



Set It & Forget It Pressure Cooker Program

Created by Swan Integrative Health and Wellness



Set It & Forget It Pressure Cooker Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Paleo Pressure Cooker Breakfast Plate	Paleo Pressure Cooker Breakfast Plate	Paleo Pressure Cooker Breakfast Plate	Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats	Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats	Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats	Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats
Snack 1	Banana Oat Chocolate Chip Cookies	Banana Oat Chocolate Chip Cookies	Banana Oat Chocolate Chip Cookies	Cucumber Hummus Bites	Cucumber Hummus Bites	Rice Cake with Sunflower Seed Butter & Raspberries	Rice Cake with Sunflower Seed Butter & Raspberries
Lunch	Pressure Cooker Wild Rice & Mushroom Soup	Pressure Cooker Wild Rice & Mushroom Soup	Pressure Cooker Wild Rice & Mushroom Soup	Pressure Cooker Kitchari	Pressure Cooker Chicken Taco Stuffed Sweet Potato	Pressure Cooker Thai Red Curry Beef	Pressure Cooker Wild Rice & Mushroom Soup
Snack 2	Rice Cakes, Avocado & Hummus	Rice Cakes, Avocado & Hummus	Hard Boiled Eggs with Apricots	Hard Boiled Eggs with Apricots	Banana Oat Chocolate Chip Cookies	Banana Oat Chocolate Chip Cookies	Banana Oat Chocolate Chip Cookies
Dinner	Pressure Cooker Cashew Chicken	Pressure Cooker Cashew Chicken	Pressure Cooker Kitchari	Pressure Cooker Chicken Taco Stuffed Sweet Potato	Pressure Cooker Thai Red Curry Beef	Pressure Cooker Bean-Free Chili	Pressure Cooker Bean-Free Chili
Snack 3	Mango Coconut Popsicles	Chocolate Stuffed Raspberries	Mango Coconut Popsicles	Chocolate Stuffed Raspberries	Mango Coconut Popsicles	Chocolate Stuffed Raspberries	Mango Coconut Popsicles

Set It & Forget It Pressure Cooker Program

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 2050	Calories 2016	Calories 1754	Calories 1747	Calories 1980	Calories 1840	Calories 1690
Fat 109g	Fat 103g	Fat 69g	Fat 60g	Fat 92g	Fat 88g	Fat 76g
Saturated 35g	Saturated 31g	Saturated 31g	Saturated 17g	Saturated 37g	Saturated 37g	Saturated 29g
Carbs 186g	Carbs 187g	Carbs 223g	Carbs 230g	Carbs 196g	Carbs 177g	Carbs 200g
Fiber 38g	Fiber 41g	Fiber 44g	Fiber 47g	Fiber 33g	Fiber 30g	Fiber 33g
Sugar 46g	Sugar 44g	Sugar 63g	Sugar 58g	Sugar 55g	Sugar 52g	Sugar 54g
Protein 96g	Protein 97g	Protein 72g	Protein 84g	Protein 106g	Protein 92g	Protein 62g
Cholesterol 519mg	Cholesterol 519mg	Cholesterol 588mg	Cholesterol 306mg	Cholesterol 229mg	Cholesterol 191mg	Cholesterol 82mg
Sodium 2530mg	Sodium 2515mg	Sodium 3246mg	Sodium 2417mg	Sodium 1825mg	Sodium 1559mg	Sodium 1607mg
Potassium 3896mg	Potassium 3760mg	Potassium 4036mg	Potassium 3945mg	Potassium 3566mg	Potassium 2722mg	Potassium 2732mg
Vitamin A 30539IU	Vitamin A 29667IU	Vitamin A 34947IU	Vitamin A 24484IU	Vitamin A 25002IU	Vitamin A 7471IU	Vitamin A 9665IU
Vitamin C 86mg	Vitamin C 72mg	Vitamin C 143mg	Vitamin C 115mg	Vitamin C 94mg	Vitamin C 117mg	Vitamin C 103mg
Calcium 368mg	Calcium 373mg	Calcium 423mg	Calcium 407mg	Calcium 374mg	Calcium 348mg	Calcium 361mg
Iron 14mg	Iron 15mg	Iron 16mg	Iron 15mg	Iron 13mg	Iron 16mg	Iron 13mg
Vitamin D 87IU	Vitamin D 87IU	Vitamin D 127IU	Vitamin D 48IU	Vitamin D 14IU	Vitamin D 16IU	Vitamin D 13IU
Vitamin B6 3.2mg	Vitamin B6 3.1mg	Vitamin B6 1.8mg	Vitamin B6 2.6mg	Vitamin B6 3.3mg	Vitamin B6 2.1mg	Vitamin B6 1.7mg
Folate 600µg	Folate 577µg	Folate 619µg	Folate 315µg	Folate 266µg	Folate 228µg	Folate 344µg
Vitamin B12 1.1µg	Vitamin B12 1.1µg	Vitamin B12 1.4µg	Vitamin B12 0.8µg	Vitamin B12 3.5µg	Vitamin B12 5.7µg	Vitamin B12 2.5µg

Magnesium 501mg	Magnesium 507mg	Magnesium 371mg	Magnesium 381mg	Magnesium 411mg	Magnesium 380mg	Magnesium 387mg
Zinc 12mg	Zinc 12mg	Zinc 11mg	Zinc 9mg	Zinc 16mg	Zinc 20mg	Zinc 13mg
Selenium 100µg	Selenium 99µg	Selenium 74µg	Selenium 64µg	Selenium 107µg	Selenium 109µg	Selenium 73µg

Set It & Forget It Pressure Cooker Program

73 items

Fruits

- ☐ **3** Avocado
- ☐ **3 1/2** Banana
- ☐ **1/2** Lime
- ☐ **2 cups** Raspberries

Breakfast

- ☐ **1/4 cup** Almond Butter
- ☐ **1 cup** Granola
- ☐ **6** Plain Rice Cake
- ☐ **1 1/2 cups** Steel Cut Oats

Seeds, Nuts & Spices

- ☐ **1/3 tsp** Black Pepper
- ☐ **1/2 cup** Cashews
- ☐ **1 1/3 tbsps** Chili Powder
- ☐ **2/3 tsp** Cinnamon
- ☐ **2 1/2 tps** Cumin
- ☐ **1 1/2 tps** Curry Powder
- ☐ **2 tps** Poultry Seasoning
- ☐ **1 tsp** Sea Salt
- ☐ **0** Sea Salt & Black Pepper
- ☐ **1/2 tsp** Smoked Paprika
- ☐ **1 1/2 tps** Turmeric

Frozen

- ☐ **2 cups** Frozen Mango

Vegetables

- ☐ **4 1/2 cups** Baby Spinach
- ☐ **3** Carrot
- ☐ **1 1/2 heads** Cauliflower
- ☐ **3 1/3 stalks** Celery
- ☐ **2/3 cup** Cilantro
- ☐ **1/2** Cucumber
- ☐ **2 1/2** Garlic
- ☐ **1/2 tsp** Ginger
- ☐ **2 stalks** Green Onion
- ☐ **1** Jalapeno Pepper
- ☐ **3 1/3 cups** Mushrooms
- ☐ **1/2** Red Bell Pepper
- ☐ **5** Sweet Potato
- ☐ **1/2** Tomato
- ☐ **3/4** White Onion
- ☐ **1 2/3** Yellow Onion

Boxed & Canned

- ☐ **1/3 cup** Basmati Rice
- ☐ **1/4 cup** Brown Rice
- ☐ **1 1/3 cups** Chickpeas
- ☐ **1/3 cup** Dry Red Lentils
- ☐ **1 1/2 cups** Organic Chicken Broth
- ☐ **1 1/3 cups** Organic Coconut Milk
- ☐ **2 tbsps** Organic Salsa
- ☐ **6 cups** Organic Vegetable Broth
- ☐ **2 tbsps** Tomato Paste
- ☐ **2/3 cup** Wild Rice

Baking

- ☐ **1/3 cup** All Purpose Gluten Free Flour
- ☐ **2 tps** Arrowroot Powder
- ☐ **1/2 tsp** Baking Powder
- ☐ **1 1/2 tps** Coconut Sugar
- ☐ **1 cup** Oats
- ☐ **1/2 cup** Organic Dark Chocolate Chips

Bread, Fish, Meat & Cheese

- ☐ **1 lb** Chicken Breast
- ☐ **8 ozs** Extra Lean Ground Beef
- ☐ **1 cup** Hummus
- ☐ **4 1/2 ozs** Prosciutto
- ☐ **8 ozs** Stewing Beef

Condiments & Oils

- ☐ **2 tps** Avocado Oil
- ☐ **2 tbsps** Coconut Aminos
- ☐ **2 3/4 tbsps** Coconut Oil
- ☐ **1 1/2 tps** Fish Sauce
- ☐ **1 tbsp** Rice Vinegar
- ☐ **1/3 cup** Sunflower Seed Butter
- ☐ **1 tbsp** Thai Red Curry Paste

Cold

- ☐ **8** Egg
- ☐ **1 1/2 tps** Ghee
- ☐ **1 1/2 tbsps** Orange Juice
- ☐ **1/4 cup** Unsweetened Almond Milk

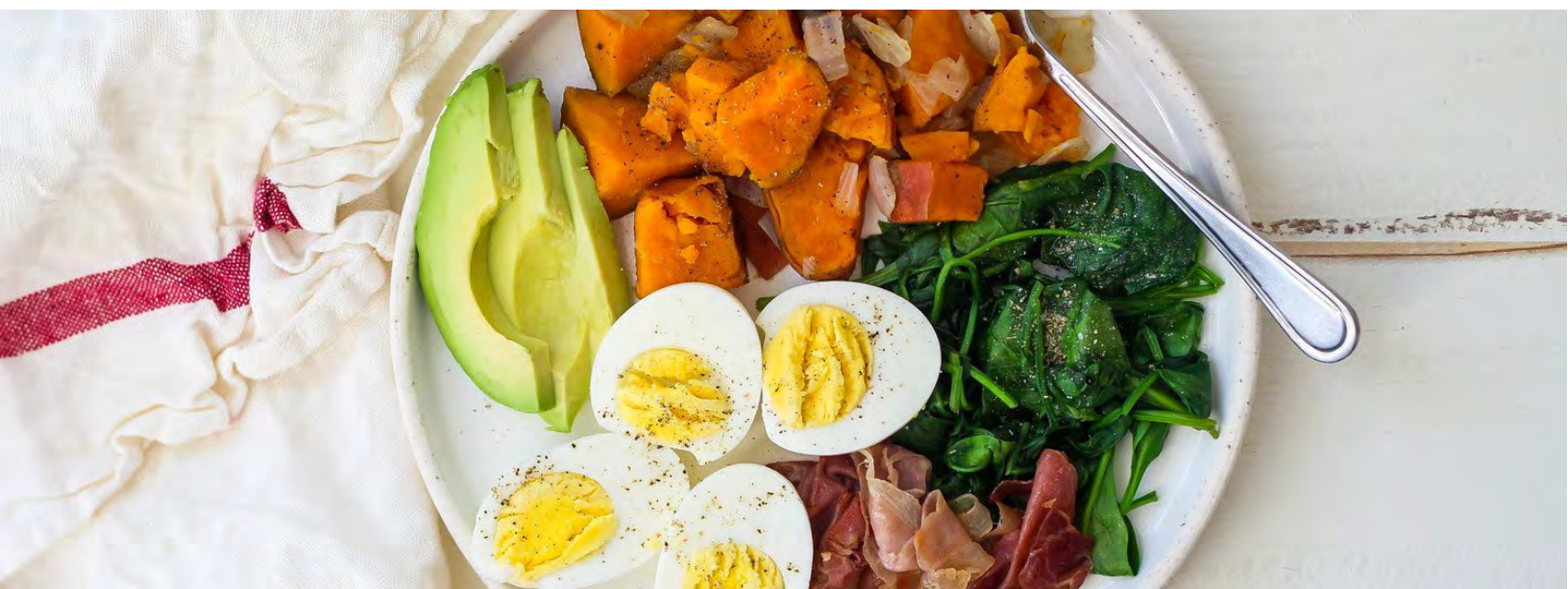
Other

- ☐ **1/2 cup** Dried Apricots
- ☐ **1 tbsp** Sugar Free Ketchup
- ☐ **4 1/2 cups** Water

- ☐ **2 2/3 tbsps** Unsweetened Shredded Coconut
- ☐ **1/2 tsp** Vanilla Extract

Paleo Pressure Cooker Breakfast Plate

8 ingredients · 25 minutes · 3 servings



Directions

1. Using the sauté function on your pressure cooker, sauté your prosciutto for 3 to 4 minutes, until crispy. Remove and set aside.
2. Add the metal rack to your pressure cooker along with the water. Then add the sweet potato and onion. Place the eggs on top then cook on high pressure for 5 minutes. Once it has finished, allow the pressure to release naturally for 5 minutes, then manually release.
3. Remove the eggs and place in a bowl with cold water. Remove the sweet potato and onion then set aside. Dump out the water and sauté the spinach for 1 to 2 minutes.
4. Peel the eggs and add them to a plate with the prosciutto, sweet potato, onion, spinach and avocado. Season everything with sea salt and pepper to taste. Enjoy!

Notes

Pork-Free

Omit the prosciutto.

No Sweet Potato

Use regular potatoes instead.

No Spinach

Use another green instead such as kale or Swiss chard.

Leftovers

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

Ingredients

4 1/2 ozs Prosciutto (roughly chopped)

1 1/2 cups Water

3 Sweet Potato (medium, cubed)

3/4 White Onion (chopped)

6 Egg

4 1/2 cups Baby Spinach

1 1/2 Avocado (sliced)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	529	Vitamin C	28mg
Fat	30g	Calcium	170mg
Saturated	8g	Iron	5mg
Carbs	40g	Vitamin D	82IU
Fiber	12g	Vitamin B6	0.8mg
Sugar	8g	Folate	236µg
Protein	29g	Vitamin B12	0.9µg
Cholesterol	402mg	Magnesium	114mg
Sodium	1050mg	Zinc	3mg
Potassium	1354mg	Selenium	32µg
Vitamin A	23350IU		

Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats

7 ingredients · 25 minutes · 4 servings



Directions

1. Add the steel cut oats and water to your pressure cooker and close lid. Set to "sealing" then press manual/pressure cooker and cook for 4 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
2. Remove the lid carefully, and stir in the milk and cinnamon until combined. Add more milk if needed.
3. Divide the oats into bowls and top with banana slices, granola and almond butter. Enjoy!

Notes

Meal Prep

These oats can be prepped ahead and stored in the fridge up to 5 days, or in the freezer for longer. Reheat and add toppings before serving.

Likes it Sweet

Add a drizzle of maple syrup or honey.

No Granola

Omit, or use a mix of nuts and seeds instead.

More Fiber

Add chia seed or ground flax seed.

Ingredients

- 1 1/2 cups Steel Cut Oats
- 3 cups Water
- 1/4 cup Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 2 Banana (sliced)
- 1 cup Granola
- 1/4 cup Almond Butter

Nutrition

Amount per serving

Calories	555	Vitamin C	6mg
Fat	22g	Calcium	151mg
Saturated	3g	Iron	3mg
Carbs	80g	Vitamin D	6IU
Fiber	12g	Vitamin B6	0.3mg
Sugar	15g	Folate	46µg
Protein	14g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	116mg
Sodium	23mg	Zinc	2mg
Potassium	739mg	Selenium	9µg
Vitamin A	76IU		

Banana Oat Chocolate Chip Cookies

10 ingredients · 25 minutes · 6 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine the mashed bananas, sunflower seed butter, coconut oil and vanilla. Mix well, then add the oats, shredded coconut, baking powder, cinnamon, sea salt and chocolate chips. Mix again until all ingredients are evenly distributed.
3. Drop spoonfuls of the dough onto the baking sheet and flatten them gently with a fork. Bake for 15 to 17 minutes.
4. Remove the cookies from the oven and let them cool on the baking sheet. Enjoy!

Notes

Serving Size

One serving is equal to one large cookie.

No Chocolate Chips

Use raisins, dried cranberries, chopped figs or cacao nibs instead.

No Sunflower Seed Butter

Use tahini, peanut butter or almond butter instead.

Leftovers

Store in an airtight container in the fridge up to five days, or in the freezer for up to three months.

Ingredients

- 1 1/2 Banana (large, ripe, mashed)
- 1/4 cup Sunflower Seed Butter
- 2 tbsps Coconut Oil
- 1/2 tsp Vanilla Extract
- 1 cup Oats (large flake)
- 2 2/3 tbsps Unsweetened Shredded Coconut
- 1/2 tsp Baking Powder
- 1/8 tsp Cinnamon
- 1/8 tsp Sea Salt
- 1/4 cup Organic Dark Chocolate Chips

Nutrition

Amount per serving

Calories	260	Vitamin C	3mg
Fat	16g	Calcium	38mg
Saturated	9g	Iron	1mg
Carbs	24g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0.2mg
Sugar	10g	Folate	36µg
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	60mg
Sodium	92mg	Zinc	1mg
Potassium	216mg	Selenium	15µg
Vitamin A	25IU		

Cucumber Hummus Bites

3 ingredients · 10 minutes · 2 servings



Directions

1. Slice cucumber into 1/4-inch thick rounds.
2. Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

Notes

More Flavour

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

Ingredients

1/2 Cucumber (large)

1/2 cup Hummus

1/4 tsp Black Pepper

Nutrition

Amount per serving

Calories	158	Vitamin C	2mg
Fat	11g	Calcium	42mg
Saturated	2g	Iron	2mg
Carbs	12g	Vitamin D	0IU
Fiber	4g	Vitamin B6	0.1mg
Sugar	2g	Folate	35µg
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	56mg
Sodium	264mg	Zinc	1mg
Potassium	306mg	Selenium	3µg
Vitamin A	95IU		

Rice Cake with Sunflower Seed Butter & Raspberries

3 ingredients · 5 minutes · 1 serving



Directions

1. Spread sunflower seed butter onto the rice cake and top with raspberries. Enjoy!

Notes

No Sunflower Seed Butter

Use any nut or seed butter instead.

More Flavor

Top each rice cake with a drizzle of maple syrup, honey or a pinch of cinnamon.

More Fiber

Garnish with hemp seeds, chia seeds or ground flax seeds.

No Raspberries

Use blueberries, blackberries or sliced strawberries instead.

Ingredients

1 Plain Rice Cake

1 **tbsp** Sunflower Seed Butter

1/4 **cup** Raspberries

Nutrition

Amount per serving

Calories	150	Vitamin C	8mg
Fat	9g	Calcium	19mg
Saturated	1g	Iron	1mg
Carbs	15g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0.1mg
Sugar	3g	Folate	47µg
Protein	4g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	69mg
Sodium	2mg	Zinc	1mg
Potassium	165mg	Selenium	19µg
Vitamin A	18IU		

Pressure Cooker Wild Rice & Mushroom Soup

10 ingredients · 1 hour 15 minutes · 3 servings



Directions

1. In your pressure cooker, combine the carrots, celery, onion, wild rice, mushrooms, chickpeas, broth and poultry seasoning. Stir to mix.
2. Bring to pressure and cook for 45 minutes. Allow for a natural release for 15 minutes, then release manually and remove the lid.
3. Bring to a simmer (if you are using an electric pressure cooker, change the setting to saute) and add the gluten-free flour. Simmer for 5 to 10 minutes, or until thickened. Add salt and pepper to taste. Enjoy!

Notes

Leftovers

Can be stored in the fridge for 4 days, or frozen for up to 2 months.

Serving Size

One serving is equal to approximately 2 cups.

Mushroom Lover

Up the mushroom flavour by adding dried mushrooms.

Ingredients

- 2 Carrot (medium, peeled and chopped)
- 3 1/3 stalks Celery (chopped)
- 2/3 Yellow Onion (medium, chopped)
- 2/3 cup Wild Rice (dry)
- 3 1/3 cups Mushrooms (sliced)
- 1 1/3 cups Chickpeas (cooked, from the can)
- 4 cups Organic Vegetable Broth
- 2 tsps Poultry Seasoning
- 1/3 cup All Purpose Gluten-Free Flour
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	282	Vitamin C	8mg
Fat	2g	Calcium	78mg
Saturated	0g	Iron	3mg
Carbs	56g	Vitamin D	4IU
Fiber	10g	Vitamin B6	0.3mg
Sugar	9g	Folate	148µg
Protein	13g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	89mg
Sodium	711mg	Zinc	3mg
Potassium	690mg	Selenium	8µg
Vitamin A	5811IU		

Rice Cakes, Avocado & Hummus

4 ingredients · 10 minutes · 1 serving



Directions

1. Spread rice cakes with hummus. Top with sliced avocado and a sprinkle of salt and pepper. Enjoy!

Notes

No Rice Cakes

Use crackers or tortillas instead.

Ingredients

2 Plain Rice Cake

1/4 cup Hummus

1/2 Avocado (sliced)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	377	Vitamin C	10mg
Fat	26g	Calcium	43mg
Saturated	4g	Iron	2mg
Carbs	32g	Vitamin D	0IU
Fiber	11g	Vitamin B6	0.4mg
Sugar	1g	Folate	115µg
Protein	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	99mg
Sodium	273mg	Zinc	2mg
Potassium	732mg	Selenium	8µg
Vitamin A	161IU		

Hard Boiled Eggs with Apricots

2 ingredients · 15 minutes · 2 servings



Directions

1. Place eggs 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. Let the eggs sit until cool enough to handle.
3. Peel the eggs and serve with apricots. Enjoy!

Notes

Storage

Refrigerate in an airtight container for up to 7 days if the eggshell is kept intact.

Easier to Peel

Add salt to the water while boiling.

Ingredients

2 Egg

1/2 cup Dried Apricots

Nutrition

Amount per serving

Calories	150	Vitamin C	0mg
Fat	5g	Calcium	46mg
Saturated	2g	Iron	2mg
Carbs	21g	Vitamin D	41IU
Fiber	2g	Vitamin B6	0.1mg
Sugar	18g	Folate	27µg
Protein	7g	Vitamin B12	0.5µg
Cholesterol	186mg	Magnesium	17mg
Sodium	74mg	Zinc	1mg
Potassium	447mg	Selenium	16µg
Vitamin A	1441IU		

Pressure Cooker Cashew Chicken

11 ingredients · 25 minutes · 2 servings



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.

Ingredients

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

Nutrition

Amount per serving

Calories	446	Vitamin C	7mg
Fat	24g	Calcium	28mg
Saturated	5g	Iron	3mg
Carbs	20g	Vitamin D	1IU
Fiber	1g	Vitamin B6	1.4mg
Sugar	6g	Folate	29µg
Protein	40g	Vitamin B12	0.2µg
Cholesterol	117mg	Magnesium	131mg
Sodium	388mg	Zinc	3mg
Potassium	675mg	Selenium	36µg

Vitamin A 299IU

Pressure Cooker Kitchari

12 ingredients · 30 minutes · 2 servings



Directions

1. Combine all ingredients, except cilantro, in your pressure cooker. Bring to pressure and cook for 4 minutes. After 4 minutes, release the pressure manually.
2. Divide between bowls and top with cilantro. Enjoy!

Notes

Serving Size

One serving is equal to about 2 cups.

No Basmati Rice

Use brown rice and increase cooking time.

No Red Lentils

Use yellow split peas. Increase cooking time to 17 minutes at pressure.

Stove Top

Increase broth to 5.5 cups and cook covered for about 25 minutes.

More Vegetables

Leafy greens, squash, tomatoes, or parsnips all make a great additions to kitchari.

Ingredients

- 1/3 cup Basmati Rice (dry)
- 1/3 cup Dry Red Lentils
- 1/2 tsp Cumin
- 1 1/2 tsp Turmeric
- 1 1/2 tsp Curry Powder
- 1/2 head Cauliflower (chopped into florets)
- 1/2 Carrot (medium, diced)
- 2 cups Organic Vegetable Broth
- 1 1/2 tsp Coconut Oil
- 1/2 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1/2 cup Cilantro (chopped)

Nutrition

Amount per serving

Calories	377	Vitamin C	74mg
Fat	5g	Calcium	80mg
Saturated	3g	Iron	5mg
Carbs	68g	Vitamin D	0IU
Fiber	16g	Vitamin B6	0.3mg
Sugar	6g	Folate	136µg
Protein	17g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	83mg
Sodium	1303mg	Zinc	3mg

Potassium	1100mg	Selenium	2µg
Vitamin A	3427IU		

Pressure Cooker Chicken Taco Stuffed Sweet Potato

10 ingredients · 50 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and place the sweet potato on a pan. Bake for 40 to 45 minutes, or until cooked through.
2. Add the chicken breast, chili powder, cumin, smoked paprika and chicken broth to your pressure cooker. Set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
3. Remove the lid carefully. Remove the chicken and shred it with two forks.
4. When the sweet potatoes are finished cooking, slice them down the middle and top with the shredded chicken, salsa, mashed avocado, cilantro and sliced jalapeño. Enjoy!

Notes

Dairy Lover

Top the stuffed sweet potato with shredded cheese, yogurt or sour cream.

Meal Prep

Cook the sweet potatoes ahead of time for a quick weeknight meal.

Leftovers

Keep in a sealed container in the fridge for 3 to 4 days.

Ingredients

- 2 Sweet Potato (medium, pierced with a fork)
- 8 ozs Chicken Breast (skinless and boneless)
- 1 tsp Chili Powder
- 1/2 tsp Cumin (ground)
- 1/2 tsp Smoked Paprika
- 1 cup Organic Chicken Broth
- 2 tbsps Organic Salsa
- 1/2 Avocado (mashed)
- 1 tbsp Cilantro (optional, chopped)
- 1 Jalapeno Pepper (optional, sliced)

Nutrition

Amount per serving

Calories	385	Vitamin C	17mg
Fat	12g	Calcium	72mg
Saturated	2g	Iron	2mg
Carbs	34g	Vitamin D	1IU
Fiber	9g	Vitamin B6	1.8mg
Sugar	7g	Folate	58µg
Protein	39g	Vitamin B12	0.3µg
Cholesterol	120mg	Magnesium	95mg
Sodium	752mg	Zinc	2mg
Potassium	1260mg	Selenium	34µg
Vitamin A	19424IU		

Pressure Cooker Thai Red Curry Beef

16 ingredients · 1 hour · 2 servings



Directions

1. Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
2. Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
3. Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
4. If making the brown rice, cook according to package directions.
5. Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

Notes

No Pressure Cooker

Make it in the slow cooker on low for about 5 hours.

No Fish Sauce

Use soy sauce or tamari instead.

No Coconut Sugar

Use cane sugar instead.

Vegetable Modifications

Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

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.

Ingredients

- 1 tsp Coconut Oil (divided)
- 8 ozs Stewing Beef (diced into cubes)
- Sea Salt & Black Pepper (to taste)
- 1/2 Yellow Onion (small, thinly sliced)
- 1/2 tsp Ginger (minced)
- 1 tbs Thai Red Curry Paste
- 1 tbs Tomato Paste
- 1 1/2 tsps Fish Sauce
- 1 1/2 tsps Coconut Sugar
- 1/2 Carrot (large, chopped)
- 1 head Cauliflower (sliced into florets)
- 1/3 cup Organic Coconut Milk (from the can)
- 1/2 Lime (juiced)
- 1/4 cup Brown Rice (optional, dry/uncooked)
- 1 stalk Green Onion (optional, chopped)
- 2 tsps Cilantro (optional, chopped)

Nutrition

Amount per serving

Calories	466	Vitamin C	36mg
Fat	20g	Calcium	60mg
Saturated	12g	Iron	5mg
Carbs	32g	Vitamin D	7IU
Fiber	4g	Vitamin B6	0.8mg

Amanda Swan

<http://amandaswanaprn.com>



Sugar	9g	Folate	55µg
Protein	42g	Vitamin B12	3.2µg
Cholesterol	109mg	Magnesium	76mg
Sodium	678mg	Zinc	10mg
Potassium	816mg	Selenium	45µg
Vitamin A	4489IU		

Pressure Cooker Bean-Free Chili

11 ingredients · 50 minutes · 2 servings



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. Sauté 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 jalapeños, 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.

Ingredients

8 ozs Extra Lean Ground Beef

1 1/2 tsps Ghee

1/2 Yellow Onion (chopped)

1/2 Red Bell Pepper (chopped)

1 1/2 Garlic (clove, minced)

1 tbsp Tomato Paste

1 tbsp Chili Powder

1 1/2 tsps Cumin

1/4 tsp Sea Salt

1/2 Tomato (chopped)

1/2 cup Organic Chicken Broth

Nutrition

Amount per serving

Calories	287	Vitamin C	48mg
Fat	16g	Calcium	64mg
Saturated	7g	Iron	5mg
Carbs	11g	Vitamin D	3IU
Fiber	4g	Vitamin B6	0.7mg
Sugar	5g	Folate	31µg
Protein	25g	Vitamin B12	2.5µg
Cholesterol	82mg	Magnesium	45mg
Sodium	763mg	Zinc	6mg
Potassium	693mg	Selenium	21µg

Amanda Swan

<http://amandaswanaprn.com>



Serving Size

One serving is equal to approximately one cup of chili.

Vitamin A 2842IU

Mango Coconut Popsicles

2 ingredients · 40 minutes · 4 servings



Directions

1. Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
2. Roughly scoop mango puree into 3oz. paper cups.
3. Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
4. Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Notes

No Coconut Milk

Use almond milk or cashew milk instead.

Ingredients

2 cups Frozen Mango

1 cup Organic Coconut Milk (divided)

Nutrition

Amount per serving

Calories	156	Vitamin C	30mg
Fat	11g	Calcium	11mg
Saturated	9g	Iron	0mg
Carbs	14g	Vitamin D	0IU
Fiber	1g	Vitamin B6	0.1mg
Sugar	12g	Folate	36µg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	8mg
Sodium	16mg	Zinc	0mg
Potassium	229mg	Selenium	1µg
Vitamin A	893IU		

Chocolate Stuffed Raspberries

2 ingredients · 5 minutes · 3 servings



Directions

1. Place a chocolate chip into the centre of each raspberry. Divide into bowls and enjoy!

Ingredients

1 1/2 cups Raspberries (washed)

3 tbsps Organic Dark Chocolate Chips

Nutrition

Amount per serving

Calories	122	Vitamin C	16mg
Fat	5g	Calcium	16mg
Saturated	5g	Iron	1mg
Carbs	15g	Vitamin D	0IU
Fiber	4g	Vitamin B6	0mg
Sugar	10g	Folate	13µg
Protein	2g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	14mg
Sodium	1mg	Zinc	0mg
Potassium	93mg	Selenium	0µg
Vitamin A	21IU		