LEALOU COOKS

20-Minute Dinners

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Welcome to the 20-Minute Dinners Meal Plan!

This plan contains everything you need to make quick and easy dinners for seven days: delicious and nourishing recipes, a grocery list, and substitutions if you need to make a change on the fly.

The best part is that every one of these recipes has at least 25 grams of protein and 5 grams of fibre to keep you full for longer.

A few tips:

- Make sure you check your cupboards before you go shopping. Use up what you have before you shop!
- Prep as much as you can in advance on the weekend. This could take your 20-minute meal down to 10 or 15 minutes!
- Try to enjoy your meal together at a table. These meals are quick so that you can sit down together together to eat before rushing out to the game. Read more about Bringing Back Family Meals here.
- Breathe before eating for optimal digestion.

Happy cooking my friend!

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dinner	Chicken & Chickpea Quinoa Bowl	Steak Taco Salad	Cheesy Pasta with Peas	One Pan Chicken & Broccoli	Shrimp & Black Bean Tacos	Tuna, Chickpea & Avocado Salad	Ginger Chicken Bowl

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Fruits

- [ ] **3** Avocado
- [ ] **1** Lemon
- [ ] **1/3 cup** Lemon Juice
- [ ] **1** Lime

Seeds, Nuts & Spices

- [ ] **2 1/2 tsps** Garlic Powder
- [ ] **2 1/2 tsps** Ground Ginger
- [ ] **1/4 cup** Hemp Seeds
- [ ] **1 1/4 tsps** Sea Salt
- [ ] **0** Sea Salt & Black Pepper
- [ ] **2 1/3 tbsps** Taco Seasoning

Frozen

- [ ] **7 1/2 cups** Cauliflower Rice
- [ ] **2 1/2 cups** Frozen Peas

Vegetables

- [ ] **10 cups** Broccoli
- [ ] **2 1/2** Carrot
- [ ] **3 cups** Cherry Tomatoes
- [ ] **1 1/3 cups** Cilantro
- [ ] **3 1/4** Cucumber
- [ ] **12 1/2** Garlic
- [ ] **2 1/2 tbsps** Ginger
- [ ] **2** Orange Bell Pepper
- [ ] **1 1/8 cups** Parsley
- [ ] **2/3 cup** Radishes
- [ ] **1 cup** Red Onion
- [ ] **8 leaves** Romaine

Boxed & Canned

- [ ] **2/3 cup** Bamboo Shoots
- [ ] **1 cup** Black Beans
- [ ] **1 1/4 cups** Chicken Broth
- [ ] **4 cups** Chickpeas
- [ ] **2 cups** Corn Tortilla Chips
- [ ] **1 cup** Quinoa
- [ ] **15 ozs** Rigatoni
- [ ] **2 cans** Tuna

Baking

- [ ] **2 1/2 tbsps** Arrowroot Powder

Bread, Fish, Meat & Cheese

- [ ] **2 lbs** Chicken Breast
- [ ] **1 lb** Chicken Breast, Cooked
- [ ] **8** Corn Tortilla
- [ ] **2 1/2 lbs** Extra Lean Ground Chicken
- [ ] **1/2 cup** Feta Cheese
- [ ] **1 1/4 cups** Parmigiano Reggiano
- [ ] **1 lb** Shrimp
- [ ] **1 lb** Top Sirloin Steak

Condiments & Oils

- [ ] **1 2/3 tbsps** Apple Cider Vinegar
- [ ] **3/4 cup** Cilantro Lime Dressing
- [ ] **2/3 cup** Coconut Aminos
- [ ] **3/4 cup** Extra Virgin Olive Oil
- [ ] **1/2 cup** Italian Dressing

Other

- [ ] **1 1/4 cups** Water

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Chicken & Chickpea Quinoa Bowl

6 servings
20 minutes

Ingredients

1 cup Quinoa (dry, rinsed)
1 lb Chicken Breast, Cooked (shredded)
2 cups Chickpeas (cooked)
1 cup Cherry Tomatoes (halved)
1 Cucumber (medium, chopped)
2 Orange Bell Pepper (medium, sliced)
2/3 cup Cilantro (chopped)
1 Lemon (medium, juiced)
1/4 cup Extra Virgin Olive Oil
1/4 cup Hemp Seeds
Sea Salt & Black Pepper (to taste)

Directions

1. Cook the quinoa according to the package directions.
2. Once the quinoa is cooked, divide the quinoa, chicken, chickpeas, tomatoes, cucumber, bell peppers, and cilantro evenly between bowls.
3. Top each bowl with lemon juice, oil, and hemp seeds. Season everything with salt and pepper. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately 1 1/2 cups of salad with chicken.

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Steak Taco Salad

4 servings
15 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1 lb Top Sirloin Steak
2 tbsps Taco Seasoning
2/3 cup Radishes (thinly sliced)
1/2 cup Red Onion (sliced)
2 Avocado (medium, chopped)
8 leaves Romaine (chopped)
2 cups Corn Tortilla Chips (crushed)
1/2 cup Feta Cheese (crumbled)
1/2 cup Cilantro Lime Dressing

Directions

1. Heat the oil in a pan over medium-high heat. Season both sides of the steak with the taco seasoning.
2. Add the steak to the pan and cook for about two to three minutes per side, or until it has reached your desired doneness. Remove the steak from the pan and set it on a cutting board for five minutes. Slice against the grain into strips.
3. Divide the remaining ingredients evenly between plates or bowls. Top with steak slices and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate ingredients separately in airtight containers for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of salad with steak.

More Flavor: Top with fresh cilantro and/or green onions. Use cooked chicken or black beans instead of steak.

No Cilantro Lime Dressing: Use salsa, guacamole, sour cream, or your dressing of choice.

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Cheesy Pasta with Peas

5 servings
20 minutes

Ingredients

15 ozs Rigatoni (dry)
1 1/4 cups Water (reserved from cooking pasta)
2 1/2 cups Frozen Peas
1/3 cup Extra Virgin Olive Oil
10 Garlic (clove, minced)
1/3 cup Lemon Juice
Sea Salt & Black Pepper (to taste)
1 1/4 cups Parmigiano Reggiano (grated)
1 cup Parsley (chopped)

Directions

1. Cook the pasta according to the package directions. With one to two minutes left of cooking, add the frozen peas. Drain, reserving some of the pasta water.
2. Heat the oil in a large pan over medium-low heat. Add the garlic and sauté for 30 seconds. Add the pasta water along with the cooked pasta, peas, lemon juice, salt, and pepper to the pan. Mix to combine.
3. Turn off the heat and stir in the cheese until melted. Stir in the parsley until will combined. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately two cups.
More Flavor: Add Italian seasoning and/or pesto.
Gluten-Free: Use gluten-free pasta.

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One Pan Chicken & Broccoli

5 servings
20 minutes

Ingredients

1/3 cup Coconut Aminos
2 1/2 tbsps Arrowroot Powder
1 2/3 tbsps Apple Cider Vinegar
1 1/4 tsps Sea Salt
1 1/4 cups Chicken Broth (divided)
2 lbs Chicken Breast (thinly sliced)
10 cups Broccoli (chopped into florets)
2/3 cup Bamboo Shoots (sliced, optional)
2 1/2 Garlic (clove, minced)
2 1/2 tbsps Ginger (fresh, minced)

Directions

1. Make the sauce by mixing the coconut aminos, arrowroot powder, vinegar, salt, and 3/4 of the broth in a bowl.
2. In a large pan, heat the remaining broth over medium-high heat. Add the chicken and broccoli to the pan. Cook for three to four minutes or until the chicken is cooked through.
3. Add the bamboo shoots, garlic, and ginger. Cook for one more minute.
4. Add the sauce and stir. Cook for two to three minutes or until everything is warmed through and the sauce has thickened.
5. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.
Serving Size: One serving is approximately two cups.
More Flavor: Use your choice of meat.
Additional Toppings: Green onions, cilantro, chili flakes, and/or Thai basil.

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Shrimp & Black Bean Tacos

4 servings
15 minutes

Ingredients

1 cup Black Beans (cooked)
1 Lime (juiced, divided)
1 tbsp Cilantro (chopped, plus extra for garnish)
Sea Salt & Black Pepper (to taste)
1 tsp Extra Virgin Olive Oil
1 lb Shrimp (peeled, deveined)
1 tsp Taco Seasoning
8 Corn Tortilla (small)
1/4 cup Cilantro Lime Dressing

Directions

1. In a bowl, add the black beans, half of the lime juice, and cilantro. Use a fork and smash the beans. Season with salt and pepper.
2. Heat the oil in a pan over medium-high heat. Add shrimp, taco seasoning, and the remaining lime juice. Stir to mix and season with salt and pepper. Cook for about five minutes, stirring occasionally, or until cooked through.
3. Spread the smashed beans on top of the tortillas. Top with shrimp and drizzle with cilantro lime dressing. Garnish with cilantro and enjoy!

Notes

Leftovers: Best enjoy immediately. Refrigerate the smashed beans and shrimp in separate containers for up to three days. Assemble before serving.
Serving Size: One serving is equal to two tacos.
Additional Toppings: Red onion, cabbage, and/or salsa.

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Tuna, Chickpea & Avocado Salad

4 servings
15 minutes

Ingredients

- **2 cans** Tuna (drained, flaked with a fork)
- **2 cups** Chickpeas (cooked, drained)
- **1** Cucumber (medium, chopped)
- **2 cups** Cherry Tomatoes (halved)
- **1** Avocado (cubed)
- **1/2 cup** Red Onion (sliced)
- **1/2 cup** Italian Dressing
- **1/4 cup** Parsley (fresh, chopped)

Directions

1. Divide the tuna, chickpeas, cucumber, tomatoes, avocado, and onion evenly between bowls. Top evenly with the dressing and parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
No Italian Dressing: Use olive oil and lemon juice instead.
No Tuna: Use other canned fish like salmon or mackerel.
Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

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Ginger Chicken Bowl

5 servings
20 minutes

Ingredients

2 1/2 tbsps Extra Virgin Olive Oil (divided)
7 1/2 cups Cauliflower Rice
2 1/2 lbs Extra Lean Ground Chicken
1/3 cup Coconut Aminos
2 1/2 tsps Ground Ginger
2 1/2 tsps Garlic Powder
1 1/4 Cucumber (sliced)
2 1/2 Carrot (medium, peeled, and grated)
2/3 cup Cilantro (chopped)

Directions

1. Heat a skillet over medium heat. Add half the oil and then the cauliflower rice. Sauté for five to seven minutes, then remove and set aside.
2. In the same pan, over medium-high heat, add the remaining oil and ground chicken and cook for five minutes, breaking apart into smaller pieces.
3. Add in coconut aminos, ginger, and garlic. Cook for another five minutes, until cooked through and golden.
4. Divide the cauliflower rice onto plates. Top with the ground chicken, cucumber, carrots, and cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
More Flavor: Use fresh ginger and garlic in place of ground ginger and garlic powder.
Additional Toppings: Swap cilantro out for mint for a fresh twist.