

15 Ingredient Meal Program–Evidence Sheet

This program was created with the following key considerations:

High-Quality Protein

Getting enough daily protein will help [prevent muscle loss](#), [balance your blood sugar](#), and [maintain a healthy weight](#). This meal plan will help you reach your protein goals by providing over 20% of your calories from complete protein sources which are highly digestible and provide an adequate amount of amino acids.

Monounsaturated Fats

Good quality fats are associated with a lower risk of heart disease and diabetes. This plan is rich in monounsaturated fat from [olive oil](#) and [sunflower seed](#) butter, which are beneficial for the immune system and inflammatory responses.

Iron

Iron is an important mineral that helps produce red blood cells and transport oxygen throughout the body. [Nutritional iron deficiency](#) is common worldwide and can be prevented by including daily iron-rich foods. This meal plan provides iron sources like poultry, ground beef, and spinach.

Vitamin C

[Vitamin C](#) is an antioxidant that can help your body absorb more iron from iron-rich foods. This meal plan pairs iron-rich foods with foods that have vitamin C such as broccoli with beef and sweet potato with chicken.