

Eat Clean Live Lean

*10 ways to Cook
without a Recipe*



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with Danielle Prestejohn

Live Lean Eat Clean

CookBook

10 Ways To Cook Without A Recipe

Of course, this IS a recipe book but that doesn't mean you always need to cook using recipes. Even though these recipes are designed to be quick and easy, sometimes you won't have time or all the ingredients.

No problem. Once you begin recognizing the difference between real "FOOD" and "PRODUCTS" made in a lab, you can get creative and mix and match as you please.

Here are a few examples of how I mix and match:



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1

The Rotating Meat & Nuts Breakfast

If you watch Live Lean TV, you know I'm very high on the habit of following the Meat & Nuts breakfast.

I recommend everyone follow this low carbohydrate breakfast filled with muscle building proteins mixed with satiating and hormonally balancing fats.

Not only will this keep you feeling full (protein and fats are very filling), it'll also help balance your blood sugar and appetite through the day.

Conventional breakfasts filled with refined carbohydrates like cereal, toast, and pasteurized fruit juices do the exact opposite. They spike your blood sugar, thus causing you cravings and insulin spikes all day (insulin is the fat storing hormone).

Be sure to your rotate your sources of protein and fats every morning. For example:

Protein:

Beef
Chicken
Turkey
Eggs
Fish
Seafood

Fat:

Nuts
Avocado
Oils

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2

Big Ass Salad

Nothing beats a healthy salad. But this doesn't have to be your ordinary boring, tasteless salad.

Get creative:

Add a bunch of leafy greens to a bowl

Add any other veggies or fruit

Top with a protein source like chicken, beef, or seafood

Drizzle with olive oil and vinegar

Top with nuts or seeds.

Congratulations, you just made a big ass salad, no recipe needed.

3

Smoothies/Fresh Juices

Short on time? Make your blender or juicer your best friend.

Add a cup of water (or coconut milk or coconut water) to your blender

Add 4-6 ice cubes

Protein powder

Any fruits, veggies or other items you want like frozen berries, canned pumpkin or squash, cucumber, spinach, tomato, almond butter, avocado, cocoa powder, cinnamon, or hot sauce.

And blend.

Also if you have a juicer, add carrots, celery, or cucumber as the base (all these contain a lot of water), then mix in garlic, ginger, spinach, kale, or any other veggie you like.

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4

Egg Scrambles

Eggs can be eaten at any time of day. They are also one of my favorite foods. Not only do they contain some of the highest quality protein, they also contain loads of vitamins, minerals, and healthy fats.

Besides all that, they are super quick and easy to make. Simply add 3-4 whole eggs to bowl, mix it up, add it to a heated pan with coconut oil, and top with leftover meats and veggies.

5

Trail Mix

This one is so easy and quick. Get a zip lock bag. Throw in a few handfuls of nuts, ½ cup of dried fruit like raisins or cranberries, and top with cinnamon and shredded coconut.

Great snack at the office!

6

Veggies & Nut Butter Dip

I love almond butter. You can make your own if you have access to a powerful blender or just buy the one-ingredient types from the store.

Add a bunch of pre-cut veggies to a plate (celery, bell peppers, carrots, broccoli, etc)
Add almond butter to a serving dish

Quick, healthy, easy, affordable, and delicious!

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1 Avocado Bowl

Avocados are one of my favorite foods. They're loaded with healthy monounsaturated fats, vitamins and minerals, and a whole lot of flavor.

Simply cut the avocado in half

Remove the pit

Top with a protein source such as salmon, tuna, or eggs.

Delicious!

8 Soup

This one is easy. Simply add equal parts of chicken stock and coconut milk to a pot. Heat it up to a boil, then add in a cooked protein source like beef, chicken, or shrimp and a few veggies like spinach.

Voila. All the taste and flavor of soup, minus the sodium!

9 Bread-less Sandwich

Who needs factory made bread when you have access to nature's bread...romaine lettuce. Simply use the romaine lettuce as your wrap and add in your choice of protein, and veggies like tomatoes, avocados, and top with salsa.

Yum!

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10

Pre-Made Foods For Even Faster Snacks

Even though the above options are all quick, healthy, easy, affordable, and delicious...here are a few super quick food ideas.

- Avocados
- Beef, Pork, or Turkey Jerky/Rinds
- Berries
- Canned Fish (Salmon, Tuna, Sardines)
- Defrosted/Pre-Cooked Shrimp
- Nut Butters
- Olives
- Pre-cooked meat (leftovers)
- Protein Powder (mixed in a shaker cup with water)
- Smoked Fish (salmon, etc)
- Veggies and dip (guacamole or salsa)