



Easy Peasy Slow Cooker Program

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*In Balance
Pilates*

Easy Peasy Slow Cooker Program

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MON



BREAKFAST
Zucchini Bread Overnight Oats



SNACK 1
Slow Cooker Cinnamon Applesauce



LUNCH
Protein Packed Deviled Eggs



SNACK 2
Celery with Peanut Butter



DINNER
Slow Cooker Maple Mustard Chicken

TUE



BREAKFAST
Zucchini Bread Overnight Oats



SNACK 1
Slow Cooker Cinnamon Applesauce



LUNCH
Slow Cooker Maple Mustard Chicken



SNACK 2
Celery with Peanut Butter



DINNER
Slow Cooker Stuffed Peppers

WED



BREAKFAST
Zucchini Bread Overnight Oats



SNACK 1
Baby Carrots & Hummus



LUNCH
Slow Cooker Stuffed Peppers



SNACK 2
Banana with Peanut Butter



DINNER
Curried Chicken Slow Cooker Stew

THU



BREAKFAST
Zucchini Bread Overnight Oats



SNACK 1
Baby Carrots & Hummus



LUNCH
Curried Chicken Slow Cooker Stew



SNACK 2
Banana with Peanut Butter



DINNER
Slow Cooker Vegan Chili

FRI



BREAKFAST
Kiwi Green Smoothie



SNACK 1
Almonds & Dark Chocolate



LUNCH
Slow Cooker Vegan Chili



SNACK 2
Slow Cooker Cinnamon Applesauce



DINNER
Vegan Sloppy Joes

SAT



BREAKFAST
Kiwi Green Smoothie



SNACK 1
Almonds & Dark Chocolate



LUNCH
Vegan Sloppy Joes



SNACK 2
Slow Cooker Cinnamon Applesauce



DINNER
Curried Chicken Slow Cooker Stew

MON**FAT 39%** **CARBS 32%** **PROTEIN 29%**

Calories 1487 Vitamin A 3734IU
Fat 66g Vitamin C 62mg
Carbs 121g Calcium 485mg
Fiber 29g Iron 13mg
Sugar 62g Vitamin B6 2.6mg
Protein 109g Vitamin B12 4.0µg
Cholesterol 704mg Magnesium 386mg
Sodium 1234mg

TUE**FAT 37%** **CARBS 35%** **PROTEIN 28%**

Calories 1526 Vitamin A 4962IU
Fat 64g Vitamin C 227mg
Carbs 140g Calcium 534mg
Fiber 35g Iron 14mg
Sugar 72g Vitamin B6 3.3mg
Protein 109g Vitamin B12 2.5µg
Cholesterol 432mg Magnesium 420mg
Sodium 2316mg

WED**FAT 36%** **CARBS 44%** **PROTEIN 20%**

Calories 1320 Vitamin A 23744IU
Fat 56g Vitamin C 210mg
Carbs 152g Calcium 524mg
Fiber 34g Iron 15mg
Sugar 56g Vitamin B6 3.0mg
Protein 71g Vitamin B12 1.6µg
Cholesterol 169mg Magnesium 424mg
Sodium 2135mg

THU**FAT 30%** **CARBS 53%** **PROTEIN 17%**

Calories 1193 Vitamin A 25688IU
Fat 41g Vitamin C 84mg
Carbs 167g Calcium 511mg
Fiber 38g Iron 15mg
Sugar 52g Vitamin B6 2.0mg
Protein 53g Vitamin B12 0.1µg
Cholesterol 39mg Magnesium 404mg
Sodium 2025mg

FRI**FAT 18%** **CARBS 61%** **PROTEIN 21%**

Calories 1268 Vitamin A 12243IU
Fat 26g Vitamin C 191mg
Carbs 204g Calcium 600mg
Fiber 58g Iron 20mg
Sugar 83g Vitamin B6 1.6mg
Protein 70g Vitamin B12 0.6µg
Cholesterol 4mg Magnesium 400mg
Sodium 2413mg

SAT**FAT 19%** **CARBS 58%** **PROTEIN 23%**

Calories 1242 Vitamin A 11396IU
Fat 28g Vitamin C 148mg
Carbs 188g Calcium 523mg
Fiber 50g Iron 18mg
Sugar 80g Vitamin B6 1.9mg
Protein 76g Vitamin B12 0.7µg
Cholesterol 43mg Magnesium 385mg
Sodium 1353mg

FRUITS

- 12 Apple
- 1/2 Avocado
- 10 Banana
- 4 Kiwi
- 1/2 Lemon

BREAKFAST

- 1 cup All Natural Peanut Butter
- 2/3 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 1 1/2 tsps Black Pepper
- 1/4 cup Chia Seeds
- 2 1/2 tbsps Chili Powder
- 1 tsp Cinnamon
- 4 servings Cinnamon Stick
- 2 1/2 tsps Cumin
- 1 tbsp Curry Powder
- 1 1/2 tsps Dried Basil
- 1 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1/2 tsp Oregano
- 1 1/2 tsps Paprika
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 1 1/2 cups Frozen Corn
- 1/2 cup Frozen Peas

VEGETABLES

- 3 cups Baby Carrots
- 8 cups Baby Spinach
- 1 Carrot
- 1 head Cauliflower
- 7 stalks Celery
- 1/2 Cucumber
- 6 Garlic
- 8 cups Green Beans
- 6 Green Bell Pepper
- 1 stalk Green Onion
- 1 cup Matchstick Carrots
- 2 cups Mushrooms
- 8 Portobello Mushroom Caps
- 1/2 Sweet Onion
- 1 Sweet Potato
- 1/2 White Onion
- 1/2 Yellow Onion
- 2 Zucchini

BOXED & CANNED

- 3 cups Canned Whole Tomatoes
- 2 cups Chickpeas
- 2 cups Crushed Tomatoes
- 4 cups Lentils
- 2 cups Organic Salsa
- 2 cups Organic Vegetable Broth
- 1 cup Red Kidney Beans
- 1 can Tuna
- 1 cup White Navy Beans

BAKING

- 2 tbsps Coconut Flour
- 100 grams Dark Organic Chocolate
- 3 cups Oats

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 2 lbs Chicken Thighs
- 1 lb Extra Lean Ground Turkey
- 1 cup Hummus

CONDIMENTS & OILS

- 1/3 cup Dijon Mustard
- 2 tbsps Extra Virgin Olive Oil
- 3 tbsps Yellow Mustard

COLD

- 5 Egg
- 3 cups Unsweetened Almond Milk

OTHER

- 8 Ice Cubes
- 1 cup Vanilla Protein Powder
- 5 cups Water

Zucchini Bread Overnight Oats

4 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 cups Oats (quick or traditional)
1 1/2 cups Unsweetened Almond Milk
2 tbsps Ground Flax Seed
2 tbsps Maple Syrup
1/2 tsp Cinnamon
1 Zucchini (grated)
1/4 cup Hemp Seeds
2 Banana (sliced)

DIRECTIONS

- 01 In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.
- 02 Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

NUTRITION

Calories	286	Vitamin A	325IU
Fat	9g	Vitamin C	14mg
Carbs	45g	Calcium	221mg
Fiber	7g	Iron	3mg
Sugar	15g	Vitamin B6	0.4mg
Protein	10g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	145mg
Sodium	68mg		

Kiwi Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

- 2 Kiwi (small, peeled)
- 1 Banana (frozen)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 1/2 cups Baby Spinach
- 2 cups Water
- 4 Ice Cubes

NUTRITION

Calories	249	Vitamin A	3614IU
Fat	5g	Vitamin C	80mg
Carbs	31g	Calcium	268mg
Fiber	8g	Iron	3mg
Sugar	14g	Vitamin B6	0.5mg
Protein	23g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	145mg
Sodium	75mg		

DIRECTIONS

- 01 Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

NOTES

- NO CHIA SEEDS**
Use flax seed instead.
- NO PROTEIN POWDER**
Use hemp seeds instead.

Slow Cooker Cinnamon Applesauce

8 SERVINGS 4 HOURS



INGREDIENTS

12 Apple (large, cored and diced)
4 servings Cinnamon Stick
1/2 Lemon (juiced)
1 cup Water

NUTRITION

Calories	143	Vitamin A	147IU
Fat	0g	Vitamin C	14mg
Carbs	38g	Calcium	20mg
Fiber	9g	Iron	0mg
Sugar	28g	Vitamin B6	0.1mg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	14mg
Sodium	4mg		

DIRECTIONS

- 01 Add chopped apple, cinnamon, lemon juice and water to the slow cooker and stir well to mix. Cook on high for 4 hours, stirring occasionally. (Note: Peeling the apples is optional but not necessary as they will be pureed in step 2.)
- 02 Remove the cinnamon sticks. Use an immersion blender to puree the applesauce, or transfer to a blender.
- 03 Divide into bowls, add your preferred toppings and enjoy! Refrigerate or freeze leftovers.

NOTES

STORAGE

Refrigerate in an air-tight container up to 10 days, or freeze up to a year.

LEAVE IT CHUNKY

Skip Step 2. You may want to peel your apples before cooking.

EXTRA TOPPINGS

Add any combination of nuts, seeds, toasted oats, coconut or dried fruit.

LESS SUGAR

Use a mixture of naturally sweet apples like Red Delicious, Gala, Fuji, Winesap, McIntosh, Yellow Delicious, Crispin or Cortland.

Baby Carrots & Hummus

4 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Baby Carrots
1 cup Hummus

NUTRITION

Calories	191	Vitamin A	17264I...
Fat	11g	Vitamin C	9mg
Carbs	20g	Calcium	89mg
Fiber	6g	Iron	3mg
Sugar	6g	Vitamin B6	0.1mg
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	46mg
Sodium	360mg		

DIRECTIONS

01 Divide carrots between bowls. Serve with hummus on the side for dipping.
Enjoy!

NOTES

NO BABY CARROTS

Use celery sticks, cucumber slices or sliced bell peppers instead..

LIKE IT SPICY

Top with a pinch of cayenne pepper or chili powder.

Almonds & Dark Chocolate

4 SERVINGS 3 MINUTES



INGREDIENTS

100 grams Dark Organic Chocolate (at least 70% cacao)
1/2 cup Almonds

DIRECTIONS

01 Divide between bowls. Enjoy!

NUTRITION

Calories	246	Vitamin A	0IU
Fat	19g	Vitamin C	0mg
Carbs	15g	Calcium	48mg
Fiber	5g	Iron	2mg
Sugar	7g	Vitamin B6	0mg
Protein	6g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	48mg
Sodium	12mg		

Protein Packed Deviled Eggs

2 SERVINGS 20 MINUTES



INGREDIENTS

4 Egg (hard boiled)
1 can Tuna (drained)
1/2 Avocado
1 stalk Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
1/2 tsp Paprika
1/2 Cucumber (sliced)

DIRECTIONS

- 01 Hard boil your eggs.
- 02 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

NUTRITION

Calories	310	Vitamin A	1263IU
Fat	18g	Vitamin C	8mg
Carbs	8g	Calcium	92mg
Fiber	4g	Iron	4mg
Sugar	2g	Vitamin B6	0.6mg
Protein	30g	Vitamin B12	3.0µg
Cholesterol	402mg	Magnesium	57mg
Sodium	353mg		

Celery with Peanut Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

6 stalks Celery (sliced into sticks)
1/2 cup All Natural Peanut Butter

NUTRITION

Calories	202	Vitamin A	270IU
Fat	17g	Vitamin C	2mg
Carbs	9g	Calcium	40mg
Fiber	3g	Iron	1mg
Sugar	4g	Vitamin B6	0.2mg
Protein	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	60mg
Sodium	54mg		

DIRECTIONS

01 Spread peanut butter across celery sticks. Happy munching!

NOTES

NUT-FREE

Use sunflower seed butter or hummus instead.

Banana with Peanut Butter

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (peeled and sliced)
1/4 cup All Natural Peanut Butter

NUTRITION

Calories	298	Vitamin A	76IU
Fat	17g	Vitamin C	10mg
Carbs	34g	Calcium	22mg
Fiber	5g	Iron	1mg
Sugar	18g	Vitamin B6	0.6mg
Protein	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	86mg
Sodium	7mg		

DIRECTIONS

01 Spread peanut butter across banana slices. Happy snacking!

NOTES

NO PEANUT BUTTER

Use any nut or seed butter.

MORE PROTEIN

Sprinkle with hemp seeds.

Slow Cooker Maple Mustard Chicken

4 SERVINGS 4 HOURS



INGREDIENTS

2 lbs Chicken Thighs (skinless, boneless)
2 tbsps Maple Syrup
1/3 cup Dijon Mustard
1 tsp Dried Basil
1 tsp Paprika
1/2 tsp Sea Salt
1/2 tsp Black Pepper
8 cups Green Beans (washed and trimmed)
1 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

NUTRITION

Calories	546	Vitamin A	1729IU
Fat	22g	Vitamin C	24mg
Carbs	21g	Calcium	112mg
Fiber	6g	Iron	5mg
Sugar	13g	Vitamin B6	1.3mg
Protein	60g	Vitamin B12	1.0µg
Cholesterol	302mg	Magnesium	110mg
Sodium	755mg		

DIRECTIONS

- 01 Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
- 02 Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
- 03 Divide green beans between plates and top with maple mustard chicken. Enjoy!

NOTES

NO CHICKEN THIGHS

Use chicken breast or drumsticks instead.

SAVE TIME

Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

MORE CARBS

Serve with rice, sweet potato or quinoa.

Slow Cooker Stuffed Peppers

4 SERVINGS 4 HOURS



INGREDIENTS

4 Green Bell Pepper (large)
1 lb Extra Lean Ground Turkey
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1 tbsp Chili Powder
1/2 tsp Cumin
1/2 tsp Dried Basil
1 Egg
2 Garlic (cloves, minced)
1/2 Yellow Onion (diced)
1 cup Baby Spinach (chopped)
1 tbsp Extra Virgin Olive Oil
2 tbsps Coconut Flour
2 cups Organic Salsa
1 head Cauliflower (large)

NUTRITION

Calories	349	Vitamin A	2491IU
Fat	16g	Vitamin C	173mg
Carbs	27g	Calcium	141mg
Fiber	10g	Iron	5mg
Sugar	12g	Vitamin B6	1.3mg
Protein	30g	Vitamin B12	1.5µg
Cholesterol	130mg	Magnesium	91mg
Sodium	1435mg		

DIRECTIONS

- 01 Slice the tops off the peppers and carve out the seeds. Set aside.
- 02 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 03 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 04 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 05 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

NOTES

VEGANS AND VEGETARIANS

Use cooked lentils or beans instead of ground meat.

NO GROUND TURKEY

Use ground chicken or beef instead.

NO SLOW COOKER

Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

NO CAULIFLOWER

Serve over rice, quinoa, greens or sweet potato mash.

Curried Chicken Slow Cooker Stew

6 SERVINGS 6 HOURS



INGREDIENTS

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Organic Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

NUTRITION

Calories	196	Vitamin A	3588IU
Fat	3g	Vitamin C	4mg
Carbs	26g	Calcium	51mg
Fiber	6g	Iron	3mg
Sugar	5g	Vitamin B6	0.6mg
Protein	18g	Vitamin B12	0.1µg
Cholesterol	39mg	Magnesium	56mg
Sodium	265mg		

DIRECTIONS

- 01 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 02 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 03 Serve the stew on it's own or over brown rice. Enjoy!

NOTES

MORE CARBS

Serve it over brown rice.

MORE PROTEIN

Serve it over quinoa.

VEGAN AND BUDGET-FRIENDLY

Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

TURN IT INTO A SOUP

Double up on the broth.

MORE GREEN VEGGIES

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

Slow Cooker Vegan Chili

4 SERVINGS 8 HOURS



INGREDIENTS

3 cups Canned Whole Tomatoes
1 cup Red Kidney Beans (cooked, drained and rinsed)
1 cup White Navy Beans (cooked, drained and rinsed)
1 cup Frozen Corn
1 stalk Celery (diced)
1 Green Bell Pepper (de-seeded and chopped)
1 Carrot (chopped)
1/2 White Onion (diced)
2 Garlic (cloves, minced)
1 tsp Cumin
1/2 tsp Oregano
1 1/2 tbsps Chili Powder
1 1/2 tsps Sea Salt

NUTRITION

Calories	222	Vitamin A	4435IU
Fat	1g	Vitamin C	47mg
Carbs	42g	Calcium	128mg
Fiber	14g	Iron	5mg
Sugar	8g	Vitamin B6	0.3mg
Protein	12g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	71mg
Sodium	1325mg		

DIRECTIONS

- 01 Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
- 02 Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
- 03 Ladle into bowls and enjoy!

NOTES

SERVE IT WITH

Organic toast, quinoa, brown rice or a salad.

STORAGE

Refrigerate in an air-tight container for 4 - 5 days or freeze up to 4 months.

MAKE AHEAD

Chop celery, bell peppers, carrot and onion ahead of time.

KID-FRIENDLY

Omit the chili powder and puree until smooth. Serve with organic tortilla chips.

EXTRA SPICY

Add 1 - 2 chopped jalapeno peppers, chili flakes or extra chili powder.

MORE GREENS

Mix in chopped kale or spinach. Stir until wilted.

EXTRA TOPPINGS

Top with green onion or diced avocado.

Vegan Sloppy Joes

4 SERVINGS 4 HOURS



INGREDIENTS

- 4 cups Lentils (cooked, drained and rinsed)
- 1/2 Sweet Onion (finely diced)
- 1 Green Bell Pepper (finely diced)
- 2 cups Mushrooms (sliced)
- 1 cup Matchstick Carrots
- 1 tsp Garlic Powder
- 3 tbsps Yellow Mustard
- 1/4 cup Maple Syrup
- 2 cups Crushed Tomatoes
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 8 Portobello Mushroom Caps
- 2 cups Baby Spinach (chopped)

NUTRITION

Calories	408	Vitamin A	4047IU
Fat	1g	Vitamin C	50mg
Carbs	78g	Calcium	136mg
Fiber	22g	Iron	10mg
Sugar	26g	Vitamin B6	0.7mg
Protein	28g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	122mg
Sodium	997mg		

DIRECTIONS

- 01 Combine the lentils, onion, green pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
- 02 About 20 minutes before you are ready to eat, preheat your oven to 400 and line a baking sheet with parchment paper. Place your portobello mushroom caps on a baking sheet and bake for 10 minutes.
- 03 Place a portobello mushroom cap on a plate and top with a few large spoonfuls of the sloppy joe mix. Top with baby spinach and set another mushroom cap on top. Enjoy!

NOTES

MEAT LOVER

Swap out the lentils for ground meat. Replace 1 can of lentils with 1 lb of extra lean ground meat. Follow step 1 then set the ground meat on top to cook. Before eating, remove the lid and break the ground meat up with a spatula and stir well to mix.

NEXT LEVEL SLOPPY JOES

Add cheese, avocado, pickles, onions and/or cashew sour cream.

REPURPOSE LEFTOVERS

Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.