

E P I C U R E <sup>TM</sup>



SUMMER 2023

# The Epicure Way

We believe in a way of life where everything is possible, where everyday is epic, where every moment counts. Where you can live happier and live with more pleasure and style.

We do this by making weekday meals easier, faster, healthier, more fun, and delicious. We create memorable occasions to come together with the people you love—whether that's a beautifully appointed table, the perfect host gift, or that hot dip everyone is raving about.

At the centre of Epicure is a family; two generations of strong women...mothers, daughters, and champions for epic living.

*"When it comes to epic meals and living life—if you get the ingredients right, everything else follows."*

  
Sylvie Rochette, President

  
Amelia Warren, CEO



## SEE SOMETHING YOU LOVE WHILE BROWSING?

Continue the story, access recipes and product info, and add to your cart or wishlist by scanning the QR code on each page.

To see a list of all available products, head to pp. 42–51.



## Special Offers

Scan the QR code and get access to customer specials, discounts, and limited-time collections.

## NEW TO EPICURE?

Try a **Meal Kit** to get started with our best-ever ingredient blends.



# What We're Made Of

We work hard to carefully select our suppliers and ingredients, bringing you only the best. Our recipes utilize whole, real foods—not processed alternatives—and many products contain no or low sodium.



**GLUTEN FREE**



**NUT FREE**  
(excludes coconut)



**NON IRRADIATED**



**ETHICALLY SOURCED**



**HALAL CERTIFIED**



**NON-GMO PROJECT VERIFIED**



**KOSHER CHECK**



Scan the QR code for complete lists of certified Kosher and Halal products.



## QUALITY COOKWARE

Our non-toxic cookware is manufactured following stringent ethical and safety standards.



## FREE FROM

Our cookware is free from cadmium, lead, PFOAs, PTFE, other PFAs, toxic metals, and harmful chemicals that can leach into your food.



## BUILT TO LAST

Our quality silicone products are food-grade and backed by our 3-year warranty.



## NEVER EVER LIST

Hundreds of questionable or harmful ingredients you'll find in other foods are **never, ever** in our products.

Scan the QR code to view the full list.



## 100% WOMEN-OWNED

Founded in 1997, we're women entrepreneurs empowering women entrepreneurs.

## FOOD EQUALITY

Everyone deserves to eat good food every day. Through our Buy a Meal. Share a Meal. initiative, we've donated over 2 million meals.

## NO RISK. ALL REWARD.

90-day free trial on ingredient blends. Ask about our 1- and 3-year guarantees on cookware and silicone products.

# Tasty Tacos

Taco night gets an upgrade with these flavourful, homemade blends; clever side dishes; and colourful toppers. Put these recipes on repeat for hot-weather entertaining.

**Strawberry Margaritas**  
Make in 30 seconds with ice, water, and frozen strawberries!



Chipotle Aioli



Poco Picante Salsa



Bread & Butter Pickles

Guacamole



Southwest Ranch Dressing



5\* min | \$2.39 CA/\$2.03 US per serving  
**CHICKEN BARBACOA**  
\*+4 hours slow cooker time.

20 min | \$0.46 CA/\$0.39 US per serving  
**SPANISH RICE**



20\* min | \$3.31 CA/\$2.81 US per serving  
**CARNE GUISADA**  
\*+45 min programmable pressure cooker time.



**SPANISH RICE**  
\$12 CA | \$11 US  
Pack of 3

Transform your taco night with a side dish of warming spices and a tomatoey base.



**CHICKEN BARBACOA**  
\$12 CA | \$11 US  
Pack of 3

Big, bold Hispanic flavours with a smoky heat come together in this juicy tasting dish.

Make it in 5 min with avocados and lime juice!



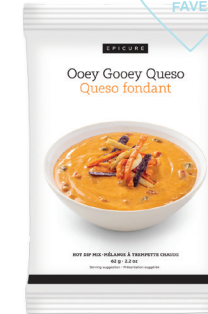
**GUACAMOLE**  
\$9.99 CA | \$8.99 US

1 jar makes 6 cups of salsa! Just add tomatoes, cilantro, and lime!



**CARNE GUISADA**  
\$12 CA | \$11 US  
Pack of 3

This savoury beef stew is made with just two ingredients and has a hint of spiciness.



**OEY GOOEY QUESO**  
\$12 CA | \$11 US  
Pack of 3

Get your dip fix in minutes with this cheesy blend made with Tex-Mex spices.



**POCO PICANTE**  
\$9.50 CA | \$8.50 US

Add an extra kick to your dish with this "made-from-scratch" salsa that's mouth-watering every time.



"**Carne Guisada** has become a favourite meal for my family..."

Jen Higgins  
Director  
Mosinee, WI

"...I love how easy it is to make using my Instant Pot®. My family loves the flavour and it's versatility. We eat it over rice, mashed potatoes, noodles, or even on tortillas."



Taco night  
Get access to meal solutions & more!

Scan me

# Fresh Off the Grill

Want tonight's dinner from the grill to be packed with big, bold flavours? The secret to grilling meat is a medley of rubs and a vibrant, no-fuss sauce to match.

Better with Béarnaise  
Make it in the microwave in under 4 minutes!



15 min | \$3.96 CA / \$3.67 US per serving  
**CHICKEN OSCAR**

6 min | \$3.83 CA / \$2.82 US per serving  
**BÉARNAISE SAUCE**



Save Time!  
Cook green beans in 2 minutes using our **Rectangular Steamer**.



Oh Citrus Chicken with Oh Canada Dry Glaze



Family-style Montreal Grilled Steak with Montreal Steak Rub



Sweet & Sticky Pork Chops with Teppanyaki Sauce



Montreal Steakhouse Grilled Veggies with Roasted Garlic Aioli



**BÉARNAISE SAUCE**  
\$12 CA | \$11 US  
Pack of 3

A rich & creamy sauce. The perfect accompaniment for steak or drizzled over vegetables.



**TEPPANYAKI SAUCE**  
\$9.50 CA | \$8.50 US

Infuse even the simplest dishes with a creamy, rich, sesame sauce. Pairs perfectly with steak & grilled veggies.



**TERIYAKI**  
\$11.95 CA | \$10.95 US

With delicious garlic, ginger, and soy flavours, this glaze and sauce is a BBQ game changer!



**BBQ CHICKEN & RIB**  
\$11.50 CA | \$10.50 US

A flavourful spice blend with a touch of sweet and salty.



**MONTREAL STEAK**  
\$11.50 CA | \$10.50 US

This robust blend with peppery undertones works well as a dry or wet rub.



**SALMON**  
\$11.50 CA | \$10.50 US

Layers of sweet, smoky flavours are perfect for grilling, baking, or roasting.



"I love Béarnaise Sauce!..."

Gina Caldwell  
Senior Director  
Eau Claire, WI

"...This delicious, creamy sauce is one of those special treats to accompany chicken, steak or seafood any night of the week!"

## Best Grilled Veggies

Lightly oil veggies, then season before and after grilling. Use medium high heat and turn often for the perfect char. Need meal ideas? Visit [epicure.com](http://epicure.com).

Grill boss  
Access grilling sauces, rubs & more!



Scan me

# Wich, please

Hot off the grill! From skewer to sandwich, now you can conquer your busy weeknight with easy comfort food at your fingertips.



Lemon  
Dilly Dip

Cajun  
Fries

20 min | \$3.27 CA/\$2.78 US per serving  
LEMONY SHRIMP NAANWICH

18 min | \$3.37 CA/\$2.86 US per serving  
NEW YORK CHICKEN SANDWICH

**Wow!**  
Get BOTH ¼ Sheet Pan and ¼ Sheet Pan Liner with the Mini Oven Buddy Bundle

16 min | \$3.89 CA/\$3.31 US per serving  
MAPLE PORK & MUSHROOM SANDWICH

GRILL BOSS SKEWERS  
\$34.95 CA | \$30.50 US  
Set of 6

Honey Mustard  
Made with organic, Canadian mustard seeds.

Elderflower Cordial Herbal Tea  
Just add carbonated water and enjoy a sugar-free, pop-like sensation!



**NEW**  
**LEMON GARLIC CHICKEN**  
\$12 CA | \$11 US  
Pack of 3  
Inspired by the famous "40-clove garlic chicken," this recipe is quick and easy—make it in the microwave in just 20 minutes!



**HONEY MUSTARD**  
\$12.50 CA | \$10.50 US



**RED PEPPER JELLY**  
\$11.95 CA | \$10.50 US



**BALI GLOW**  
\$11.95 CA | \$10.95 US



**OH CANADA**  
\$11.95 CA | \$10.95 US



**CAJUN FRIES**  
\$9.50 CA  
\$8.50 US



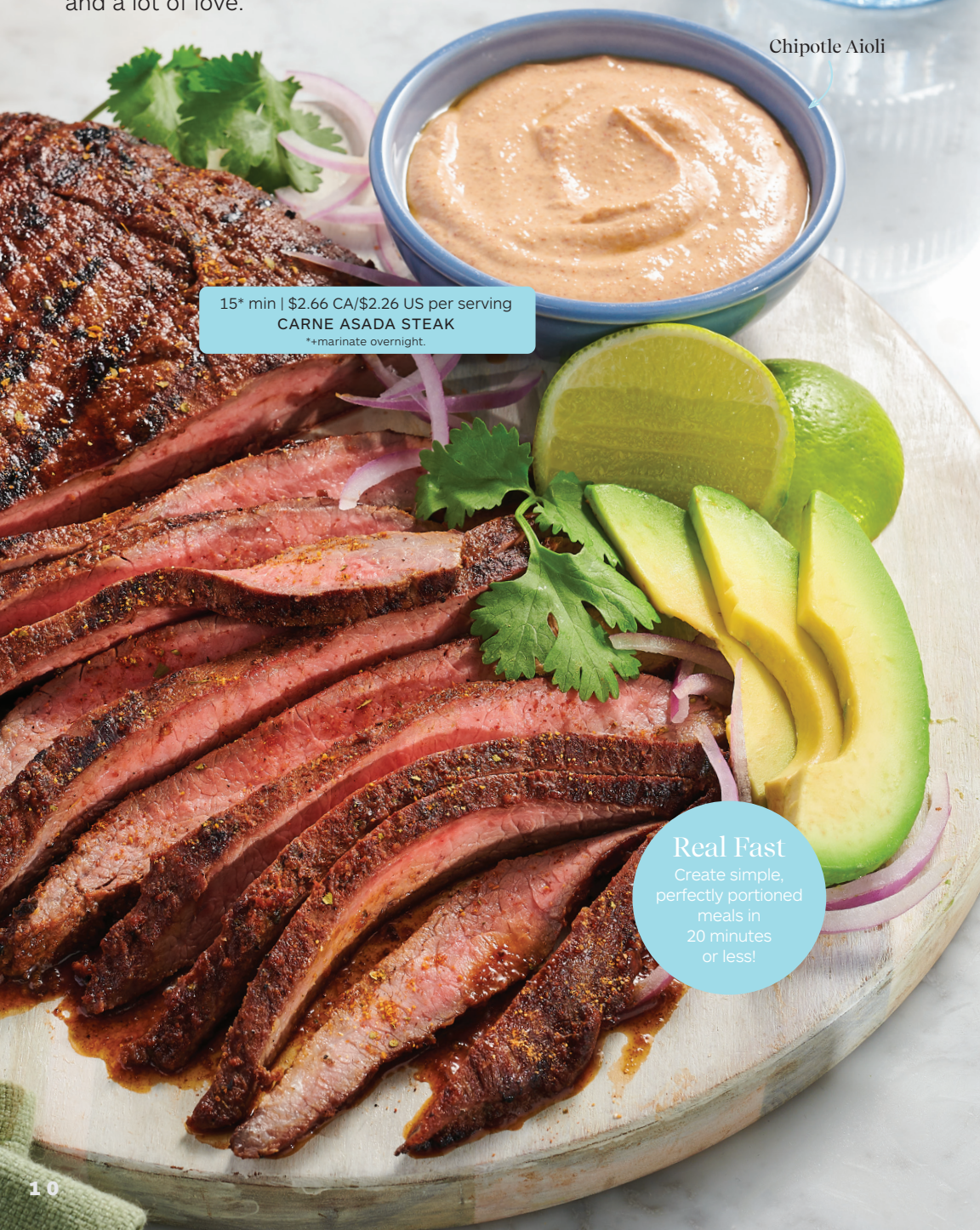
**HOLD THE SALT**  
Low in sodium and free from soy, dairy, and gluten.

Fired up  
Shop all grilling solutions!



# Marinade Master

Why follow the crowd when it's so easy to make your own? Master the art of marinating with just a little prep work and a lot of love.



Chipotle Aioli

15\* min | \$2.66 CA/\$2.26 US per serving  
**CARNE ASADA STEAK**  
 \*+marinate overnight.

**Real Fast**  
 Create simple, perfectly portioned meals in 20 minutes or less!



**CARNE ASADA**  
 \$11.50 CA | \$10.50 US  
 Latin-inspired Carne Asada—aka grilled meat—is calling! The perfect combination of smokiness and zing.



**CUBAN MOJO**  
 \$11.50 CA | \$10.50 US  
 Get that authentic Cuban flavour without all the fuss. Just add orange juice and oil—it's so simple!



**MAPLE MISO**  
 \$11.50 CA | \$10.50 US  
 Sweet and salty, with a kick! Indulge in delicious maple and umami-packed miso.



**FLIPPER**  
 \$19.95 CA  
 \$17.95 US

15 min | \$2.89 CA/\$2.46 US per serving  
**AMAZIN' GLAZIN' TOFU STEAK STACKS**

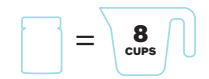
18\* min | \$3.06 CA/\$2.60 US per serving  
**GRILLED CUBAN-STYLE MUSHROOMS**  
 \*+1 hr marinating.



**CHIPOTLE AIOLI**  
 \$8.50 CA | \$7.50 US



**ROASTED GARLIC AIOLI**  
 \$8.50 CA | \$7.50 US



**MIX WITH MAYO**  
 and use as a dipping sauce or spread.  
 1 jar makes 8 cups!



"I love the **Maple Miso Marinade** because the taste is incredible!..."  
**Stéphanie Sauvé**  
 Senior Director  
 St-Eustache, QC

"...I use it to marinate chicken, pork tenderloin and salmon. It's also great for seasoning rice and why not make a vinaigrette with it?"

Bring on the beef!  
 Shop all marinades and grilling solutions.



# Pasta, pretty please...

Need dinner in a pinch? Introducing creamy, delicious italian favourites the whole family will love. These dishes use pantry staples and are raw-to-ready in 20 minutes!

MULTIPURPOSE STEAMER  
\$63.00 CA  
\$58.00 US

30 min | \$2.76 CA/\$2.35 US per serving  
CHEESEBURGER LASAGNA

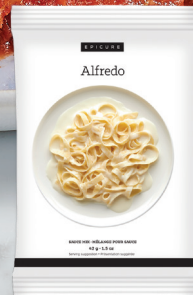
Caesar Dressing with 4 ingredients—mayo, lemon juice, olive oil & milk!

Cheeseburger Lasagna made with Cheeseburger Pasta Seasoning.



**CHEESEBURGER PASTA**  
\$12.00 CA | \$11.00 US  
Pack of 3

Take your cheeseburger cravings up a notch! This one-pan dish packs all the flavours you love, plus cheesy noodles and ground beef.



**ALFREDO**  
\$12.00 CA | \$11.00 US  
Pack of 3

A decadent sauce with fewer calories! Pour over pasta seafood, fish & chicken. Ready in under 5 minutes.



**MAC & CHEESE**  
\$12 CA | \$11 US  
Pack of 3

Made with real cheddar cheese! Get creamy, comforting Mac & Cheese in under 10 minutes.



**ITALIAN**  
\$8.50 CA | \$7.50 US



**PIZZA**  
\$8.50 CA | \$7.50 US



**MARINARA**  
\$9.50 CA | \$8.50 US

**PESTO**  
\$9.50 CA | \$8.50 US

25 min | \$1.74 CA/\$1.48 US per serving  
BAKED MAC & CHEESE BITES

**Mac & Cheese**  
Great for back to school lunches and snacks on the go, these Mac & Cheese Bites are made easily in the silicone **Muffin Maker**. Or, elevate your everyday with cheesy pasta in the **Multipurpose Pot** and add your choice of veg or protein.



**"I love the Marinara Seasoning for quick spaghetti,..."**

Elizabeth Miller  
Executive Ambassador  
Charlotte, NC

"...pizza, or even roasted veggies. With a container of crushed tomatoes on hand, you can have a delicious meal within minutes!"

Pasta perfection  
Shop pasta  
sauces, spices  
& more!



Scan me

# Spill the Tea

Get the party started with easy-to-make cocktails and spritzers!  
Start by cold brewing your tea for a smoother taste—we swear by it!



Pink Lemonade Iced Tea

Strawberry Margarita

Just the good stuff  
Tea blends are caffeine free, with no added sugar or sweeteners.

**WOW!**  
Only 10 g of sugar versus Mott's® Margarita at 22 g—that's 5 tsp!

## HOW TO COLD BREW:

1. In a pitcher, place 4 tea bags per 4 cups cold water.
2. Leave in the fridge overnight.
3. Remove tea bags and enjoy for up to 5 days, if kept cold.



Berry Good Elderflower Sangria

Blueberry Elderflower Mocktail

Cool as a Cucumber Wine Spritzer



**PIÑA COLADA**  
\$10.50 CA | \$9.50 US  
1 jar makes 16 cups



**STRAWBERRY MARGARITA**  
\$10.50 CA | \$9.50 US  
1 jar makes 12 cups

**NEW**



**ELDERFLOWER CORDIAL HERBAL TEA BLEND**  
\$15.50 CA | \$13.50 US  
Pack of 20 bags  
Delight in the floral, fruity & sweet taste of Elderflower Tea—ready in 5–7 minutes. Get creative with Elderflower cordial, spritzer, tea sangria, or ice pops!



**BLUE BUTTERFLY HERBAL TEA BLEND**  
\$15.50 CA | \$13.50 US  
Pack of 20 bags



**GINGER MULE HERBAL TEA BLEND**  
\$15.50 CA | \$13.50 US  
Pack of 20 bags



**PINK LEMONADE HERBAL TEA BLEND**  
\$14.95 CA | \$13.95 US  
Pack of 20 bags



**POP SHOP HERBAL TEA BLEND**  
\$15.50 CA | \$13.50 US  
Pack of 20 bags



**“Pop Shop Floats on the menu!...”**

Marie-France Savoie  
Senior Leader  
Saint-Jean-Sur-Richelieu, QC

“...Start thinking outside the box. Infuse it as listed, let it chill, then add vanilla ice cream. Close your eyes and beautiful childhood memories resurface.”

5 o'clock solutions  
Shop summer sippers!





# Eat. Sleep. Travel.

Easy-to-pack meal solutions to upgrade your campfire kitchen.

SAUTÉ PAN  
\$125.95 CA  
\$110.95 US

25 min | \$2.27 CA/\$1.93 US per serving  
**CHEESEBURGER PASTA**



## Camping Chili

A 20-minute camping dish using canned tomatoes, kidney beans, and your choice of chicken, ground beef, or turkey.



## Cheesy Cornbread

A slight hint of spicy heat gives this **Cheddar & Jalapeño Cornbread** just the right amount of kick.



## Easy Peasy Bolognese

A meatless sauce that tastes just like meat! Add crushed tomatoes, water, and non-dairy creamer to a large **Multipurpose Pot**—ready in 20 min!

NEW



**CHEESEBURGER PASTA**  
\$12 CA | \$11 US  
Pack of 3

Take your cheeseburger cravings up a notch! This one-pan dish packs all the flavours you love, plus cheesy noodles and ground beef.

CUSTOMER FAVE



**MAC & CHEESE**  
\$12 CA | \$11 US  
Pack of 3

Made with real cheddar cheese! Get creamy, comforting Mac & Cheese in under 10 minutes.



**CHEDDAR & JALAPEÑO CORNBREAD**  
\$11.99 CA | \$10.99 US  
Pack of 2



**EASY PEASY BOLOGNESE**  
\$19.95 CA | \$17.95 US  
Pack of 2



**CHILI SEASONING**  
\$8.50 CA | \$7.50 US

Grab a spoon and get all the flavours of a zesty, sweet, and mild homemade chili.



**SPG**  
\$8.50 CA | \$7.50 US

Boost the flavour of any dish with this all-in-one blend of salt, pepper, and garlic.

BUY A MEAL. SHARE A MEAL.

With every Mac & Cheese you buy, we donate a meal to a family in need.



"I love using Easy Peasy Bolognese..."

Jennifer Charbonneau  
Leader, Laval, Qc

"...for zucchini boats, stuffed bell peppers, macaroni, and lasagna! Having a vegan and gluten-free option to feed my family of five that's tasty and practical is a must!"

Take me with you  
Shop more meal solutions & seasonings.



Scan me

# Chop Chop Happy

Keep things simple yet tasty with these bright and refreshing “made-from-scratch” dressings. Follow label recipes and prep double batches so that you can have your dressing on hand.



Sesame Noodle Salad Dressing  
Creamy, nutty and umami—yum! A simple yet addicting way to dress up your next noodle salad or power bowl.

15 min | \$1.29 CA/\$1.10 US per serving  
**SESAME NOODLE SALAD**

**Wow!**  
One jar of Sesame Noodle Dressing Mix makes at least 6 cups of dressing.



Mediterranean Slaw with Coleslaw Dressing



Leafy Lentil Salad with Potato Salad Dressing



Watermelon, Feta and Spinach Salad with Greek Dressing



Peachy Keen Ramen Slaw with Sesame Noodle Dressing



**SESAME NOODLE SALAD**  
\$11.50 CA | \$9.95 US



**BALSAMIC VINAIGRETTE**  
\$11.50 CA | \$9.95 US



**COLESLAW**  
\$11.50 CA | \$9.95 US



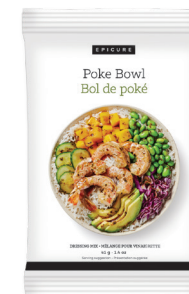
**CREAMY POTATO SALAD**  
\$11.50 CA | \$9.95 US



**GREEK**  
\$11.50 CA | \$9.95 US



**SOUTHWEST RANCH**  
\$11.50 CA | \$9.95 US



**POKE BOWL**  
\$12 CA | \$11 US  
Pack of 3

This salty, sweet, slightly tangy dressing is a snap to make and tastes great over all sorts of seafood, including raw tuna.



**“I’m a big fan of the Poke Bowl Dressing Mix...”**

**Lisa Hudson**  
Leader, Davidson, NC

“...I love that one packet can be used in multiple ways for a fresh and delicious, on-trend meal!”



Dress it up  
Get access  
to all dressings.

# Simple Bites

Try these recipes on for size and say hello to a portable picnic (park, beach, neighbour's yard). Easily packed up for back to school lunches too.



**Sweet Banana Bread Muffins**  
Make these wholesome muffins in 8 minutes using the microwave!

20 min | \$1.23 CA/\$1.05 US per serving  
**CCB EGG BITES**



25 min | \$1.74 CA/\$1.48 US per serving  
**BAKED MAC & CHEESE BITES**

10 min | \$1.53 CA/\$1.30 US per serving  
**CUCUMBER PINWHEELS**



25 min | \$2.37 CA/\$2.01 US per serving  
**CRISPY & CRUNCHY CHICKEN STRIPS**



Make these extra crispy by setting them on **Cooling Racks** over your **Sheet Pan** so the air circulates while cooking.



**CCB**  
\$9.99 CA | \$8.99 US



**3 ONION**  
\$9.99 CA | \$8.99 US



Ditch the fast food for picnic spreads and outdoor family lunches. Both healthy and sugar-conscious, you can take these treats anywhere!



**CHOCOLATE INSTANT PUDDING**  
\$11.99 CA | \$10.99 US  
Pack of 2



**LUSCIOUS LEMON CURD**  
\$11.99 CA | \$10.99 US  
Pack of 2



**SWEET BANANA BREAD & MUFFIN**  
\$11.99 CA | \$10.99 US  
Pack of 2

**Chocolate Instant Pudding**  
Smooth, creamy, chocolaty goodness, ready in 12 minutes. Simply whisk n' chill—no cooking required!

Perfect picnic Shop all sweets & more!



# It Takes Two

Cook-together date night gets a serious upgrade. And don't worry—the night doesn't end in a sink full of dirty dishes...we swear!

**Salisbury Steak**  
This is the perfect date night dinner: an inexpensive steak substitute made with lean ground beef and **Montreal Steak Rub**, topped with a super-rich **Béarnaise Sauce**. All for under \$3. Total knockout.

15\* min | \$0.37 CA/\$0.31 US per serving  
**CITRUS-LIME CHEESECAKE PETITES**  
\*2 hours chilling time.

15 min | \$3.76 CA/\$3.20 US per serving  
**SALISBURY STEAK & BÉARNAISE SAUCE**

**Burger Bliss**  
1 jar of **Burger Seasoning** makes 24 burgers!

**Blueberry Elderflower Mocktail**  
Only 3 min to prep and 40 calories per glass!

**3-IN-1 BURGER PRESS**  
#1006903 | \$14.95 CA  
#1706903 | \$12.95 US

Easily make and stuff perfectly portioned sliders (2 oz/57 g each) or burgers (4 oz/113 g each).



**BURGER SEASONING**  
\$9.50 CA | \$8.50 US



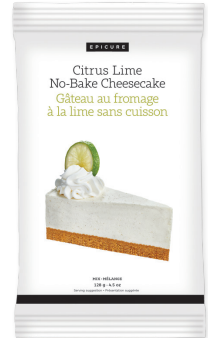
**BÁNH MÌ BURGER**  
\$9.50 CA | \$8.50 US



**KICKIN' JALAPEÑO BURGER**  
\$9.50 CA | \$8.50 US



**BERRY SWIRL NO-BAKE CHEESECAKE**  
\$11.99 CA | \$10.99 US  
Pack of 2



**CITRUS LIME NO-BAKE CHEESECAKE**  
\$11.99 CA | \$10.99 US  
Pack of 2



**BÉARNAISE SAUCE**  
\$12 CA | \$11 US  
Pack of 3

A rich & creamy sauce. The perfect accompaniment for steak or drizzled over vegetables, seafood or eggs.



Date night  
Discover more meal solutions.

# Minute Meals

No time for dinner? Silicone steamers are designed for the microwave and are your hands-off dinner solution. Go from ho-hum to yum in minutes!

**Multipurpose Tray**  
Place strips of bacon on the tray in the steamer with the lid on. Put the steamer in the microwave and all the grease will drip down to the bottom of the steamer.

**So fast!**  
Mess-free bacon in 5 minutes!



10 min | \$1.25 CA/\$1.06 US per serving  
**EASY, MESS-FREE MICROWAVE CORN**

**MULTIPURPOSE STEAMER**  
\$63.00 CA | \$58.00 US

Your go-to casserole dish for juicy meats, tender veggies, mashed potatoes, rice, and corn. Comes with easy-to-use Multipurpose Tray to cook more than one meal at once!

Holds: 14¾ cups (3.5 L)

Makes: 4–6 servings of most meals.



**Steamer magic**  
All silicone steamers are microwave, dishwasher, and oven safe up to 450° F!

25 min | \$2.35 CA/\$2.00 US per serving  
**ROTISSERIE CHICKEN**

**ROUND STEAMER**  
\$54.00 CA | \$49.00 US

Cook a rotisserie chicken in 20 minutes! Perfect for other one-dish meals, like flaky fish, fluffy grains, and delicious stews.

Holds: 14¾ cups (3.5 L)

Makes: 4–6 servings of most meals.

**RECTANGULAR STEAMER**  
\$33.00 CA | \$29.00 US

Perfect for making speedy side dishes and desserts, and reheating leftovers. Enjoy cheesecake, loaves, or fruit crumble!

Holds: 3½ cups (875 ml)

Makes: 1–2 servings of most dishes.



**“I love using our Round Steamer...”**

**Jacqueline McGrath**  
Global Director  
Calgary, AB

“...for the most amazing Mexican Street Corn recipe. It makes it super-fast and savoury. This is a total hit to add some zing to our meal!”



15\* min | \$0.94 CA/\$0.80 US per serving  
**STEAMER BERRY SWIRL CHEESECAKE**  
\*\*+1 hour chilling time.

## Space Savers

Prep, cook, serve, and store, all in one. Silicone steamers are champion space savers for studios and dorm rooms. Say goodbye to TV dinners and hello to hassle-free cooking and steaming!

Steamer success  
Shop all silicone steamers!



Scan me

# Let them Eat Cake

Best kids' birthday ever? Just don't overthink it! Dips, veggies, and a few sweet treats are all it takes to make a blissful birthday come to life.



## Easy!

Perfect for your next cake base, or try cupcakes & cake pops.

15\* min | \$0.77 CA/\$0.65 US per serving  
**HAPPY BIRTHDAY CAKE**  
 \*+cooling time.



**GLUTEN FREE**  
 Made with rice flour.



**NO ARTIFICIAL COLOURS**  
 Add your own rainbow sprinkles prior to baking.



**NO FLAVOUR ADDED**  
 Add your own extract to get different flavours. Try matcha or tea concentrate.



**MICROWAVE FRIENDLY**  
 Cook 5 min on high, then rest 6 min. Cool on wire rack.



Make Cupcakes Instead  
 Use the **Muffin Maker** to make individual cupcakes easily.

**NEW**



**HAPPY BIRTHDAY CAKE**  
 \$15.99 CA | \$14.99 US  
 Pack of 2  
 Satisfy your sweet tooth with this yummy, easy-to-make, gluten-free white cake.



**RUBY RED VELVET CUPCAKE**  
 \$11.99 CA | \$10.99 US  
 Pack of 2  
 Sweet vanilla with a hint of cocoa come together to make these deliciously moist cupcakes.



**SUMMER BERRY**  
 \$10.50 CA | \$9.50 US  
 Juicy berries, picked fresh from the field and freeze dried. A delightful dessert topper!

All the recipes you need for a great kids' party!



Ranch Chicken Roll-ups with Creamy Ranch Dip



Herb & Garlic Veggie Cups with Herb & Garlic Dip



Summer Berry Fruit Skewers with Summer Berry Dip



Lemon Dilly Chicken Sliders with Lemon Dilly Dip



**CREAMY RANCH**  
 \$9.99 CA | \$8.99 US



**HERB & GARLIC**  
 \$9.99 CA | \$8.99 US



**LEMON DILLY**  
 \$9.99 CA | \$8.99 US

Birthday bash  
 Get access to more party faves!



Scan me

# Protein Party

A healthy twist on summer shakes. Use creamy, smooth, plant-based protein to get that extra energy boost for all your summer activities.

Wow!

Each milkshake has at least 20g of protein

3 min | \$2.44 CA/\$2.07 US per serving  
BANOFFEE PROTEIN MILKSHAKE

5 min | \$3.35 CA/\$2.85 US per serving  
BLUEBERRY VANILLA PROTEIN MILKSHAKE

Level up  
Get more protein with fewer calories: replace some ice cream with greek yogurt!

5 min | \$3.35 CA/\$2.85 US per serving  
SALTED CARAMEL MANGO MADNESS

## WHY POWER UP?



**PROTEIN**  
Per serving.



**100% VEGAN**  
Made with pea & fava bean protein.



**GUT HEALTH**  
Contains digestive enzymes & probiotics.



**HEART HEALTH**  
Contains potassium.



**HEAT STABLE**  
Go ahead bake with it!



**SATISFYING**  
Power up.



**POWER UP CHOCOLATE PROTEIN BLEND**  
\$59.95 CA | \$48.50 US



**POWER UP SALTED CARAMEL PROTEIN BLEND**  
\$59.95 CA | \$48.50 US



**POWER UP VANILLA PROTEIN BLEND**  
\$59.95 CA | \$48.50 US



Power up  
Get access to protein powders & recipes!



Scan me

# Loved by Cooks

Become the master of your own kitchen with high-performance, commercial-quality cookware that sets you up for success every time. From seamless cooking to easy cleanup—you've got this!

## MULTIPURPOSE POTS

8 cups (2 L) | \$75.50 CA

8 cups (2 L) | \$65.95 US

12 cups (3 L) | \$95.50 CA

12 cups (3 L) | \$81.95 US

Multi-use, stainless-steel cooking pots with ergonomic, stay-cool handles and an induction-friendly base that works with all stovetops. Use to make soups, stews, chili, mac & cheese, and more!

Holds: 8 Cups (2 L) or 12 Cups (3 L)

Makes: Up to 12 servings of most meals.

## WOK & GLASS LID

\$152.95 CA | \$134.50 US

Meal prep is easy with this classic Wok! Features generous surface area for stir-frying and curvy sides for less mess. Use to make stir-fries, curries, pasta dishes, and soups.

Holds: 16 cups (4 L)

Makes: 4–6 servings of most meals.

## SAUTÉ PAN

\$125.95 CA | \$110.95 US

Sauté and simmer in this all-purpose pan! Features a fusion coating made with titanium for superb heat conduction. Perfect for skillet meals, big batch cooking, and pasta dishes.

Holds: 19¾ cups (4.6 L)

Makes: 4–8 servings of most meals.



Tempered glass lid with built-in strainer and pour spout.



15 min | \$5.93 CA/\$4.68 US per serving  
**PAD THAI**



Oven Safe  
up to 450° F  
(230° C).

20 min | \$0.46 CA/\$0.37 US per serving  
**MARINARA SAUCE**



10 min | \$1.14 CA/\$0.97 US per serving  
**FETTUCINE ALFREDO**



“Using the **Sauté Pan** makes cooking dinner more enjoyable...”

**Lisa Fawsett**  
Leader  
Russell, ON

“...Not to mention a smooth clean up too. I cook everything from eggs, soups, chicken and so much more.”

### Best in Class

Made using durable, nonstick ceramic coating—free from PFAs, PFOA and PTFE, lead, and cadmium. This means less oil or butter are needed for cooking. It's easy to clean and wear-resistant.

Quality cookware  
Shop all cookware solutions!



Scan me



# Sheet Just Got Real

Don't know what's for dinner? Sheet just got easy, real fast. Grab a meal kit, follow directions, throw it in the oven and walk away. Time saved. Dinner solved. Feeling great.



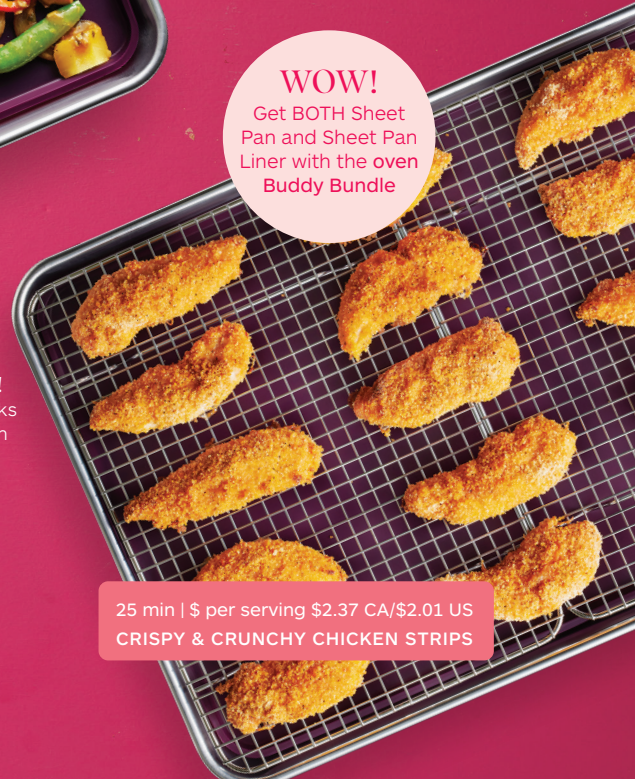
20 min | \$ per serving \$2.75 CA/\$2.34 US  
**CHICKEN SOUVLAKI**



20 min | \$ per serving \$4.99 CA/\$4.24 US  
**TROPICAL PINEAPPLE CHICKEN**

- SHEET PAN**  
\$29.00 CA | \$25.00 US
- SHEET PAN LINER**  
\$25.00 CA | \$22.00 US
- COOLING RACK**  
\$30.00 CA | \$25.00 US  
Set of 2

**WOW!**  
Get BOTH Sheet Pan and Sheet Pan Liner with the oven Buddy Bundle



25 min | \$ per serving \$2.37 CA/\$2.01 US  
**CRISPY & CRUNCHY CHICKEN STRIPS**



**TROPICAL PINEAPPLE CHICKEN**  
\$12 CA | \$11 US  
Pack of 3

**Keep it Crispy!**  
Set Cooling Racks over a Sheet Pan so air circulates around the food while cooking.

CUSTOMER FAVE



**CHICKEN SOUVLAKI**  
\$12 CA | \$11 US  
Pack of 3



**CRISPY & CRUNCHY COATING**  
\$12 CA | \$11 US  
Pack of 3



**PHILLY-STYLE CHEESESTEAK**  
\$12 CA | \$11 US  
Pack of 3



**SWEET GARLIC CHICKEN**  
\$12 CA | \$11 US  
Pack of 3



1. Choose your meal.



2. Gather ingredients.



3. Follow recipe on pack.

**Beyond wings!**  
Make Louisiana-Style Prawns in 20 minutes!



**CHINESE FIVE SPICE**  
\$9.95 CA | \$8.95 US



**JERK CHICKEN**  
\$9.95 CA | \$8.95 US



**LEMON PEPPER**  
\$9.95 CA | \$8.95 US



**LOUISIANA**  
\$9.95 CA | \$8.95 US

Time-saving cookware  
Shop all Sheet Pan solutions & cookware!



# Knives Out

What's better than takeout? Enjoying family-friendly feasts that are quick to make, packed with flavour, and a guaranteed crowd pleaser. Mystery solved!



## Save Big!

Make fajitas at home for half the price of takeout.

MULTIPURPOSE STEAMER  
\$62.95 CA  
\$54.95 US



### REAL FAST

Create simple, perfectly portioned meals in 20 minutes or less—including prep time!



### RECIPES

Follow recipes on pack or customize using ingredients your family loves.



### SAVE MONEY

Average cost per serving is \$4 or less, including groceries.

### Cook Faster

Go from microwave to table and enjoy steamy, fast meals in minutes! Find time-saving microwave cookware by scanning the QR code or go to p. 47.

### BETTER THAN TAKEOUT MEAL KIT

\$43.50 CA | \$38.95 US

Asian Stir-Fry Seasoning  
Beef & Broccoli Stir-Fry Seasoning (2)  
Crispy & Crunchy Lettuce Wrap Seasoning (2)  
Roasted Garlic Aioli Mix  
Summer Berry Sweet Dip Mix



### MEDITERRANEAN NIGHT MEAL KIT

\$42.95 CA | \$38.95 US

Balsamic Dressing Mix  
Chicken Souvlaki Seasoning (2)  
Donair Seasoning (2)  
Dulce de Leche Instant Pudding Mix  
Lemon Dilly Dip Mix

### TACO NIGHT MEAL KIT

\$41.50 CA | \$37.50 US

Chocolate Instant Pudding Mix  
Enchilada Seasoning  
Fajita Seasoning  
Guacamole Dip Mix  
Poco Picante Salsa Mix  
Taco Seasoning



"The Mediterranean Night Meal Kit is a game changer for us!..."

Allison Jarvis  
Executive Ambassador  
Geraldton, ON

"...We use the Sheet Pan and Sheet Pan Liner to make a big batch of Chicken Souvlaki for the week. Hello, quick dinners and easy cleanup!"

Dinner time  
Shop all Meal Kit solutions.



Scan me

# Epic Box

Subscribe to the monthly Epic Box Program and solve your dinner dilemma with epic meal solutions, exclusive surprises, and endless inspiration!

EPIC  
BOX



Buy a Meal. Share a Meal.  
7 meals go to families in need for every monthly subscription ordered.

# Love our Products?

Share Epicure with your family and friends to unlock free and discounted products and special offers. Host an event or share your link and get rewarded.



## Your Rewards

### SALES TOTAL\*

\$1,500+  
\$1,000-\$1,499  
\$750-\$999  
\$500-\$749  
\$250-\$499

=  
=  
=  
=  
=

### 50% DISCOUNT

5 Items  
4 Items  
3 Items  
2 Items  
1 Item

+  
+  
+  
+  
+

### SHOP WITH DISCOUNTS

\$375+ (25% Of Sales)  
Up to \$299 (20% Of Sales)  
Up to \$149 (15% Of Sales)  
Up to \$112 (15% Of Sales)  
Up to \$49 (10% Of Sales)



### FREE SHIPPING

With total sales\* of \$500+ you will receive **free shipping** on your next rewards order.



### SHARE MORE BONUS CERTIFICATE

When one of your buying contacts decides to have their own shareable link, they get an **additional \$20** to the regular rewards when their sales total\* reaches \$500+.



### SHARE WITH FRIENDS

When you share a link or host an event 3 times a year with \$250+ in sales each, you will receive a **gift valued at \$100**.

"I love the ingredients!  
Everything is SO good!"

"Having a party is a no brainer! I love how Epicure is fun, super easy, cost-effective, and most importantly—I love the ingredients! Everything is SO good!"

Sam Breister  
Ambassador | Van Dyne, WI



**LET'S GO!**  
Follow the QR code to get all the details you need.



### STEP 1

Subscribe today and get your Epic Box delivered monthly.



### STEP 2

Choose from on-pack directions or find recipes online.



### STEP 3

Scan the QR code in your box and access tonnes more recipes.



### LEARN MORE

# Ambassadors get paid to do what they love.



“This opportunity is worth its weight in gold and should be shared.”

Mélanie R. Haché  
Senior Director | Dieppe, NB



“It has grown into a family business and I wouldn't change my kids being in the kitchen with me!!”

Angela Lapointe  
Leader | Lindsay ON

Live it.  
Love it.  
Share it.



Passionate about good food, living well and feeling better? We've got you..

Become a Brand Ambassador and get paid to share the products you love. Get early access to new product, invitations to must-attend events, exclusive discounts and perks. Refer others to become Ambassadors to earn more.

## Partner with Epicure!



### 20+% PRODUCT DISCOUNT

Receive minimum 20% product discount on your favourite products.



### BONUSES & INCENTIVES

Earn free trips, free product and exclusive apparel, plus extra perks & cash bonuses in your first 90 days.



### EARN CASH

Earn up to 33% on everything you sell. Achieve the Lifestyle Bonus and earn up to \$18,000 CA/ \$14,500 US.



### REFERRAL REWARDS

Refer a new Ambassador and earn 10% or more on their sales.



### BE IN THE KNOW

Get early access to new products, training, and our annual conference.



### DIGITAL CREATIVE CONTENT

Each month, receive NEW digital content to grow your business on social media.



### 90-DAY GUARANTEE

If you aren't completely satisfied as an Ambassador after holding two events, you're entitled to a refund—no questions asked!



### SIGN UP EASILY

Join our amazing community earning with Epicure.



### RECOMMEND

Inspire your audience and community by sharing the food you love.

Get paid to share the products you love.

JOIN OUR COMMUNITY



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**Cook the CATALOGUE!**

Scan to access these recipes on epicure.com.

Montreal Steakhouse Grilled Veggies



# Fundraise with Epicure

Tired of cookies, chocolate, and coupon books? Raise money for your cause by selling something your community needs—healthy dinners, fast. Your cause receives 40% of retail price.



**“If you want to raise money easily, Epicure can give you a hand. Try it!...”**

**George Cazzaro**  
 Ambassador  
 Richmond, BC

“...I was chosen for the BC Special Olympics Winter Games, and I wanted to help others attend because it's so special to go. Fundraising with Epicure is so easy because everyone loves food. I was so proud to have helped my Teammates.”



## ALLERGY FRIENDLY PRODUCTS

Get 5 family-friendly dinners for \$25 and a recipe card. Each meal serves 4+ people at \$3-4 a serving.

Raise funds to support your community. Scan the QR code below.



Fundraising made easy.



Access our full online shop!

With product info, special offers, and recipes. Scan to shop all the products listed here.

**KEY:**

CA prices & codes  
US prices & codes



**NEW** New Products  
Seasonal Products

**FOOD PRODUCTS**




**BEVERAGES**

-  **Blue Butterfly Herbal Tea Blend** ●●●  
#1012961 | \$15.50 CA  
#1712961 | \$13.50 US  
Pack of 20 bags
-  **Piña Colada** ●●●●  
#1001406 | \$10.50 CA  
#1701406 | \$9.50 US
-  **Strawberry Margarita** ●●●●  
#1001794 | \$10.50 CA  
#1701794 | \$9.50 US




- NEW**  **Elderflower Cordial Herbal Tea Blend** ●●●  
#1001598 | \$15.50 CA  
#1701598 | \$13.50 US  
Pack of 20 bags
-  **Pink Lemonade Herbal Tea Blend** ●●●  
#1001596 | \$14.95 CA  
#1701596 | \$13.95 US  
Pack of 20 bags

-  **Ginger Mule Herbal Tea Blend** ●●●  
#1001668 | \$15.50 CA  
#1701668 | \$13.50 US  
Pack of 20 bags
-  **Pop Shop Herbal Tea Blend** ●●●  
#1001669 | \$15.50 CA  
#1701669 | \$13.50 US  
Pack of 20 bags

**BROTHS**






-  **Nourish Broth** ●●●  
#1011157 | \$12.50 CA  
#1711157 | \$10.95 US
-  **Ramen Broth** ●●●●  
#1001558 | \$12.50 CA  
#1701558 | \$10.95 US
-  **Vegetable Broth** ●●●●  
#1001158 | \$12.50 CA  
#1701158 | \$10.95 US

**BURGERS**

-  **Bánh Mi Burger** ●●●●  
#1001759 | \$9.50 CA  
#1701759 | \$8.50 US
-  **Burger Seasoning** ●●●●  
#1001134 | \$9.50 CA  
#1701134 | \$8.50 US
-  **Kickin' Jalapeño Burger** ●●●●  
#1001758 | \$9.50 CA  
#1701758 | \$8.50 US

-  **Tuscan Chicken Burger** ●●●●  
#1001159 | \$9.50 CA  
#1701159 | \$8.50 US
-  **West Coast Burger** ●●●●  
#1001373 | \$9.50 CA  
#1701373 | \$8.50 US

**CONDIMENTS**

-  **Chipotle Aioli** ●●●●  
#1001079 | \$8.50 CA  
#1701079 | \$7.50 US
-  **Honey Mustard** ●●●●  
#1001518 | \$12.50 CA  
#1701518 | \$10.50 US
-  **Poco Picante Salsa** ●●●●  
#1001619 | \$9.50 CA  
#1701619 | \$8.50 US
-  **Red Pepper Jelly** ●●●●  
#1011505 | \$11.95 CA  
#1701505 | \$10.50 US
-  **Roasted Garlic Aioli** ●●●●  
#1001067 | \$8.50 CA  
#1701067 | \$7.50 US











**DESSERTS & BAKING**

Packs of 2





-  **Berry Swirl No-Bake Cheesecake** ●●●●  
#1201219 | \$11.99 CA  
#1501219 | \$10.99 US
-  **Cheddar & Jalapeño Cornbread** ●●●●  
#1201369 | \$11.99 CA  
#1501369 | \$10.99 US
-  **Chocolate Bliss Brownie** ●●●●  
#1213760 | \$11.99 CA  
#1503760 | \$10.99 US

**DESSERTS & BAKING**









Packs of 2

-  **Chocolate Instant Pudding** ●●●●  
#1203727 | \$11.99 CA  
#1503727 | \$10.99 US
-  **Citrus Lime No-Bake Cheesecake** ●●●●  
#1201377 | \$11.99 CA  
#1501377 | \$10.99 US
-  **Cran-Lemon Loaf** ●●●●  
#1201632 | \$11.99 CA  
#1501632 | \$10.99 US
-  **Dulce de Leche Instant Pudding** ●●●●  
#1211702 | \$11.99 CA  
#1511702 | \$10.99 US
-  **Easy Peasy Bagel, Pancake & Waffle (Pack of 1)** ●●●●  
#1013871 | \$15 CA  
#1713871 | \$13 US
-  **Happy Birthday Cake** ●●●●  
#1201795 | \$15.99 CA  
#1501795 | \$14.99 US
-  **Luscious Lemon Curd** ●●●●  
#1201322 | \$11.99 CA  
#1501322 | \$10.99 US
-  **Morning Glory Muffin** ●●●●  
#1201697 | \$11.99 CA  
#1501697 | \$10.99 US
-  **Ruby Red Velvet Cupcake** ●●●●  
#1201698 | \$11.99 CA  
#1501698 | \$10.99 US
-  **Sweet Banana Bread & Muffin** ●●●●  
#1203874 | \$11.99 CA  
#1503874 | \$10.99 US

**DIPS**

-  **3 Onion** ●●●●  
#1001005 | \$9.99 CA  
#1701005 | \$8.99 US
-  **CCB** ●●●●  
#1011010 | \$9.99 CA  
#1701010 | \$8.99 US
-  **Creamy Ranch** ●●●●  
#1001057 | \$9.99 CA  
#1701057 | \$8.99 US
-  **Guacamole** ●●●●  
#1001070 | \$9.99 CA  
#1701070 | \$8.99 US
-  **Herb & Garlic** ●●●●  
#1001030 | \$9.99 CA  
#1701030 | \$8.99 US
-  **Lemon Dilly** ●●●●  
#1001040 | \$9.99 CA  
#1701040 | \$8.99 US

**DRESSINGS**

-  **Balsamic Vinaigrette** ●●●●  
#1002612 | \$11.50 CA  
#1702612 | \$9.95 US
-  **Caesar** ●●●●  
#1002607 | \$11.50 CA  
#1702607 | \$9.95 US
-  **Coleslaw** ●●●●  
#1002615 | \$11.50 CA  
#1702615 | \$9.95 US
-  **Creamy Potato Salad** ●●●●  
#1001153 | \$11.50 CA  
#1701153 | \$9.95 US
-  **Greek** ●●●●  
#1002614 | \$11.50 CA  
#1702614 | \$9.95 US
-  **Poke Bowl Dressing (Pack of 3)** ●●●●  
#1201599 | \$12.00 CA  
#1501599 | \$11.00 US
-  **Southwest Ranch** ●●●●  
#1001591 | \$11.50 CA  
#1701591 | \$9.95 US
- NEW**  **Sesame Noodle Salad** ●●●●  
#1001777 | \$11.50 CA  
#1701777 | \$9.95 US



FRIES



**Cajun Fries** ●●●  
#1001797 | \$9.50 CA  
#1701797 | \$8.50 US

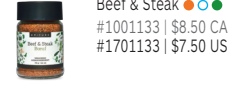


**Cheesy Fries** ●  
#1001798 | \$9.50 CA  
#1701798 | \$8.50 US

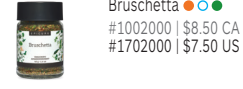
HERBS & SPICES



**Asian Stir-Fry** ●●●  
#1001107 | \$8.50 CA  
#1701107 | \$7.50 US



**Beef & Steak** ●●●  
#1001133 | \$8.50 CA  
#1701133 | \$7.50 US



**Bruschetta** ●●●  
#1002000 | \$8.50 CA  
#1702000 | \$7.50 US



**Chili** ●●●  
#1001136 | \$8.50 CA  
#1701136 | \$7.50 US



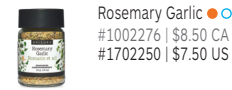
**Fajita** ●●●  
#1001303 | \$8.50 CA  
#1701303 | \$7.50 US



**Italian** ●●●  
#1001268 | \$8.50 CA  
#1701268 | \$7.50 US



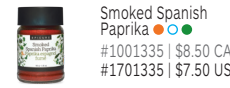
**Pizza** ○  
#1002291 | \$8.50 CA  
#1702291 | \$7.50 US



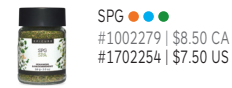
**Rosemary Garlic** ●●●  
#1002276 | \$8.50 CA  
#1702250 | \$7.50 US



**Shish Kebab** ●●●●  
#1001127 | \$8.50 CA  
#1701127 | \$7.50 US



**Smoked Spanish Paprika** ●●●  
#1001335 | \$8.50 CA  
#1701335 | \$7.50 US



**SPG** ●●●●  
#1002279 | \$8.50 CA  
#1702254 | \$7.50 US



**Taco** ●●●●  
#1001317 | \$8.50 CA  
#1701317 | \$7.50 US



**Vegetable** ●●●  
#1001330 | \$8.50 CA  
#1701330 | \$7.50 US



**Za'atar** ●●●●  
#1001129 | \$8.50 CA  
#1701129 | \$7.50 US

HOT DIPS

Packs of 3



**Ooey Gooey Queso** ●  
#1201147 | \$12.00 CA  
#1501147 | \$11.00 US

MARINADES



**Carne Asada** ●●●●  
#1001757 | \$11.50 CA  
#1701757 | \$10.50 US



**Cuban Mojo** ●●●●  
#1001592 | \$11.50 CA  
#1701592 | \$10.50 US



**Maple Miso** ●●●  
#1001593 | \$11.50 CA  
#1701593 | \$10.50 US

MEAL SOLUTIONS

Packs of 3



**Alfredo** ●  
#1001829 | \$12.00 CA  
#1701829 | \$11.00 US



**Beef & Broccoli Stir-Fry** ●●●  
#1201214 | \$12.00 CA  
#1501214 | \$11.00 US



**Butter Chicken** ●●●●  
#1001717 | \$12.00 CA  
#1701717 | \$11.00 US



**Carne Guisada** ●●●  
#1201630 | \$12.00 CA  
#1501630 | \$11.00 US



**Chicken Fried Rice** ●●●  
#1201367 | \$12.00 CA  
#1501367 | \$11.00 US



**Cheeseburger Pasta** ●●●●  
#1201862 | \$12.00 CA  
#1501862 | \$11.00 US



**Chicken Barbacoa** ●●●●  
#1201854 | \$12.00 CA  
#1501854 | \$11.00 US



**Chicken Souvlaki** ●●●●  
#1201631 | \$12.00 CA  
#1501631 | \$11.00 US



**Crispy & Crunchy Coating**  
#1201438 | \$12.00 CA  
#1501438 | \$11.00 US

MEAL SOLUTIONS

Packs of 3



**Crispy & Crunchy Lettuce Wrap** ●●●●  
#1201366 | \$12.00 CA  
#1501366 | \$11.00 US



**Donair Seasoning** ●●●  
#1001143 | \$12.00 CA  
#1501132 | \$11.00 US



**Easy Peasy Bolognese** ●●●●  
#1201545 | \$19.95 CA  
#1501545 | \$17.95 US



**Enchilada** ●●●  
#1201216 | \$12.00 CA  
#1501216 | \$11.00 US



**General Tao** ●●●●  
#1001718 | \$12.00 CA  
#1701718 | \$11.00 US



**Keema Curry** ●●●  
#1201421 | \$12.00 CA  
#1501421 | \$11.00 US



**Lemon Garlic Chicken** ●●●●  
#1201793 | \$12.00 CA  
#1501793 | \$11.00 US



**Mac & Cheese** ●●●●  
#1001709 | \$12.00 CA  
#1701709 | \$11.00 US



**Pad Thai** ●●●●  
#1003114 | \$12.00 CA  
#1703114 | \$11.00 US



**Philly-Style Cheesesteak** ●●●●  
#1201557 | \$12.00 CA  
#1501557 | \$11.00 US



**Pulled Pork** ●●●●  
#1001751 | \$12.00 CA  
#1701751 | \$11.00 US



**Rotisserie Chicken** ●●●●  
#1201318 | \$12.00 CA  
#1501318 | \$11.00 US



**Spanish Rice** ●●●●  
#1201853 | \$12.00 CA  
#1501853 | \$11.00 US



**Sweet & Sour Stir-Fry** ●●●●  
#1200027 | \$12.00 CA  
#1500027 | \$11.00 US



**Sweet Garlic Chicken** ●●●●  
#1201808 | \$12.00 CA  
#1501808 | \$11.00 US



**Taco** ●●●●  
#1001704 | \$12.00 CA  
#1701704 | \$11.00 US



**Tropical Pineapple Chicken** ●●●●  
#1201556 | \$12.00 CA  
#1501556 | \$11.00 US



**Yaki Udon** ●●●●  
#1201741 | \$12.00 CA  
#1501741 | \$11.00 US

For an epic life



PANTRY BASICS

**Minced Garlic** ●●  
#1001420 | \$8.95 CA  
#1701420 | \$7.95 US

**Toasted Onion** ●●  
#1001425 | \$8.95 CA  
#1701425 | \$7.95 US

PROTEIN

**Power Up Chocolate** ●●  
#1011055 | \$59.95 CA  
#1711055 | \$48.50 US

**Power Up Salted Caramel** ●●  
#1001692 | \$59.95 CA  
#1701692 | \$48.50 US

**Power Up Vanilla** ●●●  
#1011166 | \$59.95 CA  
#1711166 | \$48.50 US

RUBS & GLAZES

**Bali Glow Dry Glaze** ●●●  
#1012172 | \$11.95 CA  
#1712172 | \$10.95 US

**BBQ Chicken & Rib Rub** ●●●  
#1002164 | \$11.50 CA  
#1702164 | \$10.50 US

**Montreal Steak Rub** ●●●  
#1002166 | \$11.50 CA  
#1702166 | \$10.50 US

**Oh Canada Dry Glaze** ●●●  
#1002176 | \$11.95 CA  
#1702176 | \$10.95 US

**Salmon Rub** ●●●  
#1002168 | \$11.95 CA  
#1702168 | \$10.50 US

**Teriyaki Dry Glaze** ●●●  
#1002178 | \$11.95 CA  
#1702178 | \$10.95 US

SAUCES

**Béarnaise** ●●● (Pack of 3)  
#1201855 | \$12.00 CA  
#1501855 | \$11.00 US

**Big Burger** ●●●  
#1001137 | \$9.50 CA  
#1701137 | \$8.50 US

**Marinara** ●●●  
#1001181 | \$9.50 CA  
#1701181 | \$8.50 US

**Pesto** ●●●  
#1001169 | \$9.50 CA  
#1701169 | \$8.50 US

**Smokin' BBQ** ●●● (Pack of 3)  
#1201372 | \$12.00 CA  
#1501372 | \$11.00 US

**Teppanyaki** ●●●  
#1001150 | \$9.50 CA  
#1701150 | \$8.50 US

SWEET DIPS

**Summer Berry** ●●●  
#1001096 | \$10.50 CA  
#1701096 | \$9.50 US

TOPPERS

**Better Than Bacon** ●●●  
#1001207 | \$11.50 CA  
#1701207 | \$10 US

**Everything Bagel** ●●●  
#1003758 | \$11.50 CA  
#1703758 | \$10.50 US

**Poke Bowl** ●●●  
#1001653 | \$8.50 CA  
#1701653 | \$7.50 US

**Red Garlic** ●●●  
#1001469 | \$8.50 CA  
#1701469 | \$7.50 US

WING SEASONINGS

**Buffalo** ●●●  
#1001492 | \$9.95 CA  
#1701492 | \$8.95 US

**Chinese Five Spice** ●●●  
#1001636 | \$9.95 CA  
#1701636 | \$8.95 US

**Jerk Chicken** ●●●  
#1001634 | \$9.95 CA  
#1701634 | \$8.95 US

**Lemon Pepper** ●●●  
#1001483 | \$9.95 CA  
#1701483 | \$8.95 US

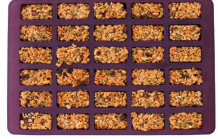
**Louisiana** ●●●  
#1001503 | \$9.95 CA  
#1701503 | \$8.95 US

COOKWARE

PERFECT PORTIONS



**Muffin Maker (Set of 2)**  
#1001210 | \$31.00 CA  
#1701210 | \$27.00 US  
10" (25 cm)



**Perfect Petites**  
#1004231 | \$29.00 CA  
#1704231 | \$25.00 US  
15" x 10" x ¾"  
(38 x 25 x 2 cm)



**Perfect Portion Bagel & Donut Pan**  
#1004027 | \$29.00 CA  
#1704027 | \$25.00 US  
13½" x 9" x ¾"  
(34 x 23 x 2 cm)



**Perfect Portion Scoops (Set of 4)**  
#1016307 | \$20.95 CA  
#1716307 | \$18.50 US

SHEET PAN SOLUTIONS



**Cooling Rack (Set of 2)**  
#1001277 | \$30.00 CA  
#1701277 | \$25.00 US  
12" x 8.5" x 1"  
(30.5 x 21.5 x 2.5 cm)



**¼ Sheet Pan (Set of 2)**  
#1004051 | \$29.00 CA  
#1704044 | \$25.00 US  
13" x 9" x 1"  
(33 x 23 x 2.5 cm)



**¼ Sheet Pan Liner (Set of 2)**  
#1011227 | \$25.00 CA  
#1711227 | \$22.00 US  
11¾" x 8¾" x ½"  
(30 x 21 x 1.4 cm)



**Sheet Pan**  
#1006105 | \$29.00 CA  
#1706105 | \$25.00 US  
17¾" x 13" x 1"  
(45 x 33 x 2.5 cm)



**Sheet Pan Liner**  
#1016111 | \$25.00 CA  
#1716111 | \$22.00 US  
16¾" x 11¾" x 1"  
(42.5 x 30 x 2.5 cm)

SILICONE STEAMERS



**Multipurpose Steamer (& Tray)**  
#1004235 | \$63.00 CA  
#1704235 | \$58.00 US  
10" x 10½" x 5½"  
(24 x 26.5 x 14 cm)  
14¾ cups (3.5 L)



**Rectangular Steamer**  
#1004213 | \$33.00 CA  
#1704213 | \$29.00 US  
5¾" x 10½" x 4"  
(13.5 x 26.5 x 10.2 cm)  
3¾ cups (0.8 L)



**Round Steamer**  
#1001275 | \$54.00 CA  
#1701275 | \$49.00 US  
5" height x 8½" diameter across top (13.5 x 21.5 cm)  
14¾ cups (3.5 L)

**90-DAY MONEY BACK GUARANTEE**  
If for any reason you are not completely satisfied with your Epicure products within 90 days of purchase, we will exchange or fully refund your purchase. Ask your Consultant about extended guarantees on cookware.

**PRICE PER SERVING**  
The stated prices per serving were calculated as of May 2023, and are subject to change, based on the cost of groceries.

**PRODUCT AVAILABILITY**  
Product availability may be subject to change throughout the season.

**TAXES**  
**CANADA:** Items/collections containing cookware and books/journals are taxable.  
**UNITED STATES:** Applicable taxes vary by state.



STOVETOP COOKING



Multipurpose Pot - 8 Cup  
#1006712 | \$75.50 CA  
#1706712 | \$65.95 US  
8 cups (2 L)



Multipurpose Pot - 12 Cup  
#1006713 | \$95.50 CA  
#1706713 | \$81.95 US  
12 cups (3 L)



Sauté Pan  
#1001477 | \$125.95 CA  
#1701477 | \$110.95 US  
11" x 3" (28 x 8 cm)  
19¼ cups (4.6 L)



Wok & Glass Lid  
#1008027 | \$152.95 CA  
#1708027 | \$134.50 US  
12" x 3½" (30.5 x 9 cm)  
16 cups (4 L)



3-in-1 Burger Press  
#1006903 | \$14.95 CA  
#1506903 | \$12.95 US  
4¾" x 2½" (12.5 x 6.5 cm)



4-in-1 Mandoline  
#1006904 | \$32.95 CA  
#1706904 | \$28.95 US  
14" x 5½" x 3½"  
(36 x 12 x 9 cm)



4-in-1 Spice Spoon  
#1006334 | \$6.95 CA  
#1706334 | \$5.95 US  
8" x 1¼" x ¾"  
(20.5 x 3.5 x 2 cm)



Air Wand  
#1001655 | \$24.95 CA  
#1501655 | \$21.95 US  
11¾" x 1¼" (30 x 3 cm)  
Rechargeable battery included



Corner Spatula  
#1006082 | \$14.95 CA  
#1706082 | \$12.95 US  
12" x 2¼" (30 x 5.8 cm)



Flipper  
#1006081 | \$19.95 CA  
#1706081 | \$17.95 US  
12" x 3¼" (30 x 8.5 cm)



Grill Boss Skewers (Set of 6)  
#1001226 | \$34.95 CA  
#1501226 | \$30.50 US  
16" (40 cm)



Grip & Grab  
#1006088 | \$14.95 CA  
#1706088 | \$12.95 US  
11" x 1½" (28 x 4 cm)



Ground Meat Separator  
#1004011 | \$15.95 CA  
#1704011 | \$13.95 US  
10¾" x 3¾" (25.5 x 10 cm)



Ladle  
#1006085 | \$17.95 CA  
#1706085 | \$16.50 US  
12" x 3½" (30 x 9 cm)



Roll-Up Rack  
#1004040 | \$39.95 CA  
#1704040 | \$34.50 US  
20½" x 13" x ½"  
(52 x 33 x 1 cm)



Sauté Spoon  
#1006083 | \$14.95 CA  
#1706083 | \$12.95 US  
12" x 2¼" (30 x 6 cm)

UTENSILS & PREP TOOLS



Stay with Me Produce Savers (Set of 2)  
#1001391 | \$34.95 CA  
#1701391 | \$29.95 US  
Large: 10¾" x 7¾" x 5½" (26.5 x 19.5 x 14 cm)  
Small: 8½" x 5¾" x 4¾" (21.5 x 15 x 12 cm)

MONTHLY SUBSCRIPTION

EPIC BOX



Epic Box Subscription  
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COLLECTIONS

COLLECTIONS

NEW

3 WEEKS OF EASY DINNERS COLLECTION

#1201946 | \$60.00 CA  
#1501946 | \$54.95 US

Ditch the dinner dilemma! Get 15 different, best-selling Meal Solutions for three weeks of easy, weeknight meals. Each pack serves at least 4-6 for less than \$4 per serving.

- CRISPY & CRUNCHY LETTUCE WRAP SEASONING ●●●●
- BUTTER CHICKEN SEASONING ●●●●
- MAC & CHEESE SEASONING ●●●●
- CHICKEN BARBACOA SEASONING ●●●●
- SMOKIN' BBQ SAUCE MIX ●●●●
- DONAIR SEASONING ●●●●
- CHEESEBURGER PASTA SEASONING ●●●●
- GENERAL TAO SEASONING ●●●●
- CRISPY & CRUNCHY COATING MIX ●●●●
- ALFREDO SAUCE MIX ●●●●
- LEMON GARLIC CHICKEN SEASONING ●●●●
- POKE BOWL DRESSING MIX ●●●●
- PHILLY-STYLE CHEESESTEAK SEASONING ●●●●
- SWEET GARLIC CHICKEN SEASONING ●●●●
- PULLED PORK SEASONING ●●●●

WEEK 1



WEEK 2



WEEK 3



COLLECTIONS

**EPIC LIFE PROGRAM**

#1201897 | \$188.50 CA  
#1501897 | \$163.95 US

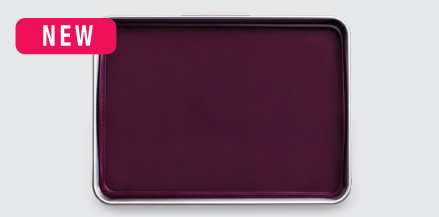
Today is the day you start being epic! Backed by science, the Epic "Un"Diet gives you the tools you need to lose weight while feeling healthy, energized, and full. Collection comes with a free e-guide and printable journal.

- 3 ONION DIP MIX ●●●
- APPLE PIE SPICE ●●●
- ASIAN STIR-FRY SEASONING ●●●
- BALSAMIC DRESSING MIX ●●●
- CRISPY & CRUNCHY LETTUCE WRAP SEASONING (2) ●●●
- FAJITA SEASONING ●●●
- GENERAL TAO SEASONING ●●●
- GUACAMOLE DIP MIX ●●●
- LEMON DILLY DIP MIX ●●●
- MAC & CHEESE SEASONING
- MARINARA SAUCE MIX ●●●
- POWER UP CHOCOLATE PROTEIN BLEND ●●●
- POCO PICANTE SALSA MIX ●●●
- PULLED PORK SEASONING ●●●
- SUMMER BERRY SWEET DIP MIX ●●●
- SWEET & SOUR STIR-FRY SEASONING (2) ●●●
- TACO SEASONING ●●●
- VEGETABLE BROTH MIX ●●●
- PERFECT PORTION SCOOPS

**Wow!**  
Now with a full-sized Power Up Chocolate Protein!



BUNDLES



**OVEN BUDDY BUNDLE**  
#1201943 | \$50 CA  
#1501943 | \$45 US  
SHEET PAN  
SHEET PAN LINER



**MINI OVEN BUDDY BUNDLE**  
#1201944 | \$50 CA  
#1501944 | \$45 US  
¼ SHEET PAN (Set of 2)  
¼ SHEET PAN LINER (Set of 2)



**QUICK CHICKEN DINNER BUNDLE**  
#1201945 | \$62.00 CA  
#1501945 | \$55.95 US  
ROUND STEAMER  
LEMON GARLIC CHICKEN SEASONING ●●●  
ROTISSERIE CHICKEN SEASONING ●●●

MEAL KITS



**BETTER THAN TAKEOUT MEAL KIT FOOD ONLY**  
#1201628 | \$43.50 CA  
#1501628 | \$38.95 US  
ASIAN STIR-FRY SEASONING ●●●  
ROASTED GARLIC AIOLI MIX ●●●  
SUMMER BERRY SWEET DIP MIX ●●●  
CRISPY & CRUNCHY LETTUCE WRAP SEASONING (2) ●●●  
BEEF & BROCCOLI STIR-FRY SEASONING (2) ●●●



**MEDITERRANEAN NIGHT MEAL KIT FOOD ONLY**  
#1201772 | \$42.95 CA  
#1501772 | \$38.95 US  
BALSAMIC DRESSING MIX ●●●  
LEMON DILLY DIP MIX ●●●  
DONAIR SEASONING (2) ●●●  
CHICKEN SOUVLAKI SEASONING (2) ●●●  
DULCHE DE LECHE INSTANT PUDDING MIX ●●●



**TACO NIGHT MEAL KIT FOOD ONLY**  
#1211627 | \$41.50 CA  
#1511627 | \$37.50 US  
POCO PICANTE SALSA MIX ●●●  
FAJITA SEASONING ●●●  
GUACAMOLE DIP MIX ●●●  
TACO SEASONING ●●●  
ENCHILADA SEASONING ●●●  
CHOCOLATE INSTANT PUDDING MIX ●●●

# Stop dieting, start cooking.

I'M LOOKING TO:

Lose weight and keep it off

Learn to eat healthier

Be part of a community

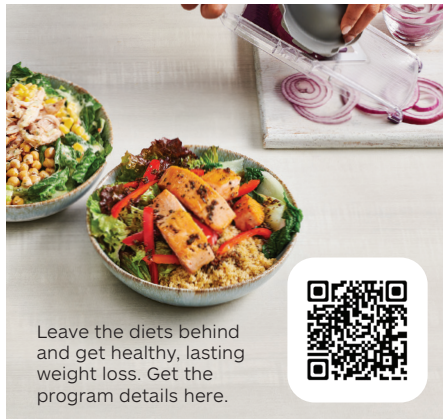


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**Brock Doucet**  
Executive Ambassador  
Orleans, ON

“I’ve lost a significant amount of weight and my mental health has improved drastically.”

**Jennifer Oliver**  
Senior Director  
Shilo, MB



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being epic.

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Summer 2023  
Available July through August 2023.  
#1009456\_01