



# MAY PCOS RECIPE PACK

*Discover 16 easy, healthy and tasty **PCOS FRIENDLY** recipes, including breakfast, lunch, dinner and snack options. This meal plan has been specifically designed to only use **15 ingredients**.*

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# SAMPLE WEEKLY MEAL PLANNER

## MONDAY

### BREAKFAST

Spinach & Salsa Omelette **AND** Apple & Sweet Potato Hash

### LUNCH

Coconut Yogurt Chicken **AND** Sweet Potato Fries with Creamy Salsa

### SNACK

Apple & Creamy Sunflower Dip **OR** Broccoli & Spiced Yogurt

### DINNER

Beef & Shredded Veggies with Rice

## TUESDAY

### BREAKFAST

Spinach & Salsa Omelette **AND** Apple & Sweet Potato Hash

### LUNCH

Beef & Shredded Veggies with Rice

### SNACK

Apple & Creamy Sunflower Dip **OR** Broccoli & Spiced Yogurt

### DINNER

Coconut Yogurt Chicken **AND** Sweet Potato Fries with Creamy Salsa

## WEDNESDAY

### BREAKFAST

Beef & Salsa Breakfast Skillet **AND** Shredded Sweet Potatoes

### LUNCH

Coconut Yogurt Chicken **AND** Sweet Potato Fries with Creamy Salsa

### SNACK

Apple & Creamy Sunflower Dip **OR** Creamy Sweet Potato Toast

### DINNER

Ground Beef, Broccoli & Rice

## THURSDAY

### BREAKFAST

Beef & Salsa Breakfast Skillet **AND** Shredded Sweet Potatoes

### LUNCH

Ground Beef, Broccoli & Rice

### SNACK

Creamy Sweet Potato Toast **OR** Egg & Apple Snack Plate

### DINNER

Slow Cooker Salsa Chicken **AND** Broccoli & Jasmine Rice

## FRIDAY

### BREAKFAST

Beef & Salsa Breakfast Skillet **AND** Shredded Sweet Potatoes

### LUNCH

Slow Cooker Salsa Chicken **AND** Broccoli & Jasmine Rice

### SNACK

Creamy Sweet Potato Toast **OR** Egg & Apple Snack Plate

### DINNER

Curried Chicken with Broccoli & Sweet Potato

## SATURDAY

### BREAKFAST

Spinach & Sweet Potato Frittata

### LUNCH

Curried Chicken with Broccoli & Sweet Potato

### SNACK

Coconut Yogurt with Sunflower Seed Butter **OR** Apple with Sunflower Seed Butter

### DINNER

Spiced Beef & Spinach with Rice

## SUNDAY

### BREAKFAST

Spinach & Sweet Potato Frittata

### LUNCH

Spiced Beef & Spinach with Rice

### SNACK

Coconut Yogurt with Sunflower Seed Butter **OR** Apple with Sunflower Seed Butter

### DINNER

Curried Chicken with Broccoli & Sweet Potato

# WEEKLY SHOPPING LIST



## FRUITS & VEGETABLES

### *Vegetables*

- 12 cups Baby Spinach
- 13 1/2 cups Broccoli
- 11 1/2 Sweet Potato

### *Fruits*

- 8 Apples

## MEAT, DAIRY AND BAKING

### *Bread, Fish, Meat & Cheese:*

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

### *Cold:*

- 15 Egg
- 4 1/8 cups Unsweetened Coconut Yogurt

### *Baking:*

- 3 tbsps Cocoa Powder
- 2 cups Oats
- 1/2 tsp Vanilla Extract

## GRAINS, SEEDS AND SPICES

### *Seeds, Nuts and Spices:*

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

## CANS, CONDIMENTS & MISC

### *Boxed and Canned:*

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

### *Condiments and Oils:*

- 2/3 cup Extra Virgin Olive Oil
- 1 1/16 cups Sunflower Seed Butter

**BREAKFAST**





**SPINACH & SALSA  
OMELETTE**

# SPINACH & SALSA OMELETTE



Serves: 2  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
327 kcal  
24g Fats  
8g Carbs  
22g Protein



## WHAT YOU NEED

- 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

## WHAT YOU NEED TO DO

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.

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!

### 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.



A top-down view of a white oval plate filled with a mixture of roasted sweet potato and potato cubes. The sweet potato pieces are a vibrant orange color, while the potato pieces are a pale yellow. Both are cut into irregular, bite-sized chunks and appear to be seasoned with black pepper. The plate is set against a dark, textured background.

**APPLE & SWEET  
POTATO HASH**



# APPLE & SWEET POTATO HASH



Serves: 2  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
163 kcal  
7g Fats  
26g Carbs  
1g Protein



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

*Heat the oil in a non-stick 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 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!*

### **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. Add broken-up sausage to increase the protein.*

### **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**

# BEEF & SALSA BREAKFAST SKILLET



Serves: 3  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
249 kcal  
13g Fats  
7g Carbs  
25g Protein



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

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!

### **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**

# SHREDDED SWEET POTATOES



Serves: 3  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
116 kcal  
7g Fats  
13g Carbs  
1g Protein



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

*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!*

### **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**

# SPINACH & SWEET POTATO FRITTATA



Serves: 2  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
206 kcal  
13g Fats  
8g Carbs  
14g Protein



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

Preheat the oven to 400°F (204°C).

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.

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.

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!

### 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.



# SNACKS







**APPLE & CREAMY  
SUNFLOWER DIP**

# APPLE & CREAMY SUNFLOWER DIP



Serves: 3  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
214 kcal  
10g Fats  
31g Carbs  
3g Protein



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## WHAT YOU NEED

- 1/2 cup Unsweetened Coconut Yogurt
- 3 tbsps Sunflower Seed Butter
- 3 Apple (sliced)

## WHAT YOU NEED TO DO

*In a small bowl combine the yogurt and sunflower seed butter. Serve with the apple slices for dipping. Enjoy!*

### **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**

# COCONUT YOGURT WITH SUNFLOWER SEED BUTTER



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per serving:  
253 kcal  
21g Fats  
13g Carbs  
6g Protein



## WHAT YOU NEED

- 1 cup Unsweetened Coconut Yogurt
- 1/4 cup Sunflower Seed Butter

## WHAT YOU NEED TO DO

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

### **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.





**BROCCOLI & SPICED  
YOGURT**

# BROCCOLI & SPICED YOGURT



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
124 kcal  
4g Fats  
19g Carbs  
6g Protein



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## WHAT YOU NEED

- 1 cup Unsweetened Coconut Yogurt
- 2 tsps Curry Powder
- 4 cups Broccoli (chopped into florets)

## WHAT YOU NEED TO DO

*In a small bowl mix the yogurt and curry powder together. Serve with the broccoli florets for dipping. Enjoy!*

### **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**

# CREAMY SWEET POTATO TOAST



Serves: 3  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
260 kcal  
18g Fats  
21g Carbs  
7g Protein



## WHAT YOU NEED

- 1 1/2 Sweet Potato (large)
- 1/3 cup Sunflower Seed Butter
- 3 tbsps Unsweetened Coconut Yogurt

## WHAT YOU NEED TO DO

*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.*

*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.*

*Once the sweet potato has cooled slightly, add the sunflower seed butter to each slice. Top with coconut yogurt. Enjoy!*

### **Leftovers**

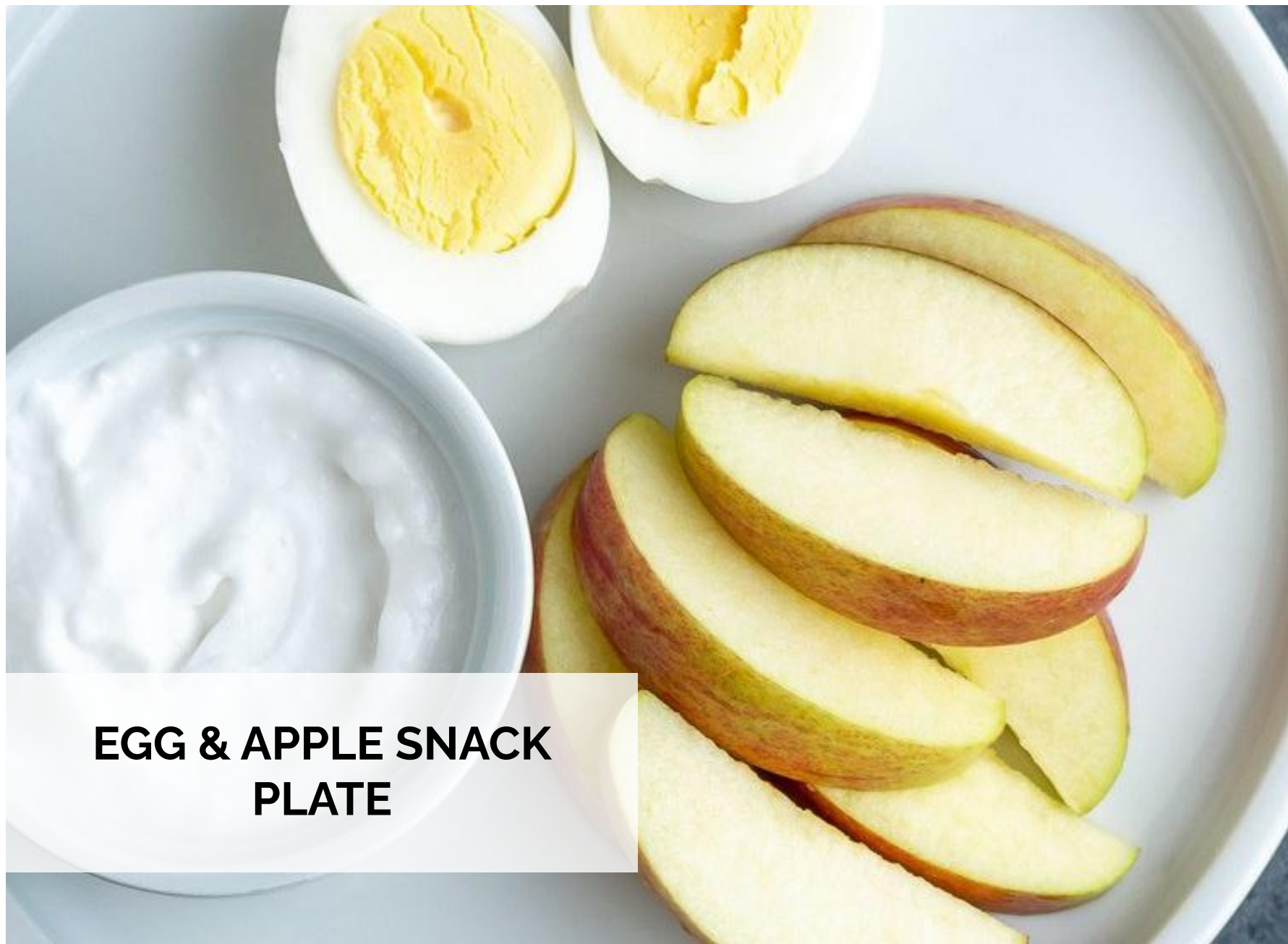
*Refrigerate leftover slices separate from the toppings in an airtight container for up to three days. To reheat, toast each slice until warm, or set the oven to broil for roughly three minutes per side.*

### **Additional Toppings**

*Add hemp seeds, flax seeds, or chia seeds on top.*







**EGG & APPLE SNACK  
PLATE**

# EGG & APPLE SNACK PLATE



Serves: 2  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
194 kcal  
7g Fats  
28g Carbs  
7g Protein



## WHAT YOU NEED

- 2 Egg
- 2 Apple (sliced)
- 1/2 cup Unsweetened Coconut Yogurt

## WHAT YOU NEED TO DO

*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.*

*Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.*

*Transfer to a plate with the sliced apple and coconut yogurt for dipping. Enjoy!*

### **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**

# APPLE WITH SUNFLOWER SEED BUTTER



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
292 kcal  
18g Fats  
33g Carbs  
6g Protein



## WHAT YOU NEED

- 2 Apple (medium, cored and sliced)
- 1/4 cup Sunflower Seed Butter

## WHAT YOU NEED TO DO

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

### **Leftovers**

*Refrigerate in an airtight container for up four days.*



**LUNCH**





**COCONUT YOGURT  
CHICKEN**

# COCONUT YOGURT CHICKEN



Serves: 3  
Prep: 5 mins  
Cook: 2 hrs 15 mins



Nutrition per serving:  
215 kcal  
10g Fats  
4g Carbs  
27g Protein



## WHAT YOU NEED

- 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 tsps Extra Virgin Olive Oil
- 4 1/2 cups Baby Spinach

## WHAT YOU NEED TO DO

*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.*

*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.*

*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.*

*Divide the chicken and spinach onto plates. Serve and enjoy!*

### **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**



# SWEET POTATO FRIES WITH CREAMY SALSA



Serves: 3  
Prep: 5 mins  
Cook: 30 mins



Nutrition per  
serving:  
190 kcal  
8g Fats  
29g Carbs  
2g Protein



## WHAT YOU NEED

- 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

## WHAT YOU NEED TO DO

*Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.*

*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.*

*In a small bowl, mix together the coconut yogurt and salsa. Plate the fries and serve with the creamy salsa. Enjoy!*

### **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.*



**DINNER**





**BEEF & SHREDDED  
VEGGIES WITH RICE**

# BEEF & SHREDDED VEGGIES WITH RICE



Serves: 2  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
440 kcal  
12g Fats  
56g Carbs  
28g Protein



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## WHAT YOU NEED

- 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

## WHAT YOU NEED TO DO

*Cook the rice according to package directions.*

*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.*

*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!*

### **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.*

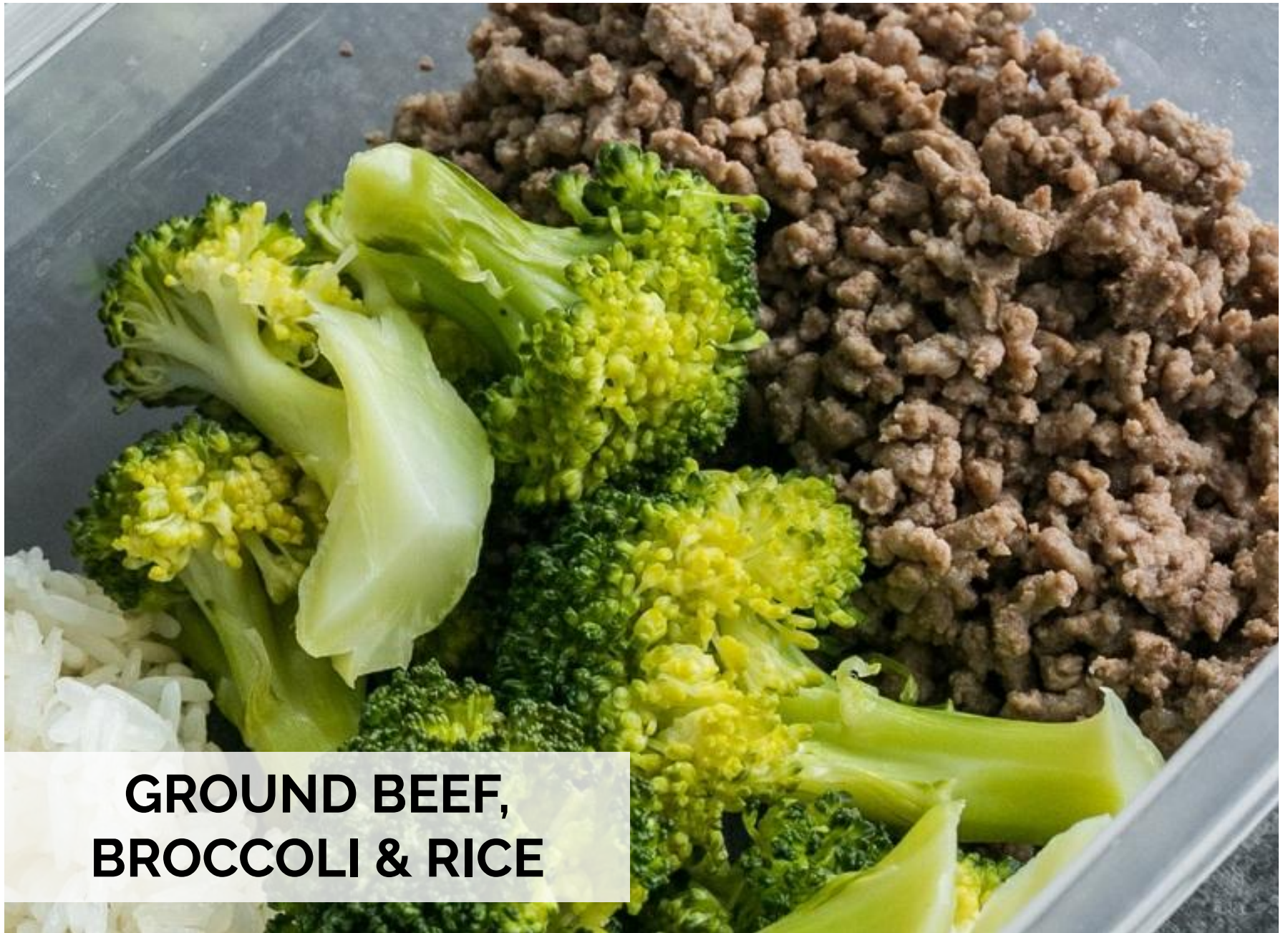
### **No Jasmine Rice**

*Use quinoa, brown rice, or cauliflower rice.*

### **No Beef**

*Use ground chicken, turkey, pork, lentils, or chickpeas instead.*





**GROUND BEEF,  
BROCCOLI & RICE**

# GROUND BEEF, BROCCOLI & RICE



Serves: 2  
Prep: 5 mins  
Cook: 30 mins



Nutrition per  
serving:  
391 kcal  
12g Fats  
44g Carbs  
28g Protein



## WHAT YOU NEED

- 1/2 cup Jasmine Rice (dry, rinsed)
- 2 cups Broccoli (chopped into florets)
- 227 grams Extra Lean Ground Beef
- 1/8 tsp Sea Salt

## WHAT YOU NEED TO DO

*Cook the jasmine rice according to the directions on the package.*

*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.*

*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.*

*Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!*

### **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**

# SLOW COOKER SALSA CHICKEN



Serves: 2  
Prep: 5 mins  
Cook: 4 hours



Nutrition per  
serving:  
179 kcal  
4g Fats  
2g Carbs  
32g Protein



## WHAT YOU NEED

- 283 grams Chicken Breast (boneless, skinless)
- 1/4 cup Salsa

## WHAT YOU NEED TO DO

*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.*

*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.*

*Remove the chicken from the slow cooker and enjoy!*

### **Serve it With**

*Tacos, 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**

# BROCCOLI & JASMINE RICE



Serves: 2  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
221 kcal  
4g Fats  
44g Carbs  
6g Protein



## WHAT YOU NEED

- 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)

## WHAT YOU NEED TO DO

*Cook the rice according to package directions.*

*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.*

*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.*

*Combine the broccoli with the cooked rice. Serve and enjoy!*

### **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**

# CURRIED CHICKEN WITH BROCCOLI & SWEET POTATO



Serves: 3  
Prep: 5 mins  
Cook: 30 mins



Nutrition per serving:  
422 kcal  
15g Fats  
36g Carbs  
38g Protein



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## WHAT YOU NEED

- 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

## WHAT YOU NEED TO DO

*Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.*

*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.*

*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.*

*Divide between plates and enjoy!*

### **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**

# SPICED BEEF & SPINACH WITH RICE



Serves: 2  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
454 kcal  
12g Fats  
59g Carbs  
28g Protein



## WHAT YOU NEED

- 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

## WHAT YOU NEED TO DO

*Cook the rice according to the package directions.*

*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.*

*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.*

*Divide the rice between plates and top with the beef mixture. Enjoy!*

### **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.*

