



# 1 Bag, 5 Dinners

During a busy week, you certainly don't want to visit the grocery store more than once. With ingredients that fit nicely into just one bag, we'll show you how to prepare a week's worth of delicious dishes! So take the express checkout tonight and get your week on track.

Monday

1

Tuesday

2

Wednesday

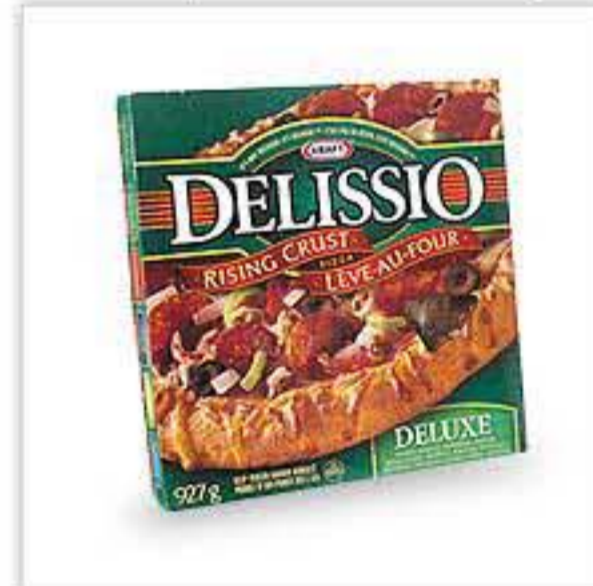
3

Thursday

4

Friday

5



## Shopping List

	Have	Buy
2 lb. boneless skinless chicken thighs	<input type="checkbox"/>	<input type="checkbox"/>
1 lb. frozen large shrimp	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. Shake 'n Bake Extra Crispy Coating Mix	<input type="checkbox"/>	<input type="checkbox"/>
1 lb. bacon	<input type="checkbox"/>	<input type="checkbox"/>
1 can 25%-less-sodium chicken broth	<input type="checkbox"/>	<input type="checkbox"/>
1 jar Miracle Whip	<input type="checkbox"/>	<input type="checkbox"/>
2 cans tuna	<input type="checkbox"/>	<input type="checkbox"/>
1 box instant rice	<input type="checkbox"/>	<input type="checkbox"/>
1 loaf bread	<input type="checkbox"/>	<input type="checkbox"/>
1 bag frozen mixed vegetables	<input type="checkbox"/>	<input type="checkbox"/>
1 bag frozen broccoli	<input type="checkbox"/>	<input type="checkbox"/>
1 bunch green onions	<input type="checkbox"/>	<input type="checkbox"/>
1 tub Philadelphia Herb & Garlic cream cheese spread	<input type="checkbox"/>	<input type="checkbox"/>
1 bag Kraft Double Cheddar Shredded Cheese	<input type="checkbox"/>	<input type="checkbox"/>
1 pkg. rotini	<input type="checkbox"/>	<input type="checkbox"/>
1 Delissio Pizza – your favourite flavour	<input type="checkbox"/>	<input type="checkbox"/>

## Additional

---



---



---



---



---



---



---



---



---



---

Pantry Staples are not included in this list. The following ingredients should also be on-hand: oil, celery and milk.

## Broccoli Cheddar Chicken Bundles

Prep: 10 min | Ready In: 35 min | Serves: 4

### Ingredients

- 8 boneless skinless chicken thighs (1 lb./500 g)
- 1 cup frozen broccoli florets, thawed, chopped
- 1 cup Kraft Double Cheddar Shredded Cheese
- 4 slices bacon, cooked, crumbled
- 1 pouch Shake 'n Bake Extra Crispy Original Coating Mix

**PREHEAT** oven to 400°F. Place chicken thighs on cutting board, smooth-sides down. Top evenly with broccoli; sprinkle with cheese and bacon.

**ROLL** up each chicken thigh tightly, starting at one of the short ends; secure with toothpicks. Place coating mix in shallow bowl. Roll each chicken bundle in coating mix until evenly coated on all sides. Place in single layer, seam-sides down, in foil-lined shallow baking pan.

**BAKE** 25 to 30 min. or until chicken is cooked through (170°F). Remove and discard toothpicks before serving.



### Nutritional Info

Serving Size = 2 bundles (222 g)

Calories 340, Total fat 19 g, Saturated fat 8 g, Cholesterol 125 mg, Sodium 650 mg, Carbohydrate 9 g, Dietary fibre 1 g, Sugars 1 g, Protein 32 g, Vitamin A 10 %DV, Vitamin C 25 %DV, Calcium 20 %DV Iron 15 %DV

## Cheesy Shrimp and Rice

Prep: 15 min | Ready In: 32 min | Serves: 4

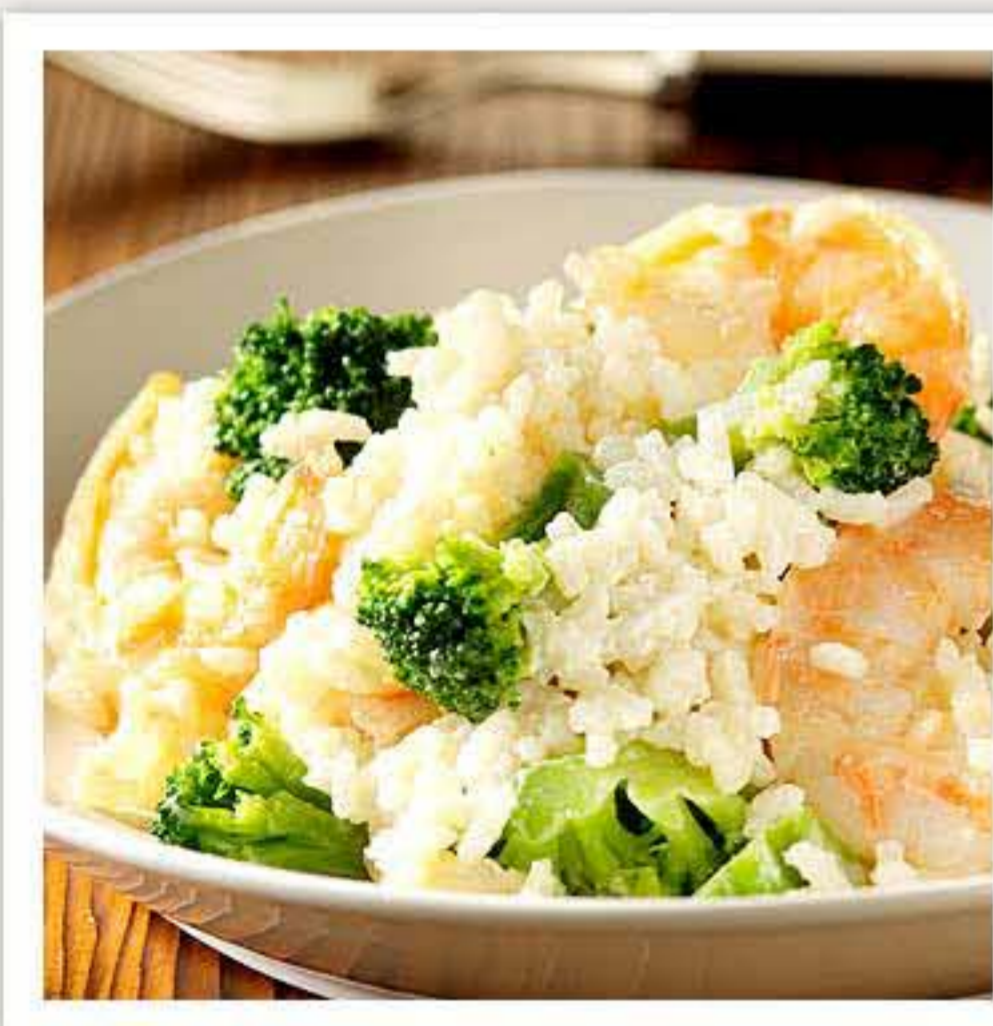
### Ingredients

- 1 Tbsp oil
- 1 lb. (500 g) frozen large shrimp, thawed, peeled and deveined
- 2 cups 25%-less-sodium chicken broth
- 1/2 cup (1/2 of 250-g tub) Philadelphia Herb & Garlic Cream Cheese Spread
- 1-1/2 cups instant rice, uncooked
- 2 cups frozen broccoli florets, thawed

**HEAT** oil in skillet on medium-high heat. Add shrimp; cook 3 min. on each side or until shrimp turn pink. Remove shrimp from skillet; cover to keep warm.

**ADD** broth and cream cheese spread to skillet; stir until well blended. Add rice; mix well. Cover. Reduce heat to low; cook 5 min.

**STIR** in broccoli and shrimp; cook an additional 5 min. or until liquid is absorbed and broccoli is heated through.



### Nutritional Info

Serving Size = 1-1/2 cups (375 mL)

Calories 350, Total fat 13 g, Saturated fat 5 g, Cholesterol 155 mg, Sodium 590 mg, Carbohydrate 32 g, Dietary fibre 2 g, Sugars 3 g, Protein 25 g, Vitamin A 10 %DV, Vitamin C 45 %DV, Calcium 8 %DV, Iron 20 %DV

## Toasted Tuna Melts

Prep: 10 min | Ready In: 15 min | Serves: 4

### Ingredients

- 4 slices white bread, toasted
- 1/4 cup *Philadelphia Herb & Garlic Cream Cheese Spread*
- 1/4 cup *Miracle Whip Dressing*
- 2 cans (170 g each) tuna, drained, flaked
- 1/2 cup chopped celery
- 1/2 cup sliced green onions
- 1 cup *Kraft Double Cheddar Shredded Cheese*

**PREHEAT** oven to 400°F. Place toast slices in single layer on baking sheet; set aside. Mix cream cheese spread and dressing in medium bowl until well blended. Stir in tuna, celery and onions.

**SPOON** evenly onto toast slices; sprinkle with Cheddar cheese.

**BAKE** 5 min. or until Cheddar cheese is melted.



### Nutritional Info

Serving Size = 1 tuna melt (219 g)

Calories 380, Total fat 21 g, Saturated fat 9 g, Cholesterol 65 mg, Sodium 740 mg, Carbohydrate 20 g, Dietary fibre 1 g, Sugars 3 g, Protein 27 g, Vitamin A 10 %DV, Vitamin C 4 %DV, Calcium 25 %DV, Iron 15 %DV

## Creamy Chicken Pasta Toss

Prep: 10 min | Ready In: 35 min | Serves: 4

### Ingredients

- 1 tsp. oil
- 1 lb. (500 g) boneless skinless chicken thighs, cut into bite-size pieces
- 2 cups milk
- 1/4 cup *Philadelphia Herb & Garlic Cream Cheese Spread*
- 3 cups rotini or fusilli pasta (225 g), uncooked
- 2 cups frozen mixed vegetables
- 1 cup *Kraft Double Cheddar Shredded Cheese*

**HEAT** oil in large nonstick skillet on medium-high heat. Add chicken; cook 7 min. or until evenly browned, stirring occasionally.

**ADD** milk and cream cheese spread; mix well. Bring to boil. Stir in pasta; cover. Reduce heat to medium-low.

**COOK** 10 min. or until pasta is tender and chicken is cooked through. Add vegetables; cook 5 min. or until heated through. Sprinkle with the cheese.



### Nutritional Info

Serving Size = 2 cups (500 mL)

Calories 620, Total fat 24 g, Saturated fat 11 g, Cholesterol 145 mg, Sodium 410 mg, Carbohydrate 60 g, Dietary fibre 5 g, Sugars 10 g, Protein 42 g, Vitamin A 50 %DV, Vitamin C 10 %DV, Calcium 35 %DV, Iron 30 %DV