































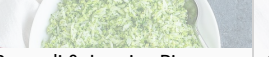





















































**EXERCISE**  
*with Style*

1800 Calorie Meal Plan on a  
Budget PDF

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Brenda Peralta, RDN, CDE  
<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Spinach & Salsa Omelette	 Spinach & Salsa Omelette	 Beef & Salsa Breakfast Skillet	 Beef & Salsa Breakfast Skillet	 Beef & Salsa Breakfast Skillet	 1.5 Spinach & Sweet Potato Frittata	 1.5 Spinach & Sweet Potato Frittata
	 1.5 Apple & Sweet Potato Hash	 1.5 Apple & Sweet Potato Hash	 1.5 Shredded Sweet Potatoes	 Shredded Sweet Potatoes	 1.5 Shredded Sweet Potatoes		
Snack 1	 1.5 Apple & Creamy Sunflower Dip	 Broccoli & Spiced Yogurt	 1.5 Apple & Creamy Sunflower Dip	 Creamy Sweet Potato Toast	 Egg & Apple Snack Plate	 Coconut Yogurt with Sunflower Seed Butter	 1.5 Apple with Sunflower Seed Butter
	 Coconut Yogurt Chicken	 Beef & Shredded Veggies with Rice	 Coconut Yogurt Chicken	 Ground Beef, Broccoli & Rice	 Slow Cooker Salsa Chicken	 Curried Chicken with Broccoli & Sweet Potato	 Spiced Beef & Spinach with Rice
Lunch	 Sweet Potato Fries with Creamy Salsa	 Beef & Shredded Veggies with Rice	 Sweet Potato Fries with Creamy Salsa	 Ground Beef, Broccoli & Rice	 Broccoli & Jasmine Rice	 Curried Chicken with Broccoli & Sweet Potato	 Spiced Beef & Spinach with Rice
	 Coconut Yogurt Chicken	 Beef & Shredded Veggies with Rice	 Coconut Yogurt Chicken	 Ground Beef, Broccoli & Rice	 Broccoli & Jasmine Rice	 Curried Chicken with Broccoli & Sweet Potato	 Spiced Beef & Spinach with Rice
Snack 2	 Broccoli & Spiced Yogurt	 1.5 Apple & Creamy Sunflower Dip	 Creamy Sweet Potato Toast	 2 Egg & Apple Snack Plate	 1.5 Creamy Sweet Potato Toast	 1.5 Apple with Sunflower Seed Butter	 Coconut Yogurt with Sunflower Seed Butter
	 Beef & Shredded Veggies with Rice	 Sweet Potato Fries with Creamy Salsa	 Ground Beef, Broccoli & Rice	 Broccoli & Jasmine Rice	 Curried Chicken with Broccoli & Sweet Potato	 Spiced Beef & Spinach with Rice	 Curried Chicken with Broccoli & Sweet Potato
Dinner	 Beef & Shredded Veggies with Rice	 Sweet Potato Fries with Creamy Salsa	 Ground Beef, Broccoli & Rice	 Broccoli & Jasmine Rice	 Curried Chicken with Broccoli & Sweet Potato	 Spiced Beef & Spinach with Rice	 Curried Chicken with Broccoli & Sweet Potato

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  39%	Fat  39%	Fat  42%	Fat  35%	Fat  39%	Fat  44%	Fat  44%
Carbs  42%	Carbs  42%	Carbs  37%	Carbs  41%	Carbs  36%	Carbs  35%	Carbs  35%
Protein  19%	Protein  19%	Protein  21%	Protein  24%	Protein  25%	Protein  21%	Protein  21%
Calories 1862	Calories 1862	Calories 1800	Calories 1804	Calories 1829	Calories 1876	Calories 1876
Fat 84g	Fat 84g	Fat 87g	Fat 72g	Fat 81g	Fat 95g	Fat 95g
Carbs 202g	Carbs 202g	Carbs 171g	Carbs 187g	Carbs 168g	Carbs 170g	Carbs 170g
Fiber 37g	Fiber 37g	Fiber 28g	Fiber 25g	Fiber 28g	Fiber 25g	Fiber 25g
Sugar 68g	Sugar 68g	Sugar 54g	Sugar 56g	Sugar 48g	Sugar 48g	Sugar 48g
Protein 91g	Protein 91g	Protein 95g	Protein 113g	Protein 120g	Protein 102g	Protein 102g
Cholesterol 714mg	Cholesterol 714mg	Cholesterol 397mg	Cholesterol 790mg	Cholesterol 633mg	Cholesterol 735mg	Cholesterol 735mg
Sodium 1529mg	Sodium 1529mg	Sodium 1473mg	Sodium 1643mg	Sodium 1525mg	Sodium 579mg	Sodium 579mg
Vitamin A 54380IU	Vitamin A 54380IU	Vitamin A 47318IU	Vitamin A 21269IU	Vitamin A 48884IU	Vitamin A 33246IU	Vitamin A 33246IU
Vitamin C 262mg	Vitamin C 262mg	Vitamin C 118mg	Vitamin C 185mg	Vitamin C 223mg	Vitamin C 158mg	Vitamin C 158mg
Calcium 1038mg	Calcium 1038mg	Calcium 652mg	Calcium 602mg	Calcium 547mg	Calcium 624mg	Calcium 624mg
Iron 16mg	Iron 16mg	Iron 13mg	Iron 12mg	Iron 12mg	Iron 17mg	Iron 17mg

### Fruits

- 11 1/2 Apple

### Seeds, Nuts & Spices

- 2 2/3 tbsps Curry Powder
- 1/8 tsp Sea Salt
- 0 Sea Salt & Black Pepper

### Vegetables

- 12 3/4 cups Baby Spinach
- 13 1/2 cups Broccoli
- 12 3/4 Sweet Potato

### Boxed & Canned

- 2 1/4 cups Jasmine Rice
- 2 1/3 cups Salsa

### Bread, Fish, Meat & Cheese

- 1 kilogram Chicken Breast
- 936 grams Extra Lean Ground Beef

### Condiments & Oils

- 2/3 cup Extra Virgin Olive Oil
- 1 1/4 cups Sunflower Seed Butter

### Cold

- 17 Egg
- 4 3/4 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
Fat	24g
Carbs	8g
Fiber	3g
Sugar	3g
Protein	22g
Cholesterol	558mg
Sodium	723mg
Vitamin A	6736IU
Vitamin C	18mg
Calcium	163mg
Iron	5mg

### Directions

- 1 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.
- 2 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

3 servings  
15 minutes

### Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 Sweet Potato (medium, peeled and cut into small cubes)
- 1 1/2 Apple (medium, peeled and cut into small cubes)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	163
Fat	7g
Carbs	26g
Fiber	4g
Sugar	12g
Protein	1g
Cholesterol	0mg
Sodium	37mg
Vitamin A	9271IU
Vitamin C	6mg
Calcium	25mg
Iron	1mg

### Directions

- 1 Heat the oil in a non-stick pan over medium heat.
- 2 Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender.
- 3 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!

### 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

255 grams Extra Lean Ground Beef  
1 1/8 cups Salsa  
3 Egg

### Nutrition

Amount per serving	
Calories	249
Fat	13g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	25g
Cholesterol	241mg
Sodium	820mg
Vitamin A	731IU
Vitamin C	2mg
Calcium	67mg
Iron	3mg

### Directions

- 1 Add the ground beef to a large skillet over medium heat. Stir occasionally until cooked through, about eight minutes. Stir in the salsa.
- 2 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

4 servings

10 minutes

### Ingredients

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

### Nutrition

Amount per serving	
Calories	116
Fat	7g
Carbs	13g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	36mg
Vitamin A	9222IU
Vitamin C	2mg
Calcium	20mg
Iron	0mg

### Directions

- 1 Heat the oil in a non-stick pan over medium heat.
- 2 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

3 servings  
25 minutes

### Ingredients

- 2 1/4 tps Extra Virgin Olive Oil
- 3/4 Sweet Potato (medium, peeled and cut into small cubes)
- 2 1/4 cups Baby Spinach (chopped)
- 6 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	206
Fat	13g
Carbs	8g
Fiber	1g
Sugar	2g
Protein	14g
Cholesterol	372mg
Sodium	178mg
Vitamin A	7261IU
Vitamin C	7mg
Calcium	88mg
Iron	3mg

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 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.
- 3 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.
- 4 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

6 servings

5 minutes

### Ingredients

1 1/8 cups Unsweetened Coconut Yogurt  
1/3 cup Sunflower Seed Butter  
6 Apple (sliced)

### Nutrition

Amount per serving	
Calories	214
Fat	10g
Carbs	31g
Fiber	6g
Sugar	21g
Protein	3g
Cholesterol	0mg
Sodium	12mg
Vitamin A	107IU
Vitamin C	9mg
Calcium	115mg
Iron	1mg

### Directions

- 1 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

### Nutrition

Amount per serving	
Calories	253
Fat	21g
Carbs	13g
Fiber	3g
Sugar	4g
Protein	6g
Cholesterol	0mg
Sodium	26mg
Vitamin A	17IU
Vitamin C	1mg
Calcium	270mg
Iron	2mg

### Directions

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

### 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

340 grams 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
Fat	10g
Carbs	4g
Fiber	2g
Sugar	0g
Protein	27g
Cholesterol	82mg
Sodium	96mg
Vitamin A	4254IU
Vitamin C	13mg
Calcium	149mg
Iron	2mg

### 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
Fat	8g
Carbs	29g
Fiber	5g
Sugar	6g
Protein	2g
Cholesterol	0mg
Sodium	193mg
Vitamin A	18518IU
Vitamin C	3mg
Calcium	106mg
Iron	1mg

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 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.
- 3 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 tsp Curry Powder
- 4 cups Broccoli (chopped into florets)

### Nutrition

Amount per serving	
Calories	124
Fat	4g
Carbs	19g
Fiber	7g
Sugar	4g
Protein	6g
Cholesterol	0mg
Sodium	86mg
Vitamin A	1134IU
Vitamin C	162mg
Calcium	346mg
Iron	2mg

### Directions

1

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.



## 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
Fat	18g
Carbs	21g
Fiber	4g
Sugar	6g
Protein	7g
Cholesterol	0mg
Sodium	40mg
Vitamin A	9238IU
Vitamin C	2mg
Calcium	71mg
Iron	2mg

### Directions

- 1 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.
- 2 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.
- 3 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
Fat	7g
Carbs	28g
Fiber	5g
Sugar	19g
Protein	7g
Cholesterol	186mg
Sodium	85mg
Vitamin A	368IU
Vitamin C	8mg
Calcium	164mg
Iron	1mg

### Directions

- 1 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.
- 2 Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
- 3 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 Apple:** 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

### Nutrition

Amount per serving	
Calories	292
Fat	18g
Carbs	33g
Fiber	6g
Sugar	22g
Protein	6g
Cholesterol	0mg
Sodium	3mg
Vitamin A	115IU
Vitamin C	9mg
Calcium	31mg
Iron	2mg

### Directions

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

### 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
- 227 grams 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

### Nutrition

Amount per serving	
Calories	440
Fat	12g
Carbs	56g
Fiber	5g
Sugar	5g
Protein	28g
Cholesterol	74mg
Sodium	357mg
Vitamin A	9671IU
Vitamin C	43mg
Calcium	64mg
Iron	3mg

### Directions

- 1 Cook the rice according to package directions.
- 2 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.
- 3 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!

### 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)
- 227 grams Extra Lean Ground Beef
- 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	391
Fat	12g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	28g
Cholesterol	74mg
Sodium	252mg
Vitamin A	583IU
Vitamin C	81mg
Calcium	56mg
Iron	3mg

### Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 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.
- 3 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.
- 4 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

283 grams Chicken Breast (boneless, skinless)

1/4 cup Salsa

### Nutrition

Amount per serving	
Calories	179
Fat	4g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	32g
Cholesterol	103mg
Sodium	295mg
Vitamin A	192IU
Vitamin C	1mg
Calcium	17mg
Iron	1mg

### Directions

- 1 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.
- 2 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.
- 3 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
Fat	4g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	30mg
Vitamin A	567IU
Vitamin C	81mg
Calcium	43mg
Iron	1mg

### Directions

- 1 Cook the rice according to package directions.
- 2 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.
- 3 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.
- 4 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)
- 425 grams Chicken Breast
- 2 1/4 tsps Curry Powder

### Nutrition

Amount per serving	
Calories	422
Fat	15g
Carbs	36g
Fiber	8g
Sugar	8g
Protein	38g
Cholesterol	103mg
Sodium	181mg
Vitamin A	19336IU
Vitamin C	125mg
Calcium	119mg
Iron	3mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 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.
- 3 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.
- 4 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  
227 grams 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
Fat	12g
Carbs	59g
Fiber	3g
Sugar	0g
Protein	28g
Cholesterol	74mg
Sodium	100mg
Vitamin A	2829IU
Vitamin C	8mg
Calcium	56mg
Iron	4mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 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.
- 3 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.
- 4 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.