LEALOU COOKS

Weekly Meal Plan - February 19

Created by Lealou Cooks

Lealou Cooks

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Thank you so much for choosing this meal plan! You're going to rock the week of February 19. 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!

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	Mon	Tue	Wed	Thu	Fri
Breakfast	Avocado Swe...	Avocado Swe...	Avocado Swe...	- Blueberry P...	- Blueberry P...
Snack 1	Apple with Al...	Pineapple Tu...	Apple with Al...	Brazil Nuts	Apple with Al...
Lunch	Cauliflower, K..	One Pan Chic...	Cauliflower, K..	Creamy Garli...	Chicken Curr...
Snack 2	Pumpkin Tah...	Pumpkin Tah...	Pumpkin Tah...	Pumpkin Tah...	Pumpkin Tah...
Dinner	One Pan Chic...	Cauliflower, K..	Creamy Garli...	Chicken Curr...	Grilled Porto... Simple Avoca...

Stephanie Fazio
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57 items

Fruits

- [ ] **6** Apple
- [ ] **4** Avocado
- [ ] **3 1/8** Lemon
- [ ] **1 1/2** Lime
- [ ] **2 cups** Pineapple

Breakfast

- [ ] **1 cup** Almond Butter
- [ ] **3 tbsps** Maple Syrup

Seeds, Nuts & Spices

- [ ] **1 tsp** Black Pepper
- [ ] **1/4 cup** Brazil Nuts
- [ ] **2 tbsps** Chili Powder
- [ ] **2 tsps** Cinnamon
- [ ] **1 tbsp** Curry Powder
- [ ] **2 tsps** Garam Masala
- [ ] **1/4 cup** Ground Flax Seed
- [ ] **2 tsps** Paprika
- [ ] **1 tsp** Red Pepper Flakes
- [ ] **3/4 tsp** Sea Salt
- [ ] Sea Salt & Black Pepper
- [ ] **1/4 cup** Sesame Seeds
- [ ] **1 tsp** Turmeric

Frozen

- [ ] **2 cups** Frozen Blueberries

Vegetables

- [ ] **4 cups** Baby Spinach
- [ ] **6 cups** Broccoli
- [ ] **3** Carrot
- [ ] **1 1/2 heads** Cauliflower
- [ ] **3 stalks** Celery
- [ ] **2 cups** Cherry Tomatoes
- [ ] **22** Garlic
- [ ] **1/4 cup** Ginger
- [ ] **22 cups** Kale Leaves
- [ ] **4** Portobello Mushroom Caps
- [ ] **4 cups** Radishes
- [ ] **3** Red Bell Pepper
- [ ] **1** Sweet Onion
- [ ] **5** Sweet Potato
- [ ] **1 1/2** Yellow Onion

Boxed & Canned

- [ ] **4 cups** Chickpeas
- [ ] **3 1/3 cups** Lentils
- [ ] **9 cups** Organic Chicken Broth
- [ ] **3 cups** Organic Coconut Milk
- [ ] **9 cups** Organic Vegetable Broth
- [ ] **276 grams** Pho Noodles

Baking

- [ ] **1/2 cup** Coconut Flour
- [ ] **1/2 cup** Pureed Pumpkin

Bread, Fish, Meat & Cheese

- [ ] **24 ozs** Chicken Breast
- [ ] **3/4 lb** Chicken Thighs
- [ ] **1/2 cup** Goat Cheese

Condiments & Oils

- [ ] **1/4 cup** Avocado Oil
- [ ] **1 1/2 tbsps** Balsamic Vinegar
- [ ] **1/2 cup** Coconut Oil
- [ ] **1/4 cup** Dijon Mustard
- [ ] **3/4 cup** Extra Virgin Olive Oil
- [ ] **1/4 cup** Tahini
- [ ] **3/4 cup** Yellow Curry Paste

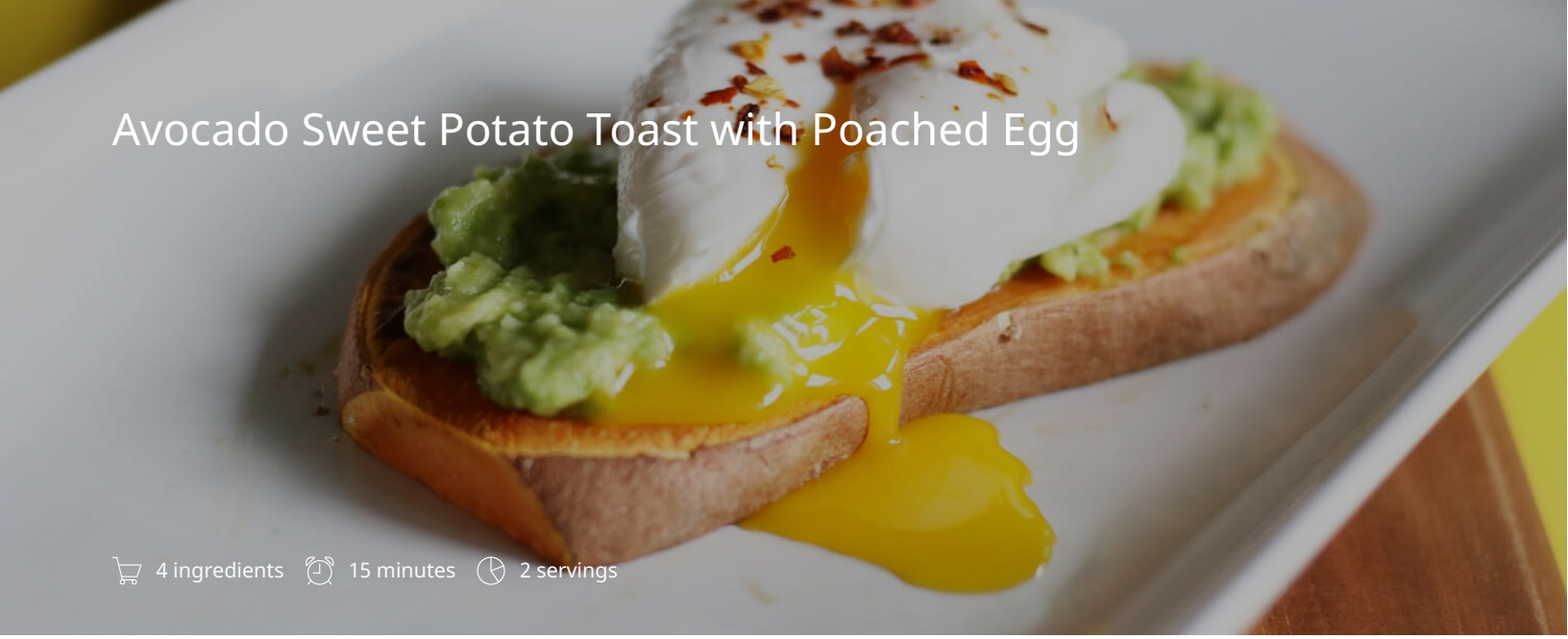
Cold

- [ ] **12** Egg
- [ ] **6 cups** Unsweetened Almond Milk

Other

- [ ] **1 cup** Vanilla Protein Powder

Avocado Sweet Potato Toast with Poached Egg



4 ingredients 15 minutes 2 servings

Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Ingredients

1	Sweet Potato (large)
4	Egg
1	Avocado
	Sea Salt & Black Pepper (to taste)

Notes

Add Greens	Add a layer of baby spinach after you spread on the avocado.
Guacamole Lover	Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.
Egg-Free	Skip the eggs and top with hemp seeds instead.

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- Blueberry Protein Smoothie -

6 ingredients 5 minutes 1 serving

Directions

1. Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries Use any type of frozen berry instead.

No Protein Powder Use hemp seeds instead

Ingredients

1/4 cup	Vanilla Protein Powder
2 tbsps	Ground Flax Seed
1 cup	Frozen Blueberries
1 cup	Baby Spinach
2 cups	Unsweetened Almond Milk (cold)
1 tbsp	Almond Butter

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Apple with Almond Butter

2 ingredients 5 minutes 2 servings

Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm.

Ingredients

2	Apple
1/4 cup	Almond Butter

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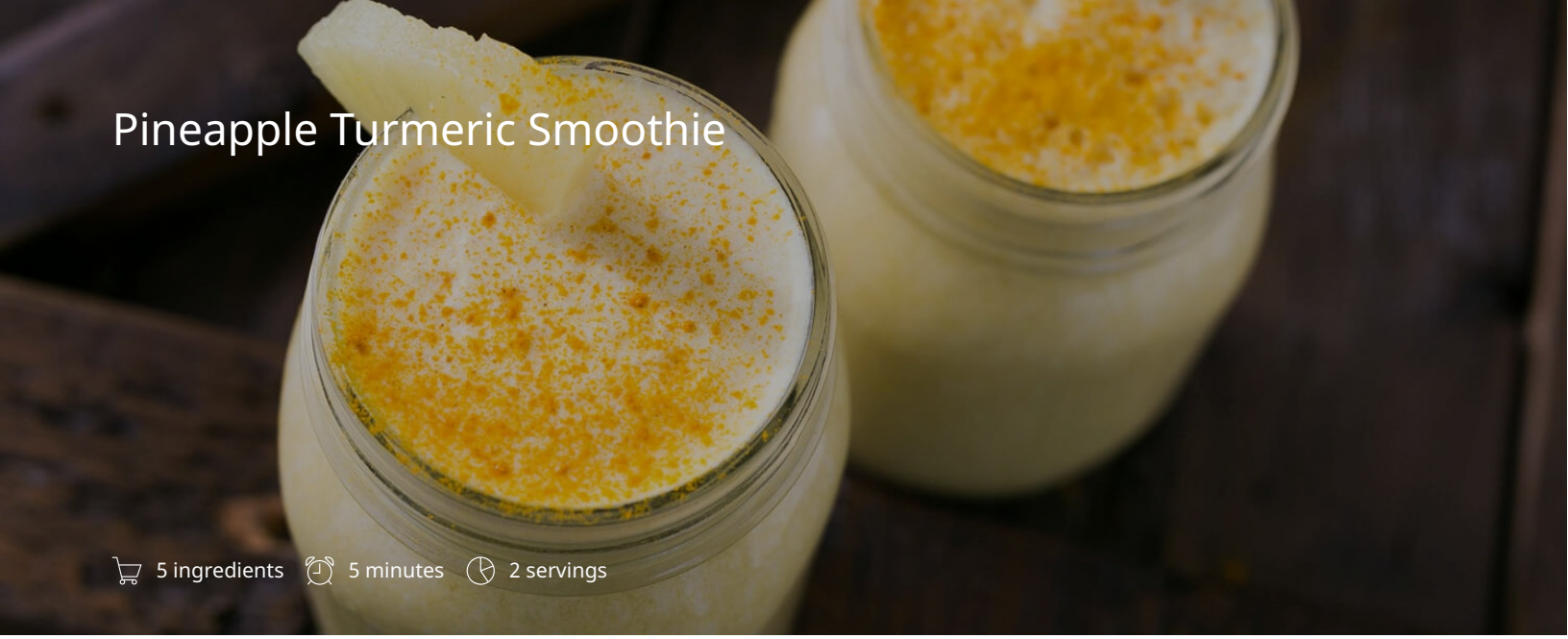

Pineapple Turmeric Smoothie

5 ingredients 5 minutes 2 servings

Directions

1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

Notes

Storage Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple Use mango, peaches or banana instead.

Ingredients

2 cups	Unsweetened Almond Milk
2 cups	Pineapple (diced into chunks)
1 tbsp	Ginger (peeled and grated)
1/2 cup	Vanilla Protein Powder
1 tsp	Turmeric (powder)

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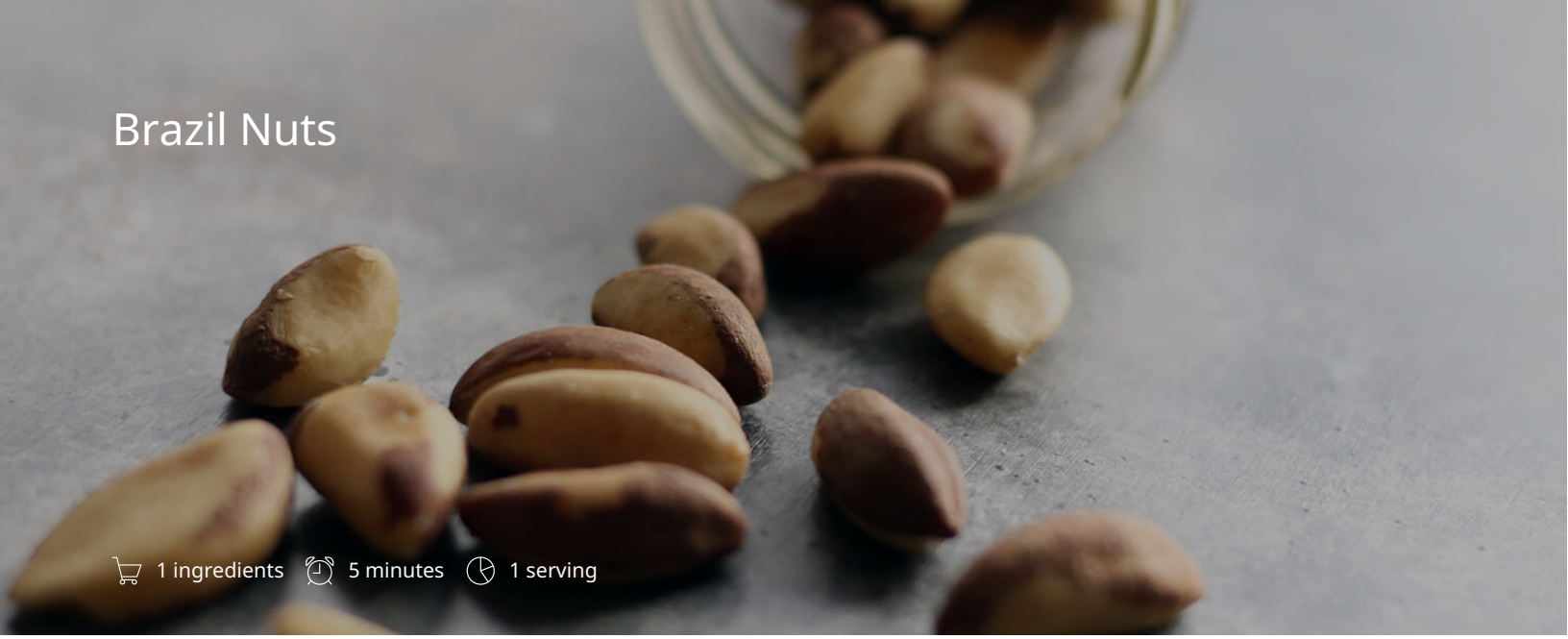
Brazil Nuts



1 ingredients 5 minutes 1 serving

Directions

1. Divide into bowls and enjoy!

Ingredients

1/4 cup Brazil Nuts

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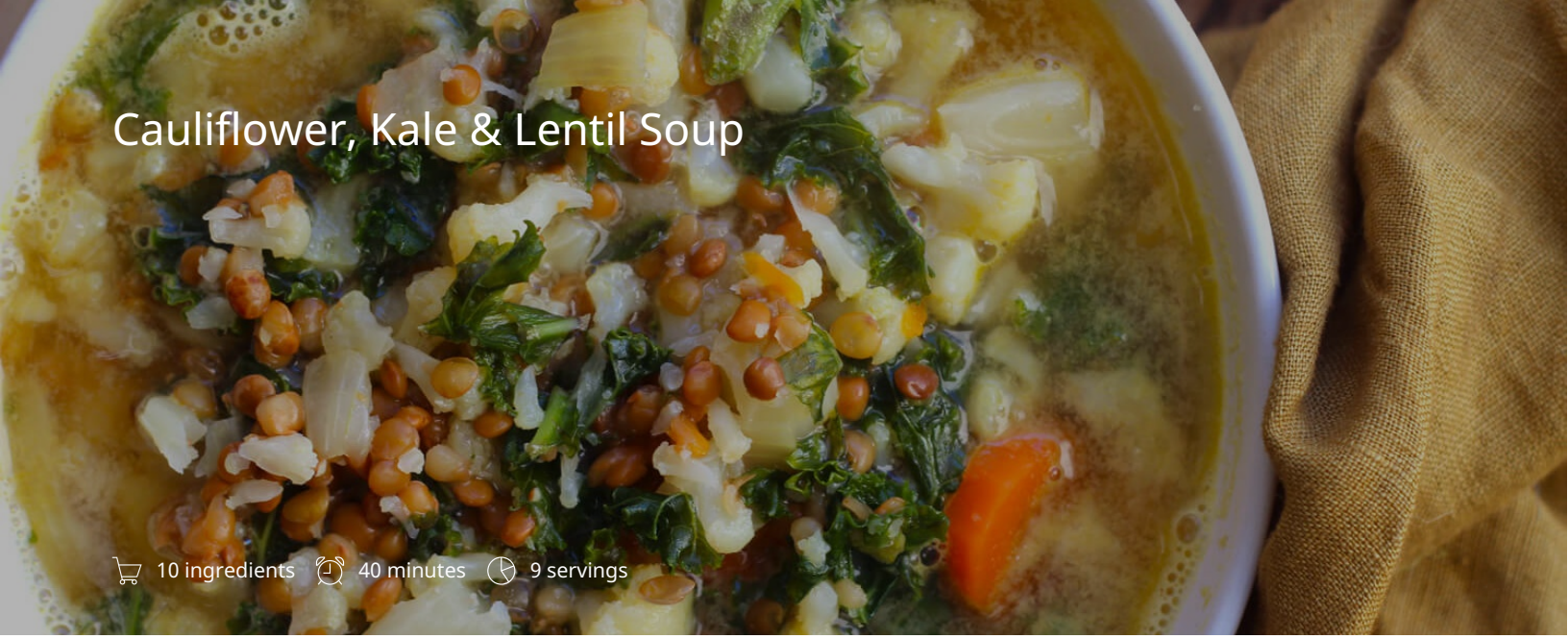

Cauliflower, Kale & Lentil Soup

10 ingredients 40 minutes 9 servings

Directions

1. Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
2. Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
3. Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

Notes

Leftovers Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

Ingredients

3 tbsps	Extra Virgin Olive Oil
1 1/2	Yellow Onion (diced)
3 stalks	Celery (diced)
3	Carrot (medium, peeled and diced)
6	Garlic (cloves, minced)
1 1/2 heads	Cauliflower (chopped into florets)
6 cups	Kale Leaves (chopped)
9 cups	Organic Vegetable Broth
3 1/3 cups	Lentils (cooked)
	Sea Salt & Black Pepper (to taste)

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Pumpkin Tahini Energy Balls

7 ingredients 15 minutes 15 servings

Directions

1. In a medium sized mixing bowl, combine the coconut flour, coconut oil and pureed pumpkin. Mix thoroughly.
2. Add tahini, maple syrup and cinnamon. Continue to mix until well combined. The mixture should be very doughy and stiff.
3. Roll dough into small balls. Pour sesame seeds onto a small plate and roll each ball in the seeds to coat.
4. Cover and store in the fridge up to 5 days, or the freezer for a month.

Notes

No Tahini Use any type of nut or seed butter.

No Sesame Seeds Roll them in crushed pumpkin seeds or hemp seeds instead.

Best Results This recipe was developed and tested using Bob's Red Mill coconut flour. Results may vary with other brands.

Ingredients

1/2 cup	Coconut Flour (Bob's Red Mill)
2 tbsps	Coconut Oil (melted)
1/2 cup	Pureed Pumpkin
1/4 cup	Tahini
3 tbsps	Maple Syrup
2 tsps	Cinnamon
1/4 cup	Sesame Seeds

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One Pan Chicken, Radishes & Broccoli

6 ingredients · 40 minutes · 4 servings

Directions

1. Preheat oven to 375 degrees F and line a baking sheet with foil. Place chicken breasts in the middle of the sheet, sprinkle with sea salt and black pepper (if desired), and top with sliced lemon.
2. Toss the radishes and broccoli with avocado oil and sea salt. Add veggies to the pan, around the chicken. Bake for 30 minutes, or until chicken is cooked through.
3. To serve, divide chicken and veggies between plates, and squeeze lemon juice over top. Enjoy!

Ingredients

20 ozs	Chicken Breast
	Sea Salt & Black Pepper (to taste)
1	Lemon (sliced into rounds)
4 cups	Radishes (quartered)
6 cups	Broccoli (chopped into florets)
1/4 cup	Avocado Oil

Notes

Leftovers Keep covered in the fridge up to 3 days.

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Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato

14 ingredients 40 minutes 6 servings

Directions

1. Preheat the oven to 400. Line a large baking sheet with parchment paper. Peel apart the garlic cloves, leaving the skin on. Place them on one edge of the baking sheet.
2. Place your chickpeas and diced sweet potato in a mixing bowl. Add in the coconut oil, curry powder, garam masala, chilli powder and paprika. Mix well and transfer to your baking sheet with the garlic. Bake in the oven for 25 - 30 minutes or until chickpeas are golden brown. Remove from oven and set aside.
3. Take your garlic cloves and peel away the skin. Add the remaining garlic flesh into your food processor or blender. Add the olive oil, lemon juice, dijon mustard, black pepper and sea salt. Blend until smooth and creamy.
4. Place your kale leaves in a large salad bowl, drizzle desired amount of dressing over top and mix well. Divide into bowls and top with the roasted chickpeas and sweet potato. Enjoy!

Notes

Save Time	Used pre-washed and sliced bagged kale.
No Kale	Use spinach, romaine or any leafy green.
No Sweet Potato	Use diced carrot or beet instead.
Make it Ahead	The dressing and roasted veggies can be made up in advance. Toss the kale in the dressing when ready to eat.

Ingredients

2	Garlic (whole bulb)
4 cups	Chickpeas (cooked, drained and rinsed)
2	Sweet Potato (diced into half inch cubes)
3 tbsps	Coconut Oil (melted)
1 tbsp	Curry Powder
2 tsps	Garam Masala
2 tbsps	Chili Powder
2 tsps	Paprika
1/2 cup	Extra Virgin Olive Oil
2	Lemon (juiced)
1/4 cup	Dijon Mustard
1 tsp	Black Pepper
1/2 tsp	Sea Salt
16 cups	Kale Leaves (chopped)

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Chicken Curry Noodle Soup

11 ingredients 25 minutes 6 servings

Directions

1. Bring a pot of water to a boil and cook noodles according to instructions on package. Drain, rinse under cold water and set aside.
2. Heat coconut oil in a saucepan over medium-high heat. Cook ginger and garlic until fragrant, about 1-2 minutes. Add bell pepper slices and chicken, and cook for about 3-5 minutes each side.
3. Add curry paste, coconut milk and broth. Scrape any bits at the bottom of the pan. Bring to a simmer and cook for an additional 10 to 15 minutes, or until chicken is cooked through.
4. Season with salt and pepper to taste. Divide noodles and curry soup into bowls. Squeeze lime juice overtop and enjoy!

Notes

No Curry Paste	Use your desired amount of curry powder instead.
Leftovers	Refrigerate in an airtight container up to 3 days or freeze.
No Chicken Broth	Use vegetable or beef broth instead.
Vegan & Vegetarian	Use vegetable broth instead of chicken broth. Use cooked chickpeas instead of chicken thighs.

Ingredients

276 grams	Pho Noodles
3 tbsps	Coconut Oil
3 tbsps	Ginger (peeled and grated)
12	Garlic (cloves, minced)
3	Red Bell Pepper (sliced)
3/4 lb	Chicken Thighs (skinless, boneless)
3/4 cup	Yellow Curry Paste
3 cups	Organic Coconut Milk (full fat, canned)
9 cups	Organic Chicken Broth
	Sea Salt & Black Pepper (to taste)
1 1/2	Lime (juiced)

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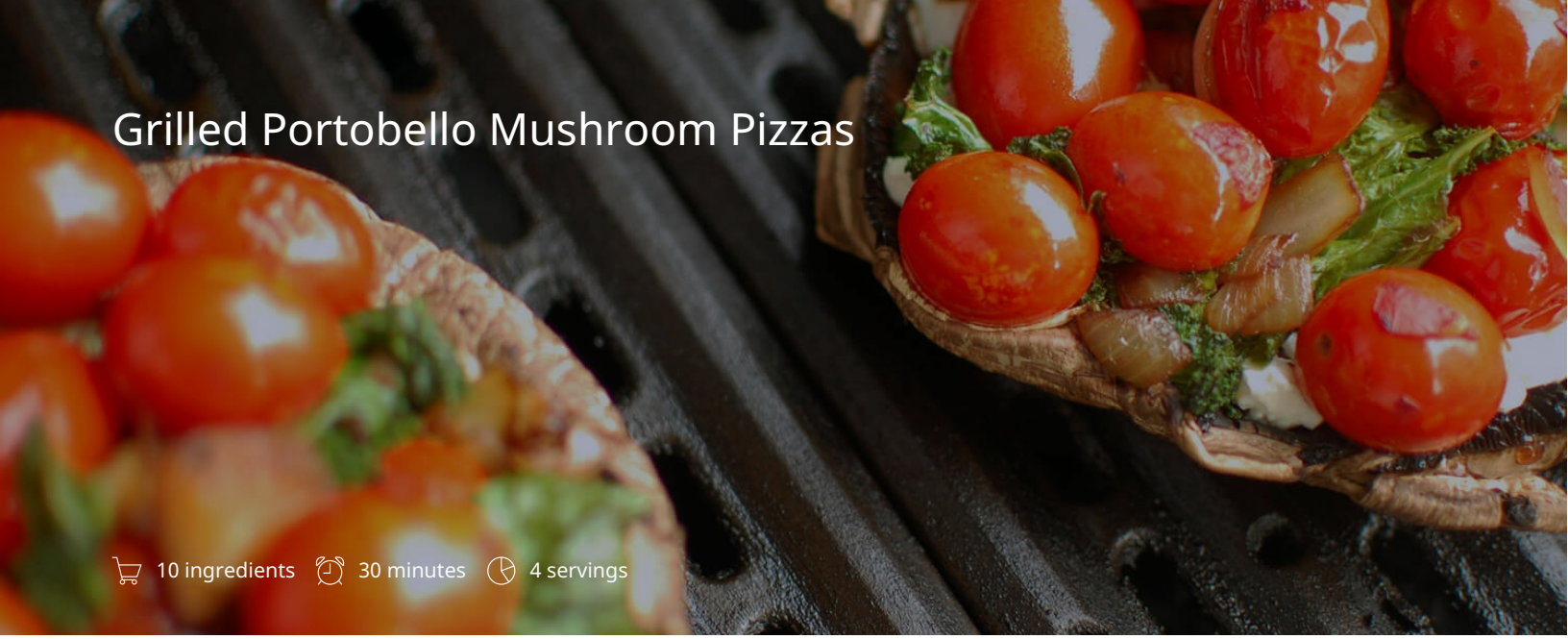

Grilled Portobello Mushroom Pizzas

10 ingredients 30 minutes 4 servings

Directions

1. Preheat oven to 420.
2. Add olive oil to a large skillet and heat over medium heat. Add onions and saute for about 5 minutes or until translucent. Add garlic, cherry tomatoes and balsamic vinegar and saute for another 5 minutes or until tomatoes start to burst.
3. Turn off heat and add baby spinach. Stir just until spinach is wilted. Season the mix with sea salt and pepper to taste.
4. Line a baking sheet with parchment paper. Sprinkle the inside of each mushroom cap with goat cheese and top with a few spoonfuls of the tomato mix and then add your cooked, diced chicken. Place on baking sheet and bake for 10 to 12 minutes.
5. Remove from oven and slice into halves or quarters with a pizza cutter. Serve immediately alone or over a plate of baby spinach drizzled with olive oil and lemon juice. Enjoy!

Ingredients

4 ozs	Chicken Breast (cooked and diced)
4	Portobello Mushroom Caps
1 tbsp	Extra Virgin Olive Oil
1	Sweet Onion (diced)
2	Garlic (cloves, minced)
2 cups	Cherry Tomatoes
1 1/2 tbsps	Balsamic Vinegar
2 cups	Baby Spinach
	Sea Salt & Black Pepper (to taste)
1/2 cup	Goat Cheese (crumbled)

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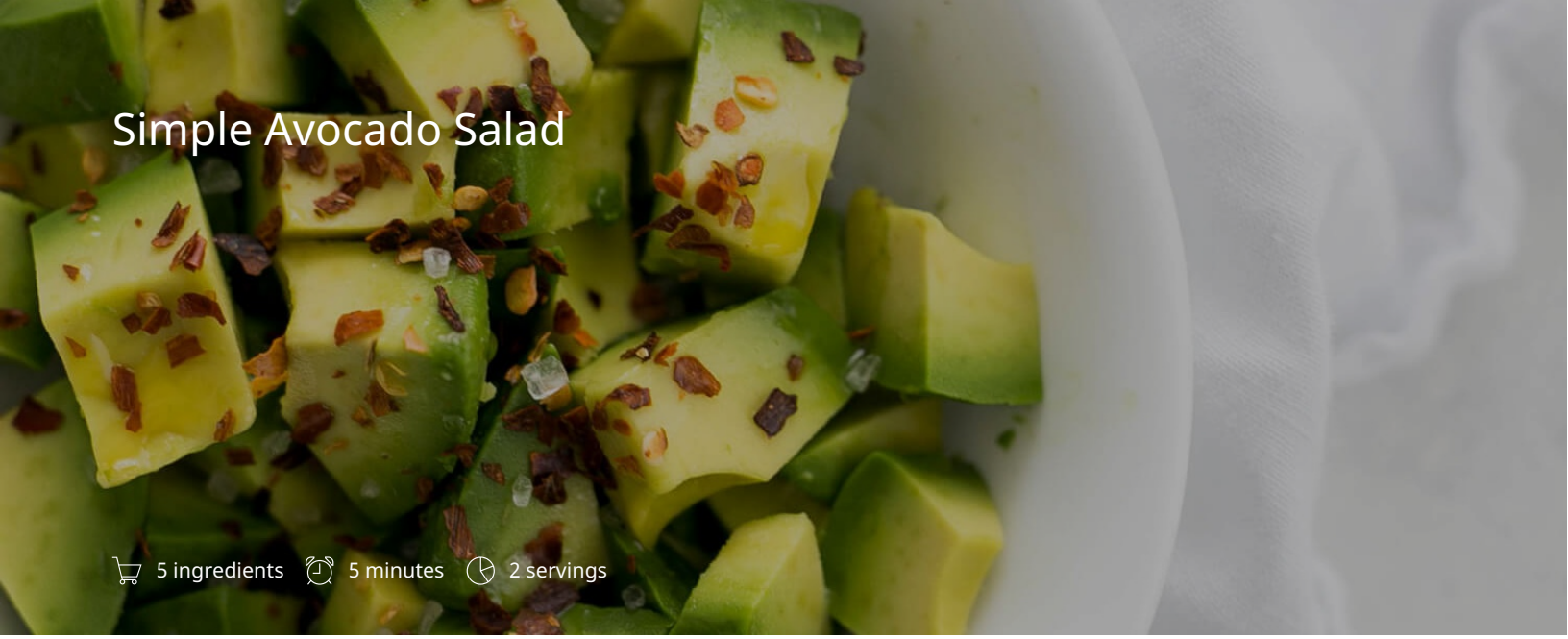

Simple Avocado Salad

5 ingredients 5 minutes 2 servings

Directions

1. Combine all ingredients in a bowl. Toss and serve immediately. Enjoy!

Notes

No Lemon Use lime juice or apple cider vinegar instead.

Less Spicy Omit the red pepper flakes.

Serve it With Our Grilled Bruschetta Chicken, Thai Turkey Burgers with Almond Carrot Slaw or Herbed Pork Roast with Sweet Potato Mash.

Ingredients

1	Avocado (cubed)
1 tbsp	Extra Virgin Olive Oil
1/8	Lemon (juiced)
1 tsp	Red Pepper Flakes
1/4 tsp	Sea Salt

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