



# Easy Peasy Slow Cooker Program

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# Easy Peasy Slow Cooker Program

HEAVY METAL FITNESS

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

Healthy slow cooking at it's simplest. Dig out that slow cooker because with this program, we will be putting it to use every day! Our Easy Peasy Slow Cooker Program focuses on a mix of 'set it and forget it' meals and super simple recipes. Eating healthy has never been this easy and delicious! We'll provide you with the meal plan, itemized grocery list and prep guide. All you need to do is make the commitment and follow along. Ready, set, slow cook!

This program was created by a Registered Dietician.

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## 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**  
Zucchini Bread Overnight Oats



**SNACK 1**  
Slow Cooker Cinnamon Applesauce



**LUNCH**  
Protein Packed Deviled Eggs



**SNACK 2**  
Celery with Peanut Butter



**DINNER**  
Slow Cooker Maple Mustard Chicken

## TUE



**BREAKFAST**  
Zucchini Bread Overnight Oats



**SNACK 1**  
Slow Cooker Cinnamon Applesauce



**LUNCH**  
Slow Cooker Maple Mustard Chicken



**SNACK 2**  
Celery with Peanut Butter



**DINNER**  
Slow Cooker Stuffed Peppers

## WED



**BREAKFAST**  
Zucchini Bread Overnight Oats



**SNACK 1**  
Baby Carrots & Hummus



**LUNCH**  
Slow Cooker Stuffed Peppers



**SNACK 2**  
Banana with Peanut Butter



**DINNER**  
Curried Chicken Slow Cooker Stew

## THU



**BREAKFAST**  
Zucchini Bread Overnight Oats



**SNACK 1**  
Baby Carrots & Hummus



**LUNCH**  
Curried Chicken Slow Cooker Stew



**SNACK 2**  
Banana with Peanut Butter



**DINNER**  
Slow Cooker Vegan Chili

## FRI



**BREAKFAST**  
Kiwi Green Smoothie



**SNACK 1**  
Almonds & Dark Chocolate



**LUNCH**  
Slow Cooker Vegan Chili



**SNACK 2**  
Slow Cooker Cinnamon Applesauce



**DINNER**  
Vegan Sloppy Joes

## SAT



**BREAKFAST**  
Kiwi Green Smoothie



**SNACK 1**  
Almonds & Dark Chocolate



**LUNCH**  
Vegan Sloppy Joes



**SNACK 2**  
Slow Cooker Cinnamon Applesauce



**DINNER**  
Curried Chicken Slow Cooker Stew

**MON****FAT 37%**   **CARBS 35%**   **PROTEIN 28%**

Calories 1353      Cholesterol 615mg  
 Fat 57g            Sodium 1207mg  
 Carbs 121g        Vitamin A 3726IU  
 Fiber 30g         Vitamin C 62mg  
 Sugar 62g         Calcium 481mg  
 Protein 97g        Iron 12mg

**TUE****FAT 34%**   **CARBS 39%**   **PROTEIN 27%**

Calories 1392      Cholesterol 343mg  
 Fat 55g            Sodium 2290mg  
 Carbs 140g        Vitamin A 4955IU  
 Fiber 36g         Vitamin C 226mg  
 Sugar 73g         Calcium 530mg  
 Protein 97g        Iron 13mg

**WED****FAT 36%**   **CARBS 44%**   **PROTEIN 20%**

Calories 1307      Cholesterol 157mg  
 Fat 56g            Sodium 2131mg  
 Carbs 152g        Vitamin A 23744IU  
 Fiber 34g         Vitamin C 209mg  
 Sugar 57g         Calcium 526mg  
 Protein 68g        Iron 15mg

**THU****FAT 30%**   **CARBS 54%**   **PROTEIN 16%**

Calories 1181      Cholesterol 27mg  
 Fat 41g            Sodium 2021mg  
 Carbs 167g        Vitamin A 25686IU  
 Fiber 38g         Vitamin C 84mg  
 Sugar 52g         Calcium 511mg  
 Protein 50g        Iron 15mg

**FRI****FAT 18%**   **CARBS 61%**   **PROTEIN 21%**

Calories 1278      Cholesterol 5mg  
 Fat 27g            Sodium 2405mg  
 Carbs 205g        Vitamin A 12240IU  
 Fiber 60g         Vitamin C 191mg  
 Sugar 84g         Calcium 618mg  
 Protein 71g        Iron 22mg

**SAT****FAT 20%**   **CARBS 58%**   **PROTEIN 22%**

Calories 1241      Cholesterol 32mg  
 Fat 29g            Sodium 1342mg  
 Carbs 189g        Vitamin A 11393IU  
 Fiber 52g         Vitamin C 148mg  
 Sugar 81g         Calcium 543mg  
 Protein 74g        Iron 20mg



## FRUITS

- 12 Apple
- 1/2 Avocado
- 10 Banana
- 4 Kiwi
- 1/2 Lemon

## BREAKFAST

- 1 cup All Natural Peanut Butter
- 2/3 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 1 1/2 tsps Black Pepper
- 1/4 cup Chia Seeds
- 2 1/2 tbsps Chili Powder
- 1 tsp Cinnamon
- 4 servings Cinnamon Stick
- 2 1/2 tsps Cumin
- 1 tbsp Curry Powder
- 1 1/2 tsps Dried Basil
- 1 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1/2 tsp Oregano
- 1 1/2 tsps Paprika
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 1 1/2 cups Frozen Corn
- 1/2 cup Frozen Peas

## VEGETABLES

- 3 cups Baby Carrots
- 8 cups Baby Spinach
- 1 Carrot
- 1 head Cauliflower
- 7 stalks Celery
- 1/2 Cucumber
- 6 Garlic
- 8 cups Green Beans
- 6 Green Bell Pepper
- 1 stalk Green Onion
- 1 cup Matchstick Carrots
- 2 cups Mushrooms
- 1 1/2 lbs Portobello Mushroom Caps
- 1/2 Sweet Onion
- 1 Sweet Potato
- 1/2 White Onion
- 1/2 Yellow Onion
- 2 Zucchini

## BOXED & CANNED

- 3 cups Canned Whole Tomatoes
- 2 cups Chickpeas
- 2 cups Crushed Tomatoes
- 4 cups Lentils
- 1 cup Red Kidney Beans
- 2 cups Salsa
- 1 can Tuna
- 2 cups Vegetable Broth
- 1 cup White Navy Beans

## BAKING

- 2 tbsps Coconut Flour
- 3 1/2 ozs Dark Chocolate
- 3 cups Oats

## BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 2 lbs Chicken Thighs
- 1 lb Extra Lean Ground Turkey
- 1 cup Hummus

## CONDIMENTS & OILS

- 1/3 cup Dijon Mustard
- 2 tbsps Extra Virgin Olive Oil
- 3 tbsps Yellow Mustard

## COLD

- 5 Egg
- 3 cups Unsweetened Almond Milk

## OTHER

- 8 Ice Cubes
- 1 cup Vanilla Protein Powder
- 5 cups Water



SAVE **\$15** ON YOUR FIRST MONTH OF  
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**\$195/MONTH**

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-  **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**

# Zucchini Bread Overnight Oats

4 SERVINGS 8 HOURS



## INGREDIENTS

1 1/2 cups Oats (quick or traditional)  
1 1/2 cups Unsweetened Almond Milk  
2 tbsps Ground Flax Seed  
2 tbsps Maple Syrup  
1/2 tsp Cinnamon  
1 Zucchini (grated)  
1/4 cup Hemp Seeds  
2 Banana (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	286	Cholesterol	0mg
Fat	9g	Sodium	68mg
Carbs	45g	Vitamin A	325IU
Fiber	7g	Vitamin C	14mg
Sugar	15g	Calcium	221mg
Protein	10g	Iron	3mg

## DIRECTIONS

- 01 In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.
- 02 Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

# Kiwi Green Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Kiwi (small, peeled)  
1 Banana (frozen)  
1/2 cup Vanilla Protein Powder  
2 tbsps Chia Seeds  
2 1/2 cups Baby Spinach  
2 cups Water  
4 Ice Cubes

## NUTRITION

### AMOUNT PER SERVING

Calories	249	Cholesterol	4mg
Fat	5g	Sodium	75mg
Carbs	31g	Vitamin A	3614IU
Fiber	8g	Vitamin C	80mg
Sugar	14g	Calcium	268mg
Protein	23g	Iron	3mg

## DIRECTIONS

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

## NOTES

**NO CHIA SEEDS**  
Use flax seed instead.

**NO PROTEIN POWDER**  
Use hemp seeds instead.

# Slow Cooker Cinnamon Applesauce

8 SERVINGS 4 HOURS



## INGREDIENTS

12 Apple (large, cored and diced)  
4 servings Cinnamon Stick  
1/2 Lemon (juiced)  
1 cup Water

## NUTRITION

### AMOUNT PER SERVING

Calories	143	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	38g	Vitamin A	148IU
Fiber	10g	Vitamin C	14mg
Sugar	28g	Calcium	20mg
Protein	1g	Iron	0mg

## DIRECTIONS

- 01 Add chopped apple, cinnamon, lemon juice and water to the slow cooker and stir well to mix. Cook on high for 4 hours, stirring occasionally. (Note: Peeling the apples is optional but not necessary as they will be pureed in step 2.)
- 02 Remove the cinnamon sticks. Use an immersion blender to puree the applesauce, or transfer to a blender.
- 03 Divide into bowls, add your preferred toppings and enjoy! Refrigerate or freeze leftovers.

## NOTES

### STORAGE

Refrigerate in an air-tight container up to 10 days, or freeze up to a year.

### LEAVE IT CHUNKY

Skip Step 2. You may want to peel your apples before cooking.

### EXTRA TOPPINGS

Add any combination of nuts, seeds, toasted oats, coconut or dried fruit.

### LESS SUGAR

Use a mixture of naturally sweet apples like Red Delicious, Gala, Fuji, Winesap, McIntosh, Yellow Delicious, Crispin or Cortland.

# Baby Carrots & Hummus

4 SERVINGS 5 MINUTES



## INGREDIENTS

3 cups Baby Carrots  
1 cup Hummus

## NUTRITION

### AMOUNT PER SERVING

Calories	190	Cholesterol	0mg
Fat	11g	Sodium	359mg
Carbs	20g	Vitamin A	17264I...
Fiber	6g	Vitamin C	9mg
Sugar	6g	Calcium	89mg
Protein	5g	Iron	3mg

## DIRECTIONS

01 Divide carrots between bowls. Serve with hummus on the side for dipping.  
Enjoy!

## NOTES

### NO BABY CARROTS

Use celery sticks, cucumber slices or sliced bell peppers instead..

### LIKE IT SPICY

Top with a pinch of cayenne pepper or chili powder.

# Almonds & Dark Chocolate

4 SERVINGS 3 MINUTES



## INGREDIENTS

3 1/2 ozs Dark Chocolate (at least 70% cacao)  
1/2 cup Almonds

## DIRECTIONS

01 Divide between bowls. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	253	Cholesterol	1mg
Fat	20g	Sodium	5mg
Carbs	15g	Vitamin A	10IU
Fiber	5g	Vitamin C	0mg
Sugar	7g	Calcium	66mg
Protein	6g	Iron	4mg

# Protein Packed Deviled Eggs

2 SERVINGS 20 MINUTES



## INGREDIENTS

4 Egg (hard boiled)  
1 can Tuna (drained)  
1/2 Avocado  
1 stalk Green Onion (chopped)  
Sea Salt & Black Pepper (to taste)  
1/2 tsp Paprika  
1/2 Cucumber (sliced)

## DIRECTIONS

- 01 Hard boil your eggs.
- 02 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

## NUTRITION

### AMOUNT PER SERVING

Calories	309	Cholesterol	402mg
Fat	18g	Sodium	352mg
Carbs	8g	Vitamin A	1263IU
Fiber	4g	Vitamin C	8mg
Sugar	2g	Calcium	93mg
Protein	30g	Iron	4mg

# Celery with Peanut Butter

4 SERVINGS 5 MINUTES



## INGREDIENTS

6 stalks Celery (sliced into sticks)  
1/2 cup All Natural Peanut Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	201	Cholesterol	0mg
Fat	17g	Sodium	53mg
Carbs	9g	Vitamin A	269IU
Fiber	3g	Vitamin C	2mg
Sugar	4g	Calcium	40mg
Protein	8g	Iron	1mg

## DIRECTIONS

01 Spread peanut butter across celery sticks. Happy munching!

## NOTES

### NUT-FREE

Use sunflower seed butter or hummus instead.

# Banana with Peanut Butter

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Banana (peeled and sliced)  
1/4 cup All Natural Peanut Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	298	Cholesterol	0mg
Fat	17g	Sodium	7mg
Carbs	34g	Vitamin A	76IU
Fiber	5g	Vitamin C	10mg
Sugar	18g	Calcium	22mg
Protein	8g	Iron	1mg

## DIRECTIONS

01 Spread peanut butter across banana slices. Happy snacking!

## NOTES

### NO PEANUT BUTTER

Use any nut or seed butter.

### MORE PROTEIN

Sprinkle with hemp seeds.

# Slow Cooker Maple Mustard Chicken

4 SERVINGS 4 HOURS



## INGREDIENTS

2 lbs Chicken Thighs (skinless, boneless)  
2 tbsps Maple Syrup  
1/3 cup Dijon Mustard  
1 tsp Dried Basil  
1 tsp Paprika  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
8 cups Green Beans (washed and trimmed)  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	414	Cholesterol	213mg
Fat	13g	Sodium	731mg
Carbs	21g	Vitamin A	1721IU
Fiber	6g	Vitamin C	24mg
Sugar	13g	Calcium	107mg
Protein	48g	Iron	4mg

## DIRECTIONS

- 01 Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
- 02 Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
- 03 Divide green beans between plates and top with maple mustard chicken. Enjoy!

## NOTES

### NO CHICKEN THIGHS

Use chicken breast or drumsticks instead.

### SAVE TIME

Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

### MORE CARBS

Serve with rice, sweet potato or quinoa.

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

# Slow Cooker Stuffed Peppers

4 SERVINGS 4 HOURS



## INGREDIENTS

4 Green Bell Pepper (large)  
1 lb Extra Lean Ground Turkey  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
1 tbsp Chili Powder  
1/2 tsp Cumin  
1/2 tsp Dried Basil  
1 Egg  
2 Garlic (cloves, minced)  
1/2 Yellow Onion (diced)  
1 cup Baby Spinach (chopped)  
1 tbsp Extra Virgin Olive Oil  
2 tbsps Coconut Flour  
2 cups Salsa  
1 head Cauliflower (large)

## NUTRITION

### AMOUNT PER SERVING

Calories	348	Cholesterol	130mg
Fat	16g	Sodium	1435mg
Carbs	27g	Vitamin A	2492IU
Fiber	10g	Vitamin C	172mg
Sugar	13g	Calcium	142mg
Protein	30g	Iron	5mg

## DIRECTIONS

- 01 Slice the tops off the peppers and carve out the seeds. Set aside.
- 02 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 03 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 04 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 05 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

## NOTES

### VEGANS AND VEGETARIANS

Use cooked lentils or beans instead of ground meat.

### NO GROUND TURKEY

Use ground chicken or beef instead.

### NO SLOW COOKER

Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

### NO CAULIFLOWER

Serve over rice, quinoa, greens or sweet potato mash.



# Curried Chicken Slow Cooker Stew

6 SERVINGS 6 HOURS



## 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)
- 8 ozs Chicken Breast

## NUTRITION

### AMOUNT PER SERVING

Calories	185	Cholesterol	27mg
Fat	3g	Sodium	262mg
Carbs	26g	Vitamin A	3587IU
Fiber	6g	Vitamin C	4mg
Sugar	5g	Calcium	52mg
Protein	15g	Iron	3mg

## DIRECTIONS

- 01 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.
- 02 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.
- 03 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.

# Slow Cooker Vegan Chili

4 SERVINGS 8 HOURS



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	222	Cholesterol	0mg
Fat	1g	Sodium	1325mg
Carbs	42g	Vitamin A	4434IU
Fiber	14g	Vitamin C	47mg
Sugar	8g	Calcium	127mg
Protein	12g	Iron	5mg

## DIRECTIONS

- 01 Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
- 02 Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
- 03 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.



# Vegan Sloppy Joes

4 SERVINGS 4 HOURS



## INGREDIENTS

4 cups Lentils (cooked, drained and rinsed)  
1/2 Sweet Onion (finely diced)  
1 Green Bell Pepper (finely diced)  
2 cups Mushrooms (sliced)  
1 cup Matchstick Carrots  
1 tsp Garlic Powder  
3 tbsps Yellow Mustard  
1/4 cup Maple Syrup  
2 cups Crushed Tomatoes  
1 tsp Sea Salt  
1/2 tsp Black Pepper  
1 1/2 lbs Portobello Mushroom Caps  
2 cups Baby Spinach (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	411	Cholesterol	0mg
Fat	1g	Sodium	997mg
Carbs	79g	Vitamin A	4034IU
Fiber	23g	Vitamin C	50mg
Sugar	27g	Calcium	137mg
Protein	29g	Iron	10mg

## DIRECTIONS

- 01 Combine the lentils, onion, green pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
- 02 About 20 minutes before you are ready to eat, preheat your oven to 400 and line a baking sheet with parchment paper. Place your portobello mushroom caps on a baking sheet and bake for 10 minutes.
- 03 Place a portobello mushroom cap on a plate and top with a few large spoonfuls of the sloppy joe mix. Top with baby spinach and set another mushroom cap on top. Enjoy!

## NOTES

### MEAT LOVER

Swap out the lentils for ground meat. Replace 1 can of lentils with 1 lb of extra lean ground meat. Follow step 1 then set the ground meat on top to cook. Before eating, remove the lid and break the ground meat up with a spatula and stir well to mix.

### NEXT LEVEL SLOPPY JOES

Add cheese, avocado, pickles, onions and/or cashew sour cream.

### REPURPOSE LEFTOVERS

Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.



Day	Task	Notes	
<p style="text-align: center;"><b>0 Sun</b></p>		<p>Grocery shop.</p>	<p>Grab the grocery list for the Easy Peasy Slow Cooker Program and get to it! Don't forget to adjust serving sizes if necessary and mark off any items you already have. Add any additional items to your list that you might need.</p>
		<p>Make Slow Cooker Cinnamon Applesauce.</p>	<p>Follow the recipe and cook on high for 4 hours. Once finished, divide into containers. Store enough in the fridge for this week, and freeze the rest.</p>
		<p>Make Protein Packed Deviled Eggs.</p>	<p>For tomorrow's lunch. Divide into containers and cover with lids. Store in the fridge.</p>
		<p>Make Zucchini Bread Overnight Oats.</p>	<p>Prepare enough for Monday, Tuesday, Wednesday and Thursday breakfasts. Combine the oats portion and store in the fridge to set. Assemble the rest later tonight or tomorrow morning.</p>
		<p>Prepare your Celery with Peanut Butter snacks.</p>	<p>Wash celery, slice into sticks then divide into ziplock baggies. Portion out peanut butter into small containers and store in the fridge.</p>
		<p>Prepare your Slow Cooker Maple Mustard Chicken.</p>	<p>Prepare the marinade. Add the chicken thighs to a</p>

			ziplock baggie and pour the marinade over top. Seal and shake well. Store in the fridge.
<b>1 Mon</b>		Finish assembling your Zucchini Bread Overnight Oats.	Layer into mason jars or containers. Set one aside for this morning and store the others sealed in the fridge.
		Throw the Slow Cooker Maple Mustard Chicken into the slow cooker.	Cook on high for 3- 4 hours, or on low for 6 - 8 hours.
		Pack your meals if you are on-the-go.	Zucchini Bread Overnight Oats, Slow Cooker Cinnamon Applesauce, Protein Packed Deviled Eggs, Celery with Peanut Butter.
		Enjoy Slow Cooker Maple Mustard Chicken for dinner.	Serve with steamed green beans on the side. Divide leftovers into containers for tomorrow's lunch.
		Prepare the Slow Cooker Stuffed Peppers.	Assemble the stuffed peppers (steps 1 and 2) and store covered in the fridge overnight. Pulse the cauliflower into rice (step 4) and store in a sealed container in the fridge.
<b>2 Tue</b>		Throw the Slow Cooker Stuffed Peppers into the slow cooker.	Cook on high for 4 hours or on low for 6 to 8 hours.
		Pack your meals if you are on-the-go.	Zucchini Bread Overnight Oats, Slow Cooker Cinnamon Applesauce, Slow Cooker Maple Mustard

			Chicken and Celery with Peanut Butter.
		Enjoy Slow Cooker Stuffed Peppers for dinner.	Serve over warmed cauliflower rice. Divide leftovers into containers for tomorrow's lunch.
		Assemble Baby Carrots & Hummus for snack.	Divide the carrots into ziplock baggies and portion out hummus into small containers. Store in the fridge.
		Prepare Curried Chicken Slow Cooker Stew for tomorrow night's dinner.	Dice the sweet potato and drain and rinse the chickpeas and add them to a large mixing bowl. Add frozen corn, frozen peas, cumin, curry powder, minced garlic and vegetable broth. Cover and store in the fridge overnight.
<b>3 Wed</b>		Throw the Curried Chicken Slow Cooker Stew into the slow cooker.	Add the contents from the bowl you mixed up last night into the slow cooker and set the chicken breasts on top. Cover and cook on high for 4 hours or on low for 6 to 8 hours.
		Pack your meals if you are on-the-go.	Zucchini Bread Overnight Oats, Baby Carrots & Hummus, Slow Cooker Stuffed Peppers and Banana with Peanut Butter.
		Enjoy Curried Chicken Slow Cooker Stew for dinner.	Enjoy then divide leftovers into containers.
		Prepare Slow Cooker Vegan Chili.	Combine all ingredients in a large mixing bowl.

			Cover and store in the fridge overnight.
<b>4 Thu</b>		Throw the Slow Cooker Vegan Chili into the slow cooker.	Cook on high for 8 hours.
		Pack your meals if you are on-the-go.	Zucchini Bread Overnight Oats, Baby Carrots & Hummus, Curried Chicken Slow Cooker Stew and Banana with Peanut Butter.
		Enjoy Slow Cooker Vegan Chili for dinner.	Divide leftovers into containers. Store enough in the fridge for tomorrow's lunch and freeze the rest.
		Prepare the Vegan Sloppy Joes for tomorrow night's dinner.	Combine lentils, sweet onion, green bell pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in a large mixing bowl. Cover and store in the fridge overnight.
		Prepare Almonds & Dark Chocolate snacks.	Divide into ziplock baggies and store at room temp.
<b>5 Fri</b>		Make the Kiwi Green Smoothie for breakfast.	Blend until smooth and creamy. Divide into jars.
		Throw the Vegan Sloppy Joes into the slow cooker.	Cook on high for 4 hours or low for 6 hours.
		Pack your meals if you are on-the-go.	Kiwi Green Smoothie, Almonds & Dark Chocolate, Slow Cooker Vegan Chili and Slow Cooker Cinnamon Applesauce.

		Enjoy Vegan Sloppy Joes for dinner.	Serve between two roasted portobello mushroom caps. Divide leftovers into containers for tomorrow's lunch and freeze the rest.
<b>6 Sat</b>		Make Kiwi Green Smoothie for breakfast.	Blend until smooth and creamy. Divide into jars.
		Pack your meals if you are on-the-go.	Kiwi Green Smoothie, Almonds & Dark Chocolate, Vegan Sloppy Joes and Slow Cooker Cinnamon Applesauce.
		Enjoy leftover Curried Chicken Slow Cooker Stew for dinner.	Freeze any leftovers.
<b>7 Sun</b>		Free day.	Enjoy any leftovers. Set aside some time to grocery shop and prep for the upcoming week.

## **WAIVER**

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