



ALL GAINZ

**NO
CHUB**

COOKBOOK

PFF BREAKFAST OF GAINZ

(makes 1 serving of the meal but 4 servings of the meat mixture)

INGREDIENTS

- 1** lbs 85/15 ground beef
- 4** diced cloves of garlic
- 1/3** cup of diced red onion
- 3** whole eggs
- 1** tsp coconut oil
- 2** tbsp salsa
- 1/4** avocado sliced
- 1** tbsp macadamia nuts
- Sea salt to taste
- Black pepper to taste
- Herb mixture to taste (I used Mrs. Dash Garlic and Herb Salt-Free)
- Handful of arugula
- Hot sauce to taste (I used Sriracha)
- Mustard to taste



CALS: 705 PRO: 41G CARB: 16G FAT: 53G
NUTRITION PER SERVING

Note: use the leftovers for the next day's meal.

INSTRUCTIONS

- 1** Add ground beef to a heated pan over medium high, crumble the beef, and cook for 3-4 minutes.
- 2** Dice 4 cloves of garlic and 1/3 cup of red onion, mix together, and add to the pan with beef.
- 3** Season the beef mixture with sea salt, black pepper, and herbal mix.
- 4** Cook beef for a total time of 6-8 minutes or until everything is cooked thoroughly, then remove from heat.
- 5** Portion out meat mixture into 4 equal servings, put 3 of the servings in tupperware, then once cooled, store in the fridge for leftovers.
- 6** Using the same pan as the ground beef, cover pan with with 1 tsp of coconut oil over medium low heat.
- 7** Add your favorite herbal mix to taste into the pan.
- 8** Crack eggs into a bowl and beat together, then add to the pan, and top with another dash of herbal mixture.
- 9** Cook eggs for 1-2 minutes, then flip and cook for another minute.
- 10** Top eggs with 2 tbsp of salsa and spread evenly, then add a handful of arugula on top of the salsa.
- 11** Top with one portion of the meat mixture, then add a little more of your favorite herbal seasoning to taste to the top.
- 12** Top with hot sauce to taste and a drizzle of mustard then remove egg mixture from pan and place it on a plate.
- 13** Top with 1/4 avocado slices and 1 tbsp of macadamia nuts to the side.
- 14** Enjoy!

PROTEIN ICE CREAM BLIZZARD

(makes 1 serving)

INGREDIENTS

- 1/2 cup almond milk
- 1 frozen banana
- 1 tbsp chia seeds
- 2 tsp cinnamon
- 1 cup of frozen blueberries
- 2 tsp shredded coconut
- 1 tbsp chopped almonds
- Protein powder (enough to get 30g of protein)

Note: click [here](#) and use discount code:
"liveleantv" to save on my fav protein powder



CALS: 330 PRO: 20G CARB: 31G FAT: 14G
NUTRITION PER SERVING

INSTRUCTIONS

- 1 Add almond milk, banana, protein powder, chia seeds, and 1 tsp cinnamon to the blender. Blend.
- 2 Add 1 1/2 cup of frozen blueberries to the bottom of a bowl.
- 3 Pour liquid over the 1/2 cup of frozen blueberries. Then add the second 1/2 cup of blueberries on top.
- 4 Sprinkle on shredded coconut and almonds.
- 5 Put bowl in the freezer for 5-10 minutes to allow the mixture to set.
- 6 Enjoy!

NOATMEAL

(makes 1 serving)

INGREDIENTS

- 1 cup egg whites
- 1 cup cherries
- 1 mashed banana
- 1 tbsp coconut flour
- 1 tbsp almonds
- 1 tbsp shredded coconut (unsweetened)
- Coconut oil spray
- Dash cinnamon



CALS: 409 PRO: 32G CARB: 32G FAT: 17G
NUTRITION PER SERVING

INSTRUCTIONS

- 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!

BRAD'S FAV SMOKED SALMON & ASPARAGUS

(makes 2 servings)

INGREDIENTS

- 6** spears of asparagus
- 6** eggs
- 1/2** sliced red onion
- 4** oz of smoked salmon
- 1** tbsp coconut oil



CALS: 334 PRO: 30G CARB: 5G FAT: 21G
NUTRITION PER SERVING

INSTRUCTIONS

- 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.
- 7** Roll and enjoy!

SALMON PATTIES

(makes 2 servings)

INGREDIENTS

- 2** 6 oz cans of boneless skinless salmon (drained)
- 1/2** cup diced onion
- 1/2** cup diced celery
- 2** tsp of lemon pepper
- 3** tbsp of coconut flour
- 4** whole eggs
- 1/3** cup of coconut oil
- Diced fresh dill (or 2 tbsp dried dill)
- Dash sea salt



CALS: 434 PRO: 31G CARB: 10G FAT: 30G
NUTRITION PER SERVING

INSTRUCTIONS

- 1** Add the drained salmon to a bowl and break it apart with a fork.
- 2** Mix in the diced onion, celery, lemon pepper, dill, and coconut flour and stir.
- 3** Add the eggs and mix together until well combined.
- 4** Firmly pack and form salmon mixture into 8 individual patties, approximately 1-2 inches thick.
- 5** Add coconut oil to the frying pan then set it on a burner over medium high heat.
- 6** Cook the patties for approximately 3 minutes per side, or until golden brown.

Note: add a simple side of your favorite vegetables.

DAMN THAT'S GOOD CHICKEN PIZZA

(makes 1 serving)

INGREDIENTS

- 1 pizza crust (recommend: Julian Bakery Paleo Pizza Crust Mix from: <http://www.liveleantv.com/thrive> or if you want a ready to eat crust: Ezekiel Pocket Bread)
- 1 tbsp extra virgin olive oil
- 1 minced clove of garlic
- 1 tbsp of tomato sauce
- 1/2 sliced tomato
- 1/2 tsp of basil
- 1/2 tsp of oregano
- 1/4 cup sliced mushrooms
- 4 oz pre-cooked chicken breast
- 1/4 cup of pineapple
- 2 tbsp of shredded vegan cheese or full fat mozzarella cheese if you can tolerate dairy or simply go cheese free (optional)
Dash of crushed red pepper flakes
Dash of sea salt and black pepper to taste



CALS: 541 PRO: 41G CARB: 38G FAT: 25G

NUTRITION INFO USING VEGAN CHEESE AND EZEKIEL CRUST: (PER SERVING)

INSTRUCTIONS

- 1 Pre-heat oven to 375F.
- 2 Add tinfoil to a baking sheet and lightly spray with cooking spray.
- 3 Brush olive oil on pita.
- 4 Sprinkle minced garlic on top.
- 5 Spread tomato sauce on top.
- 6 Add sliced tomatoes, mushrooms, pineapple, basil, oregano, red pepper flakes, sea salt and black pepper.
- 7 Top with pre-cooked chicken.
- 8 Add to the oven for 8 minutes to crisp up the pita.
- 9 Add cheese on top.
- 10 Put back in the oven for 2 minutes.
- 11 Allow to cool for 5 minutes.
- 12 Enjoy!

STUFF YOUR MUSCLES WITH STUFFED PORTOBELLO BACON & EGGS

(makes 1 serving)

INGREDIENTS

- 1 portobello mushroom
- 2 tbsp coconut oil
- 1 handful of spinach
- 3 whole eggs
- 2 strips of pre-cooked bacon
- Dash of sea salt and pepper



CALS: 601 PRO: 45G CARB: 5G FAT: 45G
NUTRITION PER SERVING

INSTRUCTIONS

- 1 Pre-heat oven to 425F.
- 2 Cover a baking sheet with tin foil, remove stems from the mushrooms, and drizzle mushroom with 1 tbsp of coconut oil (on both sides), dash with salt and pepper, and bake for 10-15 mins.
- 3 Add 1 tbsp of coconut oil to a pan over medium heat, add pre-cooked bacon, and then sauté the spinach until it begins to wilt. Add whisked eggs and stir until cooked (approximately 2-3 minutes).
- 4 Remove mushrooms from the oven and cover with the egg mixture.
- 5 Enjoy!

SUPERFOOD POWER SMOOTHIE

(makes 1 serving)

INGREDIENTS

- 1/2 cup coconut water
- 1/2 cup canned coconut milk
- 1/2 cup water
- 1 cup frozen blueberries
- 6 drops liquid stevia
- 1 tsp turmeric
- 1 tsp cinnamon
- 2 tbsp cacao nibs (or powder)
- 1 tbsp ground flax seeds
- 1 tbsp ground chia seeds
- 1 tbsp hemp seeds
- Handful of spinach
- Protein powder (enough to get 30g of protein)

Note: click [here](#) and use discount code:
"liveleantv" to save on my fav protein powder

INSTRUCTIONS

- 1 Add all the ingredients to a blender.
- 2 Blend.
- 3 Enjoy!



CALS: 545 PRO: 35G CARB: 45G FAT: 25G
NUTRITION PER SERVING

PB & J MUSCLE BUILDING SMOOTHIE

(makes 1 serving)

INGREDIENTS

- 1/2 cup of liquid egg whites
- 1 tbsp of almond butter
- 1 cup of grape juice
- 1/2 cup raspberries
- 3 large strawberries
- Protein powder (enough to get 30g of protein)

Note: click [here](#) and use discount code: "liveleantv" to save on my fav protein powder



CALS: 421 PRO: 35G CARB: 50G FAT: 9G
NUTRITION PER SERVING

INSTRUCTIONS

- 1 Add all the ingredients to a blender.
- 2 Blend.
- 3 Enjoy!

HEALTHY WEIGHT GAINER SHAKE

(makes 1 serving)

INGREDIENTS

- 1/2 can full fat coconut milk
- 1 tbsp almond butter
- 1 tbsp chia seeds
- 1 tbsp honey
- 1 cup frozen pineapple
- 1/2 banana
- 3 small dates
- 2 ice cubes
- Protein powder (enough to get 30g of protein)

Note: click [here](#) and use discount code: "liveleantv" to save on my fav protein powder



CALS: 864 PRO: 32G CARB: 72G FAT: 50G
NUTRITION PER SERVING

INSTRUCTIONS

- 1 Add in all the ingredients to a blender and blend.
- 2 If it's too thick, simply add a little more water (start with 1/4 cup).
- 3 Pour into a glass or shaker cup and enjoy!
- 4 Enjoy the delicious gainz!

BRAD'S SIMPLE GO-TO POST WORKOUT PROTEIN SHAKE

(makes 1 serving)

INGREDIENTS

- 1 cup of almond milk
- 1½ frozen bananas
- 2 tbsp maple syrup
- 4 ice cubes
- Protein powder (enough to get 30g of protein)

Note: click [here](#) and use discount code:
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CALS: 452 PRO: 35G CARB: 74G FAT: 1G
NUTRITION PER SERVING

INSTRUCTIONS

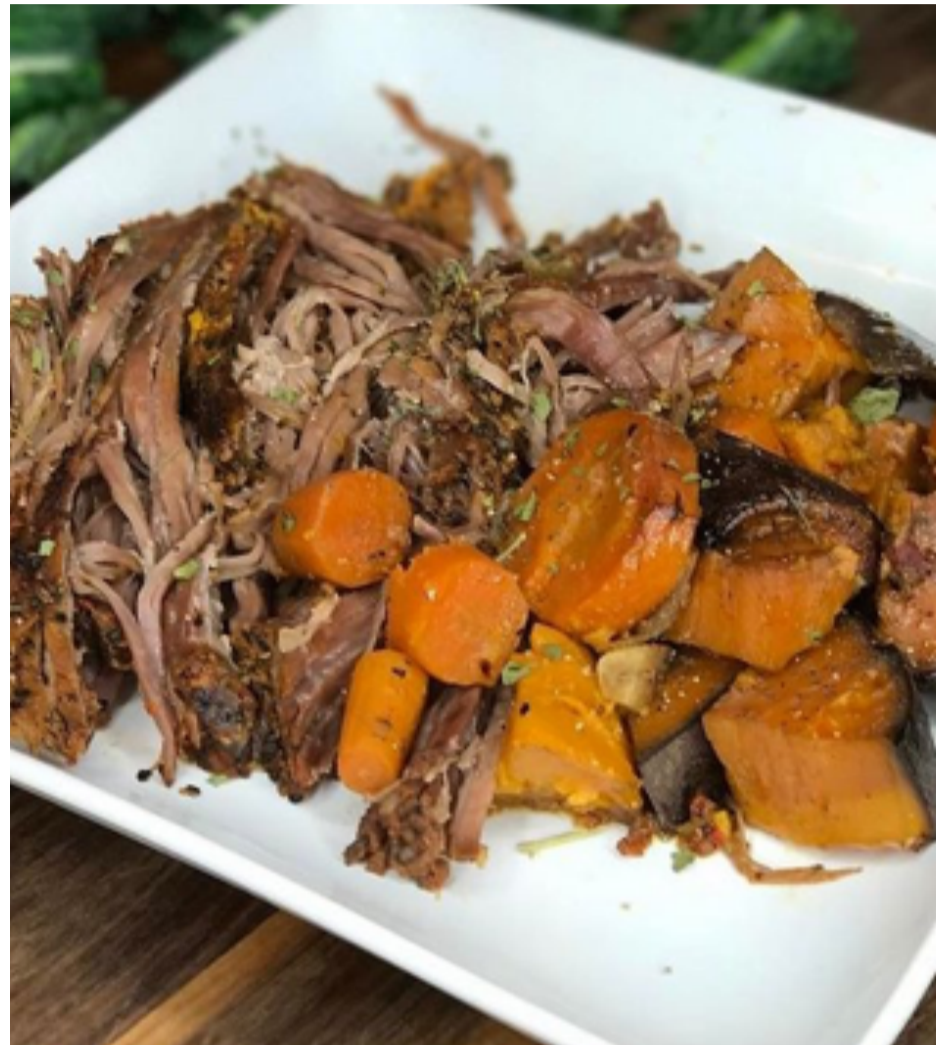
- 1 Add to blender and serve.

SET IT AND FORGET IT DINNER

(makes 6 servings)

INGREDIENTS

- 2** lbs tri-tip beef
- 1/4** cup of water
- 2** medium sweet potatoes (skin on) cut into bite sized pieces
- 4** medium peeled carrots cut into bite size pieces
- 3** peeled garlic cloves roughly chopped
- 1** medium onion roughly chopped



CALS: 533 PRO: 48G CARB: 29G FAT: 25G
NUTRITION PER SERVING

INSTRUCTIONS

- 1** Throw all the ingredients into the crock pot.
- 2** Set it for 7 hours on low and forget about it!
- 3** That's it.
- 4** I told you it was simple.
- 5** ;)

Requires 8 qt. Slow Cooker Crock Pot. [Try this one.](#)

BUILD YOUR BODY BURGERS

(makes 1 serving)

INGREDIENTS

- 6** oz ground beef
- 4** slices sweet potato
- 1/2** avocado
- 1/2** tsp garlic powder
- 1/2** tsp dried herb mix
- 1** tsp mustard
- 8** leaves spinach
- Dash sea salt & pepper



CALS: 641 PRO: 39G CARB: 38G FAT: 37G
NUTRITION PER SERVING

INSTRUCTIONS

- 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.

WORLD'S BEST SWEET POTATO PROTEIN PANCAKES

(makes 2 servings)

INGREDIENTS

- 2** whole eggs
- 1/2** cooked/chopped medium sweet potato (3 oz)
- 1/2** banana
- 1** packet stevia
- 3/4** cup of blueberries
- 1** tbsp almond butter
- 1** tbsp chia seeds
- 1** tbsp coconut oil
- Dash cinnamon
- Protein powder (enough to get 30g of protein)

Note: click [here](#) and use discount code: "liveleantv" to save on my fav protein powder



CALS: 592 PRO: 36G CARB: 50G FAT: 28G
NUTRITION PER SERVING

INSTRUCTIONS

- 1** Add eggs, cooked sweet potato chunks, protein powder, banana, chia seeds, & stevia to a blender.
- 2** Blend until a smooth pancake batter consistency.
- 3** Heat pan over medium heat. Add coconut oil to grease pan.
- 4** Add a disc sized amount of batter to the pan and cook for 2-3 mins.
- 5** Flip pancake, and cook the other side for 1-2 mins. Continue with the rest of the batter.
- 6** On the top of the cooked pancake, spread 1 tsp of almond butter and top with a handful of blueberries and a sprinkle of cinnamon. Put another pancake on top and repeat with the almond butter, blueberries, and cinnamon.
- 7** Enjoy!

CRISPY CHICKEN NUGGETS

(makes 3 servings)

INGREDIENTS

- 3** small chicken breasts diced into nuggets
- 1** tbsp coconut flour
- 1/4** cup diced almonds
- 1** tbsp chia seed
- 1/4** cup unsweetened shredded coconut
- 1** tbsp garlic powder
- 1** egg white
- 1/4** cup of water
- Dash of sea salt
- Dash of pepper



CALS: 302 PRO: 32G CARB: 12G FAT: 14G
NUTRITION PER SERVING

INSTRUCTIONS

- 1** Pre-heat oven to 400F.
- 2** Mix all dry ingredients together in a bowl.
- 3** In a separate bowl, add the diced chicken and top with water and egg whites. Mix thoroughly.
- 4** Remove chicken nugget from the liquid, then toss it in the dry ingredient mixture, and coat the entire nugget.
- 5** Add parchment paper to a baking sheet, and in a single layer, add coated chicken.
- 6** Bake for 10 mins. Flip. Bake for another 5-6 mins.
- 7** Enjoy!!

SWEET POTATO FRENCH FRIES

(makes 1 serving)

INGREDIENTS

- 1 sweet potato
- 2 tbsp of coconut oil
- Dash of paprika
- Dash of garlic powder
- Dash of sea salt
- Dash of black pepper



CALS: 238 PRO: 2G CARB: 26G FAT: 14G
NUTRITION PER SERVING

INSTRUCTIONS

- 1 Pre-heat oven to 450F.
- 2 Peel sweet potato.
- 3 Cut in half, then cut into $\frac{1}{4}$ 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.

Take a bite and yell "Damn That's Good!"

NOT YO GRANDMA'S PASTA

(makes 1 serving)

INGREDIENTS

- 1** medium 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 sea salt & pepper



CALS: 560 PRO: 41G CARB: 54G FAT: 20G
NUTRITION PER SERVING

INSTRUCTIONS

- 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 noodles 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.

BIG ASS COBB SALAD

(makes 1 serving)

SALAD INGREDIENTS

- 2** cups arugula
- 2** tbsp bacon bits
- 2** tbsp red onion
- 3** oz diced pre-cooked chicken
- 2** hard boiled eggs
- 5-6** cherry tomatoes
- 1** chopped green onion
- 1/4** chopped avocado

DRESSING INGREDIENTS

- 1** tbsp olive oil
- 1** tbsp apple cider vinegar
- 1** tsp mustard
- 1** tsp Mrs. Dash seasoning
- Dash sea salt and pepper



CALS: 521 PRO: 42G CARB: 5G FAT: 37G

NUTRITION PER SERVING

INSTRUCTIONS

- 1** Chop the arugula and lay down on the plate as a bed of salad.
- 2** Chop all the other ingredients into bite size chunks.
- 3** Lay ingredients down on the bed of arugula in stripes.
- 4** Add all the dressing ingredients into a sealable jar.
- 5** Shake dressing together and drizzle over the salad.
- 6** Stir all the salad ingredients and dressing together to mix.
- 7** Enjoy!

PROTEIN CHOCOLATE CHIP COOKIES

(makes 14 cookies)

INGREDIENTS

- 1 medium chopped sweet potato
- 1/2 cup almond butter
- 1 1 tbsp of honey
- 1 whole egg
- 1/2 cup chocolate chips
- 1/4 tsp vanilla
- Dash cinnamon
- Dash sea salt
- Protein powder (enough to get 30g of protein)

Note: click [here](#) and use discount code:
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CALS: 115 PRO: 5G CARB: 8G FAT: 7G
NUTRITION PER COOKIE

INSTRUCTIONS

- 1 Pre-heat oven to 375F.
- 2 Boil water in a pot, then add chopped sweet potatoes. Boil for 10 mins.
- 3 Add soft sweet potatoes to a mixing bowl and mash with fork.
- 4 Add 1/2 cup almond butter to mixing bowl, 1 whole egg, and mix it all together.
- 5 Add 1 tbsp of honey, protein powder, dash of cinnamon, sea salt, and 1/4 tsp of vanilla. Mix.
- 6 Add chocolate chips and stir a few times.
- 7 Add parchment paper on a baking sheet, then scoop 1 tbsp of cookie batter to form cookie.
- 8 Add to oven and bake for 10 mins.

3 FAVORITE LIVE LEAN SALAD DRESSINGS

DRESSING #1: HONEY MUSTARD DRESSING

(makes 12 servings - each serving is 2 tbsp)

INGREDIENTS

- 1/4 cup honey
- 1/4 cup mustard (any kind)
- 1 tbsp nutritional yeast
- 1/2 cup olive oil
- 1/4 cup rice vinegar
- 1/2 tbsp dried basil
- 1/2 tbsp garlic powder
- Juice of 1 lemon

INSTRUCTIONS

- 1 Blend all ingredients in a blender until creamy.
- 2 Serve.

DRESSING #2: TAHINI YUMMY SAUCE

(makes 6 servings - each serving is 2 tbsp)

INGREDIENTS

- 3 tbsp sesame tahini
- 2 tbsp coconut aminos (we get them from Thrive market: <http://www.liveleantv.com/thrive>)
- 1/2 cup water (amount depending on consistency, add slowly as you stir)
- Juice of 1 lemon



CALS: 109 PRO: 0G CARB: 7G FAT: 9G

HONEY MUSTARD NUTRITION PER SERVING

CALS: 135 PRO: 3G CARB: 6G FAT: 11G

TAHINI TUMMY SAUCE NUTRITION PER SERVING

CALS: 240 PRO: 0G CARB: 0G FAT: 28G

EVERYDAY VINAIGRETTE NUTRITION PER SERVING

3 FAVORITE LIVE LEAN SALAD DRESSINGS

INSTRUCTIONS

- 1 Stir with a spoon or a fork, can also be done in the blender.
- 2 Serve.

DRESSING #3: EVERYDAY VINAIGRETTE

(makes 3 servings - each serving is 2 tbsp)

INGREDIENTS

- 2 tbsp olive oil
- 1 tbsp cup apple cider vinegar
- 2 tbsp italian seasoning blend (basil, oregano, thyme)
- Dash of sea salt
- Dash of black pepper

INSTRUCTIONS

- 1 Pour all ingredients into a glass bottle with a lid.
- 2 Close the lid tight and then shake vigorously till blended.
- 3 You can also use a blender or just make the dressing directly on top of your salad.