LEALOU COOKS

# Lealou Cooks - Kid-Friendly Program

Created by Lealou Cooks

# Lealou Cooks - Kid-Friendly Program

7 days

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| **Breakfast** | Banana Coconut Granola | Banana Coconut Granola | Banana Coconut Granola | Lucky Green Smoothie | Lucky Green Smoothie | Simple Banana Pancakes | Simple Banana Pancakes |
| **Snack 1** | Celery with Sunflower Seed Butter | Celery with Sunflower Seed Butter | Hummus Dippers | Hummus Dippers | Hummus Dippers | Yogurt & Berries | Yogurt & Berries |
| **Lunch** | Apple Slices & Hummus | Apple Slices & Hummus | Apple Slices & Hummus | Savoury Roasted Chickpeas | Savoury Roasted Chickpeas | Turkey Hummus Sandwich | Turkey Hummus Sandwich |
| | Hard Boiled Eggs | Hard Boiled Eggs | Hard Boiled Eggs | Roasted Sweet Potato Rounds | Roasted Sweet Potato Rounds | | |
| **Snack 2** | Green Smoothie Muffins | Green Smoothie Muffins | Green Smoothie Muffins | Green Smoothie Muffins | Green Smoothie Muffins | Carrots & Guacamole | Carrots & Guacamole |
| **Dinner** | Herbed Chicken Tenders with Honey Dijon | Herbed Chicken Tenders with Honey Dijon | Penne with Bursted Cherry Tomato Sauce | Penne with Bursted Cherry Tomato Sauce | Slow Cooker Spaghetti Squash & Meatballs | Slow Cooker Spaghetti Squash & Meatballs | One Pan Chicken, Golden Cauliflower & Carrot Fries |
| **Snack 3** | Mango Coconut Popsicles | Mango Coconut Popsicles | Mango Coconut Popsicles | Warm Apples with Cinnamon | Warm Apples with Cinnamon | Pear | Pear |

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# Lealou Cooks - Kid-Friendly Program

56 items

## Fruits

- [ ] **20** Apple
- [ ] **4** Avocado
- [ ] **14** Banana
- [ ] **12** Lime
- [ ] **8** Pear

## Seeds, Nuts & Spices

- [ ] **1 tbsp** Black Pepper
- [ ] **1 2/3 tbsps** Cinnamon
- [ ] **1 1/3 tbsps** Dried Thyme
- [ ] **1/2 cup** Ground Flax Seed
- [ ] **1 cup** Hemp Seeds
- [ ] **2 tbsps** Italian Seasoning
- [ ] **2 tbsps** Oregano
- [ ] **1/4 cup** Poultry Seasoning
- [ ] **1 cup** Pumpkin Seeds
- [ ] **2 1/8 tbsps** Sea Salt
- [ ] **0** Sea Salt & Black Pepper
- [ ] **1 1/3 tbsps** Turmeric

## Frozen

- [ ] **8 cups** Frozen Berries
- [ ] **14 cups** Frozen Mango

## Vegetables

- [ ] **13 cups** Baby Spinach
- [ ] **4 cups** Basil Leaves
- [ ] **39** Carrot
- [ ] **2 heads** Cauliflower
- [ ] **28 stalks** Celery
- [ ] **12 cups** Cherry Tomatoes
- [ ] **8** Garlic
- [ ] **4 cups** Mixed Greens
- [ ] **2** Spaghetti Squash
- [ ] **4** Sweet Potato
- [ ] **3** Yellow Bell Pepper

## Boxed & Canned

- [ ] **16 ozs** Chickpea Pasta
- [ ] **12 cups** Chickpeas
- [ ] **6 cups** Crushed Tomatoes
- [ ] **4 cups** Organic Coconut Milk

## Baking

- [ ] **2 tbsps** Baking Powder
- [ ] **1/2 cup** Brown Rice Flour
- [ ] **1/4 cup** Nutritional Yeast
- [ ] **9 cups** Oats
- [ ] **1/4 cup** Pitted Dates
- [ ] **1/3 cup** Raw Honey
- [ ] **2 cups** Unsweetened Coconut Flakes

## Bread, Fish, Meat & Cheese

- [ ] **64 ozs** Chicken Breast
- [ ] **2 lbs** Extra Lean Ground Turkey
- [ ] **6 1/2 cups** Hummus
- [ ] **16 slices** Organic Bread
- [ ] **2 lbs** Turkey Breast

## Condiments & Oils

- [ ] **1/4 cup** Avocado Oil
- [ ] **3/4 cup** Coconut Oil
- [ ] **3/4 cup** Dijon Mustard
- [ ] **2 1/4 cups** Extra Virgin Olive Oil
- [ ] **1 cup** Sunflower Seed Butter

## Cold

- [ ] **46** Egg
- [ ] **8 cups** Plain Greek Yogurt
- [ ] **1 1/2 cups** Unsweetened Almond Milk

## Other

- [ ] **1 cup** Vanilla Protein Powder
- [ ] **14 cups** Water

# Banana Coconut Granola

7 ingredients · 1 hour 15 minutes · 12 servings

## Directions

1. Preheat oven to 300F.
2. In a large bowl, combine the oats, coconut flakes, pumpkin seeds, cinnamon and sea salt.
3. Add the mashed banana and coconut oil into the bowl with the oat mixture. Use a spoon to stir until all is very well combined. The mixture should be evenly coated.
4. Spread mixture in an even layer on a large baking sheet. Press down slightly and place in oven.
5. Bake for 45-55 minutes, checking and tossing every 15 minutes. Break up large clusters as necessary. Once the granola is evenly browned and no longer feels damp, remove from oven. As it cools it will crisp up even more, so do not over-bake.
6. Once cooled, store in an airtight container at room temperature for up to one week. Or store in the freezer for a few months.

## Notes

**Serve it With**
Yogurt, oatmeal, parfaits, almond milk and/or fresh fruit.

## Ingredients

| | |
|---|---|
| **4 cups** | Oats (rolled or old fashioned) |
| **2 cups** | Unsweetened Coconut Flakes |
| **1 cup** | Pumpkin Seeds |
| **1 tsp** | Cinnamon |
| **1/2 tsp** | Sea Salt |
| **2** | Banana (ripe, mashed) |
| **1/4 cup** | Coconut Oil (melted) |

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# Lucky Green Smoothie

6 ingredients · 10 minutes · 4 servings

## Directions

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

## Notes

**No Mango**
Add frozen pineapple or banana instead.

**More Protein**
Add a scoop of your favourite clean protein powder.

## Ingredients

| | |
|---|---|
| **3 cups** | Frozen Mango |
| **4** | Lime (juiced) |
| **4 cups** | Baby Spinach (packed) |
| **1/4 cup** | Ground Flax Seed |
| **1/2 cup** | Hemp Seeds |
| **7 cups** | Water |

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# Simple Banana Pancakes

3 ingredients · 20 minutes · 8 servings

## Directions

1. In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
2. Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
3. Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

## Notes

**Likes it Sweet**
Add blueberries or chocolate chips into the batter.

## Ingredients

| | |
|---|---|
| **8** | Banana (ripe) |
| **16** | Egg |
| **1/4 cup** | Coconut Oil |

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# Celery with Sunflower Seed Butter

2 ingredients · 5 minutes · 8 servings

## Directions

1. Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

## Notes

**No Celery**
Use cucumber instead

## Ingredients

| | |
|---|---|
| **16 stalks** | Celery (sliced into sticks) |
| **1 cup** | Sunflower Seed Butter |

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# Hummus Dippers

4 ingredients · 15 minutes · 12 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.

## 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.

## Ingredients

| | |
|---|---|
| **3** | Yellow Bell Pepper |
| **3** | Carrot |
| **12 stalks** | Celery |
| **3 cups** | Hummus |

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# Yogurt & Berries

2 ingredients · 5 minutes · 8 servings

## Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

## Notes

**Dairy-Free**
Use a dairy-free yogurt like coconut, almond or cashew.

**No Frozen Berries**
Use any type of fresh fruit instead.

## Ingredients

| | |
|---|---|
| **8 cups** | Plain Greek Yogurt |
| **8 cups** | Frozen Berries (thawed) |

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# Apple Slices & Hummus

2 ingredients · 5 minutes · 12 servings

## Directions

1. Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

## Notes

**No Apple**
Use pear slices instead.

## Ingredients

| | |
|---|---|
| **12** | Apple |
| **3 cups** | Hummus |

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# Hard Boiled Eggs

1 ingredient · 15 minutes · 12 servings

## Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
2. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
3. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

## Notes

**Leftovers**
Refrigerate in a covered container with the shell on for up to 7 days.

**Easier to Peel**
Add salt to the water while boiling.

## Ingredients

| | |
|---|---|
| **24** | Egg |

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# Savoury Roasted Chickpeas

5 ingredients · 30 minutes · 8 servings

## Directions

1. Preheat oven to 400 degrees F and line a baking sheet with parchment paper.
2. Pat chickpeas dry with a paper towel. Place chickpeas in a mixing bowl and add olive oil, poultry seasoning, sea salt, and black pepper. Mix until chickpeas are evenly coated.
3. Spread the chickpeas across the baking sheet. Bake for 20 minutes, tossing halfway through.
4. Let cool before storing in an airtight container in the fridge.

## Notes

**Leftovers**
They keep well in an airtight container in the fridge for up to 5 days. They will lose their crunchiness with time, so throw them back into the oven before eating if you want to crisp them back up.

**Make Them Crispy**
Bake for longer if you like them really crispy.

## Ingredients

| | |
|---|---|
| **12 cups** | Chickpeas (canned, or cooked and drained) |
| **1/4 cup** | Extra Virgin Olive Oil |
| **1/4 cup** | Poultry Seasoning |
| **2 tsps** | Sea Salt |
| **1 tsp** | Black Pepper |

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# Roasted Sweet Potato Rounds

2 ingredients · 35 minutes · 8 servings

## Directions

1. Preheat oven to 425 degrees F and line a baking sheet with parchment paper.
2. Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
3. Brush the slices with melted coconut oil, then flip them over and repeat.
4. Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
5. Remove from oven. Season them with your favourite spices (we like sea salt and cinnamon) and enjoy!

## Notes

**Serve Them As**
A side dish, with guacamole, or with our Vegan Ranch Dressing for dipping. You can also use them as a burger bun replacement!

## Ingredients

| | |
|---|---|
| **4** | Sweet Potato (medium, washed and scrubbed) |
| **1 tbsp** | Coconut Oil |

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# Turkey Hummus Sandwich

5 ingredients · 5 minutes · 8 servings

## Directions

1. Lightly toast the bread.
2. Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

## Notes

**No Turkey**
Use chicken breast instead.

**Vegan & Vegetarian**
Use smashed chickpeas instead of turkey.

## Ingredients

| | |
|---|---|
| **16 slices** | Organic Bread (or gluten-free) |
| **2 lbs** | Turkey Breast (cooked) |
| **1/2 cup** | Hummus |
| **1/4 cup** | Dijon Mustard |
| **4 cups** | Mixed Greens |

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# Green Smoothie Muffins

9 ingredients · 25 minutes · 24 servings

## Directions

1. Preheat your oven to 350F and line a muffin tin with liners. Brush the liners with coconut oil or use silicone cups to prevent the muffins from sticking.
2. In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
3. Scoop the muffin batter into the cups. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
4. Let cool and enjoy!

## Notes

**Recommended Protein Powder**
This recipe was developed and tested with a plant-based protein powder. If using a different type of protein powder, results may vary.

**Leftovers**
Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

**Add-Ins**
After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!

## Ingredients

| | |
|---|---|
| **2 tsps** | Coconut Oil |
| **5 cups** | Baby Spinach |
| **4** | Banana (ripe) |
| **1 cup** | Vanilla Protein Powder |
| **1/4 cup** | Pitted Dates |
| **1 1/2 cups** | Unsweetened Almond Milk |
| **4** | Egg |
| **4 cups** | Oats (rolled) |
| **2 tbsps** | Baking Powder |

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# Carrots & Guacamole

4 ingredients · 5 minutes · 8 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!

## Notes

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

## Ingredients

| | |
|---|---|
| **16** | Carrot (medium) |
| **4** | Avocado |
| **4** | Lime (juiced) |
| **1 tsp** | Sea Salt (or more to taste) |

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# Herbed Chicken Tenders with Honey Dijon

8 ingredients · 40 minutes · 8 servings

## Directions

1. Preheat oven to 400 degrees F and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
2. Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
3. Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
4. Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
5. Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
6. To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

## Ingredients

| | |
|---|---|
| **32 ozs** | Chicken Breast (skinless, boneless, sliced into strips) |
| **1/4 cup** | Avocado Oil (divided) |
| **1 cup** | Oats (quick) |
| **2 tbsps** | Italian Seasoning |
| **1 tsp** | Sea Salt |
| **12** | Carrot (medium, peeled and sliced into fries) |
| **1/2 cup** | Dijon Mustard |
| **1/3 cup** | Raw Honey |

## Notes

**No Quick Oats**
Place rolled oats in your blender or food processor. Pulse a few times to break them up.

**Vegan and Vegetarian**
Use tofu strips instead of chicken.

**Leftovers**
Keeps well in the fridge up to 3 days.

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# Penne with Bursted Cherry Tomato Sauce

7 ingredients · 30 minutes · 8 servings

## Directions

1. Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
2. In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have bursted, about 15-20 minutes.
3. Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

## Notes

**No Chickpea Pasta**
Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

**No Nutritional Yeast**
Use parmesan or omit completely.

## Ingredients

| | |
|---|---|
| **16 ozs** | Chickpea Pasta (dry) |
| **1 cup** | Extra Virgin Olive Oil |
| **12 cups** | Cherry Tomatoes |
| **8** | Garlic (cloves, minced) |
| | Sea Salt & Black Pepper (to taste) |
| **4 cups** | Basil Leaves (chopped) |
| **1/4 cup** | Nutritional Yeast |

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# Slow Cooker Spaghetti Squash & Meatballs

9 ingredients · 4 hours · 8 servings

## Directions

1. In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
2. In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, sea salt and black pepper. Mix well and then submerge your turkey meatballs into the sauce.
3. Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
4. Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
5. Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

## Notes

**No Ground Turkey**
Use any type of ground meat.

**Cheese Lover**
Sprinkle with parmesan cheese.

## Ingredients

| | |
|---|---|
| **2 lbs** | Extra Lean Ground Turkey |
| **1/2 cup** | Brown Rice Flour |
| **2** | Egg (whisked) |
| **1/4 cup** | Extra Virgin Olive Oil (divided) |
| **2 tbsps** | Oregano (divided) |
| **6 cups** | Crushed Tomatoes |
| **2 tsps** | Sea Salt (divided) |
| **2 tsps** | Black Pepper (divided) |
| **2** | Spaghetti Squash (medium) |

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# One Pan Chicken, Golden Cauliflower & Carrot Fries

7 ingredients · 40 minutes · 8 servings

## Directions

1. Preheat oven to 375F and line a large baking sheet with parchment paper.
2. Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
3. Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt and black pepper to taste. Place on the baking sheet.
4. Toss carrot sticks in 1/3 of the olive oil and season with salt and pepper to taste. Place on the baking sheet next to chicken.
5. Toss cauliflower with the remaining olive oil, turmeric and salt and pepper to taste. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
6. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
7. Remove baking sheet from the oven and divide onto plates. Enjoy!

## Notes

**Low FODMAP**
Use zucchini instead of cauliflower.

## Ingredients

| | |
|---|---|
| **8** | Carrot (medium) |
| **2 heads** | Cauliflower |
| **3/4 cup** | Extra Virgin Olive Oil (divided three ways) |
| **32 ozs** | Chicken Breast |
| **1 1/3 tbsps** | Dried Thyme |
| **1 1/3 tbsps** | Turmeric (powder) |
| | Sea Salt & Black Pepper (to taste) |

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# Mango Coconut Popsicles

2 ingredients · 40 minutes · 16 servings

## Directions

1. Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
2. Roughly scoop mango puree into 3oz. paper cups.
3. Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
4. Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

## Notes

**No Coconut Milk**
Use almond milk or cashew milk instead.

## Ingredients

| | |
|---|---|
| **8 cups** | Frozen Mango |
| **4 cups** | Organic Coconut Milk (divided) |

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# Warm Apples with Cinnamon

3 ingredients · 10 minutes · 4 servings

## Directions

1. In a pan, melt coconut oil over medium heat.
2. Add apple slices and sauté until soft, about 5-8 minutes.
3. Sprinkle cinnamon over top and stir to coat evenly.
4. Divide into bowls and enjoy!

## Ingredients

| | |
|---|---|
| **2 tbsps** | Coconut Oil |
| **4** | Apple (cored and sliced) |
| **2 tsps** | Cinnamon |

## Notes

**Serve it Wtih**
Our banana ice cream, Paleo Granola or on top of oatmeal.

**No Apples**
Use pears.

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# Pear

1 ingredient · 5 minutes · 4 servings

## Directions

1. Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!

## Ingredients

| | |
|---|---|
| **4** | Pear |

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