



PCOS Friendly Freezer Meals

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Welcome to the PCOS Friendly Freezer Meals Guide!

Eating healthy requires preparing meals and since our bodies like to eat several times a day that can become a lot of work very fast! Using the freezer to help you batch cook is a great way to eat healthy and feel great even when life is busy!

Below you will find my notes of how I make the recipes in this guide freezer meals. Sometimes I set aside a half day and just load up my freezer for the coming 2-4 months with some of our favorite recipes ready for those, didn't have time to cook. Other times I make these recipes but double or triple the amount we will eat and freeze them for another time. Whatever your style is I know you will be so happy to have these recipes waiting for you in the freezer 

Task No.	Time	Recipe	Tasks & Notes
1	15 minutes	Curried Chicken Slow Cooker Stew	<ul style="list-style-type: none"><input type="checkbox"/> Follow the recipe and combine all ingredients in your slow cooker. Cook on high for 4 hours or on low for 6 to 8 hours. Move onto the next task.<input type="checkbox"/> Allow to cool completely. Divide the amount you would need per meal (1, 2 etc servings) into airtight containers
2	15 minutes	Creamy Potato, Lentil & Kale Casserole	<ul style="list-style-type: none"><input type="checkbox"/> Preheat the oven to 400°F.<input type="checkbox"/> Follow the recipe and bake for 40 minutes. Set a timer and move onto your next task.<input type="checkbox"/> Allow to cool completely. Divide the amount you would need per meal (1, 2 etc servings) into airtight containers

3	15 minutes	Banana & Chocolate Chip Oatmeal Cups	<input type="checkbox"/> Follow the recipe to make the Banana & Chocolate Chip Oatmeal Cups. Wrap. Leave out until cooled. Move onto the next task. <input type="checkbox"/> Store in silicone bags (or plastic bags)
4	10 minutes	Chocolate Cauliflower Shake	<input type="checkbox"/> Prepare smoothie packs by portioning out the cauliflower, banana, cacao powder, protein powder and maca powder into individual zipper lock bags. (Note: In the mornings, dump the contents of the smoothie pack into the blender, add almond butter and almond milk and blend until smooth.)
5	10 minutes	Chocolate Cherry Green Smoothie	<input type="checkbox"/> Prepare smoothie packs by portioning out the cherries, protein powder and baby spinach into zipper lock bags. (Note: In the mornings, dump the contents of the smoothie pack into the blender, add almond milk and blend until smooth.)
6	15 minutes	No Bake Apple Cinnamon Bites	<input type="checkbox"/> Follow the recipe to make the bites. Store them in the freezer
7	15 minutes	Cream of Mushroom Soup	<input type="checkbox"/> Follow the recipe and ready to serve

			<input type="checkbox"/> Allow to cool completely. Divide the amount you would need per meal (1, 2 etc servings) into airtight containers
8	10 minutes	Chocolate Zucchini Muffins	<input type="checkbox"/> Set the oven to 350°F. <input type="checkbox"/> Follow the recipe and bake for 18 minutes. Set a timer and move onto the next task. <input type="checkbox"/> Once cooled place in a ziplock bag or airtight container and freeze up to 3 months
9	15 minutes	Slow Cooker Chicken Soup	<input type="checkbox"/> Follow the recipe and combine all ingredients in your slow cooker. Cook on high for 4 hours or on low for 6 to 8 hours. Move onto the next task. <input type="checkbox"/> Allow to cool completely. Divide the amount you would need per meal (1, 2 etc servings) into airtight containers
10	5 minutes	Breakfast Oatmeal Cookies	<input type="checkbox"/> Follow the recipe and bake for 10 minutes. <input type="checkbox"/> Once cooled place in a ziplock bag or airtight container and freeze up to 3 months
11	10 minutes	Chicken, Rice & Broccoli	<input type="checkbox"/> Follow the recipe instructions to make the rice, bake the chicken for 25 minutes.

			<input type="checkbox"/> Set a steamer basket over the rice with the broccoli inside and steam for 5 minutes. <input type="checkbox"/> When done, portion the rice and chicken into single-serving containers with the broccoli. Leave the lids off until completely cooled. <input type="checkbox"/> Allow to cool completely. Divide the amount you would need per meal (1, 2 etc servings) into airtight containers
12	1 minute	Sweet Potato Turkey Breakfast Patties	<input type="checkbox"/> Follow the recipe until ready to serve <input type="checkbox"/> Once cooled place in a ziplock bag or airtight container and freeze up to 3 months
13	10 minutes	White Bean Chicken Chilli	<input type="checkbox"/> Follow the recipe until ready to serve <input type="checkbox"/> Allow to cool completely. Divide the amount you would need per meal (1, 2 etc servings) into airtight containers
14	5 minutes	Frozen Yogurt Covered Blueberries	<input type="checkbox"/> Follow the recipe including chilling in the freezer for 20-30 minutes. <input type="checkbox"/> Once chilled place in a ziplock bag or airtight container and freeze up to 3 months

15	5 minutes	Spinach & Sausage Egg Muffins	<input type="checkbox"/> Follow the recipe until ready to serve <input type="checkbox"/> Once cooled place in a ziplock bag or airtight container and freeze up to 3 months
16	5 minutes	Slow Cooker Energy Bars	<input type="checkbox"/> Follow the recipe until ready to serve (including chilling in the fridge prior to cutting) <input type="checkbox"/> Once cooled place in a ziplock bag or airtight container and freeze up to 3 months
17	5 minutes	Pineapple Turmeric Smoothie	<input type="checkbox"/> Prepare smoothie packs by portioning out the pineapple, protein powder, turmeric and ginger into zipper lock bags. (Note: In the mornings, dump the contents of the smoothie pack into the blender, add almond milk and blend until smooth.)
18	5 minutes	Cauliflower, Kale & Lentil Detox Soup	<input type="checkbox"/> Follow the recipe prepare until ready to serve <input type="checkbox"/> Allow to cool completely. Divide the amount you would need per meal (1, 2 etc servings) into airtight containers
19	5 minutes	High Fiber Seed Loaf	<input type="checkbox"/> Follow the recipe and allow to cool completely

			<input type="checkbox"/> Slice before placing in a ziplock or airtight container so that you can remove as many slices as you want without thawing the whole loaf.
20	15 minutes	Cinnamon Protein Energy Bites	<input type="checkbox"/> Follow the recipe including chilling in the fridge (or in this case freezer) for 20-30 minutes. <input type="checkbox"/> Once chilled place the balls in a ziplock bag or airtight container and freeze up to 3 months

Note: Each night, take out everything that you will need for the next day, except the smoothie packs (take these out when ready to use), and store in the fridge overnight.



Chocolate Cauliflower Shake

1 serving
5 minutes

Ingredients

- 1 cup Frozen Cauliflower
- 1 Banana (frozen)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1/4 cup Chocolate Protein Powder
- 1 cup Unsweetened Almond Milk
- 1 1/2 tps Maca Powder

Nutrition

Amount per serving	
Calories	449
Fat	16g
Saturated	2g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g
Potassium	1345mg
Vitamin A	593IU
Vitamin C	67mg
Calcium	695mg
Iron	4mg
Vitamin D	101IU
Vitamin E	4mg
Magnesium	236mg
Zinc	2mg

Directions

- 1 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha: Replace half of the almond milk with chilled coffee.

Likes it Sweeter: Add pitted medjool dates.

No Maca Powder: Leave it out or use cinnamon instead.



Chocolate Cherry Green Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Cherries (fresh and pitted, or frozen)
- 1/4 cup Chocolate Protein Powder
- 1 cup Baby Spinach
- 1 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	218
Fat	3g
Saturated	0g
Carbs	28g
Fiber	6g
Sugar	20g
Protein	22g
Potassium	666mg
Vitamin A	3411IU
Vitamin C	19mg
Calcium	615mg
Iron	2mg
Vitamin D	101IU
Vitamin E	1mg
Magnesium	105mg
Zinc	2mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet: Add more cherries.

Extra Chocolate: Add some cacao or cocoa powder.

Extra Thick: Add ground flax seeds or chia seeds.

No Protein Powder: Use a blend of hemp seeds and cocoa powder instead.



Curried Chicken Slow Cooker Stew

4 servings

6 hours

Ingredients

- 2/3 Sweet Potato (large, diced)
- 1 1/3 cups Chickpeas (cooked, drained and rinsed)
- 1/3 cup Frozen Corn
- 1/3 cup Frozen Peas
- 2/3 tsp Cumin (ground)
- 2 tsps Curry Powder
- 1 1/3 Garlic (cloves, minced)
- 1 1/3 cups Vegetable Broth (or any type of broth)
- 5 1/3 ozs Chicken Breast

Nutrition

Amount per serving	
Calories	185
Fat	3g
Saturated	0g
Carbs	26g
Fiber	6g
Sugar	5g
Protein	15g
Potassium	441mg
Vitamin A	3587IU
Vitamin C	4mg
Calcium	52mg
Iron	3mg
Vitamin D	0IU
Vitamin E	1mg
Magnesium	54mg
Zinc	1mg

Directions

- 1 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.
- 2 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.
- 3 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.



No Bake Apple Cinnamon Bites

6 servings

15 minutes

Ingredients

1/2 cup Oats (quick or traditional)
 1 3/4 tbsps Ground Flax Seed
 1/4 tsp Cinnamon
 2 1/4 tbsps Almond Butter
 2 1/2 tsps Raw Honey
 1/2 Apple (peeled, cored and finely diced)

Nutrition

Amount per serving	
Calories	84
Fat	4g
Saturated	0g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	2g
Potassium	80mg
Vitamin A	7IU
Vitamin C	1mg
Calcium	28mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Magnesium	25mg
Zinc	0mg

Directions

- 1 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
- 2 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 3 Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

Serving Size: One serving is equal to one ball.

Vegan: Use maple syrup instead of honey.

Nut-Free: Use sunflower seed butter instead of almond butter.



Breakfast Oatmeal Cookies

3 servings

20 minutes

Ingredients

- 3/4 cup Oats (rolled)
- 1 1/8 Banana (mashed)
- 3 tbsps All Natural Peanut Butter
- 1/16 tsp Sea Salt
- 1 1/2 tbsps Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	258
Fat	12g
Saturated	4g
Carbs	31g
Fiber	4g
Sugar	11g
Protein	7g
Potassium	322mg
Vitamin A	28IU
Vitamin C	4mg
Calcium	21mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Magnesium	67mg
Zinc	1mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
- 3 Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
- 4 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

Notes

No Peanut Butter: Use almond, cashew, or sunflower seed butter instead.

Gluten-Free: Use certified gluten-free oats.

Sugar-Free: Use sugar-free chocolate chips or dried cranberries.

Leftovers: Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

Serving Size: One serving is equal to one cookie.



Chicken, Rice & Broccoli

4 servings

45 minutes

Ingredients

- 1 cup Brown Rice (uncooked, rinsed)
- 2 cups Water
- 1 lb Chicken Breast (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 4 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	396
Fat	12g
Saturated	2g
Carbs	41g
Fiber	4g
Sugar	2g
Protein	31g
Potassium	781mg
Vitamin A	601IU
Vitamin C	81mg
Calcium	65mg
Iron	2mg
Vitamin D	1IU
Vitamin E	3mg
Magnesium	107mg
Zinc	2mg

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper.
- 2 Combine the rice and water in a pot and bring to a boil. Reduce the heat to a simmer and cover with a lid. Cook for 40 minutes or until water is absorbed. Remove the lid and fluff with a fork.
- 3 In the prepped baking dish, coat the chicken with oil and salt. Bake for 25 to 30 minutes, or until cooked through. Set aside and cover with foil while prepping the other ingredients.
- 4 While the rice is cooking, place broccoli in a steaming basket and add it to the same pot of rice. Steam for 5 minutes or until tender. Set aside.
- 5 Slice the chicken and divide it, along with the broccoli and rice onto plates or into containers. Enjoy!

Notes

No Brown Rice: Use quinoa, jasmine rice, couscous, barley or cauliflower rice instead.

Less Time: Soak the rice overnight or slice the chicken in half lengthwise to reduce cooking time.

No Steaming Basket: Toss the broccoli in oil, add to a baking sheet and roast for 10 minutes.

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 3/4 cup of cooked rice, 1 cup of broccoli and 4 ozs of chicken.



Creamy Potato, Lentil & Kale Casserole

4 servings

1 hour

Ingredients

- 3 Yellow Potato (thinly sliced)
- 2 cups Green Lentils (cooked, drained)
- 3 cups Kale Leaves (stems removed, leaves torn)
- 2 cups Canned Coconut Milk (full fat)
- 1 1/2 cups Pureed Pumpkin
- 1 1/2 tsp Garlic Powder
- 1 tbsp Thyme (stems removed)
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	491
Fat	22g
Saturated	20g
Carbs	60g
Fiber	15g
Sugar	8g
Protein	15g
Potassium	1488mg
Vitamin A	15096IU
Vitamin C	52mg
Calcium	110mg
Iron	6mg
Vitamin D	0IU
Vitamin E	1mg
Magnesium	101mg
Zinc	2mg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly overtop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
- 3 In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
- 4 Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size: A 10 x 13-inch dish was used for 8 servings.



Chocolate Zucchini Muffins

4 servings

30 minutes

Ingredients

- 2/3 cup Almond Flour
- 1 1/3 tbsps Cocoa Powder
- 1/16 tsp Sea Salt
- 1/16 tsp Baking Soda
- 1 1/3 tbsps Extra Virgin Olive Oil
- 1 1/3 tbsps Maple Syrup
- 1 Egg
- 1/3 Zucchini (medium, grated)

Nutrition

Amount per serving	
Calories	188
Fat	15g
Saturated	2g
Carbs	10g
Fiber	3g
Sugar	5g
Protein	6g
Potassium	101mg
Vitamin A	100IU
Vitamin C	3mg
Calcium	59mg
Iron	1mg
Vitamin D	10IU
Vitamin E	1mg
Magnesium	68mg
Zinc	0mg

Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with muffin liners. Brush each liner with a small amount of coconut oil, to prevent sticking.
- 2 In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
- 3 In a medium-size bowl, whisk together the olive oil, maple syrup, and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the zucchini.
- 4 Spoon the muffin batter between cups, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
- 5 Let cool completely before eating, to prevent the muffins from sticking to the liners.

Notes

Serving Size: One serving is equal to one muffin.

Zucchini: One medium zucchini is equal to about 2 cups of grated zucchini.

Storage: Store in the fridge for 5 days or in the freezer for a few months.



Banana & Chocolate Chip Oatmeal Cups

12 servings

35 minutes

Ingredients

- 2 tbsps Coconut Oil (melted, divided)
- 2 1/2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 2 Banana
- 1/4 cup Maple Syrup
- 1 tsp Vanilla Extract
- 1/2 cup Plain Coconut Milk (refrigerated, from the box)
- 2 Egg
- 1/3 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	183
Fat	7g
Saturated	5g
Carbs	25g
Fiber	2g
Sugar	10g
Protein	6g
Potassium	170mg
Vitamin A	79IU
Vitamin C	2mg
Calcium	74mg
Iron	1mg
Vitamin D	11IU
Vitamin E	0mg
Magnesium	35mg

Directions

- 1 Preheat the oven to 350F (177°C) and grease a muffin tin with half the coconut oil.
- 2 In a medium sized bowl, whisk together the rolled oats, protein powder, baking powder, cinnamon and sea salt.
- 3 In a large bowl, mash the bananas with a fork and then whisk together the maple syrup, vanilla, coconut milk, the remaining coconut oil and eggs. Add the dry ingredients to the wet and stir until fully combined. Gently fold in the chocolate chips.
- 4 Spoon the mixture into the greased muffin tins and bake for 25 minutes. Let them cool and then remove. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving size is equal to one oatmeal cup.

Additional Toppings: Top with sliced banana and almond butter.



Cream of Mushroom Soup

4 servings

30 minutes

Ingredients

- 2 tbsps Coconut Oil
- 1 cup Red Onion (diced)
- 3 stalks Celery (diced)
- 2 Carrot (diced)
- 3 cups Mushrooms (any type will work)
- 1 tsp Black Pepper
- 3 tbsps Tamari
- 4 cups Water
- 1/2 cup Cashews (soaked and drained)

Nutrition

Amount per serving	
Calories	218
Fat	15g
Saturated	7g
Carbs	17g
Fiber	4g
Sugar	6g
Protein	7g
Potassium	598mg
Vitamin A	5235IU
Vitamin C	7mg
Calcium	71mg
Iron	2mg
Vitamin D	5IU
Vitamin E	0mg
Magnesium	74mg
Zinc	2mg

Directions

- 1 Heat your coconut oil in a large stockpot over medium heat. Add the onion and saute for 4 - 5 minutes or until translucent. Add in the celery, carrots, mushrooms, black pepper, tamari and water. Bring to a boil and then reduce to a simmer. Cover with a lid and cook for 20 minutes.
- 2 Add your cashews to the blender. Ladle in one cup of your soup broth and blend well until smooth to create your cashew cream. Now ladle in the rest of your soup and puree. CAUTION: Ensure you leave a place for the steam to escape from the blender, otherwise the lid will blow off and that is bad news.
- 3 Ladle soup into bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size: One serving equals approximately 2 cups.

Make it Green: Add in a few handfuls of spinach or kale before blending.

Nut-Free: Use sunflower seeds instead of cashews.

Whole Mushroom Lover: Use a slotted spoon to strain out some of the mushrooms before blending, then add them back into the pureed soup.

Toppings: Top with red pepper flakes, a splash of olive oil and/or chopped baby spinach.



Sweet Potato & Turkey Breakfast Patties

5 servings

1 hour

Ingredients

- 1 Sweet Potato (medium, peeled, chopped)
- 1 lb Extra Lean Ground Turkey
- 1 Garlic (large clove, minced)
- 1 1/2 tsps Italian Seasoning
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	159
Fat	8g
Saturated	2g
Carbs	5g
Fiber	1g
Sugar	1g
Protein	17g
Potassium	283mg
Vitamin A	3755IU
Vitamin C	1mg
Calcium	28mg
Iron	1mg
Vitamin D	13IU
Vitamin E	0mg
Magnesium	26mg
Zinc	2mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Bring a pot of water to a boil. Place the sweet potato in a steamer over the boiling water and cover for 7 to 10 minutes, or until tender. Transfer the sweet potato to a large mixing bowl and mash it well. Allow it to cool.
- 3 Using a paper towel, gently pat the turkey to remove excess moisture.
- 4 Add the garlic, Italian seasoning and salt to the cooled mashed sweet potato and mix well. Add the turkey and gently mix to combine. Form the sweet potato mixture into thin patties, approximately 4 inches in diameter and place on the prepared baking sheet.
- 5 Bake the patties for 20 to 25 minutes or until cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size: One serving is approximately two patties.

More Flavor: Add black pepper, onion powder or red pepper flakes.

Sweet Potato: One medium sweet potato is approximately 1 1/4 cups of mashed sweet potato. If using a larger sweet potato set any extra mashed sweet potato aside to use in another meal.



White Bean Chicken Chili

6 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Onion (medium, chopped)
- 1 Jalapeno Pepper (seeded and chopped)
- 1 Red Bell Pepper (chopped)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Cumin
- 1 tbsp Chili Powder
- 1/2 tsp Sea Salt
- 3 cups Chicken Broth (divided)
- 3 cups White Navy Beans (cooked and divided)
- 1 lb Chicken Thighs (boneless, skinless)
- 1/2 cup Frozen Corn
- 1/2 cup Cilantro (chopped)
- 1 Lime (sliced into wedges)

Nutrition

Amount per serving	
Calories	290
Fat	7g
Saturated	1g
Carbs	34g
Fiber	11g
Sugar	5g
Protein	25g
Potassium	760mg
Vitamin A	1190IU
Vitamin C	35mg
Calcium	99mg

Directions

- 1 Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
- 2 While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
- 3 Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked through.
- 4 Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
- 5 Divide the chili into bowls and serve with a lime wedge. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Additional Toppings: Corn chips, sour cream and/or shredded cheese.

No Chicken Thighs: Use chicken breast instead.

Vegetarian: Omit the chicken and use extra beans.

Serving Size: One serving is equal to approximately one cup of chili.

Save Time: Use cooked beans from the can.



Frozen Yogurt Covered Blueberries

4 servings
40 minutes

Ingredients

2 cups Blueberries (fresh or frozen, not wild)
1/4 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	53
Fat	1g
Saturated	0g
Carbs	11g
Fiber	2g
Sugar	8g
Protein	2g
Potassium	57mg
Vitamin A	118IU
Vitamin C	8mg
Calcium	36mg
Iron	0mg
Vitamin D	6IU
Vitamin E	0mg
Magnesium	4mg
Zinc	0mg

Directions

- 1 In a bowl, combine blueberries and yogurt until well coated.
- 2 Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
- 3 Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

Notes

Kid-Friendly: Serve just a few at a time as these will melt quickly after handling.

Dairy-Free & Vegan: Use a dairy-free yogurt such as coconut or almond.



Spinach & Sausage Egg Muffins

6 servings

30 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 8 3/4 ozs Pork Sausage (casing removed)
- 6 cups Baby Spinach (chopped)
- 8 Egg
- 1/4 cup Water
- 1/4 tsp Sea Salt
- 1 stalk Green Onion (chopped)

Nutrition

Amount per serving	
Calories	246
Fat	20g
Saturated	6g
Carbs	3g
Fiber	1g
Sugar	0g
Protein	14g
Potassium	337mg
Vitamin A	3284IU
Vitamin C	9mg
Calcium	74mg
Iron	2mg
Vitamin D	73IU
Vitamin E	2mg
Magnesium	38mg
Zinc	2mg

Directions

- 1 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 2 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
- 3 In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
- 4 Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is two egg muffins.

More Flavor: Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

Make it Vegetarian: Omit the sausage.

No Sausage: Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

No Spinach: Use kale or chard instead.



Slow Cooker Energy Bars

8 servings

4 hours

Ingredients

- 1 tsp Coconut Oil
- 2 tbsps Tahini
- 2 tbsps Maple Syrup
- 3/4 cup Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 2 Egg
- 1/3 cup Quinoa (dry)
- 1/2 cup Dried Unsweetened Cranberries
- 1/3 cup Pumpkin Seeds
- 1/3 cup Unsweetened Coconut Flakes
- 2 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	172
Fat	10g
Saturated	4g
Carbs	17g
Fiber	3g
Sugar	8g
Protein	5g
Potassium	109mg
Vitamin A	118IU
Vitamin C	0mg
Calcium	95mg
Iron	2mg
Vitamin D	20IU
Vitamin E	0mg
Magnesium	30mg

Directions

- 1 Line the bottom of your slow cooker with parchment paper. Do this by tracing the shape of the slow cooker onto parchment, cutting it out and placing it into the bottom of the slow cooker. Brush the parchment with coconut oil.
- 2 In a medium sized mixing bowl, combine the tahini and maple syrup. Whisk together until smooth.
- 3 Add in the almond milk, cinnamon and salt. Continue to whisk until well combined.
- 4 Whisk in the eggs until combined, then stir in quinoa, cranberries, pumpkin seeds, coconut, and chia seeds.
- 5 Pour the mixture into your slow cooker and cook on low setting for 3.5 hours.
- 6 Run a knife around the outside perimeter of the slow cooker bowl. Carefully, turn the bowl over onto a large plate to release the bars. Place plate into the refrigerator to cool completely before cutting into individual bars. Enjoy!

Notes

Storage: Store in an airtight container in the freezer up to 6 months.



Pineapple Turmeric Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Unsweetened Almond Milk
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Ginger (peeled and grated)
- 1/2 cup Vanilla Protein Powder
- 1 tsp Turmeric (powder)

Nutrition

Amount per serving	
Calories	204
Fat	3g
Saturated	0g
Carbs	26g
Fiber	4g
Sugar	16g
Protein	21g
Potassium	381mg
Vitamin A	595IU
Vitamin C	79mg
Calcium	589mg
Iron	2mg
Vitamin D	101IU
Vitamin E	0mg
Magnesium	88mg
Zinc	2mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Storage: Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple: Use mango, peaches or banana instead.



Cauliflower, Kale & Lentil Detox Soup

6 servings

40 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 stalks Celery (diced)
- 2 Carrot (medium, peeled and diced)
- 4 Garlic (cloves, minced)
- 1 head Cauliflower (chopped into florets)
- 4 cups Kale Leaves (chopped)
- 6 cups Vegetable Broth
- 2 1/4 cups Lentils (cooked)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	187
Fat	5g
Saturated	1g
Carbs	27g
Fiber	10g
Sugar	7g
Protein	10g
Potassium	792mg
Vitamin A	4663IU
Vitamin C	65mg
Calcium	100mg
Iron	4mg
Vitamin D	0IU
Vitamin E	1mg
Magnesium	53mg
Zinc	1mg

Directions

- 1 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 2 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 3 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

Notes

Leftovers: Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

Serving Size: One serving is equal to approximately 2 cups of soup.



High Fiber Seed Loaf

10 servings

3 hours

Ingredients

- 1/2 cup Sunflower Seeds
- 1/2 cup Whole Flax Seeds
- 1/2 cup Pumpkin Seeds
- 1/4 cup Chia Seeds
- 2 cups Oats (rolled)
- 1/4 cup Psyllium Husks
- 1/2 tsp Sea Salt
- 3 tbsps Avocado Oil
- 1 1/2 cups Water

Nutrition

Amount per serving	
Calories	240
Fat	16g
Saturated	2g
Carbs	19g
Fiber	8g
Sugar	0g
Protein	7g
Potassium	214mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	72mg
Iron	3mg
Vitamin D	0IU
Vitamin E	2mg
Magnesium	77mg
Zinc	1mg

Directions

- 1 In a large bowl, combine sunflower seeds, flax seeds, pumpkin seeds, chia seeds, oats, psyllium husks and salt. Mix well.
- 2 In a separate bowl, whisk together the avocado oil and water. Add the wet ingredients to the dry ingredients and mix very well until everything is combined.
- 3 Line a loaf pan with parchment paper, allowing the ends of the parchment to come higher than the sides of the pan. Pour in the mixture. Let it stand for two hours (or overnight) to thicken further.
- 4 Preheat the oven to 350°F (177°C). Place the loaf pan in the oven and bake for 20 minutes. Then remove the loaf from the pan by pulling up the sides of the parchment. Remove the parchment and place the loaf upside down directly on the oven rack and bake for another 30 minutes.
- 5 Remove from the oven and let it cool completely before slicing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size: One serving is equal to one slice of bread.

Additional Toppings: Serve with nut or seed butter, hummus, avocado, or chia jam.

Psyllium Powder: If you are using psyllium powder instead of the whole husks, cut the amount used in half.



Cinnamon Protein Energy Bites

14 servings

35 minutes

Ingredients

- 1/3 cup Oats (quick)
- 1/4 cup Oat Flour
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Ground Flax Seed
- 2 tbsps Chia Seeds
- 1 1/2 tps Cinnamon
- 1/2 cup Almond Butter
- 1/4 cup Maple Syrup
- 1 tbsp Unsweetened Almond Milk
(optional; if needed)

Nutrition

Amount per serving	
Calories	111
Fat	7g
Saturated	0g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	5g
Potassium	108mg
Vitamin A	3IU
Vitamin C	0mg
Calcium	64mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Magnesium	37mg
Zinc	1mg

Directions

- 1 In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
- 2 Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage: Keep energy bites in the fridge for up to seven days or freezer for up to three months. Always serve chilled.

Serving Size: One serving is equal to one ball.

Nut-Free: Use sunflower seed butter or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.

No Maple Syrup: Use honey instead.

Gluten-Free: Use certified gluten-free quick oats.

No Quick Oats: For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them into a quick oats texture.

No Protein Powder: Use more oat flour instead.



Slow Cooker Chicken Soup

6 servings

6 hours

Ingredients

- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 3 Carrot (medium, chopped)
- 1 tbsp Rosemary (fresh)
- 8 ozs Chicken Breast (boneless, skinless)
- 1 lb Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 6 cups Water (or broth)

Nutrition

Amount per serving	
Calories	161
Fat	4g
Saturated	1g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	24g
Potassium	504mg
Vitamin A	5253IU
Vitamin C	3mg
Calcium	59mg
Iron	2mg
Vitamin D	1IU
Vitamin E	1mg
Magnesium	40mg
Zinc	2mg

Directions

- 1 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 2 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Notes

More Carbs: Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

Leftovers: Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months.

Omit pasta and potatoes if you plan to freeze.