LEALOU COOKS

-Paleo Pump Up Program-

Created by Lealou Cooks

-Paleo Pump Up Program-

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Bacon & Eggs Breakfast Jar	Bacon & Eggs Breakfast Jar	Lucky Green Smoothie	Lucky Green Smoothie	Paleo Huevos Rancheros	Paleo Huevos Rancheros
Lunch	Pulled Chicken & Pesto Wraps	Cream of Celery & Asparagus Soup	Slow Cooker Bolognese with Spaghetti Squash	-Honey Lime White Fish with Steamed Bok Choy-	Slow Cooker Rotisserie Chicken	Sweet Potato Tuna Burgers with Dill Mayo
Snack 1	Celery with Sunflower Seed Butter	Apple Slices with Cinnamon	Spicy Mango Guac on Sweet Potato Chips	Maple Roasted Almonds	Dried Mango & Brazil Nuts	Pistachios
Dinner	Cream of Celery & Asparagus Soup	Slow Cooker Bolognese with Spaghetti Squash	-Honey Lime White Fish with Steamed Bok Choy-	Slow Cooker Rotisserie Chicken	Sweet Potato Tuna Burgers with Dill Mayo	Baked Chicken with Tomatoes, Avocado & Spinach Salad
Snack 2	Apple Slices with Cinnamon	Celery with Sunflower Seed Butter	Maple Roasted Almonds	Spicy Mango Guac on Sweet Potato Chips	Pistachios	Dried Mango & Brazil Nuts

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69 items

Fruits

- [ ] **4** Apple
- [ ] **5** Avocado
- [ ] **1 3/4** Lemon
- [ ] **8** Lime
- [ ] **1/2** Mango

Breakfast

- [ ] **20 pieces** Dried Unsweetened Mango
- [ ] **1 tbsp** Maple Syrup

Seeds, Nuts & Spices

- [ ] **1 cup** Almonds
- [ ] **3** Bay Leaf
- [ ] **2 3/4 tsps** Black Pepper
- [ ] **1 cup** Brazil Nuts
- [ ] **1 cup** Cashews
- [ ] **3/4 tsp** Cayenne Pepper
- [ ] **1 tbsp** Cinnamon
- [ ] **1 tsp** Dried Thyme
- [ ] **1/4 cup** Ground Flax Seed
- [ ] **1 cup** Hemp Seeds
- [ ] **1 tsp** Italian Seasoning
- [ ] **1 tsp** Onion Powder
- [ ] **1 1/2 tsps** Oregano
- [ ] **1 1/8 tbsps** Paprika
- [ ] **2 cups** Pistachios
- [ ] **1 tsp** Red Pepper Flakes
- [ ] **1 2/3 tbsps** Sea Salt
- [ ] **0** Sea Salt & Black Pepper
- [ ] **1/3 cup** Walnuts

Frozen

- [ ] **3 cups** Frozen Mango

Vegetables

- [ ] **4 cups** Arugula
- [ ] **6 cups** Asparagus
- [ ] **11 cups** Baby Spinach
- [ ] **1 cup** Basil Leaves
- [ ] **2 cups** Bok Choy
- [ ] **4 cups** Brussels Sprouts
- [ ] **14 stalks** Celery
- [ ] **1 cup** Cherry Tomatoes
- [ ] **1/2 cup** Cilantro
- [ ] **2 cups** Collard Greens
- [ ] **1/4 cup** Fresh Dill
- [ ] **9** Garlic
- [ ] **1** Green Bell Pepper
- [ ] **3 stalks** Green Onion
- [ ] **1** Jalapeno Pepper
- [ ] **2 cups** Mini Potatoes
- [ ] **1/3 cup** Red Onion
- [ ] **8 leaves** Romaine
- [ ] **1** Spaghetti Squash
- [ ] **5** Sweet Potato
- [ ] **2** Tomato
- [ ] **3** Yellow Onion

Boxed & Canned

- [ ] **3 cups** Crushed Tomatoes
- [ ] **3 cups** Diced Tomatoes
- [ ] **1 cup** Organic Salsa
- [ ] **1/2 cup** Organic Vegetable Broth
- [ ] **2 cans** Tuna

Baking

- [ ] **3/4 cup** Almond Flour
- [ ] **1 tbsp** Nutritional Yeast
- [ ] **1 tbsp** Raw Honey

Bread, Fish, Meat & Cheese

- [ ] **16 ozs** Chicken Breast
- [ ] **1 lb** Extra Lean Ground Turkey
- [ ] **8 slices** Organic Bacon
- [ ] **4** White Fish Fillet
- [ ] **4 lbs** Whole Roasting Chicken

Condiments & Oils

- [ ] **1/4 cup** Coconut Oil
- [ ] **3/4 cup** Extra Virgin Olive Oil
- [ ] **2 tsps** Sesame Oil
- [ ] **1/2 cup** Sunflower Seed Butter
- [ ] **1 tbsp** Tamari

Cold

- [ ] **17** Egg

Other

- [ ] **11 1/3 cups** Water

Bacon & Eggs Breakfast Jar

7 ingredients · 20 minutes · 4 servings

Directions

1. Cook the bacon and wrap in paper towel while you prepare the rest.
2. Add half the coconut oil to a frying pan and heat over medium. Add the diced potato and cover with a lid. Saute periodically until browned (about 10 minutes). Transfer the potato to a dish, season with a bit of sea salt and black pepper and set aside.
3. Add the remaining coconut oil to the pan and scramble the eggs until cooked through (add a splash of almond milk for fluffier eggs). Transfer to a dish and set aside.
4. Add a few spoonfuls of salsa to the bottom of the jars (500 mL in size). Add in a layer of potato and top with a layer of scrambled eggs then chopped bacon. Finish off with a layer of arugula and seal the jar. When ready to eat, dump into a bowl, toss well and enjoy!

Notes

Vegetarian
Replace the bacon with roasted chickpeas.

Leftovers
Store covered in the fridge up to 4 days.

The Best Bacon
Read the label. Look for quality bacon with no sugar added. Check out your local butcher.

Ingredients

8 slices	Organic Bacon
1 tbsp	Coconut Oil (divided)
2 cups	Mini Potatoes (quartered)
	Sea Salt & Black Pepper (to taste)
8	Egg (whisked)
1 cup	Organic Salsa
4 cups	Arugula

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Lucky Green Smoothie

6 ingredients · 10 minutes · 2 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

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

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Paleo Huevos Rancheros

10 ingredients · 25 minutes · 4 servings

Directions

1. Heat half of the coconut oil in a large skillet over medium heat. Add jalapeno, green pepper and onion. Sautee for 5 minutes or until onion is translucent. Add in tomatoes and stir well. Season with sea salt and pepper to taste. Let simmer for at least 15 minutes or until mixture thickens. Set aside.
2. Heat the remaining coconut oil in a non-stick pan and fry eggs (sunnyside up).
3. Assemble Huevos Rancheros by plating two large romaine leaves and adding some of your homemade salsa overtop. Add fried eggs and then top with avocado slices and cilantro. You can use the romaine leaves to wrap up the goodness or just eat it as is. Enjoy!

Notes

More Carbs
Serve with brown rice tortillas (not paleo).

More Spicy
Serve with tabasco sauce.

Ingredients

1 tbsp	Coconut Oil (divided)
1	Jalapeno Pepper (seeds removed and finely chopped)
1	Green Bell Pepper (finely chopped)
1	Yellow Onion (finely chopped)
2	Tomato (chopped)
	Sea Salt & Black Pepper (to taste)
8	Egg
2	Avocado (peeled and cut into slices)
1/2 cup	Cilantro (optional)
8 leaves	Romaine (washed)

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Pulled Chicken & Pesto Wraps

10 ingredients · 1 hour 10 minutes · 2 servings

Directions

1. Preheat oven to 325.
2. Place chicken breasts in a oven-safe glass dish and pour in vegetable broth. Tightly cover with foil. Bake in the oven for 60 minutes.
3. Meanwhile, create your pesto by combining walnuts, olive oil, lemon juice, spinach, basil, sea salt and black pepper in a food processor. Blend until smooth.
4. Remove chicken from oven. Use a fork to shred the chicken.
5. Place the pulled chicken in a bowl and toss with desired amount of pesto.
6. Drop a few spoonfuls into a collard green and wrap it up. Enjoy!

Notes

Save Time
Throw your chicken into the slow cooker in the morning and shred by night.

More Carbs
Serve on organic bread or in a brown rice wrap.

Make it Crunchy
Add diced celery, cherry tomatoes or sunflower seeds.

Vegetarian
Skip the chicken and use roasted chickpeas.

Ingredients

8 ozs	Chicken Breast
1/2 cup	Organic Vegetable Broth
1/3 cup	Walnuts
1/4 cup	Extra Virgin Olive Oil
1/2	Lemon (juiced)
1 cup	Baby Spinach
1/2 cup	Basil Leaves
1/8 tsp	Sea Salt
1/4 tsp	Black Pepper
2 cups	Collard Greens (washed and stems removed)

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Celery with Sunflower Seed Butter

2 ingredients · 5 minutes · 4 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

8 stalks	Celery (sliced into sticks)
1/2 cup	Sunflower Seed Butter

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Apple Slices with Cinnamon

2 ingredients · 5 minutes · 2 servings

Directions

1. Slice apple and cut out the core.
2. Sprinkle with cinnamon.
3. Enjoy!

Ingredients

2	Apple
1 tsp	Cinnamon

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Spicy Mango Guac on Sweet Potato Chips

8 ingredients · 45 minutes · 4 servings

Directions

1. Preheat oven to 375. Starting at one end of the sweet potato, cut into rounds as thinly as possible. Try to be consistent with how thin you slice them so they bake evenly.
2. In a mixing bowl, toss the sweet potato rounds with olive oil and season with some sea salt.
3. Line a baking sheet with parchment paper. Place the sweet potato rounds across the baking sheet in a single layer. Bake in the oven on the middle rack for 20 minutes. Flip the rounds and bake for another 10 to 20 minutes depending on the thickness or until golden brown.
4. While sweet potato chips cook, assemble the guac by combining avocado, mango, red onion, cayenne, lime juice, sea salt and black pepper. Mix and mash with a fork until creamy. Store in fridge until ready to eat.
5. Place a dollop of guac on each baked sweet potato chip. Enjoy!

Notes

Chip Lover
Make brown rice tortilla chips instead of sweet potato chips.

Less Carbs
Skip the sweet potato and serve as a dip with veggie sticks.

Likes it Spicy
Add more cayenne pepper

Keep it Crispy
If chips lose their crispiness overtime, throw them back into the oven at 350 for 5 to 10 minutes.

Ingredients

2	Sweet Potato
1 1/2 tsps	Extra Virgin Olive Oil
2	Avocado (peeled and mashed)
1/2	Mango (peeled and diced)
1/4 cup	Red Onion (finely diced)
1/4 tsp	Cayenne Pepper
2	Lime (juiced)
	Sea Salt & Black Pepper (to taste)

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Dried Mango & Brazil Nuts

2 ingredients · 3 minutes · 4 servings

Directions

1. Divide dried mango and brazil nuts between bowls. Enjoy!

Ingredients

20 pieces	Dried Unsweetened Mango (large)
1 cup	Brazil Nuts

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Pistachios

1 ingredient · 1 minute · 2 servings

Directions

1. Divide into bowls, peel and enjoy!

Ingredients

1 cup	Pistachios (in the shell)

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Cream of Celery & Asparagus Soup

10 ingredients · 25 minutes · 4 servings

Directions

1. Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
2. Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
3. Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Notes

No Hemp Seeds
Use cashews.

Add Some Crunch
Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach
Use kale, swiss chard or any leafy green.

Ingredients

2 tbsps	Coconut Oil
1	Yellow Onion (chopped)
6 stalks	Celery (chopped)
3	Garlic (cloves, minced)
4 cups	Water
1 tsp	Sea Salt
1/2 tsp	Black Pepper
3 cups	Asparagus (woody ends snapped off)
1/2 cup	Hemp Seeds
4 cups	Baby Spinach

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Slow Cooker Bolognese with Spaghetti Squash

11 ingredients · 8 hours · 4 servings

Directions

1. Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
2. About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
3. Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
4. Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
5. Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

Ingredients

1 1/2 tsps	Extra Virgin Olive Oil
1 lb	Extra Lean Ground Turkey
1	Yellow Onion (diced)
5	Garlic (cloves, minced)
3 cups	Diced Tomatoes (drained)
3 cups	Crushed Tomatoes
3	Bay Leaf
1 tsp	Oregano
1	Spaghetti Squash
1/2 cup	Basil Leaves (chopped)
1 tsp	Red Pepper Flakes

Notes

More Vegetables
Add diced green pepper and mushrooms.

Vegetarian
Use lentils instead of ground turkey.

More Carbs
Use brown rice pasta instead of spaghetti squash.

No Slow Cooker
Make it on the stovetop and let simmer for at least an hour.

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-Honey Lime White Fish with Steamed Bok Choy-

11 ingredients · 30 minutes · 4 servings

Directions

1. Combine lime zest, lime juice, half of the olive oil, honey, sea salt, pepper and minced garlic in a mixing bowl. Add white fish fillets and use your hands to coat. Let marinate as long as possible (up to 24 hours).
2. Lay a piece of wax paper on the counter. Lay white fish fillets across the wax paper. Lightly dust each side with flour.
3. Fill a pot with water and bring to a boil. Place the bok choy in a steaming basket and place over the pot. Let steam for 6 to 7 minutes. Remove and toss in tamari and sesame oil. Season with sea salt.
4. Heat the remaining olive oil in a skillet over medium heat. Cook fillets for 3 or 4 minutes a side or until golden brown.
5. Serve tilapia over steamed bok choy. Drizzle with a lime wedge. Enjoy!

Notes

On the Ball
Make the night before and allow fish to marinade overnight for maximum flavour.

For Down the Road
Toss the marinade and fish together in a ziploc bag and store in the freezer. Thaw before cooking.

No Almond Flour
Use any gluten-free flour (coconut, brown rice, etc).

No Bok Choy
Use asparagus or broccolini instead.

Ingredients

4	White Fish Fillet
1	Lime (Zested and juiced)
2 tbsps	Extra Virgin Olive Oil (divided)
1 tbsp	Raw Honey
1/2 tsp	Sea Salt
1/2 tsp	Black Pepper
1	Garlic (clove, minced)
1/2 cup	Almond Flour
2 cups	Bok Choy (sliced lengthwise)
1 tbsp	Tamari
2 tsps	Sesame Oil

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Slow Cooker Rotisserie Chicken

11 ingredients · 4 hours · 4 servings

Directions

1. Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
2. Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
3. In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
4. Place chicken (breast side up) in the slow cooker on top of the foil. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). If you have a meat thermometer, the chicken will be perfect when it has an internal temperature of 165 degrees celsius. Otherwise, you can check that it is cooked through just by making a slit in it and make sure it is no longer pink at the bone.
5. One hour before you are ready to eat, preheat oven to 415. Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
6. Remove vegetables from oven and increase heat to 450. Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
7. Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

Ingredients

4 lbs	Whole Roasting Chicken
1 tbsp	Sea Salt
2 tsps	Paprika
1 tsp	Onion Powder
1 tsp	Dried Thyme
1 tsp	Italian Seasoning
1/2 tsp	Cayenne Pepper
1 tsp	Black Pepper
2	Sweet Potato (diced into 1 inch cubes)
4 cups	Brussels Sprouts (halved and trimmed)
1 tbsp	Extra Virgin Olive Oil

Notes

Save the Carcass
Make our Immunity Boosting Bone Broth.

AIP-Friendly
Omit the black pepper and cayenne.

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Sweet Potato Tuna Burgers with Dill Mayo

16 ingredients · 45 minutes · 4 servings

Directions

1. Peel sweet potato and chop into 1/2 inch slices. Fill a pot with water and bring to a boil. Place sweet potato in a steaming basket and steam for 7 to 10 minutes. Transfer into a bowl and mash with a fork. Measure out 1 cup mashed sweet potato (or 2 cups if you are doubling the recipe) and set aside.
2. Preheat oven to 425 and line a baking sheet with parchment paper. Combine tuna, mashed sweet potato, flour, green onion, egg, oregano, paprika, sea salt and black pepper together in a bowl. Mix well. Use your hands to form into even cakes. Drop the cakes onto one side of the baking sheet. Place in the oven and set your timer for 15 minutes.
3. Meanwhile, trim the ends from the asparagus and toss in olive oil and season with sea salt and pepper.
4. Remove the cakes from the oven after 15 minutes. Flip them and add the asparagus to the other side of the baking sheet. Bake together in the oven for another 15 minutes or until the asparagus is tender.
5. Meanwhile, create your dill mayo by combining cashews, olive oil, lemon juice, nutritional yeast, dill and water together in a blender or food processor. Season with a pinch of sea salt. Blend until a creamy consistency forms.
6. Remove from oven. Plate asparagus and top with tuna cake(s). Drizzle with desired amount of dill mayo. Enjoy!

Notes

No Tuna
Use salmon

Ingredients

1	Sweet Potato
2 cans	Tuna (drained and flaked)
1/3 cup	Almond Flour
3 stalks	Green Onion (chopped)
1	Egg
1/2 tsp	Oregano
1/2 tsp	Paprika
1/2 tsp	Sea Salt
1/2 tsp	Black Pepper
3 cups	Asparagus (washed and trimmed)
1 cup	Cashews
1/4 cup	Extra Virgin Olive Oil
1	Lemon (juiced)
1 tbsp	Nutritional Yeast
1/4 cup	Fresh Dill (chopped)
1/3 cup	Water

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Baked Chicken with Tomatoes, Avocado & Spinach Salad

10 ingredients · 40 minutes · 2 servings

Directions

1. Preheat oven to 350 and line a baking sheet with parchment paper.
2. Season your chicken breasts with sea salt, black pepper and paprika to taste. Place them to one side of the baking sheet. Spread your cherry tomatoes across the other side of the baking sheet. Bake the chicken and the cherry tomatoes together in the oven for 30 minutes or until chicken is cooked through.
3. In the mean time, place avocado, lime juice and red onion together in a mixing bowl. Season with a pinch of sea salt and pepper. Mash with a fork until a creamy consistency forms.
4. Toss spinach with olive oil and lemon juice.
5. Plate the spinach, and then serve baked chicken over top. Top with guacamole and roasted tomatoes. Enjoy!

Ingredients

8 ozs	Chicken Breast
	Sea Salt & Black Pepper (to taste)
1 tsp	Paprika
1 cup	Cherry Tomatoes (halved)
1	Avocado (peeled and pitted)
1	Lime (juiced)
2 tbsps	Red Onion (finely diced)
2 cups	Baby Spinach
3/4 tsp	Extra Virgin Olive Oil
1/4	Lemon (juiced)

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Maple Roasted Almonds

3 ingredients · 10 minutes · 4 servings

Directions

1. Place almonds in a frying pan and toast over medium heat. When slightly browned, add maple syrup and cinnamon and stir well. Turn heat back to low. Continuously stir almonds until they become sticky (about 2 minutes).
2. Remove from heat and spread almonds onto a piece of parchment paper. Let dry for 10 minutes. When cool, break apart and place single portions in snack-sized baggies for an easy grab-and-go snack.

Ingredients

1 cup	Almonds
1 tbsp	Maple Syrup
1 tsp	Cinnamon

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