



Fall Harvest Program

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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
Baked Broccoli & Feta Egg Cups



LUNCH
Green Bean Casserole



SNACK 1
Plum



DINNER
Roasted Tomato, Lentil & Feta Bowl



SNACK 2
Apple with Peanut Butter

TUE



BREAKFAST
Baked Broccoli & Feta Egg Cups



LUNCH
Green Bean Casserole



SNACK 1
Apple with Peanut Butter



DINNER
Chicken, Broccoli & Cashew Stir Fry



SNACK 2
Plum

WED



BREAKFAST
Apple Pie Pancakes



LUNCH
Chicken, Broccoli & Cashew Stir Fry



SNACK 1
Roasted Edamame



DINNER
Sausage & Quinoa Stuffed Acorn Squash



SNACK 2
Apple with Peanut Butter

THU



BREAKFAST
Apple Pie Pancakes



LUNCH
Sausage & Quinoa Stuffed Acorn Squash



SNACK 1
Roasted Edamame



DINNER
Curried Chicken Slow Cooker Stew



SNACK 2
Apple with Peanut Butter

FRI



BREAKFAST
Apple Pie Pancakes



LUNCH
Curried Chicken Slow Cooker Stew



SNACK 1
Celery with Sunflower Seed Butter



DINNER
Warm Carrot & Sweet Potato Salad



SNACK 2
Grapes

SAT



BREAKFAST
Avocado Toast with a Poached Egg



LUNCH
Warm Carrot & Sweet Potato Salad



SNACK 1
Celery with Sunflower Seed Butter



DINNER
Curried Chicken Slow Cooker Stew



SNACK 2
Grapes

MON**FAT 46%** **CARBS 37%** **PROTEIN 17%**

Calories 1117	Calcium 582mg
Fat 62g	Iron 11mg
Saturated 22g	Vitamin D 78IU
Trans 0g	Vitamin E 8mg
Polyunsaturated 8g	Vitamin K 272µg
Monounsaturated 20g	Thiamine 4.3mg
Carbs 110g	Riboflavin 5.3mg
Fiber 33g	Niacin 31mg
Sugar 50g	Vitamin B6 5.6mg
Protein 50g	Folate 511µg
Cholesterol 318mg	Vitamin B12 18.3µg
Sodium 1318mg	Phosphorous 908mg
Potassium 2811mg	Magnesium 241mg
Vitamin A 4202IU	Zinc 6mg
Vitamin C 215mg	Selenium 43µg

TUE**FAT 43%** **CARBS 38%** **PROTEIN 19%**

Calories 1199	Calcium 494mg
Fat 61g	Iron 11mg
Saturated 23g	Vitamin D 76IU
Trans 0g	Vitamin E 8mg
Polyunsaturated 9g	Vitamin K 280µg
Monounsaturated 18g	Thiamine 4.3mg
Carbs 120g	Riboflavin 5.3mg
Fiber 25g	Niacin 36mg
Sugar 52g	Vitamin B6 6.0mg
Protein 59g	Folate 409µg
Cholesterol 342mg	Vitamin B12 18.1µg
Sodium 1653mg	Phosphorous 1045mg
Potassium 2782mg	Magnesium 325mg
Vitamin A 3342IU	Zinc 7mg
Vitamin C 322mg	Selenium 58µg

WED**FAT 40%** **CARBS 43%** **PROTEIN 17%**

Calories 1642	Calcium 605mg
Fat 77g	Iron 20mg
Saturated 19g	Vitamin D 34IU
Trans 0g	Vitamin E 11mg
Polyunsaturated 15g	Vitamin K 313µg
Monounsaturated 35g	Thiamine 1.2mg
Carbs 182g	Riboflavin 1.3mg
Fiber 33g	Niacin 17mg
Sugar 52g	Vitamin B6 2.3mg
Protein 74g	Folate 867µg
Cholesterol 219mg	Vitamin B12 1.4µg
Sodium 2001mg	Phosphorous 1302mg
Potassium 3483mg	Magnesium 528mg
Vitamin A 5442IU	Zinc 10mg
Vitamin C 223mg	Selenium 50µg

THU**FAT 39%** **CARBS 44%** **PROTEIN 17%**

Calories 1428	Calcium 555mg
Fat 65g	Iron 19mg
Saturated 14g	Vitamin D 33IU
Trans 0g	Vitamin E 10mg
Polyunsaturated 13g	Vitamin K 207µg
Monounsaturated 30g	Thiamine 1.1mg
Carbs 164g	Riboflavin 1.1mg
Fiber 33g	Niacin 14mg
Sugar 48g	Vitamin B6 1.8mg
Protein 65g	Folate 821µg
Cholesterol 205mg	Vitamin B12 1.4µg
Sodium 1692mg	Phosphorous 1064mg
Potassium 2972mg	Magnesium 422mg
Vitamin A 7987IU	Zinc 8mg
Vitamin C 57mg	Selenium 41µg

FRI**FAT 39%** **CARBS 47%** **PROTEIN 14%**

Calories 1034	Calcium 379mg
Fat 47g	Iron 9mg
Saturated 10g	Vitamin D 33IU
Trans 0g	Vitamin E 13mg
Polyunsaturated 8g	Vitamin K 78µg
Monounsaturated 25g	Thiamine 0.5mg
Carbs 125g	Riboflavin 0.9mg
Fiber 21g	Niacin 8mg
Sugar 40g	Vitamin B6 1.3mg
Protein 37g	Folate 348µg
Cholesterol 125mg	Vitamin B12 0.3µg
Sodium 812mg	Phosphorous 782mg
Potassium 1760mg	Magnesium 299mg
Vitamin A 19073IU	Zinc 5mg
Vitamin C 25mg	Selenium 58µg

SAT**FAT 45%** **CARBS 41%** **PROTEIN 14%**

Calories 1131	Calcium 277mg
Fat 59g	Iron 9mg
Saturated 10g	Vitamin D 41IU
Trans 0g	Vitamin E 15mg
Polyunsaturated 10g	Vitamin K 97µg
Monounsaturated 35g	Thiamine 0.6mg
Carbs 119g	Riboflavin 1.0mg
Fiber 24g	Niacin 10mg
Sugar 33g	Vitamin B6 1.6mg
Protein 42g	Folate 439µg
Cholesterol 218mg	Vitamin B12 0.6µg
Sodium 963mg	Phosphorous 875mg
Potassium 2257mg	Magnesium 327mg
Vitamin A 19275IU	Zinc 6mg
Vitamin C 31mg	Selenium 66µg

FRUITS

- 9 Apple
- 1 1/2 Avocado
- 4 cups Grapes
- 3/4 Lemon
- 1 Lime
- 4 Plum

BREAKFAST

- 1 cup All Natural Peanut Butter
- 3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 cup Cashews
- 1 1/2 tsps Cinnamon
- 1 tsp Cumin
- 1 tbsp Curry Powder
- 1 1/2 tsps Nutmeg
- 2 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Slivered Almonds

FROZEN

- 1/2 cup Frozen Corn
- 4 cups Frozen Edamame
- 1/2 cup Frozen Peas

VEGETABLES

- 2 Acorn Squash
- 4 cups Arugula
- 4 cups Baby Spinach
- 8 cups Broccoli
- 2 Carrot
- 1/2 head Cauliflower
- 8 stalks Celery
- 1 cup Cherry Tomatoes
- 1 1/2 cups French Shallot
- 10 Garlic
- 1 tbsp Ginger
- 5 cups Green Beans
- 1/2 Green Bell Pepper
- 3 stalks Green Onion
- 2 cups Kale Leaves
- 2 cups Mushrooms
- 1/2 cup Red Onion
- 1 tbsp Rosemary
- 1/2 Sweet Onion
- 3 Sweet Potato
- 1 Yellow Bell Pepper
- 1 Yellow Onion

BOXED & CANNED

- 2 cups Chickpeas
- 1 cup Green Lentils
- 2 3/4 cups Quinoa
- 2 cups Vegetable Broth

BAKING

- 2 tbsps Almond Flour
- 1/2 cup Arrowroot Powder
- 1 1/2 tsps Baking Powder
- 1/4 tsp Baking Soda
- 1/2 cup Coconut Flour
- 2 tbsps Nutritional Yeast
- 2 tbsps Raw Honey

BREAD, FISH, MEAT & CHEESE

- 2 slices Bread
- 1 lb Chicken Breast
- 10 ozs Chicken Sausage
- 1 cup Feta Cheese
- 1/2 cup Goat Cheese

CONDIMENTS & OILS

- 3 tbsps Apple Cider Vinegar
- 1 tbsp Balsamic Vinegar
- 1/3 cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/2 cup Sunflower Seed Butter
- 2 tbsps Tamari

COLD

- 11 Egg
- 1 cup Unsweetened Almond Milk

OTHER

- 6 1/16 cups Water

■ 1 tsp Vanilla Extract

Baked Broccoli & Feta Egg Cups

2 SERVINGS 40 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
2 cups Broccoli (cut into florets)
3 Egg
2 tbsps Unsweetened Almond Milk
Sea Salt & Black Pepper (to taste)
1/2 tsp Nutmeg
1/3 cup Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	239	Calcium	237mg
Fat	17g	Iron	2mg
Saturated	9g	Vitamin D	72IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	93µg
Monouns...	4g	Thiamine	0.1mg
Carbs	8g	Riboflavin	0.7mg
Fiber	3g	Niacin	1mg
Sugar	2g	Vitamin B6	0.4mg
Protein	16g	Folate	101µg
Cholesterol	301mg	Vitamin B12	1.1µg
Sodium	431mg	Phosphoro...	294mg
Potassium	411mg	Magnesium	35mg
Vitamin A	1109IU	Zinc	2mg
Vitamin C	81mg	Selenium	29µg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Grease ramekins with coconut oil and set aside.
- 02 Bring a medium sized pot of water to a boil. Add broccoli florets and cook until bright green (about 5 mins). Transfer cooked broccoli to a cutting board, dry with a paper towel and chop finely.
- 03 In a large bowl, whisk together eggs, almond milk, salt, pepper and nutmeg or any other spices you like. Next, stir in broccoli and feta. Mix well.
- 04 Place ramekins on a baking sheet. Pour broccoli and egg mixture into ramekins, dividing it evenly. Be sure to leave some space at the top as the eggs rise as they bake.
- 05 Bake for 30 minutes or until golden brown. Remove from oven. Enjoy them while they are hot! If you aren't eating them right away, let cool and store covered in fridge.

Apple Pie Pancakes

6 SERVINGS 30 MINUTES



INGREDIENTS

3 Egg
3/4 cup Unsweetened Almond Milk
3 tbsps Maple Syrup (divided)
3/4 Lemon (juiced and divided)
1 tsp Vanilla Extract
1/2 cup Coconut Flour
1/2 cup Arrowroot Powder
1 1/2 tsps Baking Powder
1/4 tsp Baking Soda
1/4 tsp Sea Salt
1 tbsp Extra Virgin Olive Oil
1 tbsp Coconut Oil
1 Apple (cored and diced)
1/2 tsp Cinnamon
2 tbsps Almond Flour

NUTRITION

AMOUNT PER SERVING

Calories	216	Calcium	158mg
Fat	10g	Iron	2mg
Saturated	4g	Vitamin D	33IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	2µg
Monouns...	3g	Thiamine	0mg
Carbs	27g	Riboflavin	0.3mg
Fiber	5g	Niacin	0mg

DIRECTIONS

- 01 In a large bowl, whisk the eggs, almond milk, 1/3 of the maple syrup, 1/3 of the lemon juice and vanilla until combined.
- 02 In a separate bowl, combine the coconut flour and arrowroot flour. Add to the wet mixture about 1/4 cup at a time, whisking thoroughly.
- 03 Mix in baking powder, baking soda, and salt.
- 04 Grease a large skillet with olive oil and place over medium heat. Once hot, pour pancakes in the skillet, about 3-inches wide.
- 05 Once small holes begin to appear in the surface of the pancake, sprinkle a few apple chunks onto it and flip over. Cook each side approximately 3-4 minutes. Repeat until batter is finished.
- 06 Heat coconut oil in a small saucepan over medium heat. Add remaining apple chunks, cinnamon, the remaining 2/3 of the lemon juice and the remaining 2/3 of the maple syrup. Stir until combined.
- 07 Add almond flour and turn down to low-medium heat. Let simmer and stir occasionally for 3 to 5 minutes or until apple chunks are soft.
- 08 Top apple pancakes with chunky apple cinnamon sauce and enjoy!

NOTES

NO ARROWROOT FLOUR

Use tapioca flour or cornstarch.

LEFTOVERS

Store pancakes in the fridge and reheat them in the toaster.

Sugar	10g	Vitamin B6	0.1mg
Protein	5g	Folate	14µg
Cholesterol	93mg	Vitamin B12	0.2µg
Sodium	350mg	Phosphoro...	79mg
Potassium	101mg	Magnesium	16mg
Vitamin A	215IU	Zinc	0mg
Vitamin C	4mg	Selenium	8µg

Avocado Toast with a Poached Egg

2 SERVINGS 15 MINUTES



INGREDIENTS

2 slices Bread
1 Avocado
Sea Salt & Black Pepper (to taste)
2 Egg
2 tbsps Apple Cider Vinegar
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	313	Calcium	56mg
Fat	22g	Iron	2mg
Saturated	4g	Vitamin D	41IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	21µg
Monouns...	13g	Thiamine	0.1mg
Carbs	21g	Riboflavin	0.4mg
Fiber	8g	Niacin	2mg
Sugar	3g	Vitamin B6	0.4mg
Protein	10g	Folate	105µg
Cholesterol	186mg	Vitamin B12	0.5µg
Sodium	501mg	Phosphoro...	172mg
Potassium	598mg	Magnesium	44mg
Vitamin A	417IU	Zinc	1mg
Vitamin C	10mg	Selenium	16µg

DIRECTIONS

- 01 Toast bread.
- 02 Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
- 03 Crack your egg into a bowl.
- 04 Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 05 Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

Green Bean Casserole

4 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

2 tbsps Coconut Oil (divided)
1 1/2 cups French Shallot (thinly sliced)
1/2 head Cauliflower (chopped into florets)
5 cups Green Beans (trimmed and halved)
2 cups Mushrooms (sliced)
3 Garlic (cloves, minced)
1 1/2 cups Water
1 tsp Sea Salt
2 tbsps Nutritional Yeast
1/4 cup Slivered Almonds (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	244	Calcium	124mg
Fat	12g	Iron	4mg
Saturated	6g	Vitamin D	3IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	66µg
Monouns...	0g	Thiamine	3.8mg
Carbs	28g	Riboflavin	4.1mg
Fiber	9g	Niacin	23mg
Sugar	12g	Vitamin B6	4.4mg
Protein	11g	Folate	112µg
Cholesterol	0mg	Vitamin B12	16.9µg

DIRECTIONS

- 01 Add half of the coconut oil in a large skillet and place over medium-low heat. Add the sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl, and set aside.
- 02 While the onions cook, steam the cauliflower in a steaming basket until softened and are easily pierced with a fork. Transfer to your blender or food processor and set aside.
- 03 Steam the green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
- 04 Heat the remaining coconut oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
- 05 Preheat the oven to 350°F (177°C). Add water, sea salt, and nutritional yeast to the blender. Blend until very smooth.
- 06 Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth with a spoon or spatula. Top with the caramelized onions.
- 07 Bake the casserole for 30 minutes. Remove from the oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Sodium	644mg	Phosphoro...	161mg
Potassium	940mg	Magnesium	62mg
Vitamin A	865IU	Zinc	1mg
Vitamin C	57mg	Selenium	7µg



Plum

2 SERVINGS 1 MINUTE



INGREDIENTS

2 Plum

DIRECTIONS

01 Wash and eat!

NUTRITION

AMOUNT PER SERVING

Calories	30	Calcium	4mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	4µg
Monounsa...	0g	Thiamine	0mg
Carbs	8g	Riboflavin	0mg
Fiber	1g	Niacin	0mg
Sugar	7g	Vitamin B6	0mg
Protein	0g	Folate	3µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	0mg	Phosphoro...	11mg
Potassium	104mg	Magnesium	5mg
Vitamin A	228IU	Zinc	0mg
Vitamin C	6mg	Selenium	0µg

Roasted Edamame

2 SERVINGS 45 MINUTES



INGREDIENTS

2 cups Frozen Edamame
1 tbsp Extra Virgin Olive Oil
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	247	Calcium	98mg
Fat	15g	Iron	4mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	4g	Vitamin K	45µg
Monouns...	7g	Thiamine	0.3mg
Carbs	14g	Riboflavin	0.2mg
Fiber	8g	Niacin	1mg
Sugar	3g	Vitamin B6	0.2mg
Protein	18g	Folate	482µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	304mg	Phosphoro...	262mg
Potassium	676mg	Magnesium	99mg
Vitamin A	462IU	Zinc	2mg
Vitamin C	9mg	Selenium	1µg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 02 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 03 Remove from oven when edamame is golden brown and let cool. Enjoy!

NOTES

LESS TIME

Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.

Celery with Sunflower Seed Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

8 stalks Celery (sliced into sticks)
1/2 cup Sunflower Seed Butter

DIRECTIONS

01 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

NUTRITION

AMOUNT PER SERVING

Calories	209	Calcium	52mg
Fat	18g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsat...	3g	Vitamin K	23µg
Monouns...	13g	Thiamine	0mg
Carbs	10g	Riboflavin	0.1mg
Fiber	3g	Niacin	2mg
Sugar	4g	Vitamin B6	0.2mg
Protein	6g	Folate	105µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	65mg	Phosphoro...	232mg
Potassium	392mg	Magnesium	108mg
Vitamin A	376IU	Zinc	2mg
Vitamin C	3mg	Selenium	34µg

NOTES

NO CELERY

Use cucumber instead

Roasted Tomato, Lentil & Feta Bowl

2 SERVINGS 40 MINUTES



INGREDIENTS

1/2 cup Red Onion (diced)
1 cup Cherry Tomatoes
1/2 Green Bell Pepper (chopped)
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 cups Kale Leaves (chopped)
1 cup Green Lentils (cooked, drained and rinsed)
1/2 Avocado (sliced)
1/4 cup Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	317	Calcium	190mg
Fat	16g	Iron	4mg
Saturated	4g	Vitamin D	3IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	105µg
Monouns...	8g	Thiamine	0.3mg
Carbs	34g	Riboflavin	0.4mg
Fiber	14g	Niacin	3mg
Sugar	7g	Vitamin B6	0.6mg
Protein	15g	Folate	261µg
Cholesterol	17mg	Vitamin B12	0.3µg
Sodium	236mg	Phosphoro...	314mg
Potassium	981mg	Magnesium	76mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper.
- 02 In a large mixing bowl, combine diced red onion, cherry tomatoes and green pepper. Toss with extra virgin olive oil and season with sea salt and black pepper to taste. Spread vegetables across your baking sheet and place in the oven for 20 minutes. After 20 minutes, change the settings on your oven to broil and broil for 7 to 8 minutes or until tomatoes are slightly blackened.
- 03 Meanwhile, add kale to the mixing bowl and drizzle with a splash of extra virgin olive oil. Massage the oil into the kale. Heat a large skillet over medium heat and saute the kale until it is wilted. Remove from heat and set aside.
- 04 Remove roasted veggies from the oven. In a large mixing bowl, toss the veggies with lentils.
- 05 Divide the kale between bowls. Top with lentil mix, avocado slices and feta cheese. Enjoy!

NOTES

STORAGE

Store in the fridge covered for up to 2 days.

PREP AHEAD

Prepare your red onion, cherry tomatoes, green pepper, kale and feta cheese ahead of time. When ready to eat, roast vegetables, saute kale, slice avocado and assemble the bowls.

Vitamin A	1902IU	Zinc	2mg
Vitamin C	63mg	Selenium	6µg



Chicken, Broccoli & Cashew Stir Fry

4 SERVINGS 45 MINUTES



INGREDIENTS

8 ozs Chicken Breast
3/4 cup Quinoa
1 1/2 cups Water
2 tbsps Tamari
1 tbsp Raw Honey
1 tbsp Apple Cider Vinegar
4 cups Broccoli (cut into florets)
1 tbsp Coconut Oil
1 Yellow Bell Pepper (diced)
1/2 Sweet Onion (chopped)
1 tbsp Ginger (grated)
3 Garlic (cloves, minced)
1/2 cup Cashews
3 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	399	Calcium	102mg
Fat	15g	Iron	4mg
Saturated	5g	Vitamin D	1IU
Trans	0g	Vitamin E	2mg
Polyunsat...	3g	Vitamin K	113µg
Monouns...	6g	Thiamine	0.3mg
Carbs	44g	Riboflavin	0.4mg
Fiber	6g	Niacin	8mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Sprinkle the chicken with your clean spices of choice. Place on a baking sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
- 02 Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
- 03 Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
- 04 Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
- 05 Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
- 06 Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

NOTES

SERVING SIZE

One serving is approximately 1 1/2 to two cups.

Sugar	9g	Vitamin B6	1.0mg
Protein	24g	Folate	159µg
Cholesterol	41mg	Vitamin B12	0.1µg
Sodium	571mg	Phosphoro...	451mg
Potassium	952mg	Magnesium	160mg
Vitamin A	1042IU	Zinc	3mg
Vitamin C	170mg	Selenium	21µg

Sausage & Quinoa Stuffed Acorn Squash

4 SERVINGS 45 MINUTES



INGREDIENTS

2 Acorn Squash (trimmed and sliced in half)
2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Raw Honey
1 tsp Cinnamon
1 cup Quinoa (uncooked)
1 1/2 cups Water
10 ozs Chicken Sausage (no sugar added)
1 Yellow Onion
1 Garlic (clove, minced)
4 cups Baby Spinach
1 tbsp Rosemary
1/2 tsp Nutmeg (ground)

NUTRITION

AMOUNT PER SERVING

Calories	493	Calcium	220mg
Fat	20g	Iron	9mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	149µg
Monouns...	11g	Thiamine	0.5mg
Carbs	65g	Riboflavin	0.3mg
Fiber	8g	Niacin	4mg
Sugar	8g	Vitamin B6	0.8mg
Protein	19g	Folate	178µg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Slice the tips off of your acorn squash so that it will sit flat. Then cut the squash in half and carve out the seeds. Brush the inside of each squash with olive oil. Then brush the inside of each squash with honey. Sprinkle each squash with cinnamon. Place the squash on a baking sheet, flesh side up and pop them in the oven. Roast for 30 minutes or until tender when pierced with a fork.
- 03 Meanwhile, cook your quinoa by combining quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until water is absorbed. Remove lid, fluff with a fork and set aside.
- 04 Heat your remaining olive oil in a skillet over medium heat. Remove the casing from the sausage and add the meat to the skillet. Add the onions and saute until sausage is cooked through. Add the minced garlic and saute for another minute. Add spinach, rosemary and nutmeg. Saute just until spinach is wilted. Remove from heat then stir in the quinoa. Mix well.
- 05 Remove the squash from the oven and stuff each half with your quinoa sausage mix. Plate and serve!

NOTES

VEGAN AND BUDGET-FRIENDLY

Skip the sausage and use 1 can of chickpeas, lentils or beans instead.

STORAGE

Store covered in the fridge for up to 3 days.

PREP AHEAD

Prepare your acorn squash, quinoa, onions and garlic ahead of time. When ready to eat, roast acorn squash and finish the remaining assembly.

Cholesterol	85mg	Vitamin B12	1.1µg
Sodium	769mg	Phosphoro...	382mg
Potassium	1379mg	Magnesium	190mg
Vitamin A	3625IU	Zinc	4mg
Vitamin C	32mg	Selenium	19µg

Curried Chicken Slow Cooker Stew

6 SERVINGS 6 HOURS



INGREDIENTS

1 Sweet Potato (large, diced)
2 cups Chickpeas (cooked, drained and rinsed)
1/2 cup Frozen Corn
1/2 cup Frozen Peas
1 tsp Cumin (ground)
1 tbsp Curry Powder
2 Garlic (cloves, minced)
2 cups Vegetable Broth (or any type of broth)
8 ozs Chicken Breast

NUTRITION

AMOUNT PER SERVING

Calories	185	Calcium	52mg
Fat	3g	Iron	3mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	7µg
Monouns...	1g	Thiamine	0.2mg
Carbs	26g	Riboflavin	0.2mg
Fiber	6g	Niacin	5mg
Sugar	5g	Vitamin B6	0.5mg
Protein	15g	Folate	113µg
Cholesterol	27mg	Vitamin B12	0.1µg
Sodium	262mg	Phosphoro...	213mg

DIRECTIONS

- 01 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 02 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 03 Serve the stew on it's own or over brown rice. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups of stew.

MORE CARBS

Serve it over brown rice.

MORE PROTEIN

Serve it over quinoa.

VEGAN AND BUDGET-FRIENDLY

Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

TURN IT INTO A SOUP

Double up on the broth.

MORE GREEN VEGGIES

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

Potassium	441mg	Magnesium	54mg
Vitamin A	3587IU	Zinc	1mg
Vitamin C	4mg	Selenium	12µg

Warm Carrot & Sweet Potato Salad

4 SERVINGS 45 MINUTES



INGREDIENTS

2 Carrot (chopped into 1 inch pieces)
2 Sweet Potato (chopped into 1 inch pieces)
Sea Salt & Black Pepper (to taste)
1 cup Quinoa (uncooked)
1 1/2 cups Water
1 Lime (juiced)
1 tbsp Balsamic Vinegar
1 Garlic (clove, minced)
3 tbsps Extra Virgin Olive Oil (divided)
4 cups Arugula
1/2 cup Goat Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	362	Calcium	104mg
Fat	16g	Iron	3mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	33µg
Monouns...	8g	Thiamine	0.2mg
Carbs	46g	Riboflavin	0.2mg
Fiber	6g	Niacin	1mg
Sugar	6g	Vitamin B6	0.4mg
Protein	10g	Folate	112µg
Cholester...	5mg	Vitamin B12	0µg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C). Toss chopped carrots and sweet potato in a splash of olive oil and season with sea salt and pepper. Spread veggies across a baking sheet lined with parchment paper. Bake in the oven for 30 minutes or until tender.
- 02 In the meantime, place quinoa in a saucepan with water. Bring to a boil over high heat. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until water is completely absorbed. Remove from heat, fluff with a fork and set aside.
- 03 In a small bowl, whisk together the lime juice, balsamic vinegar, minced garlic and olive oil. Season with a pinch of sea salt and black pepper.
- 04 Place roasted carrot and sweet potato in a large mixing bowl. Add in the quinoa, dressing and arugula and toss well. Spoon into bowls and top with crumbled goat cheese. Enjoy!

NOTES

MORE PROTEIN

Add grilled chicken or lentils.

Sodium	133mg	Phosphoro...	249mg
Potassium	650mg	Magnesium	116mg
Vitamin A	14803IU	Zinc	2mg
Vitamin C	10mg	Selenium	4µg



Apple with Peanut Butter

4 SERVINGS 3 MINUTES



INGREDIENTS

4 Apple
1/2 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Calcium	27mg
Fat	17g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	4g	Vitamin K	4µg
Monouns...	8g	Thiamine	0.1mg
Carbs	32g	Riboflavin	0.1mg
Fiber	6g	Niacin	4mg
Sugar	22g	Vitamin B6	0.2mg
Protein	8g	Folate	34µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphoro...	128mg
Potassium	375mg	Magnesium	63mg
Vitamin A	98IU	Zinc	1mg
Vitamin C	8mg	Selenium	1µg

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Grapes

2 SERVINGS 2 MINUTES



INGREDIENTS

2 cups Grapes

DIRECTIONS

01 Wash grapes, divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	62	Calcium	13mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	13µg
Monouns...	0g	Thiamine	0.1mg
Carbs	16g	Riboflavin	0.1mg
Fiber	1g	Niacin	0mg
Sugar	15g	Vitamin B6	0.1mg
Protein	1g	Folate	4µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	9mg
Potassium	176mg	Magnesium	5mg
Vitamin A	92IU	Zinc	0mg
Vitamin C	4mg	Selenium	0µg