

**TEAM
LIVE LEAN**



SEAFOOD RECIPES

TABLE OF CONTENTS

Tap the recipe name to go to the recipe's page



Baconator Scallops

Baked Lemon Pepper Wild Salmon

Brad's Fav Smoked Salmon & Asparagus Wraps

Broiled Cod + Cucumber Bell Pepper Salad

Build Muscles In Minutes Tuna Cranberry Salad

Coconut Sauce'd Fish & Brussels For The Muscles

Cookie Crusted White Fish Deliciousness

Creamy Coconut Spinach Curry Shrimp Soup

Detox Kale Salad

Easy but Fancy, Halibut over Cauli-Rice

Filet-O-Fish Salad

Fresh Lime Coconut Scallop Soup

Shrimp Spinach Linguine

OMG-it-doesn't-taste-like-fish Salmon Patties

Protein Celery Boats

Seafood Chowder Gainz

Shrimp Kebab Tomato & Basil Salad

Smoked Salmon Tarragon Salad

Warm Pumpkin "Risotto" & Salmon



BACONATOR SCALLOPS

(makes 3 servings)

INGREDIENTS:

1 lbs	Large Scallops
3 slices	Canadian Back Bacon Cooked
1/2 cup	Almonds
Handful	Fresh Parsley
1 tbsp	Olive Oil
1 tbsp	Coconut Oil



PRO: 35g **CARB:** 5g **FAT:** 27g **CALS:** 403

DIRECTIONS:

1. Add cooked bacon, almonds, parsley, and olive oil to the food processor and blend until you get a crumbly nutty mixture.
2. Heat coconut oil in a pan over medium high heat.
3. Add in scallops and cook for 2-4 minutes per side.
4. Remove scallops after their cooked all the way through.
5. Add to a plate and top each of them with a scoop of the bacon mixture.
6. Top with a little drizzle of olive oil.
7. Enjoy!



BAKED LEMON PEPPER SALMON

(makes 2 servings)

INGREDIENTS:

4-6 oz	Wild Salmon
Dash	Lemon Pepper
Dash	Himalayan Sea Salt
Dash	Black Pepper



PRO: 34g **CARB:** 0g **FAT:** 14g **CALS:** 262

DIRECTIONS:

1. Pre-heat oven to 400F.
2. Add tin foil to a baking sheet and place the wild salmon on top, skin side down.
3. Add the spices to the wild salmon.
4. Put the baking sheet in the oven and set for 15 minutes.



BRAD'S FAV SMOKED SALMON & ASPARAGUS WRAPS

(makes 4 servings)

INGREDIENTS:

12 spears	Asparagus
12	Eggs
12	Sliced Red Onion
8 oz	Smoked Salmon
1 tbsp	Coconut Oil



PRO: 30g CARB: 5g FAT: 21g CALS: 334

DIRECTIONS:

1. Boil asparagus for 5 minutes or until soft.
2. Whisk eggs together.
3. Add 1 tsp of coconut oil to a heated 10 inch pan.
4. Pour 2 tbsp of the egg mixture in the pan. Make sure it covers the bottom of the pan.
5. Cook for 1 minute then put it on a plate and repeat for the other shells.
6. Add the salmon on top of the egg shell along with the asparagus and red onion. Roll and enjoy!



BROILED COD & CUCUMBER BELL PEPPER SALAD

(makes 2 servings)

INGREDIENTS:

12 oz	Cod
1	Cucumber
1/2	Bell Pepper
1 tsp	Tamari
4 tbsp	Sesame Oil
3	Minced Garlic
	Salt & Pepper to taste



PRO: 31g **CARB:** 0g **FAT:** 28g **CALS:** 378

DIRECTIONS:

1. Dry the piece of cod with paper towel and then sprinkle with salt and pepper.
2. Place on a foil lined baking sheet.
3. Set the oven to broil.
4. Put the cod in the oven on the top shelf and broil.
5. In the mean time, chop the cucumber and bell pepper to bite size pieces.
6. In a medium sized bowl pour the dressing over the "salad" mixture and toss to make sure all coated.
7. Watch the cod closely and when it looks slightly golden on the top side check it with a fork to make sure it's cooked through.
8. Serve on top a bed of the cucumber salad and enjoy!



BUILD MUSCLES IN MINUTES TUNA CRANBERRY SALAD

(makes 2 servings)

INGREDIENTS:

12 oz	Can Of Tuna
2 stalks	Finely Chopped Celery
1/4 cup	Red Onion Finely Chopped
1/4 cup	Mustard
1/2 cup	Cranberries Dried



PRO: 32g CARB: 7g FAT: 2g CALS: 174

DIRECTIONS:

1. Mix ingredients in a bowl and enjoy!



COCONUT SAUCE'D FISH & BRUSSELS FOR THE MUSCLES

(makes 3 servings)

INGREDIENTS:

1 lbs	White Fish
2-3 tbsp	Coconut Oil
1	Shallot Diced
1/2 cup	White Wine Dry
1/2 cup	Chicken Stock
1 tbsp	Parsley Chopped
Dash	Salt And Pepper
1/2	Lemon
3-4 cup	Brussels Sprouts
1/2 cup	Unsweetened Coconut Flakes



PRO: 35g **CARB:** 3g **FAT:** 19g **CALS:** 323

DIRECTIONS:

1. Pat fish dry with paper towel.
2. Sprinkle with salt and pepper.
3. Heat 1 tbsp of coconut oil in the pan over medium-high heat.
4. Once melted, add fish.
5. Cook for 2 mins, then add another 1-2 tbsp of coconut oil and the shallot.
6. After 1 min, add in 1/2 of the wine and simmer for 3 mins.
7. Next, add chicken stock, reduce heat, and simmer for 5 mins.
8. Top with parsley & a squeeze of lemon and 1 tbsp chopped parsley.

For the Brussels Sprouts:

1. Pre-heat oven to 400.
2. Place a sheet of tin foil on a baking sheet, top with brussels sprouts, and sprinkle with 1 tbsp coconut oil, salt, pepper, and unsweetened coconut shreds.
3. Bake for 20 mins.



COOKIE CRUSTED WHITE FISH DELICIOUSNESS

(makes 3 servings)

INGREDIENTS:

1/4 cup	Almonds
1/2 cup	Cured Italian Sausage
2 tbsp	Parsley
3	White Fish Fillets (I Used Tilapia But I Prefer Haddock Or Cod)



PRO: 27g CARB: 2g FAT: 11g CALS: 214

DIRECTIONS:

1. Pre-heat oven to 400F.
2. On a greased baking sheet layout 3 fillets of white fish.
3. In a food processor, blend almonds, sausage, and parsley together to make crust.
4. Spread the mixture over the fish (doesn't need to completely coat the entire fillet).
5. Bake for 12 mins or until fish begins to flake. Once finished, set oven to broil and broil for 1-2 mins (watch it closely) to crisp up the crust.
6. Add any side dish from our Team Live Lean Recipes and enjoy!



CREAMY COCONUT SPINACH CURRY SHRIMP SOUP

(makes 4 servings)

INGREDIENTS:

2 cans	regular Coconut Milk
2 handfuls	spinach (fresh or frozen)
1 lbs	frozen Shrimp
1 tbsp	curry powder
2 tbsp	Coconut Butter (can also sub coconut oil if you don't have coconut butter)



PRO: 29g CARB: 6g FAT: 48g CALS: 568

DIRECTIONS:

1. Pour Coconut Milk into blender, add spinach and blend
2. Heat 2 tbsp Coconut Butter, add curry powder
3. Sautee the shrimp in the Coconut Butter and Curry mixture
4. Pour Coconut Milk/ Spinach mixture over the shrimp once it's mostly cooked
5. Continue to cook over med/high heat stirring occasionally and watching to make sure doesn't bubble over.
6. Once you notice the shrimp is fully cooked you're done!
7. Enjoy!



DETOX KALE SALAD

(makes 1 serving)

INGREDIENTS:

2 cups	Kale Chopped
1/2 cup	Fennel Bulb Sliced
1/2 cup	Grapes Sliced
3 tbsp	Fresh Herbs Like Dill & Parsley
1/2	Organic Cucumber Chopped
1/2	Yellow Bell Pepper Chopped
6 oz	Leftover Pre-Cooked Tilapia
1 tbsp	Olive Oil
2 tbsp	Apple Cider Vinegar
1 tsp	Mustard
	Salt & Pepper to taste



PRO: 30g **CARB:** 14g **FAT:** 17g **CALS:** 329

DIRECTIONS:

1. Put kale into large mixing bowl.
2. Make the dressing in a small glass or bowl. Combine 2 parts vinegar to 1 part olive oil and some mustard and other seasonings that you like.
3. Pour dressing over kale and massage it into the kale with your hands.
4. Mix all other ingredients into the salad including some leftover fish for added protein.
5. Stir together and enjoy!



EASY BUT FANCY, HALIBUT OVER CAULI RICE

(makes 2 servings)

INGREDIENTS:

1	Shallot Divided
1 clove	Garlic Finely Chopped
1/4 cup	White Wine Dry
Dash	Parsley Chopped
2 slices	Fresh Lemon
Dash	Salt/Pepper
1/4 cup	Chicken Broth
3 tbsp	Coconut Oil
2 fillets	Fresh Halibut
1/2 head	Cauliflower (Riced)



PRO: 36g **CARB:** 0g **FAT:** 24g **CALS:** 385

DIRECTIONS:

1. Heat 1 tbsp coconut oil over a medium heat
2. Pat dry the fish to remove any moisture, add some salt & pepper, place on the pan, skin side down.
3. Using a wok or pot, add some coconut oil, add shallots and garlic
4. Add the Cauliflower rice to the pot, season with salt/pepper
5. Add the extra shallot and white wine to the fish. Let the white wine reduce for a few minutes then when you notice it cooked around the edges it's time to flip it.
6. Add another tbsp of coconut oil directly on top of the fish along with 1/4 cup chicken broth.
7. Sprinkle some chopped or dried parsley on top.
8. Once you notice the cauli-rice looing golden color and the fish slightly browned you can plate it up and pour the sauce over top. Squeeze the fresh lemon over top and place on the side as a garnish.



FILET O FISH SALAD

(makes 4 servings)

INGREDIENTS:

1 lbs	Sole Or Any White Fish
4 tbsp	Sesame Oil
4 tbsp	Homemade Mayonnaise
1 tbsp	Rice Wine Vinegar
1 tbsp	Sesame Seeds
1/2 cup	Green Onions Chopped



PRO: 27g **CARB:** 2g **FAT:** 34g **CALS:** 423

DIRECTIONS:

1. Set oven to Broil (high).
2. Place fish on a baking sheet and drizzle with 1/2 of the sesame oil (place the other 1/2 aside).
3. Sprinkle fish with sea salt then place in the oven for 5 mins per side.
4. Once fish is cooked, break it up into pieces and set aside.
5. Mix the remaining 1/2 of sesame oil with the mayonnaise, and vinegar.
6. Top the flaked fish with the mayonnaise mixture and top with sesame seeds and green onions.



FRESH LIME COCONUT SCALLOP SOUP

(makes 3 servings)

INGREDIENTS:

1 can	Lite Coconut Milk
2 cups	Chicken Broth
1 lbs	Bay Scallops
2	Green Onions (Scallions)
1/2	Orange Bell Pepper
2 cloves	Garlic
1 tbsp	Ginger Finely Chopped
Dash	Salt To Taste
1 tbsp	Coconut Oil
Dash	Fresh Basil
Dash	Fresh Lime



PRO: 25g **CARB:** 7g **FAT:** 16g **CALS:** 267

DIRECTIONS:

1. Add coconut oil to pan and add fresh garlic and ginger, sautee until slightly browned
2. Add the raw scallops and cook until almost done
3. Pour in the coconut milk and chicken broth, adding peppers and scallions as well
4. Cook until comes to a slight boil then remove from heat
5. Add fresh basil & lime juice as a garnish



LOW CARB PALEO ZUCCHINI PASTA: SHRIMP SPINACH LINGUINE

(makes 2 servings)

INGREDIENTS:

4	Zucchini
10 oz	Frozen Shrimp
Handful	Spinach Chopped.
20 oz	Diced Tomatoes Drained
Dash	Black Pepper
1/2 tsp	Paprika
Dash	Sea Salt
1/4 tsp	Red Pepper Flakes
2 tsp	Italian Seasoning
3 tbsp	Coconut Oil
3 leaves	Fresh Basil
2 cloves	Garlic Diced



PRO: 27g **CARB:** 5g **FAT:** 24g **CALS:** 344

DIRECTIONS:

1. Trim off both ends of the zucchini, then spiralize the zucchini to create the noodles (we used the veggetti on the thick side).
2. Dice the garlic cloves, then over medium heat, melt 1 tbsp of the coconut oil in a pan, then add the diced garlic, and cook until soft.
3. Add the drained diced tomatoes to the pan with the garlic, mix together, then add red pepper flakes, Italian seasoning, and salt. Mix together and continue cooking over medium heat to bring the sauce back to a slight boil.
4. Dice up the fresh basil, turn the heat down to low, then add the basil to the sauce.
5. Over medium heat, add the remaining 2 tbsp of coconut oil to another pan.
6. In a bowl, add a dash of sea salt and all the paprika to the shrimp, stir it all together, then add the shrimp to the pan, and heat thoroughly for 1-2 minutes (if the shrimp is raw, follow the package directions on the shrimp to cook thoroughly).
7. Add spinach to the shrimp until it begins to wilt, then add shrimp mixture to the pan with the sauce and mix.
8. Using the same pan that you cooked the shrimp in, add the spiralized zucchini and cook for 2-3 minutes or until soft, then remove both pans from the heat and mix the shrimp sauce with the cooked zucchini.
9. Add the food to plates and top with a dash of black pepper. Take a bite and yell, "Damn That's Good!".



OMG IT DOESN'T TASTE LIKE FISH SALMON PATTIES

(makes 6 servings)

INGREDIENTS:

2 tbsp	Capers
Handful	Fresh Dill
1	Jalapeño Pepper
2 tbsp	Mustard
1	Lemon
2 tbsp	Red Onion Sliced
6 cans	Salmon (No Bones)
1 tbsp	Coconut Oil



PRO: 30g **CARB:** 5g **FAT:** 21g **CALS:** 334

DIRECTIONS:

1. Drain salmon and put into bowl.
2. Chop onion, dill, and jalapeno finely.
3. Combine these ingredients with the mustard in a large bowl. Use your hands.
4. Make small, golf ball sized balls with the mixture and set aside.
5. Heat the coconut oil on a large pan.
6. Place 4 of the salmon balls onto the pan when it's nice and hot.
7. Let them cook for about 2-3 minutes or until brown before flipping over.
8. Serve with lemon wedges and sprinkle of fresh dill.



PROTEIN CELERY BOATS

(makes 4 servings)

INGREDIENTS:

1 can	Tuna Fish Canned
1/4 cup	Red Bell Pepper Chopped
1/4 cup	Scallions Finely Chopped
1 tsp	Dijon Mustard
1 tsp	Un-Sweet Relish
3 stalks	Celery



PRO: 20g CARB: 0g FAT: 2g CALS: 103

DIRECTIONS:

1. Chop the celery into 3 inch "boats".
2. Finely chop red bell pepper and scallions.
3. Pour the water out of tuna can.
4. Mix all ingredients in a bowl.
5. Place the mixture into the celery boats.
6. Serve!



SEAFOOD CHOWDER GAINZ

(makes 4 servings)

INGREDIENTS:

2 tbsp	Coconut Oil
1	Onion Diced
1 cup	Fennel Bulb Thinly Sliced
1/2 cup	White Wine
4	Garlic Cloves Diced
1 cup	White Wine
1 cup	Chicken Broth
1 cup	Tomatoes Diced (With Juice)
1 lbs	Mussels
8 oz	Clams
8 oz	Cod
8 oz	Scallops
	Salt And Pepper To Taste



PRO: 45g **CARB:** 12g **FAT:** 15g **CALS:** 591

DIRECTIONS:

1. Add coconut oil to a large pot heated over medium high heat.
2. Add onion and fennel and saute for 4-5 minutes.
3. Add garlic, wine, tomatoes, and chicken broth.
4. Bring to a boil for 2-3 minutes, then add in mussels, clams, cod, and scallops.
5. Add salt and pepper, then cover with a lid and cook until the shells begin to open (approximately 5-7 minutes).
6. Once cooked, add to a bowl and garnish with parsley.



SHRIMP KEBAB TOMATO & BASIL SALAD

(makes 4 servings)

INGREDIENTS:

1 large	Tomato Thinly Sliced
Handful	Fresh Diced Basil
4 tbsp	Olive Oil
1 lbs	Shrimp
3	Garlic Cloves Chopped
	Sea Salt To Taste



PRO: 24g CARB: 7g FAT: 16g CALS: 268

DIRECTIONS:

1. Add thinly sliced tomatoes to a plate and top with diced basil.
2. Drizzle 1 tbsp of olive oil over each plate.
3. Add shrimp to a bowl and top with the remaining 2 tbsp of olive oil, chopped garlic, and sea salt.
4. Skewer the shrimp then add to grill over higher heat for 4 mins per side (or until shrimp turns orange).
5. Remove shrimp from skewer and add on top of salad.
6. Enjoy!



SMOKED SALMON TARRAGON SALAD

(makes 2 servings)

INGREDIENTS:

1	Watercress Bunch Of Diced
1	Lemon For Juice And The Zest
1 tsp	Tarragon Fresh Chopped
1	Diced Shallot
2 tbsp	Coconut Oil
1/2 cup	Pine Nuts
1/2 tbsp	Smoked Salmon



PRO: 19g **CARB:** 5g **FAT:** 26g **CALS:** 330

DIRECTIONS:

1. Add thinly sliced tomatoes to a plate and top with diced basil.
2. Drizzle 1 tbsp of olive oil over each plate.
3. Add shrimp to a bowl and top with the remaining 2 tbsp of olive oil, chopped garlic, and sea salt.
4. Skewer the shrimp then add to grill over higher heat for 4 mins per side (or until shrimp turns orange).
5. Remove shrimp from skewer and add on top of salad.
6. Enjoy!



WARM PUMPKIN "RISOTTO" & SALMON

(makes 2 servings)

INGREDIENTS:

4 cups	"Riced" Cauliflower
1 cup	Canned Pumpkin
1 cup	Canned Lite Coconut Milk
1 tbsp	Coconut Oil
1 tsp	Cinnamon
1 cup	Canned Salmon
2 cups	Kale



PRO: 9g **CARB:** 14g **FAT:** 23g **CALS:** 291

DIRECTIONS:

1. Chop Cauliflower and then pulse in the blender to create "rice" like texture.
2. Turn stove on to medium heat, drop 1T Coconut Oil in the pan
3. Add Kale and Cauli-Rice, sautee until tender and wilted & slightly browned
4. Add in the pre-mixed coconut milk, pumpkin and spice
5. Stir all together in pan until nice and warm
6. Plate it and top with Pre-Cooked Salmon
7. Enjoy the "comfort food" feeling while you build muscle and burn fat!