



Non-Perishable Foods Program

Yamira Lee Johnson

<https://www.breakingbreadwithmira.com/>

Congratulations on taking steps forward to a healthier you!

Nutrition is an important part of well-being and shall be considered as a complement to any preventive or medical treatment plan.

This Cooking eBook intends to give you a strong start on your wellness goals.

- Easy Recipes
- Nutritional Information
- Shopping List
- Wellness Guidelines
- Weekly Meal Plan

How to Build an Effective Pantry?

"Food is Fuel and building a pantry that works for you and your family is crucial. Low sodium canned goods and frozen vegetables and fruits, can enhance your pantry and expand your cooking options."

Start by identifying unhealthy triggers and removing them from your pantry. Read canned and frozen goods labels and to ensure they meet your nutritional needs and wellness standards.

- Processed Sugar
- Processed carbohydrates
- High sodium soy sauce
- Gluten
- Dairy
- Unhealthy Oils
- Processed Foods
- GMO ingredients
- Prepared ingredients with hidden sugar, soy, gluten.

Build your pantry overtime and include ingredients that can help your body fight back . Include inflammation fighting and wellness booster ingredients that include; amino acids, antioxidants, omega 3 vitamin C, D and B complex, calcium, protein and fiber.

- Chia & Flax seed
- Quinoa
- Turmeric
- Ginger
- Pink Himalayan or Sea Salt
- Avocado Oil



- Flax seed oil
- Extra Virgin Olive Oil (cold applications)
- Coconut Oil
- Fresh Vegetables or canned in water
- Fresh fruits or canned in water or juice
- Almonds
- Cashews
- Brazilian nuts
- Hazelnuts Walnuts
- Liquid (non GMO soy) or Coconut Amino
- Organic, Wild Caught, Free Roaming
- Hormone & Antibiotic Free
- Maple Syrup
- Coconut Sugar
- Alkaline Ionized Water

Instead of pre-made seasonings packed with sodium and unhealthy fillers, use fresh and dry spices to let the flavors of wholesome ingredients shine.

- oregano
- basil
- parsley
- cilantro
- rosemary
- thyme
- tarragon
- cumin
- cardamom
- cayenne pepper
- paprika
- crushed red pepper flakes
- onion
- garlic
- chives
- sesame seeds
- mustard seeds
- bay leaves
- curry leaves

Take one day at a time and much strength and health to you!

Yamira Lee "Mira" Johnson
Holistic Life Coach & Wellness Chef

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health



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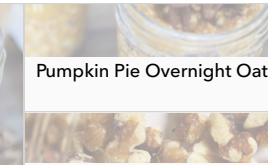











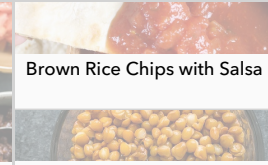

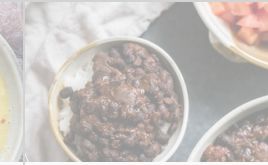








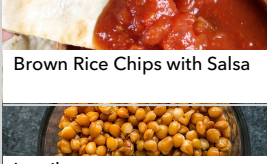

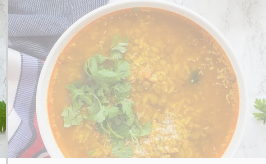










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problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.



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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Berry Baked Oatmeal	Berry Baked Oatmeal	Berry Baked Oatmeal	Pumpkin Pie Overnight Oats	Pumpkin Pie Overnight Oats	Pumpkin Pie Overnight Oats	Pumpkin Pie Overnight Oats
Snack 1							
	Rice Cakes with Almond Butter	Almond Butter Stuffed Dates	Almond Butter Stuffed Dates	Sweet & Crunchy Chickpeas	Rice Cakes with Almond Butter	Sweet & Crunchy Chickpeas	Peanut Butter Rice Krispies
Lunch							
	Mexican Street Corn Soup	Slow Cooker Black Beans & Rice	Brown Rice Chips with Salsa	Slow Cooker Black Beans & Rice	Brown Rice Chips with Salsa	Mexican Street Corn Soup	Slow Cooker Black Beans & Rice
Snack 2							
	Peanut Butter Rice Krispies	Peanut Butter Rice Krispies	Rice Cakes with Almond Butter	Cinnamon Ginger Energy Balls	Peanut Butter Rice Krispies	Cinnamon Ginger Energy Balls	Cinnamon Ginger Energy Balls
Dinner							
	Slow Cooker Black Beans & Rice	Brown Rice Chips with Salsa	Spicy Coconut Lentil Soup	Spicy Coconut Lentil Soup	Mexican Street Corn Soup	Slow Cooker Black Beans & Rice	Spicy Coconut Lentil Soup
Snack 3							
	Organic Sea Salt & Coconut Popcorn	Organic Sea Salt & Coconut Popcorn	Sweet & Crunchy Chickpeas	Organic Sea Salt & Coconut Popcorn	Sweet & Crunchy Chickpeas	Organic Sea Salt & Coconut Popcorn	Cinnamon Ginger Energy Balls



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Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  28%	Fat  26%	Fat  39%	Fat  31%	Fat  31%	Fat  24%	Fat  33%
Carbs  60%	Carbs  62%	Carbs  48%	Carbs  57%	Carbs  57%	Carbs  64%	Carbs  56%
Protein  12%	Protein  12%	Protein  13%	Protein  12%	Protein  12%	Protein  12%	Protein  11%
Calories 1905	Calories 1917	Calories 1766	Calories 1890	Calories 1811	Calories 1828	Calories 1826
Fat 63g	Fat 57g	Fat 79g	Fat 68g	Fat 65g	Fat 50g	Fat 69g
Carbs 298g	Carbs 305g	Carbs 223g	Carbs 277g	Carbs 271g	Carbs 308g	Carbs 264g
Fiber 40g	Fiber 41g	Fiber 40g	Fiber 43g	Fiber 44g	Fiber 48g	Fiber 35g
Sugar 48g	Sugar 67g	Sugar 58g	Sugar 38g	Sugar 68g	Sugar 49g	Sugar 53g
Protein 58g	Protein 60g	Protein 58g	Protein 56g	Protein 60g	Protein 57g	Protein 52g
Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg
Sodium 1955mg	Sodium 2510mg	Sodium 1646mg	Sodium 1678mg	Sodium 2042mg	Sodium 2034mg	Sodium 941mg
Vitamin A 1768IU	Vitamin A 1069IU	Vitamin A 1667IU	Vitamin A 20474IU	Vitamin A 21285IU	Vitamin A 20945IU	Vitamin A 20450IU
Vitamin C 34mg	Vitamin C 25mg	Vitamin C 20mg	Vitamin C 15mg	Vitamin C 24mg	Vitamin C 27mg	Vitamin C 14mg
Calcium 563mg	Calcium 576mg	Calcium 675mg	Calcium 647mg	Calcium 689mg	Calcium 619mg	Calcium 652mg
Iron 14mg	Iron 14mg	Iron 14mg	Iron 17mg	Iron 18mg	Iron 17mg	Iron 17mg
Vitamin D 34IU	Vitamin D 34IU	Vitamin D 34IU	Vitamin D 50IU	Vitamin D 50IU	Vitamin D 50IU	Vitamin D 50IU
Vitamin E 13mg	Vitamin E 13mg	Vitamin E 20mg	Vitamin E 7mg	Vitamin E 17mg	Vitamin E 8mg	Vitamin E 10mg
Thiamine 8.0mg	Thiamine 1.3mg	Thiamine 0.9mg	Thiamine 1.3mg	Thiamine 8.1mg	Thiamine 8.1mg	Thiamine 1.4mg
Riboflavin 8.7mg	Riboflavin 1.2mg	Riboflavin 1.2mg	Riboflavin 0.9mg	Riboflavin 9.0mg	Riboflavin 8.3mg	Riboflavin 1.4mg
Niacin 52mg	Niacin 9mg	Niacin 6mg	Niacin 3mg	Niacin 54mg	Niacin 46mg	Niacin 8mg
Vitamin B6 8.4mg	Vitamin B6 0.9mg	Vitamin B6 1.2mg	Vitamin B6 0.8mg	Vitamin B6 8.9mg	Vitamin B6 8.4mg	Vitamin B6 0.8mg
Folate 457µg	Folate 579µg	Folate 580µg	Folate 620µg	Folate 564µg	Folate 586µg	Folate 505µg
Vitamin B12 33.8µg	Vitamin B12 0µg	Vitamin B12 0µg	Vitamin B12 0µg	Vitamin B12 33.8µg	Vitamin B12 33.8µg	Vitamin B12 0µg
Phosphorous 921mg	Phosphorous 789mg	Phosphorous 1038mg	Phosphorous 875mg	Phosphorous 1134mg	Phosphorous 941mg	Phosphorous 863mg
Magnesium 434mg	Magnesium 367mg	Magnesium 439mg	Magnesium 403mg	Magnesium 474mg	Magnesium 424mg	Magnesium 432mg
Selenium 20µg	Selenium 15µg	Selenium 21µg	Selenium 21µg	Selenium 27µg	Selenium 22µg	Selenium 21µg





Fruits

- 1/3 Lime

Breakfast

- 2/3 cup All Natural Peanut Butter
- 1 1/2 cups Almond Butter
- 1 1/2 cups Maple Syrup
- 16 Plain Rice Cake
- 3 1/3 cups Rice Puffs Cereal

Seeds, Nuts & Spices

- 1/2 cup Almonds
- 3 1/3 Bay Leaf
- 1/4 cup Cashews
- 1/3 cup Chia Seeds
- 2 tbsps Chili Powder
- 1 1/8 tbsps Cinnamon
- 2 1/8 tbsps Cumin
- 1/4 tsp Ground Ginger
- 2 tpsps Nutmeg
- 1 cup Pecans
- 2 1/3 tbsps Sea Salt
- 1/4 cup Sliced Almonds
- 1 tbsps Smoked Paprika
- 1/3 tsp Turmeric
- 1 3/4 cups Walnuts

Frozen

- 6 Brown Rice Tortillas
- 2 cups Frozen Berries
- 12 cups Frozen Corn

Vegetables

- 3/4 cup Cilantro
- 1 2/3 White Onion
- 1 1/2 Yellow Onion

Boxed & Canned

- 3/4 cup Brown Basmati Rice
- 4 cups Chickpeas
- 2 1/2 cups Diced Tomatoes
- 3 1/3 cups Dry Black Beans
- 2 1/4 cups Dry Lentils
- 5 1/16 cups Jasmine Rice
- 3 cups Organic Salsa

Baking

- 1/3 cup Nutritional Yeast
- 6 cups Oats
- 1 1/3 cups Organic Popcorn Kernels
- 1 3/4 cups Pitted Dates
- 2 tbsps Pumpkin Pie Spice
- 4 cups Pureed Pumpkin
- 1/2 cup Unsweetened Applesauce
- 1/3 cup Unsweetened Shredded Coconut
- 1/2 tsp Vanilla Extract

Condiments & Oils

- 1/2 cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil

Cold

- 6 cups Unsweetened Almond Milk

Other

- 30 3/4 cups Water



Berry Baked Oatmeal

6 servings

45 minutes

Ingredients

2 cups Oats (quick or traditional)
2 cups Unsweetened Almond Milk
2 tbsps Maple Syrup
1/2 cup Unsweetened Applesauce
1 tsp Cinnamon
2 tbsps Chia Seeds
2 cups Frozen Berries
1/4 cup Sliced Almonds

Nutrition

Amount per serving	
Calories	222
Fat	7g
Carbs	35g
Fiber	7g
Sugar	11g
Protein	6g
Cholesterol	0mg
Sodium	56mg
Vitamin A	174IU
Vitamin C	14mg
Calcium	223mg
Iron	2mg
Vitamin D	34IU
Vitamin E	0mg
Thiamine	0.1mg
Riboflavin	0.2mg
Niacin	0mg
Vitamin B6	0mg
Folate	9µg
Vitamin B12	0µg
Phosphorous	113mg

Directions

- 1 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 2 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 3 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

Notes

Leftovers, Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

No Applesauce, Use mashed banana instead.

No Almonds, Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.



Magnesium	57mg
Selenium	8µg



Toasted Walnuts

6 servings

15 minutes

Ingredients

1 3/4 cups Walnuts (shelled)

Nutrition

Amount per serving	
Calories	235
Fat	23g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	1mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	35mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	0mg
Vitamin B6	0.2mg
Folate	35µg
Vitamin B12	0µg
Phosphorous	125mg
Magnesium	57mg
Selenium	2µg

Directions

- 1 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

Notes

Extra Flavour, Sprinkle with sea salt or spices of your choice.



Pumpkin Pie Overnight Oats

8 servings

8 hours

Ingredients

4 cups Oats (quick or traditional)
4 cups Unsweetened Almond Milk
4 cups Pureed Pumpkin
1/4 cup Chia Seeds
1/2 cup Maple Syrup
2 tbsps Pumpkin Pie Spice
1 cup Pecans (toasted and chopped)

Nutrition

Amount per serving	
Calories	383
Fat	15g
Carbs	57g
Fiber	11g
Sugar	17g
Protein	9g
Cholesterol	0mg
Sodium	92mg
Vitamin A	19325IU
Vitamin C	6mg
Calcium	350mg
Iron	5mg
Vitamin D	50IU
Vitamin E	2mg
Thiamine	0.3mg
Riboflavin	0.4mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	31µg
Vitamin B12	0µg
Phosphorous	247mg
Magnesium	131mg
Selenium	13µg

Directions

- 1 In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
- 2 Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

Notes

Leftovers, Refrigerate in an airtight container for up to four days.

No Pumpkin Pie Spice, Use cinnamon instead.

No Pecans, Use any type of crushed nuts or hemp seeds instead.



Rice Cakes with Almond Butter

2 servings

5 minutes

Ingredients

4 Plain Rice Cake
1/4 cup Almond Butter

Nutrition

Amount per serving	
Calories	262
Fat	18g
Carbs	21g
Fiber	4g
Sugar	2g
Protein	8g
Cholesterol	0mg
Sodium	7mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	110mg
Iron	1mg
Vitamin D	0IU
Vitamin E	8mg
Thiamine	0mg
Riboflavin	0.3mg
Niacin	2mg
Vitamin B6	0.1mg
Folate	20µg
Vitamin B12	0µg
Phosphorous	224mg
Magnesium	111mg
Selenium	5µg

Directions

- 1 Spread almond butter across the rice cakes and enjoy!

Notes

No Almond Butter, Use any type of nut or seed butter instead.
Likes it Sweet, Add honey, jam, sliced bananas or berries.



Almond Butter Stuffed Dates

2 servings

5 minutes

Ingredients

1/2 cup Pitted Dates
1/4 cup Almond Butter

Nutrition

Amount per serving	
Calories	296
Fat	17g
Carbs	33g
Fiber	6g
Sugar	25g
Protein	7g
Cholesterol	0mg
Sodium	3mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	123mg
Iron	1mg
Vitamin D	0IU
Vitamin E	8mg
Thiamine	0mg
Riboflavin	0.3mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	24µg
Vitamin B12	0µg
Phosphorous	182mg
Magnesium	103mg
Selenium	2µg

Directions

- 1 Spoon an even amount of nut butter into the centre of each date. Enjoy!

Notes

Nut-Free, Use sunflower seed butter or tahini instead of almond butter.
Dress Them Up, Sprinkle with coconut flakes, cacao nibs, or hemp seeds.



Mexican Street Corn Soup

6 servings

45 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil
12 cups Frozen Corn (thawed)
1 1/2 Yellow Onion (large, diced)
1 1/2 tbsps Chili Powder
1 1/2 tsps Sea Salt
9 cups Water
1/3 cup Nutritional Yeast
1/3 Lime (juiced)
1/3 cup Cilantro

Nutrition

Amount per serving	
Calories	379
Fat	9g
Carbs	71g
Fiber	11g
Sugar	13g
Protein	14g
Cholesterol	0mg
Sodium	685mg
Vitamin A	1319IU
Vitamin C	13mg
Calcium	68mg
Iron	4mg
Vitamin D	0IU
Vitamin E	2mg
Thiamine	7.1mg
Riboflavin	7.6mg
Niacin	44mg
Vitamin B6	8.0mg
Folate	117µg
Vitamin B12	33.8µg

Directions

- 1 Heat oil in a large pot over medium-high heat. Add corn, onion, chili powder and salt. Stir occasionally for 6 to 8 minutes, or until onion is soft.
- 2 Scoop out 1/3 of the mixture and set aside. Add water to the pot. Bring to a boil and reduce to a simmer for 20 minutes.
- 3 Use a handheld immersion blender to puree until smooth (or carefully transfer to a blender). Stir in nutritional yeast, lime juice and half the reserved corn mixture. Adjust seasoning as needed.
- 4 Divide the soup into bowls and garnish with the remaining corn mixture, cilantro and additional chili powder (optional).

Notes

More Toppings, Top with lime zest, feta, Cotija cheese, avocado slices, or more nutritional yeast.

More Veggies, Add potatoes, eddoes, jicama, chopped kale, red bell pepper, mushrooms or zucchini.

Serve it With, Our Savoury Roasted Chickpeas, or alongside our Black Bean & White Fish Wraps or Mexican Quinoa Wraps recipe.

Leftovers, Refrigerate in an airtight container up to 5 days, or freeze if longer.

No Frozen Corn, Use fresh corn, or canned corn.



Phosphorous	268mg
Magnesium	103mg
Selenium	3µg



Peanut Butter Rice Krispies

8 servings

30 minutes

Ingredients

- 1 1/3 tbsps Coconut Oil
- 2/3 cup Maple Syrup
- 2/3 cup All Natural Peanut Butter
- 3 1/3 cups Rice Puffs Cereal

Nutrition

Amount per serving	
Calories	242
Fat	13g
Carbs	28g
Fiber	1g
Sugar	18g
Protein	5g
Cholesterol	0mg
Sodium	7mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	38mg
Iron	2mg
Vitamin D	0IU
Vitamin E	2mg
Thiamine	0.2mg
Riboflavin	0.5mg
Niacin	5mg
Vitamin B6	0.1mg
Folate	20µg
Vitamin B12	0µg
Phosphorous	78mg
Magnesium	43mg
Selenium	2µg

Directions

- 1 Grease a loaf pan with coconut oil or line with parchment paper (use a larger baking dish if serving size is adjusted higher).
- 2 In a medium pot over low-medium heat, whisk together maple syrup and peanut butter until thoroughly combined. Remove from heat and let cool, about 5 minutes.
- 3 Add puffed rice and gently mix with a spatula until evenly coated.
- 4 Transfer to loaf pan and press down firmly. Freeze for 20 minutes or until firm. Slice into bars or squares and enjoy!

Notes

No Peanut Butter, Use any nut or seed butter instead.

No Maple Syrup, Use raw honey instead.

Storage, Freeze in an airtight container



Cinnamon Ginger Energy Balls

12 servings

15 minutes

Ingredients

3/4 cup Pitted Dates
1/2 cup Almonds (raw)
1/4 cup Cashews (raw)
1/2 tsp Cinnamon (ground)
1/4 tsp Ground Ginger
1/2 tsp Vanilla Extract
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	78
Fat	4g
Carbs	9g
Fiber	2g
Sugar	6g
Protein	2g
Cholesterol	0mg
Sodium	50mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	22mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Thiamine	0mg
Riboflavin	0.1mg
Niacin	0mg
Vitamin B6	0mg
Folate	6µg
Vitamin B12	0µg
Phosphorous	49mg
Magnesium	28mg
Selenium	1µg

Directions

- 1 Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
- 2 Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

Notes

Serving Size, One serving is equal to one ball.

Leftovers, Store in an airtight container in the fridge up to one week. Store in the freezer for longer.



Slow Cooker Black Beans & Rice

10 servings

6 hours

Ingredients

- 3 1/3 cups Dry Black Beans (uncooked)
- 1 2/3 White Onion (diced)
- 2 1/2 cups Diced Tomatoes (fresh or canned)
- 1 2/3 tbsps Cumin
- 1 2/3 tsps Sea Salt
- 3 1/3 tbsps Extra Virgin Olive Oil
- 8 1/3 cups Water
- 3 1/3 Bay Leaf (optional)
- 5 cups Jasmine Rice (dry)

Nutrition

Amount per serving	
Calories	604
Fat	6g
Carbs	121g
Fiber	13g
Sugar	4g
Protein	21g
Cholesterol	0mg
Sodium	413mg
Vitamin A	275IU
Vitamin C	7mg
Calcium	124mg
Iron	4mg
Vitamin D	0IU
Vitamin E	1mg
Thiamine	0.6mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	291µg

Directions

- 1 Add all ingredients except rice into the slow cooker and cook on high for 6 to 8 hours.
- 2 Cook the rice according to the instructions on the package.
- 3 Remove bay leaves from the slow cooker, and serve the beans over rice. Enjoy!

Notes

More Toppings, Add diced tomatoes, red onion, bell pepper, hard-boiled eggs, cilantro, mint, sour cream or Greek Yogurt to your bowl of black beans and rice.

Leftovers, Refrigerate within 2 hours of cooking in an air-tight container up to 3 to 5 days, or freeze up to 8 months.



Vitamin B12	0µg
Phosphorous	238mg
Magnesium	120mg
Selenium	2µg



Brown Rice Chips with Salsa

6 servings

15 minutes

Ingredients

6 Brown Rice Tortillas
3 cups Organic Salsa

Nutrition

Amount per serving	
Calories	188
Fat	3g
Carbs	36g
Fiber	5g
Sugar	8g
Protein	5g
Cholesterol	0mg
Sodium	1091mg
Vitamin A	597IU
Vitamin C	2mg
Calcium	39mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Thiamine	0mg
Riboflavin	0mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	5µg
Vitamin B12	0µg
Phosphorous	43mg
Magnesium	19mg
Selenium	1µg

Directions

- 1 Preheat oven to 415°F (213°C). Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
- 2 Remove chips from oven. Serve with salsa. Enjoy!

Notes

Flavoured Chips, Flavour your chips by brushing them with a bit of olive oil and spices before baking. Sea salt, cumin and chili powder all work great!

Extra Mexican Flavour, Squeeze a lime wedge over the chips after baking.

Low FODMAP, Ensure the salsa is onion-free.



Lentils

6 servings

30 minutes

Ingredients

1 1/2 cups Dry Lentils (green or brown, rinsed)

3 cups Water

1/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	169
Fat	1g
Carbs	30g
Fiber	5g
Sugar	1g
Protein	12g
Cholesterol	0mg
Sodium	153mg
Vitamin A	19IU
Vitamin C	2mg
Calcium	29mg
Iron	3mg
Vitamin D	0IU
Vitamin E	0mg
Thiamine	0.4mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.3mg
Folate	230µg
Vitamin B12	0µg
Phosphorous	135mg
Magnesium	25mg
Selenium	0µg

Directions

- 1 Add lentils and water to a saucepan and bring to a boil. Reduce the heat to a gentle simmer. Cook the lentils uncovered for 20 to 30 minutes or until tender. Add more water if needed to ensure the lentils remain just barely covered.
- 2 When cooked, drain the excess liquid and season with salt to your preference. Enjoy!

Notes

Serve It With, Another side dish or add to any soup or salad for extra protein.

Simple Lentil Salad, Stir in olive oil, lemon juice, vinegar and/or fresh herbs.

Save Time, Use canned lentils instead, which are already cooked.

Storage, Refrigerate in an airtight container up to four days. Freeze for longer.

Serving Size, One serving is equal to approximately 1/2 cup of cooked lentils.



Spicy Coconut Lentil Soup

6 servings

40 minutes

Ingredients

- 3/4 cup Brown Basmati Rice (uncooked)
- 3/4 cup Dry Lentils (uncooked)
- 1/3 cup Unsweetened Shredded Coconut
- 1 tbsp Smoked Paprika
- 1 1/2 tsp Chili Powder
- 1/3 tsp Turmeric (ground)
- 1 1/2 tsp Cumin (ground)
- 3/4 tsp Sea Salt
- 10 1/2 cups Water
- 1/3 cup Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	206
Fat	4g
Carbs	35g
Fiber	4g
Sugar	1g
Protein	8g
Cholesterol	0mg
Sodium	328mg
Vitamin A	848IU
Vitamin C	1mg
Calcium	61mg
Iron	3mg
Vitamin D	0IU
Vitamin E	1mg
Thiamine	0.2mg
Riboflavin	0.1mg
Niacin	1mg

Directions

- 1 Rinse the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
- 2 Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

Notes

Serving Size, One serving is equal to approximately 1.5 to 2 cups of soup.

Meal Prep, This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

Leftovers, Store in the fridge for up to 5 days. Freeze for up to 3 months.

Likes it Creamy, Swap out some of the water for coconut milk.

Likes it Really Spicy, Add cayenne pepper.

No Smoked Paprika, Use regular paprika.

More Veggies, Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favorite vegetables.



Vitamin B6	0.2mg
Folate	116µg
Vitamin B12	0µg
Phosphorous	77mg
Magnesium	25mg
Selenium	0µg



Organic Sea Salt & Coconut Popcorn

8 servings

10 minutes

Ingredients

1 1/3 cups Organic Popcorn Kernels
1/3 cup Coconut Oil
2 2/3 tsps Sea Salt

Nutrition

Amount per serving	
Calories	196
Fat	10g
Carbs	22g
Fiber	4g
Sugar	0g
Protein	4g
Cholesterol	0mg
Sodium	787mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	0mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Thiamine	0mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	0µg
Vitamin B12	0µg
Phosphorous	0mg
Magnesium	0mg
Selenium	0µg

Directions

1

In a tall, deep pot, heat oil over medium heat for 5 minutes. Pour kernels in with oil and quickly cover with lid. Give the pot a quick shake and place back on heat.

2

Let kernels pop. Shake the pot when popping slows down holding the lid on tightly.

3

Remove from heat when popping stops. Pour into a bowl immediately to avoid the popcorn burning. Sprinkle with sea salt to taste. Enjoy! (Note: Never, ever, EVER leave stove top popcorn unattended.)



Sweet & Crunchy Chickpeas

8 servings

1 hour

Ingredients

4 cups Chickpeas (cooked, drained and rinsed)
2 tbsps Extra Virgin Olive Oil
3 tbsps Maple Syrup
2 tsps Nutmeg
2 tsps Cinnamon

Nutrition

Amount per serving	
Calories	188
Fat	6g
Carbs	28g
Fiber	7g
Sugar	9g
Protein	7g
Cholesterol	0mg
Sodium	7mg
Vitamin A	25IU
Vitamin C	1mg
Calcium	55mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	0mg
Vitamin B6	0.1mg
Folate	141µg
Vitamin B12	0µg
Phosphorous	139mg
Magnesium	42mg
Selenium	3µg

Directions

- 1 Preheat oven to 350°F (177°C). Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
- 2 Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet and bake for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
- 3 Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
- 4 Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
- 5 Remove from oven. Enjoy hot or cold!