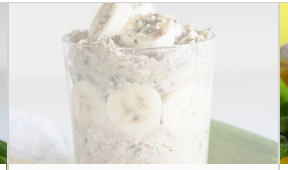
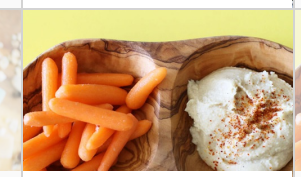
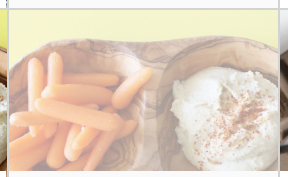
LEALOU COOKS

Easy Peasy Slow Cooker Program

Stephanie Fazio
http://www.lealoucooks.com

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Zucchini Bread Overnight Oats	Zucchini Bread Overnight Oats	Zucchini Bread Overnight Oats	 Zucchini Bread Overnight Oats	Kiwi Green Smoothie	Kiwi Green Smoothie
Snack 1	Slow Cooker Cinnamon Applesauce	Slow Cooker Cinnamon Applesauce	 Baby Carrots & Hummus	 Baby Carrots & Hummus	Almonds & Dark Chocolate	Almonds & Dark Chocolate
Lunch	Protein Packed Deviled Eggs	Slow Cooker Maple Mustard Chicken	Slow Cooker Stuffed Peppers	Curried Chicken Slow Cooker Stew	Slow Cooker Vegan Chili	Vegan Sloppy Joes
Snack 2	Celery with Peanut Butter	Celery with Peanut Butter	Banana with Peanut Butter	Banana with Peanut Butter	Slow Cooker Cinnamon Applesauce	Slow Cooker Cinnamon Applesauce
Dinner	Slow Cooker Maple Mustard Chicken	Slow Cooker Stuffed Peppers	Curried Chicken Slow Cooker Stew	Slow Cooker Vegan Chili	Vegan Sloppy Joes	Curried Chicken Slow Cooker Stew

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Fruits

- [ ] 12 Apple
- [ ] 1/2 Avocado
- [ ] 10 Banana
- [ ] 4 Kiwi
- [ ] 1/2 Lemon

Breakfast

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

Seeds, Nuts & Spices

- [ ] 1/2 cup Almonds
- [ ] 1 1/2 tsps Black Pepper
- [ ] 1/4 cup Chia Seeds
- [ ] 2 1/2 tbsps Chili Powder
- [ ] 1 tsp Cinnamon
- [ ] 4 servings Cinnamon Stick
- [ ] 2 1/2 tsps Cumin
- [ ] 1 tbsp Curry Powder
- [ ] 1 1/2 tsps Dried Basil
- [ ] 1 tsp Garlic Powder
- [ ] 1/4 cup Ground Flax Seed
- [ ] 1/2 cup Hemp Seeds
- [ ] 1/2 tsp Oregano
- [ ] 1 1/2 tsps Paprika
- [ ] 1 1/8 tbsps Sea Salt
- [ ] 0 Sea Salt & Black Pepper

Frozen

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

Vegetables

- [ ] 3 cups Baby Carrots
- [ ] 8 cups Baby Spinach
- [ ] 1 Carrot
- [ ] 1 head Cauliflower
- [ ] 7 stalks Celery
- [ ] 1/2 Cucumber
- [ ] 6 Garlic
- [ ] 8 cups Green Beans
- [ ] 6 Green Bell Pepper
- [ ] 1 stalk Green Onion
- [ ] 1 cup Matchstick Carrots
- [ ] 2 cups Mushrooms
- [ ] 1 1/2 lbs Portobello Mushroom Caps
- [ ] 1/2 Sweet Onion
- [ ] 1 Sweet Potato
- [ ] 1/2 White Onion
- [ ] 1/2 Yellow Onion
- [ ] 2 Zucchini

Boxed & Canned

- [ ] 3 cups Canned Whole Tomatoes
- [ ] 2 cups Chickpeas
- [ ] 2 cups Crushed Tomatoes
- [ ] 4 cups Lentils
- [ ] 2 cups Organic Salsa
- [ ] 2 cups Organic Vegetable Broth
- [ ] 1 cup Red Kidney Beans
- [ ] 1 can Tuna
- [ ] 1 cup White Navy Beans

Baking

- [ ] 2 tbsps Coconut Flour
- [ ] 3 1/2 ozs Dark Organic Chocolate
- [ ] 3 cups Oats

Bread, Fish, Meat & Cheese

- [ ] 8 ozs Chicken Breast
- [ ] 2 lbs Chicken Thighs
- [ ] 1 lb Extra Lean Ground Turkey
- [ ] 1 cup Hummus

Condiments & Oils

- [ ] 1/3 cup Dijon Mustard
- [ ] 2 tbsps Extra Virgin Olive Oil
- [ ] 3 tbsps Yellow Mustard

Cold

- [ ] 5 Egg
- [ ] 3 cups Unsweetened Almond Milk

Other

- [ ] 8 Ice Cubes
- [ ] 1 cup Vanilla Protein Powder
- [ ] 5 cups Water

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Zucchini Bread Overnight Oats

4 servings
8 hours

Ingredients

1 1/2 cups Oats (quick or traditional)
1 1/2 cups Unsweetened Almond Milk
2 tbsps Ground Flax Seed
2 tbsps Maple Syrup
1/2 tsp Cinnamon
1 Zucchini (grated)
1/4 cup Hemp Seeds
2 Banana (sliced)

Directions

1. In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.
2. Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

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Kiwi Green Smoothie

2 servings
5 minutes

Ingredients

2 Kiwi (small, peeled)
1 Banana (frozen)
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds
2 1/2 cups Baby Spinach
2 cups Water
4 Ice Cubes

Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seed instead.
No Protein Powder: Use hemp seeds instead.

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Slow Cooker Cinnamon Applesauce

8 servings
4 hours

Ingredients

12 Apple (large, cored and diced)
4 servings Cinnamon Stick
1/2 Lemon (juiced)
1 cup Water

Directions

1. Add chopped apple, cinnamon, lemon juice and water to the slow cooker and stir well to mix. Cook on high for 4 hours, stirring occasionally. (Note: Peeling the apples is optional but not necessary as they will be pureed in step 2.)
2. Remove the cinnamon sticks. Use an immersion blender to puree the applesauce, or transfer to a blender.
3. Divide into bowls, add your preferred toppings and enjoy! Refrigerate or freeze leftovers.

Notes

Storage: Refrigerate in an air-tight container up to 10 days, or freeze up to a year.
Leave it Chunky: Skip Step 2. You may want to peel your apples before cooking.
Extra Toppings: Add any combination of nuts, seeds, toasted oats, coconut or dried fruit.
Less Sugar: Use a mixture of naturally sweet apples like Red Delicious, Gala, Fuji, Winesap, McIntosh, Yellow Delicious, Crispin or Cortland.

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Baby Carrots & Hummus

4 servings
5 minutes

Ingredients

3 cups Baby Carrots
1 cup Hummus

Directions

1. Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots: Use celery sticks, cucumber slices or sliced bell peppers instead..
Like it Spicy: Top with a pinch of cayenne pepper or chili powder.

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Almonds & Dark Chocolate

4 servings
3 minutes

Ingredients

3 1/2 ozs Dark Organic Chocolate (at least 70% cacao)
1/2 cup Almonds

Directions

1. Divide between bowls. Enjoy!

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Protein Packed Deviled Eggs

2 servings
20 minutes

Ingredients

4 Egg (hard boiled)
1 can Tuna (drained)
1/2 Avocado
1 stalk Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
1/2 tsp Paprika
1/2 Cucumber (sliced)

Directions

1. Hard boil your eggs.
2. Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

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Celery with Peanut Butter

4 servings
5 minutes

Ingredients

6 stalks Celery (sliced into sticks)
1/2 cup All Natural Peanut Butter

Directions

1. Spread peanut butter across celery sticks. Happy munching!

Notes

Nut-Free: Use sunflower seed butter or hummus instead.

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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.

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Slow Cooker Maple Mustard Chicken

4 servings
4 hours

Ingredients

2 lbs Chicken Thighs (skinless, boneless)
2 tbsps Maple Syrup
1/3 cup Dijon Mustard
1 tsp Dried Basil
1 tsp Paprika
1/2 tsp Sea Salt
1/2 tsp Black Pepper
8 cups Green Beans (washed and trimmed)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

1. Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
2. Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
3. Divide green beans between plates and top with maple mustard chicken. Enjoy!

Notes

No Chicken Thighs: Use chicken breast or drumsticks instead.
Save Time: Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.
More Carbs: Serve with rice, sweet potato or quinoa.
Leftovers: Refrigerate in an airtight container for up to three days.

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Slow Cooker Stuffed Peppers

4 servings
4 hours

Ingredients

- **4** Green Bell Pepper (large)
- **1 lb** Extra Lean Ground Turkey
- **1/2 tsp** Sea Salt
- **1/2 tsp** Black Pepper
- **1 tbsp** Chili Powder
- **1/2 tsp** Cumin
- **1/2 tsp** Dried Basil
- **1** Egg
- **2** Garlic (cloves, minced)
- **1/2** Yellow Onion (diced)
- **1 cup** Baby Spinach (chopped)
- **1 tbsp** Extra Virgin Olive Oil
- **2 tbsps** Coconut Flour
- **2 cups** Organic Salsa
- **1 head** Cauliflower (large)

Directions

1. Slice the tops off the peppers and carve out the seeds. Set aside.
2. In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
3. Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
4. Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
5. Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians: Use cooked lentils or beans instead of ground meat.

No Ground Turkey: Use ground chicken or beef instead.

No Slow Cooker: Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower: Serve over rice, quinoa, greens or sweet potato mash.

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Curried Chicken Slow Cooker Stew

6 servings
6 hours

Ingredients

1 Sweet Potato (large, diced)
2 cups Chickpeas (cooked, drained and rinsed)
1/2 cup Frozen Corn
1/2 cup Frozen Peas
1 tsp Cumin (ground)
1 tbsp Curry Powder
2 Garlic (cloves, minced)
2 cups Organic Vegetable Broth (or any type of broth)
8 ozs Chicken Breast

Directions

1. Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
2. After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
3. Serve the stew on it's own or over brown rice. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately 1 1/2 cups of stew.
More Carbs: Serve it over brown rice.
More Protein: Serve it over quinoa.
Vegan and Budget-Friendly: Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.
Turn it Into a Soup: Double up on the broth.
More Green Veggies: Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

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Slow Cooker Vegan Chili

4 servings
8 hours

Ingredients

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

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Vegan Sloppy Joes

4 servings
4 hours

Ingredients

4 cups Lentils (cooked, drained and rinsed)
1/2 Sweet Onion (finely diced)
1 Green Bell Pepper (finely diced)
2 cups Mushrooms (sliced)
1 cup Matchstick Carrots
1 tsp Garlic Powder
3 tbsps Yellow Mustard
1/4 cup Maple Syrup
2 cups Crushed Tomatoes
1 tsp Sea Salt
1/2 tsp Black Pepper
1 1/2 lbs Portobello Mushroom Caps
2 cups Baby Spinach (chopped)

Directions

1. Combine the lentils, onion, green pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
2. About 20 minutes before you are ready to eat, preheat your oven to 400 and line a baking sheet with parchment paper. Place your portobello mushroom caps on a baking sheet and bake for 10 minutes.
3. Place a portobello mushroom cap on a plate and top with a few large spoonfuls of the sloppy joe mix. Top with baby spinach and set another mushroom cap on top. Enjoy!

Notes

Meat Lover: Swap out the lentils for ground meat. Replace 1 can of lentils with 1 lb of extra lean ground meat. Follow step 1 then set the ground meat on top to cook. Before eating, remove the lid and break the ground meat up with a spatula and stir well to mix.

Next Level Sloppy Joes: Add cheese, avocado, pickles, onions and/or cashew sour cream.

Repurpose Leftovers: Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.