

THE FAB FOUR GUIDE SERIES · NO. 03

Slow Cooker *& Instant Pot*

Twelve set-it-and-forget-it dinners. A few minutes of prep, the slow cooker or Instant Pot does the rest, and a Fab Four dinner is waiting when everyone walks in the door.

PROTEIN FAT FIBER GREENS

Kelly LeVeque, CCN
Certified Clinical Nutritionist · Author of Body Love

BE WELL

Ten minutes now, dinner later

The Fab Four is protein, fat, fiber, and greens. Put all four on your plate (or in your blender) and you elongate your blood sugar curve, turn off hunger hormones, and stay full for four to six hours. It's not a diet. It's light structure you can use at every meal, for every person at your table.

> *I want you to learn to trust yourself, feel confident in your decisions, and build the lifestyle you want around the foods you love.*
>
> KELLY LEVEQUE, BODY LOVE

Protein

GOAL · 20 to 40g per meal

Protein breaks down into amino acids, which help muscles and other tissues build and stay strong. It's also the biggest signal to your brain that you're full.

Eggs, chicken, grass-fed beef, wild salmon, turkey, Greek yogurt, protein powder

Fat

GOAL · 1 to 2 tbsp per meal

Fat fuels hormone production, cell growth, and brain function. It slows digestion and curbs cravings. One tablespoon of oil is about 14g of fat.

Avocado, olive oil, avocado oil, nut butter, coconut, egg yolks

Fiber

GOAL · 10g+ per meal

Fiber feeds the good bacteria in your gut, keeps you regular, and slows the absorption of glucose so your blood sugar rises and falls gently.

Chia, flax, acacia, avocado, berries, broccoli, cauliflower, beans

Greens + Color

GOAL · Half your plate, deep in color

Leafy greens and vegetables deep in color bring vitamins, minerals, phytochemicals, and water. Think the whole rainbow, not just green.

Spinach, kale, romaine, fresh herbs, peppers, tomatoes, carrots, red cabbage, beets, blueberries

The slow cooker and the Instant Pot are protein machines. Chicken or a roast goes in with a sauce, and it comes out tender enough to shred right in the pot with the Masher. Your job at dinner is the fat, the fiber, and the color.

Most of these recipes are built around the protein, so each one shows exactly what to put next to it to land at 10 grams of fiber, and the two that need it have an optional boost at the bottom.

How to read each recipe. Every recipe has a Fab Four bar up top showing roughly how many grams of protein, fat, and fiber you get in one serving, and which ingredient is doing the work. The fourth box calls out the colors on your plate. Dots next to each ingredient tell you which pillar it covers. Gram counts are estimates from USDA FoodData Central and brand labels, so treat them as a guide, not a scorecard.

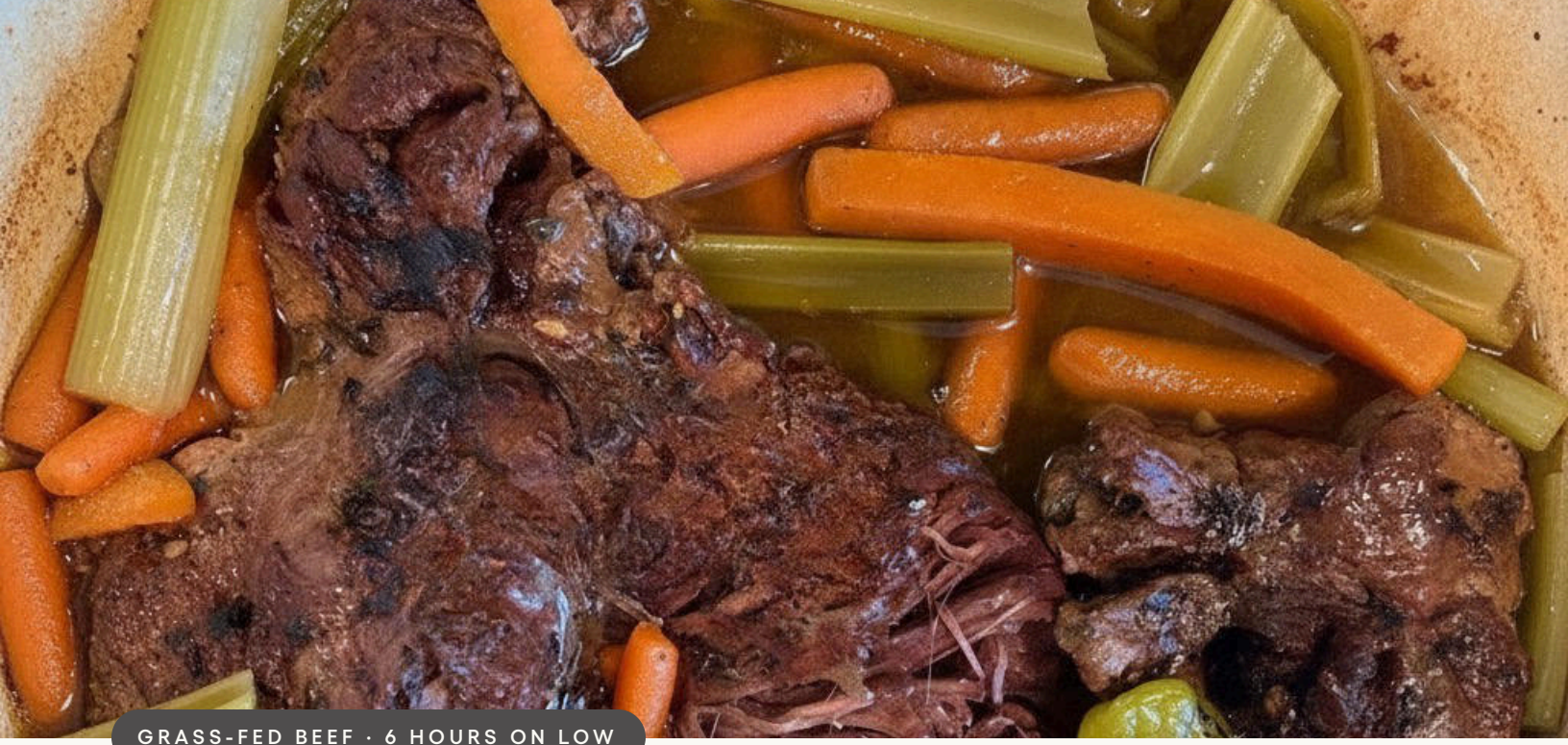
THE FORMULA

Build any slow cooker or Instant Pot dinner

Every recipe in this guide follows the same build. Once you know it, two ingredients and a bottle of clean sauce becomes dinner.

Protein	**2 to 3 lbs for a family of 4 to 6**	Chicken breasts or thighs, pork loin or shoulder, chuck roast. Shred it and you have protein for two nights.
Sauce	**1/2 to 1 jar or bottle**	Enchilada sauce, salsa, clean BBQ or teriyaki, bone broth. Read the label for added sugar.
Fiber	**Aim for 10g per bowl**	Black beans, cauliflower rice, cabbage slaw, broccoli, avocado. Stir in or pile on top.
Greens + Color	**Half the bowl**	Lettuce cups, kale, spinach stirred in at the end, peppers, tomatoes, carrots, fresh herbs.
Fat	**1 to 2 tbsp per person**	Avocado, guacamole, a drizzle of clean ranch, olive oil, pepitas. Add it at the table.

Make a double batch of shredded chicken on Sunday. It becomes lettuce cups on Monday, a salad on Tuesday, and taquitos on Wednesday.



GRASS-FED BEEF · 6 HOURS ON LOW

Mississippi Pot Roast

PREP 10 MIN · TOTAL 6 HR · SERVES 6

Seared chuck roast, pepperoncinis, and ranch, slow cooked until it falls apart. Carrots and celery go in for the last two hours.

PROTEIN
~49g per serving
Chuck roast (1 lb serves about 2)

FAT
~55g per serving
Chuck roast, ranch, avocado, butter

FIBER
~10g per serving
Avocado, potatoes, carrots, celery, arugula

GREENS + COLOR
About 2 cups
Orange · Green
carrots, celery, pepperoncinis, arugula, avocado

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 3 lbs chuck roast (1 lb serves about 2 people)
- 4 to 6 pepperoncinis
- 1/2 cup Primal Kitchen Ranch Dressing
- 6 carrots, 4 celery stalks, and 1 onion, cut into big pieces
- 1 1/2 lbs baby potatoes
- Salt, pepper, and garlic powder
- 2 tbsp grass-fed butter or ghee
- Optional: cassava flour

TO SERVE

- A big handful of arugula per plate, olive oil and lemon
- 1/2 avocado per plate

METHOD

1. Bring the chuck roast to room temperature and season all sides with salt, pepper, and garlic powder.
2. Sear all sides in a Dutch oven in the butter or ghee. For a thicker gravy, coat the roast in cassava flour with the seasoning before you sear.
3. Add the pepperoncinis and ranch to the roast.
4. Cover and slow cook on low for 6 hours.
5. After 4 hours, add your veggies: carrot, celery, onion, potatoes.
6. At 6 hours, shred the roast, give it a good mix, and serve with an arugula salad and half an avocado on each plate.

THE SLOW COOKER WAY
No Dutch oven? Sear the roast in a skillet, move it to the slow cooker with the pepperoncinis and ranch, and cook on low 7 to 8 hours. Add the vegetables for the last 2 hours.

bewellbykelly.com/blogs/blog/mississipi-pot-roast · Grams per 1/6 of the roast with arugula and 1/2 avocado.



SLOW COOKER (OR STOVETOP) · GROUND BEEF

Double Protein Beef Chili

PREP 15 MIN · 4 HR HIGH OR 6 TO 8 HR LOW · SERVES 6 · FREEZER FRIENDLY

My go-to big pot of chili: two pounds of grass-fed beef, kidney beans, crushed tomatoes, and bone broth, finished with avocado and a dollop of Greek yogurt.

PROTEIN
~43g per serving
Ground beef, bone broth, kidney beans, yogurt

FAT
~35g per serving
Ground beef, avocado, olive oil

FIBER
~12g per serving
Kidney beans, avocado, crushed tomatoes, spices

GREENS + COLOR
About 1.5 cups
Red · Green
crushed tomatoes, chili spices, avocado, celery, green onion

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 2 lbs ground beef
- 1 1/2 tbsp olive oil
- 1/2 medium white onion, 2 celery stalks diced, 1 garlic clove minced
- 2 tbsp chili powder, 1 1/2 tsp smoked paprika, 1/2 tsp each oregano, cayenne, and cumin, 1 tsp pink Himalayan salt, 1/2 tsp pepper
- 1 (28-oz) can crushed tomatoes
- 1 can kidney beans, rinsed and drained
- 2 cups beef bone broth

TOPPINGS

- Avocado chunks (1/2 avocado per bowl)
- A dollop of Greek yogurt
- Chopped green onions; shredded cheese (optional)

METHOD

1. Heat the olive oil in a large skillet over medium-low. Sauté the onion, celery, and garlic 3 to 4 minutes, until soft.
2. Add the beef and break it up with the Masher as it browns, 5 to 6 minutes.
3. Stir in the spices and cook 1 to 2 minutes to toast them.
4. Scrape everything into the slow cooker and add the crushed tomatoes, kidney beans, and bone broth. Stir well.
5. Cook on high for 4 hours or low for 6 to 8.
6. Serve topped with avocado, Greek yogurt, and green onions.

STOVETOP OR SLOW COOKER

I normally make this on the stovetop, but you can make it this way if you're pressed for time. On the stove: after step 3, add the tomatoes, beans, and broth to the same pot, bring to a gentle boil, then cover and simmer on low 20 to 30 minutes.

bewellbykelly.com/blogs/blog/double-protein-beef-chilli · Grams per 1/6 of the pot with 1/2 avocado and 2 tbsp yogurt.



SLOW COOKER · CHUCK ROAST · 6 TO 8 HR

Beef Barbacoa Bowls

PREP 15 MIN · 6 TO 8 HR LOW OR 4 TO 5 HR HIGH · SERVES 6

My shredded beef taco filling, made for the slow cooker: chuck roast with chili spices, orange, and lime, shredded and piled over cauliflower rice with black beans, cabbage, and avocado.

PROTEIN

~49g per serving

Chuck roast + black beans

FAT

~42g per serving

Chuck roast, avocado, avocado oil

FIBER

~15g per serving

Black beans, avocado, cauliflower rice, cabbage

GREENS + COLOR

About 2.5 cups

Red · Purple · Green · White · Black

tomatoes, chili spices, red cabbage, pickled onion, avocado, cilantro, lime, cauliflower rice, black beans

TACO NIGHT INSTEAD

Skip the bowl and serve the beef in Siete almond flour tortillas with guacamole, diced onion, and cilantro. That's the original recipe.

Beef Barbacoa Bowls

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 2 1/2 lbs chuck roast
- 1 tsp salt; dry rub: 1 tsp each garlic powder, onion powder, chili powder, smoked paprika, and coriander
- Optional: 1 to 2 chipotles in adobo, chopped, for smoky heat
- 2 tbsp avocado oil
- 1 onion, chopped; 5 garlic cloves, chopped
- Juice of 1 mandarin orange and 1 lime
- 1 cup crushed tomatoes + 16 oz beef bone broth

FOR THE BOWLS

- 4 cups cauliflower rice, sautéed
- 2 (15-oz) cans black beans, rinsed and warmed
- 3 cups shredded green and red cabbage
- 3 avocados (half per bowl)
- Quick-pickled red onion, cilantro, and lime wedges

METHOD

1. Season the roast with salt and half the dry rub. Sear it in the avocado oil in a large skillet over high heat, 3 minutes per side, and move it to the slow cooker.
2. In the same pan, sauté the onion and garlic until soft. Add the orange and lime juice and scrape up the browned bits.
3. Stir in the crushed tomatoes, bone broth, the rest of the dry rub, and the chipotles if using, then pour it over the roast.
4. Cook on low 6 to 8 hours or high 4 to 5, until it shreds easily.
5. Shred the beef right in the slow cooker with the Masher and let it soak up the juices.
6. Build each bowl: cauliflower rice, black beans, cabbage, a big scoop of barbacoa, half an avocado, pickled onion, and cilantro, with a lime wedge.

Built on Kelly's Gluten-Free Shredded Beef Tacos (bewellbykelly.com/blogs/blog/shredded-beef-tacos), adapted for the slow cooker. Grams per 1/6 of the recipe.



DUTCH OVEN (HOME) OR INSTANT POT (AWAY) · CHUCK ROAST

Sticky Korean Shredded Beef with 50/50 Rice

PREP 10 MIN · 4 HR 30 MIN DUTCH OVEN OR ABOUT 1 HR 45 MIN INSTANT POT · SERVES 6

Everything I love about Korean short ribs, made with a chuck roast: garlic, ginger, coconut aminos, miso, and cutie juice, braised low and slow, shredded, then cooked down into a sticky glaze.

PROTEIN

~53g per serving

Chuck roast (about 5 to 6 oz cooked per plate)

FAT

~51g per serving

Chuck roast, avocado, sesame oil, tallow

FIBER

~8g per serving

Avocado, cauliflower rice, spinach, cucumbers, sesame

GREENS + COLOR

About 2.5 cups

Dark green · Green · White

sesame spinach, cucumber, butter lettuce, avocado, scallions, 50/50 rice

Sticky Korean Shredded Beef with 50/50 Rice

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

STICKY KOREAN SHREDDED BEEF

- 1 boneless beef chuck roast, about 3 lbs; 1 1/2 tsp sea salt; 1/2 tsp pepper
- 1 tbsp beef tallow (or avocado oil)
- 8 garlic cloves, a 2-inch piece of ginger, and 1/2 yellow onion, all grated
- 1 cup beef bone broth, 3/4 cup coconut aminos, juice of 2 cuties (about 1/3 cup)
- 2 tbsp rice vinegar, 1 tbsp toasted sesame oil (divided), 1 tsp fish sauce, 1 heaping tbsp white miso

50/50 STICKY RICE

- 1 cup short-grain rice + 3 cups cauliflower rice

SMASHED CUCUMBER SALAD

- 1 1/2 lbs Persian cucumbers, smashed; salt, rice vinegar, coconut aminos, sesame oil, garlic, sesame seeds, scallions

TO SERVE

- Butter lettuce leaves and quick sesame spinach (10 oz)
- 1/2 avocado per bowl; kimchi if you have it
- Scallion greens, sesame seeds, cutie zest, chili crunch for the adults

METHOD

1. Heat the oven to 325°F. Pat the roast dry, season it, and sear it hard on every side in the tallow in a Dutch oven, 12 to 15 minutes total. Set it aside.
2. Stir the garlic, ginger, onion, and scallion whites in the fat for 30 to 60 seconds. Deglaze with a splash of broth and scrape up every brown bit.
3. Add the rest of the broth, coconut aminos, cutie juice, rice vinegar, fish sauce, 2 tsp sesame oil, and the miso whisked smooth. Nestle the roast back in.
4. Cover and braise in the oven 3 1/2 to 4 hours, flipping once, until a fork twists easily. Rest 10 minutes, then shred, pulling out the fat and gristle.
5. Skim the liquid, then simmer it 10 to 15 minutes until it's reduced by half and coats a spoon. Stir in the last tsp of sesame oil and a splash of vinegar, and toss the beef in the glaze. (Optional: broil 3 to 4 minutes for crispy edges.)
6. Rice: cook the white rice, dry-sauté the cauliflower rice 3 to 4 minutes, and fold them together. Cucumbers: smash, salt, drain 10 to 15 minutes, then toss with the dressing.
7. Build: butter lettuce or sesame spinach, about 1 cup of 50/50 rice, the sticky beef, cucumbers, half an avocado, and scallions, sesame, and zest on top.

HOME OR NOT?

I like to make my sticky Korean shredded beef in a Dutch oven in my oven, but that only works if you're home. It still works great in an Instant Pot if you're not.

INSTANT POT VERSION

Cut the roast into 3 to 4 inch chunks and sear in batches on sauté. Build the sauce in the pot, scraping the bottom clean so you don't get the burn warning. High pressure 60 minutes, natural release 15, then shred and reduce the sauce on sauté.

BOOST THE FIBER (OPTIONAL)

Add 1/2 cup shelled edamame to each bowl to take it from about 8g to 12g of fiber, with a little extra protein too.

FOR THE KIDS

Beef over white rice with cucumbers on the side. Skip the chili crunch and kimchi.

bewellbykelly.com/blogs/blog/sticky-korean-shredded-beef-with-50-50-rice-dutch-oven-or-instant-pot · Grams per 1/6 of the recipe.



SLOW COOKER · PORK · 6 TO 8 HR

Al Pastor Bowl

PREP 10 MIN · 6 TO 8 HR LOW · SERVES 4

Pork loin braised low and slow with tomato, chiles, and warm spices, then shredded over sautéed kale with grilled pineapple, avocado, and cilantro.

PROTEIN
~56g per serving
Pork loin + goat cheese

FAT
~39g per serving
Coconut oil, avocado, ghee, goat cheese

FIBER
~11g per serving
Avocado, kale, tomato paste, pineapple, onion

GREENS + COLOR
About 2 cups
Dark green · Green · Yellow · Red
kale, cilantro, avocado, jalapeño, grilled pineapple, tomato

GO EASY ON THE PINEAPPLE
Pineapple is a high-sugar tropical fruit, so a couple of rings per bowl is plenty. That's why this recipe uses half the pineapple, not the whole thing.

Al Pastor Bowl

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

BRAISED PORK

- 2 lbs pork loin
- 2 tbsp lemon juice
- 3 tbsp coconut oil
- 1 (6 to 8 oz) can organic tomato paste
- 1 onion, chopped; 1 jalapeño, seeded; 4 garlic cloves, minced
- 2 tsp chili powder, 1 tsp cumin, 1 tsp thyme, 1/2 tsp cayenne, 1/2 tsp paprika

BOWL

- 8 cups chopped, de-stemmed kale (2 cups per bowl), sautéed in 1 tbsp ghee or olive oil
- 1/2 pineapple, cut into rings and grilled
- 2 avocados (half per bowl)
- 2 tbsp goat cheese (optional); cilantro

METHOD

1. Place all the braised pork ingredients in the slow cooker and cook on low 6 to 8 hours. Pork tastes best slow and low.
2. Sauté the kale in ghee or olive oil over medium heat for 3 to 5 minutes.
3. Slice the pineapple into rings and grill them in a hot grill pan, about 2 minutes per side, until you get grill marks.
4. When the pork is ready, shred it with the Masher and stir it into everything in the slow cooker.
5. Kale in the bowl, then the pork, a couple of pineapple rings, cilantro, goat cheese, and half an avocado.

bewellbykelly.com/blogs/blog/2016-5-20-al-pastor-bowl · Grams per 1/4 of the recipe with 1/2 avocado.



SLOW COOKER · PORK · 8 HR

Marisa's Carnitas and Kale Salad

PREP 10 MIN · TOTAL ABOUT 8 HR · SERVES 6

Spiced pork roast cooked low all day, then pan-fried crispy and piled on kale with avocado, pickled onions, and a cilantro-pepita dressing.

PROTEIN
~35g per serving
Pork roast, pepitas, kale

FAT
~58g per serving
Pork, avocado, avocado oil dressing, pepitas

FIBER
~9g per serving
Avocado, kale, pepitas, green chiles

GREENS + COLOR
About 1.5 cups kale
Dark green · Green · Red-purple
kale, cilantro, avocado, green chiles, pickled red onion

MAKE IT LIGHTER
Swap the pork roast for 2 lbs of chicken breast. You keep the protein and cut the fat per plate by roughly a third.

BOOST THE FIBER (OPTIONAL)
Toss a can of rinsed black beans into the salad to take each plate from about 9g to 12g of fiber.

Marisa's Carnitas and Kale Salad

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

CARNITAS

- 1 (2-lb) pork roast (or 2 lbs chicken breast)
- 1 tbsp pink Himalayan salt; 1 1/2 tsp each pepper, cumin, smoked paprika, chili powder, garlic powder, onion powder, oregano
- 1 cup chicken broth or water, 2 bay leaves, 1/2 onion sliced
- 2 tbsp avocado oil

CILANTRO-PEPITA DRESSING

- 1 (7-oz) can diced green chiles; 3 tbsp pepitas; 2 garlic cloves
- 2 tbsp lime juice, 1/3 cup avocado or olive oil, 1 tbsp red wine vinegar
- Leaves from 1/2 bunch cilantro; 1/4 cup cold water; salt and pepper

PICKLED ONIONS

- 1 cup water, 1/2 cup apple cider vinegar, 1 tbsp coconut sugar, 1 1/2 tsp salt, 1 red onion thinly sliced

SALAD

- 8 to 10 cups chopped, stemmed kale (or romaine)
- 3 avocados, diced (half per plate)
- 1/2 cup roasted pepitas
- 1/2 cup crumbled cotija (optional)

METHOD

1. Season the pork with the salt and spices, then sear in a large skillet over medium-high heat until brown on all sides.
2. Place in the slow cooker (fat side up) with the broth, bay leaves, and onion. Cook on low 8 hours, until it shreds easily. Shred and dress with drippings to taste.
3. Blend all the dressing ingredients in a high-speed blender until it looks like pesto.
4. Whisk the water, vinegar, sugar, and salt until dissolved. Pour over the onion in a jar and let rest 1 hour.
5. Heat the avocado oil in a large skillet on high and pan-fry the pork until crispy.
6. Toss the kale with the dressing, then top with carnitas, avocado, pickled onions, pepitas, and cotija if you like.

bewellbykelly.com/blogs/blog/marisas-carnitas-kale-salad · Grams per 1/6 of the recipe with pork shoulder, without cotija.



SLOW COOKER · CHICKEN · 4 HR + 15 MIN BAKE

Crispy Oven-Fried Chicken Taquitos

PREP 15 MIN · TOTAL 4 HR 25 MIN · MAKES 12 (SERVES 6) · FREEZER FRIENDLY

The easiest shredded chicken there is: chicken and enchilada sauce in the slow cooker, shredded with the Masher, rolled into grain-free tortillas, and baked until crispy.

PROTEIN
~44g per serving
Chicken breast + almond flour tortillas

FAT
~34g per serving
Avocado, almond flour tortillas, avocado oil

FIBER
~13g per serving
Black beans, avocado, tortillas, enchilada sauce

GREENS + COLOR
About 1 cup
Red · Green · Black
enchilada sauce, tomato, bell pepper, avocado, cilantro, black beans

MAKE IT A WEEK
Double the chicken. Half becomes taquitos tonight, half becomes lettuce cups, salads, or a salsa verde bowl later in the week.

Crispy Oven-Fried Chicken Taquitos

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 4 chicken breasts (about 1 3/4 lbs)
- 1 jar Siete Red Enchilada Sauce + 1 cup chicken bone broth
- 2 to 4 tbsp avocado oil
- 2 packs (12) Siete Almond Flour tortillas

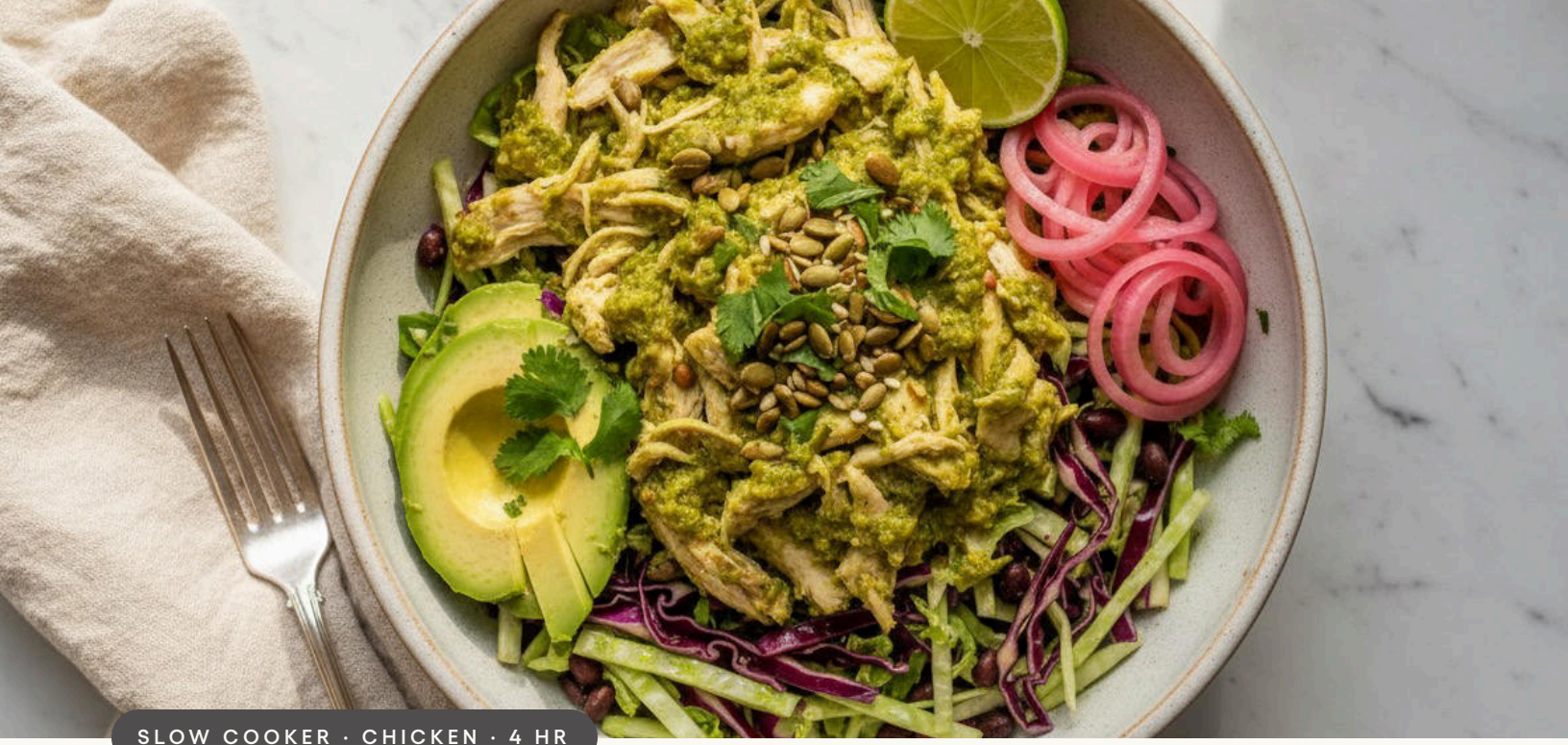
TO SERVE (PER PERSON)

- 1/2 cup Be Well Cowboy Caviar (black beans, tomato, pepper, onion, cilantro)
- 1/2 avocado or a scoop of guacamole
- Salsa

METHOD

1. Place the chicken in the slow cooker with the bone broth and enchilada sauce.
2. Cook on high for 4 hours or low for 6, until very tender.
3. Shred the chicken right in the slow cooker with the Masher (or two forks).
4. Heat the oven to 400°F and line a sheet pan with parchment. Drizzle 1 to 2 tbsp avocado oil on the parchment and coat both sides of each tortilla in it.
5. Spoon chicken onto each tortilla, roll tightly, and set seam-side down. Repeat until the chicken is used up.
6. Bake 15 minutes, until golden and crispy.
7. Serve two per person with cowboy caviar, guacamole, and salsa.

bewellbykelly.com/blogs/blog/grain-free-chicken-taquitos-1 · Grams per 2 taquitos with 1/2 cup cowboy caviar and 1/2 avocado.



SLOW COOKER · CHICKEN · 4 HR

Salsa Verde Chicken Bowl

PREP 10 MIN · TOTAL 4 HR · SERVES 6

Two ingredients in the slow cooker: chicken and a jar of salsa verde. Shred it, then pile it over crunchy cabbage with black beans, avocado, and pickled onions.

PROTEIN
~45g per serving
Chicken breast + black beans

FAT
~17g per serving
1/2 avocado, pepitas, chicken

FIBER
~14g per serving
Black beans, avocado, cabbage, salsa verde

GREENS + COLOR
About 2 cups
Green · Purple · Black
salsa verde, avocado, cilantro, red cabbage, pickled red onion, black beans

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 2 lbs chicken breasts (or thighs)
- 1 (16-oz) jar salsa verde (no added sugar)

FOR THE BOWLS

- 6 cups shredded green and red cabbage
- 2 (15-oz) cans black beans, rinsed and warmed
- 3 avocados (half per bowl)
- 1 red onion, sliced thin, soaked in lime juice and salt for 10 minutes
- Cilantro, lime wedges, and 1/4 cup toasted pepitas

METHOD

1. Put the chicken in the slow cooker and pour the salsa verde over it.
2. Cook on high for 4 hours or low for 6 to 8.
3. Shred the chicken right in the pot with the Masher and let it soak up the sauce for a few minutes.
4. While it cooks (or at the end), quick-pickle the onion in lime juice and salt.
5. Build each bowl: cabbage, black beans, a big scoop of salsa verde chicken, half an avocado, pickled onions, cilantro, and pepitas, with a lime wedge.

NO SLOW COOKER?
Pressure cook on high for 12 minutes with a natural release, or bake covered in a Dutch oven at 300°F for about 2 hours.

Built on the salsa verde chicken in Kelly's Quick and Easy Slow Cooker Meals. Grams per 1/6 of the recipe.



SLOW COOKER · CHICKEN · 4 HR

White Chicken Chili

PREP 10 MIN · 4 HR HIGH OR 7 HR LOW · SERVES 6 · FREEZER FRIENDLY

Chicken, white beans, and green chiles in a cumin-spiced bone broth, shredded with the Masher and thickened with a scoop of mashed beans. Cozy, kid-friendly, and high in fiber.

PROTEIN
~43g per serving
Chicken breast, white beans, bone broth, yogurt

FAT
~18g per serving
Avocado, olive oil, yogurt

FIBER
~12g per serving
White beans, avocado, green chiles, spinach

GREENS + COLOR
About 1.5 cups
Green · White
green chiles, spinach, avocado, cilantro, white beans, onion

MAKE IT CREAMIER
Stir 1/2 cup Greek yogurt into the pot right before serving, off the heat, for a richer white chili.

White Chicken Chili

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 1/2 lbs chicken breasts or thighs
- 2 (15-oz) cans white beans (cannellini or great northern), rinsed
- 2 (4-oz) cans diced green chiles
- 1 onion, diced; 3 garlic cloves, minced
- 2 tsp cumin, 1 tsp oregano, 1 tsp chili powder, 1 tsp salt, 1/2 tsp pepper
- 4 cups chicken bone broth
- 1 tbsp olive oil
- 4 cups baby spinach
- Juice of 1 lime

TOPPINGS

- 1/2 avocado per bowl, diced
- A dollop of Greek yogurt
- Cilantro, lime wedges

METHOD

1. Add the olive oil, onion, garlic, spices, green chiles, and 1 can of the beans to the slow cooker. Lay the chicken on top and pour in the broth.
2. Cook on high 4 hours or low 7.
3. Shred the chicken right in the pot with the Masher.
4. Mash the second can of beans in a bowl and stir them in. They thicken the chili without any cream or flour.
5. Stir in the spinach and lime juice and let the spinach wilt, 2 to 3 minutes.
6. Serve topped with avocado, Greek yogurt, and cilantro.

New recipe for this guide. Grams per 1/6 of the pot with 1/2 avocado and 2 tbsp yogurt.



CHICKEN · 4 HOURS ON HIGH

Shredded BBQ Chicken Ranch Lettuce Cups

PREP 10 MIN · TOTAL 4 HR · SERVES 2 TO 3

Shredded BBQ chicken, black beans, crunchy vegetables, and a drizzle of ranch in a lettuce cup. The method labels each Fab Four pillar as you build.

PROTEIN
~39g per serving
Chicken breast + black beans

FAT
~23g per serving
Avocado, ranch dressing, chicken

FIBER
~12g per serving
Black beans, avocado, vegetables

GREENS + COLOR
About 1.5 cups
Green · Red · Purple · Black
lettuce, cucumber, cilantro, avocado, cherry tomatoes, red onion, black beans

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- ○ 1 bottle Primal Kitchen Hawaiian BBQ sauce (1/2 bottle for every 2 chicken breasts)
- 2 chicken breasts
- Primal Kitchen Ranch, for serving
- Iceberg, butter, or romaine lettuce cups

TOPPINGS

- 1 1/2 avocados (half per person)
- 4 cherry tomatoes
- 1/4 cucumber
- Cilantro
- 1/4 red onion, diced
- 1 can unsalted black beans

METHOD

1. Place two chicken breasts in the slow cooker and coat with 1/2 bottle of Hawaiian BBQ sauce.
2. Slow cook on high for 4 hours (or low for 8). Shred the chicken in the slow cooker and let it soak up the caramelized sauce on the bottom.
3. Rinse and prep your veggies for topping.
4. Lettuce leaf as the base, then a scoop of shredded chicken (protein), black beans (fiber), veggies (greens), and a drizzle of ranch (fat).

FEEDING A CROWD
Double everything: 4 chicken breasts and a full bottle of sauce in the slow cooker feeds 5 to 6.

bewellbykelly.com/blogs/blog/keto-bbq-ranch-chicken-lettuce-cups · Grams per 1/3 of the recipe with 1/2 avocado.



INSTANT POT · CHICKEN THIGHS · 40 MIN

Brothy Lemon Dijon Chicken and Broccoli

PREP 10 MIN · TOTAL 40 MIN · SERVES 3 TO 4 · FREEZER FRIENDLY

A pound of chicken thighs, Dijon, lemon, and bone broth under pressure for 30 minutes. Shred it in the pot with the Masher, wilt in broccoli and spinach, and serve it as soup or over rice.

PROTEIN
~39g per serving
Chicken thighs, bone broth, Parmesan

FAT
~12g per serving
Chicken thighs, Parmesan

FIBER
~2g per serving
Broccoli, spinach. Boost it below.

GREENS + COLOR
About 2 cups
Dark green · Green · Yellow
broccoli, spinach, parsley or basil, lemon, Dijon

BOOST THE FIBER (OPTIONAL)
Stir in a can of rinsed white beans and 2 more cups of broccoli with the frozen broccoli, and serve over cauliflower rice instead of white rice. That takes each bowl from about 2g to 11g of fiber.

Brothy Lemon Dijon Chicken and Broccoli

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 1 lb boneless skinless chicken thighs; salt and pepper
- 2 tbsp Italian seasoning, 2 tbsp Dijon mustard, juice of 1 lemon
- 1 cup FOND bone broth
- 2 cups frozen broccoli
- A few big handfuls of fresh spinach
- Cooked rice, for serving (skip for soup)
- Parmesan, for the top
- Italian parsley or basil, torn

METHOD

1. Put the chicken in the pressure cooker and salt and pepper it well.
2. Rub the Italian seasoning and Dijon over every piece, squeeze the lemon over the top, and pour in the broth.
3. Lock the lid and pressure cook on high for 30 minutes. Quick release.
4. Shred the chicken lightly right in the pot with the Masher, pressing straight down a few times. Stop at big pieces, not pulled chicken.
5. Add the frozen broccoli, put the lid back on (no pressure, no heat), and let it sit 3 to 5 minutes until tender.
6. Stir in the spinach until it wilts, about a minute.
7. Serve brothy over rice or on its own as soup, topped with Parmesan and torn herbs.

bewellbykelly.com/blogs/blog/brothy-lemon-dijon-chicken-and-broccoli-pressure-cooker-one-pot · Grams per 1/3, as soup.



CHICKEN · 4 HOURS ON HIGH

Slow Cooker Chicken Enchilada Soup

PREP 10 MIN · TOTAL 4 HR 15 MIN · SERVES 4 TO 6

All the flavor of enchiladas in a bowl. Chicken, black beans, and tomatoes simmer in bone broth and red enchilada sauce, then everyone tops their own.

PROTEIN
~43g per serving
Chicken breast, bone broth, black beans

FAT
~21g per serving
1/2 avocado, avocado oil

FIBER
~11g per serving
Black beans, avocado, tomatoes, cauliflower, pepper

GREENS + COLOR
About 1.5 cups
Deep red · Black · Green
tomatoes, enchilada sauce, black beans, cilantro, avocado

MAKE IT IN THE INSTANT POT
Sauté the garlic and onion on the sauté setting, add everything else, and pressure cook on high for 15 minutes with a 10-minute natural release. Shred and stir in the cauliflower rice and pepper on sauté.

Slow Cooker Chicken Enchilada Soup

INGREDIENTS

Protein · Fat · Fiber · Greens + Color

- 2 tbsp avocado oil
- 2 garlic cloves, minced
- 1/2 yellow onion, diced
- 2 (16-oz) bags chicken bone broth
- 1/2 to 1 jar red enchilada sauce (we used Siete)
- 4 chicken breasts
- 16 oz black beans, rinsed
- 1 (16-oz) can diced tomatoes
- 2 cups cauliflower rice + 1 bell pepper, diced (added in the last hour)

TOPPINGS

- Cilantro
- 1/2 avocado per bowl, sliced or cubed
- Grain-free tortilla chips; shredded cheddar (optional)

METHOD

1. Place chicken breasts, tomatoes, bone broth, and black beans in the slow cooker.
2. In a small pan, sauté garlic and onion in avocado oil until translucent. Add the enchilada sauce and sauté 4 to 6 minutes until fragrant. Pour into the slow cooker and stir.
3. Slow cook on high for 4 hours.
4. With 1 hour remaining, add the cauliflower rice and bell pepper (or any leftover veggies in the fridge) and keep cooking.
5. After 4 hours, remove the chicken, shred it, and return it to the pot.
6. Stir well and serve hot with cilantro, avocado, and grain-free tortilla chips.

bewellbykelly.com/blogs/blog/slow-cooker-chicken-enchilada-soup · Grams per 1/6 of the pot with 1/2 avocado.

Let the slow cooker carry dinner

The hardest part of dinner is usually 5pm. Ten minutes in the morning takes it off your plate.

The goal was never perfection. It's one balanced dinner, then the next one.

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Nutrition values are per-serving estimates based on USDA FoodData Central and manufacturer labels, and will vary with brands and portions. This guide is for education and is not medical advice. Talk with your doctor about your individual needs. Recipes and photos © Be Well by Kelly.