



Optimal Health



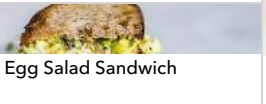


















Family Chiropractic & Wellness Centre

Harmonious Balance... to Enjoy Life!

Easy Meal Plan

Gen Drummond

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch	 Pressure Cooker Rice & Bean Burritos	 Pressure Cooker Red Lentil & Vegetable Soup  Egg Salad Sandwich	 Jerk Spiced Pulled Pork Tacos	 Pressure Cooker Sticky Chicken Thighs  Kale Caesar Salad	 Pressure Cooker Chicken & Bacon Soup	 Pressure Cooker Potato, Leek & Kale Soup  Baked Salmon Sandwich	 Pressure Cooker Carrot Ginger Soup  Turkey Hummus Sandwich
Dinner	 Pressure Cooker Pasta with Sausage	 Pressure Cooker Mexican Chicken & Quinoa  Chopped Veggie Salad	 Pressure Cooker Steak Fajita Bowls	 Pressure Cooker Cashew Chicken  Grilled Asparagus	 Pressure Cooker Bean-Free Chili  Vegan Corn Bread	 Pressure Cooker Salmon Curry	 Pressure Cooker Beef & Veggie Stew

Fruits

- ☐ 2 Avocado
- ☐ 1 1/2 Lemon
- ☐ 1 1/2 tbsps Lemon Juice
- ☐ 1/2 Lime
- ☐ 2 tbsps Lime Juice

Breakfast

- ☐ 3 1/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 cup Cashews
- ☐ 1/2 tsp Chili Flakes
- ☐ 3 tbsps Chili Powder
- ☐ 2 1/8 tbsps Cumin
- ☐ 1 tbsp Curry Powder
- ☐ 1/2 tsp Dried Chives
- ☐ 1/2 tsp Dried Parsley
- ☐ 1/8 tsp Dried Thyme
- ☐ 1 1/4 tsps Garlic Powder
- ☐ 3 1/2 tbsps Jerk Seasoning
- ☐ 1/2 tsp Onion Powder
- ☐ 1 tbsp Oregano
- ☐ 1/4 cup Pumpkin Seeds
- ☐ 1/4 tsp Red Pepper Flakes
- ☐ 1 3/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Smoked Paprika
- ☐ 1/8 tsp Turmeric

Frozen

- ☐ 4 Brown Rice Tortilla

Vegetables

- ☐ 3 cups Asparagus
- ☐ 2 cups Baby Spinach
- ☐ 2 cups Broccoli
- ☐ 8 Carrot
- ☐ 1 1/2 cups Cauliflower Rice
- ☐ 4 stalks Celery
- ☐ 1 1/2 cups Cherry Tomatoes
- ☐ 3/4 cup Cilantro
- ☐ 4 Cremini Mushrooms
- ☐ 1/2 Cucumber
- ☐ 1/3 cup Fresh Dill
- ☐ 18 Garlic
- ☐ 1 tbsp Ginger
- ☐ 1 Green Bell Pepper
- ☐ 1/4 head Green Lettuce
- ☐ 3 stalks Green Onion
- ☐ 11 cups Kale Leaves
- ☐ 1 Leeks
- ☐ 1/2 cup Mixed Greens
- ☐ 1 1/2 cups Parsley
- ☐ 2 Parsnip
- ☐ 1/2 cup Radishes
- ☐ 3 1/2 Red Bell Pepper
- ☐ 2 1/2 cups Red Onion
- ☐ 3 tbsps Sunflower Sprouts
- ☐ 1 tbsp Thyme
- ☐ 1 1/4 Tomato
- ☐ 5 White Button Mushrooms
- ☐ 5 1/2 Yellow Onion
- ☐ 3 Yellow Potato
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 1 cup Basmati Rice
- ☐ 1/2 cup Beef Broth
- ☐ 1 3/4 cups Black Beans
- ☐ 473 milliliters Bone Broth
- ☐ 2 1/4 cups Canned Coconut Milk
- ☐ 3 cups Chicken Broth
- ☐ 142 grams Chickpea Pasta

Bread, Fish, Meat & Cheese

- ☐ 2 slices Bacon
- ☐ 2 slices Bread
- ☐ 227 grams Chicken Breast
- ☐ 227 grams Chicken Breast, Cooked
- ☐ 1.4 kilograms Chicken Thighs
- ☐ 12 Corn Tortilla
- ☐ 454 grams Extra Lean Ground Beef
- ☐ 1 tbsp Hummus
- ☐ 170 grams Pork Sausage
- ☐ 907 grams Pork Shoulder, Boneless
- ☐ 2 slices Rye Bread
- ☐ 369 grams Salmon Fillet
- ☐ 198 grams Sourdough Bread
- ☐ 454 grams Stewing Beef
- ☐ 422 grams Top Sirloin Steak
- ☐ 113 grams Turkey Breast, Cooked

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1 1/3 tbsps Avocado Oil
- ☐ 2 1/2 tbsps Balsamic Vinegar
- ☐ 1/3 cup Coconut Aminos
- ☐ 2 1/2 tbsps Dijon Mustard
- ☐ 3/4 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Mayonnaise
- ☐ 1 tbsp Rice Vinegar
- ☐ 1 cup Tomato Sauce

Cold

- ☐ 4 Egg
- ☐ 1 tbsp Ghee
- ☐ 1 1/2 tbsps Orange Juice
- ☐ 1 cup Unsweetened Almond Milk
- ☐ 3 tbsps Unsweetened Coconut Yogurt

Other

- ☐ 1 tbsp Sugar Free Ketchup
- ☐ 4 cups Water

-
- ☐ 1 cup Corn
 - ☐ 1 cup Diced Tomatoes
 - ☐ 1 cup Dry Red Lentils
 - ☐ 1 cup Quinoa
 - ☐ 3/4 cup Salsa
 - ☐ 2 tbsps Tomato Paste
 - ☐ 11 cups Vegetable Broth

Baking

- ☐ 1 cup All Purpose Gluten Free Flour
- ☐ 2 tsps Arrowroot Powder
- ☐ 1 tbsp Baking Powder
- ☐ 1 1/4 cups Cornmeal
- ☐ 1/2 cup Pureed Pumpkin



Pressure Cooker Rice & Bean Burritos

4 servings

30 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 2 tsps Smoked Paprika
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1 3/4 cups Black Beans (cooked, rinsed)
- 1 cup Basmati Rice
- 3/4 cup Salsa
- 1 1/2 cups Water
- 4 Brown Rice Tortilla
- 1 Avocado (mashed, optional)

Directions

- 1 Turn your pressure cooker to sauté mode and add the oil. Add the onion and bell pepper and cook, stirring often for one to two minutes. Then add the smoked paprika, cumin, and salt and continue cooking until softened, about two to three more minutes. Deglaze the pot with a splash of water if needed. Turn the sauté mode off.
- 2 Add the beans, rice, salsa, and water and stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for five minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
- 3 Layer the bean and rice mixture onto your tortilla and top with mashed avocado, if using. Fold in the sides and roll into a burrito.
- 4 Heat a non-stick pan over medium heat and add your burrito seam side down and cook for two to three minutes, then flip and cook the other side for one to two minutes, until slightly browned. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to one burrito.

More Flavor: Add minced garlic and/or chili powder when cooking the onions and peppers. Add cilantro to the mashed avocado.



Pressure Cooker Red Lentil & Vegetable Soup

6 servings

20 minutes

Ingredients

- 1 Carrot (peeled, chopped)
- 1 Yellow Onion (chopped)
- 1 stalk Celery (chopped)
- 1 Zucchini (chopped)
- 3 Garlic (cloves, minced)
- 5 cups Vegetable Broth
- 1 cup Dry Red Lentils (rinsed)
- 1 cup Parsley (chopped)
- 1 cup Kale Leaves (finely chopped)
- 1 tsp Oregano
- 1/2 tsp Sea Salt
- 1 Lemon (juiced)

Directions

- 1 Add all ingredients except for the lemon juice to the pot of your pressure cooker.
- 2 Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually. Stir in the lemon juice and season with additional salt if needed.
- 3 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1 1/2 cups of soup.

Additional Toppings: Serve with additional lemon wedges and fresh parsley.

Consistency: If the soup is too thick, thin with additional broth until desired consistency is reached.

More Veggies: Add bell pepper and/or tomato.



Egg Salad Sandwich

2 servings

15 minutes

Ingredients

4 Egg
2 tbsps Mayonnaise
1/8 tsp Turmeric (ground)
Sea Salt & Black Pepper (to taste)
198 grams Sourdough Bread (toasted)
3 tbsps Sunflower Sprouts (optional)

Directions

- 1 In a medium-sized pot add the eggs and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 2 Remove the eggs and let cool, then peel and add to a bowl. Add the mayonnaise, turmeric, salt, and pepper. Mash with a fork to desired consistency.
- 3 Add egg salad to a slice of sourdough and top with sprouts and then the other slice of sourdough. Slice and enjoy!

Notes

Leftovers: Refrigerate the egg salad for up to three days. Toast the bread fresh for best results.

Gluten-Free: Use a gluten free bread.

More Flavor: Add a pinch of cayenne.

Additional Toppings: Add chives or chopped red onion.

No Sprouts: Omit or replace with lettuce.



Jerk Spiced Pulled Pork Tacos

6 servings

1 hour 5 minutes

Ingredients

907 grams Pork Shoulder, Boneless (cut into large chunks)
3 1/2 tbsps Jerk Seasoning
1/2 cup Water
12 Corn Tortilla
1 Avocado (sliced)
1/2 cup Red Onion (sliced thin)
1/3 cup Cilantro (roughly chopped)
2 tbsps Lime Juice

Directions

- 1 Add the pork shoulder to a large bowl and season well with the jerk seasoning, using your hands to rub it in.
- 2 Place the pork and water in your pressure cooker. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 40 minutes on high pressure. Once finished, let it release naturally for 10 minutes and then do a quick release. Remove the pork and place in a bowl. Shred it with two forks.
- 3 Place the pork into a tortilla and top with avocado, onion and cilantro. Drizzle with lime juice. Serve and enjoy!

Notes

Leftovers: Store ingredients separately in airtight containers in the fridge for up to 3 days. Assemble tacos just before eating.

Serving Size: One serving is equal to two tacos.

Additional Toppings: Diced mango or pineapple.



Pressure Cooker Sticky Chicken Thighs

4 servings

30 minutes

Ingredients

- 1 tsp Avocado Oil
- 454 grams Chicken Thighs (boneless, skinless)
- 1 tbsp Apple Cider Vinegar
- 3 tbsps Maple Syrup
- 1/4 cup Coconut Aminos
- 3 Garlic (cloves, minced)
- 1/4 tsp Chili Flakes
- 2 tbsps Water
- 1/4 cup Cilantro (chopped, optional)

Directions

- 1 Turn your pressure cooker to sauté mode and add add the avocado oil. Sear the chicken on both sides, about 1 to 2 minutes.
- 2 In a small bowl, add the apple cider vinegar, maple syrup, coconut aminos, garlic, chili flakes, and water. Whisk well.
- 3 Add the sauce to the chicken then put the lid on and set to "sealing". Press manual/pressure cooker and cook for 14 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
- 4 Divide onto plates and add cilantro. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two small chicken thighs.

No Coconut Aminos: Use tamari or soy sauce.



Kale Caesar Salad

4 servings

1 hour

Ingredients

1 Garlic (head)
1/3 cup Extra Virgin Olive Oil
1/2 Lemon (juiced)
2 tbsps Dijon Mustard
Sea Salt & Black Pepper (to taste)
4 cups Kale Leaves (thinly sliced into ribbons)
1/2 cup Radishes (thinly sliced)
1/2 cup Cherry Tomatoes (halved)
1/4 cup Pumpkin Seeds
227 grams Chicken Breast, Cooked (sliced)

Directions

- 1 Preheat oven to 400°F (204°C). Take your head of garlic and peel away the skin so the cloves are showing. Chop off the top of garlic head, drizzle with olive oil and wrap in foil. Bake in the oven for 30 minutes.
- 2 After 30 minutes, remove the garlic from the oven and remove from foil. Let cool. When garlic is cool, squeeze the flesh out of the skin into a food processor or magic bullet. Add oil, lemon juice, mustard and salt. Blend until creamy.
- 3 Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large bowl. Drizzle with desired amount of dressing and toss well.
- 4 Plate salad and top with fresh ground pepper. Top with sliced baked chicken breast. Enjoy!



Pressure Cooker Chicken & Bacon Soup

2 servings

30 minutes

Ingredients

2 slices Bacon (chopped)
1/2 Yellow Onion (chopped)
1 stalk Celery (chopped)
3/4 tsp Garlic Powder
1/2 tsp Onion Powder
1/2 tsp Dried Chives
1/2 tsp Dried Parsley
2 cups Chicken Broth
299 grams Chicken Thighs (boneless
and skinless, trimmed)

Directions

- 1 Turn the pressure cooker to sauté mode. Add the bacon and cook for 3 to 4 minutes. Drain the fat, leaving a small amount.
- 2 Add the onions and celery to the bacon and cook for 3 to 5 minutes or until the onions start to soften. If the bacon starts sticking to the bottom of the pot, add a splash of the chicken broth. Stir in the garlic powder, onion powder, chives, and parsley. Cook for another minute. Add all of the chicken broth and stir to combine. Add the chicken and close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, release the pressure manually.
- 4 Remove the lid carefully and transfer the cooked chicken to a plate or bowl and use two forks to shred it. Transfer the shredded chicken back to the pot and stir to combine. Taste and season soup with salt if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of soup.

More Flavor: Add fresh garlic or dried dill.

No Boneless, Skinless Chicken Thighs: Use bone-in chicken thighs or chicken breast instead.

More Vegetables: Add spinach or kale.



Pressure Cooker Potato, Leek & Kale Soup

4 servings

25 minutes

Ingredients

- 3 cups Vegetable Broth
- 1 Leeks (white parts only, chopped fine)
- 2 stalks Celery (chopped)
- 4 Garlic (cloves, minced)
- 1 tsp Oregano (dried)
- 1/8 tsp Dried Thyme
- 1/2 tsp Sea Salt
- 3 Yellow Potato (medium, chopped)
- 2 cups Kale Leaves (stem removed, chopped)
- 1 1/2 tbsps Lemon Juice
- 1/4 cup Fresh Dill (optional, chopped)

Directions

- 1 Turn your pressure cooker to sauté mode and add a splash of vegetable broth. Then add the leeks and celery and cook for 4 to 5 minutes, until softened. Add the garlic, oregano, thyme and sea salt and stir to combine, cooking for one minute more.
- 2 Turn off the sauté mode and add the potatoes along with the remaining vegetable broth. Stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once finished cooking, turn off and do a quick release.
- 3 Remove about 3/4 of the soup and place in a blender. Carefully blend to purée until smooth. Pour this back into the pressure cooker. Add the kale leaves and lemon juice and stir. Heat through to let the kale wilt a little. Divide into bowls, garnish with dill if using, and enjoy!

Notes

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

Serving Size: One serving is equal to about 1 1/2 cups.

More Flavor: Use oil to sauté the vegetables.

Additional Toppings: Top with red pepper flakes.

No Dill: Omit or use any other fresh herb.



Baked Salmon Sandwich

1 serving

20 minutes

Ingredients

142 grams Salmon Fillet
1/2 tsp Sea Salt
3 tbsps Unsweetened Coconut Yogurt
1 tbsp Fresh Dill (chopped)
1/4 head Green Lettuce (small, leaves separated)
1/4 Tomato (sliced)
2 slices Rye Bread

Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon on the baking sheet and season with sea salt. Bake for 15 minutes, or until the salmon flakes with a fork.
- 3 Meanwhile, combine the coconut yogurt with dill.
- 4 Layer the lettuce, tomato, salmon and coconut yogurt dill sauce between the slices of bread. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Gluten-Free: Use gluten-free bread instead.

No Coconut Yogurt: Use mayonnaise or greek yogurt instead.



Pressure Cooker Carrot Ginger Soup

4 servings

25 minutes

Ingredients

3 cups Vegetable Broth
1 Yellow Onion (chopped)
1 Garlic (clove, minced)
1 tbsp Ginger (fresh, minced)
6 Carrot (chopped)
2 tsps Thyme (fresh, chopped)
1 1/4 cups Canned Coconut Milk (full fat)

Directions

- 1 Turn the pressure cooker to sauté mode. Add a splash of vegetable broth along with the onion and cook for 3 to 4 minutes. Add the garlic and ginger and sauté for 1 minute more.
- 2 Turn the sauté mode off and add the carrots, thyme and rest of the broth. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually.
- 3 Carefully remove the lid, and purée the soup using an immersion blender or a blender. Add the coconut milk and stir to combine. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is equal to approximately 1 1/2 cups of soup.

Additional Toppings: Top with fresh thyme, chives or sesame seeds.



Turkey Hummus Sandwich

1 serving

5 minutes

Ingredients

2 slices Bread (or gluten-free)
113 grams Turkey Breast, Cooked
1 tbsp Hummus
1 1/2 tsps Dijon Mustard
1/2 cup Mixed Greens

Directions

- 1 Lightly toast the bread.
- 2 Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

No Turkey: Use chicken breast instead.

Vegan & Vegetarian: Use smashed chickpeas instead of turkey.



Pressure Cooker Pasta with Sausage

2 servings

25 minutes

Ingredients

170 grams Pork Sausage (casing removed)
4 Cremini Mushrooms (roughly torn)
3/4 cup Water
1 cup Tomato Sauce
142 grams Chickpea Pasta (shells)
2 cups Kale Leaves (roughly chopped)
Sea Salt & Black Pepper (to taste)
1/4 tsp Chili Flakes (optional)

Directions

- 1 Turn your pressure cooker to sauté mode and add the pork. Cook for 4 to 5 minutes, until no longer pink. Add the mushrooms and cook for 1 to 2 minutes, until softened. Turn the sauté mode off.
- 2 Add the water, tomato sauce, and pasta. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 2 minutes on high pressure. Once finished, let the pressure release naturally for 10 minutes, then do a quick release if there is still pressure remaining.
- 3 Open the lid, add the kale and stir until the kale is wilted. Divide evenly between plates. Top with salt, pepper, and chilli flakes, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to about 1 1/2 cups of pasta.

Additional Toppings: Top with nutritional yeast, parmesan, or parsley.

Make it Vegan: Omit the sausage, use a vegan sausage or add cooked lentils instead.

Pressure Cook Time: This recipe was tested with a chickpea pasta that is shell shaped.

Cook time may vary depending on the type of pasta used.



Pressure Cooker Mexican Chicken & Quinoa

4 servings

40 minutes

Ingredients

1 cup Water
680 grams Chicken Thighs (boneless, skinless)
1 tsp Sea Salt (divided)
1 tsp Chili Powder (divided)
1 tsp Cumin (divided)
1 tsp Smoked Paprika (divided)
1 tsp Oregano (divided)
2 cups Kale Leaves (finely chopped)
1 cup Diced Tomatoes (from the can, drained)
1/4 tsp Red Pepper Flakes
1 cup Quinoa (uncooked)
1/2 Lime (juiced)

Directions

- 1 Place the metal trivet in the pot of the pressure cooker and add the water. Place the chicken thighs on the trivet and season with half of the salt. Add a quarter of each the chili powder, cumin, paprika and oregano to the chicken. Close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 3 Transfer the chicken thighs to a bowl to cool slightly then shred with two forks. Set aside. Remove the metal trivet from the pot.
- 4 To the cooking liquid inside the pot add the kale, tomatoes, and red pepper flakes. Then add the remaining chili powder, cumin, paprika, oregano and salt. Turn the pressure cooker to sauté mode and bring the water inside the pot to a gentle simmer. Cook until the kale wilts down, about a minute. Turn the sauté mode off and add the shredded chicken and quinoa to the pot and stir to combine. Close the lid.
- 5 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully. Stir in the juice of the lime and season with additional salt if needed.
- 6 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/3 cups of the quinoa mixture.

More Flavor: Add fresh garlic or onion, coriander or smoked paprika.

Additional Toppings: Serve with fresh cilantro, green onion, jalapenos, salsa or hot sauce.

Cooking Time: When cooking the quinoa (step 5), if the cooking liquid has not completely absorbed after the initial cooking time, return the lid, seal and cook for another couple of minutes on high pressure.

No Canned Tomatoes: Use fresh tomatoes instead.

No Kale: Use spinach instead.



Chopped Veggie Salad

4 servings

15 minutes

Ingredients

2 cups Broccoli (chopped)
1 cup Cherry Tomatoes (chopped)
1/2 Red Bell Pepper (chopped)
1/2 Cucumber (chopped)
2 1/2 tbsps Extra Virgin Olive Oil
2 1/2 tbsps Balsamic Vinegar
1/2 cup Parsley (chopped)
Sea Salt & Black Pepper

Directions

1

Add broccoli, tomatoes, bell pepper and cucumber to a large mixing bowl. Toss with the oil, vinegar and parsley. Season liberally with sea salt and black pepper to taste. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Season leftovers with additional salt, black pepper and vinegar if needed.

More Flavor: Use additional herbs like cilantro, chives, basil or dill.



Pressure Cooker Steak Fajita Bowls

3 servings

25 minutes

Ingredients

422 grams Top Sirloin Steak (cut into thick strips)
 2 cups Red Onion (sliced, divided)
 2 tsp Chili Powder
 1 tsp Cumin
 1/2 tsp Garlic Powder
 1/2 tsp Sea Salt
 1 Red Bell Pepper (sliced)
 1 Green Bell Pepper (sliced)
 1/2 cup Beef Broth
 1 1/2 cups Cauliflower Rice

Directions

- 1 Add the steak and half of the onion to a mixing bowl. In a second mixing bowl add the peppers and the remaining onion.
- 2 In a small bowl combine the chili powder, cumin, garlic powder, and salt. Add 1/4 of the spice blend to the peppers and onions and toss to combine. Then add the remaining spice blend to the steak and onions and toss to combine.
- 3 Add the broth to the pressure cooker and then add the seasoned steak and onion. Close the lid. Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and add the seasoned peppers and onions. Close the lid, set to "sealing", then press manual/pressure cooker and cook for 1 minute on high pressure. Release pressure manually.
- 4 Transfer the steak and peppers to a bowl and season with additional salt if needed.
- 5 Carefully drain all but a splash of the cooking liquid from the pressure cooker insert. Turn the pressure cooker to sauté mode and add the cauliflower rice. Cook for 1 to 2 minutes or until the cauliflower meets your desired texture. Divide the cauliflower rice between bowls and top with the steak and peppers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add coriander, smoked paprika, chipotle chili powder, black peppers, oregano, and/ or red pepper flakes.

Additional Toppings: Salsa, avocado, guacamole, cilantro, hot sauce, diced tomatoes, lime juice.

No Cauliflower Rice: Serve with cooked brown rice, quinoa, or corn tortillas instead.

No Beef Broth: Use chicken or vegetable broth instead.



Pressure Cooker Cashew Chicken

2 servings

25 minutes

Ingredients

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

Directions

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

Notes

Serve it With: A side of rice, couscous, quinoa or cauliflower rice.

Likes it Spicy: Garnish with red pepper flakes.

Leftovers: Keeps well in the fridge for up to three days.



Grilled Asparagus

4 servings

15 minutes

Ingredients

3 cups Asparagus (woody ends trimmed)
1 1/2 tps Extra Virgin Olive Oil
1/4 tsp Sea Salt (or more to taste)

Directions

- 1 Preheat grill over medium-low heat.
- 2 Toss asparagus in the olive oil. Place asparagus directly on the grill or on a grill mat. Grill for 10 to 12 minutes, rolling at the halfway point.
- 3 Remove from grill and season with salt. Enjoy!

Notes

No Grill: Roast in the oven instead at 425°F (218°C) for 12 to 15 minutes.



Pressure Cooker Bean-Free Chili

4 servings

50 minutes

Ingredients

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

Directions

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

Notes

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

No Ground Beef: Use ground turkey or chicken instead.

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

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

No Ghee: Use extra virgin olive oil or avocado oil instead.

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

Serving Size: One serving is equal to approximately one cup of chili.



Vegan Corn Bread

9 servings

30 minutes

Ingredients

- 1 1/4 cups Cornmeal
- 1 cup All Purpose Gluten-Free Flour
- 1 tbsp Baking Powder
- 3/4 tsp Sea Salt
- 1 cup Unsweetened Almond Milk
- 1/4 cup Extra Virgin Olive Oil
- 1 cup Corn (fresh, frozen or canned)

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking pan with parchment paper.
- 2 In a mixing bowl, mix the cornmeal, all-purpose flour, baking powder and salt until thoroughly combined.
- 3 Add in the almond milk and olive oil, and stir until just combined. Make sure not to over mix it. Add corn and stir until just combined.
- 4 Transfer mixture to the baking pan. Bake for 20 minutes or until a toothpick comes out clean. Let cool before serving. Enjoy!

Notes

Baking Pan Size: Use an 8 x 8 inch pan for 9 servings. If scaling the recipe up or down, adjust your pan size accordingly.

Serve it With: Our Bison Pumpkin Chili, Roasted Red Pepper & Tomato Lentil Soup, Slow Cooker Vegan Chili, or Slow Cooker BBQ Pulled Pork recipe.

No Almond Milk: Use any type of milk instead.

No Olive Oil: Use butter or coconut oil instead.



Pressure Cooker Salmon Curry

2 servings

15 minutes

Ingredients

- 1 cup Canned Coconut Milk
- 2 tbsps Cilantro (chopped)
- 1 tbsp Curry Powder
- 1 tsp Maple Syrup
- 1/2 tsp Cumin
- 1/4 tsp Sea Salt
- 2 stalks Green Onion (chopped)
- 2 cups Baby Spinach
- 1 Carrot (peeled, sliced)
- 227 grams Salmon Fillet (boneless)

Directions

- 1 Turn your pressure cooker to sauté mode and add the coconut milk, cilantro, yellow curry powder, maple syrup, cumin, sea salt and green onion. Bring the coconut milk to a simmer and add the spinach and carrot. Stir and cook until the spinach wilts down.
- 2 Place the metal trivet in the pot and place the salmon skin-side up on the trivet and close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 2 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 4 Using a spoon or a fork carefully peel the skin off the salmon and discard. Flake the salmon into the sauce and then remove the trivet.
- 5 Stir to combine and season with additional salt if needed. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add fresh ginger or garlic, lime juice or red pepper flakes.

Additional Toppings: Top with fresh cilantro, lime wedges or more green onions.

Sugar-Free: Omit the maple syrup.

No Green Onions: Use yellow or red onion instead.

Serve it With: Quinoa, brown rice or cauliflower rice.

Salmon: Wild salmon was used to create this recipe. Use skinless salmon if available. For thicker fillets of salmon cut into smaller pieces or adjust cooking time to ensure salmon is cooked through and can flake easily.



Pressure Cooker Beef & Veggie Stew

4 servings

1 hour

Ingredients

1 tsp Avocado Oil
454 grams Stewing Beef (diced into cubes)
473 milliliters Bone Broth
1/2 tsp Sea Salt (divided)
1/2 cup Pureed Pumpkin
1 tbsp Apple Cider Vinegar
2 Garlic (cloves, minced)
2 Parsnip (peeled, chopped)
5 White Button Mushrooms (halved)
1 Yellow Onion (medium, sliced in large chunks)
1 tsp Thyme (dried)

Directions

- 1 Turn your pressure cooker to sauté mode and add the avocado oil. Season the beef with half of the sea salt. Add it to the pressure cooker and brown on all sides, working in batches if necessary.
- 2 Turn off the sauté mode and add all other ingredients, including the remaining salt. Stir to combine. Put the lid on the pressure cooker and change to meat/stew mode. Cook for 35 minutes and then do a quick release. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 cups.

Want it Thicker: After cooking, create a slurry by mixing 1 tbsp arrowroot powder with a little water and add to the stew. Repeat as needed for desired thickness.

No Pumpkin: Use butternut squash purée instead.

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