

# Love Yourself Lean

## Additional Recipes

### **Cold Almonds**

Ingredients:

2 cups raw almonds  
Filtered Water

Directions:

Soak almonds, fully submerged in water up to 4 hours, drain and keep refrigerated

### **Blueberry Crunch**

Ingredients:

½ cup fresh blueberries  
2 tbsp. chopped almonds, presoaked  
2 tbsp. ground hemp seeds  
2 tbsp. dried shredded coconut  
1 tbsp. ground flaxseed  
¾ cup unsweetened almond milk

Directions:

Pour ¾ cup almond milk over top of the berries and other ingredients.

## **Almond Sunflower Cereal**

### Ingredients:

¼ cup raw almonds, pre-soaked  
¼ cup raw sunflower seeds, pre-soaked  
2 tbsp. raw walnuts (optional)  
½ cup chopped semi-sweet fruit (berries, apple, or pear)  
1 tbsp. ground cinnamon  
1 cup almond or rice milk

### Directions:

Soak almonds and sunflower seeds (in separate bowls) in purified water for a few hours. It's probably easiest to let them soak overnight. Combine all ingredients in a bowl, add almond/rice milk, and enjoy.

## **Banana Pecan Overnight Oats**

Makes 2 Servings

### Ingredients:

- 1 ½ ripe bananas, divided
- 2/3 cup gluten-free rolled oats
- 1 scoop Vanilla Protein powder
- 4 tsp chia seeds
- 1 cup unsweetened almond or coconut milk
- ½ tsp. cinnamon
- 2 tbsp. chopped pecans

### Directions:

Mash banana with a fork in a large bowl. Add oats, protein powder, chia seeds, milk, and cinnamon. Stir well. Pour mixture into two, 1 cup mason jars. Cover and refrigerator overnight. Remove from fridge and top with sliced banana and chopped pecans.

## **Sweet Potato Fries**

### Ingredients:

Small sweet potato, peel and cut into thin ¼ inch strips, coat with coconut oil, Season w/ salt, and pepper

### Directions:

Place in the oven at 425°F for 15 minutes.  
Enjoy with Garlic Mayonnaise

Makes 2 servings

## **Roasted Root Vegetables**

### Ingredients:

1 Large beet – peeled and cubed  
½ Turnip – peeled and cubed  
1 large sweet potato – peeled and cubed

1-2 tbsp extra virgin olive oil  
2 sprigs of fresh thyme Salt and pepper

### Directions:

In a casserole dish, toss vegetables with oil until evenly coated. Season with salt and pepper and crush thyme over top. Cover with foil, and bake at 400 degrees for about 40 minutes, or until tender.

2-4 servings

## **LYL Burrito Bowl**

Makes 1 Serving

### Ingredients:

1 cup cauliflower rice or cooked quinoa  
4oz chicken, breast, chopped (optional)  
1 tsp, avocado oil  
¼ cup red onion, diced  
1 tsp. minced garlic  
1/2 red bell pepper, sliced  
½ jalapeño , deseeded if you want less heat  
1/4 cup black beans, drained and rinsed (1/2 cup if you opt not to add the chicken)  
¼ cup salsa  
¼ of an avocado, sliced, chopped or mashed  
1 green onions, chopped (optional)  
¼ cup cilantro (optional)  
1/2 fresh lime (optional)  
sea salt

Optional Veggies: Corn gibbets, grated carrot, chopped cherry tomatoes, grated purple cabbage.

### Directions:

1. In a large pan, add the avocado oil and bring the heat to medium. Toss in the onion, sliced bell peppers, jalapeño, and garlic. Sauté for 5 minutes or until onions & peppers are soft.
2. Add in the chicken breast. Sauté for another 5-10 minutes, or until protein is cooked. Pour this mixture into a bowl.
3. In the same pan, add in the cauliflower rice and black beans and a pinch of salt. Lightly sauté for 1 minute. Immediately remove and pout into the bowl with the onion & chicken mixture.
4. Top the bowl with cilantro, green onions, salsa, avocado and freshly squeezed lime.

## **Kale Salad**

Makes 1 serving

### Ingredients:

5-6 stalks of kale, stems removed, and leaves torn into small pieces  
½ an avocado chopped into small chunks  
1 tbsp. diced sundried tomatoes (no sugar added) – Costco has the best ones!!  
¼ cucumber diced  
8 grape tomatoes diced  
¼ small red onion diced  
1 tbsp. pumpkin seeds  
Extra virgin olive oil

### Directions:

Wash kale, and drizzle with oil. With clean hands, massage kale and oil for about 1-2 minutes until softened.

Add other ingredients to salad and toss with *Creamy Tahini Vinaigrette*

## **Pesto Salad**

Makes 2-3 servings

### Salad Ingredients:

½ cucumber  
10 stalks asparagus, bottoms removed  
¼ red onion, sliced  
1 avocado, cubed  
2 stalks celery, chopped  
2-3 handfuls salad greens  
Add some sprouts if you've got them!

### Dressing Ingredients:

1 tsp. minced garlic  
½ cup fresh basil  
¼ cup pine nuts  
1 tbsp. flax oil  
2 tbsp. olive oil  
3 tbsp. lemon juice

### Directions:

Blend all dressing ingredients in a food processor. Combine salad with dressing, mix well, and enjoy!

## Zucchini & Oat Bran Fritters

### Ingredients:

3 cups of roughly grated zucchini (approximately 1 large zucchini)

3 eggs

½ cup oat bran

2 tbsp. chopped fresh basil

3 tbsp. chopped fresh dill

2 green onions finely sliced

½ tbsp. lemon zest

Salt & pepper

1-2 tbsp. extra virgin olive oil

Greek yoghurt to garnish

### Directions:

Wash, trim and shred zucchini, sprinkle with roughly 1/8 tsp of sea salt and set aside in a bowl for 30 minutes.

Meanwhile, combine eggs, oat bran, herbs, onions and lemon zest - season with salt and pepper.

After 30 minutes, squeeze water out of zucchini and combine with egg/oat bran mixture. In a large skillet, heat 1 tbsp of oil on medium high heat.

Spoon out four 3 inch round dollops of batter on to hot oil. Cook until golden brown around edges (4-6 minutes), flip and continue to fry for another 4-6 minutes. Repeat to make another 4 fritters.

Garnish with a spoonful of goat yoghurt.

Makes 8 fritters, serves 4

## Gluten-Free Pizza Crust

### Ingredients:

3/4cup brown rice flour  
1/2cup almond flour  
1 tsp tapioca starch  
1 tsp arrowroot starch  
1 tsp baking powder  
1 tsp salt  
1/4 tsp pepper  
2 tbsp. ground flax seed  
1 large egg, lightly beaten  
3/4 cup almond milk

### Directions:

Line pizza pan with parchment paper. Combine dry ingredients; add egg and milk, mix well to form a smooth batter. Spread batter onto prepared pizza pan to desired shape.

Place in middle of oven and bake for 15 mins on 400°. Remove tray from the oven.

Spread your choice of sauce, toppings and cheese. Bake for another 15 to 20 minutes until crisp and golden. The crust is crispier than normal crust, but it's become a family favorite.

I don't usually use a recipe so it may be off a little. I tweak it as needed so you may have to as well. I have also put different spices in my dough, basil, oregano etc. to give it different tastes.

My favorite pizza toppings are pesto, chicken, spinach and goat cheese. Yummy!!

## **Chicken Avocado Burger**

Servings 4

### Ingredients:

- 1 pound ground chicken
- 1 large ripe avocado - cut into chunks
- 1 tsp. minced garlic
- 1/3 cup almond meal
- 1 minced Jalapeño pepper (optional but recommended)
- ½ tsp. sea salt
- ¼ tsp. freshly ground pepper

### Directions:

Add all ingredients to a large bowl and toss gently. Shape into desired size patties and grill.

## **Turmeric Cauliflower Rice**

Makes 1 serving

### Ingredients:

- 1 ½ cups cauliflower rice
- 2 tsp coconut oil
- 1 tsp ground turmeric
- 1 tsp ground ginger
- pinch of salt
- 2 eggs
- ¼ cup carrots diced into small pieces
- ¼ cup frozen peas
- 2 tsp tamari
- 2 tsp rice vinegar
- ¼ cup green onions

### Directions:

Add coconut oil, ground turmeric and ground ginger to a pan over medium heat. Mix this together for 1 minute. Add cauliflower rice and sauté so that each cauliflower piece is covered with the turmeric coconut mixture. Sauté for 1 minute, then pour into a separate bowl.

Add 2 eggs, scrambled in a separate bowl, to the pan. Cook for 2 minutes or until eggs are done cooking. Add carrots, frozen peas, Tamari, salt, and rice vinegar. Sauté for 1 minute. Remove from heat and add cauliflower rice. Toss to combine. Pour into a bowl and top with green onions.

## **Black Bean Chili**

### Ingredients:

2 cans organic black beans  
2 cans of diced organic tomatoes  
2 cups vegetable stock  
2 tbsp. olive oil  
2 onions, chopped  
3 carrots, chopped  
2 bell peppers, chopped  
1 stalk celery, chopped  
4 cloves garlic, chopped  
2 tsp. cumin  
1 tbsp chili powder  
½ tbsp chipotle chili powder  
1 large handful fresh cilantro, chopped  
Pinch of sea salt  
Fresh ground black pepper

### Directions:

In the slow cooker or pot, sauté onions and garlic for 5 minutes in olive oil over mediumlow heat. Add carrots, bell peppers, and celery and sauté for another 10 minutes. Add tomatoes, beans, cilantro and remaining spices, and remaining water. Cover and cook for 1 to 1½ hours. For an added touch, garnish each bowl with a dollop of Guacamole.

Makes 6 servings

## **Brazilian Fish Stew**

### Ingredients:

Juice from 1 lime

1 tablespoon ground cumin

1 tablespoon paprika

2 cloves garlic – finely minced

1 teaspoon salt

1 teaspoon ground black pepper

1 1/2 pounds tilapia fillets, trout, salmon or a mixture, cut into chunks

2 tablespoons olive

2 onions, chopped

4 large bell peppers, sliced

1 (16 oz) can diced tomatoes, drained – no sugar or salt added

1 (16 oz) can light coconut milk

1 bunch fresh cilantro, chopped

### Directions:

Stir together the lime juice, cumin, paprika, garlic, salt, and pepper in a bowl. Add the tilapia and toss to coat. Cover and refrigerate at least 20 minutes, up to 24 hours.

Heat the olive oil in a large pot over medium-high heat. Quickly fry the onions in the oil 1 to 2 minutes. Reduce heat to medium. Add the bell peppers, tilapia, and diced tomatoes to the pot in succeeding layers. Pour the coconut milk over the mixture. Cover the pot and simmer 15 minutes, stirring occasionally. Stir in the cilantro and continue cooking until the tilapia is completely cooked through, another 5 to 10 minutes.

4-6 servings

## **Raw Avocado and Tomato Soup**

### Ingredients:

3 avocados, peeled and pitted  
2 organic whole tomatoes from a can  
2 Roma tomatoes – chopped  
2 handfuls of fresh spinach  
Juice from 1 lemon  
Sea Salt to taste  
Fresh ground pepper to taste  
A small amount of water (depending on how liquid you like the soup to be)

### Directions:

Cut the Roma tomato into small pieces. Put all the ingredients apart from the Roma tomato pieces into a mixer. Mix well on the highest setting. Pour the soup into a bowl and add the Roma tomato pieces to garnish.

## **Brown Rice with Baby Bok Choy**

### Ingredients:

$\frac{3}{4}$  cup cooked brown rice  
2 baby bok choy, trimmed and quartered  
2 green onions, finely chopped  
1 clove of garlic, finely diced  
 $\frac{1}{2}$  cup of vegetable stock  
1 tbsp extra virgin olive oil

### Directions:

Heat oil in wok or similar frying pan, sauté garlic for 1 minute. Add bok choy and onions and sweat for another minute or so Add vegetable stock and rice and simmer until bok choy is tender.

Makes 1-2 servings

## **Fresh Veggie Stir Fry**

Makes 4 servings

### Ingredients:

4 cups broccoli florets  
1 handful baby carrots  
1 cup asparagus tips  
2 cups spinach, chopped finely  
1 handful bean sprouts  
1 white onion, sliced  
1 clove garlic, chopped finely  
1 inch piece of fresh ginger, grated  
1-2 tbsp coconut oil  
1-2 tbsp sesame oil  
2 tbsp sesame seeds  
1 tbsp tamari  
¼ cup almonds, chopped

### Directions:

Heat a frying pan (or wok) over medium heat. Add coconut oil.

Lightly sauté ginger, garlic, and onion.

Add sesame oil and remaining vegetables (start with tougher veggies and add softer ones last) and sauté until lightly softened.

Finish by adding sesame seeds and almonds. Toss and serve.

# Guacamole

## Ingredients:

4 avocados  
2 tomatoes, diced  
1 bunch cilantro, minced  
1 lime, juiced  
½ jalapeno pepper (optional)  
¼ red onion, chopped  
2 cloves garlic, chopped

## Directions:

With a fork, gently crush avocados and tomatoes and mix all ingredients together ensuring the mixture remains slightly chunky.

Enjoy this delicious guacamole with your favourite veggies. If you have leftovers, be sure to place the guacamole in a glass container/bowl and seal it with plastic wrap so there's no air inside. This will help keep it for up to 48 hours.

Makes 4 servings

# Garlic Mayonnaise RAW

## Ingredients:

1 avocado  
½ orange juiced  
1 clove garlic, minced

## Directions:

Place ingredients in a bowl and mash together using a fork until creamy consistency is achieved. Makes 2 servings

## **Basil Vinaigrette**

### Ingredients:

2 Tbsp extra virgin olive oil  
2 Tbsp Balsamic vinegar  
2 Tbsp 100% Apple Juice  
2 Tbsp chopped fresh basil  
1 clove garlic, finely minced  
Salt to taste

### Directions:

Combine all ingredients in small blender, and emulsify.

## **Creamy Tahini Vinaigrette**

### Ingredients:

¼ cup tahini  
1/3 cup water  
½ lemon, juiced  
2 garlic cloves, minced  
Salt and pepper, to taste

### Directions:

Combine all ingredients using a whisk, until well incorporated.

Alternatively, put all ingredients in a jar with secure lid and shake until incorporated.

## **Fresh Lime Salsa**

### Ingredients:

¼ Red bell pepper finely diced  
¼ Yellow bell pepper finely diced  
¼ cup red onion finely diced  
¼ cup fresh peaches, peeled and diced  
½ jalapeño pepper finely diced (optional)  
Juice from 1 -2 limes  
Handful of chopped fresh cilantro  
Salt and pepper to taste

### Directions:

Combine all ingredients in a bowl and chill for 1 hour. Serve over grilled fish.

## **No Cheese Pesto**

### Ingredients:

½ cup pine nuts  
½ cup sun dried tomatoes  
½ cup artichoke hearts, drained and rinsed  
Half a bunch of fresh basil  
Extra virgin olive oil  
Cracked black pepper to taste

### Directions:

Combine pine nuts, sun dried tomatoes and artichokes by pulsing in a food processor, slowly adding olive oil until you reach a good consistency. It should resemble a thick paste. Add basil and cracked pepper.

Pesto can be saved in a well sealed container in the refrigerator, for up to a month.

## Green Smoothies

### **Green Tea Mango Smoothie**

- 1 scoop of vanilla protein powder
- ½ cup brewed green tea (brew the night before and store in fridge so it's cold and ready to go)
- 1/2 cup unsweetened vanilla almond milk
- ½ mango, peeled and sliced
- ½ medium banana
- 1 cup raw spinach
- 1/2 inch slice of fresh ginger, peeled (optional)
- 5 ice cubes (optional)

### **Cinnamon Apple Smoothie**

- 1 scoop of vanilla protein powder
- 1 cup unsweetened vanilla almond milk
- 1 apple, chopped
- 1 cup raw spinach
- 1/2 tsp. cinnamon
- 5 ice cubes (optional)

### **Pineapple Breeze Smoothie**

- 1 scoop of vanilla protein powder
- 1 cup unsweetened vanilla almond milk (you can also use light coconut milk if you really want a tropical flavor)
- 1/2 cup fresh pineapple
- ½ medium banana
- 1 cup raw spinach
- 5 ice cubes (optional)

### **Berry-licious Smoothie**

- 1 scoop of vanilla protein powder
- 1 cup unsweetened vanilla almond milk
- ¼ cup strawberries
- ¼ cup raspberries
- ¼ cup blueberries
- 1 cup raw spinach
- 5 ice cups (optional)

### **Peanut Butter & Banana**

- 1 scoop of chocolate or vanilla protein powder
- 1 cup unsweetened vanilla almond milk
- 1 cup raw spinach
- 1 medium banana
- 1 tbsp. natural nut butter
- 5 ice cubes (optional)