

LIVELEAN20 DIET



**FEATURING LINKS
TO VIDEO COOKING
LESSONS**

**20
MOUTH
WATERING
MEALS**

20

**MINUTES
OR LESS**

USING ONLY 20 INGREDIENTS!

WELCOME TO THE LIVE LEAN 20 DIET

We're going to simplify the way you cook to make eating easier than ever!

We all know abs are made in the kitchen, but sometimes the kitchen can be an overwhelming place.

Too many ingredients and complicated recipes can drive anyone to take-out meals night after night. But take-out meals and restaurant food don't get you ripped.

Learning to cook and prepare your own food is the number one fastest way to ignite your metabolism and start burning more fat and getting leaner than ever before.

So let's get cooking, we promise this will be easier than you think.

See the next page for some tools to get you started.

TOOLS YOU'LL NEED

Some kitchenware items needed for this cookbook are:



12" Greenpan Non-Stick Frying Pan



Silicone Spatula



Mixing Bowls, measuring cups and spoons



Stackable Glass Prep Bowls



Food Processor



Blender



Nut Milk Bag



Strainer



Knife Set



Salt & Pepper Grinder



Hot Plate



Veggetti Spiral Vegetable Slicer



Baking Glass Dish

PROTEINS

1



Chicken Breast

2



Canned Tuna

3



Ground Beef

4



Ground Turkey

5



Whey Protein

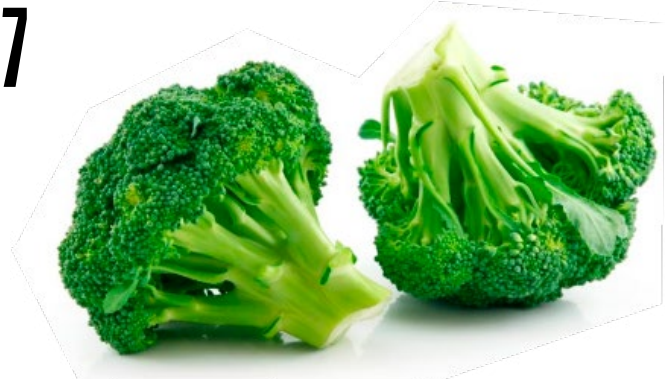
VEGETABLES

6



Spinach

7



Broccoli

8



Cauliflower

9



Brussels

10



Onions

FATS

11



Eggs

12



Almonds

13



Olive Oil

14



Coconut Oil

15



Avocados

STARCHES & FRUITS

16



Sweet Potatoes

17



Blueberries

18



Bananas

19



Apples

20



Lemons

SPICES

1



Garlic Powder

2



Himalayan Pink Salt

3



Black Pepper

4



Cinnamon

5



Dried Herb Mix

CONDIMENTS

1



Yellow Mustard

2



Salsa

3



Balsamic Vinegar

4



Hot Sauce

5



Marinara Sauce

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CREAMY HOMEMADE ALMOND MILK

Makes 3.5 cups. Serving Size = 1 cup

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

- 2 cups Almonds
- 4 cups Water + more for soaking
- 1 tsp Cinnamon

DIRECTIONS

1. Soak almonds in a bowl filled with 4 cups of water, for at least 4 hours, or overnight.
2. Drain the soaking water and put almonds into a blender with 4 cups of fresh water.
3. Blend for at least 2 minutes or until no longer chunky.
4. Option 1: use a fine strainer to strain the almond meal from the milk. Option 2: (easier) use a cheesecloth to strain.
5. Add 1 tsp cinnamon and stir with a spoon.
6. Store in a glass container with a lid.

*Lasts for about 5 days. May separate, stir to recombine before using.

**Keep leftover almond meal, add to salads, smoothies & any other recipe.

1p / 0c / 2.5f
27 cals



MUSCLE PUDDING

Makes 2 Servings

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

2 Frozen Bananas
1 serving Whey Protein
¼ cup Almonds
Dash Pink Salt

DIRECTIONS

1. Put the frozen bananas in the food processor or blender, blend on high for 2 minutes or until smooth & creamy.
2. Chop half of the almonds & set aside to use as topping.
3. Add the remaining almonds & the salt & continue blending until they're mixed in evenly.
4. Add the whey protein powder (any flavor of your choice).
5. Sprinkle the chopped almonds on top for a crunchy topping.

18p / 32c / 11f
299 cals



GET SHREDDED APPLE SNACK

Makes 1 Serving

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENT

1 Apple
½ tsp Cinnamon
2 tbsp Almonds
Dash Salt (optional)

DIRECTIONS

1. Slice the apple to remove the core.
2. Shred using a hand grater or food processor with grate attachment.
3. Sprinkle with cinnamon & dash of salt (optional).
4. Chop almonds and mix in with apple mixture.

4p / 29c / 9f
213 cals



POPCORN NUTS

Makes 3 Servings

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

1 cup Almonds
1 tsp Cinnamon
1 tbsp Coconut Oil
Dash Salt

DIRECTIONS

1. Put all ingredients into a frying pan and roast on low to medium heat for approximately 10 minutes.
2. Stir occasionally to prevent burning.
3. Allow them to cool then portion into 3 servings.

7p / 7c / 29f
317 cals

*These taste & smell just like movie theater popcorn!



SWEET POTATO PROTEIN SQUARES

Makes 8 servings. 2 Squares = 1 Serving

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

3 servings Whey Protein
2 Eggs
300 g Sweet Potato
½ cup Almonds
1 tbsp Cinnamon
½ cup Water

DIRECTIONS

1. Chop the sweet potato into small cubes and boil until very soft (about 5 minutes).
2. Allow it to cool and add it to a bowl with eggs and whey protein and stir.
3. Add almonds and stir.
4. Add batter to a blender.
5. Add ½ cup of water.
6. Add cinnamon and continue to blend.
7. Pour the batter into a glass baking container lined with parchment paper or coconut oil .
8. Bake at 375 F for approx 15 minutes or until a knife comes out clean.
9. Cut into 16 squares.

11p / 12c / 4f
128 cals



AVOCADO EGG CRACKERS

Makes 1 Serving

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

- ½ Avocado
- 3 Eggs
- Dash Salt & Pepper
- 1 tsp Mustard (optional)
- 1 tsp Hot Sauce (optional)

DIRECTIONS

1. Boil the eggs in water for approximately 10 minutes.
2. Allow eggs to cool and then remove the shells.
3. Slice eggs in thirds, short-ways to form “cracker” circle shapes.
4. Slice the avocado into small squares.
5. Place a slice of avocado on top of each egg slice and season with salt and pepper and a squirt of mustard & drop of hot sauce.

20p / 8c / 26f
337 cals



POST-WORKOUT GAINZ SHAKE

Makes 1 Serving

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

- 1 serving Whey Protein
- 1 Frozen Banana
- 1 cup Blueberries
- 1 tbsp Almonds
- ½ tsp Cinnamon
- 1 cup Almond Milk (or Water)

DIRECTIONS

1. Blend all ingredients in a blender till creamy

*Add 1 tbsp of honey or maple syrup to increase the carbs for a muscle building goal.

25p / 50c / 11f
399 cals



“CEREAL” & PROTEIN “MILK”

Makes 1 Serving

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

¼ cup	Almonds
½ cup	Blueberries
½	Apple
½	Banana
1 scoop	Whey Protein
1 cup	Almond Milk
Dash	Cinnamon

DIRECTIONS

1. Chop the apple and banana into small bite size pieces.
2. Combine apple, banana, and blueberries in a bowl.
3. Chop the almonds and add on top.
4. In your blender, blend the whey protein with our [Creamy Homemade Almond Milk](#), see page 11. (You can substitute water if you don't have the Almond Milk available).
5. Pour the protein “milk” over the “cereal”.
6. Sprinkle cinnamon to taste.

28p / 41c / 11f
375 cals



CHICKEN FINGERS & BRUSSELS 4 MUSCLES

Makes 2 Servings

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

12 oz	Chicken
2 cups	Brussels Sprouts
½	Onion
1 tbsp	Balsamic Vinegar
1 tbsp	Coconut Oil
Dash	Sea Salt
Dash	Black Pepper
½ tsp	Garlic Powder
1 cup	Water
1 tbsp	Mustard

DIRECTIONS

1. Slice the chicken breast into thin strips.
2. Season the chicken with salt, pepper and garlic powder.
3. Add a tbsp of coconut oil to a baking dish.
4. Lay the strips down on the baking dish.
5. Bake at 425 F for 15 mins.
6. Slice the brussels sprouts.
7. Add 1 tbsp of coconut oil to a frying pan at medium heat.
8. Add the brussels sprouts and season with salt, pepper, and garlic powder.
9. Add the onion chopped finely. Cover for 6-8 minutes.
10. Add the balsamic vinegar.
11. Serve a bed of brussels sprouts mix and top with the chicken.
12. Add a drizzle of mustard on top or use as a dipping sauce for chicken fingers.

41p / 8c / 9f
277 cals



BERRY PALEO PANCAKES

Makes 1 Serving

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

- 2 Eggs
- 1 Banana
- ½ cup Blueberries
- 1 tbsp Coconut Oil
- 1 serving Whey Protein (optional)

DIRECTIONS

1. Blend the eggs and ripe banana together in a blender.
2. Melt 1 tsp coconut oil on a hot frying pan at low medium.
3. Pour ¼ of the batter onto the frying pan and top with a few of the blueberries.
4. Flip once you see bubbles form on top.
5. Remove after approx 2 minutes.
6. Repeat for the remaining pancakes.

13p / 38c / 24f
420 cals

*If you choose to add protein powder make sure to add it to your macros



BUILD YOUR BODY BURGERS

Makes 1 Serving

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

6 oz	Ground Beef
4 slices	Sweet Potato (approx ½)
½	Avocado
½ tsp	Garlic Powder
½ tsp	Dried Herb Mix
Dash	Salt & Pepper
1 tsp	Mustard
8 leaves	Spinach

DIRECTIONS

1. Slice a sweet potato short ways to get the biggest circles you can.
2. Toast the sweet potato slices in a toaster or in your oven on the broil setting. Watch closely to make sure they don't burn. If using a toaster it may take up to 4 toast cycles.
3. Mix the ground beef with garlic powder, dried herbs, salt, and pepper.
4. Mash the avocado and season to taste with garlic powder, salt & pepper as well.
5. Form 2 patties and grill or pan fry the burger patties to your liking.
6. Assemble the burger by spreading mustard on one of the sweet potato slices, avocado spread on the other, and the burger patty in middle.
7. Add spinach leaves.

39p / 38c / 37f
641 cals



NOT YO GRANDMA'S PASTA

Makes 2 Servings

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

300 g	Sweet Potato
12 oz	Ground Beef
1 cup	Marinara Sauce
1/4	Onion
1 tbsp	Coconut Oil
1 tbsp	Garlic Powder
1 tbsp	Dried Herb Mix
Dash	Salt & Pepper

DIRECTIONS

1. Chop the onion.
2. Heat frying pan over medium heat with 1 tbsp of coconut oil.
3. Saute onions for about 2-3 minutes.
4. Use a spiralizer or peeler to make the sweet potato into noodle shapes.
5. Add the ground beef into the frying pan until brown and cooked all the way through.
6. Add the sweet potato noodles.
7. Add the marinara sauce, herbs, garlic powder & season to taste with salt and pepper.
8. Cover and cook for about 5 minutes.

41p / 54c / 20f
560 cals



TURKEY MUFFINS & BROCCO-RICE

Makes 2 Servings

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

12 oz	Ground Turkey
½ cup	Spinach
2 cups	Broccoli
½	Onion
dash	Salt & Pepper
1 tsp	Garlic Powder
1 tsp	Dried Herb Mix
1 tbsp	Coconut Oil
½	Lemon (juice)

DIRECTIONS

1. Preheat your oven to 400 F.
2. Add the onion into a food processor to chop it finely.
3. Dice the spinach finely.
4. In a large bowl combine raw ground turkey with onions, chopped spinach, herbs, salt, and pepper and mix to combine.
5. Fill muffin tins with the turkey mix
6. Bake the turkey muffins in the oven for approx 20 minutes at 400 F.
7. In your food processor blend 2 cups raw broccoli until it becomes a fine rice like texture (not too long or you'll get mush).
8. Add 1 tbsp of coconut oil to a frying pan over medium heat.
9. Saute brocco-rice for about 5-6 minutes.
10. Season brocco-rice with lemon juice, garlic powder, salt, and pepper.
11. Serve brocco-rice and top it with the turkey muffins.

35p / 8c / 19f
343 cals



THE REAL BREAKFAST OF CHAMPIONS

Makes 1 Serving

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

3	Eggs
4 oz	Cooked Chicken Breast
½ cup	Broccoli
½ cup	Spinach
¼	Onion
1 tbsp	Dried Herb Mix
Dash	Salt & Pepper
1 tbsp	Coconut Oil
¼ cup	Salsa

DIRECTIONS

1. Chop onion, spinach, and broccoli finely.
2. Add one tbsp of coconut oil to a frying pan over medium heat.
3. Add the chopped vegetables, saute for 5-7 minutes and set aside.
4. Crack 3 eggs into a bowl and season with salt, pepper, and dried herb mix and whisk.
5. Cook egg mixture as an omelette in frying pan for 2-3 minutes per side.
6. Add vegetables mixture on top of the cooked eggs.
7. Add the chicken breast.
8. Fold the omelette.
9. Top with salsa.

45p / 12c / 30f
498 cals



SCRAMBLE UP SOME GAINZ

Makes 1 Serving

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

6 oz Ground Turkey
2 Eggs
1 tbsp Coconut Oil
¼ Onion
1 cup Spinach
1 cup Cauliflower
1 tbsp Salsa
1 tbsp Mustard
1 tbsp Dried Herb Mix
Dash Salt & Pepper

DIRECTIONS

1. Heat coconut oil in a frying pan over medium heat.
2. Chop finely the onion and the cauliflower.
3. Add the veggies and the ground turkey to pan and add the dried herb mix, salt, pepper and stir and cook for 8-10 minutes.
4. Crack the egg and whisk them together in a bowl and add them to the mix.
5. Chop the spinach and add as soon as you turn off the flame so it wilts slightly but does not cook.
6. Add salsa on top.

45p / 12c / 36f
552 cals



THE FAMOUS B.A.S. (BIG ASS SALAD)

Makes 2 Servings

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

- 4 cups Spinach
- 12 oz Chicken
- ¼ Onion
- 1 Avocado
- 300 g Sweet Potato
- 2 tbsp Balsamic Vinegar
- 2 tbsp Olive Oil
- 1 tbsp Dried Herb Mix
- 1 tbsp Coconut Oil
- Dash Salt & Pepper

DIRECTIONS

1. Preheat oven to 400 F.
2. Slice sweet potato into thin circles and place on a baking sheet or glass baking dish, making sure they don't overlap too much.
3. Add the coconut oil, salt and pepper, and place in the oven to bake for 15 minute.
4. Chop the spinach & put into a large mixing bowl.
5. Slice the onion into thin slices and throw into the bowl.
6. Slice the avocado and add to the bowl.
7. We use pre-cooked chicken for this. Cook the chicken if you don't already have pre-cooked chicken available, then slice it into thin slices and add it to the bowl.
8. Pour the oil, vinegar, dried herb mix, salt, and pepper into the bowl and stir well.
9. Once the sweet potato is done cooking add it on top of the salad .

44p / 49c / 30f
642 cals



FAST WOK TO GAINZVILLE

Makes 2 Servings

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

12 oz	Chicken
1 cup	Broccoli
1 cup	Cauliflower
1 cup	Brussel Sprouts
½	Onion
2 tbsp	Coconut Oil
4 tbsp	Salsa
1 tsp	Hot Sauce
Dash	Salt & Pepper
1 tbsp	Dried Herb Mix

DIRECTIONS

1. Start by heating the coconut oil in a frying pan over medium heat.
2. Slice the raw chicken into thin strips (you can also use pre cooked chicken), cook it for 5-6 mins in the pan and set aside.
3. Add broccoli, cauliflower, and brussels sprouts into a food processor.
4. Add all veggies to the pan and cook until soft, stirring often to avoid burning.
5. Add the cooked chicken, salt, pepper, and herb mix.
6. Top with salsa and stir again to mix it in.
7. Add hot sauce (optional).

43p / 20c / 9f
329 cals



TUNA PATTIES & FRIES

Makes 2 Servings

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

2 cans	Tuna
2	Eggs
¼	Onion
300 g	Sweet Potato
1 tbsp	Coconut Oil
½	Juice of a Lemon
1 cup	Broccoli
1 tbsp	Dried Herb Mix
1 tbsp	Mustard
Dash	Salt & Pepper

DIRECTIONS

1. Preheat your oven to 425 F.
2. Chop the sweet potatoes into fry shapes and season with coconut oil, salt, and pepper.
3. Lay them on a baking sheet (lined with parchment paper) so they are not overlapping each other.
4. Bake for 15 minutes.
5. Chop the onion and broccoli finely, or pulse in a food processor.
6. Open the cans of tuna, drain the water out, and place in a bowl.
7. Add the chopped veggies to the tuna.
8. Add the eggs and dried herb mix to the bowl.
9. Add the mixture to a food processor until creamy consistency.
10. Form patties with your hands and place into frying pan.
11. Cook for 5-6 minutes on each side.
12. Squirt a bit of lemon juice on top.
13. Add mustard to the patties and serve with sweet potato fries.

54p / 21c / 6f 505 cals



MUSCLE MAKING MEATBALLS

Makes 1 Serving

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

6 oz	Ground Beef
1 cup	Marinara Sauce
1 tbsp	Dried Herb mix
½	Onion
1 tbsp	Garlic Powder
2 cups	Spinach
1 tbsp	Coconut Oil

DIRECTIONS

1. Add onion to a food processor and chop it finely.
2. In a large mixing bowl combine the ground beef, chopped onions, dried herb mix, and garlic powder together. Stir well.
3. Melt coconut oil in frying pan over medium heat.
4. Using your hands form the meatballs and place into the frying pan.
5. Cover and let it cook for 6-8 minutes.
6. Chop the spinach and set aside.
7. Once that the meatballs are fully cooked, add the marinara sauce to the pan and stir for 2-3 minutes.
8. Serve the meatballs over a bed of the chopped spinach.

40p / 22c / 38f
590 cals



I-SEA-U GETTING LEAN TUNA BOWL

Makes 1 Serving

[Video Cooking Lesson: click here to watch how to cook this recipe](#)

INGREDIENTS

1 can	Tuna
½	Avocado
1 cup	Spinach
1 tbsp	Garlic Powder
¼ cup	Salsa
Dash	Hot Sauce

DIRECTIONS

1. Open the tuna, drain water, and place in a bowl.
2. Mash with a fork.
3. Slice avocado and add it to the bowl along with garlic powder.
4. Chop the spinach and add it to the mix.
5. Add hot sauce and salsa, and stir.

48p / 11c / 11f
335 cals