

TEAM
LIVELEAN



PORK & LAMB RECIPES

TABLE OF CONTENTS

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



Empty The Fridge Pork Goulash

GAINZ in a Blanket

Ground Lamb Greek Salad

Cauliflower Mash With Italian Sausage

I Can't Believe it's Not Pasta – Zucchini Carbonara

No Buns! Sausage and Sauerkraut

Pesto Lamb Burgers

Pizza Frittata

Pork & Brussels for Muscles

Pork Lettuce Wraps

Pork Loin Vinaigrette Salad

Sausage Dog in Soup

Spice Rubbed Pork & Carrot Fries



EMPTY THE FRIDGE PORK GOULASH

(makes 2 servings)

INGREDIENTS:

2 tbsp	Coconut Oil
1/2	Onion Chopped
10	Radishes Chopped
10 oz	Pork Loin Cooked Chopped
1/2 cup	Chicken Stock
1/4 cup	Parsley Chopped
	Salt And Pepper To Taste



PRO: 31g **CARB:** 4g **FAT:** 59g **CALS:** 547

DIRECTIONS:

1. Melt the coconut oil in a pan over medium heat.
2. Add chopped onion and radishes and sauté for 5 minutes.
3. Add pork and chicken stock. Simmer for another 5 minutes or until liquid soaks into the pork.
4. Top with parsley and salt and pepper.



GAINZ IN A BLANKET

(makes 4 servings)

INGREDIENTS:

1 lbs	Pasture Raised Sausages (Beef, Pork, Turkey, Or Chicken)
Head	Green Cabbage Leaves
½ cup	Mustard
	Toothpicks



PRO: 15g CARB: 1g FAT: 12g CALS: 172

DIRECTIONS:

1. Boil some water and add a bunch of cabbage leaves to a steamer (remove spine), cover, and steam for 4-5 minutes.
2. Add sausages to a grill and cook on both sides for 8-10 minutes (or until cooked).
3. Slice cabbage in half to make the width slightly smaller than the sausage.
4. Roll all the sausages in the cabbage and stick with a toothpick.
5. Enjoy!



GROUND LAMB GREEK SALAD

(makes 4 servings)

INGREDIENTS:

1 lbs	Ground Lamb
1	Romain Lettuce
2	Tomatoes
1/4 cup	Olive Oil
1/4 cup	Lemon Juice
1/4 cup	Parsley Chopped
1/4 cup	Fresh Oregano Chopped
1/2 cup	Kalamata Olives
	Salt And Pepper To Taste



PRO: 19g CARB: 1g FAT: 43g CALS: 462

DIRECTIONS:

1. Chop all vegetables to bite size.
2. Combine the fresh herbs with the lamb and cook on a pan over medium heat.
3. Mix the olive oil and lemon juice together as a dressing and pour over the bowl containing all vegetables and olives.
4. Once the lamb is fully cooked add 1/4 of it over the salad and serve!
5. Save the rest for later.



I CAN'T BELIEVE CAULIFLOWER TASTES THIS GOOD MASH WITH ITALIAN SAUSAGE

(makes 2 servings)

INGREDIENTS:

1 lbs	Italian Sausage Into Chunks
1/2	Cauliflower
1 tbsp	Coconut Oil Or Butter
Dash	Salt
2	Eggs
1 tbsp	Parsley Finely Chopped



PRO: 30g CARB: 3g FAT: 49g CALS: 573

DIRECTIONS:

1. To poach the egg, boil water in a pot, then crack an egg into a small dish.
2. Slowly pour the egg into the pot of boiling water and allow it to poach for 3-4 mins. Remove with a slotted spoon when cooked, then repeat with the other egg.
3. Slice the sausage and cook in a heated pan over medium heat for 4-5 mins (or until cooked thoroughly).
4. Steam cauliflower (broken down into florets) for approximately 6-7 mins or until soft. Then add to a blender with coconut oil and salt.
5. On a plate, add a scoop of cauliflower mash, top with sliced sausage, top with a poached egg, then add chopped parsley to finish it off.



I CAN'T BELIEVE IT'S NOT PASTA: ZUCCHINI CARBONARA

(makes 4 servings)

INGREDIENTS:

3	Zucchini's
1/2 cup	Bacon Pre-Cooked
1/2 tbsp	Olive Oil For Sautee
2	Egg Yolks
1/4 egg	Coconut Milk
	Parsley For Garnish



PRO: 31g CARB: 4g FAT: 59g CALS: 547

DIRECTIONS:

1. Use a peeler to thinly slice or "noodle" your zucchini's.
2. Separate the egg yolks and whisk together coconut milk and yolks.
3. Sautee the zucchini noodles in a pan with olive oil.
4. Mix the bacon in with the sauce mixture.
5. Pour sauce over the noodles once they are cooked. Be careful not to overcook once the sauce is on or it may scramble.
6. Add parsley for garnish.
7. Enjoy!



NO BUNS! SAUSAGE AND SAUERKRAUT

(makes 2 servings)

INGREDIENTS:

2	Italian Uncured Sausages
1 cup	Red Bell Pepper
1 cup	Zucchini
2 cups	Sauerkraut
1 tbsp	Olive Oil



PRO: 13g CARB: 1g FAT: 27g CALS: 299

DIRECTIONS:

1. Chop all vegetables to bite size.
2. Brown the Sausage in the pan.
3. Add veggies and cook till soft.
4. Add the Sauerkraut just to warm it and combine flavors.
5. Serve and enjoy!



PESTO LAMB BURGERS

(makes 2 servings)

INGREDIENTS:

24 oz	Ground Lamb
1/4 tsp	Allspice
Dash	Sea Salt & Black Peppercorn
1 tsp	Cumin
1/4 tsp	Cinnamon
1/2 cup	Fresh Chopped Mint
1/4 cup	Fresh Chopped Parsley
1 cup	Pistachios
1/2 cup	Olive Oil
1	Garlic Clove



PRO: 40g **CARB:** 5g **FAT:** 30g **CALS:** 450

DIRECTIONS:

1. Pre-heat grill.
2. Add lamb to a mixing bowl and add in: allspice, sea salt, black pepper, cumin, cinnamon, 1/4 cup mint, and parsley. Mix together with hands and form into patties (makes approximately 4 patties).
3. Add patties to the grill. Grill should be pre-heated so when the meat hits the grill, you hear the sizzle. Grill for approximately 5 mins per side.
4. While patties are grilling, in a food processor add pistachios, olive oil, garlic, remaining 1/4 cup of mint, and a dash of sea salt. Blend for approximately 10-15 sec until the pesto turns creamy.
5. Remove burger from the grill once cooked, and top with pesto!



PIZZA FRITTATA

(makes 2 servings)

INGREDIENTS:

2	Italian Sliced Sausages
1 cup	Mushrooms Sliced
1	Tomato Chopped
6	Eggs
1/4 cup	Fresh Basil
1 tsp	Oregano Dried



PRO: 24g CARB: 8g FAT: 18g CALS: 288

DIRECTIONS:

1. Pre-heat oven to high broil.
2. Add sliced sausage and mushrooms to a 10 inch pan and saute over medium high heat.
3. Once sausage is cooked thoroughly, add tomatoes, whisked eggs, and then sprinkle with basil and oregano.
4. Allow eggs to set, then put the pan in the oven under the broiler until the eggs are golden (3 minutes).



PORK & BRUSSELS FOR MUSCLES

(makes 3 servings)

INGREDIENTS:

3 cups	Brussels Sprouts
6 small	Pork Chops Thinly Cut
1 1/2 tbsp	Olive Oil
Dash	Salt And Pepper



PRO: 35g CARB: 0g FAT: 14g CALS: 262

DIRECTIONS:

1. Cut bottoms off brussels sprouts & process in food processor.
2. Season the pork with salt and pepper.
3. Add oil to pan and preheat. Add pork and cook until browned.
4. After about 4 minutes, flip it over, make sure is golden brown on both sides, set aside.
5. Cook brussel sprouts, adding a little bit more olive oil to the pan & some salt and pepper.
6. Let it brown just a bit then serve the pork chops over top.



PORK LETTUCE WRAPS

(makes 2 servings)

INGREDIENTS:

1 cup	Shiitake Mushrooms
1 lbs	Ground Pork
3	Green Onions Diced
2 tbsp	Tamari
1 tbsp	Fish Sauce
1/4 cup	Fresh Mint
1	Romaine Lettuce (For The Wraps)
1	Lime



PRO: 33g CARB: 8g FAT: 24g CALS: 378

DIRECTIONS:

1. Sautee mushrooms for 2-3 mins.
2. Add pork and cook until browned.
3. Add diced green onions, tamari, and fish sauce to the pork mixture.
4. Mix together and heat for 1 more minute, then add chopped mint.
5. Add a scoop of pork mixture to a lettuce wrap.
6. Then add lime juice over top and eat like a wrap.



PORK LOIN VINAIGRETTE SALAD

(makes 2 servings)

INGREDIENTS:

8 oz	Pork Loin
4	Pitted Dates
6	Anchovy Fillets
Zest	From 1 Lemon
3	Garlic Cloves
1/2 cup	Olive Oil (+ 1 Tbsp)
1 tbsp	Sherry Vinegar
1	Fennel Bulb
Handful	Mixed Salad Greens
	Salt/Pepper



PRO: 39g **CARB:** 13g **FAT:** 25g **CALS:** 433

DIRECTIONS:

1. Slice pork loins into 1 inch thick medallions and top with salt & pepper.
2. In a blender add: dates, anchovies, lemon zest, garlic, olive oil, and vinegar. Blend.
3. Dice up fennel bulb as shown in the video and sauté for 3 mins in a pan over medium heat with 1 tbsp of olive oil
4. Remove fennel and fry up pork medallions for 3-4 mins per side (until cooked throughly).
5. Add mixed greens to a plate, top with fennel and pork medallions.



SAUSAGE DOG IN SOUP

(makes 3 servings)

INGREDIENTS:

1 tbsp	Coconut Oil
1/3 cup	White Wine
2 1/2 cups	Chicken Stock
1/2 cup	Lite Coconut Milk
3	Uncured Italian Sausage
1/2 cup	White Onion Chopped
2 tsp	Dijon Mustard
1 cup	Sauerkraut
Dash	Chopped Dill



PRO: 17g **CARB:** 1g **FAT:** 27g **CALS:** 360

DIRECTIONS:

1. Melt the coconut oil in a pan over medium heat.
2. Add 1/2 cup sausage and cook it through, remove to the side while cooking other ingredients in the same pan.
3. Add onion and cook till translucent and soft.
4. Get soup pot ready, add the ingredients into the pans, adding the sauerkraut strained
5. Add 1/3 cup of white wine
6. Add 2 1/2 cups chicken stock, keep an eye on it and stir every once in a while to incorporate flavors
7. Add the dijon mustard and 1/2 cup coconut milk
8. After 10 minutes is up, remove from heat, add in the sausage and dill to decorate.
9. Enjoy!



SPICE RUBBED PORK & CARROT FRIES

(makes 3 servings)

INGREDIENTS:

3	Pork Chops
4	Carrots
1 tsp	Chili
1 tsp	Cumin
1/2 tsp	Cinnamon
3 tbsp	Coconut Oil
Dash	Sea Salt



PRO: 24g **CARB:** 9g **FAT:** 19g **CALS:** 300

DIRECTIONS:

1. Melt the coconut oil in a pan over medium high heat.
2. Add spices- teaspoon chili powder, teaspoon of cumin, 1/2 teaspoon of cinnamon.
3. Take the sauce off the heat and pour into a small bowl.
4. Use the pan to cook the pork chops.
5. Pour half the sauce over the top and save the other half for the carrots.
6. After about 5 minutes flip it over and cook the other side.
7. Chop Carrots into fry shaped pieces.
8. Add them to the pan with the pork chops.
9. Add a sprinkle of salt.
10. Remove Pork and let the carrots remain to cook until they get soft and cooked through all the way.
11. Serve and enjoy!