LEALOU COOKS

Weekly Meal Plan - January 8

Created by Lealou Cooks

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Thank you so much for choosing this meal plan! You're going to rock the week of January 8. Just think of how organized you'll be!

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 and Happy Holidays!

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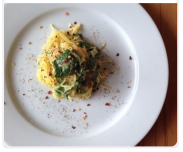
	Mon	Tue	Wed	Thu	Fri
Breakfast	Cardamom Pe...	Cardamom Pe...	Cardamom Pe...	Chocolate Caul...	Chocolate Caul...
Snack 1	Raspberries	Raspberries	Raspberries	Cranberry Prot...	Cranberry Prot...
Lunch	Cozy Slow Coo...	Honey Sesame...	Cozy Slow Coo...	Creamy Spagh...	Cheesy Edama...
Snack 2	Hummus Dipp...	Hummus Dipp...	Hummus Dipp...	-Kiwi-	-Kiwi-
Dinner	Honey Sesame...	Cozy Slow Coo...	Creamy Spagh... 	Cheesy Edama...	Sweet Potato C...

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64 items

Fruits

- [ ] **1** Avocado
- [ ] **5** Banana
- [ ] **4** Kiwi
- [ ] **1** Pear
- [ ] **3 cups** Raspberries

Breakfast

- [ ] **1 1/4 cups** Almond Butter
- [ ] **2 tbsps** Maple Syrup

Seeds, Nuts & Spices

- [ ] **1 tsp** Cardamom
- [ ] **1 cup** Cashews
- [ ] **1/3 cup** Chili Powder
- [ ] **1/2 tsp** Cinnamon
- [ ] **2 tsps** Cumin
- [ ] **1 1/3 tbsps** Dried Thyme
- [ ] **1 tsp** Garlic Powder
- [ ] **2 tbsps** Ground Flax Seed
- [ ] **1 1/16 tbsps** Red Pepper Flakes
- [ ] **1 tsp** Sea Salt
- [ ] Sea Salt & Black Pepper
- [ ] **1 1/4 tbsps** Sesame Seeds

Frozen

- [ ] **4 cups** Frozen Cauliflower
- [ ] **3 cups** Frozen Edamame
- [ ] **2 1/2 cups** Frozen Peas

Vegetables

- [ ] **4 cups** Baby Spinach
- [ ] **4 1/8** Carrot
- [ ] **11 2/3 stalks** Celery
- [ ] **16 2/3** Garlic
- [ ] **1** Green Bell Pepper
- [ ] **3** Jalapeno Pepper
- [ ] **5 1/3 cups** Kale Leaves
- [ ] **4 1/4 cups** Parsley
- [ ] **2** Spaghetti Squash
- [ ] **1** Sweet Onion
- [ ] **4** Sweet Potato
- [ ] **1** White Onion
- [ ] **1 1/2** Yellow Bell Pepper
- [ ] **1 1/3** Yellow Onion

Boxed & Canned

- [ ] **4 cups** Brown Rice Spaghetti
- [ ] **3 cups** Diced Tomatoes
- [ ] **2 cups** Green Lentils
- [ ] **2 1/2 tbsps** Organic Chicken Broth
- [ ] **1 cup** Organic Coconut Milk
- [ ] **1/2 cup** Organic Salsa
- [ ] **14 2/3 cups** Organic Vegetable Broth
- [ ] **1 cup** Quinoa
- [ ] **2 cups** Red Kidney Beans
- [ ] **2 2/3 cups** Yellow Split Peas

Baking

- [ ] **1/2 cup** Cacao Powder
- [ ] **1/4 cup** Dried Unsweetened Cranberries
- [ ] **1/4 cup** Nutritional Yeast
- [ ] **3 cups** Oats
- [ ] **1/2 cup** Pureed Pumpkin

Bread, Fish, Meat & Cheese

- [ ] **41 ozs** Chicken Breast
- [ ] **1 lb** Extra Lean Ground Turkey
- [ ] **1 1/2 cups** Hummus

Condiments & Oils

- [ ] **1 2/3 tbsps** Coconut Oil
- [ ] **1 1/4 tsps** Sesame Oil
- [ ] **1/4 cup** Tahini
- [ ] **3 3/4 tbsps** Tamari

Cold

- [ ] **4 cups** Unsweetened Almond Milk

Other

- [ ] **1 cup** Chocolate Protein Powder
- [ ] **2 tbsps** Maca Powder
- [ ] **1/4 cup** Vanilla Protein Powder
- [ ] **3 1/2 cups** Water

- [ ] **2 1/2 tbsps** Raw Honey

Cardamom Pear Baked Oatmeal

8 ingredients 45 minutes 6 servings

Directions

1. Preheat oven to 350 F. Grease a baking pan with coconut oil or line with parchment paper.
2. Add all ingredients except the pear slices in a mixing bowl and stir until thoroughly combined.
3. Transfer to baking pan and top with pear slices. Bake for about 45 minutes or until a toothpick comes out clean. Enjoy!

Notes

Storage Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

No Pumpkin Use unsweetened applesauce, pureed butternut squash or sweet potato instead.

Ingredients

2 cups	Oats (quick or traditional)
2 cups	Water
2 tbsps	Maple Syrup
1/2 cup	Pureed Pumpkin (canned)
1/4 cup	Tahini
1 tsp	Cardamom
2 tbsps	Ground Flax Seed
1	Pear (half sliced, half diced)

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Chocolate Cauliflower Shake

7 ingredients 5 minutes 2 servings

Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha	Replace half of the almond milk with chilled coffee.
Likes it Sweeter	Add pitted medjool dates.
No Maca Powder	Leave it out or use cinnamon instead.

Ingredients

2 cups	Frozen Cauliflower
2	Banana (frozen)
2 tbsps	Almond Butter
1/4 cup	Cacao Powder
1/2 cup	Chocolate Protein Powder
2 cups	Unsweetened Almond Milk
1 tbsp	Maca Powder

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Raspberries

1 ingredients 3 minutes 1 serving

Directions

1. Wash berries and enjoy!

Ingredients

1 cup Raspberries

Notes

Tip Do not wash until ready to eat, as washed berries spoil more quickly.

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Cranberry Protein Cookies

6 ingredients 20 minutes 8 servings

Directions

1. Preheat oven to 350. Mash bananas in a bowl with a fork. Add protein powder and mix well.
2. Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

Ingredients

1	Banana (mashed)
1/4 cup	Vanilla Protein Powder
1 cup	Oats
1 cup	Almond Butter
1/2 tsp	Cinnamon
1/4 cup	Dried Unsweetened Cranberries

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Cozy Slow Cooker Split Pea & Kale Stew

9 ingredients 8 hours 8 servings

Directions

1. In your slow cooker, add the onion, garlic, carrots, celery, thyme and dried split peas. Pour the broth over all ingredients and cook on low for 8 hours. Stir every few hours to prevent the split peas from sticking to the bottom.
2. In the last 30 minutes of cooking, add chopped kale. Once the kale is wilted, season to taste with salt and pepper. Enjoy!

Notes

Leftovers Store in the fridge up to 4 days or freeze.

Ingredients

1 1/3	Yellow Onion (medium, diced)
2 2/3	Garlic (cloves, minced)
2 2/3	Carrot (medium, diced)
2 2/3 stalks	Celery (diced)
1 1/3 tbsps	Dried Thyme
2 2/3 cups	Yellow Split Peas (dry/uncooked)
10 2/3 cups	Organic Vegetable Broth
5 1/3 cups	Kale Leaves (chopped)
	Sea Salt & Black Pepper (to taste)

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Hummus Dippers

4 ingredients 15 minutes 6 servings

Directions

1. Slice your pepper, carrot and celery into sticks.
2. Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with ¼ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Ingredients

1 1/2	Yellow Bell Pepper
1 1/2	Carrot
6 stalks	Celery
1 1/2 cups	Hummus

Notes

Homemade Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up Substitute in different veggies like cucumber or zucchini.

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-Kiwi-

1 ingredients 5 minutes 1 serving

Directions

1. Slice & Enjoy!

Ingredients

2	Kiwi

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Honey Sesame Chicken with Peas & Quinoa

11 ingredients 20 minutes 5 servings

Directions

1. In a small jar, combine the broth, tamari and sesame oil. Shake well to combine and set aside.
2. Heat the coconut oil in a skillet over medium heat. Add the diced chicken breasts and saute for about 5 minutes. Add the tamari-based sauce and the honey. Saute for another 5 minutes or until the chicken is cooked through.
3. While the chicken cooks, combine quinoa and water in a sauce pot. Place over high heat and bring to a boil. Reduce heat to a simmer and cover. Let simmer for 10 to 15 minutes, or until all water is absorbed. Fluff the quinoa with a fork and set aside.
4. Warm the green peas.
5. Divide the chicken, green peas and quinoa between plates. Drizzle the quinoa with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!

Ingredients

2 1/2 tbsps	Organic Chicken Broth
3 3/4 tbsps	Tamari
1 1/4 tsps	Sesame Oil
2 tsps	Coconut Oil
2 1/2 tbsps	Raw Honey
25 ozs	Chicken Breast (diced into cubes)
1 cup	Quinoa (uncooked)
1 1/2 cups	Water
2 1/2 cups	Frozen Peas (thawed)
1 1/4 tbsps	Sesame Seeds
1 1/4 tsps	Red Pepper Flakes

Notes

No Chicken Breast	Use turkey breast instead.
Vegan & Vegetarian	Use chickpeas, white beans or tofu instead of chicken and maple syrup instead of honey.

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Creamy Spaghetti Squash

9 ingredients 1 hour 8 servings

Directions

1. Preheat oven to 375. Carefully cut the spaghetti squash in half lengthwise and carve out the seeds. Place the halves on a parchment paper lined baking sheet flesh side up. Brush with olive oil and sprinkle with sea salt and pepper. Cook the squash in the oven for 45 to 50 minutes.
2. In the meantime, in a saucepan heat the coconut oil over medium-low heat. Sautee your finely diced onion until golden. Then add in minced garlic and stir until fragrant (about 2 minutes). Add coconut milk and continue to stir until slightly thickened (5 - 6 minutes).
3. Remove your spaghetti squash from oven and let cool for 5 minutes. Stand each half up vertically and scrape out the flesh using a fork. It should come out as string-like noodles.
4. In a mixing bowl, toss the spaghetti squash with the cream sauce. Add the shredded baby spinach and mix well. Plate and sprinkle with desired amount of red pepper flakes, sea salt and pepper. Top with your strips of sliced oven baked chicken breast and enjoy!

Ingredients

2	Spaghetti Squash
1 tbsp	Coconut Oil
1	Sweet Onion (finely diced)
6	Garlic (cloves, minced)
1 cup	Organic Coconut Milk
4 cups	Baby Spinach
2 tsps	Red Pepper Flakes
	Sea Salt & Black Pepper (to taste)
16 ozs	Chicken Breast (baked or grilled)

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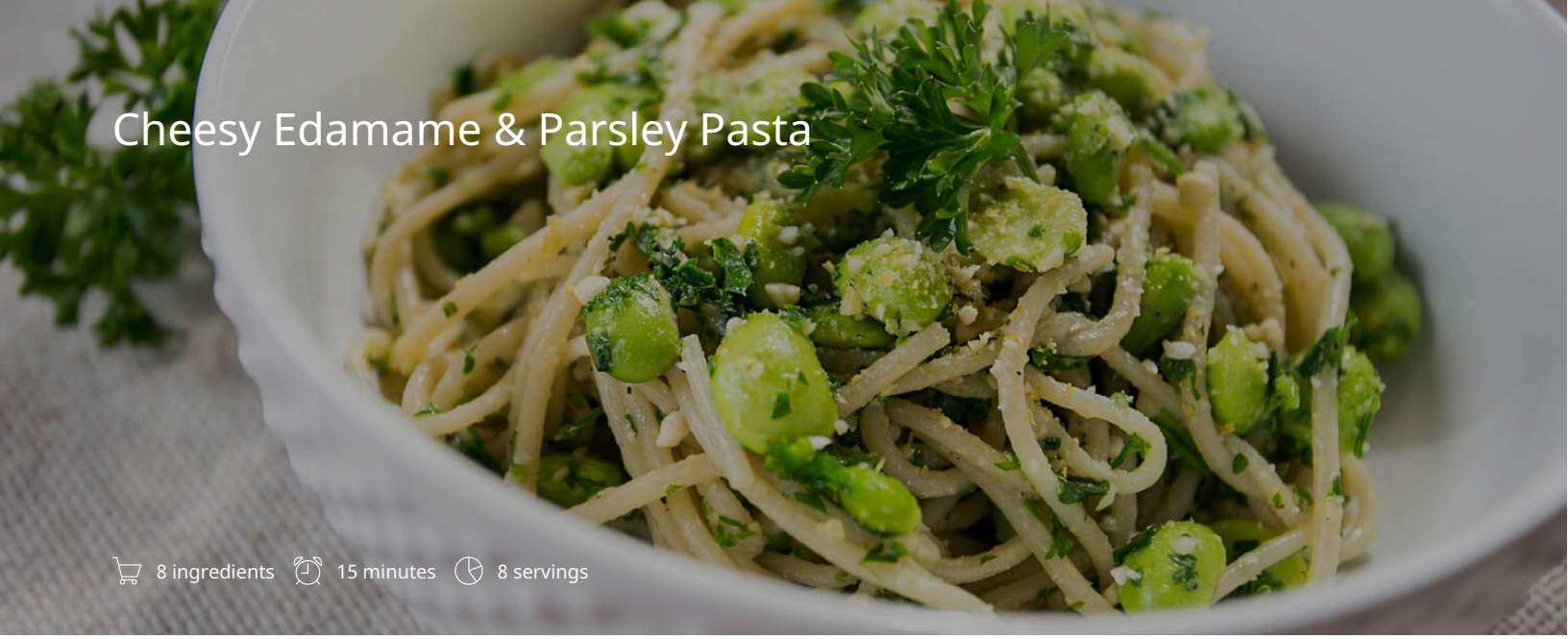

Cheesy Edamame & Parsley Pasta

8 ingredients 15 minutes 8 servings

Directions

1. Bring a large pot of water to a boil and add brown rice spaghetti. Cook according to the directions on the package. Remove from heat, strain and run cold water over pasta to prevent from over-cooking.
2. Meanwhile, make your 'parmesan' seasoning by adding cashews, nutritional yeast, garlic powder and sea salt to your food processor. Blend well until it reaches a spice-like consistency. Set aside.
3. In a large bowl, toss pasta with edamame, chopped parsley, salt and pepper to taste, and your desired amount of 'parmesan' seasoning. Divide into bowls and enjoy!

Notes

No Edamame	Use frozen peas or any leftover veggies.
Meat Lover	Replace edamame with cooked chicken breast or shrimp.
Make it Spicy	Garnish with red pepper flakes.

Ingredients

4 cups	Brown Rice Spaghetti (cooked)
1 cup	Cashews
1/4 cup	Nutritional Yeast
1 tsp	Garlic Powder
1 tsp	Sea Salt
3 cups	Frozen Edamame (thawed)
4 cups	Parsley (finely chopped)
	Sea Salt & Black Pepper (to taste)

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Sweet Potato Chili Bowls

16 ingredients 2 hours 8 servings

Directions

1. Place a large pot over medium heat. Add ground turkey, onion, garlic, bell pepper, parsley, jalapenos and celery. Cook and stir occasionally until turkey is cooked.
2. Stir in tomatoes, chili powder and cumin. Cook for another 2 to 3 minutes.
3. Add the vegetable broth. Add the beans and lentils and bring to a boil over high heat. Reduce heat. Cover and let simmer for 1 hour.
4. In the mean time, preheat oven to 400. Pierce each sweet potato several times with a fork. Place potatoes on a baking sheet and bake for 45 minutes. (Note: This step is optional, the chili can be served with or without the sweet potatoes. It is just a fun touch!)
5. Remove sweet potatoes from oven. Make a slit in the top and use a spoon to carve out the majority of the sweet potato flesh to make a bowl. Be sure to leave some flesh in the potatoes so the bowl holds it shape and it will absorb the yummy flavour of the chili. Place the flesh in a bowl and set aside. (Don't throw it out! Use it to make sweet potato hummus or a mashed sweet potato side with a meal later on!)
6. Ladle your chili into your sweet potato bowls and top with diced avocado and salsa. Now go instagram or tweet your beautiful creation with the hashtag #thatcleanlife!

Ingredients

1 lb	Extra Lean Ground Turkey
1	White Onion (chopped)
8	Garlic (cloves, minced)
1	Green Bell Pepper (chopped)
1/4 cup	Parsley (diced)
3	Jalapeno Pepper (de-seeded and chopped)
3 stalks	Celery (diced)
3 cups	Diced Tomatoes
1/3 cup	Chili Powder
2 tsps	Cumin
4 cups	Organic Vegetable Broth
2 cups	Red Kidney Beans (cooked, drained and rinsed)
2 cups	Green Lentils (cooked, drained and rinsed)
4	Sweet Potato (optional)
1	Avocado (peeled and diced)
1/2 cup	Organic Salsa

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