LEALOU COOKS

Weekly Meal Plan

Created by Lealou Cooks

Lealou Cooks

Weekly Meal Plan

Thank you so much for choosing this meal plan! You're going to rock this week. 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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Culinary Nutrition Expert
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	Mon	Tue	Wed	Thu	Fri
Breakfast	Avocado Toa...	Blueberry Ch...	Post Workou...	Avocado Toa...	Blueberry Ch...
Snack 1	Green Blende..	Green Blende..	Raspberries	Green Blende..	Green Blende..
Lunch	Cauliflower, K..	Cauliflower, K..	Chicken & Br...	Lentil Masala...	Baked Salmo...
Snack 2	Apple with Pe...	Carrots & Gu...	Apple with Pe...	Carrots & Gu...	Apple with Pe...
Dinner	Roasted Chic... Crispy Caulifl...	Chicken & Br...	Lentil Masala...	Baked Salmo...	Mango Veggi... One Pan Pap...

Stephanie Fazio
http://www.lealoucooks.com

Weekly Meal Plan

75 items

Fruits

- [ ] **12** Apple
- [ ] **4 3/4** Avocado
- [ ] **1** Banana
- [ ] **6** Lemon
- [ ] **3** Lime
- [ ] **1 1/3** Mango
- [ ] **6 cups** Pineapple
- [ ] **1 cup** Raspberries

Breakfast

- [ ] **1 3/4 cups** All Natural Peanut Butter
- [ ] **1/2 cup** Almond Butter
- [ ] **3 tbsps** Maple Syrup

Seeds, Nuts & Spices

- [ ] **3/4 tsp** Black Pepper
- [ ] **1/8 tsp** Cayenne Pepper
- [ ] **3/4 cup** Chia Seeds
- [ ] **1 tsp** Dried Thyme
- [ ] **1 tbsp** Garam Masala
- [ ] **1 2/3 tbsps** Paprika
- [ ] **1 tbsp** Poultry Seasoning
- [ ] **1/4 cup** Raw Peanuts
- [ ] **1 1/3 tbsps** Sea Salt
- [ ] Sea Salt & Black Pepper
- [ ] **1/2 cup** Slivered Almonds
- [ ] **1 tsp** Turmeric
- [ ] **1** Cinnamon

Frozen

- [ ] **2 cups** Frozen Blueberries

Vegetables

- [ ] **19 1/3 cups** Baby Spinach
- [ ] **10 cups** Broccoli
- [ ] **4 cups** Broccoli Slaw
- [ ] **10** Carrot
- [ ] **2 heads** Cauliflower
- [ ] **2 stalks** Celery
- [ ] **1 1/4 cups** Cilantro
- [ ] **1 1/3 cups** Coleslaw Mix
- [ ] **4 2/3** Cucumber
- [ ] **14 1/3** Garlic
- [ ] **1/3 cup** Ginger
- [ ] **4 cups** Green Beans
- [ ] **5 stalks** Green Onion
- [ ] **8 cups** Kale Leaves
- [ ] **4 cups** Parsley
- [ ] **1** Red Bell Pepper
- [ ] **1 1/2 cups** Red Onion
- [ ] **1** Yellow Bell Pepper
- [ ] **1** Yellow Onion

Boxed & Canned

- [ ] **3 cups** Diced Tomatoes
- [ ] **1 cup** Dry Red Lentils
- [ ] **2 1/4 cups** Lentils
- [ ] **1 cup** Organic Coconut Milk
- [ ] **10 cups** Organic Vegetable Broth
- [ ] **1 1/4 cups** Quinoa
- [ ] **1** Cereal
- [ ] **1** Cherrios

Baking

- [ ] **1 tbsp** Baking Powder

Bread, Fish, Meat & Cheese

- [ ] **20 ozs** Chicken Breast
- [ ] **2 slices** Organic Bread
- [ ] **25 ozs** Salmon Fillet
- [ ] **450 grams** Tofu
- [ ] **4 lbs** Whole Roasting Chicken
- [ ] **1** Cream Cheese

Condiments & Oils

- [ ] **2 tbsps** Apple Cider Vinegar
- [ ] **3 tbsps** Avocado Oil
- [ ] **1/4 cup** Coconut Oil
- [ ] **1/3 cup** Extra Virgin Olive Oil
- [ ] **10 2/3** Rice Paper Wraps
- [ ] **1 tbsp** Sesame Oil
- [ ] **1/4 cup** Tamari

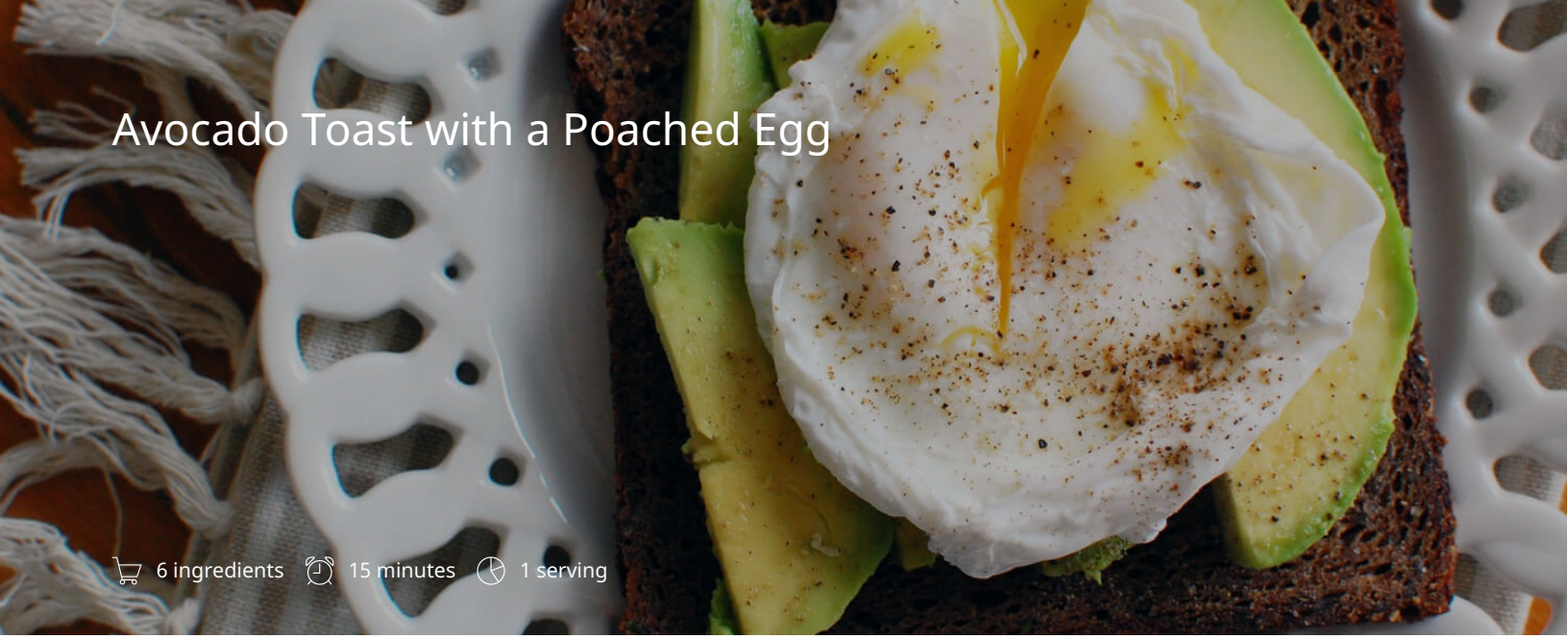
Cold

- [ ] **2** Egg
- [ ] **3 1/2 cups** Unsweetened Almond Milk
- [ ] **12** Eggs
- [ ] **3** Almond Milk

Other

- [ ] **40** Ice Cubes
- [ ] **1/4 cup** Protein Powder
- [ ] **4 3/4 cups** Water

- [ ] **1/4 cup** Oat Flour
- [ ] **1/4 cup** Tapioca Flour



Avocado Toast with a Poached Egg

6 ingredients 15 minutes 1 serving

Directions

1. Toast bread.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Crack your egg into a bowl.
4. Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

Ingredients

1 slice	Organic Bread (we like Dimpflmeier)
1/2	Avocado
	Sea Salt & Black Pepper (to taste)
1	Egg
1 tbsp	Apple Cider Vinegar
1/8 tsp	Sea Salt

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Blueberry Chia Parfait

5 ingredients 30 minutes 2 servings

Directions

1. In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
2. Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
3. Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds Use shredded coconut or hemp seeds instead.

Chia Will Not Gel If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

Ingredients

1 3/4 cups	Unsweetened Almond Milk
1/3 cup	Chia Seeds
1 tbsp	Maple Syrup
1 cup	Frozen Blueberries (thawed)
1/4 cup	Slivered Almonds

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Post Workout Green Smoothie

5 ingredients 5 minutes 2 servings

Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach Use kale instead.

No Protein Powder Add a few spoonfuls of hemp seeds.

Ingredients

1/4 cup	Protein Powder (vanilla)
2 cups	Water (cold)
1/2	Avocado
1	Banana (frozen)
2 cups	Baby Spinach

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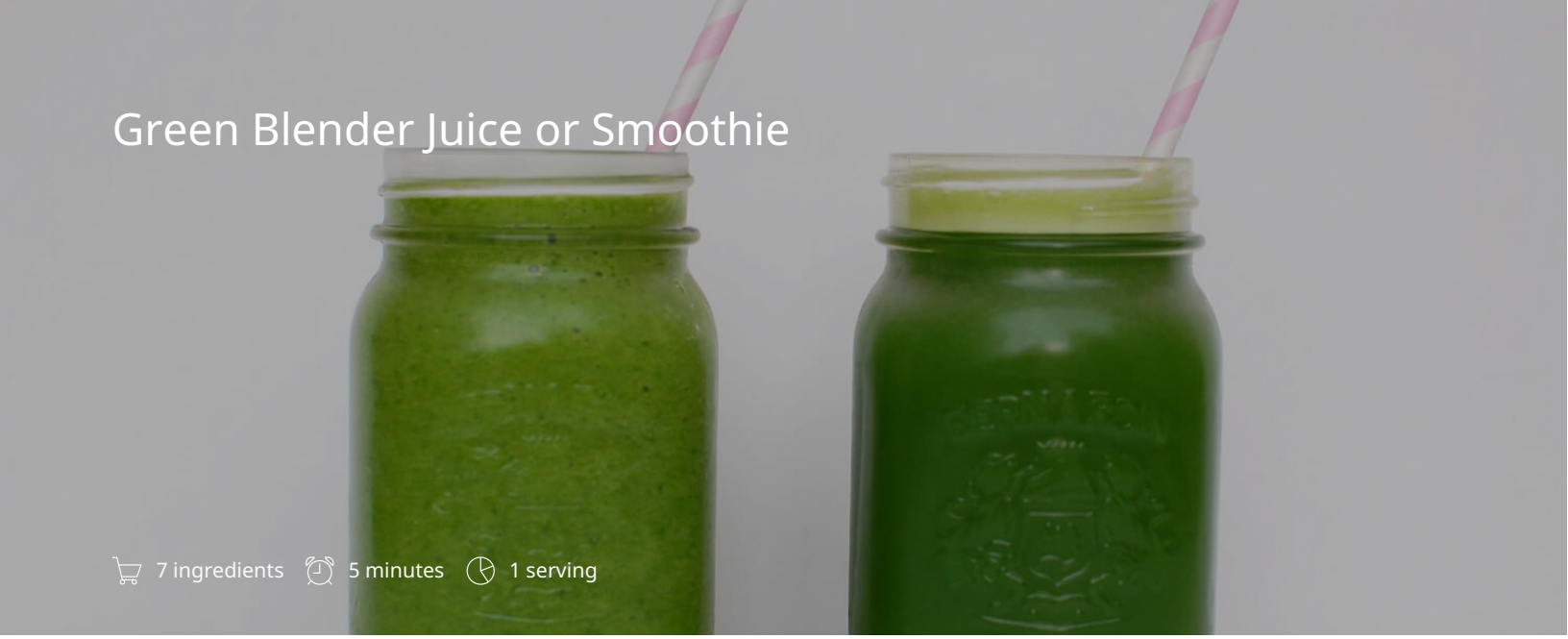
Green Blender Juice or Smoothie



7 ingredients 5 minutes 1 serving

Directions

1. Combine all ingredients together in a blender. Blend very well until smooth. Be patient! It may take some time to really liquify.
2. Pour into a glass and enjoy as a smoothie. Or for a juice, use a nut-milk bag or cheesecloth to strain the smoothie. Pour the smoothie into the bag then use your clean hands to squeeze our all the liquid into a bowl. (Note: You can also use a strainer and the back of a spoon for this step, it just takes a bit longer.) Pour the juice into a glass and discard the pulp. Enjoy!

Ingredients

1 1/2 cups	Pineapple (diced)
1	Cucumber (diced)
1 cup	Parsley
4 cups	Baby Spinach
1 tbsp	Ginger (peeled)
1	Lemon (juiced)
10	Ice Cubes

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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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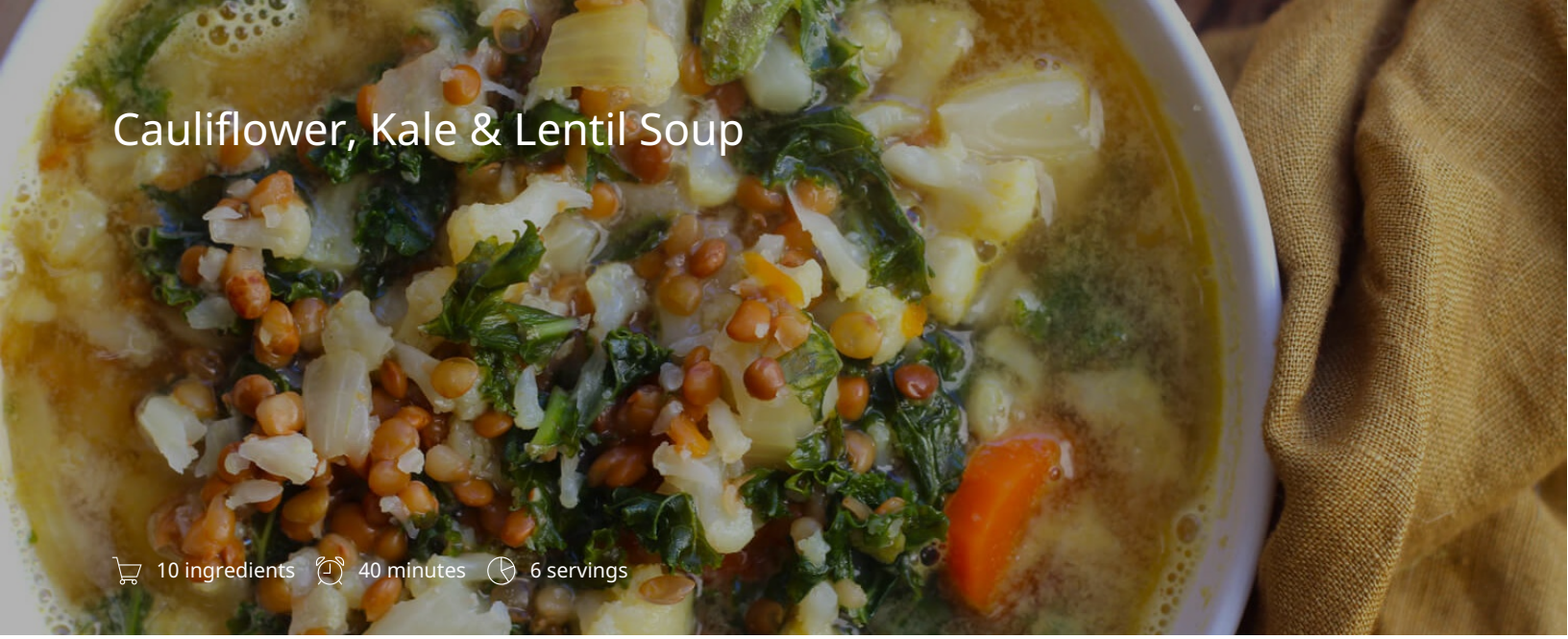

Cauliflower, Kale & Lentil Soup

10 ingredients 40 minutes 6 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

2 tbsps	Extra Virgin Olive Oil
1	Yellow Onion (diced)
2 stalks	Celery (diced)
2	Carrot (medium, peeled and diced)
4	Garlic (cloves, minced)
1 head	Cauliflower (chopped into florets)
4 cups	Kale Leaves (chopped)
6 cups	Organic Vegetable Broth
2 1/4 cups	Lentils (cooked)
	Sea Salt & Black Pepper (to taste)

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Apple with Peanut Butter

2 ingredients 3 minutes 4 servings

Directions

1. Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Ingredients

4	Apple
1/2 cup	All Natural Peanut Butter

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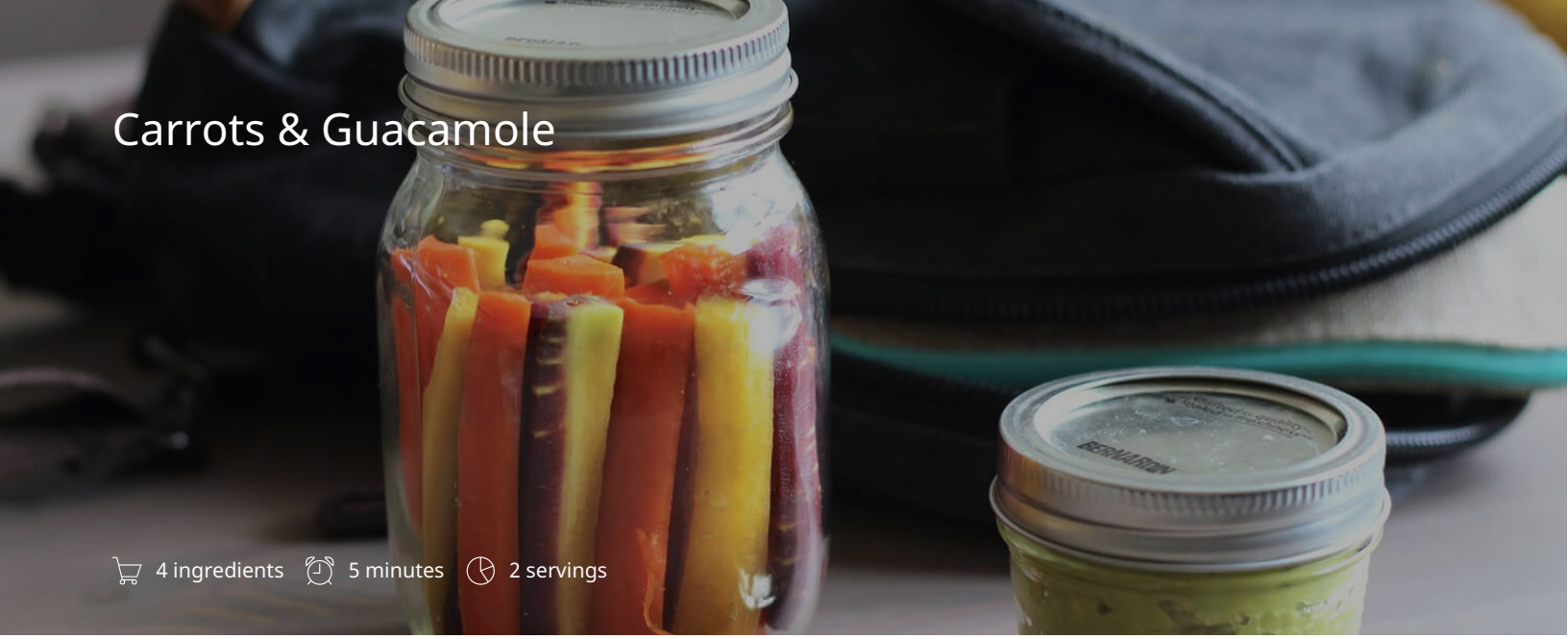

Carrots & Guacamole

4 ingredients 5 minutes 2 servings

Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Ingredients

4	Carrot (medium)
1	Avocado
1	Lime (juiced)
1/4 tsp	Sea Salt (or more to taste)

Notes

Spice it Up Add chili flakes, salsa and/or chopped cilantro to the guacamole.

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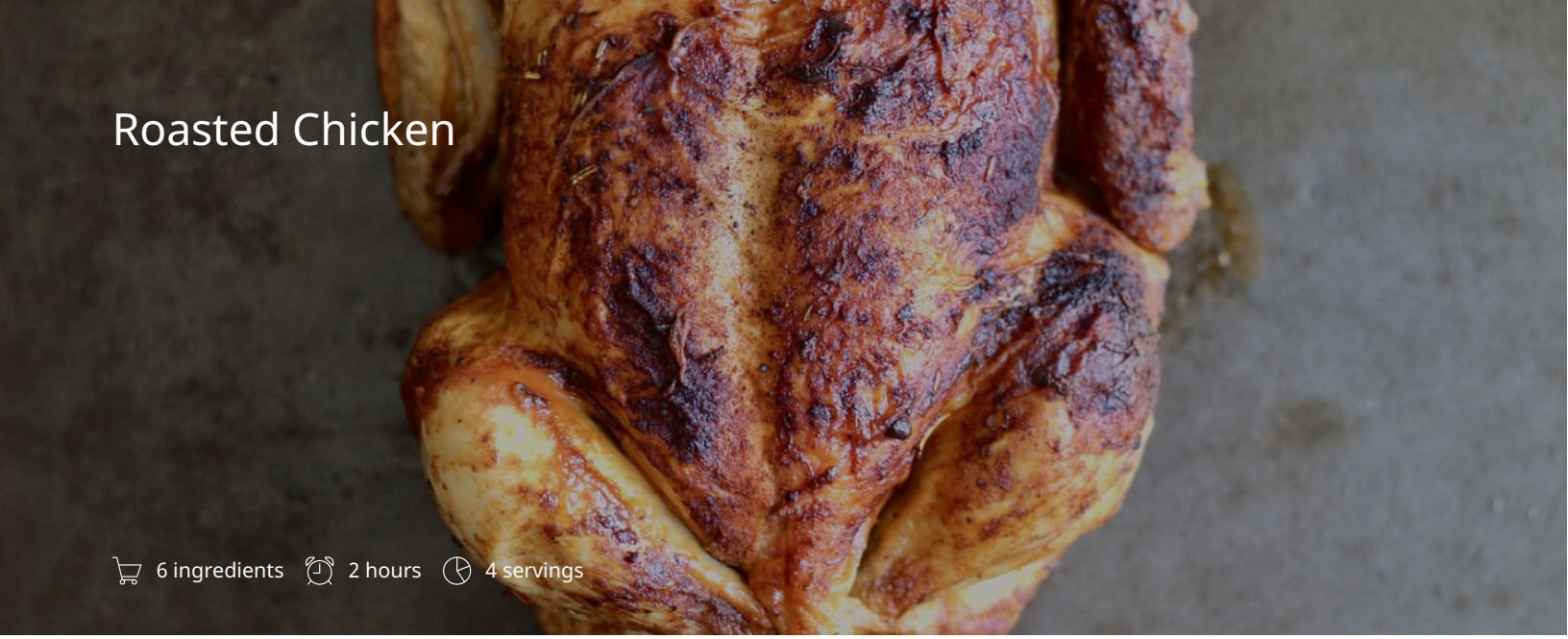

Roasted Chicken

6 ingredients 2 hours 4 servings

Directions

1. Preheat oven to 350 degrees F.
2. Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
3. Bake uncovered for 1.5 to 2 hours, or until internal temperature reaches 180 degrees F.
4. Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

Ingredients

4 lbs	Whole Roasting Chicken
1 tbsp	Extra Virgin Olive Oil
1 tsp	Sea Salt
1/2 tsp	Black Pepper
1 tbsp	Poultry Seasoning
2 tsps	Paprika

Notes

Roasting Times	If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.
Leftovers	Meat can be kept for up to 3 days in a covered container in the fridge.
Zero Waste	Save the chicken carcass to make Immunity Boosting Bone Broth.
Save Time	Buy a pre-roasted chicken.

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Crispy Cauliflower Bites

12 ingredients 20 minutes 4 servings

Directions

1. Heat sesame oil in a large pan over medium-high heat. Cook green onions and garlic for 1-2 minutes. Stir in tamari and maple syrup, remove from heat and transfer to a bowl.
2. In a mixing bowl, combine oat flour, tapioca flour, baking powder, salt, pepper and water. Add 1-2 tbsp of water if it is too thick. Toss cauliflower florets in the mixture until well coated.
3. Heat coconut oil over medium-high heat in the same pan used for the sauce. Cook cauliflower until all sides are browned, about 5-7 minutes. Add more coconut oil to the pan if needed.
4. Transfer cauliflower to a paper towel-lined plate. Dip cauliflower bites into the sauce or drizzle overtop. Enjoy!

Notes

No Oat Flour Use regular or gluten-free all-purpose flour instead.

No Tapioca Flour Use arrowroot powder or cornstarch instead.

No Coconut Oil Use sesame oil instead.

Serve it With As an appetizer or with our Everything Bagel Seasoned Chicken or Marinated Baked Tofu.

Ingredients

1 tbsp	Sesame Oil
2 stalks	Green Onion (sliced)
2	Garlic (cloves, minced)
2 tbsps	Tamari
1 tbsp	Maple Syrup
1/4 cup	Oat Flour
1/4 cup	Tapioca Flour
1 tbsp	Baking Powder
	Sea Salt & Black Pepper (to taste)
1/3 cup	Water
1 head	Cauliflower (chopped into florets)
1/4 cup	Coconut Oil

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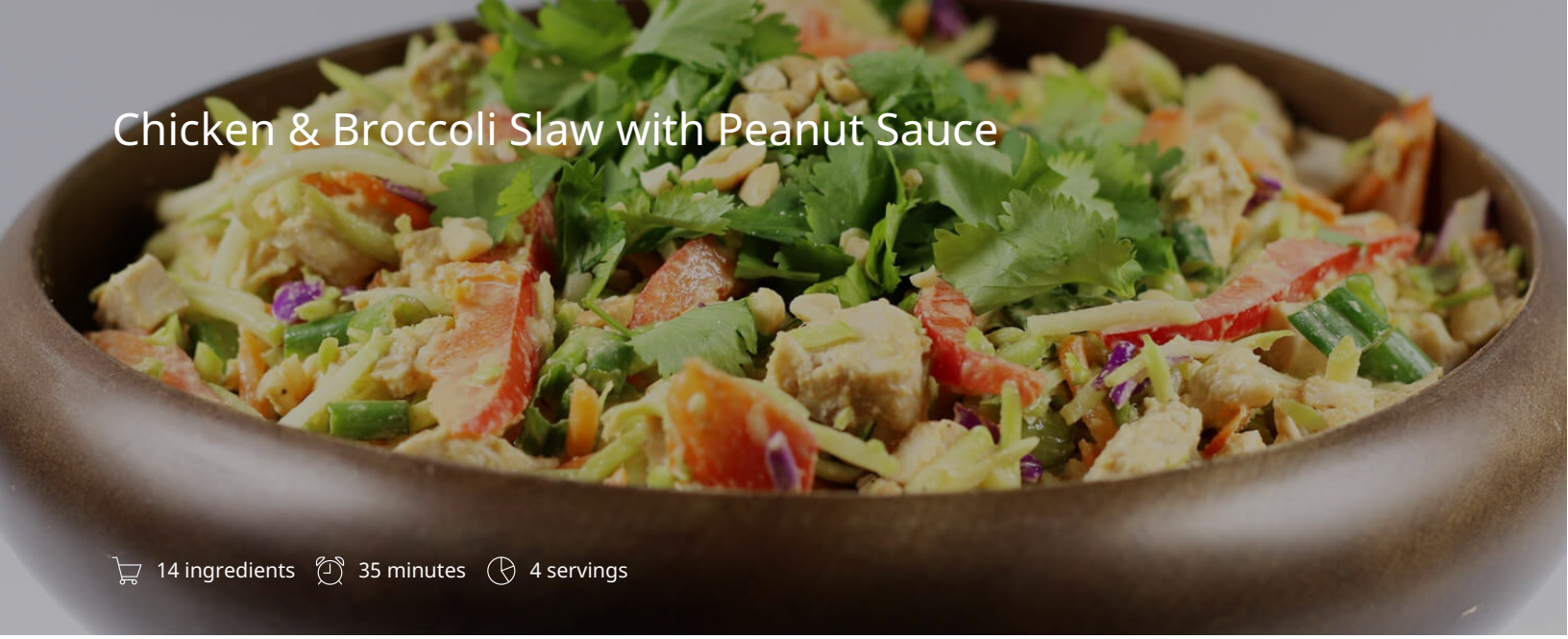

Chicken & Broccoli Slaw with Peanut Sauce

14 ingredients 35 minutes 4 servings

Directions

1. Preheat oven to 350. Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
2. In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
3. In a large salad bowl, combine broccoli slaw, red pepper and green onion.
4. Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

Notes

Vegan & Vegetarian	Use roasted chickpeas instead of diced chicken.
Slow Cooker Version	Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.
Prep Ahead	The chicken, peanut sauce, and veggies can all be prepped ahead to save time.
Leftovers	Store in an airtight container in the fridge up to 3 days.

Ingredients

20 ozs	Chicken Breast
	Sea Salt & Black Pepper (to taste)
1/4 cup	All Natural Peanut Butter
1 tbsp	Tamari
1	Lime (juiced)
1 tbsp	Extra Virgin Olive Oil
1 tbsp	Ginger (peeled and grated)
1	Garlic (clove, minced)
1/4 cup	Water
4 cups	Broccoli Slaw
1	Red Bell Pepper (sliced)
3 stalks	Green Onion (chopped)
1/4 cup	Cilantro (chopped, optional)
1/4 cup	Raw Peanuts (chopped)

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Lentil Masala Soup

12 ingredients 30 minutes 4 servings

Directions

1. Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
2. Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
3. Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Notes

Garnish Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

Ingredients

1 1/2 tsps	Coconut Oil
1/2 cup	Red Onion (finely diced)
4	Garlic (cloves, minced)
1 tsp	Turmeric
1 tbsp	Garam Masala
1 tsp	Sea Salt
1 cup	Cilantro (finely diced)
4 cups	Organic Vegetable Broth
3 cups	Diced Tomatoes
1 cup	Dry Red Lentils
1 cup	Organic Coconut Milk (canned, full-fat)
4 cups	Kale Leaves (finely sliced)

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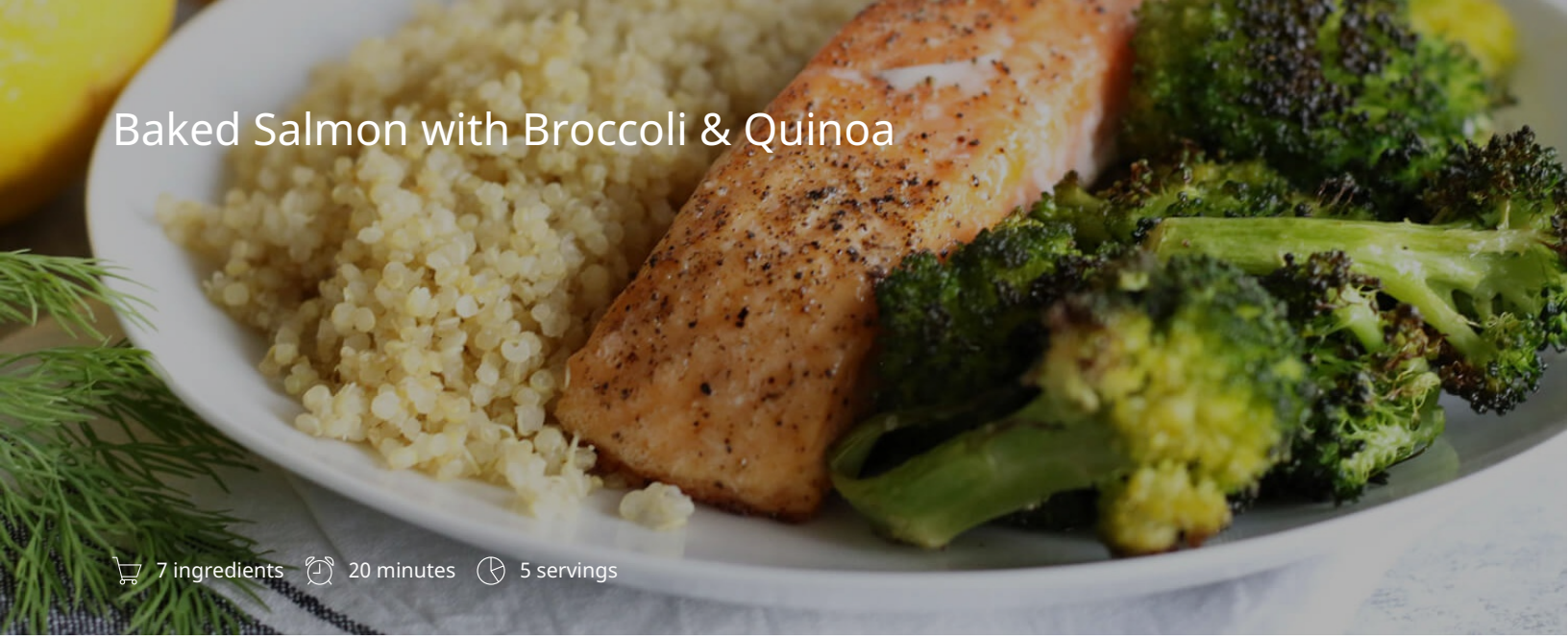

Baked Salmon with Broccoli & Quinoa

7 ingredients 20 minutes 5 servings

Directions

1. Preheat the oven to 450 degrees F and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Ingredients

25 ozs	Salmon Fillet
	Sea Salt & Black Pepper (to taste)
10 cups	Broccoli (sliced into small florets)
2 1/2 tbsps	Extra Virgin Olive Oil
1 1/4 cups	Quinoa (uncooked)
2 cups	Water
2/3	Lemon (sliced into wedges)

Notes

Leftovers	Store covered in the fridge up to 2 days.
Speed it Up	Cook the quinoa ahead of time.
Vegan	Use tofu steaks instead of salmon fillets.

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Mango Veggie Spring Rolls with Almond Butter Dip

14 ingredients 30 minutes 4 servings

Directions

1. Create your almond dipping sauce by combining almond butter, lemon juice, tamari, garlic, ginger, cayenne, sea salt and water together in a blender or food processor. Pulse until smooth. Depending on the original consistency of the almond butter you are using, you may need to add an additional 1 or 2 tbsp of warm water to reach a creamier consistency. Pour into a bowl and set aside.
2. Ensure you have all your veggies and mango prepped for easy assembly. Add hot water to a shallow skillet. Place a rice paper wrap in the water to soften (about 10 seconds). Do not submerge for too long or the rice paper wrap will become too difficult to work with. Transfer to a clean surface. Add avocado, cucumber, mango, spinach and coleslaw mix to one side of the rice wrap. Fold the bottom over the filling and then the top. Now roll the rice paper until completely wrapped. Transfer to a plate. Repeat this process until all ingredients are used up.
3. Serve with a side of almond butter dip. Enjoy!

Notes

More Protein Add quinoa before wrapping.

Keep it Fresh Store in the fridge in an airtight container for up to 2 days (but these are best served fresh).

No Mango Use pineapple instead.

No Rice Wraps Use nori sheets, brown rice tortillas or collard green wraps instead

Ingredients

1/2 cup	Almond Butter
1 1/3	Lemon (juiced)
1 1/3 tbsps	Tamari
1 1/3	Garlic (clove, minced)
2 tsps	Ginger (grated)
1/8 tsp	Cayenne Pepper
1/8 tsp	Sea Salt
1/3 cup	Water
1 1/3	Avocado (peeled and sliced into strips)
2/3	Cucumber (sliced into strips)
1 1/3	Mango (peeled and sliced into strips)
1 1/3 cups	Baby Spinach (chopped)
1 1/3 cups	Coleslaw Mix
10 2/3	Rice Paper Wraps

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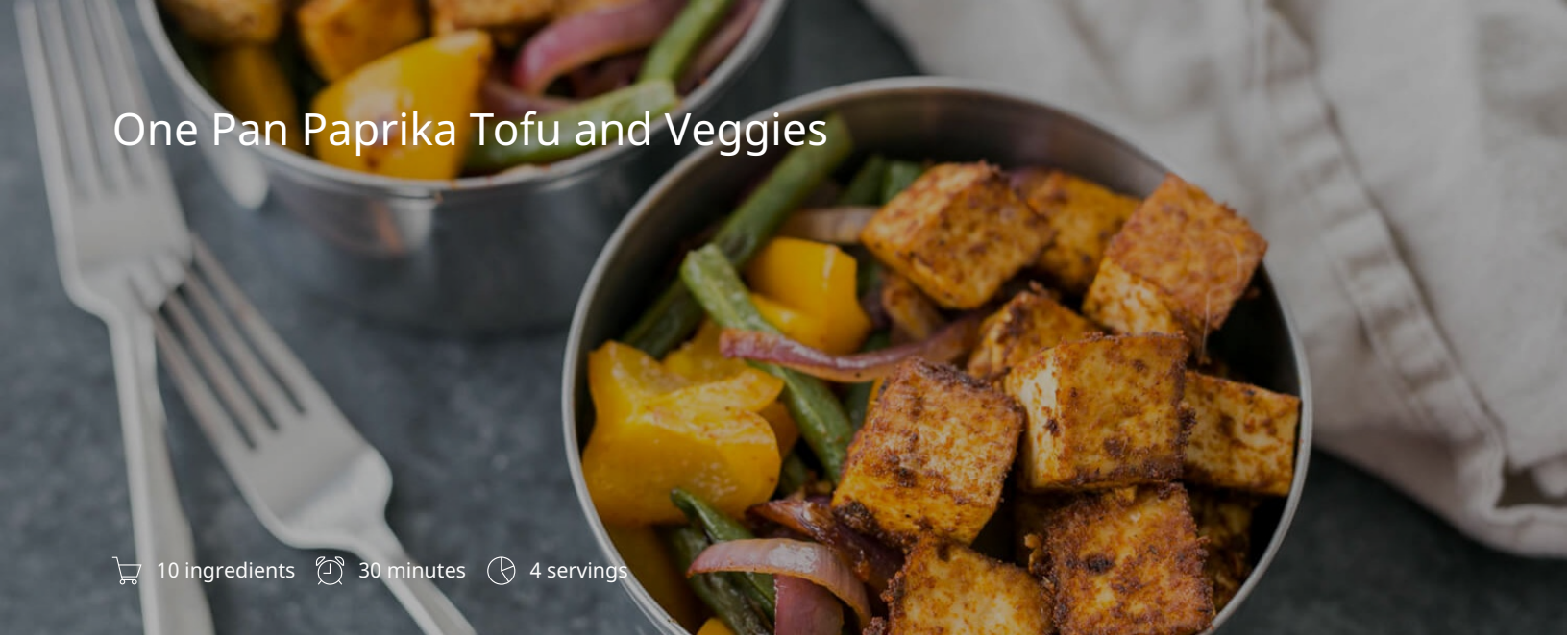
One Pan Paprika Tofu and Veggies



10 ingredients 30 minutes 4 servings

Directions

1. Preheat oven to 450 degrees F and line a baking sheet with foil.
2. In a large mixing bowl, add garlic, paprika, thyme, salt, pepper and 2/3 of the avocado oil. Whisk until combined.
3. Add the sliced tofu into the bowl and toss well to coat. Transfer to the baking sheet.
4. Add red onion, bell pepper and green beans to the same bowl and toss with remaining avocado oil. Transfer to a baking sheet and bake the tofu and veggies for 20 minutes.
5. Remove from the oven and divide onto plates. Adjust seasoning as needed. Enjoy!

Notes

Leftovers Refrigerate in an airtight container up to 3 days.

No Tofu Use tempeh or chickpeas in the paprika mixture instead.

Ingredients

2	Garlic (cloves, minced)
1 tbsp	Paprika
1 tsp	Dried Thyme
1 tsp	Sea Salt
1/4 tsp	Black Pepper
3 tbsps	Avocado Oil (divided)
450 grams	Tofu (firm, patted dry and cubed)
1 cup	Red Onion (sliced)
1	Yellow Bell Pepper (roughly chopped)
4 cups	Green Beans (trimmed and halved)

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