



ethical
nutrition

15-Ingredient Program

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<https://ethical-nutrition.com/>

Dear Customer,

Welcome to your meal plan! Feel free to add in your own recipes with similar nutrition values.

Shopping List Tips

This plan includes a full shopping list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The shopping list is organised into categories based on how a typical supermarket is laid out. This will allow you to do your grocery shopping in an organised way, saving you time.

Recipe Tips

Recipes states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, eat one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

If meals on the plan appear to be shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Leftovers are a great way to save you money and time!








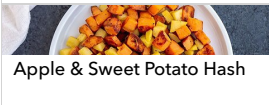
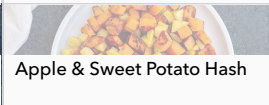
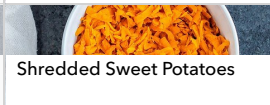
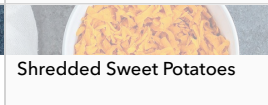
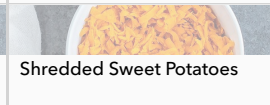























Do I need to take supplements if eat a healthy diet?

Even with a great diet it's virtually impossible to get optimum levels of all micronutrients. Vegetables contain fewer nutrients than they did 30 years ago. Medications and stress can decrease the absorption of the nutrients we consume and increase the amount we need.

So a cheap multivitamin should solve the issue right? Wrong. They're full of synthetic nutrients that your body can't absorb, in quantities that don't make a difference.

It's worth spending more on supplements containing natural nutrients in doses that make a difference. Investing in your health is the best investment you can ever make. We created a range of [superior supplements](#) to maximise your health. Try the [Ethical Multivitamin](#) and [Omega 3](#) with this diet.

Wishing you the best of health. Mark, Head of Nutrition.

	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
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
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

Fruits

- ☐ 8 Apple

Seeds, Nuts & Spices

- ☐ 17 grams Curry Powder
- ☐ 750 milligrams Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Vegetables

- ☐ 360 grams Baby Spinach
- ☐ 1.2 kilograms Broccoli
- ☐ 11 1/2 Sweet Potato

Boxed & Canned

- ☐ 414 grams Jasmine Rice
- ☐ 601 grams Salsa

Bread, Fish, Meat & Cheese

- ☐ 1 kilogram Chicken Breast
- ☐ 936 grams Extra Lean Ground Beef

Condiments & Oils

- ☐ 144 milliliters Extra Virgin Olive Oil
- ☐ 272 grams Sunflower Seed Butter

Cold

- ☐ 15 Egg
- ☐ 942 grams Unsweetened Coconut Yogurt



Spinach & Salsa Omelette

2 servings

10 minutes

Ingredients

20 milliliters Extra Virgin Olive Oil
(divided)
120 grams Baby Spinach
6 Egg
Sea Salt & Black Pepper (to taste)
130 grams Salsa

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.



Apple & Sweet Potato Hash

2 servings

15 minutes

Ingredients

15 milliliters 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)

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.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.

More Veggies: Add spinach or kale and stir until wilted.



Beef & Salsa Breakfast Skillet

3 servings

20 minutes

Ingredients

255 grams Extra Lean Ground Beef

293 grams Salsa

3 Egg

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.



Shredded Sweet Potatoes

3 servings

10 minutes

Ingredients

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

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.



Spinach & Sweet Potato Frittata

2 servings

25 minutes

Ingredients

7 milliliters Extra Virgin Olive Oil
1/2 Sweet Potato (medium, peeled and cut into small cubes)
45 grams Baby Spinach (chopped)
4 Egg (whisked)
Sea Salt & Black Pepper (to taste)

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!

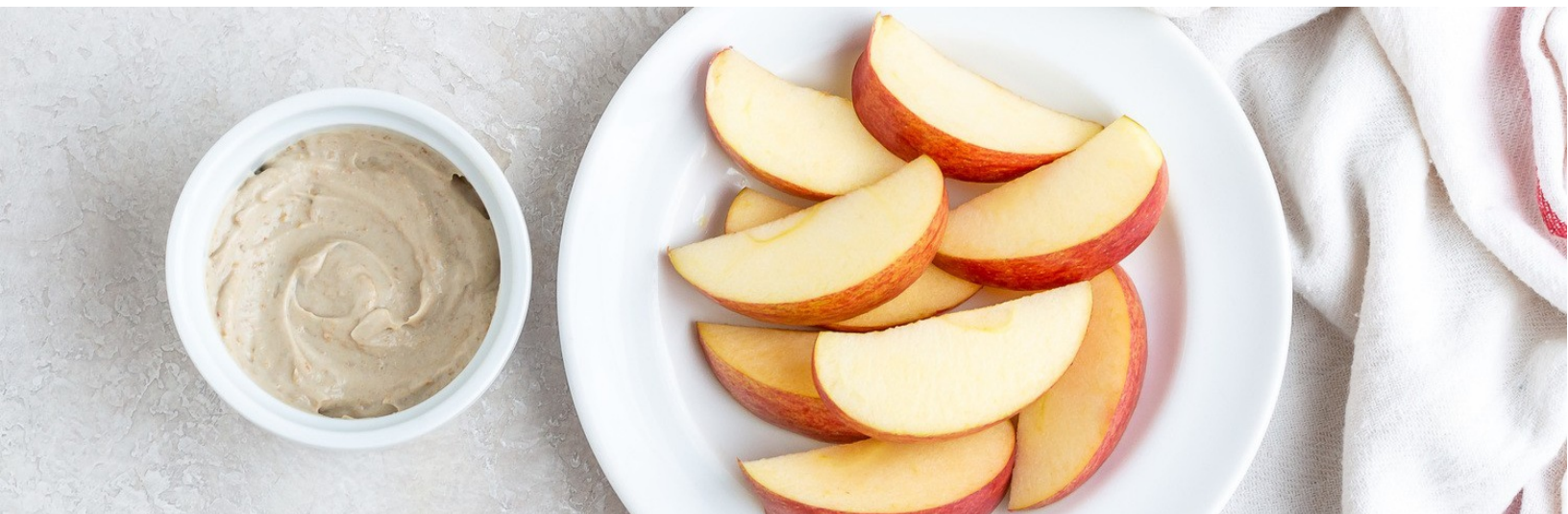
Notes

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.



Apple & Creamy Sunflower Dip

3 servings

5 minutes

Ingredients

127 grams Unsweetened Coconut Yogurt

48 grams Sunflower Seed Butter

3 Apple (sliced)

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.



Coconut Yogurt with Sunflower Seed Butter

2 servings

5 minutes

Ingredients

225 grams Unsweetened Coconut Yogurt

64 grams Sunflower Seed Butter

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.



Coconut Yogurt Chicken

3 servings

2 hours 15 minutes

Ingredients

340 grams Chicken Breast (sliced into long strips)

127 grams Unsweetened Coconut Yogurt

3 grams Curry Powder

Sea Salt & Black Pepper (to taste)

17 milliliters Extra Virgin Olive Oil

135 grams Baby Spinach

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.



Sweet Potato Fries with Creamy Salsa

3 servings

30 minutes

Ingredients

3 Sweet Potato (medium, sliced into 1/4-inch strips)
22 milliliters Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
84 grams Unsweetened Coconut Yogurt
49 grams Salsa

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.



Broccoli & Spiced Yogurt

2 servings

5 minutes

Ingredients

225 grams Unsweetened Coconut Yogurt

4 grams Curry Powder

364 grams Broccoli (chopped into florets)

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.



Creamy Sweet Potato Toast

3 servings

15 minutes

Ingredients

1 1/2 Sweet Potato (large)
96 grams Sunflower Seed Butter
42 grams Unsweetened Coconut
Yogurt

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.



Egg & Apple Snack Plate

2 servings

15 minutes

Ingredients

2 Egg
2 Apple (sliced)
113 grams Unsweetened Coconut
Yogurt

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.



Apple with Sunflower Seed Butter

2 servings

5 minutes

Ingredients

2 Apple (medium, cored and sliced)
64 grams Sunflower Seed Butter

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.



Beef & Shredded Veggies with Rice

2 servings

20 minutes

Ingredients

92 grams Jasmine Rice
227 grams Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
1 Sweet Potato (medium, peeled and grated)
91 grams Broccoli (finely chopped, riced)
65 grams Salsa

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.



Ground Beef, Broccoli & Rice

2 servings

30 minutes

Ingredients

92 grams Jasmine Rice (dry, rinsed)
182 grams Broccoli (chopped into florets)
227 grams Extra Lean Ground Beef
750 milligrams Sea Salt

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.



Slow Cooker Salsa Chicken

2 servings

4 hours

Ingredients

283 grams Chicken Breast (boneless, skinless)

65 grams Salsa

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.



Broccoli & Jasmine Rice

2 servings

15 minutes

Ingredients

92 grams Jasmine Rice
182 grams Broccoli (cut into small florets)
7 milliliters Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

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.



Curried Chicken with Broccoli & Sweet Potato

3 servings

35 minutes

Ingredients

3 Sweet Potato (small, peeled and cubed)
410 grams Broccoli (cut into florets)
33 milliliters Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
425 grams Chicken Breast
5 grams Curry Powder

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.



Spiced Beef & Spinach with Rice

2 servings

20 minutes

Ingredients

138 grams Jasmine Rice
227 grams Extra Lean Ground Beef
5 grams Curry Powder
Sea Salt & Black Pepper (to taste)
60 grams Baby Spinach

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.