



One-Pot & Slow Cooker

8 dump-and-go meals that make life easier

Set it, forget it, thrive on it

When life gets busy, these recipes save the day (and your goals). Dump the ingredients, walk away, and come back to a nourishing meal that feeds you for days. Every recipe is protein-forward, GLP-1 friendly, and forgives busy schedules — just like your coaches do.

WHAT'S INSIDE

1 Slow Cooker Shredded Chicken

Meal Prep · 4 hrs · 34g protein

2 One-Pot Lentil Soup

Dinner · 40 min · 18g protein

3 Crockpot Salsa Chicken

Dinner · 6 hrs · 36g protein

4 One-Pot Turkey Chili

Dinner · 45 min · 32g protein

5 Slow Cooker Beef Stew

Dinner · 8 hrs · 38g protein

6 One-Pot Chicken & Rice

Dinner · 35 min · 35g protein

7 Slow Cooker Steel-Cut Oats

Breakfast · 7 hrs · 12g protein

8 White Chicken Chili

Dinner · 35 min · 31g protein

ONE-POT & SLOW COOKER PRO TIPS

- **Prep in advance** Chop veggies the night before — morning-you will thank you.
- **Layer smart** Meat on bottom, veggies + liquid on top for even cooking.
- **Don't lift the lid** Every peek adds 20 minutes. Trust the process.
- **Freeze in portions** Cool, portion into containers, freeze up to 3 months.

COACH'S TIP

Sunday slow cooker = 3–4 weekday meals done. Future-you already loves it.

Slow Cooker Shredded Chicken

5-minute prep, 5 different meals

SLOW COOKER

SERVES

6

HANDS-ON

5 MIN

TOTAL

4 HRS

PROTEIN

34g

INGREDIENTS

- ☐ 2 lbs boneless skinless chicken breast
- ☐ 1 cup low-sodium chicken broth
- ☐ 1 packet taco seasoning (or Italian)
- ☐ 1 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ ½ tsp salt
- ☐ Juice of 1 lime
- ☐ Optional: 1 cup salsa for extra flavor

INSTRUCTIONS

- 1 Place chicken in the slow cooker in a single layer.
- 2 Sprinkle all seasonings evenly over the chicken.
- 3 Pour broth and lime juice over the top.
- 4 Cook LOW 4 hours or HIGH 2 hours until chicken shreds easily.
- 5 Shred with two forks right in the pot, letting it soak up the juices.
- 6 Divide into 6 containers or freeze in 1-cup portions for later.

COACH'S TIP

The ultimate meal prep base — use for tacos, salads, wraps, bowls, and pastas all week.

MAKE IT YOUR WAY

Italian version? Use Italian seasoning + marinara instead of taco.

BBQ style? Replace broth with BBQ sauce + ½ cup water.

Buffalo? ½ cup buffalo sauce + ½ cup broth. Add ranch on top.



One-Pot Lentil Soup

Cozy, high-protein, freezer-friendly

ONE POT

SERVES

6

HANDS-ON

10 MIN

TOTAL

40 MIN

PROTEIN

18g

INGREDIENTS

- ☐ 1 tbsp olive oil
- ☐ 1 large onion, diced
- ☐ 3 carrots, diced
- ☐ 3 celery stalks, diced
- ☐ 4 cloves garlic, minced
- ☐ 1½ cups dry brown or green lentils, rinsed
- ☐ 6 cups vegetable or chicken broth
- ☐ 1 can (14 oz) diced tomatoes
- ☐ 1 tsp cumin, 1 tsp smoked paprika
- ☐ 2 cups fresh spinach or kale
- ☐ Salt, pepper, lemon juice to taste

INSTRUCTIONS

- 1 Heat olive oil in a large pot over medium heat.
- 2 Sauté onion, carrots, celery 5 min until softened.
- 3 Add garlic, cumin, paprika. Stir 30 seconds.
- 4 Add lentils, broth, and tomatoes. Bring to a boil.
- 5 Reduce heat, simmer 25–30 min until lentils are tender.
- 6 Stir in spinach until wilted. Finish with lemon + salt.

COACH'S TIP

18g plant protein per bowl + 12g fiber. GLP-1 friendly and freezes beautifully.

MAKE IT YOUR WAY

- Add meat?** Brown 1 lb ground turkey with the onions.
- Creamy version:** Blend half the soup or add ½ cup coconut milk.
- Different beans:** Chickpeas or white beans work well too.





Crockpot Salsa Chicken

3 ingredients. Tastes like a restaurant.

SLOW COOKER

SERVES

6

HANDS-ON

3 MIN

TOTAL

6 HRS

PROTEIN

36g

INGREDIENTS

- ☐ 2 lbs chicken breast
- ☐ 1 jar (16 oz) chunky salsa
- ☐ 1 packet taco seasoning
- ☐ 1 can (15 oz) black beans, drained (optional)
- ☐ 1 cup frozen corn (optional)
- ☐ Juice of 1 lime
- ☐ Fresh cilantro for topping
- ☐ Greek yogurt or avocado for topping

INSTRUCTIONS

- 1 Place chicken in the slow cooker.
- 2 Sprinkle taco seasoning over the chicken.
- 3 Pour the entire jar of salsa on top.
- 4 Cook LOW 6 hours or HIGH 3 hours.
- 5 Shred with forks. Stir in beans, corn, and lime.
- 6 Serve over rice, in tacos, or over salad with toppings.

COACH'S TIP

The busiest weeknight lifesaver — dump, walk away, come home to dinner.

MAKE IT YOUR WAY

Salsa verde? Use green salsa for a different vibe.

Spicy? Add 1 diced jalapeño or a chipotle in adobo.

Bowl style? Layer over rice with all the fixings — burrito bowl!





One-Pot Turkey Chili

Family favorite, packed with veggies

ONE POT

SERVES

6

HANDS-ON

15 MIN

TOTAL

45 MIN

PROTEIN

32g

INGREDIENTS

- ☐ 1 tbsp olive oil
- ☐ 1.25 lbs lean ground turkey (93%+)
- ☐ 1 large onion, diced
- ☐ 1 red bell pepper, diced
- ☐ 3 cloves garlic, minced
- ☐ 2 tbsp chili powder
- ☐ 1 tbsp cumin, 1 tsp paprika
- ☐ 1 can (28 oz) crushed tomatoes
- ☐ 1 can (15 oz) kidney beans, drained
- ☐ 1 can (15 oz) black beans, drained
- ☐ 1 cup low-sodium chicken broth
- ☐ Salt, pepper, and hot sauce to taste

INSTRUCTIONS

- 1 Heat oil in a large pot over medium-high heat.
- 2 Brown turkey with onion + pepper, breaking up as it cooks (7 min).
- 3 Add garlic and spices. Stir 30 seconds until fragrant.
- 4 Pour in tomatoes, beans, and broth. Stir well.
- 5 Bring to a boil, reduce heat, simmer 25–30 min uncovered.
- 6 Taste and adjust salt + hot sauce. Serve with toppings.

COACH'S TIP

Better the next day — makes 6 giant bowls or 8 lunch portions. Freeze extras.

MAKE IT YOUR WAY

Vegetarian? Skip turkey, add 1 more can of beans + 1 cup lentils.

Low-carb? Cut beans in half, add zucchini and extra bell pepper.

Sweet twist? Add 1 tsp cocoa powder + ½ tsp cinnamon (game changer!).





Slow Cooker Beef Stew

Comfort food that fuels your goals

SLOW COOKER

SERVES**6****HANDS-ON****15 MIN****TOTAL****8 HRS****PROTEIN****38g**

INGREDIENTS

- ☐ 2 lbs lean beef stew meat, cubed
- ☐ 3 tbsp flour or cornstarch
- ☐ 1 tbsp olive oil
- ☐ 1 large onion, diced
- ☐ 4 cloves garlic, minced
- ☐ 3 large carrots, chunked
- ☐ 2 celery stalks, chunked
- ☐ 1½ lbs baby potatoes, halved
- ☐ 4 cups low-sodium beef broth
- ☐ 2 tbsp tomato paste
- ☐ 1 tbsp Worcestershire sauce
- ☐ 1 tsp thyme, 1 bay leaf, salt + pepper

INSTRUCTIONS

- 1 Toss beef in flour, salt, and pepper.
- 2 Heat oil in a skillet, sear beef in batches until browned (5 min total).
- 3 Transfer to slow cooker with all remaining ingredients.
- 4 Cook LOW 7–8 hours or HIGH 4 hours until beef is fork-tender.
- 5 Remove bay leaf. Taste and adjust seasoning.
- 6 Serve in bowls with crusty whole grain bread if desired.

COACH'S TIP

Iron + zinc powerhouse — especially great for members with fatigue on GLP-1s.

MAKE IT YOUR WAY

Lower carb? Swap potatoes for turnips or radishes (yes, really!).

More veggies? Add mushrooms and parsnips.

Wine version? Replace 1 cup broth with red wine for extra depth.





One-Pot Chicken & Rice

Comfort in a single pan — no fuss

ONE POT

SERVES

4

HANDS-ON

10 MIN

TOTAL

35 MIN

PROTEIN

35g

INGREDIENTS

- ☐ 1 tbsp olive oil
- ☐ 1.25 lbs chicken thighs (boneless, skinless)
- ☐ 1 small onion, diced
- ☐ 3 cloves garlic, minced
- ☐ 1½ cups brown rice, rinsed
- ☐ 3 cups low-sodium chicken broth
- ☐ 1 cup frozen peas
- ☐ 1 tsp Italian seasoning
- ☐ ½ tsp turmeric (for color)
- ☐ Salt, pepper, and fresh parsley

INSTRUCTIONS

- 1 Season chicken with salt, pepper, Italian seasoning.
- 2 Heat oil in a large pot with lid. Sear chicken 3 min per side.
- 3 Remove chicken. Sauté onion 3 min, add garlic 30 sec.
- 4 Add rice, stir 1 minute to toast slightly.
- 5 Pour in broth + turmeric. Nestle chicken back on top.
- 6 Cover, simmer 25 min. Stir in peas, rest 5 min, serve.

COACH'S TIP

One pan, one cutting board, one dish to wash. Weeknight hero.

MAKE IT YOUR WAY

Different grain? Quinoa works — reduce liquid to 2¼ cups, cook 15 min.

Add veggies? Toss in carrots or bell peppers with the onion.

Mexican twist? Use fajita seasoning, add corn + black beans.





Slow Cooker Steel-Cut Oats

Overnight breakfast for the whole week

SLOW COOKER

SERVES

6

HANDS-ON

3 MIN

TOTAL

7 HRS

PROTEIN

12g

INGREDIENTS

- ☐ 2 cups steel-cut oats (NOT rolled)
- ☐ 6 cups water
- ☐ 1 cup unsweetened almond milk
- ☐ 2 tsp cinnamon
- ☐ 1 tsp vanilla extract
- ☐ Pinch of salt
- ☐ 1 apple, diced (optional)
- ☐ For serving: berries, nuts, protein powder

INSTRUCTIONS

- 1 Spray slow cooker generously with cooking spray.
- 2 Combine oats, water, almond milk, cinnamon, vanilla, salt.
- 3 Add apple if using. Stir to combine.
- 4 Cook LOW 6–7 hours (perfect overnight — go to bed).
- 5 Stir well in the morning — texture will be creamy.
- 6 Portion into 6 jars. Top each with 1 scoop protein powder + berries.

COACH'S TIP

Add 1 scoop protein powder per serving = 30g protein breakfast. Meal prep magic.

MAKE IT YOUR WAY

Higher protein? Stir in 1 cup Greek yogurt after cooking.

PB banana? Add 2 sliced bananas + 3 tbsp PB after cooking.

Savory version? Skip cinnamon/vanilla, add broth + top with egg.





One-Pot White Chicken Chili

Creamy, dreamy, weeknight winner

ONE POT

SERVES

6

HANDS-ON

10 MIN

TOTAL

35 MIN

PROTEIN

34g

INGREDIENTS

- ☐ 1 tbsp olive oil
- ☐ 1.5 lbs chicken breast, cubed
- ☐ 1 large onion, diced
- ☐ 4 cloves garlic, minced
- ☐ 2 cans (15 oz) white beans, drained
- ☐ 1 can (4 oz) diced green chiles
- ☐ 4 cups low-sodium chicken broth
- ☐ 1 tsp cumin, 1 tsp oregano
- ☐ ½ tsp chili powder
- ☐ ½ cup non-fat Greek yogurt
- ☐ 1 cup frozen corn
- ☐ Lime, cilantro, jalapeño for serving

INSTRUCTIONS

- 1 Heat oil in a large pot. Sear chicken 5 min until golden.
- 2 Add onion, sauté 3 min. Add garlic and spices, 30 sec.
- 3 Pour in broth, beans, green chiles, corn. Bring to a boil.
- 4 Reduce heat, simmer uncovered 20 min.
- 5 Remove pot from heat. Stir in Greek yogurt slowly (won't curdle!).
- 6 Serve with lime, cilantro, and jalapeño on top.

COACH'S TIP

Greek yogurt instead of cream saves 200 calories AND adds 10g of protein per serving.

MAKE IT YOUR WAY

Extra creamy? Blend 1 cup of the chili before adding yogurt.

Higher protein? Add 1 extra chicken breast or scoop of unflavored protein.

Spice level? Add cayenne to taste or a dash of hot sauce.

