LEALOU COOKS

Lealou Cooks Meal Plan - September 25

Thank you so much for choosing this meal plan! You're going to rock the week of September 25. Just think of how organized you'll be!

This week we have some delicious options that will help you keep on track toward your best health.

Included here are meals for breakfast, lunch and dinner as well as two snacks for each day. Each grey area you see is considered a leftover which helps you stay on track at work too! Just pack up the extras and go.

I hope you enjoy everything!
Steph

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	Mon	Tue	Wed	Thu	Fri
Breakfast	Hummus Toas…	Hummus Toas…	Pumpkin Spice…	Pumpkin Spice…	Gut Healing G…
Snack 1	Cinnamon Toa…	Kiwi	Mango Oat Sm..	Mango Oat Sm..	Kiwi
Lunch	Mango & Chic…	Roasted Veggi…	One Pan Salm…	Slow Cooker C…	Corn & White …
Snack 2	Almonds & Da…	Apple Slices & …	Cinnamon Toa…	Apple Slices & …	Almonds & Da…
Dinner	Roasted Veggi…	One Pan Salm…	Slow Cooker C…	Breakfast Caul…	Mac n' 'Cheese'

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Fruits

- [ ] **4** Apple
- [ ] **1 1/2** Avocado
- [ ] **3** Banana
- [ ] **4** Kiwi
- [ ] **4 1/4** Lemon
- [ ] **1** Mango
- [ ] **1** Navel Orange
- [ ] **1/2 cup** Pomegranate Seeds

Vegetables

- [ ] **6 cups** Baby Spinach
- [ ] **1 1/4** Beet
- [ ] **4 cups** Broccoli
- [ ] **4 cups** Butternut Squash
- [ ] **1 1/4** Carrot
- [ ] **1 3/4 heads** Cauliflower
- [ ] **4 cups** Cherry Tomatoes
- [ ] **2/3** Cucumber
- [ ] **11 3/4** Garlic
- [ ] **9 cups** Kale Leaves
- [ ] **1/3 cup** Parsley
- [ ] **1 1/4** Parsnip
- [ ] **1 2/3 cups** Red Onion
- [ ] **1/2** Sweet Onion
- [ ] **5 1/4** Tomato
- [ ] **1 1/4** Turnip
- [ ] **2** Yellow Bell Pepper
- [ ] **1** Yellow Onion

Bread, Fish, Meat & Cheese

- [ ] **2 1/2 lbs** Chicken Thighs
- [ ] **1 2/3 cups** Hummus
- [ ] **4 slices** Rye Bread
- [ ] **20 ozs** Salmon Fillet

Breakfast

- [ ] **3/4 cup** Maple Syrup

Boxed & Canned

- [ ] **4 cups** Brown Rice Macaroni
- [ ] **4 1/2 cups** Chickpeas
- [ ] **3 cups** Corn
- [ ] **1 3/4 cups** Quinoa
- [ ] **2 cups** White Navy Beans

Condiments & Oils

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

Seeds, Nuts &

Baking

Cold

Spices

- [ ] **2 cups** Almonds
- [ ] **1 1/4 tsps** Black Pepper
- [ ] **1 cup** Cashews
- [ ] **1/3 tsp** Cayenne Pepper
- [ ] **1 tbsp** Chia Seeds
- [ ] **2 tsps** Cinnamon
- [ ] **1 1/4 tsps** Cumin
- [ ] **2 tsps** Garlic Powder
- [ ] **2/3 cup** Ground Flax Seed
- [ ] **1/2 cup** Hemp Seeds
- [ ] **1 tsp** Onion Powder
- [ ] **1 cup** Pecans
- [ ] **1 cup** Pumpkin Seeds
- [ ] **1 1/2 tbsps** Sea Salt
- [ ] Sea Salt & Black Pepper
- [ ] **1/4 cup** Sunflower Seeds
- [ ] **2 cups** Walnuts

Frozen

- [ ] **4 cups** Frozen Mango

- [ ] **200 grams** Dark Organic Chocolate
- [ ] **3 tbsps** Nutritional Yeast
- [ ] **6 1/2 cups** Oats
- [ ] **1 1/2 tsps** Pumpkin Pie Spice
- [ ] **2/3 cup** Pureed Pumpkin
- [ ] **2 tbsps** Raw Honey

- [ ] **7** Egg
- [ ] **4 1/2 cups** Unsweetened Almond Milk

Other

- [ ] **2 packages** Nori
- [ ] **7 1/3 cups** Water

Pumpkin Spice Granola

10 ingredients 40 minutes 12 servings

Directions

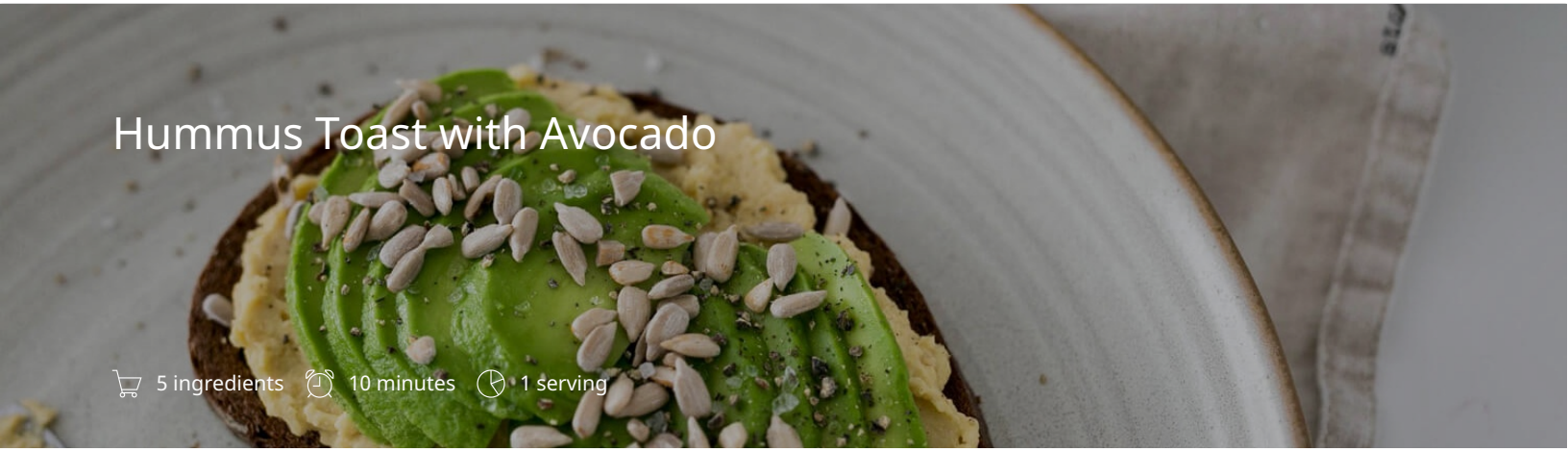
1. Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
2. Mix the oats, walnuts, pumpkin seeds, ground flax seed, sea salt, pumpkin pie spice and cinnamon together in a large bowl. Stir well to mix.
3. In a pot, combine the coconut oil, maple syrup and pureed pumpkin. Place over medium-low heat and whisk until all ingredients are well distributed and it is warmed through (about 2 to 5 minutes). Pour it over the dry ingredients and mix with a spatula. Spread across the baking sheet and bake for 25 to 30 minutes, or until golden brown. Rotate the pan at the halfway point. (Note: Don't stir as this will break up the clusters.)
4. Remove the granola from the oven and let cool completely. It may seem wet, but it will crisp up as it cools.
5. Divide into bowls or store sealed in a jar until ready to use. Enjoy!

Ingredients

- **3 cups** Oats (rolled)
- **1 cup** Walnuts (chopped)
- **1/2 cup** Pumpkin Seeds
- **1/4 cup** Ground Flax Seed
- **1/4 tsp** Sea Salt
- **3/4 tsp** Pumpkin Pie Spice
- **1/2 tsp** Cinnamon
- **1/4 cup** Coconut Oil
- **1/3 cup** Maple Syrup
- **1/3 cup** Pureed Pumpkin

Notes

Leftovers	Stores well in an airtight container up to a week. Freezes well for longer.
No Walnuts	Use pecans or slivered almonds instead.
Nut-Free	Skip the nuts and add extra pumpkin seeds.
Serve it With	Oatmeal, yogurt, almond milk and/or chopped apples with cinnamon.
Optional Add-Ins	Raisins, dried cranberries, berries or coconut flakes.



Hummus Toast with Avocado

5 ingredients 10 minutes 1 serving

Directions

1. Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Notes

No Sunflower Seeds Use hemp seeds, sesame seeds or pumpkin seeds instead.

Make Your Own Bread See our Grain-Free Flax Bread recipe.

Ingredients

- **2 slices** Rye Bread (toasted)
- **1/2 cup** Hummus
- **1/2** Avocado (sliced or mashed)
- **2 tbsps** Sunflower Seeds
- Sea Salt & Black Pepper (to taste)

Corn & White Bean Gazpacho

9 ingredients 10 minutes 4 servings

Directions

1. Set aside 1/3 of the corn for garnish if desired. Add all the remaining ingredients to a blender and blend until smooth.
2. Pour into mason jars and top with corn. Refrigerate before serving. Enjoy!

Notes

Grill Version Grill the tomatoes, onion and corn before adding to the blender. Each cob of corn yields approximately 1 cup of kernels.

No White Navy Beans Use white kidney beans, Cannellini beans or Great Northern beans instead.

Leftovers Refrigerate in mason jars up to 3-5 days. If freezing in mason jars, leave at least 1 inch of space at the top to allow the fluid to expand.

More Toppings Grilled shrimp, Greek yogurt, avocado slices and/or chopped basil.

Ingredients

- **4** Tomato (medium, roughly chopped)
- **1** Yellow Onion (small, roughly chopped)
- **3 cups** Corn (cooked)
- **2 cups** White Navy Beans (cooked)
- **1** Garlic (clove, minced)
- **3 tbsps** Apple Cider Vinegar
- **1/4 cup** Extra Virgin Olive Oil
- **1 cup** Water
- Sea Salt & Black Pepper (to taste)

Kiwi

1 ingredients 5 minutes 1 serving

Directions

1. Peel and slice. Enjoy!

Ingredients

- **2** Kiwi

One Pan Salmon with Rainbow Veggies

9 ingredients 40 minutes 4 servings

Directions

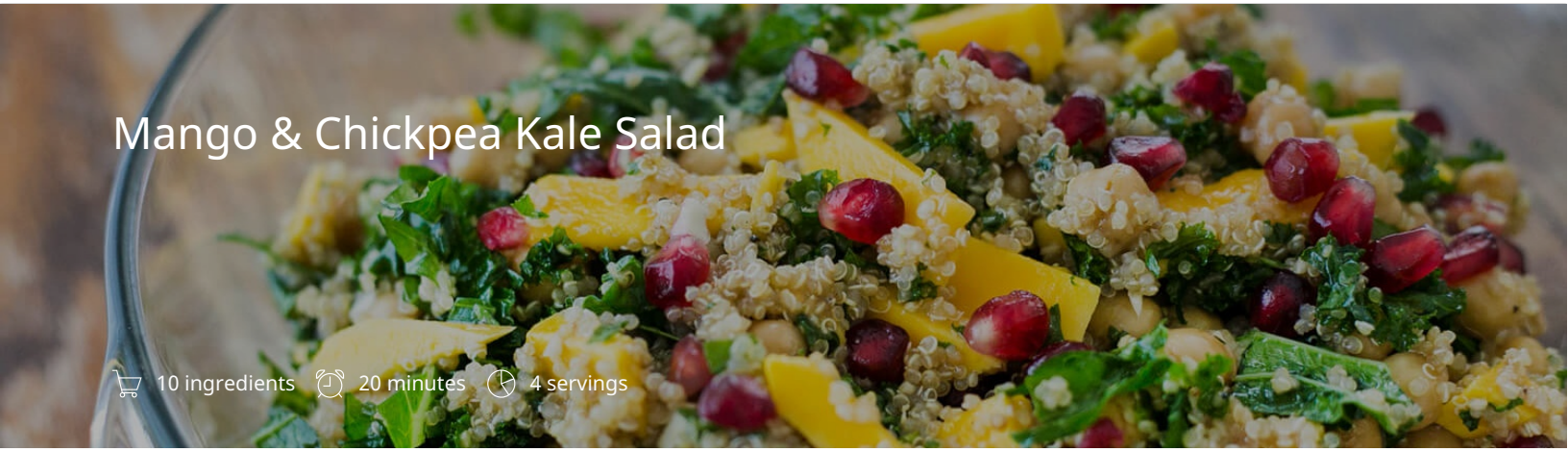
1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the tamari, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes

More Carbs	Serve with rice or quinoa.
Vegan	Use tofu steaks or roasted chickpeas instead of salmon.
Leftovers	Keeps well in the fridge for 2 to 3 days.

Ingredients

- **4 cups** Cherry Tomatoes
- **20 ozs** Salmon Fillet
- **2** Yellow Bell Pepper (sliced)
- **4 cups** Broccoli (chopped into small florets)
- **1 cup** Red Onion (sliced into chunks)
- **1/4 cup** Extra Virgin Olive Oil
- **1 tbsp** Tamari
- **1** Navel Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)



Mango & Chickpea Kale Salad

10 ingredients 20 minutes 4 servings

Directions

1. Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
2. Meanwhile, prepare dressing by combining olive oil, balsamic vinegar, maple syrup, sea salt and pepper.
3. Combine chickpeas, kale, pomegranate seeds, mango and balsamic vinaigrette in a large bowl. Add quinoa once cooled.
4. Drizzle salad with desired amount of dressing and serve. Enjoy!

Notes

No Mango Use peach, nectarine, orange or clementine slices instead.

Leftovers Store in an airtight container in the fridge up to 3 to 4 days.

Ingredients

- **1/2 cup** Quinoa (uncooked)
- **1 cup** Water
- **2 tbsps** Extra Virgin Olive Oil
- **2 tbsps** Balsamic Vinegar
- **1 tbsp** Maple Syrup
- Sea Salt & Black Pepper (to taste)
- **2 cups** Chickpeas (cooked, drained and rinsed)
- **2 cups** Kale Leaves (finely chopped)
- **1/2 cup** Pomegranate Seeds
- **1** Mango (peeled and thinly sliced)

Almonds & Dark Chocolate

2 ingredients 3 minutes 4 servings

Directions

1. Divide between bowls. Enjoy!

Ingredients

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

Mango Oat Smoothie

6 ingredients 5 minutes 2 servings

Directions

1. Throw all ingredients into a blender. Blend well until smooth.
2. Divide into glasses and enjoy!

Notes

No Banana Sweeten with raw honey, maple syrup or soaked dates instead.

Storage Refrigerate in a mason jar or other air-tight container up to 48 hours.

More Protein Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fibre Add ground flax seed.

More Like Mango Lassi Reduce almond milk and add greek yogurt.

Ingredients

- **2 cups** Frozen Mango
- **1** Banana
- **1/4 cup** Oats
- **2 cups** Unsweetened Almond Milk
- **2 tbsps** Hemp Seeds
- **1/4** Lemon (juiced)

Gut Healing Green Smoothie

8 ingredients 5 minutes 2 servings

Directions

1. Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

Notes

No Kale	Use spinach instead.
No Honey	Use maple syrup, dates or extra banana to sweeten instead.
Likes it Creamy	Use almond milk instead of water for extra creaminess.
Storage	Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients

- **2 1/2 cups** Water (cold)
- **2 cups** Kale Leaves
- **1/2** Avocado (peeled and pit removed)
- **1** Banana (frozen)
- **1 tbsp** Chia Seeds
- **2 tbsps** Ground Flax Seed
- **1/4 cup** Hemp Seeds
- **2 tbsps** Raw Honey

Breakfast Cauliflower Casserole

7 ingredients 1 hour 3 servings

Directions

1. Preheat oven to 375.
2. On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). Roughly chop the cooked cauliflower and set aside.
3. In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
4. Pour mixture into a baking dish and bake for 45 minutes.
5. Remove from oven and let cool slightly before serving. Enjoy!

Ingredients

- **1/2 head** Cauliflower (chopped into florets)
- **7** Egg
- **1/2 cup** Unsweetened Almond Milk
- **1 tsp** Garlic Powder
- **1 tbsp** Nutritional Yeast
- **1 tsp** Sea Salt
- **1 cup** Baby Spinach

Notes

More Greens Add an extra cup of chopped spinach, or serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

Don't Like Cauliflower Use steamed broccoli instead.

Storage Store in an airtight container up to three days. Reheat before serving.

Slow Cooker Chicken Shawarma

14 ingredients 4 hours 5 servings

Directions

1. In the slow cooker combine the lemon juice, olive oil, garlic, salt, pepper, cumin and cayenne pepper. Mix well. Add the chicken thighs and toss well to coat. Add the red onion and mix again. Put on the lid and cook on low for 6 to 8 hours or on high for 3 to 4 hours.
2. Once it is cooked through, use a fork to transfer the chicken thighs from the slow cooker to a plate. Chop into pieces with a knife.
3. Optional: For crispier chicken, heat a frying pan over medium heat. Add a few spoonfuls of the leftover liquid from the slow cooker and then and add the chicken. Saute until the pieces are browned and crisp on the ends.
4. Serve chicken on a plate with spinach, tomato and cucumber. Garnish with parsley and hummus. Drizzle with a lemon wedge or the leftover liquid from your slow cooker. Enjoy!

Notes

No Chicken Thighs	Use chicken breast.
On-the-Go	Layer all ingredients into a mason jar.
No Slow Cooker	Cook chicken and marinade together in the oven at 350 for 30 minutes or until cooked through.
Next Level Shawarma	Serve over rice or quinoa. Add extra toppings like eggplant, hot sauce, olives or feta cheese.

Ingredients

- **2 1/2** Lemon (juiced)
- **1/3 cup** Extra Virgin Olive Oil
- **7 1/2** Garlic (cloves, minced)
- **2/3 tsp** Sea Salt
- **1 1/4 tsps** Black Pepper
- **1 1/4 tsps** Cumin
- **1/3 tsp** Cayenne Pepper (more if you like it spicy)
- **2 1/2 lbs** Chicken Thighs (skinless, boneless)
- **2/3 cup** Red Onion (diced)
- **5 cups** Baby Spinach (chopped)
- **1 1/4** Tomato (diced)
- **2/3** Cucumber (diced)
- **1/3 cup** Parsley (chopped)
- **2/3 cup** Hummus

Mac n' 'Cheese'

12 ingredients 1 hour 8 servings

Directions

1. Preheat oven to 420.
2. Place butternut squash, sweet onion and garlic cloves in a large mixing bowl. Add olive oil, season with a bit of sea salt and pepper and mix well. Transfer onto a large foil-lined baking sheet. Roast in the oven for 30 minutes.
3. Now let's make the "breadcrumbs". In a food processor, combine the almonds, garlic powder and onion powder. Pulse until almonds are coarsely chopped. Set aside.
4. In a blender, add cashews, nutritional yeast, sea salt and water. Blend until a creamy consistency forms. Now add in the roasted butternut squash and onion mix and blend until smooth.
5. Reduce oven to 350.
6. Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
7. In a large bowl, mix together cooked macaroni and "cheese" sauce. Toss until well coated then transfer into a casserole dish. Top with almond bread crumbs and bake in the oven at 350 for 20 minutes.
8. Remove from oven. Let cool for 10 minutes. Spoon into bowls. Devour.

Ingredients

- **4 cups** Butternut Squash (peeled, seeded and sliced into 1 inch cubes)
- **1/2** Sweet Onion (diced)
- **2** Garlic (cloves, whole)
- **2 tbsps** Extra Virgin Olive Oil
- **1 cup** Almonds
- **1 tsp** Garlic Powder
- **1 tsp** Onion Powder
- **1 cup** Cashews
- **2 tbsps** Nutritional Yeast
- **2 tsps** Sea Salt
- **1 cup** Water
- **4 cups** Brown Rice Macaroni

Notes

More Protein Add diced chicken.

Make it Spicy Add some clean hot sauce, chili flakes or cayenne pepper.

Extra Vegetables Add sautéed spinach and mushrooms.

Appetizer Size Line a muffin tray with liners and fill each with a few spoonfuls of Mac n' 'Cheese' for a bite-sized snack.

Cinnamon Toasted Pecans

3 ingredients 15 minutes 4 servings

Directions

1. Place nuts in a frying pan over medium heat stirring occasionally for 5 minutes or until pecans are toasted.
2. Drizzle maple syrup over pecans and add in cinnamon. Stir well with a wooden spoon until pecans are evenly coated. Continue stirring until pecans become sticky.
3. Remove from heat and spread pecans over a piece of wax paper. Let dry for 10 minutes and break apart into individual pieces. Store in a mason jar. Enjoy!

Ingredients

- **1 cup** Pecans
- **1 tbsp** Maple Syrup
- **1 tsp** Cinnamon

Roasted Veggie Buddha Bowl

14 ingredients 40 minutes 5 servings

Directions

1. Preheat oven to 420.
2. Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
3. Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
4. Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
5. Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
6. Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
7. Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

Notes

Make it 'Cheesy'	Use the 'cheese sauce' from our Mac n' 'Cheese' recipe.

Ingredients

- **1 1/4 heads** Cauliflower (cut into florets)
- **1 1/4** Carrot (chopped into 1 inch rounds)
- **1 1/4** Beet (chopped into 1 inch pieces)
- **1 1/4** Turnip (chopped into 1 inch pieces)
- **1 1/4** Parsnip (chopped into 1 inch pieces)
- **2 1/2 cups** Chickpeas (cooked, drained and rinsed)
- **1 1/4 cups** Quinoa (uncooked)
- **2 cups** Water
- **1/3 cup** Tahini
- **3 3/4 tbsps** Extra Virgin Olive Oil
- **1 1/4** Lemon (juiced)
- **1 1/4** Garlic (clove, minced)
- **1/3 tsp** Sea Salt
- **5 cups** Kale Leaves

Apple Slices & Nori Crisps - LMs

2 ingredients 5 minutes 2 servings

Directions

1. Slice apples and divide onto plates with nori snack. Enjoy!

Ingredients

- **1 package** Nori (I buy packages of GimMe Organic from Loblaws)
- **2** Apple (medium)