

TEAM
LIVE LEAN



SNACKS/SIDES/DESSERTS

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ABTASTIC GRAIN FREE TABOULI

(makes 2 servings)

INGREDIENTS:

2 cup	Kale
1 cup	Parsley
1/2	Cucumber Cubed
1 cup	Cherry Tomatoes
1/4	Red Onion
2-3 sprigs	Fresh Mint
3 tbsp	Hemp Seeds
1 tbsp	Garlic Powder
Dash	Salt/Pepper
2 tbsp	Olive Oil
1/2	Lemon Juice
1 tbsp	Ground Thyme



PRO: 1g **CARB:** 1g **FAT:** 5g **CALS:** 150

DIRECTIONS:

1. Pulse all the greens, (kale, parsley & mint) in the food processor, dump into a large bowl.
2. Use the food processor to finely chop the onion as well, add that to the mix.
3. Chop the cucumber and tomatoes by hand into small bite sized pieces.
4. Sprinkle the hemp seeds on top.
5. Squeeze the lemon on top of the salad.
6. Sprinkle both the garlic and thyme on top.
7. Add some sea salt and black pepper to taste.
8. Measure out 2 T of olive oil and pour on top.
9. Stir everything together to mix in the dressing.



APPLE CRUMBLE

(makes 6 servings)

FILLING:

5 small Apple
1 tbsp Lemon Juice
1 tbsp Lemon Zest

TOPPING:

3 tbsp Coconut Oil
2 cups Rolled Oats
1/4 cup Coconut Or Almond Flour
2 tbsp Coconut Palm Sugar
1/2 tbsp Dash Of Cinnamon



PRO: 2g **CARB:** 23g **FAT:** 9g **CALS:** 159

DIRECTIONS:

1. Preheat the oven to 350 degrees F.
2. Wash and rinse the fruit. Slice the apples into small cube shapes.
3. Add the lemon zest and lemon juice and mix into the apple cubes.
4. For the topping: Stir all dry ingredients together then add the coconut oil (If it's too solid you can heat it up slightly to melt before this step).
5. Place the apple mix into a glass or ceramic baking dish and top with the crumble topping.
6. Bake at 350 for about 40-45 minutes or until golden/crispy on top.



APPLE SNACK TO GET "SHREDDED"

(makes 1 serving)

INGREDIENTS:

1	Apple (Any Variety)
1/4 cup	Raw Walnuts
Dash	Cinnamon



PRO: 4g **CARB:** 36g **FAT:** 18g **CALS:** 285

DIRECTIONS:

1. Wash the apple.
2. Pulse the Walnuts in the food processor with the "S" shaped blade just a few times to break up the large pieces. Set aside.
3. Slice the apple into quarters and remove the core. (may need to slice a bit thinner to fit into a food processor).
4. Shred the apples in a food processor, or with a hand grater.
5. Mix the ground nuts and shredded apple together in a bowl.
6. Sprinkle cinnamon on top and mix together.



CANCER FIGHTING ROASTED RADISHES

(makes 4 servings)

INGREDIENTS:

1 bunch	Radishes
1/8 cup	Coconut Oil (Melted)
Dash	Sea Salt & Black Pepper
1/2	Lemon Juice



PRO: 2g CARB: 3g FAT: 5g CALS: 65

DIRECTIONS:

1. Pre-heat oven to 475F.
2. Remove green stems and slice radishes in half.
3. Add radishes to a baking pan and top with melted coconut oil, sea salt, and black pepper.
4. Bake for 18 mins.
5. Top with lemon juice and serve as a side dish.



CARAMELIZED WALNUT SALAD

(makes 4 servings)

INGREDIENTS:

5	Endive
4 tbsp	Coconut Oil
1 cup	Walnuts
1 tbsp	Honey
1 tsp	Fresh Thyme
1 tbsp	Coconut Oil



PRO: 12g CARB: 10g FAT: 33g CALS: 385

DIRECTIONS:

1. Peel butter leaves off of the heads of endive. Cut each head length wise into quarters. Cut off stubby end.
2. Heat 2 tbsp coconut oil in a pan over medium heat.
3. Add endive to the heated pan in single layers.
4. Add 1 cup of walnuts to the pan, cover, and heat for 5 minutes.
5. While that's heating up, in a pot over medium heat add 2 tbsp coconut oil, 1 tbsp honey, and 1 tbsp of thyme sprigs.
6. After 5 minutes turn the endive over and shift around the nuts, then top with the coconut oil and honey mixture. Cover for another 5 minutes to caramelize the endive and nuts.
7. Remove the cover and allow to sit for 3-5 mins over the heat for the final caramelization.



CHOCOLATE BANANA PROTEIN BAKE

(makes 1 serving)

INGREDIENTS:

1/2	Ripe Banana Mashed
1/4 cup	Cocoa Powder
1 tbsp	Coconut Flour
1/2 tsp	Baking Powder
1 tbsp	Honey
4	Egg Whites
1/2 tbsp	Vanilla
	Coconut Oil



PRO: 20g **CARB:** 45g **FAT:** 10g **CALS:** 353

DIRECTIONS:

1. Preheat oven to 375 F.
2. Mash the banana into a large mixing bowl, add the rest of ingredients and stir until a smooth consistency.
3. Pour into greased baking pan.
4. Place in the oven for 18-20 minutes and check it with a knife to make sure it's done.
5. Enjoy satisfying your chocolate craving in a healthy way!



CHOCOLATE CHIP RAW COOKIES

(makes 36 cookies)

INGREDIENTS:

2½ cup	Raw Cashews (Ground)
1⅓ cup	Oats (Ground)
½ tbsp	Salt
⅓ cup	Maple Syrup
1 tbsp	Coconut Sugar
1 tbsp	Vanilla Extract
1 cup	Pecans Finely Chopped
½ cup	Dark Chocolate Finely Chopped 85%



PRO: 2g **CARB:** 10g **FAT:** 5g **CALS:** 85

DIRECTIONS:

1. Preheat the oven to the lowest setting possible, for ours it's 170 degrees F.
2. In a Food Processor like this one:) blend the cashews until fine, just before they turn into nut butter.
3. In the same way, process the oats into the consistency of flour.
4. Mix all ingredients together in a large bowl and stir until well mixed.
5. Form into small balls with your hands.
6. Spray a light coat of coconut oil cooking spray on a baking sheet.
7. Spray a light coat of coconut oil cooking spray on a baking sheet.
8. Bake at your ovens lowest temperature for approximately 30 minutes or until toasty & golden on the edges.



CHOCOLATE COVERED RAISINS

(makes 6 servings)

INGREDIENTS:

1/2 tbsp	Coconut Oil
1/4 cup	Dark Chocolate Chips
1 1/2 cups	Raisins



PRO: 2g **CARB:** 10g **FAT:** 5g **CALS:** 85

DIRECTIONS:

1. Melt coconut oil and chocolate chips in a pan heated over medium high heat.
2. Stir to ensure it melts all the way through.
3. Add raisins.
4. Stir until the raisins are completely covered in chocolate.
5. Remove from heat and place a single layer of parchment paper on a large plate.
6. In a single layer, lay out the raisins on the parchment paper and put in the freezer for 10 mins.
7. Remove from freezer, break apart the raisins, and serve in a dish.
8. Serving size is 1/4 cup.



CHOCOLATE PISTACHIO BANANA BITES

(makes 2 servings)

INGREDIENTS:

1	Banana Sliced Into Chunks
2 tbsp	Pistachios Chopped
2 cups	Boiling Water
1/4 cup	Dark Chocolate Chips
Dash	Himalayan Salt



PRO: 3g **CARB:** 33g **FAT:** 13g **CALS:** 269

DIRECTIONS:

1. Boil the water and then once it starts to bubble turn it down to a slow simmer.
2. Melt the chocolate inside the small glass bowl. Make sure not to allow any of the water to get inside the chocolate, this will change the texture of the melted chocolate.
3. Slice the banana into bite size chunks and dip the chunks one at a time into the chocolate and then into the pistachio crumbs. Sprinkle a bit of salt if you like.
4. Make a bunch of these and store them in the freezer. They make a great after-dinner treat to satisfy your sweet tooth without too many extra calories.



CINNAMON APPLE CHIPS

(makes 2 servings)

INGREDIENTS:

2	Apples
1 tsp	Cinnamon
	Coconut oil spray



PRO: 0g CARB: 25g FAT: 0g CALS: 95

DIRECTIONS:

1. Preheat the oven to 400 degrees F.
2. Slice the apples cross ways, across the core, to make thin circle shapes.
3. Lay the apple slices out on a parchment lined baking sheet.
4. Spray with coconut oil spray and sprinkle with cinnamon.
5. Bake for at least 10 minutes, keep your eye on them so they don't burn but it might take up to 20 minutes for them to get golden brown and slightly crispy.



COCONUT CREME PARFAIT

(makes 8 servings)

INGREDIENTS:

- 1 pack** Coconut Creme
- Enough** Hot Water
- 8 cups** Frozen Berries
- 4 tbsp** Dark Chocolate Chips
- 1 large** Bowl Of Warm Water



PRO: 2g CARB: 17g FAT: 13g CALS: 191

DIRECTIONS:

1. Soak the hardened coconut creme in a bowl of warm water until it softens enough to push down and cut open the top.
2. Use a blender or food processor to blend it with small amounts of hot water until the desired consistency is reached.
3. In a glass layer 1 tbsp coconut creme and berries, then layer again making 4 separate layers, i recommend only using 2 tbsp of the whipped coconut creme per serving because it is quite rich!
4. Op with a sprinkle of chocolate chips.



COCONUT VEGETABLE STEW

(makes 2 servings)

INGREDIENTS:

2 cups	Cauliflower
1 cup	Green Beans
1	Carrot
1 large	Tomato
1	Cucumber
1	Shallot
2 cloves	Garlic
1	Jalapeño (seeded)
1/2 cup	Coconut Shredded
1/4 cup	Coconut Yogurt
1 cup	Lite Coconut Milk
2 tbsp	Coconut Oil
1/2 tsp	Cumin
Dash	Salt/Pepper



PRO: 3g **CARB:** 15g **FAT:** 37g **CALS:** 405

DIRECTIONS:

1. Chop all veggies & spicy yummy things.
2. Turn a pan onto medium heat and melt the coconut oil in the pan.
3. Start by browning the shallot, jalapeno and garlic, and then adding the shredded coconut.
4. Next add the chopped vegetables and let them sautee till slightly soft sprinkling just a bit of cumin over top.
5. Add about 1 cup of the coconut milk and simmer.
6. Once the veggies seem fully cooked and soft then turn off the heat and add the coconut yogurt, stir it in well to thicken the sauce.
7. Done! Let it cool and plate it to serve and enjoy!



COOKIES & MILK

(makes 4 servings)

INGREDIENTS:

1/2 cup	Coconut Unsweetened Shredded
1/2 cup	Almond Meal
2	Eggs
1 tsp	Maple Syrup
1	Mashed Ripe Banana
1/4 tsp	Baking Powder
1/4 tsp	Baking Soda
2 oz	Semi Sweet Chocolate Chunks
1 tbsp	Vanilla Extract
	Pinch Of Pink Salt



PRO: 2g **CARB:** 7g **FAT:** 5g **CALS:** 75

DIRECTIONS:

1. Make the Almond Milk ahead of time.
2. Preheat oven to 350 degrees.
3. Mix dry ingredients first.
4. Add banana and mash together with dry ingredients.
5. Add maple syrup and vanilla whisk the eggs in a separate bowl or cup, and then incorporate into the main bowl while stirring.
6. Once everything is mixed well with minimal lumps, add in the chocolate chunks and stir till evenly distributed.
7. Drop small Tablespoon size bits of the dough onto a slightly greased baking pan with about 1 inch of space in between.
8. Drop small Tablespoon size bits of the dough onto a slightly greased baking pan with about 1 inch of space in between.
9. Enjoy this healthy treat (in moderation) put the rest in the freezer so you won't be tempted to finish the batch all at once!
10. Also makes a great gift! share the love.



CREAMY LEMON CRAB DIP

(makes 4 servings)

INGREDIENTS:

1/4 cup	Homemade Mayonnaise
1 tsp	Tomato Paste
1 tsp	Horseradish
1 tbsp	Chives Diced
1 tbsp	Lemon Juice
1/2 lbs	Crab Meat



PRO: 9g CARB: 0g FAT: 7g CALS: 99

DIRECTIONS:

1. Add mayonnaise, tomato paste, horseradish, chives, and lemon juice to a bowl and whisk.
2. Add crab meat and whisk into a creamy dip.
3. Enjoy with cucumbers or any other vegetable!



CRISPY COCONUT MEATLESS BACON

(makes 16 servings)

INGREDIENTS:

2 cups	Unsweetened Coconut Flakes
2 tbsp	Tamari Sauce
1 tbsp	Liquid Smoke
1 tbsp	Maple Syrup



PRO: 1g CARB: 3g FAT: 5g CALS: 61

DIRECTIONS:

1. Preheat the oven to 350 F.
2. Mix all the ingredients in a bowl.
3. Add to a baking sheet in a single layer.
4. Bake for 6 minutes, stir, then bake for another 6 minutes. Enjoy.



CUCUMBER SNACK BITES

(makes 2 servings)

INGREDIENTS:

1	Cucumber
2 tbsp	Coconut Oil
Handful	Diced Fresh Mint
Sprinkle	Sea Salt



PRO: 1g CARB: 1g FAT: 8g CALS: 80

DIRECTIONS:

1. Set oven to a low broil.
2. Slice cucumbers lengthwise, then cut in half.
3. Place parchment paper on top of baking sheet and add cucumbers.
4. Drizzle melted coconut oil over cucumbers.
5. Broil for 5 mins.
6. Remove from oven and top with sea salt and fresh mint.



DAMN THAT'S GOOD COCONUT SQUASH SOUP

(makes 4 servings)

INGREDIENTS:

1/2	Butternut Squash
1/2 cup	Coconut Milk
1/2 tsp	Cinnamon
1/2 cup	Pecans



PRO: 4g CARB: 15g FAT: 27g CALS: 292

DIRECTIONS:

1. Peel the squash and scoop out the pulp/seeds.
2. Cut squash into small chunks and boil until soft.
3. Add the boiled squash to a blender and blend until it's smooth.
4. Add coconut milk and cinnamon while the blender is still going.
5. Add to a bowl, drizzle with a little bit of coconut milk and top with pecans.



EASY HUMMUS RECIPE IN A BLENDER

(makes 16 servings)

INGREDIENTS:

1 can	Black Beans
1 can	Chick Peas
1 tbsp	Tahini
1	Lemon (Juice)
2 cloves	Garlic
Dash	Cumin
Dash	Cinnamon
1/3 cup	Extra Virgin Olive Oil
Dash	Himalayan Sea Salt
Dash	Cayenne Pepper A
Dash	Chili Powder
1/3 cup	Water
	Carrots
	Celery
	Whole Wheat Pita (Optional)
	Ezekiel Bread (Optional)



PRO: 3g CARB: 9g FAT: 5g CALS: 96

DIRECTIONS:

1. Rinse the black beans and chickpeas under water to remove some of the excess sodium, then add them to a blender.
2. Add tahini, the juice of a lemon (you know I love my lemons), garlic, cumin, cinnamon, extra virgin olive oil, sea salt, cayenne pepper, chili powder, and water to the blender.
3. That's it. Blend it up until it reaches the correct texture.
4. Remove the hummus from the blender with a spatula or spoon and add it to a bowl.
5. Add the carrots, celery, and optional whole wheat pita and Ezekiel bread to the plate.
6. Take a taste, but start dipping the vegetables first.
7. Yell, damn that's good!



EAT WAY MORE BROCCOLI WITH THIS SAUCE!

(makes 4 servings)

INGREDIENTS:

Handful	Broccoli
2 tsp	Tamari
3 tsp	Almond Butter
1/2 tsp	Sesame Oil
1 tsp	Rice Vinegar
1/2 tsp	Honey
2 tsp	Tahini
	Red Pepper Flakes



PRO: 6g **CARB:** 14g **FAT:** 15g **CALS:** 198

DIRECTIONS:

1. Chop broccoli into florets and place them in a pot.
2. Boil in a pot with lid.
3. Make sauce by stirring together all the ingredients except the broccoli.
4. Remove water from broccoli.
5. Place on a plate and then top with sauce.
6. Eat more broccoli!
7. "Gimme sa mo broccoli!"



FRESH HOMEMADE SALSA

(makes 20 servings)

INGREDIENTS:

1	Lime
1/2	Red Onion
2	Large Beefsteak Tomatoes
Handful	Fresh Cilantro
Handful	Cherry Tomatoes
1/2 tsp	Pink Himalayan Salt
1/2 tsp	Fresh Cracked Black pepper
1	Clove Fresh Garlic
1/2	Jalapeño pepper



PRO: 0g **CARB:** 0g **FAT:** 0g **CALS:** 0

DIRECTIONS:

1. Chop the red onion into quarters, remove the skin, throw into the food processor with the S blade attachment.
2. Chop the tomatoes into quarters and throw them in.
3. Remove the garlic skin, throw it in.
4. Add the cherry tomatoes & cilantro.
5. Squeeze the lime and pour the juice into the blender.
6. Slice the Jalapeno, remove the seeds if you wish toss in the salt and pepper.
7. Pulse to blend until you get the right consistency that you like.



FROZEN BANANA ICE CREAM

(makes 4 servings)

INGREDIENTS:

2 Frozen Bananas

1 scoop [Whey Protein](#)

use coupon code: **LiveLeanTV25**



PRO: 12g **CARB:** 27g **FAT:** 0g **CALS:** 145

DIRECTIONS:

1. Chop the bananas into smaller chunks
2. Blend them in the food processor (or blender) at high speed with an "S" blade. You'll need to blend for at least 2 minutes to get the correct consistency.
3. Add the Whey Protein Powder
4. Continue blending till it has that Wendy's Frosty texture. Enjoy!



GAME DAY STUFFED MUSHROOMS

(makes 4 servings)

INGREDIENTS:

8-10	White Button Mushrooms
1 cup	Ground Beef Pre-Cooked
1/2 cup	Tomato Sauce
Handful	Fresh Herb (Such As Thyme Or Basil)
	Salt/Pepper To Taste



PRO: 12g **CARB:** 27g **FAT:** 0g **CALS:** 145

DIRECTIONS:

1. Preheat oven to 350 F.
2. First wash and clean the mushrooms.
3. Remove the stem/stump by carving out with a knife, be sure to carve out plenty of room for the stuffing while being careful not to crack the edges, the mushrooms are delicate.
4. Mix the precooked ground beef with most of the herbs and tomato sauce. set some herbs aside for later garnish.
5. Carefully spoon the mixture into the mushroom cups that are laid out on baking sheet.
6. Top with a sprinkle of salt and pepper if desired.
7. Place in the oven and keep an eye on them, depending on your oven and size of mushrooms they may take anywhere from 10-25 minutes. When you notice the mushrooms look soft and golden color they are done.
8. Enjoy as a healthy game day treat.



GIRL SCOUT SAMOAS COOKIES

(makes 6 servings)

COOKIE DOUGH:

- 1 scoop** [Vanilla Whey Protein Powder](#)
use coupon code: **LiveLeanTV25**
- 1 cup** Raw Organic Cashews
- 1/2 cup** Coconut Flour
- 1 tbsp** Coconut Palm Sugar
- 1 tbsp** Baking Powder
- Coconut Oil Spray

COCONUT TOPPING:

- 2 tbsp** Almond Butter
- 1/4 cup** Maple Syrup
- 1/4 cup** Coconut Shredded (unsweetened)

CHOCOLATE DRIZZLE:

- 1 tbsp** Coconut Oil
- 1/4 cup** Dark Chocolate Chips

DIRECTIONS:

1. Preheat the oven to 350 degrees f
2. Mix the cashews, coconut flour and protein powder in a food processor or blender until all is a fine flour consistency
3. Pour this "flour" into a medium sized mixing bowl
4. Add the baking powder and coconut sugar
5. In a separate small bowl, whisk the eggs
6. Add the eggs to the dry mix and stir together until all flour is absorbed



PRO: 5g **CARB:** 9g **FAT:** 8g **CALS:** 127

7. Use your hands to create one big ball of dough
8. Spray your working surface (parchment paper on top of a wood block) with a light coat of coconut spray
9. Press the dough ball to make a thin, about 1/4 inch thick, sheet of dough
10. Use your cookie cutter or small bowl or cup to cut out a perfectly round piece of dough.
11. Remove the center circle with a small spoon or measuring spoon
12. Place aside and repeat for the rest of the cookie batter
13. In a small frying pan, heat the almond butter, maple syrup and coconut just until the almond butter softens and it all becomes one mixture
14. In a separate small pot heat the coconut oil and chocolate until it becomes a smooth sauce.
15. Put a small ring of chocolate underneath each cookie as you place them on the baking sheet lined with parchment paper
16. Bake at 350 for 20 minutes.
17. Use your fingers or a fork to top each cookie with coconut topping
18. Drizzle each cookie with the chocolate sauce.



GRAIN FREE CHERRY NOATMEAL

(makes 1 serving)

INGREDIENTS:

1 cup	Egg Whites
1 cup	Cherries
1	Mashed Banana
1 tbsp	Coconut Flour
1 tbsp	Almonds
1 tbsp	Coconut Shredded (Unsweetened)
	Coconut Oil Spray
Dash	Cinnamon



PRO: 32g **CARB:** 32g **FAT:** 17g **CALS:** 409

DIRECTIONS:

1. Heat pan over medium heat, spray with coconut oil, and scramble egg whites until cooked (approx. 1 min).
2. Add cooked egg whites to a bowl.
3. Top with mashed banana. Stir.
4. Add coconut flour. Stir.
5. Add cherries, almonds, and cinnamon. Stir.
6. Top with shredded coconut.
7. Enjoy



GREEN AVO CAULI MASH

(makes 4 servings)

INGREDIENTS:

1/2 head Cauliflower
1/2 Avocado
2 cloves Garlic
Chives



PRO: 2g CARB: 8g FAT: 14g CALS: 160

DIRECTIONS:

1. Chop cauliflower up into smaller size pieces.
2. Boil or steam cauliflower and garlic with water.
3. Place in a blender and blend together with avocado till creamy.
4. Top with fresh chopped chives.



HEALTHY CHOCOLATE DONUTS

(makes 3 servings)

DRY INGREDIENTS:

2 tbsp	Coconut Flour
1/2 cup	Almond Flour
1/2 cup	+ 2 tbsp Arrowroot Flour/Starch
2 tbsp	Coconut Palm Sugar
2 tsp	Baking Powder
1/2 tsp	Cinnamon



PRO: 2g **CARB:** 8g **FAT:** 14g **CALS:** 160

WET INGREDIENTS:

1/2 tsp	Vanilla Extract
2	Eggs
2 tbsp	Coconut Oil Melted
1/2 cup	Vanilla Unsweetened Almond Milk

FROSTING:

2 tbsp	Almond Butter
1 tbsp	Enjoy Life Mini Chocolate Chips

DIRECTIONS:

1. Preheat the oven to 350 degrees F
2. In a large bowl mix the dry ingredients together
3. In a separate bowl mix the wet ingredients except for the almond milk
4. Combine together and stir slowly
5. Lastly add the Almond Milk and stir until the liquid is absorbed and you get a smooth batter-like consistency
6. Spray your donut pan with a light coat of cooking spray
7. Spoon the mixture into the pan making sure not to overfill because it does expand a bit while baking and you don't want them to have muffin tops
8. Bake for 20-25 minutes at 350 degrees
9. While the donuts are baking you can make the topping by heating the almond butter and chocolate chips in a frying pan over medium heat
10. When the donuts are done you can dip them into the topping by holding by the edges and dipping top down.
11. Place on a plate and allow to cool for a few minutes, they will now be ready to eat!



HEALTHY QUINOA ENERGY BAR

(makes 15 servings)

INGREDIENTS:

1/2 cup	Quinoa
2 cups	Rolled Oats
1/4 cup	Ground Flax Seed
1 tsp	Baking Soda
1/2 tsp	Sea Salt
1/2 cup	Agave Nectar
1/2 cup	Buckwheat Flour
1/2 cup	Slivered Almonds
1/2 cup	Sunflower Seeds
1/2 cup	Chopped Dried Apricots
1/2 cup	Unsweetened Shredded Coconut
1/4 cup	Unsweetened Apple Sauce
2 tbsp	Vanilla Extract
	Cooking Spray



PRO: 5g **CARB:** 31g **FAT:** 8g **CALS:** 220

DIRECTIONS:

1. Preheat your oven to 350F.
2. Before cooking the quinoa, add it to a fine strainer and give it a quick rinse. Then cook the quinoa according to the directions on the package.
3. In a big mixing bowl add all the following dry ingredients: rolled oats, ground flax seed, baking soda, sea salt, agave nectar, buckwheat flour, slivered almonds, sunflower seeds, chopped apricots, unsweetened shredded coconut (love coconut).
4. Mix all the ingredients together, making sure to the agave nectar is spread throughout the mixture.
5. Spray a 9 x 13 pan with cooking spray, then add the cooked quinoa to the pan.
6. Add the following wet ingredients to the same 9 x 13 pan: unsweetened apple sauce and vanilla extract (for flavor).
7. Add the dry ingredient mixture to the 9 x 13 pan and mix all the ingredients together, flattening it out to fill the entire pan. At this point it should look good, it should smell good, and the consistency should be compacted together.
8. Add the pan to the oven for approximately 20 minutes, and wait!
9. Then remove the quinoa energy bars from the oven and allow it to cool down for 5 minutes before cutting (and tasting).
10. Now you can give it a taste!



HEALTHY SALAD DRESSING

(makes 20 servings, 2 tbsp per serving)

INGREDIENTS:

1/2 cup	Apple Cider Vinegar
1/2 cup	Balsamic Vinegar
1/4 cup	Extra Virgin Olive Oil
1/4 cup	Udo's Oil
1 tsp	Maple Syrup
1/2 tsp	Black Pepper
1/2 tsp	Onion Powder
1/2 tsp	Garlic Powder



PRO: 0g **CARB:** 2g **FAT:** 10g **CALS:** 98

DIRECTIONS:

1. Add all the ingredients to an empty salad dressing container. The size of the container that I used is 475 ml.
2. Fill up the container with all the ingredients and shake to blend.
3. Enjoy.



HOLIDAY CHIA SEED PUDDING

(makes 1 serving)

INGREDIENTS:

1/2 cup	Coconut Milk
2 tbsp	Coconut Shredded Unsweetened
2 tbsp	Chia Seed
1/4 cup	Freeze Dried Cranberries
1 1/2 tbsp	Maple Syrup
Dash	Vanilla Extract
Dash	Cinnamon
Pinch	Pink Salt



PRO: 8g **CARB:** 36g **FAT:** 47g **CALS:** 600

DIRECTIONS:

1. Put all ingredients except the cranberries or berries together in a mixing bowl, whisk together.
2. Once all combined transfer to a small cup or container, it will still be liquidy at this point but the chia seeds will gel up in about 10-15 minutes.
3. Top the chia pudding with the cranberries or berries
4. Cover with lid or plastic wrap and leave in the fridge over night
5. Serve chilled



HOMEMADE ALMOND MILK

(makes 4 servings)

INGREDIENTS:

- 1 cup** Raw Almond (Soaked over night)
- 4 cups** Room Temp Filtered Water
- Vanilla Extract (optional)
- Maple Syrup (optional)



PRO: 8g **CARB:** 36g **FAT:** 47g **CALS:** 600

DIRECTIONS:

1. You can peel the almonds if you like by popping the skins off with your fingers, I generally use half with skins and half without.
2. Place the soaked almonds in the blender and doing 1 part almonds to 4 parts water, blend until frothy and almonds look pretty much dissolved.
3. Strain the mixture using a very fine netting (I get mine at the hardware store)
4. Save in the fridge for up to 4 days.
5. *Tip:* Save the almond remains to use in other recipes or as a cereal rather than throwing away.. that's where all the healthy fiber is and makes for a great cereal substitute.



HOMEMADE MAYONNAISE

(makes 18 servings)

INGREDIENTS:

2	Egg Yolks
1 tsp	Mustard
1 tbsp	Juice From A Lemon
1/4 tsp	Cinnamon
1 cup	Olive Oil
	Sea Salt



PRO: 0g **CARB:** 0g **FAT:** 13g **CALS:** 118

DIRECTIONS:

1. Add egg yolks in a blender.
2. Add mustard and lemon juice and slowly blend.
3. While the blender is going, slowly add olive oil and continue to blend slowly until the mayo turns into a thicker consistency. Finally, add sea salt to taste.



HOMEMADE PROTEIN BAR

(makes 12 bars)

INGREDIENTS:

- 4 cups** Rolled Oats
- 1 cup** Peanut Butter
- 1 cup** Coconut Milk Canned
- 5 scoops** [Whey Protein](#)

use coupon code: **LiveLeanTV25**



PRO: 18g **CARB:** 24g **FAT:** 14g **CALS:** 273

DIRECTIONS:

1. Blend the oats into oat flour.
2. Remove oats and set aside.
3. Blend the coconut milk and slowly incorporate the whey protein powder scoop by scoop with a spoon while the coconut milk is blending.
4. Add the oats and peanut butter and continue blending until it becomes a crumbly and moldable consistency.
5. Use your hands to press the mixture into a 9x9 inch square glass pan lined with parchment paper.
6. Refrigerate overnight and in the morning cut into 12 thin bars. Wrap them in plastic or parchment paper or ziplock bags to take with you on the go.



LIVE LEAN APPROVED CEREAL

(makes 2 servings)

INGREDIENTS:

1/2 cup	Almonds
1/2 cup	Pecans
1/2	Banana
1/4 tsp	Cinnamon
1/8 tsp	Sea Salt
1/2 cup	Coconut Milk
1/4 cup	Berries



PRO: 11g CARB: 19g FAT: 45g CALS: 487

DIRECTIONS:

1. Blend all the ingredients in a blender (except berries and just use 1/4 cup of coconut milk).
2. Add to a bowl and top with another 1/4 cup of coconut milk.
3. Top with berries.



LIVE LEAN CHOCOLATE OAT COOKIES

(makes 11 cookies)

INGREDIENTS:

1 cup	Rolled Oats
1/4 cup	Dark Chocolate Chips
1/2 tbsp	Baking Powder
1/8 cup	Chia Seed
2	Eggs
1/2 tbsp	Cinnamon
Dash	Sea Salt
3-5 tbsp	Maple Syrup
1 tbsp	Vanilla



PRO: 3g **CARB:** 14g **FAT:** 4g **CALS:** 102

DIRECTIONS:

1. Preheat oven to 350 F.
2. Toast the oats by laying them out on a baking sheet and toasting at 350 for aprox 20 mins. Keep an eye on them so they don't burn.
3. Turn the oven up to 375 F.
4. Split the toasted oats in two and blend one half to turn into oat flour, add salt, cinnamon and baking powder.
5. Mix wet ingredients together and whip until the eggs, vanilla, maple and oil combine.
6. Mix the dry ingredients in with the wet and stir until no more lumps.
7. Add the rest of the toasted oats, chia seeds & dark chocolate chips, fold them in gently.
8. Make cookie formations on the baking sheet, the recipe should yield about 10-12 cookies.
9. Watch the cookies closely, they will take between 10-15 minutes to get golden brown.



LIVE LEAN GUACAMOLE

(makes 4 servings)

INGREDIENTS:

1	Juice of whole Lime
2	Avocados
1/2	Juice of Lemon
5-6	Cherry tomatoes
1/4	Red Onion
1	Garlic Clove
Dash	Sea Salt & Black Pepper
1 tbsp	Cilantro



PRO: 2g **CARB:** 9g **FAT:** 15g **CALS:** 174

DIRECTIONS:

1. Slice the avocados in half and remove the pits.
2. Slice the avocado long ways, then short ways to make small cubes, this will make it easier to mash.
3. Chop finely the tomatoes, onion and garlic and add them to the cubed avocados.
4. Squeeze in the lemon and lime juice.
5. Mash all together with a fork until you reach the desired consistency.
6. Add the fresh cilantro by tearing it with your fingers.
7. Add sea salt and black pepper to taste.



LOW CALORIE PROTEIN ICE CREAM

(makes 4 servings)

INGREDIENTS:

- 2 cups** Unsweetened Almond Milk
- 1 cup** Cottage Cheese
- 2 scoops** [Vanilla Protein Powder](#)
use coupon code: **LiveLeanTV25**
- 1/4 tsp** Matcha Green Tea
- 1/2 tsp** Cinnamon
- 1 packet** Stevia



PRO: 14g **CARB:** 6g **FAT:** 5g **CALS:** 125

DIRECTIONS:

1. Add everything to a blender and blend for 10-15 seconds.
2. Portion out the mixture by pouring into 4 separate sealable and freezer proof plastic baggies.
3. Place the baggies in the freezer for approximately 3 hours. I said 5 hours in the video but if you leave it in the freezer for too long, it'll freeze like a brick. If this happens, you can simply let it defrost for 10-15 minutes before eating.



LOW CARB CEREAL

(makes 4 servings)

INGREDIENTS:

1/4 cup	Pumpkin Seeds
1 tbsp	Chia Seeds
1/4 cup	Pecans
1/4 cup	Shredded Coconut (Unsweetened)
1/2 cup	Flax Seeds (Ground)
1/4 tsp	Cinnamon
Dash	Sea Salt To Taste
1/2 cup	Almond Milk
1 scoop	Protein Powder
	use coupon code: LiveLeanTV25
1/2 cup	Berries (Optional)



PRO: 36g **CARB:** 8g **FAT:** 17g **CALS:** 329

DIRECTIONS:

1. Add pumpkin seeds, chia seeds, pecans, coconut, flax seeds, cinnamon, and sea salt to a container, then shake it up.
2. Blend almond milk and protein powder together.
3. Add cereal mixture to a bowl and top with protein milk.
4. Top cereal with berries (optional) and a dash of cinnamon.
5. Take a bite and yell, "Damn That's Good!".



NO PROTEIN POWDER BERRY PROTEIN PANCAKES

(makes 2 servings)

INGREDIENTS:

3 tbsp	Coconut Oil Or Butter
1 cup	Berries
4	Eggs
1/2 tsp	Cinnamon



PRO: 7g **CARB:** 4g **FAT:** 7g **CALS:** 176

DIRECTIONS:

1. Pre-heat oven to 400 F.
2. Heat a 10 inch pan over medium heat.
3. Add berries and simmer for 3 minutes.
4. Whisk the eggs together with the cinnamon and vanilla.
5. Top the berries in the pan with the egg mixture.
6. Cook for 2 minutes on the stove top, then transfer to the oven and bake for 10 minutes or until the pancake is puffed up and slightly brown.
7. Remove the pan from the oven and try to flip the pancake so the fruit is facing up (for presentation only).



NUTTY HOMEMADE CRACKERS

(makes 12 crackers)

INGREDIENTS:

2 cup	Walnuts
1 tsp	Baking Soda
Dash	Sea Salt
3 tsp	Cinnamon
2 tbsp	Honey
2 tbsp	Coconut Oil
1 tbsp	Water



PRO: 6g **CARB:** 9g **FAT:** 19g **CALS:** 231

DIRECTIONS:

1. Pre-heat oven to 375F.
2. In a food processor, add all the ingredients and blend for 45-60 sec.
3. On a baking sheet lined with parchment paper, spread out the mixture and flatten out to a cracker "thin-ess".
4. Bake for 12 mins.
5. Allow to cool down for 5-10 minutes.
6. Cut into 12 crackers and enjoy.



OMG BACON & MUSHROOM DIP WITH BRAD

(makes 12 crackers)

INGREDIENTS:

6 slices	Bacon
2 cups	Mushrooms
3	Green Onions
1 tbsp	Chives
1/2 cup	Homemade Mayonnaise
1/2	Lemon



PRO: 4g CARB: 2g FAT: 15g CALS: 159

DIRECTIONS:

1. Cook bacon and mushrooms in a pan together for 5 mins.
2. Add bacon and mushroom mixture to food processor along with mayonnaise, green onion, and lemon.
3. Blend in the food processor and serve in a dish with a side of your favorite dipping vegetables!



OUR STAPLE SALAD DRESSING

(makes 2 servings)

INGREDIENTS:

1/4 cup	Olive Oil
1 tbsp	Apple Cider Vinegar
1/2	Fresh Squeezed Lemon
Dash	Salt & Pepper
1 tbsp	Dill
1 tbsp	Mint



PRO: 0g CARB: 0g FAT: 28g CALS: 252

DIRECTIONS:

1. Blend everything in a blender or simply pour & sprinkle on top of your salad.
2. As a side note, it's not really necessary to blend in the blender. For the lazy/fast way you can just pour and sprinkle all ingredients directly onto your salad and stir it up all together.



PALEO PUMPKIN APPLE BREAD

(makes 12 servings)

INGREDIENTS:

- 2** Apples Any Kind
- 1 can** Pumpkin Puree
- 6** Eggs
- 1/2 can** Coconut Milk
- 2 tbsp** Honey
- 1 tbsp** Vanilla Extract
- 3/4 cup** Almond Flour Or Coconut Flour
- 1 tbsp** Baking Soda
- 1 tbsp** Baking Powder
- Dash** Salt
- 1 tsp** Cinnamon
- 1 tsp** Nutmeg
- 2 tbsp** Coconut Palm Sugar
- Coconut Oil Spray



PRO: 3.2g **CARB:** 5.5g **FAT:** 3.2g **CALS:** 64

DIRECTIONS:

1. Preheat the oven to 350 degrees F.
2. Slice the cores out of the apples and throw them into the food processor.
3. Add the canned pumpkin and the 6 eggs and blend.
4. Proceed to add the honey, vanilla, and other dry ingredients and blend again.
5. In a separate bowl mix together the coconut palm sugar, cinnamon and nutmeg, this will be used as a sprinkle topping
6. Spray the loaf pan with cooking spray then pour the batter into it.
7. Top with the sprinkle topping then place in the oven
8. Set timer for 60 minutes
9. Let it cool for at least 5 minutes after baking before enjoying a slice!



POST WORKOUT MEXICAN FRUIT SALAD WITH BRAD

(makes 2 servings)

INGREDIENTS:

1	Pear Sliced
1	Cucumber Sliced
1 cup	Raspberries
1 cup	Pineapple
1	Lime Or Lemon
1 tsp	Chili Powder
Dash	Sea Salt



PRO: 1.5g **CARB:** 30g **FAT:** 0.5g **CALS:** 131

DIRECTIONS:

1. Add all the ingredients to a bowl. Yep, it's that simple.



PROTEIN BANANA CREAM PIE

(makes 4 servings)

CRUST:

- 1 scoop** [Whey Protein](#)
use coupon code: **LiveLeanTV25**
- 1 cup** Pecans
- 1 1/2 tbsp** Coconut Flakes
- 1 tbsp** Maple Syrup
- Dash** Cinnamon
- Dash** Salt
- 1/2 tsp** Vanilla Extract



PRO: 14g **CARB:** 22g **FAT:** 22g **CALS:** 330

FILLING:

- 2** Bananas
- 1 scoop** [Whey Protein](#)
use coupon code: **LiveLeanTV25**
- 1 1/2 tbsp** Coconut Flakes
- Sprinkle** Cinnamon

DIRECTIONS:

1. Start with the crust first. Add Pecans, whey, maple, and coconut flakes into the blender, blend until it forms a dough-like texture
2. Set this mixture aside and wash out the blender.
3. Next add 1 whole banana, coconut flakes and whey to the blender and blend until it forms a pudding like texture.
4. Use your hands to press the crust into a small glass bowl.
5. Fill that crust with the banana cream mixture.
6. Slice thin pieces of fresh banana to top it with.
7. Sprinkle with cinnamon for added spice and presentation.



PROTEIN CRACKERS OF THE SEA

(makes 1 serving)

INGREDIENTS:

1/2	Cucumber Sliced
1/2	Avocado Diced Into Cubes
1 sheet	Nori Cut Into Squares
4 oz	Smoked Salmon



PRO: 8g **CARB:** 1g **FAT:** 10g **CALS:** 126

DIRECTIONS:

1. Place the cucumbers on a plate.
2. Top with nori, smoked salmon, and avocado.
3. Done. I know it was so hard.
4. Enjoy!



PROTEIN FLAX PUDDING

(makes 1 serving)

INGREDIENTS:

- 1 scoop** [Protein Powder](#)
use coupon code: **LiveLeanTV25**
- 1 tbsp** Ground Flax Seed
- 2/3 cup** Unsweetened Almond Milk



PRO: 38g CARB: 11g FAT: 12g CALS: 304

DIRECTIONS:

1. The night before, mix whey protein with flax seeds and water (or almond milk) in a small container.
2. Let it soak in your refrigerator over night.
3. In the morning, the flax seeds will thicken up making it into a pudding consistency.



PROTEIN PANCAKE APPLE CINNAMON SANDWICHES

(makes 1 serving)

INGREDIENTS:

- 2** Eggs
- 2 tbsp** Flax Seed Meal
- 1 serving** [Protein Powder](#)
use coupon code: **LiveLeanTV25**
- 1 tbsp** Almond Butter
- Dash** Cinnamon
- 1** Red Apple
- Drizzle** Honey Or Maple Syrup (Optional)
Coconut Oil Spray



PRO: 32g **CARB:** 30g **FAT:** 19g **CALS:** 414

DIRECTIONS:

1. Slice the apple into very thin slices, cook until soft warm and slightly golden, set to the side.
2. Mix the batter for the pancakes in a blender.
3. Spray pan with coconut oil spray.
4. Pour the batter into 4 equal size pancakes, cook on both sides, flip when you see bubbles and dry edges.
5. Spread Almond butter onto one side of the pancake, layer with apples, and place another pancake on top.
6. Slice down the middle, sprinkle with cinnamon and enjoy!



PUMPKIN SPICE WAFFLES

(makes 4 servings)

INGREDIENTS:

6	Eggs
1 can	Pumpkin Puree
1/4 cup	Coconut Flour
1/2 tbsp	Baking Soda
1/2 tbsp	Baking Powder
1/2 tbsp	Nutmeg
1/2 tbsp	Ginger
1/2 tbsp	Cinnamon
	Coconut Oil Spray



PRO: 20g **CARB:** 12g **FAT:** 16g **CALS:** 264

DIRECTIONS:

1. Preheat your waffle iron.
2. Mix all the ingredients in a blender.
3. Pour the batter into the waffle iron & cook for approximately 5 minutes or until the waffle iron indicates it is done.
4. These make a great side dish to pair with any protein recipe or also great as an afternoon snack or dessert.



RICH & CREAMY CHOCOLATE BRITTLE

(makes 9 servings)

INGREDIENTS:

1/2	70% Dark Chocolate Bar (50G)
1 cup	Coconut Oil
1/4 cup	Shredded Coconut
1/4 cup	Almonds Sliced Or Crushed
	Sea Salt To Taste



PRO: 3g **CARB:** 3g **FAT:** 19g **CALS:** 195

DIRECTIONS:

1. Add chocolate to a steel measuring cup and place in a pot of hot water that just begins to bubble (don't get any of the water in the measuring cup of chocolate).
2. After chocolate melts (2-3 mins), remove from heat and pour the melted chocolate into a mixing bowl.
3. Mix in coconut oil and stir until it melts together.
4. Add shredded coconut and almonds to mixture and stir.
5. In a 8x8 pan lined with parchment paper, pour in the mixture and spread so it's even and flat.
6. Top with sea salt and place in the freezer for 15 minutes!
7. Cut into 9 brittle squares.



SAURKRAUT SUSHI

(makes 4 servings)

INGREDIENTS:

4 sheets	Nori Sushi Paper
1/4	Large Avocado
2	Carrots
2	Celery stalks
1 1/2 cup	Sauerkraut (strained)
1/2	Red Bell Pepper
1/2 cup	Sprouts of any kind



PRO: 2g **CARB:** 9g **FAT:** 5g **CALS:** 77

DIRECTIONS:

1. Slice all the veggies into long thin strips.
2. Place a sheet of Nori on a flat surface, lightly dampen it with wet fingers.
3. Line up all the ingredients, starting with the sauerkraut in a row across one edge of the nori sheet.
4. Roll it up gently, being careful not to tear the nori.
5. Slice into 5 sushi pieces with a sharp knife.



SIMPLE YET DELICIOUS: ALMONDS & OLIVES SIDE

(makes 4 servings)

INGREDIENTS:

1/4 cup	Almonds
1 cup	Green Olives
2 tbsp	Sherry Vinegar
1/2 tsp	Thyme Dried
1/4 cup	Olive Oil
1/4 tsp	Red Pepper Flakes
Zest	Of A Lemon



PRO: 3g **CARB:** 4g **FAT:** 19g **CALS:** 199

DIRECTIONS:

1. Add almonds and olives to a dish.
2. Add olive oil to a separate dish.
3. Add the lemon zest, sherry vinegar, thyme, red pepper flakes to the olive oil dish and whisk.
4. Add the olive oil dish over top of the almond and olive dish. Stir and enjoy.



SIMPLY AMAZING PALEO PROTEIN ICE CREAM

(makes 4 servings)

INGREDIENTS:

- 2** Frozen Bananas chopped
- 1/2 cup** Coconut Milk canned
- 1 tsp** Vanilla Extract
- 1 tsp** Honey (optional)
- 2 servings** [Protein Powder](#)
- 1 tsp** Cacao nibs or dark chocolate chips

use coupon code: **LiveLeanTV25**



PRO: 16g **CARB:** 22g **FAT:** 9g **CALS:** 235

DIRECTIONS:

1. Add the bananas, coconut milk, vanilla extract, and protein powder to a food processor (or high powdered blender) and blend until smooth (typically 1-2 minutes).
2. Serve the ice cream into 2 bowls then top with a drizzle of honey (optional) and a sprinkle of cacao nibs.
3. If you enjoy harder ice cream, place in the freezer for up to 60 minutes. But if you love soft serve ice cream, enjoy right away!



SPICE UP YO NUTS

(makes 4 servings)

INGREDIENTS:

1 cup	Almonds
1 cup	Walnuts
2 tbsp	Coconut Oil Melted
1/4 tsp	Cinnamon
1/4 tsp	Nutmeg
Zest	Of An Orange
	Sea Salt To Taste



PRO: 6g **CARB:** 6g **FAT:** 20g **CALS:** 228

DIRECTIONS:

1. Preheat the oven for 375F.
2. Place a piece of parchment paper on a baking sheet and top (in a single layer) the nuts on top.
3. Roast nuts in the oven for 10-15 min (or until your desired taste)!
4. In a bowl, mix together melted coconut oil, cinnamon, nutmeg, sea salt, and the orange zest.
5. Remove nuts from the oven, place in a sealable container, and top with the mixture. Shake to coat the nuts.
6. Enjoy!



SWEET POTATO CHIPS

(makes 2 servings)

INGREDIENTS:

2	Sweet Potatoes
Dash	Coconut Oil (Or Coconut Spray)
Dash	Salt & Pepper



PRO: 4g **CARB:** 37g **FAT:** 0g **CALS:** 163

DIRECTIONS:

1. Preheat oven to 425 degrees F.
2. Wash/rinse the sweet potatoes.
3. Chop them long ways so be thin enough to feed into a food processor with a slice blade
4. Once sliced into very thin chip shapes coat with coconut oil using your hands, or a light spray.
5. Add some salt and pepper or any spices of your choice.
6. Bake at 425 for about 15 mins.



SWEET POTATO FRENCH FRIES

(makes 2 servings)

INGREDIENTS:

1	Sweet Potato
2 tbsp	Coconut Oil
Dash	Paprika
Dash	Garlic Powder
Dash	Sea Salt
Dash	Black Pepper



PRO: 2g **CARB:** 26g **FAT:** 14g **CALS:** 238

DIRECTIONS:

1. Pre-heat oven to 450F.
2. Peel sweet potato.
3. Cut in half, then cut into 1/4 thick and wide french fry strips.
4. Add to a bowl and drizzle with coconut oil and the spices.
5. Place parchment paper on a baking sheet and top with the fries on a single level.
6. Bake for approximately 30 mins.
7. Flip the french fries after 15 mins to avoid burning.
8. Remove from heat after 30 mins and let sit for 5-10 mins.
9. Take a bite and yell "Damn That's Good!"



TASTE LIKE BAKED APPLE PIE

(makes 2 servings)

INGREDIENTS:

- 2** Apples
- 2 tbsp** Almond Butter
- Cinnamon To Taste



PRO: 5g **CARB:** 20g **FAT:** 9g **CALS:** 181

DIRECTIONS:

1. Pre-heat oven to 350 degrees.
2. Add tin foil to a baking sheet.
3. Add a think layer of water to baking sheet.
4. Core apple.
5. Stuff apple with almond butter.
6. Bake on the sheet for 10-15 mins.



THE I'VE NEVER HAD THAT BEFORE EGGPLANT FENNEL SALAD

(makes 2 servings)

INGREDIENTS:

1	Eggplant
1	Fennel Bulb (about 4 cups)
2 cloves	Garlic
Dash	Sea Salt
1/4 cup	Olive Oil
2 tbsp	Sherry Vinegar
3	Green Onions
1/2 tsp	Paprika
1 tbsp	Parsley



PRO: 3g **CARB:** 16g **FAT:** 29g **CALS:** 331

DIRECTIONS:

1. Cut the eggplant into cubes.
2. Preheat oven 350 F, line a baking sheet with foil, allow eggplant to cook for 20 minutes at 350 F.
3. Cut off green portion of fennel bulb, cut it up into thin slices, chop into bite size pieces.
4. Make salad dressing, with olive oil, sherry vinegar, & chopped garlic, paprika, sea salt, whisk together.
5. Add cooked eggplant to bowl.
6. Pour dressing over salad, mix all together and serve!



THE LOOK YOUNGER BERRY CRUMBLE DESSERT

(makes 3 servings)

INGREDIENTS:

1/2 cup	Walnuts
1/2 cup	Pecans
Dash	Sea Salt
1/4 tsp	Cinnamon
1/8 tsp	Nutmeg
1 tbsp	Coconut Oil Or Butter
1 tbsp	Vanilla
3 cups	Berries



PRO: 6g **CARB:** 17g **FAT:** 30g **CALS:** 350

DIRECTIONS:

1. Set the oven to broil.
2. In a blender, blend walnuts, pecans, sea salt, cinnamon, nutmeg, and coconut oil for 15 sec.
3. In a pot, add berries and vanilla and boil gently for 5 minutes.
4. Drain off the liquid from the berries and add to an oven safe dish.
5. Add the nut mixture to the top of the berries and broil in the oven until the nuts are lightly browned (just a few minutes).



TURNIP & RUTABAGA FRENCH FRIES

(makes 4 servings)

INGREDIENTS:

2	Turnips (Peeled)
2	Rutabagas (Peeled)
1/4 cup	Coconut Oil Melted
1 tbsp	Minced Garlic
Dash	Sea Salt



PRO: 2g **CARB:** 13g **FAT:** 13g **CALS:** 177

DIRECTIONS:

1. Pre-heat oven to 450 F.
2. Cut turnips and rutabagas into french fries.
3. Steam for 8 mins.
4. In a bowl, cover the steamed rutabagas/turnips with melted coconut oil.
5. Add to a baking sheet and top with minced garlic and sea salt.
6. Bake for 18-20 mins.



TURNIP HASHBROWNS

(makes 2 servings)

INGREDIENTS:

- 1** Turnip (Peeled And Grated)
- 4** Scallions Sliced
- 3 tbsp** Coconut Oil Or Butter



PRO: 2g CARB: 10g FAT: 17g CALS: 196

DIRECTIONS:

1. In a skillet over medium heat, melt the coconut oil.
2. Add the sliced scallions and grated turnip.
3. Heat for 10 minutes turning occasionally until browned.



UP YOUR VEGGIE GAME: DELICIOUS DIP & SPREAD

(makes 4 servings)

INGREDIENTS:

1 cup	Green Olives (Pitted)
2-14 oz	Artichokes (Drained)
1 clove	Garlic
1 tbsp	Fresh Parsley
Sprinkle	Red Pepper Flakes
Dash	Sea Salt



PRO: 2g **CARB:** 1g **FAT:** 4g **CALS:** 44

DIRECTIONS:

1. Add all the ingredients to a food processor and process for 30-60 seconds.
2. Put it in a bowl and use it as a veggie dip or use it as a spread on your burgers, chicken, fish, eggs, etc.



VEGGIES & HUMMUS SNACK PLATE

(makes 4 servings)

INGREDIENTS:

2 tbsp	Hummus
Handful	Carrots
Handful	Broccoli
Handful	Celery



PRO: 2g CARB: 4g FAT: 3g CALS: 50

DIRECTIONS:

1. Chop everything up into snack size pieces.
2. Dip the veggies into the hummus.



PROTEIN CEREAL

(makes 1 servings)

INGREDIENTS:

- 1/2 cup** Unsweetened Almond Milk
- 1 scoop** [Vanilla Whey Protein Powder](#)
use coupon code: **LiveLeanTV25**
- 1/3 cup** Cereal or Granola
(Grain-Free, Paleo Friendly)



PRO: 35g **CARB:** 17g **FAT:** 28g **CALS:** 456

DIRECTIONS:

1. In a blender, add one scoop of protein powder with 1/2 cup of almond milk and blend.
2. Add 1/3 cup of grain free paleo friendly cereal or granola to a bowl. I'm using this grain free paleo cocoa sea salt granola.
3. Top with the protein milk mixture. If you have left over milk, chug it.



STRAWBERRY NUT PROTEIN CEREAL

(makes 1 servings)

INGREDIENTS:

1 cup	Unsweetened Coconut Yogurt
1 scoop	Vanilla Whey Protein Powder
	use coupon code: LiveLeanTV25
1 tbsp	Flax Seed
1 tbsp	Sliced Almonds
3 sliced	Strawberries



PRO: 30g **CARB:** 20g **FAT:** 16g **CALS:** 344

DIRECTIONS:

1. Add 1 cup of unsweetened coconut yogurt to a bigger bowl. The bowl I started with was too small as you'll need room to add the protein powder.
2. Add 1 scoop of vanilla whey isolate protein powder, then stir it up well with a fork or whisk until it's completely creamy.
3. Add 1 tbsp of ground flax seeds on top.
4. Add 1 tbsp of sliced almonds.
5. Top with 3 sliced fresh strawberries.
6. Take a bite and yell, DAMN that's good!



PALEO LEMON CHEESECAKE

(makes 16 servings)

INGREDIENTS:

2 cups	Pecans
8	Dates
2 dashes	Sea Salt
1/4 cup	+ 1 tbsp lemon juice
2 cups	Cashews
1/2 cup	Coconut Oil
1/2 cup	Almond Milk
1/2 cup	Honey
Zest of	2 lemons
	Coconut Oil Spray



PRO: 4g **CARB:** 23g **FAT:** 24g **CALS:** 324

DIRECTIONS:

1. Before making the recipe, add the cashews to a bowl, cover them with water, then allow them to soak in the fridge overnight.
2. Spray a 9 inch pie pan with coconut oil spray.
3. To make the cheesecake crust, in a food processor or high powered blender, add the pecans, dates, sea salt, and 1 tbsp of lemon juice. Blend for 1 minute or until the mixture is the consistency of cookie dough.
4. Add the mixture to the 9 inch pie pan and press it into the pan to form the cheesecake crust.
5. Place the cashews in a strainer to drain the water, then rinse under the tap.
6. To make the cheesecake filling, add the cashews, coconut oil, almond milk, honey, sea salt, 1/4 lemon juice, and the lemon zest to the food processor. Blend until the mixture is completely smooth and creamy.
7. In the pie pan, pour the cheesecake filling over the crust, then cover the pan and place it in the fridge. I allowed it to set overnight, but if you're preparing it in the morning, give it at least 4 hours to set.
8. Slice it into 16 pieces and enjoy.



PROTEIN POPSICLES

(makes +6 popsicles)

INGREDIENTS:

- 1 cup** Unsweetened Almond Milk
- 1 scoop** [Vanilla Protein powder](#)
use coupon code: **LiveLeanTV25**
- 1 cup** Blueberries
- 1 cup** Strawberries
- 1/4 cup** Fresh Lemon Juice
- 2 packets** Stevia



PRO: 28g CARB: 41g FAT: 2.5g CALS: 298
(whole recipe)

DIRECTIONS:

1. Blend blueberries, strawberries, almond milk, lemon juice, protein powder, and stevia together.
2. Pour mixture into popsicle mold and add a popsicle stick to the liquid mixture.
3. Place container in freezer and allow mixture to harden for 2-3 hours.
4. For this recipe we only used 1/3 of the protein popsicle mixture since we only filled up 6 smaller popsicle containers.
5. If you use bigger popsicle containers or have more than 6, this amount of protein popsicle mixture should be a good amount or you can drink the rest as a protein smoothie.



SUPERFOOD PROTEIN BARS

(makes 6 servings)

INGREDIENTS:

1 tbsp	Coconut Oil
1 tbsp	Cacao Butter
1 tbsp	Cacao Nibs
1 tbsp	Cacao powder
1 tbsp	Almond Butter
1 tbsp	Maple Syrup
1 tbsp	Chia Seeds
2 tbsp	Coconut Flakes (unsweetened)
1/4 cup	Almonds
1/4 cup	Cashews
1/4 cup	Hazelnuts
3/4 cup	Dates
2 tbsp	Goji Berries
Zest of	A Lemon
Dash	Sea Salt
2 scoops	Rootz Paleo Protein Powder

use coupon code: **LiveLeanTV**

DIRECTIONS:

1. Over low heat, add coconut oil and cacao butter to a pan and stir until melted.
2. Turn off the heat, then add cacao nibs, cacao powder, almond butter, maple syrup, and chia seeds to the pan and mix.
3. Remove the mixture from the pan and add it to a mixing bowl.
4. Turn the heat back on to medium, then lightly roast the coconut flakes for 30-60



PRO: 10g **CARB:** 21g **FAT:** 19g **CALS:** 295

- seconds, stirring often, then remove from heat and add it to the same mixing bowl.
5. Add the nuts to the heated pan and roast for 1-2 minutes, stirring often.
6. Add the dates, goji berries, lemon zest, sea salt, protein powder, and nuts to the mixing bowl.
7. Pour the protein bar mixture into a food processor and blend for approximately 30 seconds.
8. Add parchment paper to a 5 x 9 baking dish and press all the ingredients with your hands to form one big layer of protein bar.
9. Pack the mixture with a knife to compact everything together and form tight edges.
10. Place the protein bar mixture in the fridge for 1-2 hours or as long as it takes for the mixture to solidify.
11. Cut into 6 protein bars and sprinkle with coconut flakes



BLUEBERRY MUFFINS

(makes 11 servings)

INGREDIENTS:

1/3 cup	Coconut Flour
1/2 cup	Rootz Paleo Protein Powder use coupon code: LiveLeanTV
3/4 tsp	Baking Powder
3/4 tsp	Baking Soda
Dash	Cinnamon
3	Eggs
1/4 cup	+ 1 tsp Coconut Oil
1/3 cup	Almond Butter
1 tsp	Vanilla Extract
3/4 cup	Unsweetened Applesauce
1/3 cup	Maple Syrup



PRO: 6g **CARB:** 14g **FAT:** 12g **CALS:** 188

DIRECTIONS:

1. Pre-heat oven to 350F.
2. Add coconut flour, Rootz Paleo Protein powder, baking powder, baking soda, and cinnamon to a bowl and mix.
3. Once the dry ingredients are mixed together, add the whole eggs, almond butter, vanilla extract, applesauce, and maple syrup to the same bowl, and mix together to form the blueberry muffin batter.
4. Fill each muffin tin to 3/4 full, then add a few blueberries to each muffin. Press the blueberries into the middle of the muffin.
5. Add the blueberry muffins to the pre-heated oven and bake for approximately 20 minutes, or until baked throughly.



PUMPKIN CHEESECAKE

(makes 8 servings)

INGREDIENTS:

1/2 cup	Walnuts
1/2 cup	Almonds
5	Dates
Dash	Sea Salt
2 cups	Pumpkin Puree
1 cup	Coconut Yogurt
1/4 cup	Honey
1 tbsp	Lemon Juice
2 tsp	Cinnamon



PRO: 4g **CARB:** 28g **FAT:** 10g **CALS:** 218

DIRECTIONS:

1. Pre-heat oven to 350F.
2. Add all CRUST ingredients to a blender or food processor and blend together until crumbly.
3. Add crumbles to a pie pan and press to the bottom and side of the pan.
4. Add all FILLING ingredients to a blender or food processor and blend together.
5. Once blended, pour filling into the crust.
6. Add cheesecake to oven and bake for 50-55 minutes. Filling should not be jiggly when it's finished.
7. Allow cheesecake to cool and then serve.