. Whether you eat them straight up or purée to play them down, get great tips at [www.halfyourplate.ca](http://www.halfyourplate.ca).

# Monday

## Tilapia Topped Zucchini Pasta with Arugula Pesto

Enjoy the essence of spring with the fragrant combination of fresh parsley, pesto and thyme rolled into every bite.

### PREP 5 min COOK 15 min SERVES 4

- 4 tilapia fillets
- 1 tbsp chopped fresh parsley
- 2 tsp chopped fresh Longo's Thyme
- 1/4 tsp fresh ground pepper
- 2 tsp Longo's 100% Pure Canola Oil
- 1 small onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 2 cloves garlic, minced

- 1 batch arugula pesto (from Sunday prep)
- 1 batch zucchini pasta (from Sunday prep)
- 4 lemon wedges

PLACE fillets on parchment-paper-lined baking sheet and sprinkle with parsley, thyme and pepper. Roast in preheated 400°F oven for 10 minutes or until fish flakes easily.

HEAT oil over medium-high heat in large nonstick skillet. Sauté onion, bell pepper and garlic for 2 minutes. Stir in arugula pesto to heat through; remove from heat. Toss well with zucchini pasta to coat.

DIVIDE zucchini pasta into 4 bowls and top each with tilapia fillet. Serve with lemon wedge to squeeze over top before eating.

PER SERVING: 344 calories; 27 g protein; 22 g fat; 22 g carbohydrate; 8 g fibre; 6 g sugars; 200 mg sodium. Very high source of fibre. Excellent source of vitamin C and vitamin B6.

**Cost per Serving**  
**\$5.07**



## *healthy two go!*

No time for breakfast, all-day meetings, soccer practice after work... whatever the reason, you can still eat healthy with Longo's Take Two. From something light to a slightly bigger bite, the Take Two Program offers delicious and nutritious snacks and meals to fit your lifestyle.



Try our NEW Vanilla Yogourt with Buckwheat, Flax and Blueberries or Tropical Fruit Blend.

# Tuesday

Thaw turkey meatballs for Wednesday.

## Lemony Greens and Chickpea Bulgur Bowl

Bulgur is a fantastic option for a meatless meal since it is a source of iron and very high in fibre. Your meal will be green with envy!

**PREP 10 min COOK 5 min SERVES 4**

- 1 tub (312 g) Longo's Organic Powerblend Cooking Greens
- 1/2 cup sodium-reduced vegetable broth
- 2 tsp Longo's Extra Virgin Olive Oil
- 4 cloves garlic, minced
- 1 can (540 mL) Longo's Chickpeas or Lentils, drained and rinsed
- 1 red bell pepper, chopped
- 1 tsp finely grated lemon rind
- 2 tbsp lemon juice
- 3 tbsp chopped fresh parsley
- 1 batch cooked bulgur, reheated (from Sunday prep)
- 1/2 batch cooked portobello mushrooms, sliced (from Sunday prep)
- 1 tomato, chopped

**COMBINE** greens and broth in large nonstick skillet and sauté until wilted. Add oil and garlic; cook, stirring, for 2 minutes.

**STIR** in chickpeas, bell pepper, lemon rind and juice; cook for 1 minute to heat through. Remove from heat and stir in parsley.

**DIVIDE** bulgur among 4 bowls and top with greens mixture, mushrooms and tomato to serve.

**PER SERVING:** 315 calories; 14 g protein; 6 g fat; 56 g carbohydrate; 13 g fibre; 5 g sugars; 262 mg sodium. Vegetarian. Very high source of fibre. Excellent source of iron and zinc.

**Cost per Serving**

**\$3.74**



*healthy lunch*

Try our Roasted Turkey and Havarti Slider or Kale and Beet Salad with Lemon Poppy Seed Dressing.

# Wednesday

Thaw striploin steak and portobello mushrooms for Thursday.

## Fusilli with Avocado and Turkey Meatball Sauce

Can't get your kids to eat veggies? Sneak in 2 cups of broccoli in your meatball mix and they won't even know it's as good for them as it tastes.

**PREP 10 min COOK 10 min SERVES 4-6**

- 1 cup sodium-reduced vegetable broth, divided
- 1 carrot, sliced
- 1 red bell pepper, thinly sliced
- 2 cloves garlic, minced
- 1 batch thawed turkey meatballs (from Sunday prep)
- 1 large ripe avocado
- 1/4 cup chopped fresh parsley
- 1 tbsp Longo's Extra Virgin Olive Oil
- 1 batch cooked pasta (from Sunday prep)

BRING 1/2 cup of the broth, carrot, bell pepper and garlic to a simmer. Add meatballs; cover and warm through.

PURÉE avocado, remaining broth, parsley and oil in small food processor until smooth.

ADD pasta and sauce to skillet to warm through until pasta is well-coated.

PER SERVING (1/4th recipe): 430 calories; 25 g protein; 16 g fat; 48 g carbohydrate; 6 g fibre; 5 g sugars; 317 mg sodium.

Very high source of fibre. Good source of riboflavin and magnesium.

**Cost per Serving**  
**\$3.28**



## healthy lunch

Try our Quinoa Sunrise Blend Salad with Roasted Garlic Red Wine Vinegar Dressing or Bell Peppers with Hummus.



# Thursday

Thaw miso soy turkey for Friday.

## Kale Salad with Herbed Beef

Portobello mushrooms. Maple apple dressing. Mouth-watering steak. This is a real winner for meat lovers at heart.

### PREP 5 min COOK 5 min SERVES 4

- 1 tub (142 g) Longo's Baby Kale
- 1/2 batch cooked portobello mushrooms, sliced (from Sunday prep)
- 1 each red and yellow bell peppers, thinly sliced
- 1/4 cup each Longo's Pumpkin and Sunflower Seeds
- 1 batch thawed seasoned garlic striploin steak, sliced (from Sunday prep)
- 1 batch maple apple dressing (from Sunday prep)

COMBINE kale, mushrooms, bell peppers, pumpkin and sunflower seeds in large bowl; set aside.

SAUTÉ steak over medium-high heat in nonstick skillet for about 3 minutes or until hint of pink remains. Add to kale mixture.

RETURN skillet to medium heat and warm dressing through. Pour over kale mixture and toss to coat well.

PER SERVING: 442 calories; 32 g protein; 23 g fat; 29 g carbohydrate; 5 g fibre; 16 g sugars; 394 mg sodium. High source of fibre. Excellent source of folate and zinc.

Cost per Serving  
**\$7.54**



*healthy snack*

Try our NEW Cottage Cheese with Crackers and Avocado.

# Friday

## Turkey Noodle Bowl

Your family will love that this is full of yummy flavour – and you'll love that it has more than one full serving of vegetables.

### PREP 10 min COOK 10 min SERVES 4-6

- 227 g rice vermicelli noodles
- 2 tsp Longo's 100% Pure Canola Oil
- 1 bunch green onions, chopped
- 2 carrots, sliced
- 3 cloves garlic, minced
- 1 tbsp ginger, minced
- 1 batch cooked miso soy turkey (from Sunday prep)
- 2 cups frozen shelled edamame, thawed
- 3/4 cup sodium-reduced vegetable broth
- 3 tbsp sodium-reduced soy sauce
- 1/2 tsp sriracha sauce or other hot sauce
- 1/2 cup Longo's Cashews, coarsely chopped

Fresh cilantro leaves

SOAK noodles in boiling water in large bowl for 10 minutes.

HEAT oil in large wok or nonstick skillet and sauté onions, carrots, garlic and ginger for 3 minutes.

DRAIN noodles and add to skillet; sauté for 2 minutes. Add cooked turkey, edamame, broth, soy sauce and sriracha. Bring to a simmer to heat through.

DIVIDE among bowls and top with cashews and cilantro to serve.

PER SERVING (1/4th recipe): 417 calories; 26 g protein; 14 g fat; 44 g carbohydrate; 3 g fibre; 4 g sugars; 684 mg sodium.

Source of fibre. Excellent source of vitamin A and vitamin B12.

### Cost per Serving

## \$3.34

*healthy snack*

Try our Carrots and Celery with Hummus.





# Ranch Salad Dressing

on iceberg lettuce with bacon

PREP TIME | 15 MINUTES

SERVES | 4 PEOPLE

If you're looking for a salad that's as flavourful as it is quick, look no further. Lactantia® 10% Half & Half Cream makes this Ranch Salad with Bacon extra smooth. *And did we mention bacon?*

|        |                        |          |                                  |
|--------|------------------------|----------|----------------------------------|
| 2 tbsp | Onion, grated          | ½ tsp    | Fresh ground pepper              |
| 2 tbsp | Fresh chives, chopped  | 2 tsp    | Worcestershire sauce             |
| 3 tbsp | Fresh dill, chopped    | 1 tsp    | White vinegar                    |
| 2 tbsp | Fresh parsley, chopped | 1 cup    | Mayonnaise                       |
| ½ tsp  | Paprika                | ½ cup    | Lactantia® Half & Half 10% Cream |
|        | A pinch of cayenne     | 4 wedges | Iceberg lettuce                  |
| ½ tsp  | Dry mustard            | 6        | Bacon slices, cooked and chopped |
| ½ tsp  | Garlic powder          | 10       | Cherry tomatoes, halved          |

- 1 ▶ In a bowl mix together the mayo, vinegar, Lactantia® Half & Half 10% Cream, onion, and all spices.
- 2 ▶ Fold in fresh herbs.
- 3 ▶ On each plate, place one wedge of iceberg lettuce and 5 cherry tomatoes halves.
- 4 ▶ Top with dressing and sprinkle bacon over top.



For more recipe ideas, visit [lactantia.ca](http://lactantia.ca)