LEALOU COOKS

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dinner	Grilled Brusch…	Creamy Cauliflo…	Thai Turkey Bu..	Spicy Curried …	Coconut Chick…	Spaghetti with…	One Pan Salm…

1 Week 30-Minute Dinners Meal Plan

Fruits

- [ ] **1** Lemon
- [ ] **2** Lime

Vegetables

- [ ] **2 cups** Baby Spinach
- [ ] **1 1/2 cups** Basil Leaves
- [ ] **1 head** Boston Lettuce
- [ ] **2 cups** Broccoli
- [ ] **7** Carrot
- [ ] **1 head** Cauliflower
- [ ] **3 cups** Cherry Tomatoes
- [ ] **1/4 cup** Cilantro
- [ ] **1 cup** Coleslaw Mix
- [ ] **9** Garlic
- [ ] **2 tbsps** Ginger
- [ ] **4 cups** Green Beans
- [ ] **12 stalks** Green Onion
- [ ] **8 cups** Kale Leaves
- [ ] **1/2 cup** Parsley
- [ ] **1** Red Bell Pepper
- [ ] **1 cup** Red Onion
- [ ] **3** Tomato
- [ ] **1** Yellow Bell Pepper

Bread, Fish, Meat & Cheese

- [ ] **16 ozs** Chicken Breast
- [ ] **1 lb** Extra Lean Ground Turkey
- [ ] **20 ozs** Salmon Fillet

Breakfast

- [ ] **2 tbsps** Almond Butter

Boxed & Canned

- [ ] **1 cup** Brown Rice Spaghetti
- [ ] **2 cups** Chickpeas
- [ ] **2 cups** Organic Coconut Milk
- [ ] **1 cup** Organic Vegetable Broth
- [ ] **1 1/2 cups** Quinoa

Condiments & Oils

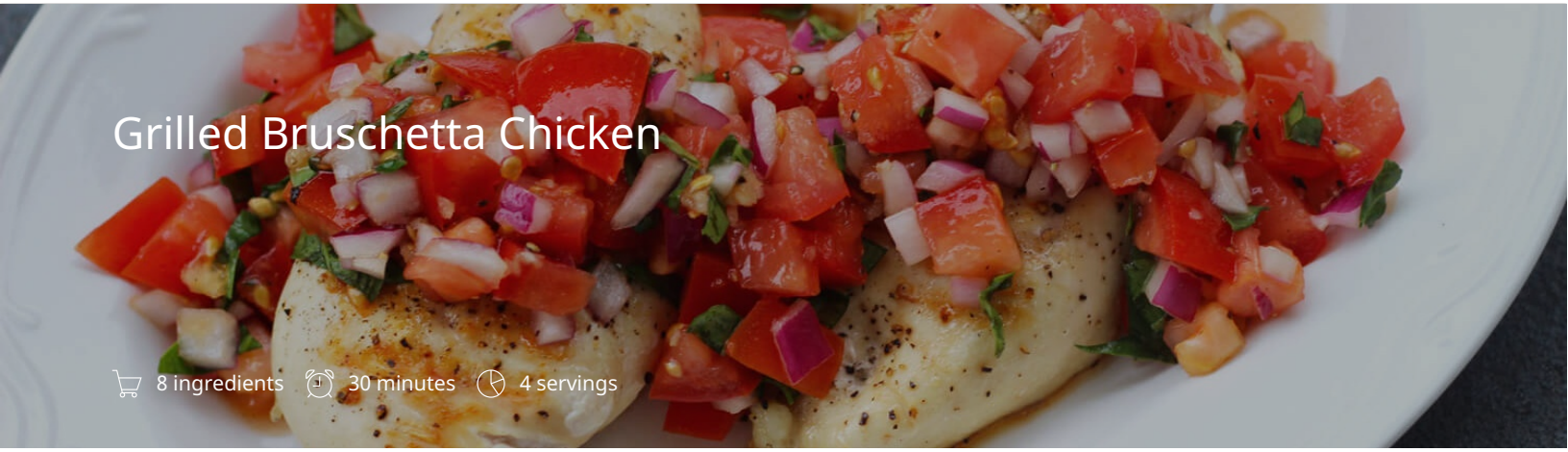
- [ ] **1 tbsp** Balsamic Vinegar
- [ ] **2 tbsps** Coconut Oil
- [ ] **1/2 cup** Extra Virgin Olive Oil
- [ ] **1/3 cup** Tamari

Seeds, Nuts & Spices

Cold

Other

- [ ] **1/4 tsp** Black Pepper
- [ ] **2 1/2 tbsps** Curry Powder
- [ ] **2 tsps** Dried Thyme
- [ ] **1/4 cup** Raw Peanuts
- [ ] **1 1/2 tsps** Red Pepper Flakes
- [ ] **3/4 tsp** Sea Salt
- [ ] Sea Salt & Black Pepper
- [ ] **1 cup** Sunflower Seeds
- [ ] **2** Egg
- [ ] **8 1/4 cups** Water



Grilled Bruschetta Chicken

8 ingredients 30 minutes 4 servings

Directions

1. Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
2. In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
3. To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With Our Grilled Asparagus or Pan Fried Zucchini Slices. Add rice, pasta, flatbread or quinoa for more carbs.

Cheese Lover Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill Bake the chicken breasts in the oven at 350 degrees F for 30 minutes.

Ingredients

- **16 ozs** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- **3** Tomato (medium, diced)
- **1/2 cup** Red Onion (finely diced)
- **2** Garlic (cloves, minced)
- **1/4 cup** Basil Leaves (chopped)
- **1 tbsp** Extra Virgin Olive Oil
- **1 tbsp** Balsamic Vinegar

Thai Turkey Burgers with Almond Carrot Slaw

12 ingredients 30 minutes 4 servings

Directions

1. In a large bowl, combine the turkey, green onion, cilantro, basil, garlic, and ginger. Season with salt and pepper, and mix until well combined. Form the meat mixture into equal-sized patties and set aside.
2. Heat a grill or pan to medium heat and cook the patties for 10-15 minutes per side, or until cooked through.
3. While the burgers are cooking, make the almond carrot slaw by combining the grated carrots, lime juice, almond butter, and tamari. Season with sea salt and black pepper to taste, and stir in some extra chopped cilantro (optional).
4. To serve, wrap patties in lettuce leaves and top with the almond carrot slaw. Enjoy!

Notes

More Carbs	Serve on burger buns or sweet potato toast.
Make Ahead	Prepare patties in advance and store in the fridge overnight, or freeze up to 3 months.
No Boston Lettuce	Use cabbages leaves instead.
Oven Version	Bake the patties in the oven at 350 degrees F for 30 minutes or until cooked through, flipping halfway.

Ingredients

- **1 lb** Extra Lean Ground Turkey
- **2 stalks** Green Onion (sliced)
- **1/4 cup** Cilantro (chopped)
- **1/4 cup** Basil Leaves (chopped)
- **1** Garlic (clove, minced)
- **1 tbsp** Ginger (peeled and grated)
- Sea Salt & Black Pepper (to taste)
- **2** Carrot (medium, grated)
- **1** Lime (juiced)
- **2 tbsps** Almond Butter
- **2 tbsps** Tamari (or Coconut Aminos)
- **1 head** Boston Lettuce (peeled apart into leaves)

Spicy Curried Kale & Quinoa Stir Fry

14 ingredients 15 minutes 3 servings

Directions

1. Combine quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
2. Heat a skillet over medium heat. Add a splash of oil to make it non-stick and scramble your eggs. Transfer to a bowl and set aside.
3. Place the skillet back over medium heat and add the coconut oil. Add the yellow pepper and green onion. Saute until vegetables are tender (about 4 - 5 minutes).
4. Add in the garlic. Saute for another minute then add the kale, sea salt, tamari, chili flakes and curry powder. Stir for about 2 minutes or just until the kale is wilted. Turn off the heat.
5. Add in the eggs and cooked quinoa. Stir well to combine. Divide the stir fry onto plates and top with chopped peanuts. Squeeze a lime wedge over top. Enjoy!

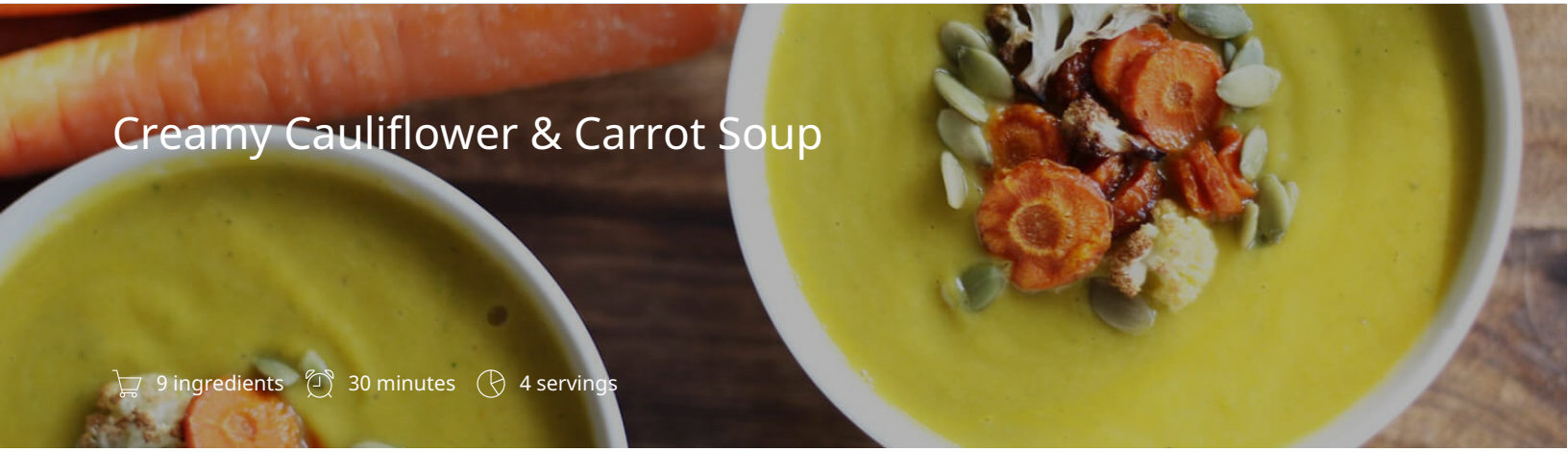
Notes

Extra Garnish Serve with hot sauce and chopped cilantro for an added touch.

Leftovers Store covered in the fridge up to 3 days.

Ingredients

- **1/2 cup** Quinoa (uncooked)
- **3/4 cup** Water
- **2** Egg (whisked)
- **2 tbsps** Coconut Oil
- **1** Yellow Bell Pepper (thinly sliced)
- **4 stalks** Green Onion (chopped)
- **2** Garlic (cloves, minced)
- **8 cups** Kale Leaves (chopped)
- **1/4 tsp** Sea Salt
- **2 tbsps** Tamari
- **1 tsp** Red Pepper Flakes
- **1 tbsp** Curry Powder
- **1** Lime (cut into wedges)
- **1/4 cup** Raw Peanuts (chopped)



Creamy Cauliflower & Carrot Soup

9 ingredients 30 minutes 4 servings

Directions

1. Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme, salt and black pepper. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
2. Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

Notes

Make it Fancy	Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.
Anti-Inflammatory	Add turmeric powder.
Make it a Meal	Stir in lentils, chickpeas or chicken.
Gut-Healing	Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.

Ingredients

- **2 tbsps** Extra Virgin Olive Oil
- **6 stalks** Green Onion (chopped)
- **5** Carrot (medium size, chopped)
- **1 head** Cauliflower (chopped into florets)
- **6 cups** Water
- **2 tsps** Dried Thyme
- **1/2 tsp** Sea Salt
- **1/4 tsp** Black Pepper
- **1/2 cup** Parsley

One Pan Salmon with Green Beans & Roasted Tomato

5 ingredients | 25 minutes | 4 servings

Directions

1. Preheat oven to 510. Line a baking sheet with parchment paper.
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

Ingredients

- **4 cups** Green Beans (washed and trimmed)
- **2 cups** Cherry Tomatoes
- **1 tbsp** Extra Virgin Olive Oil (or coconut oil)
- Sea Salt & Black Pepper (to taste)
- **20 ozs** Salmon Fillet

Notes

No Salmon	Use any type of fish fillet. Baking times will vary depending on thickness.
Vegan	Use roasted chickpeas instead of salmon.
More Carbs	Serve with quinoa or rice.
Added Touch	Toss the green beans in balsamic vinegar before serving.

Coconut Chickpea Curry

15 ingredients 30 minutes 4 servings

Directions

1. Cook your quinoa by combining quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until all the water is absorbed. Remove lid, fluff with a fork and set aside.
2. Heat a sauce pan over medium heat and add oil. Add the onion, garlic, ginger, broccoli, slaw mix and red pepper. Season with sea salt and black pepper to taste. Saute for 5 minutes or until veggies are slightly softened. Then stir in curry powder, red pepper flakes, coconut milk, vegetable broth and chickpeas. Bring to a boil then reduce to a simmer. Let simmer for 10 minutes. Taste and adjust seasoning as needed.
3. Serve over quinoa and garnish with cilantro and chopped peanuts if you wish. Enjoy!

Notes

Meat Lover Add in cooked diced chicken or beef.

Ingredients

- **1 cup** Quinoa (uncooked)
- **1 1/2 cups** Water
- **1 tbsp** Extra Virgin Olive Oil (or coconut oil)
- **1/2 cup** Red Onion (finely diced)
- **3** Garlic (cloves, minced)
- **1 tbsp** Ginger (peeled and grated)
- **2 cups** Broccoli (chopped into small florets)
- **1 cup** Coleslaw Mix
- **1** Red Bell Pepper (de-seeded and sliced)
- Sea Salt & Black Pepper (to taste)
- **1 1/2 tbsps** Curry Powder
- **1/2 tsp** Red Pepper Flakes (optional)
- **2 cups** Organic Coconut Milk (canned)
- **1 cup** Organic Vegetable Broth
- **2 cups** Chickpeas (cooked, drained and rinsed)

Spaghetti with Pesto & Roasted Tomatoes

10 ingredients 30 minutes 5 servings

Directions

1. Preheat oven to 420. Toss halved cherry tomatoes in a splash of extra virgin olive oil and season with sea salt and pepper. Line a baking sheet with parchment paper. Place tomatoes on baking sheet and roast in oven for 30 minutes.
2. Meanwhile, make pesto by combining spinach, basil, lemon juice, sunflower seeds, extra virgin olive oil, tamari and garlic in a food processor. Process until a smooth consistency is formed.
3. Cook brown rice spaghetti according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
4. Toss spaghetti in pesto. Plate and top with roasted tomatoes. Season with sea salt and pepper. Bon appetit!

Notes

More Protein Add diced chicken.

Make it Spicy Add red chilli flakes.

Ingredients

- **1 cup** Cherry Tomatoes
- Sea Salt & Black Pepper (to taste)
- **2 cups** Baby Spinach
- **1 cup** Basil Leaves
- **1** Lemon (juiced)
- **1 cup** Sunflower Seeds
- **1/4 cup** Extra Virgin Olive Oil
- **1 tbsp** Tamari
- **1** Garlic (clove, minced)
- **1 cup** Brown Rice Spaghetti