LEALOU COOKS

Meal Plan & Prep Guide for Busy People

Stephanie Fazio
http://www.lealoucooks.com

Lealou Cooks
lealoucooks@gmail.com

A Meal Plan and Prep Guide for Busy People

Whether you're single, a couple, or part of a busy family where both parents work outside the home with kids in multiple activities, you know it can be tough to get dinner on the table every night.

Some people seem to have it all figured out and others still struggle.

I want to make it a bit easier on you with a 5-day meal plan and prep guide that will help you prep 5 days of meals in just two hours.

Eating well is so important in our busy world.

When our stress levels go up, we're more apt to reach for the sugary, salty processed foods because it makes us feel good in the short term.

The problem is that those types of foods make us crash harder and we end up in a cycle of reaching for them once again when we hit low levels of energy again.

Many people don't realize that when we're stressed and busy our bodies need nourishing food to help us balance our system as much as possible.

It's that nourishing food that will help you make your deadlines and then give you enough energy to get home to bring the kids to their activities.

If you don't have kids, nourishing food will give you the energy you need to go for a walk after work, go to yoga, or get to the gym.

Shop once. Cook once. Eat well all week.

This program will guide you through how to prepare all of your food for a week in just a few hours.

You'll feel more in control of your eating habits because there will be no guessing about what you're going to eat every day.

When you have a plan, you're less likely to reach for the sugary highly-processed foods mentioned above.

This Program Includes:

- A 5-day meal plan consisting of recipes for breakfast, lunch, dinner and two snacks.
- A full grocery list for the whole week

- A full prep guide that will outline exactly when to prepare the food so that you're not scrambling.

Tips for Using This Plan:

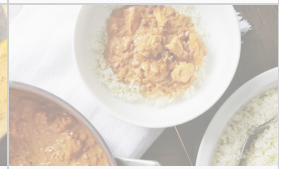
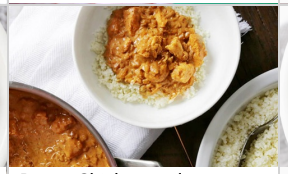
- Print out the plan so you can see it in your kitchen and you'll know exactly what you're eating each day.
- Find two hours on the weekend (or on a day when you don't work) to go shopping and prep as much food as possible. Make sure you're not shopping on an empty stomach!
- Double this meal plan and recipes so you can freeze some food for the following weeks when you're in a pinch.
- Put foods and prepared meals into separate containers and mason jars so you can just grab and go on your way to work in the morning.
- If you tend to work late into the evening, be sure to pack your dinner too—you might need a bigger lunch bag!
- If you have a late meeting or activity on a particular night, freeze your meal for that night so you can eat it another time.

Tips for Eating While You're at Work:

- If you can help it, do not eat lunch at your desk. If the weather is nice, eat outside. It helps to separate eating from work and it will help over all with your stress levels.
- If you have to eat at your desk, take some time to go for a walk, even if it's around the block. Unfortunately office spaces have some of the worst lighting for our health and staying inside under fake lights can contribute to stress levels and poor health. We need to see the sun!
- Don't forget your snacks! Keeping your hunger at bay with nutrient-dense snacks can help tremendously with stress and focus. Save a snack for the trip home from work so you're not 'hangry' when you pick up the kids or see your partner.
- Drink water and herbal teas throughout the day. Drinking water will keep you stay hydrated leaving you more alert and less lethargic.
- Herbal teas like Tulsi or peppermint will also keep you alert without the crash that coffee can sometimes give us.
- Make sure to remember to breathe before you eat. When we take a few moments during our busy schedules to breathe, especially before we eat, we'll have better digestion after eating and we'll appreciate the food all the more.

If you have any questions, please do not hesitate to contact me: lealoucooks@gmail.com

Happy Cooking!
Stephanie

	Mon	Tue	Wed	Thu	Fri
Breakfast	Blueberry Overnight Oats	Blueberry Overnight Oats	Morning Glory Muffins	Morning Glory Muffins	Morning Glory Muffins
Lunch	Spring Salad	Spring Salad	One Pan Salmon with Green Beans & Roasted Tomato	One Pan Paleo Plate	 Butter Chicken and Cauliflower Rice
Snack 1	Banana with Peanut Butter	Banana with Peanut Butter	Dark Chocolate	Clean Trail Mix	Dark Chocolate
Dinner	One Pan Salmon with Green Beans & Roasted Tomato	One Pan Paleo Plate	Slow Cooker Vegan Chili	 Butter Chicken and Cauliflower Rice	Slow Cooker Vegan Chili
Snack 2	Organic Popcorn	Organic Popcorn	Grapes	Grapes	Clean Trail Mix

Stephanie Fazio
http://www.lealoucooks.com

Fruits

- [ ] 5 Banana
- [ ] 1 cup Blueberries
- [ ] 4 cups Grapes
- [ ] 3/4 Lime

Breakfast

- [ ] 1/2 cup All Natural Peanut Butter
- [ ] 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- [ ] 1/4 tsp Black Pepper
- [ ] 2 tbsps Chia Seeds
- [ ] 1/4 cup Chili Powder
- [ ] 1 1/2 tsps Cinnamon
- [ ] 2 cups Clean Trail Mix
- [ ] 2 tsps Cumin
- [ ] 1 1/2 tbsps Curry Powder
- [ ] 1 tbsp Garam Masala
- [ ] 1 tsp Oregano
- [ ] 1 tbsp Paprika
- [ ] 1 2/3 tbsps Sea Salt
- [ ] 0 Sea Salt & Black Pepper
- [ ] 1 cup Slivered Almonds

Frozen

- [ ] 2 cups Frozen Corn
- [ ] 1 cup Frozen Peas

Vegetables

- [ ] 2 cups Baby Spinach
- [ ] 5 cups Brussels Sprouts
- [ ] 4 Carrot
- [ ] 1 1/2 heads Cauliflower
- [ ] 2 stalks Celery
- [ ] 2 1/2 cups Cherry Tomatoes
- [ ] 7 Garlic
- [ ] 3 tbsps Ginger
- [ ] 5 cups Green Beans
- [ ] 2 Green Bell Pepper
- [ ] 3 cups Snap Peas
- [ ] 2 1/2 Sweet Potato
- [ ] 1 White Onion
- [ ] 3 Yellow Onion

Boxed & Canned

- [ ] 6 cups Canned Whole Tomatoes
- [ ] 2 cups Green Lentils
- [ ] 1 1/2 cups Organic Coconut Milk
- [ ] 8 cups Organic Popcorn
- [ ] 2 cups Red Kidney Beans
- [ ] 1/3 cup Tomato Paste
- [ ] 2 cans Tuna
- [ ] 2 cups White Navy Beans

Baking

- [ ] 1 cup Almond Flour
- [ ] 7 1/16 ozs Dark Organic Chocolate
- [ ] 2 1/2 cups Oats
- [ ] 1/2 cup Organic Raisins

Bread, Fish, Meat & Cheese

- [ ] 2 1/3 lbs Chicken Breast
- [ ] 1 1/2 lbs Salmon Fillet

Condiments & Oils

- [ ] 2 tbsps Dijon Mustard
- [ ] 2/3 cup Extra Virgin Olive Oil
- [ ] 3 tbsps Red Wine Vinegar

Cold

- [ ] 2 Egg
- [ ] 1 3/4 cups Unsweetened Almond Milk

Other

- [ ] 1 cup Water

Stephanie Fazio
http://www.lealoucooks.com

Blueberry Overnight Oats

4 servings
8 hours

Ingredients

1 1/2 cups Oats
1 1/2 cups Unsweetened Almond Milk
2 tbsps Chia Seeds
2 tbsps Maple Syrup
1 tsp Cinnamon
1/2 cup Water
1 cup Blueberries
1 cup Slivered Almonds

Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).

2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Stephanie Fazio
http://www.lealoucooks.com

Morning Glory Muffins

9 servings
40 minutes

Ingredients

- **1 cup** Almond Flour
- **1 cup** Oats
- **1/2 tsp** Cinnamon
- **1/4 tsp** Sea Salt
- **1/2 cup** Organic Raisins
- **3 tbsps** Extra Virgin Olive Oil
- **1/4 cup** Maple Syrup
- **2** Egg
- **1/4 cup** Unsweetened Almond Milk
- **2** Carrot (grated)
- **1** Banana (ripe and mashed)

Directions

1. Preheat the oven to 375°F (191°C). Line a muffin tray with liners.
2. In a bowl, combine flour, cinnamon, salt, oats and raisins. Mix well.
3. In a separate bowl, combine oil, maple syrup, egg, almond milk, carrot and banana. Mix well.
4. Combine the wet and dry ingredients and mix well.
5. Use a measuring cup to measure even amounts of mixture into the muffin liners. Place in the oven and bake for 30 minutes.
6. Remove from oven. Let cool and enjoy!

Notes

No Raisins, Used unsweetened dried cranberries or fresh blueberries instead.

Egg Allergy, Mix 2 tbsp ground flax seed with 6 tbsp water and let it sit to form a gel. Use this in replace of 2 eggs.

Special Touch, Serve with raw honey or organic butter.

Stephanie Fazio
http://www.lealoucooks.com

Spring Salad

4 servings
15 minutes

Ingredients

2 cups Green Lentils (cooked, drained and rinsed)
3 cups Snap Peas (washed)
1 cup Frozen Peas (thawed)
2 cups Baby Spinach (chopped)
2 cans Tuna (drained and flaked)
3 tbsps Red Wine Vinegar
1 tbsp Extra Virgin Olive Oil
2 tbsps Dijon Mustard
1/4 tsp Sea Salt
1/4 tsp Black Pepper

Directions

1. Combine lentils, snap peas, green peas, spinach and flaked tuna together in a large mixing bowl.
2. In a small jar, combine vinegar, olive oil, mustard, salt and pepper. Put lid on and shake well. Pour dressing over salad and toss well. Divide into bowls and enjoy!

Notes

Storage, Store in the fridge in an airtight container up to 3 days.
No Tuna, Use diced chicken breast instead.
Vegetarian and Vegan, Skip the tuna and add extra lentils.

Stephanie Fazio
http://www.lealoucooks.com

Banana with Peanut Butter

2 servings
5 minutes

Ingredients

2 Banana (peeled and sliced)
1/4 cup All Natural Peanut Butter

Directions

1. Spread peanut butter across banana slices. Happy snacking!

Notes

No Peanut Butter, Use any nut or seed butter.
More Protein, Sprinkle with hemp seeds.

Stephanie Fazio
http://www.lealoucooks.com

Dark Chocolate

4 servings
1 minute

Ingredients

7 1/16 ozs Dark Organic Chocolate (at least 70% cacao)

Directions

1. Break apart chocolate into pieces and divide into bowls. Enjoy!

Notes

Next Level Chocolate, Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.

Stephanie Fazio
http://www.lealoucooks.com

Clean Trail Mix

4 servings
2 minutes

Ingredients

2 cups Clean Trail Mix

Directions

1. This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
2. Pour into bowl and snack away!

Stephanie Fazio
http://www.lealoucooks.com

One Pan Salmon with Green Beans & Roasted Tomato

5 servings
25 minutes

Ingredients

5 cups Green Beans (washed and trimmed)
2 1/2 cups Cherry Tomatoes
1 1/4 tbsps Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
1 1/2 lbs Salmon Fillet

Directions

1. Preheat oven to 510°F (266°C).
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

Notes

No Salmon, Use any type of fish fillet. Baking times will vary depending on thickness.
Vegan, Use roasted chickpeas instead of salmon.
More Carbs, Serve with quinoa or rice.
Added Touch, Toss the green beans in balsamic vinegar before serving.

Stephanie Fazio
http://www.lealoucooks.com

One Pan Paleo Plate

5 servings
35 minutes

Ingredients

1 1/4 lbs Chicken Breast
Sea Salt & Black Pepper (to taste)
5 cups Brussels Sprouts (washed, trimmed and halved)
1 1/4 tbsps Extra Virgin Olive Oil (plus extra for brushing)
2 1/2 Sweet Potato (washed and sliced in half)

Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Brush both sides of the chicken breast with olive oil and season with sea salt, black pepper and any other spices you like. Place on the baking sheet.
3. Toss your brussels sprouts in olive oil and season with sea salt and black pepper. Place on the baking sheet with the chicken.
4. Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Season with sea salt and black pepper. Place these on the baking sheet with the flesh facing up.
5. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
6. Remove baking sheet from the oven and divide onto plates. Enjoy!

Notes

No Brussels Sprouts, Use broccoli, cauliflower or green beans instead. Roasting times will vary.
No Chicken Breast, Use turkey breast.
Vegans and Vegetarians, Replace chicken with roasted chickpeas.
Extra Time, Slice sweet potato into cubes or fries.

Stephanie Fazio
http://www.lealoucooks.com

Slow Cooker Vegan Chili

8 servings
8 hours

Ingredients

6 cups Canned Whole Tomatoes
2 cups Red Kidney Beans (cooked, drained and rinsed)
2 cups White Navy Beans (cooked, drained and rinsed)
2 cups Frozen Corn
2 stalks Celery (diced)
2 Green Bell Pepper (de-seeded and chopped)
2 Carrot (chopped)
1 White Onion (diced)
4 Garlic (cloves, minced)
2 tsps Cumin
1 tsp Oregano
3 tbsps Chili Powder
1 tbsp Sea Salt

Directions

1. Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
2. Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
3. Ladle into bowls and enjoy!

Notes

Serve it With, Organic toast, quinoa, brown rice or a salad.
Storage, Refrigerate in an air-tight container for 4 - 5 days or freeze up to 4 months.
Make Ahead, Chop celery, bell peppers, carrot and onion ahead of time.
Kid-Friendly, Omit the chili powder and puree until smooth. Serve with organic tortilla chips.
Extra Spicy, Add 1 - 2 chopped jalapeno peppers, chili flakes or extra chili powder.
More Greens, Mix in chopped kale or spinach. Stir until wilted.
Extra Toppings, Top with green onion or diced avocado.

Stephanie Fazio
http://www.lealoucooks.com

Butter Chicken and Cauliflower Rice

6 servings
30 minutes

Ingredients

1 1/8 lbs Chicken Breast
3 tbsps Extra Virgin Olive Oil
3 Yellow Onion (diced)
3 Garlic (cloves, minced)
3 tbsps Ginger (grated)
1/3 cup Tomato Paste
1 tbsp Paprika
1 1/2 tbsps Curry Powder
1 tbsp Garam Masala
1 1/2 tsps Sea Salt
1 1/2 tbsps Chili Powder
1/3 cup Water
1 1/2 cups Organic Coconut Milk (full fat)
1 1/2 heads Cauliflower
3/4 Lime (juiced)

Directions

1. Dice your chicken into cubes and set aside.
2. Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
3. Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
4. Stir in coconut milk and reduce to simmer for about 5 minutes.
5. Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
6. Squeeze lime juice on cauliflower rice and transfer into a bowl.
7. Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

Notes

Vegan or Budget-Friendly, Skip the chicken breast and replace with chickpeas, lentils or beans.

No Coconut Milk, Use Greek yogurt instead.

No Cauliflower Rice, Serve over brown rice or quinoa instead.

More Veggies, Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

Storage, Refrigerate in an air-tight container for up to 2 - 3 days.

Stephanie Fazio
http://www.lealoucooks.com

Organic Popcorn

4 servings
2 minutes

Ingredients

8 cups Organic Popcorn

Directions

1. Pour into bowls and enjoy!

Stephanie Fazio
http://www.lealoucooks.com

Grapes

2 servings
2 minutes

Ingredients

2 cups Grapes

Directions

1. Wash grapes, divide into bowls and enjoy!

Task No.	Time	Recipe	Tasks & Notes
1	15 minutes	Crock Pot Vegan Chili	☐ Follow the recipe and add all ingredients to crock pot ☐ Cook on high for 4 to 8 hours
2	5 minutes	Blueberry Overnight Oats	☐ Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a mixing bowl. Stir well to mix and place in the fridge.
3	25 minutes	One Pan Salmon with Green Beans & Roasted Tomato	☐ Preheat oven to 510 ☐ Follow the complete recipe then divide into 4 takeout containers ☐ Set containers aside without lids to cool ☐ **Optional:** Cook up some quinoa or rice if you would like it as a side
4	15 minutes	One Pan Paleo Plate	☐ Reduce oven temperature to 350 ☐ Follow the recipe. Set timer for 30 minutes and move onto the next task.

5	15 minutes	Spring Salad	☐ Follow the recipe to create the salad and dressing separately ☐ Divide the dressing into small salad dressing containers. Seal and set aside. ☐ Divide the salad into takeout containers or mason jars. Seal and set aside.
6	5 minutes	One Pan Paleo Plate	☐ Remove pan from oven and divide into containers ☐ Set aside without lids and let cool
7	15 minutes	Morning Glory Muffins	☐ Increase oven temperature to 375 ☐ Follow recipe and bake for 30 minutes ☐ Move onto next task while they bake
8	25 minutes	Butter Chicken and Cauliflower Rice	☐ Follow the recipe ☐ Divide into takeout containers without lids. Set aside to cool.
9	5 minutes	Morning Glory Muffins	☐ Remove from oven and set aside on a rack to cool

10	5 minutes	Banana with Peanut Butter	☐ Divide peanut butter into 4 dressing size containers ☐ Seal with lids and set aside
11	2 minutes	Clean Trial Mix	☐ Divide trail mix into snack sized baggies and set aside
12	3 minutes	Dark Chocolate	☐ Divide chocolate into snack baggies and set aside
13	3 minutes	Grapes	☐ Wash grapes and divide into snack baggies. Set aside
14	2 minutes	Organic Popcorn	☐ Divide popcorn into snack baggies and set aside
15	5 minutes	Blueberry Overnight Oats	☐ Once thickened enough, layer overnight oats into jars with blueberries and slivered almonds ☐ Seal and set aside
16	5 minutes	Crock Pot Vegan Chili	☐ Divide the chili into 1L jars or containers ☐ Set aside without lids to cool
17	5 minutes	*Once everything has cooled*	☐ Divide muffins into baggies and seal

			☐ Seal everything else with lids ☐ **Into the Fridge:** One Pan Salmon with Green Beans & Roasted Tomato, Spring Salad, One Pan Paleo Plate, Peanut Butter, Grapes, Blueberry Overnight Oats and half of the Crock Pot Vegan Chili. ☐ **Into the Freezer:** Butter Chicken and Cauliflower Rice, Morning Glory Muffins and remaining Crock Pot Vegan Chili. ☐ **Into the Pantry:** Clean Trail Mix, Dark Chocolate and Organic Popcorn.
18	15 minutes		☐ Wash dishes ☐ Wipe counters

Day		Activity	Recipe	Notes
2 Tue		Thaw	Morning Glory Muffins	
3 Wed		Thaw	Butter Chicken and Cauliflower Rice	
4 Thu		Thaw	Crock Pot Vegan Chili	