



1 Week Fall Dinner Plan

Created by Pam Rocca



1 Week Fall Dinner Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch	Slow Cooker Vegan Chili	Lentil Masala Soup	Cozy Slow Cooker Split Pea & Kale Stew	Butternut Squash Chili	Vegan Minestrone Soup	Slow Cooker Caribbean Carrot Soup	Lentil & Squash Stew
Dinner	Moroccan Chicken Stew	Vegan Peanut Ramen Soup	Slow Cooker Chicken Soup	Peanut Butter Curry Chickpea Stew	Turkey & Barley Soup	Slow Cooker Beef Stew	Curried Chicken Slow Cooker Stew



1 Week Fall Dinner Plan

7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Calories	542	Calories	1116	Calories	439	Calories	796	Calories	579	Calories	601	Calories	482
Fat	17g	Fat	46g	Fat	7g	Fat	23g	Fat	5g	Fat	23g	Fat	4g
Carbs	71g	Carbs	146g	Carbs	54g	Carbs	122g	Carbs	100g	Carbs	60g	Carbs	87g
Fiber	18g	Fiber	17g	Fiber	19g	Fiber	33g	Fiber	19g	Fiber	10g	Fiber	16g
Sugar	30g	Sugar	21g	Sugar	9g	Sugar	28g	Sugar	16g	Sugar	22g	Sugar	14g
Protein	30g	Protein	40g	Protein	41g	Protein	35g	Protein	36g	Protein	40g	Protein	30g
Cholesterol	52mg	Cholesterol	0mg	Cholesterol	99mg	Cholesterol	0mg	Cholesterol	40mg	Cholesterol	95mg	Cholesterol	27mg
Sodium	2287mg	Sodium	2696mg	Sodium	1046mg	Sodium	1826mg	Sodium	1816mg	Sodium	1853mg	Sodium	1856mg
Vitamin A	6389IU	Vitamin A	6141IU	Vitamin A	10201IU	Vitamin A	28762IU	Vitamin A	13777IU	Vitamin A	29411IU	Vitamin A	18117IU
Vitamin C	71mg	Vitamin C	56mg	Vitamin C	21mg	Vitamin C	159mg	Vitamin C	37mg	Vitamin C	44mg	Vitamin C	42mg
Calcium	180mg	Calcium	176mg	Calcium	164mg	Calcium	419mg	Calcium	214mg	Calcium	166mg	Calcium	162mg
Iron	9mg	Iron	9mg	Iron	7mg	Iron	13mg	Iron	8mg	Iron	6mg	Iron	9mg
Vitamin D	1IU	Vitamin D	7IU	Vitamin D	1IU	Vitamin D	25IU	Vitamin D	6IU	Vitamin D	9IU	Vitamin D	0IU
Thiamine	0.3mg	Thiamine	0.3mg	Thiamine	0.7mg	Thiamine	0.8mg	Thiamine	0.3mg	Thiamine	0.4mg	Thiamine	0.9mg
Riboflavin	0.3mg	Riboflavin	0.7mg	Riboflavin	0.5mg	Riboflavin	0.5mg	Riboflavin	0.4mg	Riboflavin	0.8mg	Riboflavin	0.4mg
Niacin	10mg	Niacin	11mg	Niacin	11mg	Niacin	7mg	Niacin	12mg	Niacin	12mg	Niacin	9mg
Vitamin B12	0.2µg	Vitamin B12	0µg	Vitamin B12	0.5µg	Vitamin B12	0µg	Vitamin B12	1.0µg	Vitamin B12	3.4µg	Vitamin B12	0.1µg
Zinc	2mg	Zinc	2mg	Zinc	5mg	Zinc	5mg	Zinc	3mg	Zinc	10mg	Zinc	3mg



1 Week Fall Dinner Plan

80 items

Fruits

3 Lime

Breakfast

3/4 cup All Natural Peanut Butter

2 tbsps Maple Syrup

Seeds, Nuts & Spices

1 1/2 tps Black Pepper

1/2 tsp Cardamom

1/4 tsp Cayenne Pepper

3 1/2 tbsps Chili Powder

1 1/2 tps Cinnamon

1 tsp Coriander

1 2/3 tbsps Cumin

1 tbsp Curry Powder

2 1/8 tbsps Dried Thyme

1 tbsp Garam Masala

1 tsp Ground Allspice

1 1/2 tps Ground Ginger

1 1/2 tbsps Italian Seasoning

1/4 tsp Nutmeg

1 tsp Oregano

4 tbsps Sea Salt

0 Sea Salt & Black Pepper

1 2/3 tbsps Turmeric

Frozen

2 1/2 cups Frozen Corn

1 cup Frozen Green Beans

1/2 cup Frozen Peas

Vegetables

2 cups Baby Carrots

4 cups Baby Spinach

7 cups Butternut Squash

24 Carrot

8 stalks Celery

1 1/2 cups Cilantro

23 Garlic

1 1/3 tbsps Ginger

2 Green Bell Pepper

6 stalks Green Onion

8 cups Kale Leaves

5 1/2 cups Mushrooms

1/2 cup Parsley

2 Red Bell Pepper

1 cup Red Onion

1 tbsp Rosemary

1 1/2 Sweet Onion

1 Sweet Potato

3 Tomato

1 White Onion

7 Yellow Onion

3 Yellow Potato

1 Zucchini

Boxed & Canned

1 cup Beef Broth

2 cups Black Beans

1 1/2 cups Brown Rice Pasta Shells

2 cups Canned Coconut Milk

6 cups Canned Whole Tomatoes

6 cups Chickpeas

8 cups Diced Tomatoes

1 cup Dry Green Lentils

1 cup Dry Red Lentils

283 grams Gluten-Free Ramen Noodles

3/4 cup Lite Coconut Milk

4 cups Red Kidney Beans

Bread, Fish, Meat & Cheese

737 grams Chicken Breast

454 grams Chicken Thighs

907 grams Stewing Beef

340 grams Turkey Breast, Cooked

Condiments & Oils

1 tsp Avocado Oil

1/3 cup Coconut Oil

3 1/3 tbsps Extra Virgin Olive Oil

1/4 cup Red Wine Vinegar

1 tbsp Tamari

1 tbsp Thai Red Curry Paste

Cold

1 cup Unsweetened Almond Milk

Other

2/3 cup Pearl Barley

12 3/4 cups Water



- 1/4 cup** Tomato Paste
- 34 3/4 cups** Vegetable Broth
- 2 cups** White Navy Beans
- 2 cups** Yellow Split Peas

Baking

- 1/4 cup** Brown Rice Flour
- 1 tbsp** Coconut Sugar
- 1/3 cup** Raisins
- 2 tbsps** Raw Honey



Slow Cooker Vegan Chili

13 ingredients · 8 hours · 8 servings



Directions

1. Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
2. Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
3. Ladle into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days or freeze up to four months.

Serving Size

One serving is roughly 1 1/2 cups.

Serve it With

Toast, quinoa, brown rice, or a salad.

Make Ahead

Chop celery, bell peppers, carrot and onion ahead of time.

Kid-Friendly

Omit the chili powder and puree until smooth. Serve with tortilla chips.

Extra Spicy

Add 1 to 2 chopped jalapeno peppers, chili flakes or extra chili powder.

More Greens

Mix in chopped kale or spinach. Stir until wilted.

Extra Toppings

Top with green onion or diced avocado.

Ingredients

- 6 cups** Canned Whole Tomatoes
- 2 cups** Red Kidney Beans (cooked, drained and rinsed)
- 2 cups** White Navy Beans (cooked, drained and rinsed)
- 2 cups** Frozen Corn
- 2 stalks** Celery (diced)
- 2** Green Bell Pepper (de-seeded and chopped)
- 2** Carrot (chopped)
- 1** White Onion (diced)
- 4** Garlic (cloves, minced)
- 2 tsps** Cumin
- 1 tsp** Oregano
- 3 tbsps** Chili Powder
- 1 tbsp** Sea Salt

Nutrition

Amount per serving

Calories	222	Vitamin C	47mg
Fat	1g	Calcium	127mg
Carbs	42g	Iron	5mg
Fiber	14g	Vitamin D	0IU
Sugar	8g	Thiamine	0.2mg
Protein	12g	Riboflavin	0.1mg



Cholesterol	0mg	Niacin	2mg
Sodium	1325mg	Vitamin B12	0µg
Vitamin A	4434IU	Zinc	1mg



Lentil Masala Soup

12 ingredients · 30 minutes · 4 servings



Directions

1. Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
2. Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
3. Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

Additional Toppings

Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1/2 **cup** Red Onion (finely diced)
- 4 **Garlic** (cloves, minced)
- 1 **tsp** Turmeric
- 1 **tbsp** Garam Masala
- 1 **tsp** Sea Salt
- 1 **cup** Cilantro (finely diced)
- 4 **cups** Vegetable Broth
- 3 **cups** Diced Tomatoes
- 1 **cup** Dry Red Lentils
- 1 **cup** Canned Coconut Milk (full fat)
- 4 **cups** Kale Leaves (finely sliced)

Nutrition

Amount per serving

Calories	391	Vitamin C	42mg
Fat	14g	Calcium	118mg
Carbs	50g	Iron	6mg
Fiber	11g	Vitamin D	0IU
Sugar	9g	Thiamine	0.1mg
Protein	17g	Riboflavin	0.1mg
Cholesterol	0mg	Niacin	1mg
Sodium	1308mg	Vitamin B12	0µg
Vitamin A	2557IU	Zinc	0mg



Cozy Slow Cooker Split Pea & Kale Stew

9 ingredients · 8 hours · 6 servings



Directions

1. In your slow cooker, add the onion, garlic, carrots, celery, thyme and dried split peas. Pour the broth over all ingredients and cook on low for 8 hours. Stir every few hours to prevent the split peas from sticking to the bottom.
2. In the last 30 minutes of cooking, add chopped kale. Once the kale is wilted, season to taste with salt and pepper. Enjoy!

Notes

Leftovers

Store in the fridge up to 4 days or freeze.

Serving Size

One serving is roughly 1 1/2 to 2 cups.

Ingredients

- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 2 Carrot (medium, diced)
- 2 stalks Celery (diced)
- 1 tbsp Dried Thyme
- 2 cups Yellow Split Peas (dry/uncooked)
- 8 cups Vegetable Broth
- 4 cups Kale Leaves (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	278	Vitamin C	18mg
Fat	3g	Calcium	105mg
Carbs	48g	Iron	5mg
Fiber	17g	Vitamin D	0IU
Sugar	6g	Thiamine	0.6mg
Protein	17g	Riboflavin	0.3mg
Cholesterol	0mg	Niacin	3mg
Sodium	909mg	Vitamin B12	0µg
Vitamin A	4948IU	Zinc	3mg



Butternut Squash Chili

10 ingredients · 40 minutes · 3 servings



Directions

1. Heat the oil in a large dutch oven or pot over medium heat. Once hot, add in the squash, onion, and bell pepper and saute for five minutes.
2. Reduce the heat to medium-low and add the cumin, chili powder, salt, beans, broth, and tomatoes. Simmer covered for 25 to 30 minutes, until the squash is cooked through and some of the liquid has reduced.
3. Season with salt to taste and divide into bowls, serve and enjoy!

Notes

Leftovers

Refrigerate in a sealed container for up to four days, or freeze for up to two months.

Serving Size

One serving is equal to about 1 1/2 cups of chili.

More Flavor

Add more spice such as cayenne.

Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 4 **cups** Butternut Squash (peeled, chopped into 1/2-inch pieces)
- 1/2 **cup** Red Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 **tsp** Cumin
- 1 1/2 **tsps** Chili Powder
- 3/4 **tsp** Sea Salt
- 2 **cups** Black Beans (drained, rinsed)
- 3/4 **cup** Vegetable Broth
- 1 1/2 **cups** Diced Tomatoes

Nutrition

Amount per serving

Calories	329	Vitamin C	104mg
Fat	6g	Calcium	159mg
Carbs	59g	Iron	5mg
Fiber	16g	Vitamin D	0IU
Sugar	11g	Thiamine	0.5mg
Protein	14g	Riboflavin	0.2mg
Cholesterol	0mg	Niacin	3mg
Sodium	824mg	Vitamin B12	0µg
Vitamin A	22123IU	Zinc	2mg



Vegan Minestrone Soup

12 ingredients · 1 hour · 4 servings



Directions

1. Heat the oil in a large pot over medium heat. Cook the onion for 3 to 5 minutes or until softened. Add the carrot, garlic, Italian seasoning, and salt and stir to combine. Cook for 2 to 3 minutes more. Stir in the tomato paste and continue to cook for another minute.
2. Add the diced tomatoes, vegetable broth, and kidney beans and stir until combined.
3. Add the green beans. Bring to a gentle boil and continue to cook for 30 to 35 minutes or until the vegetables are tender. Season with additional salt if needed.
4. Meanwhile, cook the pasta according to package directions. Drain, rinse well, and set aside.
5. To serve, divide the soup between bowls and stir in the cooked pasta. Enjoy!

Notes

Leftovers

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

Serving Size

One serving is approximately 2 cups of soup.

Grain-Free

Omit the pasta or use chickpea pasta instead.

Additional Toppings

Fresh herbs, red pepper flakes, nutritional yeast, parmesan cheese or fresh ground pepper.

More Flavor

Add or substitute potato, zucchini, swiss chard, celery, bell pepper, peas, corn kernels, kale, or spinach.

Consistency

Make sure the vegetables are chopped to be approximately the same time for even cooking. Add more broth to thin the soup as needed.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (finely chopped)
- 1 Carrot (peeled, chopped)
- 4 Garlic (cloves, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Sea Salt
- 1/4 cup Tomato Paste
- 3 1/2 cups Diced Tomatoes (from the can)
- 4 cups Vegetable Broth
- 2 cups Red Kidney Beans (cooked, rinsed)
- 1 cup Frozen Green Beans (chopped)
- 1 1/2 cups Brown Rice Pasta Shells (dry)

Nutrition

Amount per serving

Calories	392	Vitamin C	30mg
Fat	3g	Calcium	142mg
Carbs	75g	Iron	6mg
Fiber	14g	Vitamin D	0IU
Sugar	12g	Thiamine	0.2mg
Protein	16g	Riboflavin	0.2mg
Cholesterol	0mg	Niacin	4mg
Sodium	1306mg	Vitamin B12	0µg
Vitamin A	4337IU	Zinc	1mg



Slow Cooker Caribbean Carrot Soup

15 ingredients · 5 hours · 4 servings



Directions

1. Add carrots, potato, green onion tops, thyme, ginger, allspice, sea salt, cumin, nutmeg, vegetable broth and maple syrup to the slow cooker and stir to combine. Cook on high for 4 hours, or on low for 6 to 8 hours.
2. Use a handheld immersion blender to blend the soup until smooth and creamy. Add more broth or water if needed to achieve desired consistency. Stir in lime juice and coconut milk.
3. Divide into bowls and garnish with cilantro (optional) and any leftover green onion. Enjoy!

Notes

Serving Size

One serving is equal to approximately two cups of soup.

No Slow Cooker

Make it on the stovetop instead. Add all ingredients to a pot and simmer on medium-low for 30 minutes, or until carrots and potatoes are tender.

No Immersion Blender

Use a regular blender instead. Be careful and always leave room for the steam to escape.

Likes it Spicy

Add a chopped jalapeno pepper.

Leftovers

Store in the fridge for up to five days. Freeze for up to three months.

Ingredients

- 8 Carrot (medium, chopped)
- 2 Yellow Potato (medium, chopped)
- 6 stalks Green Onion (green parts only)
- 2 tsps Dried Thyme
- 1 1/2 tsps Ground Ginger
- 1 tsp Ground Allspice
- 3/4 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 tsp Cumin (ground)
- 1/4 tsp Nutmeg (ground)
- 4 cups Vegetable Broth
- 2 tbsps Maple Syrup
- 1 Lime (juiced)
- 1 cup Canned Coconut Milk (full fat)
- 1/4 cup Cilantro (optional, chopped)

Nutrition

Amount per serving

Calories	290	Vitamin C	36mg
Fat	11g	Calcium	102mg
Carbs	44g	Iron	2mg
Fiber	7g	Vitamin D	0IU
Sugar	16g	Thiamine	0.2mg
Protein	5g	Riboflavin	0.3mg



Cholesterol	0mg	Niacin	3mg
Sodium	1208mg	Vitamin B12	0µg
Vitamin A	21730IU	Zinc	1mg



Lentil & Squash Stew

10 ingredients · 45 minutes · 4 servings



Directions

1. Add a splash of the broth to a large pot with the onions and garlic. Cook over medium heat for about five minutes or until the onions have softened. Add the thyme, salt, and pepper. Cook for another minute.
2. Add the carrot, potato, squash, and lentils. Stir to combine. Add the remaining broth and bring to a gentle boil. Cover with a lid and continue to cook for 20 minutes stirring occasionally.
3. Remove the lid and continue to cook for 10 to 15 minutes, stirring often until the stew has thickened.
4. Turn off the heat. Divide the stew between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days or freeze for up to 3 months. Reheat with additional broth if necessary.

Serving Size

One serving is equal to approximately 2 cups of stew.

No Squash

Use sweet potato instead.

More Vegetables

Add celery, mushrooms, kale or peas.

Ingredients

- 6 cups Vegetable Broth (divided)
- 1 Yellow Onion (chopped)
- 4 Garlic (clove, minced)
- 1 tsp Dried Thyme
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 Carrot (medium, peeled & chopped)
- 1 Yellow Potato (large, peeled and cut into small cubes)
- 3 cups Butternut Squash (peeled and cut into small cubes)
- 1 cup Dry Green Lentils

Nutrition

Amount per serving

Calories	297	Vitamin C	38mg
Fat	1g	Calcium	110mg
Carbs	61g	Iron	6mg
Fiber	10g	Vitamin D	0IU
Sugar	9g	Thiamine	0.7mg
Protein	15g	Riboflavin	0.2mg
Cholesterol	0mg	Niacin	4mg
Sodium	1594mg	Vitamin B12	0µg
Vitamin A	14530IU	Zinc	2mg



Moroccan Chicken Stew

12 ingredients · 30 minutes · 4 servings



Directions

1. Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
2. Stir in tomatoes, half the parsley, honey and raisins. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
3. Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

Notes

Serve it With

Crusty bread, brown or white rice, quinoa, brown rice tortillas, roasted squash, sweet potato, or our Paleo Tabbouleh recipe.

Storage

Refrigerate in an airtight container up to 3 days, or freeze if longer.

Make it Vegan or Vegetarian

Use chickpeas instead of chicken and maple syrup instead of honey.

Ingredients

- 1/4 cup Coconut Oil
- 283 grams Chicken Breast (skinless, boneless, diced into chunks)
- 2 Yellow Onion (medium, diced)
- 1 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsps Sea Salt
- 3 Tomato (large, diced)
- 1/2 cup Parsley (finely chopped and divided)
- 2 tbsps Raw Honey
- 1/3 cup Raisins

Nutrition

Amount per serving

Calories	320	Vitamin C	24mg
Fat	16g	Calcium	53mg
Carbs	29g	Iron	4mg
Fiber	4g	Vitamin D	1IU
Sugar	22g	Thiamine	0.1mg
Protein	18g	Riboflavin	0.2mg
Cholesterol	52mg	Niacin	8mg
Sodium	962mg	Vitamin B12	0.2µg



Vitamin A 1955IU Zinc 1mg



Vegan Peanut Ramen Soup

13 ingredients · 25 minutes · 3 servings



Directions

1. Add the avocado oil, ginger and garlic to a pot over medium-low heat. Saute for 1 to 2 minutes. Add the curry paste and stir to combine.
2. Add the vegetable broth, coconut milk, peanut butter, tamari, coconut sugar, and lime juice to the pot. Whisk to combine. Add the sliced mushrooms and simmer for 5 to 10 minutes.
3. While the soup simmers, cook the noodles according to the directions on the package and set aside.
4. During the last minute, add the spinach and then remove from heat. Divide the noodles into bowls and top with the soup. Add optional garnishes (see notes) and enjoy!

Notes

Optional Garnishes

Lime wedges, chopped peanuts, mint leaves and/or sesame seeds.

No Peanut Butter

Use almond butter instead.

Nut-Free

Use tahini instead of peanut butter.

Leftovers

Store in an airtight container in the fridge for up to three to five days.

More Protein

Add tofu or a boiled egg.

No Coconut Sugar

Sweeten with honey instead.

No Red Curry Paste

Use green curry paste instead.

No Ramen Noodles

Use spaghetti noodles, vermicelli noodles or buckwheat noodles instead.

Ingredients

- 1 tsp Avocado Oil
- 1 tsp Ginger (minced)
- 1 Garlic (clove, minced)
- 1 tbsp Thai Red Curry Paste
- 4 cups Vegetable Broth (low sodium)
- 3/4 cup Lite Coconut Milk (from the can)
- 1/2 cup All Natural Peanut Butter
- 1 tbsp Tamari
- 1 tbsp Coconut Sugar
- 1 Lime (juiced)
- 3 cups Mushrooms (sliced)
- 283 grams Gluten-Free Ramen Noodles (dry)
- 2 cups Baby Spinach

Nutrition

Amount per serving

Calories	725	Vitamin C	14mg
Fat	32g	Calcium	58mg
Carbs	96g	Iron	3mg
Fiber	6g	Vitamin D	7IU
Sugar	12g	Thiamine	0.2mg
Protein	23g	Riboflavin	0.6mg
Cholesterol	0mg	Niacin	10mg
Sodium	1388mg	Vitamin B12	0µg



Vitamin A 3584IU Zinc 2mg



Slow Cooker Chicken Soup

8 ingredients · 6 hours · 6 servings



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.

Ingredients

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

Nutrition

Amount per serving

Calories	161	Vitamin C	3mg
Fat	4g	Calcium	59mg
Carbs	6g	Iron	2mg
Fiber	2g	Vitamin D	1IU
Sugar	3g	Thiamine	0.1mg
Protein	24g	Riboflavin	0.2mg
Cholesterol	99mg	Niacin	8mg
Sodium	137mg	Vitamin B12	0.5µg
Vitamin A	5253IU	Zinc	2mg



Peanut Butter Curry Chickpea Stew

19 ingredients · 45 minutes · 4 servings



Directions

1. Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
2. Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
3. Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
4. Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
5. Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

Notes

Leftovers

Store in the fridge up to 4 days or freeze.

Serving Size

One serving is approximately 2 cups.

Ingredients

- 1 **tbsp** Coconut Oil
- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 1 **tbsp** Ginger (grated)
- 1 **tsp** Cumin
- 1 **tsp** Coriander
- 1 **tsp** Cinnamon
- 1 **tbsp** Turmeric
- 1/4 **cup** Water
- 1/4 **cup** All Natural Peanut Butter
- 2 **cups** Vegetable Broth
- 1 **cup** Unsweetened Almond Milk
- 1 **tsp** Sea Salt
- 1 Red Bell Pepper (sliced)
- 1 Zucchini (sliced)
- 2 Carrot (medium, peeled and sliced)
- 4 **cups** Chickpeas (cooked)
- 1 Lime (juiced)
- 1/4 **cup** Cilantro (chopped)

Nutrition

Amount per serving

Calories	467	Vitamin C	55mg
Fat	17g	Calcium	260mg



Carbs	63g	Iron	8mg
Fiber	17g	Vitamin D	25IU
Sugar	17g	Thiamine	0.3mg
Protein	21g	Riboflavin	0.3mg
Cholesterol	0mg	Niacin	4mg
Sodium	1002mg	Vitamin B12	0µg
Vitamin A	6639IU	Zinc	3mg



Turkey & Barley Soup

8 ingredients · 30 minutes · 6 servings



Directions

1. In a pot over medium-high heat, add the water, carrots, onions, Italian seasoning, and salt. Once boiling, lower to a simmer and cook until the carrots are tender-crisp, about five to seven minutes.
2. Stir in the barley and cook for 15 more minutes.
3. Add the turkey and spinach and cook until the turkey is warmed through and spinach is wilted, about three minutes. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Gluten-Free

Use quinoa, gluten-free pasta, or rice instead of barley and adjust cooking time accordingly.

More Flavor

Sauté the onions and carrots in your choice of cooking oil. Add minced garlic or ginger. Use broth instead of water.

Additional Toppings

Add parsley, sliced green onion, or red pepper flakes.

Make it Vegan

Use tofu, edamame, chickpeas, or lentils instead of turkey breast.

Ingredients

- 6 1/2 cups Water
- 5 Carrot (medium, diced)
- 1/2 Sweet Onion (diced)
- 1 1/2 tsps Italian Seasoning
- 1 tsp Sea Salt (to taste)
- 2/3 cup Pearl Barley (uncooked)
- 340 grams Turkey Breast, Cooked (roughly chopped)
- 2 cups Baby Spinach

Nutrition

Amount per serving

Calories	187	Vitamin C	7mg
Fat	2g	Calcium	72mg
Carbs	25g	Iron	2mg
Fiber	5g	Vitamin D	6IU
Sugar	4g	Thiamine	0.1mg
Protein	20g	Riboflavin	0.2mg
Cholesterol	40mg	Niacin	8mg
Sodium	510mg	Vitamin B12	1.0µg
Vitamin A	9440IU	Zinc	2mg



Slow Cooker Beef Stew

11 ingredients · 4 hours · 6 servings



Directions

1. Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
2. Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
3. Ladle into bowls and enjoy!

Notes

Leftovers

Store in the fridge up to 3 days or freeze.

More Carbs

Serve it with roasted potatoes, rice or quinoa.

Add Greens

Stir in chopped kale or baby spinach just before serving.

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 907 grams Stewing Beef (sliced into bite-size pieces)
- 1/4 cup Red Wine Vinegar
- 2 cups Baby Carrots
- 1 Sweet Onion (diced)
- 2 1/2 cups Mushrooms (sliced)
- 1 cup Beef Broth
- 1/2 tsp Dried Thyme
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/4 cup Brown Rice Flour

Nutrition

Amount per serving

Calories	311	Vitamin C	8mg
Fat	12g	Calcium	64mg
Carbs	16g	Iron	4mg
Fiber	3g	Vitamin D	9IU
Sugar	6g	Thiamine	0.2mg
Protein	35g	Riboflavin	0.5mg
Cholesterol	95mg	Niacin	9mg
Sodium	645mg	Vitamin B12	3.4µg
Vitamin A	7681IU	Zinc	9mg



Curried Chicken Slow Cooker Stew

9 ingredients · 6 hours · 6 servings



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.

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)
- 227 grams Chicken Breast

Nutrition

Amount per serving

Calories	185	Vitamin C	4mg
Fat	3g	Calcium	52mg
Carbs	26g	Iron	3mg
Fiber	6g	Vitamin D	0IU
Sugar	5g	Thiamine	0.2mg
Protein	15g	Riboflavin	0.2mg
Cholesterol	27mg	Niacin	5mg
Sodium	262mg	Vitamin B12	0.1µg
Vitamin A	3587IU	Zinc	1mg

