



Set It & Forget It Pressure Cooker Program

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Set It & Forget It Pressure Cooker Program

HEAVY METAL FITNESS

THIS MEAL PLAN INCLUDES: RECIPES, GROCERY LIST, NUTRITION BREAKDOWN, EVIDENCE, MEAL PLAN TIPS, & PREP GUIDE

Set It & Forget It Pressure Cooker Program - A no fuss gluten and dairy-free plan for your favorite appliance. Short on time? Set it and forget it! This plan will have you using your pressure cooker every day to create healthy breakfasts, lunches and dinners. We've also included super simple snacks that can be prepped while your pressure cooker is doing its thing.

The program is both gluten-free and dairy-free. It can be customized for individual needs or preferences. Get ready to do some serious pressure cooking!

This program was created by a Registered Dietician.

GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. 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.



HOW TO USE

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

LEFTOVERS

You'll notice that some meals on the plan are 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
Paleo Pressure Cooker Breakfast Plate



SNACK 1
Banana Oat Chocolate Chip Cookies



LUNCH
Pressure Cooker Wild Rice & Mushroom Soup



SNACK 2
Rice Cakes, Avocado & Hummus



DINNER
Pressure Cooker Cashew Chicken



SNACK 3
Mango Coconut Popsicles

TUE



BREAKFAST
Paleo Pressure Cooker Breakfast Plate



SNACK 1
Banana Oat Chocolate Chip Cookies



LUNCH
Pressure Cooker Wild Rice & Mushroom Soup



SNACK 2
Rice Cakes, Avocado & Hummus



DINNER
Pressure Cooker Cashew Chicken



SNACK 3
Chocolate Stuffed Raspberries

WED



BREAKFAST
Paleo Pressure Cooker Breakfast Plate



SNACK 1
Banana Oat Chocolate Chip Cookies



LUNCH
Pressure Cooker Wild Rice & Mushroom Soup



SNACK 2
Hard Boiled Eggs with Apricots



DINNER
Pressure Cooker Kitchari



SNACK 3
Mango Coconut Popsicles

THU



BREAKFAST
Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats



SNACK 1
Cucumber Hummus Bites



LUNCH
Pressure Cooker Kitchari



SNACK 2
Hard Boiled Eggs with Apricots



DINNER
Pressure Cooker Chicken Taco Stuffed Sweet Potato



SNACK 3
Chocolate Stuffed Raspberries

FRI



BREAKFAST
Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats



SNACK 1
Cucumber Hummus Bites



LUNCH
Pressure Cooker Chicken Taco Stuffed Sweet Potato



SNACK 2
Banana Oat Chocolate Chip Cookies



DINNER
Pressure Cooker Thai Red Curry Beef



SNACK 3
Mango Coconut Popsicles

SAT



BREAKFAST
Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats



SNACK 1
Rice Cake with Sunflower Seed Butter & Raspberries



LUNCH
Pressure Cooker Thai Red Curry Beef



SNACK 2
Banana Oat Chocolate Chip Cookies



DINNER
Pressure Cooker Bean-Free Chili



SNACK 3
Chocolate Stuffed Raspberries

SUN



BREAKFAST
Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats



SNACK 1
Rice Cake with Sunflower Seed Butter & Raspberries



LUNCH
Pressure Cooker Wild Rice & Mushroom Soup



SNACK 2
Banana Oat Chocolate Chip Cookies



DINNER
Pressure Cooker Bean-Free Chili



SNACK 3
Mango Coconut Popsicles

MON

FAT 47% **CARBS 36%** **PROTEIN 17%**

Calories 2020 Cholesterol 484mg
Fat 109g Sodium 2524mg
Carbs 187g Vitamin A 30536IU
Fiber 39g Vitamin C 84mg
Sugar 47g Calcium 370mg
Protein 87g Iron 15mg

TUE

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

Calories 1986 Cholesterol 484mg
Fat 103g Sodium 2509mg
Carbs 188g Vitamin A 29663IU
Fiber 42g Vitamin C 70mg
Sugar 45g Calcium 374mg
Protein 88g Iron 16mg

WED

FAT 34% **CARBS 50%** **PROTEIN 16%**

Calories 1758 Cholesterol 588mg
Fat 69g Sodium 3247mg
Carbs 225g Vitamin A 34871IU
Fiber 40g Vitamin C 141mg
Sugar 64g Calcium 417mg
Protein 72g Iron 18mg

THU

FAT 30% **CARBS 53%** **PROTEIN 17%**

Calories 1711 Cholesterol 271mg
Fat 59g Sodium 2408mg
Carbs 231g Vitamin A 24406IU
Fiber 42g Vitamin C 115mg
Sugar 58g Calcium 400mg
Protein 75g Iron 16mg

FRI

FAT 40% **CARBS 42%** **PROTEIN 18%**

Calories 1931 Cholesterol 156mg
Fat 89g Sodium 1904mg
Carbs 209g Vitamin A 25001IU
Fiber 37g Vitamin C 207mg
Sugar 59g Calcium 424mg
Protein 89g Iron 13mg

SAT

FAT 41% **CARBS 41%** **PROTEIN 18%**

Calories 1821 Cholesterol 153mg
Fat 86g Sodium 1640mg
Carbs 190g Vitamin A 7321IU
Fiber 34g Vitamin C 227mg
Sugar 56g Calcium 397mg
Protein 84g Iron 17mg

SUN

FAT 40% **CARBS 46%** **PROTEIN 14%**

Calories 1689 Cholesterol 82mg
Fat 76g Sodium 1602mg
Carbs 201g Vitamin A 9514IU
Fiber 34g Vitamin C 98mg
Sugar 55g Calcium 363mg
Protein 62g Iron 15mg



FRUITS

- 3 Avocado
- 3 1/2 Banana
- 1/2 Lime
- 2 cups Raspberries

BREAKFAST

- 1/4 cup Almond Butter
- 1 cup Granola
- 6 Plain Rice Cake
- 1 1/2 cups Steel Cut Oats

SEEDS, NUTS & SPICES

- 1/3 tsp Black Pepper
- 1/2 cup Cashews
- 1 1/3 tbsps Chili Powder
- 2/3 tsp Cinnamon
- 2 1/2 tps Cumin
- 1 1/2 tps Curry Powder
- 2 tps Poultry Seasoning
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika
- 1 1/2 tps Turmeric

FROZEN

- 2 cups Frozen Mango

VEGETABLES

- 4 1/2 cups Baby Spinach
- 3 Carrot
- 1 1/2 heads Cauliflower
- 3 1/3 stalks Celery
- 2/3 cup Cilantro
- 1/2 Cucumber
- 2 1/2 Garlic
- 1/2 tsp Ginger
- 2 stalks Green Onion
- 1 Jalapeno Pepper
- 3 1/3 cups Mushrooms
- 1/2 Red Bell Pepper
- 5 Sweet Potato
- 1/2 Tomato
- 3/4 White Onion
- 1 2/3 Yellow Onion

BOXED & CANNED

- 1/3 cup Basmati Rice
- 1/4 cup Brown Rice
- 1 1/3 cups Canned Coconut Milk
- 1 1/2 cups Chicken Broth
- 1 1/3 cups Chickpeas
- 1/3 cup Dry Red Lentils
- 2 tbsps Salsa
- 2 tbsps Tomato Paste
- 6 cups Vegetable Broth
- 2/3 cup Wild Rice

BAKING

- 1/3 cup All Purpose Gluten Free Flour
- 2 tps Arrowroot Powder
- 1/2 tsp Baking Powder
- 1 1/2 tps Coconut Sugar
- 1/2 cup Dark Chocolate Chips
- 1 cup Oats
- 2 2/3 tps Unsweetened Shredded Coconut

BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Breast
- 8 ozs Extra Lean Ground Beef
- 1 cup Hummus
- 4 1/2 ozs Prosciutto
- 8 ozs Stewing Beef

CONDIMENTS & OILS

- 2 tps Avocado Oil
- 2 tps Coconut Aminos
- 2 3/4 tps Coconut Oil
- 1 1/2 tps Fish Sauce
- 1 tbsp Rice Vinegar
- 1/3 cup Sunflower Seed Butter
- 1 tbsp Thai Red Curry Paste

COLD

- 8 Egg
- 1 1/2 tps Ghee
- 1 1/2 tps Orange Juice
- 1/4 cup Unsweetened Almond Milk

OTHER

- 1/2 cup Dried Apricots
- 1 tbsp Sugar Free Ketchup
- 4 1/2 cups Water



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Using small, consistent actions, you can build the habits you need to look and feel better for life.











“I KNOW WHAT TO DO... BUT I HAVE A HARD TIME STAYING CONSISTENT.”

Sound familiar? You've probably tried multiple fad diets, endless cardio sessions, and 21-day quick-fix programs. And you've probably concluded that they simply don't work in the long run. Instead of the all-or-nothing approach, we use a sustainable, practice-based approach to build healthy habits into your life, one day at a time. Nutrition Coaching can help you redefine your relationship with food and empower your food choices. Whether you need food accountability or a supplement to your fitness training, we can help you identify the simple tasks that lead to lasting behavior change.

\$195/MONTH

No rules. No restrictions. Just good habits for life.

Here's what's in the Nutrition Coaching Program:

-  30 Minute Coaching Call Twice a Month
-  Custom Calorie / Macro / Portion Guide
-  Access to Coaching Software & Mobile App
-  Optional Integration with MyFitnessPal & Fitbit
-  Daily App Check-ins & Personal Reminders
-  In-App Messaging & Feedback
-  Monthly Macro-Based Recipe Suggestions*
-  Optional Access to Meal Planning App for Recipe DIY*
-  Your Choice of 4 7-Day RD-Created Meal Plans*
-  Exclusive Resources to help you implement your habits

 **Small yet powerful practices to improve everyday life**

Our focus will be on sustainable nutrition habits and small actions, supported with step-by-step guidance. We'll work together to create and practice healthy habits across every aspect of your life, from sleep and stress-management to movement and mindfulness. These new habits will help you feel more calm, confident, and prepared for each day—no matter what life throws at you.

 **Easy-to-use online platform paired with personal service**

You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

 **Simple practices and daily accountability**

Every day, you'll work on a simple nutrition or lifestyle practice. Each practice will be customized to help you get the results you want.

 **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY

■ 1/2 tsp Vanilla Extract



Paleo Pressure Cooker Breakfast Plate

3 SERVINGS 25 MINUTES



INGREDIENTS

4 1/2 ozs Prosciutto (roughly chopped)
1 1/2 cups Water
3 Sweet Potato (medium, cubed)
3/4 White Onion (chopped)
6 Egg
4 1/2 cups Baby Spinach
1 1/2 Avocado (sliced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	528	Cholesterol	402mg
Fat	30g	Sodium	1049mg
Carbs	40g	Vitamin A	23350...
Fiber	12g	Vitamin C	28mg
Sugar	8g	Calcium	170mg
Protein	29g	Iron	5mg

DIRECTIONS

- 01 Using the sauté function on your pressure cooker, sauté your prosciutto for 3 to 4 minutes, until crispy. Remove and set aside.
- 02 Add the metal rack to your pressure cooker along with the water. Then add the sweet potato and onion. Place the eggs on top then cook on high pressure for 5 minutes. Once it has finished, allow the pressure to release naturally for 5 minutes, then manually release.
- 03 Remove the eggs and place in a bowl with cold water. Remove the sweet potato and onion then set aside. Dump out the water and sauté the spinach for 1 to 2 minutes.
- 04 Peel the eggs and add them to a plate with the prosciutto, sweet potato, onion, spinach and avocado. Season everything with sea salt and pepper to taste. Enjoy!

NOTES

PORK-FREE

Omit the prosciutto.

NO SWEET POTATO

Use regular potatoes instead.

NO SPINACH

Use another green instead such as kale or Swiss chard.

LEFTOVERS

Store leftovers in an airtight container in the fridge for up to 3 days.

Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats

4 SERVINGS 25 MINUTES



INGREDIENTS

1 1/2 cups Steel Cut Oats
3 cups Water
1/4 cup Unsweetened Almond Milk
1/2 tsp Cinnamon
2 Banana (sliced)
1 cup Granola
1/4 cup Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	555	Cholesterol	0mg
Fat	22g	Sodium	23mg
Carbs	80g	Vitamin A	76IU
Fiber	12g	Vitamin C	6mg
Sugar	15g	Calcium	151mg
Protein	14g	Iron	3mg

DIRECTIONS

- 01 Add the steel cut oats and water to your pressure cooker and close lid. Set to "sealing" then press manual/pressure cooker and cook for 4 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
- 02 Remove the lid carefully, and stir in the milk and cinnamon until combined. Add more milk if needed.
- 03 Divide the oats into bowls and top with banana slices, granola and almond butter. Enjoy!

NOTES

MEAL PREP

These oats can be prepped ahead and stored in the fridge up to 5 days, or in the freezer for longer. Reheat and add toppings before serving.

LIKES IT SWEET

Add a drizzle of maple syrup or honey.

NO GRANOLA

Omit, or use a mix of nuts and seeds instead.

MORE FIBER

Add chia seed or ground flax seed.

Banana Oat Chocolate Chip Cookies

6 SERVINGS 25 MINUTES



INGREDIENTS

1 1/2 Banana (large, ripe, mashed)
1/4 cup Sunflower Seed Butter
2 tbsps Coconut Oil
1/2 tsp Vanilla Extract
1 cup Oats (large flake)
2 2/3 tbsps Unsweetened Shredded Coconut
1/2 tsp Baking Powder
1/8 tsp Cinnamon
1/8 tsp Sea Salt
1/4 cup Dark Chocolate Chips

NUTRITION

AMOUNT PER SERVING

Calories	260	Cholesterol	0mg
Fat	16g	Sodium	92mg
Carbs	24g	Vitamin A	25IU
Fiber	3g	Vitamin C	3mg
Sugar	10g	Calcium	38mg
Protein	5g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a large mixing bowl, combine the mashed bananas, sunflower seed butter, coconut oil and vanilla. Mix well, then add the oats, shredded coconut, baking powder, cinnamon, sea salt and chocolate chips. Mix again until all ingredients are evenly distributed.
- 03 Drop spoonfuls of the dough onto the baking sheet and flatten them gently with a fork. Bake for 15 to 17 minutes.
- 04 Remove the cookies from the oven and let them cool on the baking sheet. Enjoy!

NOTES

SERVING SIZE

One serving is equal to one large cookie.

NO CHOCOLATE CHIPS

Use raisins, dried cranberries, chopped figs or cacao nibs instead.

NO SUNFLOWER SEED BUTTER

Use tahini, peanut butter or almond butter instead.

LEFTOVERS

Store in an airtight container in the fridge up to five days, or in the freezer for up to three months.

Cucumber Hummus Bites

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 Cucumber (large)
1/2 cup Hummus
1/4 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	158	Cholesterol	0mg
Fat	11g	Sodium	264mg
Carbs	12g	Vitamin A	95IU
Fiber	4g	Vitamin C	2mg
Sugar	2g	Calcium	43mg
Protein	5g	Iron	2mg

DIRECTIONS

- 01 Slice cucumber into 1/4-inch thick rounds.
- 02 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

NOTES

MORE FLAVOUR

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

Rice Cake with Sunflower Seed Butter & Raspberries

1 SERVING 5 MINUTES



INGREDIENTS

1 Plain Rice Cake
1 tbsp Sunflower Seed Butter
1/4 cup Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	150	Cholesterol	0mg
Fat	9g	Sodium	3mg
Carbs	15g	Vitamin A	18IU
Fiber	3g	Vitamin C	8mg
Sugar	3g	Calcium	19mg
Protein	4g	Iron	1mg

DIRECTIONS

01 Spread sunflower seed butter onto the rice cake and top with raspberries.
Enjoy!

NOTES

NO SUNFLOWER SEED BUTTER

Use any nut or seed butter instead.

MORE FLAVOR

Top each rice cake with a drizzle of maple syrup, honey or a pinch of cinnamon.

MORE FIBER

Garnish with hemp seeds, chia seeds or ground flax seeds.

NO RASPBERRIES

Use blueberries, blackberries or sliced strawberries instead.

Pressure Cooker Wild Rice & Mushroom Soup

4 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

2 Carrot (medium, peeled and chopped)
3 1/3 stalks Celery (chopped)
2/3 Yellow Onion (medium, chopped)
2/3 cup Wild Rice (dry)
3 1/3 cups Mushrooms (sliced)
1 1/3 cups Chickpeas (cooked, from the can)
4 cups Vegetable Broth
2 tsps Poultry Seasoning
1/3 cup All Purpose Gluten-Free Flour
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	2g	Sodium	713mg
Carbs	57g	Vitamin A	5810IU
Fiber	11g	Vitamin C	6mg
Sugar	10g	Calcium	79mg
Protein	13g	Iron	4mg

DIRECTIONS

- 01 In your pressure cooker, combine the carrots, celery, onion, wild rice, mushrooms, chickpeas, broth and poultry seasoning. Stir to mix.
- 02 Bring to pressure and cook for 45 minutes. Allow for a natural release for 15 minutes, then release manually and remove the lid.
- 03 Bring to a simmer (if you are using an electric pressure cooker, change the setting to saute) and add the gluten-free flour. Simmer for 5 to 10 minutes, or until thickened. Add salt and pepper to taste. Enjoy!

NOTES

LEFTOVERS

Can be stored in the fridge for 4 days, or frozen for up to 2 months.

SERVING SIZE

One serving is equal to approximately 2 cups.

MUSHROOM LOVER

Up the mushroom flavour by adding dried mushrooms.

Rice Cakes, Avocado & Hummus

1 SERVING 10 MINUTES



INGREDIENTS

2 Plain Rice Cake
1/4 cup Hummus
1/2 Avocado (sliced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	376	Cholesterol	0mg
Fat	26g	Sodium	274mg
Carbs	32g	Vitamin A	161IU
Fiber	11g	Vitamin C	10mg
Sugar	1g	Calcium	43mg
Protein	8g	Iron	2mg

DIRECTIONS

01 Spread rice cakes with hummus. Top with sliced avocado and a sprinkle of salt and pepper. Enjoy!

NOTES

NO RICE CAKES
Use crackers or tortillas instead.

Hard Boiled Eggs with Apricots

2 SERVINGS 15 MINUTES



INGREDIENTS

2 Egg
1/2 cup Dried Apricots

NUTRITION

AMOUNT PER SERVING

Calories	150	Cholesterol	186mg
Fat	5g	Sodium	74mg
Carbs	21g	Vitamin A	1441IU
Fiber	2g	Vitamin C	0mg
Sugar	18g	Calcium	46mg
Protein	7g	Iron	2mg

DIRECTIONS

- 01 Place eggs 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.
- 02 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
- 03 Peel the eggs and serve with apricots. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container for up to 7 days if the eggshell is kept intact.

EASIER TO PEEL

Add salt to the water while boiling.

Pressure Cooker Cashew Chicken

2 SERVINGS 25 MINUTES



INGREDIENTS

2 tsps Avocado Oil (divided)
2 tbsps Coconut Aminos
1 tbsp Sugar Free Ketchup
1 tbsp Rice Vinegar
1 1/2 tbsps Orange Juice
1 Garlic (clove, minced)
8 ozs Chicken Breast (skinless, boneless, cubed)
2 tsps Arrowroot Powder (divided)
2 tsps Water
1/2 cup Cashews
1 stalk Green Onion (optional, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	413	Cholesterol	82mg
Fat	24g	Sodium	380mg
Carbs	20g	Vitamin A	297IU
Fiber	1g	Vitamin C	7mg
Sugar	6g	Calcium	29mg
Protein	31g	Iron	3mg

DIRECTIONS

- 01 In a small bowl, add half the avocado oil, coconut aminos, ketchup, rice vinegar, orange juice and garlic. Whisk to combine.
- 02 Toss the cubed chicken breast with half the arrowroot powder. Turn on the pressure cooker to sauté mode. Add the remaining avocado oil and the chicken then sear for 1 to 2 minutes. Press cancel and then pour the sauce on top. Set to “sealing” then press manual/pressure cooker and cook for 10 minutes on high pressure. Once finished, manually release the pressure.
- 03 While the chicken is cooking, whisk the remaining arrowroot powder and water in a small bowl. Remove the lid carefully on the pressure cooker and whisk to combine the arrowroot/water mixture. Add the cashews and stir.
- 04 Divide onto plates and garnish with green onion (optional). Enjoy!

NOTES

SERVE IT WITH

A side of rice, couscous, quinoa or cauliflower rice.

LIKES IT SPICY

Garnish with red pepper flakes.

LEFTOVERS

Keeps well in the fridge for up to three days.

Pressure Cooker Kitchari

2 SERVINGS 30 MINUTES



INGREDIENTS

1/3 cup Basmati Rice (dry)
1/3 cup Dry Red Lentils
1/2 tsp Cumin
1 1/2 tsps Turmeric
1 1/2 tsps Curry Powder
1/2 head Cauliflower (chopped into florets)
1/2 Carrot (medium, diced)
2 cups Vegetable Broth
1 1/2 tsps Coconut Oil
1/2 tsp Sea Salt
1/8 tsp Black Pepper
1/2 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	377	Cholesterol	0mg
Fat	5g	Sodium	1303mg
Carbs	69g	Vitamin A	3352IU
Fiber	11g	Vitamin C	74mg
Sugar	6g	Calcium	73mg
Protein	17g	Iron	6mg

DIRECTIONS

- 01 Combine all ingredients, except cilantro, in your pressure cooker. Bring to pressure and cook for 4 minutes. After 4 minutes, release the pressure manually.
- 02 Divide between bowls and top with cilantro. Enjoy!

NOTES

SERVING SIZE

One serving is equal to about 2 cups.

NO BASMATI RICE

Use brown rice and increase cooking time.

NO RED LENTILS

Use yellow split peas. Increase cooking time to 17 minutes at pressure.

STOVE TOP

Increase broth to 5.5 cups and cook covered for about 25 minutes.

MORE VEGETABLES

Leafy greens, squash, tomatoes, or parsnips all make a great additions to kitchari.

Pressure Cooker Chicken Taco Stuffed Sweet Potato

2 SERVINGS 50 MINUTES



INGREDIENTS

- 2 Sweet Potato (medium, pierced with a fork)
- 8 ozs Chicken Breast (skinless and boneless)
- 1 tsp Chili Powder
- 1/2 tsp Cumin (ground)
- 1/2 tsp Smoked Paprika
- 1 cup Chicken Broth
- 2 tbsps Salsa
- 1/2 Avocado (mashed)
- 1 tbsp Cilantro (optional, chopped)
- 1 Jalapeno Pepper (optional, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	349	Cholesterol	85mg
Fat	11g	Sodium	743mg
Carbs	34g	Vitamin A	19422...
Fiber	9g	Vitamin C	17mg
Sugar	7g	Calcium	72mg
Protein	30g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and place the sweet potato on a pan. Bake for 40 to 45 minutes, or until cooked through.
- 02 Add the chicken breast, chili powder, cumin, smoked paprika and chicken broth to your pressure cooker. Set to “sealing” then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
- 03 Remove the lid carefully. Remove the chicken and shred it with two forks.
- 04 When the sweet potatoes are finished cooking, slice them down the middle and top with the shredded chicken, salsa, mashed avocado, cilantro and sliced jalapeño. Enjoy!

NOTES

DAIRY LOVER

Top the stuffed sweet potato with shredded cheese, yogurt or sour cream.

MEAL PREP

Cook the sweet potatoes ahead of time for a quick weeknight meal.

LEFTOVERS

Keep in a sealed container in the fridge for 3 to 4 days.

Pressure Cooker Thai Red Curry Beef

2 SERVINGS 1 HOUR



INGREDIENTS

1 tsp Coconut Oil (divided)
8 ozs Stewing Beef (diced into cubes)
Sea Salt & Black Pepper (to taste)
1/2 Yellow Onion (small, thinly sliced)
1/2 tsp Ginger (minced)
1 tbs Thai Red Curry Paste
1 tbs Tomato Paste
1 1/2 tps Fish Sauce
1 1/2 tps Coconut Sugar
1/2 Carrot (large, chopped)
1 head Cauliflower (sliced into florets)
1/3 cup Canned Coconut Milk
1/2 Lime (juiced)
1/4 cup Brown Rice (optional, dry/uncooked)
1 stalk Green Onion (optional, chopped)
2 tbsps Cilantro (optional, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	453	Cholesterol	71mg
Fat	18g	Sodium	766mg
Carbs	45g	Vitamin A	4490IU
Fiber	8g	Vitamin C	149mg
Sugar	13g	Calcium	109mg
Protein	34g	Iron	5mg

DIRECTIONS

- 01 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 02 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 03 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 04 If making the brown rice, cook according to package directions.
- 05 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

NOTES

NO PRESSURE COOKER

Make it in the slow cooker on low for about 5 hours.

NO FISH SAUCE

Use soy sauce or tamari instead.

NO COCONUT SUGAR

Use cane sugar instead.

VEGETABLE MODIFICATIONS

Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

CRUNCHY VEGGIES

Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.



Pressure Cooker Bean-Free Chili

2 SERVINGS 50 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Beef
1 1/2 tsps Ghee
1/2 Yellow Onion (chopped)
1/2 Red Bell Pepper (chopped)
1 1/2 Garlic (clove, minced)
1 tbsp Tomato Paste
1 tbsp Chili Powder
1 1/2 tsps Cumin
1/4 tsp Sea Salt
1/2 Tomato (chopped)
1/2 cup Chicken Broth

NUTRITION

AMOUNT PER SERVING

Calories	281	Cholesterol	82mg
Fat	16g	Sodium	755mg
Carbs	11g	Vitamin A	2692IU
Fiber	4g	Vitamin C	45mg
Sugar	5g	Calcium	65mg
Protein	25g	Iron	6mg

DIRECTIONS

- 01 Turn your pressure cooker onto sauté mode. Cook the beef, breaking it up as it cooks until it's no longer pink. Remove the meat from the pot and drain any excess drippings.
- 02 Add ghee to the pressure cooker and when melted add the onion, pepper and garlic. Saute for 5 minutes or until the onions are translucent. Add the tomato paste, chili powder, cumin and salt. Cook for another minute. Add the tomatoes, broth and cooked meat to the pressure cooker and stir to combine.
- 03 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 20 minutes and let the steam release naturally for 5 to 10 minutes. Release the rest of the steam manually.
- 04 Divide between bowls and enjoy!

NOTES

OPTIONAL TOPPINGS

Diced avocado, sliced jalapenos, fresh lime juice, sliced green onion and/or chopped cilantro.

NO GROUND BEEF

Use ground turkey or chicken instead.

MORE FLAVOR

Add smoked paprika, chipotle chili powder, ground cayenne, ground coriander, black pepper or dried oregano.

TOMATO OPTIONS

Use cherry tomatoes, Roma tomato, field tomatoes or drained diced tomatoes from the can.

NO GHEE

Use extra virgin olive oil or avocado oil instead.



LEFTOVERS

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

SERVING SIZE

One serving is equal to approximately one cup of chili.



Mango Coconut Popsicles

4 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Frozen Mango
1 cup Canned Coconut Milk (divided)

NUTRITION

AMOUNT PER SERVING

Calories	156	Cholesterol	0mg
Fat	11g	Sodium	16mg
Carbs	14g	Vitamin A	893IU
Fiber	1g	Vitamin C	30mg
Sugar	12g	Calcium	11mg
Protein	1g	Iron	0mg

DIRECTIONS

- 01 Blend mango and $\frac{3}{4}$ of the coconut milk in a food processor or blender until smooth.
- 02 Roughly scoop mango puree into 3oz. paper cups.
- 03 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 04 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

NOTES

NO COCONUT MILK

Use almond milk or cashew milk instead.

Chocolate Stuffed Raspberries

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Raspberries (washed)
3 tbsps Dark Chocolate Chips



DIRECTIONS






01 Place a chocolate chip into the centre of each raspberry. Divide into bowls and enjoy!




NUTRITION





AMOUNT PER SERVING



Calories	122	Cholesterol	0mg
Fat	5g	Sodium	1mg
Carbs	15g	Vitamin A	20IU
Fiber	4g	Vitamin C	16mg
Sugar	10g	Calcium	15mg
Protein	2g	Iron	1mg

Day	Task	Notes	
<p style="text-align: center;">0 Sun</p>		<p>Grocery shop.</p>	<p>Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.</p>
		<p>Freeze half of the chicken breast, the stewing beef, and the ground beef.</p>	<p>This guide will remind you to thaw them later in the week.</p>
		<p>Make the Banana Oat Chocolate Chip Cookies.</p>	<p>While they are baking, move on to other tasks. When cooled, divide equally between two airtight containers. Store one in the fridge and one in the freezer for later.</p>
		<p>Make the Pressure Cooker Wild Rice & Mushroom Soup.</p>	<p>Divide between containers, let cool and then refrigerate for lunches Monday to Wednesday. Freeze enough leftovers for lunch on Sunday.</p>
		<p>Make the Mango Coconut Popsicles.</p>	<p>Store in the freezer for snacks.</p>
		<p>Portion out the hummus for snacks.</p>	<p>Store in small containers in the fridge for easy grab-and-go snacks.</p>
	<p>Optional: if you know you will be busy tomorrow morning, make the Paleo Pressure Cooker Breakfast Plate now.</p>	<p>Divide portions and store in the fridge for breakfasts.</p>	

1 Mon		Make the Paleo Pressure Cooker Breakfast Plate.	Store leftovers in the fridge. Note: Add extra eggs for your hard boiled egg snacks later in the week. Store those separately, with the dried apricots once cooled.
		Pack your meals if you are on-the-go.	Paleo Breakfast Plate, Banana Oat Chocolate Chip Cookies, Wild Rice & Mushroom Soup, and Rice Cakes, Avocado & Hummus.
		Make the Pressure Cooker Cashew Chicken for dinner.	Store leftovers in an airtight container in the fridge for dinner tomorrow night.
		Enjoy Mango Coconut Popsicles for dessert or a snack.	
2 Tue		Pack your meals if you are on-the-go.	Paleo Breakfast Plate, Banana Oat Chocolate Chip Cookies, Wild Rice & Mushroom Soup, and Rice Cakes, Avocado & Hummus.
		Enjoy the leftover Cashew Chicken for dinner.	Reheat in the microwave or in a skillet.
		Enjoy Chocolate Stuffed Raspberries for dessert or a snack.	
3 Wed		Pack your meals if you are on-the-go.	Paleo Breakfast Plate, Banana Oat Chocolate Chip Cookies, Wild Rice & Mushroom Soup, and Hard Boiled Eggs with Apricots.

		Make the Pressure Cooker Kitchari for dinner.	Transfer leftovers to a container and refrigerate for lunch tomorrow.
		Take the remaining chicken breast out of the freezer.	Thaw in the fridge for dinner tomorrow.
		Cut your cucumbers and store in the fridge with remaining hummus portions.	
		Enjoy Mango Coconut Popsicles for dessert or a snack.	
		Optional: if you know you will be busy tomorrow morning, make the Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats now.	Once cool, divide between containers and store in the fridge.
4 Thu		Make the Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats for breakfast.	Once cool, divide leftovers between containers and store in the fridge.
		Pack your meals if you are on-the-go.	Cinnamon & Banana Crunch Steel Cut Oats, Cucumber Hummus Bites, Kitchari, and Hard Boiled Eggs with Apricots.
		Make the Pressure Cooker Chicken Taco Stuffed Sweet Potato for dinner.	Transfer leftovers to a container and refrigerate for lunch tomorrow.
		Take the remaining Banana Oat Chocolate Chip Cookies out of the freezer.	Transfer them to the fridge for snacks the rest of the week.

		Take the stewing beef out of the freezer.	Thaw in the fridge for dinner tomorrow.
		Enjoy Chocolate Stuffed Raspberries for dessert or a snack.	
5 Fri		Pack your meals if you are on-the-go.	Cinnamon & Banana Crunch Steel Cut Oats, Cucumber Hummus Bites, Chicken Taco Stuffed Sweet Potato, and Banana Oat Chocolate Chip Cookies.
		Make Pressure Cooker Thai Red Curry Beef for dinner.	Transfer leftovers to a container and refrigerate for lunch tomorrow.
		Take the ground beef out of the freezer.	Thaw in the fridge for dinner tomorrow.
		Enjoy Mango Coconut Popsicles for dessert or a snack.	
6 Sat		Pack your meals if you are on-the-go.	Cinnamon & Banana Crunch Steel Cut Oats, Rice Cake with Sunflower Seed Butter & Raspberries, Thai Red Curry Beef, and Banana Oat Chocolate Chip Cookies.
		Make the Pressure Cooker Bean-Free Chili for dinner.	Store leftovers in the fridge for dinner tomorrow night.
		Take the Wild Rice & Mushroom Soup out of the freezer.	Thaw in the fridge for lunch tomorrow.

		Enjoy Chocolate Stuffed Raspberries for dessert or a snack.	
7 Sun		Pack your meals if you are on-the-go.	Cinnamon & Banana Crunch Steel Cut Oats, Rice Cake with Sunflower Seed Butter & Raspberries, Wild Rice & Mushroom Soup, and Banana Oat Chocolate Chip Cookies.
		Shop and prep for the week ahead.	Set aside some time to plan and shop for next week!
		Enjoy the leftover Bean-Free Chili for dinner.	Reheat in a microwave or on the stove.
		Enjoy Mango Coconut Popsicles for dessert or a snack.	

WAIVER

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