



BALANCE & BLOOM

15-Ingredient Program

Created by Balance and Bloom



15-Ingredient Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Spinach & Salsa Omelette	Spinach & Salsa Omelette	Beef & Salsa Breakfast Skillet	Beef & Salsa Breakfast Skillet	Beef & Salsa Breakfast Skillet	Spinach & Sweet Potato Frittata	Spinach & Sweet Potato Frittata
	Apple & Sweet Potato Hash	Apple & Sweet Potato Hash	Shredded Sweet Potatoes	Shredded Sweet Potatoes	Shredded Sweet Potatoes		
Snack 1	Apple & Creamy Sunflower Dip	Broccoli & Spiced Yogurt	Apple & Creamy Sunflower Dip	Creamy Sweet Potato Toast	Egg & Apple Snack Plate	Coconut Yogurt with Sunflower Seed Butter	Apple with Sunflower Seed Butter
Lunch	Coconut Yogurt Chicken	Beef & Shredded Veggies with Rice	Coconut Yogurt Chicken	Ground Beef, Broccoli & Rice	Slow Cooker Salsa Chicken	Curried Chicken with Broccoli & Sweet Potato	Spiced Beef & Spinach with Rice
	Sweet Potato Fries with Creamy Salsa		Sweet Potato Fries with Creamy Salsa		Broccoli & Jasmine Rice		
Snack 2	Broccoli & Spiced Yogurt	Apple & Creamy Sunflower Dip	Creamy Sweet Potato Toast	Egg & Apple Snack Plate	Creamy Sweet Potato Toast	Apple with Sunflower Seed Butter	Coconut Yogurt with Sunflower Seed Butter
Dinner	Beef & Shredded Veggies with Rice	Coconut Yogurt Chicken	Ground Beef, Broccoli & Rice	Slow Cooker Salsa Chicken	Curried Chicken with Broccoli & Sweet Potato	Spiced Beef & Spinach with Rice	Curried Chicken with Broccoli & Sweet Potato
		Sweet Potato Fries with Creamy Salsa		Broccoli & Jasmine Rice			

15-Ingredient Program

15 items

Fruits

8 Apple

Seeds, Nuts & Spices

2 2/3 tbsps Curry Powder

1/8 tsp Sea Salt

0 Sea Salt & Black Pepper

Vegetables

12 cups Baby Spinach

13 1/2 cups Broccoli

11 1/2 Sweet Potato

Boxed & Canned

2 1/4 cups Jasmine Rice

2 1/3 cups Salsa

Bread, Fish, Meat & Cheese

2 1/3 lbs Chicken Breast

2 1/16 lbs Extra Lean Ground Beef

Condiments & Oils

2/3 cup Extra Virgin Olive Oil

1 1/16 cups Sunflower Seed Butter

Cold

15 Egg

4 1/8 cups Unsweetened Coconut Yogurt

Spinach & Salsa Omelette

5 ingredients · 10 minutes · 2 servings



Directions

1. 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.
2. 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!

Notes

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.

Ingredients

- 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

Apple & Sweet Potato Hash

4 ingredients · 15 minutes · 2 servings



Directions

1. Heat the oil in a non-stick pan over medium heat.
2. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender.
3. 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!

Notes

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.

Ingredients

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)

Beef & Salsa Breakfast Skillet

3 ingredients · 20 minutes · 3 servings



Directions

1. Add the ground beef to a large skillet over medium heat. Stir occasionally until cooked through, about eight minutes. Stir in the salsa.
2. 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!

Notes

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.

Ingredients

9 ozs Extra Lean Ground Beef

1 1/8 cups Salsa

3 Egg

Shredded Sweet Potatoes

3 ingredients · 10 minutes · 3 servings



Directions

1. Heat the oil in a non-stick pan over medium heat.
2. 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!

Notes

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.

Ingredients

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

Spinach & Sweet Potato Frittata

5 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. 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.
3. 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.
4. 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!

Notes

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.

Ingredients

- 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)

Apple & Creamy Sunflower Dip

3 ingredients · 5 minutes · 3 servings



Directions

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

Notes

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.

Ingredients

1/2 cup Unsweetened Coconut Yogurt

3 tbsps Sunflower Seed Butter

3 Apple (sliced)

Coconut Yogurt with Sunflower Seed Butter

2 ingredients · 5 minutes · 2 servings



Directions

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

Notes

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.

Ingredients

1 cup Unsweetened Coconut Yogurt

1/4 cup Sunflower Seed Butter

Coconut Yogurt Chicken

6 ingredients · 2 hours 15 minutes · 3 servings



Directions

1. 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.
2. 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.
3. 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.
4. Divide the chicken and spinach onto plates. Serve and enjoy!

Notes

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.

Ingredients

- 12 ozs 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 tbsps Extra Virgin Olive Oil
- 4 1/2 cups Baby Spinach

Sweet Potato Fries with Creamy Salsa

5 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. 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.
3. In a small bowl, mix together the coconut yogurt and salsa. Plate the fries and serve with the creamy salsa. Enjoy!

Notes

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.

Ingredients

- 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

Broccoli & Spiced Yogurt

3 ingredients · 5 minutes · 2 servings



Directions

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

Notes

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.

Ingredients

1 cup Unsweetened Coconut Yogurt

2 tsps Curry Powder

4 cups Broccoli (chopped into florets)

Creamy Sweet Potato Toast

3 ingredients · 15 minutes · 3 servings



Directions

1. 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.
2. 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.
3. Once the sweet potato has cooled slightly, add the sunflower seed butter to each slice. Top with coconut yogurt. Enjoy!

Notes

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.

Ingredients

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

Egg & Apple Snack Plate

3 ingredients · 15 minutes · 2 servings



Directions

1. 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.
2. Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
3. Transfer to a plate with the sliced apple and coconut yogurt for dipping. Enjoy!

Notes

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.

Ingredients

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

Apple with Sunflower Seed Butter

2 ingredients · 5 minutes · 2 servings



Directions

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

Notes

Leftovers

Refrigerate in an airtight container for up four days.

Ingredients

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

Beef & Shredded Veggies with Rice

6 ingredients · 20 minutes · 2 servings



Directions

1. Cook the rice according to package directions.
2. 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.
3. 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!

Notes

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.

Ingredients

1/2 cup Jasmine Rice

8 ozs 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

Ground Beef, Broccoli & Rice

4 ingredients · 30 minutes · 2 servings



Directions

1. Cook the jasmine rice according to the directions on the package.
2. 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.
3. 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.
4. Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

Notes

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.

Ingredients

1/2 cup Jasmine Rice (dry, rinsed)

2 cups Broccoli (chopped into florets)

8 ozs Extra Lean Ground Beef

1/8 tsp Sea Salt

Slow Cooker Salsa Chicken

2 ingredients · 4 hours · 2 servings



Directions

1. 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.
2. 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.
3. Remove the chicken from the slow cooker and enjoy!

Notes

Serve it With

Tacos, our 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.

Ingredients

10 ozs Chicken Breast (boneless, skinless)

1/4 cup Salsa

Broccoli & Jasmine Rice

4 ingredients · 15 minutes · 2 servings



Directions

1. Cook the rice according to package directions.
2. 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.
3. 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.
4. Combine the broccoli with the cooked rice. Serve and enjoy!

Notes

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.

Ingredients

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)

Curried Chicken with Broccoli & Sweet Potato

6 ingredients · 35 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. 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.
3. 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.
4. Divide between plates and enjoy!

Notes

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.

Ingredients

- 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)
- 15 ozs Chicken Breast
- 2 1/4 tsps Curry Powder

Spiced Beef & Spinach with Rice

5 ingredients · 20 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. 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.
3. 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.
4. Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

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.

Ingredients

3/4 cup Jasmine Rice

8 ozs Extra Lean Ground Beef

2 1/4 tps Curry Powder

Sea Salt & Black Pepper (to taste)

2 cups Baby Spinach