



# 15-Ingredient Program

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# 15-Ingredient Program

LIFESCAPE PREMIER, LLC

Welcome to your meal plan! Here you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

## GROCERY LIST TIPS

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the “List” tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## LEFTOVERS

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

**MON**

**BREAKFAST**  
Spinach & Salsa Omelette, Apple & Sweet Potato Hash

**SNACK 1**  
Apple & Creamy Sunflower Dip

**LUNCH**  
Coconut Yogurt Chicken, Sweet Potato Fries with Creamy Salsa

**SNACK 2**  
Broccoli & Spiced Yogurt

**DINNER**  
Beef & Shredded Veggies with Rice

**TUE**

**BREAKFAST**  
Spinach & Salsa Omelette, Apple & Sweet Potato Hash

**SNACK 1**  
Broccoli & Spiced Yogurt

**LUNCH**  
Beef & Shredded Veggies with Rice

**SNACK 2**  
Apple & Creamy Sunflower Dip

**DINNER**  
Coconut Yogurt Chicken, Sweet Potato Fries with Creamy Salsa

**WED**

**BREAKFAST**  
Beef & Salsa Breakfast Skillet, Shredded Sweet Potatoes

**SNACK 1**  
Apple & Creamy Sunflower Dip

**LUNCH**  
Coconut Yogurt Chicken, Sweet Potato Fries with Creamy Salsa

**SNACK 2**  
Creamy Sweet Potato Toast

**DINNER**  
Ground Beef, Broccoli & Rice

**THU**

**BREAKFAST**  
Beef & Salsa Breakfast Skillet, Shredded Sweet Potatoes

**SNACK 1**  
Creamy Sweet Potato Toast

**LUNCH**  
Ground Beef, Broccoli & Rice

**SNACK 2**  
Egg & Apple Snack Plate

**DINNER**  
Slow Cooker Salsa Chicken, Broccoli & Jasmine Rice

**FRI**

**BREAKFAST**  
Beef & Salsa Breakfast Skillet, Shredded Sweet Potatoes

**SNACK 1**  
Egg & Apple Snack Plate

**LUNCH**  
Slow Cooker Salsa Chicken, Broccoli & Jasmine Rice

**SNACK 2**  
Creamy Sweet Potato Toast

**DINNER**  
Curried Chicken with Broccoli & Sweet Potato

**SAT**

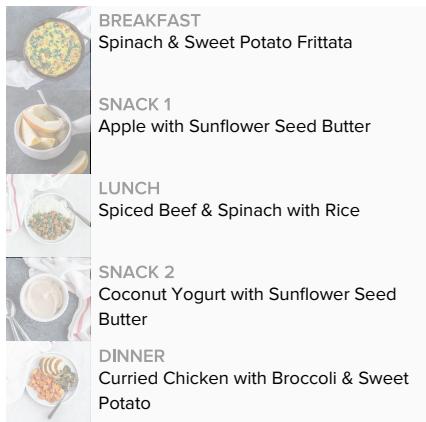
**BREAKFAST**  
Spinach & Sweet Potato Frittata

**SNACK 1**  
Coconut Yogurt with Sunflower Seed Butter

**LUNCH**  
Curried Chicken with Broccoli & Sweet Potato

**SNACK 2**  
Apple with Sunflower Seed Butter

**DINNER**  
Spiced Beef & Spinach with Rice

**SUN**

**BREAKFAST**  
Spinach & Sweet Potato Frittata

**SNACK 1**  
Apple with Sunflower Seed Butter

**LUNCH**  
Spiced Beef & Spinach with Rice

**SNACK 2**  
Coconut Yogurt with Sunflower Seed Butter

**DINNER**  
Curried Chicken with Broccoli & Sweet Potato

MON			TUE			WED		
FAT 39%	CARBS 40%	PROTEIN 21%	FAT 39%	CARBS 40%	PROTEIN 21%	FAT 42%	CARBS 36%	PROTEIN 22%
Calories 1673	Calcium 968mg	Calories 1673	Calcium 968mg	Calories 1635	Calcium 584mg	Fat 75g	Iron 15mg	Fat 75g
Fat 75g	Iron 15mg	Fat 75g	Iron 15mg	Fat 78g	Iron 12mg	Saturated 22g	Vitamin D 127IU	Saturated 22g
Saturated 22g	Vitamin D 127IU	Saturated 22g	Vitamin D 127IU	Saturated 20g	Vitamin D 48IU	Trans 1g	Vitamin E 18mg	Trans 1g
Trans 1g	Vitamin E 18mg	Trans 1g	Vitamin E 18mg	Trans 1g	Vitamin E 20mg	Polyunsaturated 9g	Vitamin K 774µg	Polyunsaturated 9g
Polyunsaturated 9g	Vitamin K 774µg	Polyunsaturated 9g	Vitamin K 774µg	Polyunsaturated 9g	Vitamin K 336µg	Monounsaturated 38g	Thiamine 0.6mg	Monounsaturated 43g
Monounsaturated 38g	Thiamine 0.6mg	Monounsaturated 38g	Thiamine 0.6mg	Monounsaturated 43g	Thiamine 0.6mg	Carbs 173g	Riboflavin 1.9mg	Carbs 173g
Carbs 173g	Riboflavin 1.9mg	Carbs 173g	Riboflavin 1.9mg	Carbs 149g	Riboflavin 1.3mg	Fiber 32g	Niacin 22mg	Fiber 24g
Fiber 32g	Niacin 22mg	Fiber 32g	Niacin 22mg	Fiber 24g	Niacin 27mg	Sugar 51g	Vitamin B6 3.2mg	Sugar 42g
Sugar 51g	Vitamin B6 3.2mg	Sugar 51g	Vitamin B6 3.2mg	Sugar 42g	Vitamin B6 3.1mg	Protein 89g	Folate 516µg	Protein 93g
Protein 89g	Folate 516µg	Protein 89g	Folate 516µg	Protein 93g	Folate 343µg	Cholesterol 714mg	Vitamin B12 6.8µg	Cholesterol 397mg
Cholesterol 714mg	Vitamin B12 6.8µg	Cholesterol 714mg	Vitamin B12 6.8µg	Cholesterol 397mg	Vitamin B12 6.5µg	Sodium 1504mg	Phosphorous 1257mg	Sodium 1449mg
Sodium 1504mg	Phosphorous 1257mg	Sodium 1504mg	Phosphorous 1257mg	Sodium 1449mg	Phosphorous 1292mg	Potassium 3864mg	Magnesium 357mg	Potassium 3295mg
Potassium 3864mg	Magnesium 357mg	Potassium 3864mg	Magnesium 357mg	Potassium 3295mg	Magnesium 376mg	Vitamin A 49691IU	Zinc 11mg	Vitamin A 42653IU
Vitamin A 49691IU	Zinc 11mg	Vitamin A 49691IU	Zinc 11mg	Vitamin A 42653IU	Zinc 15mg	Vitamin C 254mg	Selenium 118µg	Vitamin C 112mg
Vitamin C 254mg	Selenium 118µg	Vitamin C 254mg	Selenium 118µg	Vitamin C 112mg	Selenium 130µg			
THU			FRI			SAT		
FAT 35%	CARBS 39%	PROTEIN 26%	FAT 36%	CARBS 36%	PROTEIN 28%	FAT 42%	CARBS 36%	PROTEIN 22%
Calories 1610	Calcium 438mg	Calories 1641	Calcium 501mg	Calories 1627	Calcium 564mg	Fat 65g	Iron 11mg	Fat 79g
Fat 65g	Iron 11mg	Fat 68g	Iron 11mg	Fat 79g	Iron 14mg	Saturated 18g	Vitamin D 89IU	Saturated 18g
Saturated 18g	Vitamin D 89IU	Saturated 15g	Vitamin D 87IU	Saturated 18g	Vitamin D 86IU	Trans 1g	Vitamin E 14mg	Trans 1g
Trans 1g	Vitamin E 14mg	Trans 0g	Vitamin E 17mg	Trans 1g	Vitamin E 22mg	Polyunsaturated 7g	Vitamin K 203µg	Polyunsaturated 11g
Polyunsaturated 7g	Vitamin K 203µg	Polyunsaturated 9g	Vitamin K 259µg	Polyunsaturated 11g	Vitamin K 413µg	Monounsaturated 32g	Thiamine 0.7mg	Monounsaturated 44g
Monounsaturated 32g	Thiamine 0.7mg	Monounsaturated 36g	Thiamine 0.9mg	Monounsaturated 44g	Thiamine 0.6mg	Carbs 159g	Riboflavin 1.5mg	Carbs 149g
Carbs 159g	Riboflavin 1.5mg	Carbs 151g	Riboflavin 1.7mg	Carbs 149g	Riboflavin 1.4mg	Fiber 20g	Niacin 29mg	Fiber 21g
Fiber 20g	Niacin 29mg	Fiber 25g	Niacin 38mg	Fiber 21g	Niacin 25mg	Sugar 37g	Vitamin B6 3.2mg	Sugar 36g
Sugar 37g	Vitamin B6 3.2mg	Sugar 43g	Vitamin B6 4.3mg	Sugar 36g	Vitamin B6 3.0mg	Protein 106g	Folate 287µg	Protein 92g
Protein 106g	Folate 287µg	Protein 116g	Folate 337µg	Protein 92g	Folate 431µg	Cholesterol 604mg	Vitamin B12 6.4µg	Cholesterol 549mg
Cholesterol 604mg	Vitamin B12 6.4µg	Cholesterol 633mg	Vitamin B12 4.2µg	Cholesterol 549mg	Vitamin B12 5.1µg	Sodium 1558mg	Phosphorous 1323mg	Sodium 488mg
Sodium 1558mg	Phosphorous 1323mg	Sodium 1487mg	Phosphorous 1512mg	Sodium 488mg	Phosphorous 1360mg	Potassium 2997mg	Magnesium 290mg	Potassium 2855mg
Potassium 2997mg	Magnesium 290mg	Potassium 3705mg	Magnesium 353mg	Potassium 2855mg	Magnesium 404mg	Vitamin A 20901IU	Zinc 15mg	Vitamin A 29558IU
Vitamin A 20901IU	Zinc 15mg	Vitamin A 39654IU	Zinc 11mg	Vitamin A 29558IU	Zinc 14mg	Vitamin C 177mg	Selenium 134µg	Vitamin C 150mg
Vitamin C 177mg	Selenium 134µg	Vitamin C 221mg	Selenium 150µg	Vitamin C 150mg	Selenium 154µg			
SUN								
FAT 42%	CARBS 36%	PROTEIN 22%						
Calories 1627	Calcium 564mg	Fat 79g	Iron 14mg	Saturated 18g	Vitamin D 86IU	Trans 1g	Vitamin E 22mg	Polyunsaturated 11g
Fat 79g	Iron 14mg	Saturated 18g	Vitamin D 86IU	Trans 1g	Vitamin E 22mg	Polyunsaturated 11g	Vitamin K 413µg	Monounsaturated 44g
Saturated 18g	Vitamin D 86IU	Trans 1g	Vitamin E 22mg	Monounsaturated 44g	Thiamine 0.6mg	Monounsaturated 44g	Thiamine 0.6mg	Carbs 149g
Trans 1g	Vitamin E 22mg	Monounsaturated 44g	Thiamine 0.6mg	Carbs 149g	Riboflavin 1.4mg	Carbs 149g	Riboflavin 1.4mg	Fiber 21g
Polyunsaturated 11g	Vitamin K 413µg	Carbs 149g	Riboflavin 1.4mg	Fiber 21g	Niacin 25mg	Fiber 21g	Niacin 25mg	Sugar 36g
Monounsaturated 44g	Thiamine 0.6mg	Fiber 21g	Niacin 25mg	Sugar 36g	Vitamin B6 3.0mg	Sugar 36g	Vitamin B6 3.0mg	Protein 92g
Carbs 149g	Riboflavin 1.4mg	Sugar 36g	Vitamin B6 3.0mg	Protein 92g	Folate 431µg	Protein 92g	Folate 431µg	
Fiber 21g	Niacin 25mg	Protein 92g	Folate 431µg					
Sugar 36g	Vitamin B6 3.0mg							
Protein 92g	Folate 431µg							

Cholesterol 549mg	Vitamin B12 5.1µg
Sodium 488mg	Phosphorous 1360mg
Potassium 2855mg	Magnesium 404mg
Vitamin A 29558IU	Zinc 14mg
Vitamin C 150mg	Selenium 154µg

## FRUITS

8 Apple

## SEEDS, NUTS & SPICES

2 2/3 tbsps Curry Powder

1/8 tsp Sea Salt

0 Sea Salt & Black Pepper

## VEGETABLES

12 1/16 cups Baby Spinach

13 1/2 cups Broccoli

11 1/2 Sweet Potato

## BOXED & CANNED

2 1/4 cups Jasmine Rice

2 1/3 cups Salsa

## BREAD, FISH, MEAT & CHEESE

2 1/3 lbs Chicken Breast

2 1/16 lbs Extra Lean Ground Beef

## CONDIMENTS & OILS

2/3 cup Extra Virgin Olive Oil

1 1/16 cups Sunflower Seed Butter

## COLD

15 Egg

4 1/4 cups Unsweetened Coconut  
Yogurt

# Spinach & Salsa Omelette

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 1/3 tbsps Extra Virgin Olive Oil (divided)  
4 cups Baby Spinach  
6 Egg  
Sea Salt & Black Pepper (to taste)  
1/2 cup Salsa

## NUTRITION

### AMOUNT PER SERVING

Calories	327	Calcium	163mg
Fat	24g	Iron	5mg
Saturated	6g	Vitamin D	123IU
Trans	0g	Vitamin E	5mg
Polyunsat...	4g	Vitamin K	298μg
Monouns...	12g	Thiamine	0.1mg
Carbs	8g	Riboflavin	0.8mg
Fiber	3g	Niacin	1mg
Sugar	3g	Vitamin B6	0.5mg
Protein	22g	Folate	190μg
Cholesterol	558mg	Vitamin B12	1.4μg
Sodium	723mg	Phosphorus	348mg
Potassium	721mg	Magnesium	75mg
Vitamin A	6736IU	Zinc	2mg
Vitamin C	18mg	Selenium	47μg

## DIRECTIONS

- 01 Heat half of the oil in a non-stick pan over medium heat. Add the spinach and cook until tender and wilted. Transfer the cooked spinach to a plate and set aside.
- 02 Whisk the eggs in a small bowl and season with salt and pepper to taste. Add the remaining oil to the pan. Add the eggs and cook until almost set. Place the salsa and cooked spinach on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add red pepper flakes, garlic, and/or paprika to the eggs.

### ADDITIONAL TOPPINGS

Shredded cheese, avocado slices, and/or hot sauce.

### NO SPINACH

Use another leafy green, like kale or arugula.

# Apple & Sweet Potato Hash

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
1 Sweet Potato (medium, peeled and cut into small cubes)  
1 Apple (medium, peeled and cut into small cubes)  
Sea Salt & Black Pepper (to taste)

## DIRECTIONS

- 01 Heat the oil in a non-stick pan over medium heat.
- 02 Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender.
- 03 Add the apple and continue to cook for three to five minutes more until the apple is warmed through and begins to soften. Season with salt and pepper to taste. Serve and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	163	Calcium	25mg
Fat	7g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	7µg
Monouns...	5g	Thiamine	0.1mg
Carbs	26g	Riboflavin	0.1mg
Fiber	4g	Niacin	0mg
Sugar	12g	Vitamin B6	0.2mg
Protein	1g	Folate	10µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	37mg	Phosphorus	41mg
Potassium	316mg	Magnesium	21mg
Vitamin A	927IU	Zinc	0mg
Vitamin C	6mg	Selenium	0µg

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 cups.

### MORE FLAVOR

Add dried herbs and spices like cumin, cinnamon, and/or garlic powder.

### NO EXTRA VIRGIN OLIVE OIL

Use avocado oil or coconut oil instead.

### MORE VEGGIES

Add spinach or kale and stir until wilted.

# Beef & Salsa Breakfast Skillet

3 SERVINGS 20 MINUTES



## INGREDIENTS

9 ozs Extra Lean Ground Beef

1 1/8 cups Salsa

3 Egg

## NUTRITION

### AMOUNT PER SERVING

Calories	249	Calcium	67mg
Fat	13g	Iron	3mg
Saturated	5g	Vitamin D	44IU
Trans	0g	Vitamin E	2mg
Polyunsat...	1g	Vitamin K	5µg
Monouns...	5g	Thiamine	0.1mg
Carbs	7g	Riboflavin	0.4mg
Fiber	2g	Niacin	5mg
Sugar	4g	Vitamin B6	0.6mg
Protein	25g	Folate	33µg
Cholesterol	241mg	Vitamin B12	2.3µg
Sodium	820mg	Phosphorus	288mg
Potassium	610mg	Magnesium	38mg
Vitamin A	731IU	Zinc	5mg
Vitamin C	2mg	Selenium	30µg

## DIRECTIONS

- 01 Add the ground beef to a large skillet over medium heat. Stir occasionally until cooked through, about eight minutes. Stir in the salsa.
- 02 Gently form a pocket for each egg in the beef salsa mixture. Crack an egg into each pocket and cover the skillet. Cook for five to eight minutes, or until the eggs are cooked to your liking. Scoop into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately 1 1/2 cups of the mixture with one egg.

### MAKE IT VEGAN

Use lentils or black beans instead of ground beef.

# Shredded Sweet Potatoes

3 SERVINGS 10 MINUTES



## INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil  
1 1/2 Sweet Potato (medium, peeled and grated)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	116	Calcium	20mg
Fat	7g	Iron	0mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	5µg
Monounsat...	5g	Thiamine	0.1mg
Carbs	13g	Riboflavin	0mg
Fiber	2g	Niacin	0mg
Sugar	3g	Vitamin B6	0.1mg
Protein	1g	Folate	7µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	36mg	Phosphorus	31mg
Potassium	219mg	Magnesium	16mg
Vitamin A	9222IU	Zinc	0mg
Vitamin C	2mg	Selenium	0µg

## DIRECTIONS

- 01 Heat the oil in a non-stick pan over medium heat.
- 02 Add the grated sweet potato and cook, stirring occasionally, for about five to six minutes or until the sweet potatoes are tender. Season with salt and pepper to taste. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately one cup.

### MORE FLAVOR

Add dried herbs and spices like cumin, cinnamon, and/or garlic powder. While cooking, leave the sweet potato in the pan without stirring to create brown, crispy bits of flavor before stirring and repeating the process.

### NO EXTRA VIRGIN OLIVE OIL

Use avocado oil or coconut oil instead.

# Spinach & Sweet Potato Frittata

2 SERVINGS 25 MINUTES



## INGREDIENTS

**1 1/2 tsps** Extra Virgin Olive Oil  
**1/2** Sweet Potato (medium, peeled and cut into small cubes)  
**1 1/2 cups** Baby Spinach (chopped)  
**4** Egg (whisked)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	206	Calcium	88mg
Fat	13g	Iron	3mg
Saturated	4g	Vitamin D	82IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	112µg
Monouns...	6g	Thiamine	0.1mg
Carbs	8g	Riboflavin	0.5mg
Fiber	1g	Niacin	0mg
Sugar	2g	Vitamin B6	0.3mg
Protein	14g	Folate	94µg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	178mg	Phosphorus	224mg
Potassium	373mg	Magnesium	38mg
Vitamin A	7261IU	Zinc	2mg
Vitamin C	7mg	Selenium	31µg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 03 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 04 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

### ADDITIONAL TOPPINGS

Salsa, hot sauce, or ketchup.

### NO SPINACH

Use kale or swiss chard instead.

# Apple & Creamy Sunflower Dip

3 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 cup Unsweetened Coconut Yogurt

3 tbsps Sunflower Seed Butter

3 Apple (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	214	Calcium	115mg
Fat	10g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	2g	Vitamin K	4µg
Monouns...	6g	Thiamine	0mg
Carbs	31g	Riboflavin	0.1mg
Fiber	6g	Niacin	1mg
Sugar	21g	Vitamin B6	0.2mg
Protein	3g	Folate	43µg
Cholesterol	0mg	Vitamin B12	0.5µg
Sodium	12mg	Phosphorus	127mg
Potassium	287mg	Magnesium	59mg
Vitamin A	107IU	Zinc	1mg
Vitamin C	9mg	Selenium	17µg

## DIRECTIONS

- 01 In a small bowl combine the yogurt and sunflower seed butter. Serve with the apple slices for dipping. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the dip in an airtight container for up to three days. Slice the apple just before serving.

### MORE FLAVOR

Add vanilla extract, cinnamon, or sweetener of choice to the dip.

### NO COCONUT YOGURT

Use Greek yogurt instead.

### NO SUNFLOWER SEED BUTTER

Use another nut or seed butter instead.

# Coconut Yogurt with Sunflower Seed Butter

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 cup Unsweetened Coconut Yogurt

1/4 cup Sunflower Seed Butter

## DIRECTIONS

01 Add the coconut yogurt to a bowl and stir in the sunflower seed butter. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	253	Calcium	270mg
Fat	21g	Iron	2mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	7mg
Polyunsat...	3g	Vitamin K	0µg
Monounsat...	12g	Thiamine	0mg
Carbs	13g	Riboflavin	0.1mg
Fiber	3g	Niacin	2mg
Sugar	4g	Vitamin B6	0.2mg
Protein	6g	Folate	76µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	26mg	Phosphorus	213mg
Potassium	184mg	Magnesium	100mg
Vitamin A	17IU	Zinc	2mg
Vitamin C	1mg	Selenium	33µg

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add vanilla extract, cinnamon, or sweetener of choice to taste.

### ADDITIONAL TOPPINGS

Fresh berries, banana or other fruit, chopped nuts, chia seeds, hemp seeds, granola.

### NO COCONUT YOGURT

Use Greek yogurt instead.

### NO SUNFLOWER SEED BUTTER

Use another nut or seed butter instead.

# Coconut Yogurt Chicken

3 SERVINGS 2 HOURS 15 MINUTES



## INGREDIENTS

12 ozs Chicken Breast (sliced into long strips)  
1/2 cup Unsweetened Coconut Yogurt  
1 1/2 tsps Curry Powder  
Sea Salt & Black Pepper (to taste)  
1 1/8 tbsps Extra Virgin Olive Oil  
4 1/2 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	215	Calcium	149mg
Fat	10g	Iron	2mg
Saturated	3g	Vitamin D	1IU
Trans	0g	Vitamin E	3mg
Polyunsat...	1g	Vitamin K	221µg
Monouns...	5g	Thiamine	0.1mg
Carbs	4g	Riboflavin	0.3mg
Fiber	2g	Niacin	11mg
Sugar	0g	Vitamin B6	1.0mg
Protein	27g	Folate	98µg
Cholesterol	82mg	Vitamin B12	0.7µg
Sodium	96mg	Phosphorus	267mg
Potassium	641mg	Magnesium	70mg
Vitamin A	4254IU	Zinc	1mg
Vitamin C	13mg	Selenium	27µg

## DIRECTIONS

- 1 In a large bowl, combine the chicken with the coconut yogurt, curry powder, and salt and pepper. Place in the fridge to marinate for two hours, or longer.
- 2 Heat a skillet over medium heat and add the oil. Once hot, add the chicken strips and cook for five to six minutes. Flip the strips over and cook for an additional five to six minutes, until browned slightly.
- 3 Add the remaining coconut yogurt marinade to the skillet and cook for two to three minutes, until bubbling. Toss in the spinach and stir to combine and cook until wilted, another two minutes.
- 4 Divide the chicken and spinach onto plates. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NO COCONUT YOGURT

Use another type of yogurt, such as dairy yogurt.

### MORE FLAVOR

Add chili flakes.

### ADDITIONAL TOPPINGS

Serve with toasted pita, naan, or rice.

# Sweet Potato Fries with Creamy Salsa

3 SERVINGS 30 MINUTES



## INGREDIENTS

3 Sweet Potato (medium, sliced into 1/4-inch strips)  
1 1/2 tbsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
1/3 cup Unsweetened Coconut Yogurt  
3 tbsps Salsa

## NUTRITION

### AMOUNT PER SERVING

Calories	190	Calcium	106mg
Fat	8g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	1g	Vitamin K	7µg
Monouns...	5g	Thiamine	0.1mg
Carbs	29g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	6g	Vitamin B6	0.3mg
Protein	2g	Folate	15µg
Cholesterol	0mg	Vitamin B12	0.3µg
Sodium	193mg	Phosphorus	66mg
Potassium	483mg	Magnesium	35mg
Vitamin A	18518IU	Zinc	0mg
Vitamin C	3mg	Selenium	1µg

## DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Toss the sweet potato with the oil, salt, and pepper on the baking sheet and space out the pieces evenly being sure not to crowd the pan. Bake for 25 to 30 minutes, flipping halfway through.
- 03 In a small bowl, mix together the coconut yogurt and salsa. Plate the fries and serve with the creamy salsa. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat in the oven for best results.

### CRISPY FRIES

For crispier fries, toss the sweet potato with arrowroot flour, tapioca flour, or cornstarch before baking.

### MORE FLAVOR

Toss the sweet potato fries with other seasonings such as a spice mix, garlic powder, cumin, cinnamon and/or paprika.

# Broccoli & Spiced Yogurt

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 cup Unsweetened Coconut Yogurt

2 tsps Curry Powder

4 cups Broccoli (chopped into florets)

## DIRECTIONS

01 In a small bowl mix the yogurt and curry powder together. Serve with the broccoli florets for dipping. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the dip in an airtight container for up to three days.

### MORE FLAVOR

Add salt and pepper to taste.

### NO COCONUT YOGURT

Use Greek yogurt instead.

## NUTRITION

### AMOUNT PER SERVING

Calories	124	Calcium	346mg
Fat	4g	Iron	2mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	0g	Vitamin K	187µg
Monouns...	0g	Thiamine	0.1mg
Carbs	19g	Riboflavin	0.2mg
Fiber	7g	Niacin	1mg
Sugar	4g	Vitamin B6	0.3mg
Protein	6g	Folate	116µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	86mg	Phosphorus	128mg
Potassium	600mg	Magnesium	44mg
Vitamin A	1134IU	Zinc	1mg
Vitamin C	162mg	Selenium	5µg

# Creamy Sweet Potato Toast

3 SERVINGS 15 MINUTES



## INGREDIENTS

1 1/2 Sweet Potato (large)  
1/3 cup Sunflower Seed Butter  
3 tbsps Unsweetened Coconut Yogurt

## NUTRITION

### AMOUNT PER SERVING

Calories	260	Calcium	71mg
Fat	18g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	7mg
Polyunsat...	3g	Vitamin K	1µg
Monouns...	12g	Thiamine	0.1mg
Carbs	21g	Riboflavin	0.1mg
Fiber	4g	Niacin	3mg
Sugar	6g	Vitamin B6	0.3mg
Protein	7g	Folate	83µg
Cholesterol	0mg	Vitamin B12	0.2µg
Sodium	40mg	Phosphorus	244mg
Potassium	403mg	Magnesium	116mg
Vitamin A	9238IU	Zinc	2mg
Vitamin C	2mg	Selenium	34µg

## DIRECTIONS

- 01 Trim the pointy ends off of the sweet potato then cut it half lengthwise into 1/4 inch slices to create long toast-like pieces.
- 02 Place the sweet potato slices into the toaster and toast twice or until golden brown. Or set your oven to broil and bake on a sheet for three to six minutes per side, or until golden brown.
- 03 Once the sweet potato has cooled slightly, add the sunflower seed butter to each slice. Top with coconut yogurt. Enjoy!

## NOTES

### LEFTOVERS

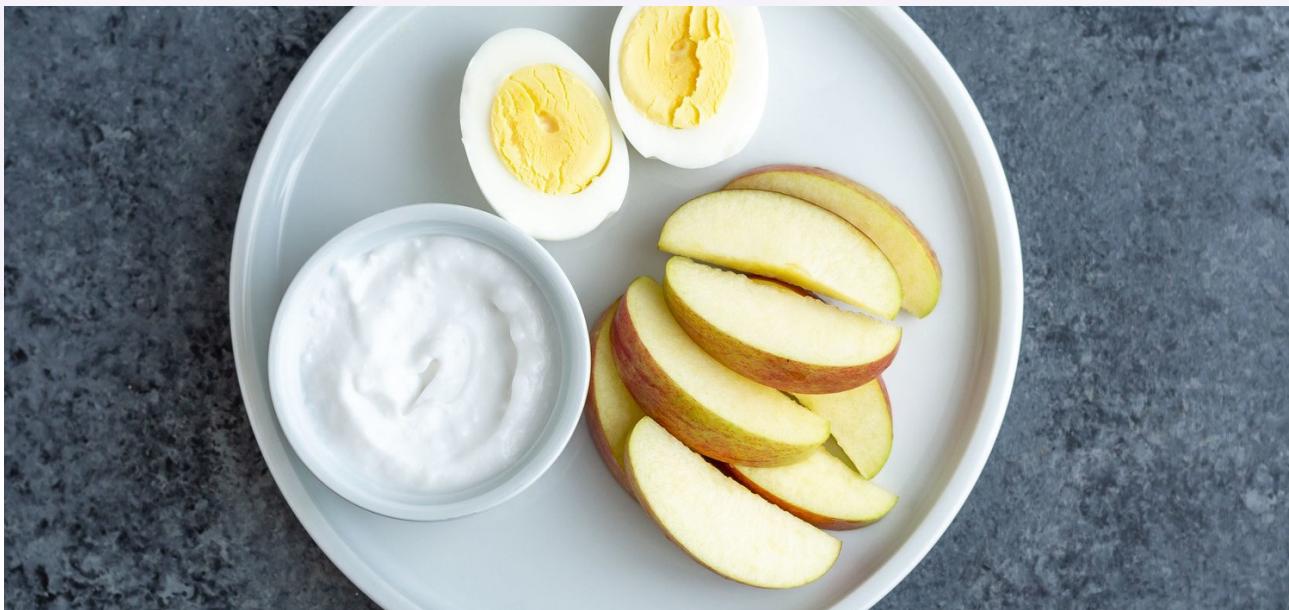
Refrigerate leftover slices separate from the toppings in an airtight container for up to three days. To reheat, toast each slice until warm, or set the oven to broil for roughly three minutes per side.

### ADDITIONAL TOPPINGS

Add hemp seeds, flax seeds, or chia seeds on top.

# Egg & Apple Snack Plate

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 Egg  
2 Apple (sliced)  
1/2 cup Unsweetened Coconut Yogurt

## NUTRITION

### AMOUNT PER SERVING

Calories	194	Calcium	164mg
Fat	7g	Iron	1mg
Saturated	3g	Vitamin D	41IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	4µg
Monouns...	2g	Thiamine	0.1mg
Carbs	28g	Riboflavin	0.3mg
Fiber	5g	Niacin	0mg
Sugar	19g	Vitamin B6	0.2mg
Protein	7g	Folate	29µg
Cholesterol	186mg	Vitamin B12	1.1µg
Sodium	85mg	Phosphorus	119mg
Potassium	264mg	Magnesium	15mg
Vitamin A	368IU	Zinc	1mg
Vitamin C	8mg	Selenium	15µg

## DIRECTIONS

- Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
- Transfer to a plate with the sliced apple and coconut yogurt for dipping. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate unpeeled hard-boiled eggs in the fridge for up to a week. Slice apple just before serving.

### MORE FLAVOR

Season the egg with salt and pepper to taste. Add vanilla extract, cinnamon, or sweetener of choice to taste to the yogurt.

### NO APPLES

Use berries, banana, or pear instead.

### NO COCONUT YOGURT

Use Greek yogurt instead.

### MEAL PREP

Make a batch of hardboiled eggs for the week all at once to avoid hard-boiling one egg at a time.

# Apple with Sunflower Seed Butter

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Apple (medium, cored and sliced)  
1/4 cup Sunflower Seed Butter

## DIRECTIONS

01 Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	292	Calcium	31mg
Fat	18g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsat...	3g	Vitamin K	4µg
Monounsat...	12g	Thiamine	0.1mg
Carbs	33g	Riboflavin	0.1mg
Fiber	6g	Niacin	2mg
Sugar	22g	Vitamin B6	0.3mg
Protein	6g	Folate	81µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	3mg	Phosphorus	233mg
Potassium	379mg	Magnesium	109mg
Vitamin A	115IU	Zinc	2mg
Vitamin C	9mg	Selenium	33µg

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up four days.

# Beef & Shredded Veggies with Rice

2 SERVINGS 20 MINUTES



## INGREDIENTS

1/2 cup Jasmine Rice  
8 ozs Extra Lean Ground Beef  
Sea Salt & Black Pepper (to taste)  
1 Sweet Potato (medium, peeled and grated)  
1 cup Broccoli (finely chopped, riced)  
1/4 cup Salsa

## DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with salt and pepper to taste.
- 03 Add the sweet potato and broccoli to the pan with the beef. Continue to cook for five to six minutes more or until the sweet potato and broccoli are tender. Stir in the salsa and season with additional salt and pepper if needed. Divide the rice between plates and top with the beef mixture. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	440	Calcium	64mg
Fat	12g	Iron	3mg
Saturated	5g	Vitamin D	3IU
Trans	1g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	50µg
Monouns...	5g	Thiamine	0.1mg
Carbs	56g	Riboflavin	0.3mg
Fiber	5g	Niacin	7mg
Sugar	5g	Vitamin B6	0.7mg
Protein	28g	Folate	44µg
Cholesterol	74mg	Vitamin B12	2.5µg
Sodium	357mg	Phosphorus	280mg
Potassium	816mg	Magnesium	53mg
Vitamin A	9671IU	Zinc	6mg
Vitamin C	43mg	Selenium	21µg

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add garlic and onions or dried herbs and spices to taste.

### ADDITIONAL TOPPINGS

Green onion, avocado, cilantro, red pepper flakes, and/or more salsa.

### NO JASMINE RICE

Use quinoa, brown rice, or cauliflower rice.

### NO BEEF

Use ground chicken, turkey, pork, lentils, or chickpeas instead.

# Ground Beef, Broccoli & Rice

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Jasmine Rice (dry, rinsed)  
2 cups Broccoli (chopped into florets)  
8 ozs Extra Lean Ground Beef  
1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	391	Calcium	56mg
Fat	12g	Iron	3mg
Saturated	5g	Vitamin D	3IU
Trans	1g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	93µg
Monouns...	5g	Thiamine	0.1mg
Carbs	44g	Riboflavin	0.3mg
Fiber	3g	Niacin	6mg
Sugar	2g	Vitamin B6	0.6mg
Protein	28g	Folate	64µg
Cholesterol	74mg	Vitamin B12	2.5µg
Sodium	252mg	Phosphorus	269mg
Potassium	652mg	Magnesium	42mg
Vitamin A	583IU	Zinc	6mg
Vitamin C	81mg	Selenium	21µg

## DIRECTIONS

- 01 Cook the jasmine rice according to the directions on the package.
- 02 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 03 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 04 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

## NOTES

### NO JASMINE RICE

Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

### LEFTOVERS

Refrigerate in an airtight container up to 3 days.

### SERVING SIZE

One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.

# Slow Cooker Salsa Chicken

2 SERVINGS 4 HOURS



## INGREDIENTS

10 ozs Chicken Breast (boneless, skinless)

1/4 cup Salsa

## NUTRITION

### AMOUNT PER SERVING

Calories	179	Calcium	17mg
Fat	4g	Iron	1mg
Saturated	1g	Vitamin D	11U
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	1µg
Monouns...	1g	Thiamine	0.1mg
Carbs	2g	Riboflavin	0.3mg
Fiber	1g	Niacin	14mg
Sugar	1g	Vitamin B6	1.2mg
Protein	32g	Folate	14µg
Cholesterol	103mg	Vitamin B12	0.3µg
Sodium	295mg	Phosphorus	312mg
Potassium	561mg	Magnesium	44mg
Vitamin A	192IU	Zinc	1mg
Vitamin C	1mg	Selenium	32µg

## DIRECTIONS

- 01 Place chicken breasts in the slow cooker and cover them with salsa. Cover with lid and cook on high for 4 hours, or on low for 6 to 8 hours.
- 02 Remove lid and shred the chicken breasts using two forks. Stir and let the shredded chicken marinate in the salsa for another 10 minutes or more.
- 03 Remove the chicken from the slow cooker and enjoy!

## NOTES

### SERVE IT WITH

Tacos, our Turmeric Chili Rice, Simple Avocado Salad, Vegan Corn Bread and/or House Salad.

### LEFTOVERS

Refrigerate in an airtight container up to 3 days or freeze for up to 6 months.

### TOO DRY

If you are finding the chicken is too dry after shredding it, stir in extra salsa.

# Broccoli & Jasmine Rice

2 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 cup Jasmine Rice  
2 cups Broccoli (cut into small florets)  
1 1/2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	221	Calcium	43mg
Fat	4g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	94µg
Monouns...	2g	Thiamine	0.1mg
Carbs	44g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	2g	Vitamin B6	0.2mg
Protein	6g	Folate	57µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	30mg	Phosphorus	60mg
Potassium	288mg	Magnesium	19mg
Vitamin A	567IU	Zinc	0mg
Vitamin C	81mg	Selenium	2µg

## DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Meanwhile, add the broccoli to the food processor. Process until it is a rice-like consistency. You may need to do this in batches depending on the size of your food processor.
- 03 Heat the oil in a large non-stick pan over medium heat. Add the finely chopped broccoli and cook for about five minutes or until warmed through and tender. Season with salt and pepper to taste.
- 04 Combine the broccoli with the cooked rice. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately one cup.

### NO EXTRA VIRGIN OLIVE OIL

Use avocado oil or coconut oil instead.

### NO BROCCOLI

Use cauliflower instead.

### NO JASMINE RICE

Use brown rice or quinoa instead.

# Curried Chicken with Broccoli & Sweet Potato

3 SERVINGS 35 MINUTES



## INGREDIENTS

3 Sweet Potato (small, peeled and cubed)  
4 1/2 cups Broccoli (cut into florets)  
2 1/4 tbsps Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper (to taste)  
15 ozs Chicken Breast  
2 1/4 tsps Curry Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	422	Calcium	119mg
Fat	15g	Iron	3mg
Saturated	2g	Vitamin D	11U
Trans	0g	Vitamin E	4mg
Polyunsat...	2g	Vitamin K	149µg
Monouns...	9g	Thiamine	0.3mg
Carbs	36g	Riboflavin	0.5mg
Fiber	8g	Niacin	15mg
Sugar	8g	Vitamin B6	1.7mg
Protein	38g	Folate	114µg
Cholesterol	103mg	Vitamin B12	0.3µg
Sodium	181mg	Phosphorus	458mg
Potassium	1360mg	Magnesium	105mg
Vitamin A	19336IU	Zinc	2mg
Vitamin C	125mg	Selenium	37µg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the broccoli and sweet potatoes on the baking sheet and season with 2/3 of the oil and salt and pepper. Bake for 10 minutes.
- 03 Remove the baking sheet from the oven. Place the chicken on the baking sheet and drizzle with the remaining oil. Season all sides of the chicken with curry powder and salt and pepper. Continue to bake for 22 to 25 minutes, or until the chicken is cooked through.
- 04 Divide between plates and enjoy!

## NOTES

**LEFTOVERS**  
Refrigerate in an airtight container for up to three days.

**MORE FLAVOR**

Add other dried herbs and spices, like cumin or garlic powder.

**NO BROCCOLI**

Use cauliflower or Brussels sprouts instead.

# Spiced Beef & Spinach with Rice

2 SERVINGS 20 MINUTES



## INGREDIENTS

3/4 cup Jasmine Rice  
8 ozs Extra Lean Ground Beef  
2 1/4 tsps Curry Powder  
Sea Salt & Black Pepper (to taste)  
2 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	454	Calcium	56mg
Fat	12g	Iron	4mg
Saturated	5g	Vitamin D	3IU
Trans	1g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	148µg
Monouns...	5g	Thiamine	0.1mg
Carbs	59g	Riboflavin	0.2mg
Fiber	3g	Niacin	6mg
Sugar	0g	Vitamin B6	0.5mg
Protein	28g	Folate	66µg
Cholesterol	74mg	Vitamin B12	2.5µg
Sodium	100mg	Phosphorus	232mg
Potassium	559mg	Magnesium	52mg
Vitamin A	2829IU	Zinc	6mg
Vitamin C	8mg	Selenium	20µg

## DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 03 Add the curry powder to the beef and stir to combine. Season with salt and pepper to taste. Add the spinach and stir until the spinach has wilted.
- 04 Divide the rice between plates and top with the beef mixture. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Season the beef with other dried herbs and spices or add fresh garlic and ginger.

### ADDITIONAL TOPPINGS

Cilantro, lime wedges, and/or red pepper flakes.

### NO BEEF

Use ground chicken, turkey, or pork instead.

### NO RICE

Use quinoa or cauliflower rice instead.