

Love Yourself Lean

Additional Recipes

Avocado Nut Shake

INGREDIENTS:

- 1/2 avocado
- 1/4 cup almonds
- 1 cup unsweetened coconut milk
- 1 scoop of vanilla protein powder
- 1/8 tsp. of pure vanilla
- 2-4 drops of stevia extract (sweeten to taste) or 1/2 tsp. raw honey
- 1/2 tsp. cinnamon
- Dash of nutmeg
- Pinch of salt
- 4-6 ice cubes

DIRECTIONS:

Place all ingredients in a blender.

Blend well and enjoy!!

LYL Grain-Free Granola

Serves Size = ½ cup

INGREDIENTS

- 1 cup raw pumpkin seeds
 - 1 cup raw almonds
 - 1 cup pecans
 - 1 cup walnuts
- 3 Tablespoons coconut oil
 - ¼ cup raw honey
- 1 Tablespoon vanilla extract
- ½ teaspoon almond extract
- 2 Tablespoons ground flax
- 2 Tablespoons ground chia seeds
- 2 teaspoons ground cinnamon
 - ½ cup golden raisins
 - ½ teaspoon sea salt
 - ½ cup sliced almonds

INSTRUCTIONS

- 1.** Place the pumpkin seeds, almonds, pecans and walnuts in a large bowl of water, cover with a plate and soak for a full hour or overnight. Drain and pat dry.
- 2.** Preheat the oven to 300 degrees F. Line a rimmed baking sheet with parchment paper.

Texas Breakfast Skillet

Ingredients

- 1/4 cup taco seasoned, cooked lean ground meat
- 1 whole eggs + 1/4 cup egg whites, beaten
- 1-2 tbsp. cheddar cheese, grated
- 2 tbsp. salsa
- 1/4 avocado, chopped
- 1 tbsp. plain Greek yogurt (optional)

Instructions

1. Coat a small skillet with oil, heat to low-medium. Pour in beaten eggs, cook, stirring occasionally, until fluffy.
2. Remove scrambled eggs from heat, place on a plate, top with reheated, pre-cooked taco seasoned meat, sprinkle with cheese.
3. Top with salsa, avocado and yogurt (optional).

No Bake Sweet & Salty Trail Mix Granola Bars

Ingredients

Makes 12 bars

- 1/2 cup honey or maple syrup
- 2 Tbsp. sunflower seed butter or any nut butter
- 1 Tbsp. coconut oil
- 3/4 cup gluten-free old fashioned oats
- 1/2 cup crispy rice cereal
- 1/2 cup gluten free pretzels, crushed
- 1/4 tsp sea salt
- 1/2 cup dried fruit (I used raisins and cranberries)
- 1/2 cup pumpkin seeds
- 1/3 cup 70% coco chocolate chips

Directions

1. Line an 8x8 (20x20 cm) baking pan with a sheet of aluminum foil or parchment paper, leaving a few inches of overhang on the sides to allow for easy removal. Generously spray the foil with cooking spray and set aside.
2. Add honey or maple syrup, sunflower seed butter, and coconut oil to a microwave-safe bowl and nuke on high until ingredients are fully melted and combined, about 1 minute. Remove from microwave and allow to cool and thicken.
3. Combine remaining ingredients in a large mixing bowl, stirring until evenly distributed. Pour wet ingredients into dry ingredients and mix until fully incorporated.
4. Transfer mixture to prepared pan and use a spatula or your hands to spread it evenly, making sure to press down firmly. Cover pan with a sheet of foil and place into the fridge to set, at least 2 hours but preferably overnight. When bars have set, remove from pan using the foil overhang, and use a sharp knife to cut into individual bars. Store bars in the fridge or freezer for best results.

Turkey Power Snack Balls

Ingredients

- 1 lb ground turkey
- ½ cup yellow onion, diced
- ¼ cup red bell pepper, diced
- 2 tbsp. fresh mint, minced
- 2 tbsp. red curry paste
- 1 tsp. ground cumin
- 1½ tsp. fresh ginger, minced
- ½ tsp. ground coriander
- ½ tsp. sea salt
- ¼ tsp. black pepper

Directions:

- 1.** Preheat the oven to 350 F and lightly grease casserole pan with olive oil.
- 2.** Combine all ingredients in a large bowl, shape into 20 meatballs and place in the prepared pan.
- 3.** Bake for 25 minutes or until cooked through. Enjoy!

Easy Turkey Skillet

Ingredients:

- 1 tsp. avocado oil
- 1 tsp. garlic, minced
- 1 yellow onion, diced
- 2 cups Brussels Sprouts, thinly sliced or shredded
- 1 cup Butternut Squash, finely diced
- 1 can (7oz) can, chopped green chiles
- sea salt and black pepper
- 1 tbsp. chili powder
- 1 tsp. cumin
- 1 tsp. smoked paprika
- 1 pound lean ground turkey
- 1 cup egg whites

Directions:

- 1.** Place a large skillet over medium high heat. Add the olive oil and garlic and sauté until golden, about 3 minutes. Add the onion and sauté for 5 minutes, until tender. Add the Brussels Sprouts, butternut squash, and diced chiles and reduce the heat to medium low. Cook, stirring occasionally, for 5 minutes, until tender. Sprinkle with salt and pepper. Remove the veggies from the skillet and set aside in a bowl.
- 2.** In a large bowl combine the chili powder, cumin and smoked paprika. Add the ground turkey and use your hands to work the spices into the meat. Return the skillet to medium high heat and add the turkey. Cook, stirring often and breaking the turkey into small pieces, until no pink remains. Add the veggies back in. Stir well and pour in the egg whites. Cook, stirring continuously, until the egg whites are set. Season with salt and pepper. Serve immediately. Enjoy!

Creamy Shrimp & Zucchini Noodles

Ingredients:

- 4 zucchini
- ½ cup macadamia nuts or pine nuts
- 2 cups fresh basil leaves
- 2 garlic cloves
- ⅓ cup nutritional yeast
- dash of sea salt
- juice of 1/2 a lemon
- ¼ cup olive oil
- 2 dozen large shrimp

Directions:

For the Noodles:

- 1.** Run a vegetable peeler along each zucchini until you reach the seeds, to create long, flat noodles. Place your zucchini noodles in a bowl.

For the Pesto:

- 1.** Place the macadamia nuts or pine nuts, basil leaves, garlic, nutritional yeast, salt and lemon juice in a food processor. Pulse until well combined while drizzling in the olive oil.
- 2.** Peel and devein the shrimp, pulling off the tail and then the rest of the shell.

For the Shrimp and Noodles:

- 1.** Heat a pot of water under a steamer basket. Steam your noodles for about 5 minutes, until tender. Remove to a medium bowl.
- 2.** Steam the shrimp for 3 minutes, until fully pink.
- 3.** Combine the noodles with the pesto and top with warm shrimp. Serve and enjoy!

Burrito Spaghetti Squash

Ingredients:

For spaghetti squash

- 2 medium spaghetti squash, halved, seeds removed
- 1 tbsp. olive oil
- Sea salt
- 1/2 tsp. chili powder
- 1/2 tsp. cumin

For filling

- 1 tbsp. olive oil
- 1/2 onion chopped
- 2 tsp. minced garlic
- 1 lb. Ground beef
- 1 tbsp. taco seasoning mix
- 1(15-oz.) can black beans
- 1 1/2 cup chopped cherry tomatoes
- 1 cup corn canned and drained or frozen
- 1/2 cup shredded Monterey jack
- 1/2 cup shredded cheddar
- 2 tbsp. Freshly chopped cilantro (optional)

Instructions:

1. Preheat oven to 400°. Drizzle cut sides of spaghetti squash with oil and season with salt, chili powder, and cumin. Place cut side down on a large, rimmed baking sheet. Roast until tender, 30 to 35 minutes. Let cool slightly. Using a fork, break up squash strands.
2. Meanwhile, make filling: In a large skillet over medium heat, heat olive oil. Add onion and cook until soft, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute more. Add ground beef, breaking up the meat with a wooden spoon. Cook until beef is no longer pink, about 6 minutes. Drain fat.
3. Stir in taco seasoning, black beans, cherry tomatoes, and corn.
4. Fill each spaghetti squash with beef mixture and top with cheeses. Return to oven to melt cheese, 5 minutes. Garnish with cilantro and serve

Hawaiian Spaghetti

Makes 6 servings

Ingredients:

For the Meat Balls

- 2 tbsp. avocado oil
- 1 yellow onion, chopped
- ½ tsp. garlic, minced
- 2 tsp. sweet paprika, ground
- 2 tsp. 5-spice powder, ground
- 1 lb chorizo
- 1 lb ground chicken or turkey
- 2 tbsp. blanched almond flour
- 2 tbsp. nutritional yeast
- ¼ tsp. fresh parsley, minced

For the Spaghetti Squash

- 2 spaghetti squash
- dash of sea salt and black pepper
- 1 tbsp. coconut oil

For the Pineapple Spaghetti Sauce

- 1 tbsp. avocado oil
- 1 red onion, sliced
- 1 green bell pepper, sliced
- 1 cup fresh pineapple, sliced
- 25oz jar spaghetti sauce

Directions:

For the Meat Balls

- 1.** Preheat the oven to 350 degrees F. Lightly grease a casserole pan with olive oil.
- 2.** In a small skillet, over medium heat, sauté the olive oil, onion, garlic, paprika and 5-spice. Sauté until the onions are soft.
- 3.** Combine the onion mixture with the remaining ingredients in a large bowl. Mix until fully combined. Form golf ball sized meatballs and place in the prepared casserole pan. Bake for 25 minutes or until cooked through.

For the Spaghetti Squash

- 1.** Preheat the oven to 450 degrees F. Cut the spaghetti squash in half, lengthwise and scoop out the seeds.
- 2.** Rub the inside of each spaghetti squash half with coconut oil and sprinkle with sea salt and black pepper. Place, cut side down, on a baking sheet and bake for 45 minutes, or until tender.

For the Pineapple Spaghetti Sauce

- 1.** In a large skillet over medium high heat, sauté the red onion and green bell pepper in the olive oil. Once soft, add the pineapple and sauté for another three minutes. Add the spaghetti sauce and bring to a simmer.
- 2.** Add the meatballs into the sauce and continue to simmer for 10 minutes. Serve over the baked spaghetti squash. Enjoy!

Lentil Burger

Ingredients

- 3/4 cup green or brown lentils, rinsed, strained and picked through
- 1 3/4 cups plus 1 tablespoon low-sodium vegetable broth or water
 - 2 tsp. olive oil
- 1 medium red onion, half finely chopped and half thinly sliced
 - 1/4 cup red bell pepper, finely chopped
 - 2 tbsp. garlic, minced
 - Juice of 1/2 lemon
 - 2 tsp. cumin
 - 1 tsp. basil
 - 1 tsp. coriander
 - 1/2 tsp. cinnamon
 - 2 tsp. Dijon mustard
 - Sea salt & freshly ground pepper to taste
 - 1/4 cup flax meal
 - 1 medium egg, beaten
 - 1/2 cup walnuts, toasted and finely chopped

DIRECTIONS:

1. In a medium to large pot bring lentils and broth to a boil over high heat. Reduce heat to medium-low, partially cover and simmer until the lentils are fully softened and the liquid is absorbed, about 30 minutes.
2. Remove from heat and mash well with a potato masher. Set aside.
3. Heat the oil in a pan over medium heat.
4. Add the onion and red pepper. Sauté until tender, about 5-7 minutes.
5. Add the garlic and sauté until fragrant, about a minute.
6. Add lemon juice, cumin, basil, coriander, cinnamon and mustard. Stir 2minutes
7. Add the onion mixture, flax meal, egg and walnuts to the lentil, season with salt & pepper and mix thoroughly.
8. Preheat grill to medium-high. Form the mixture into six 4-inch patties, brush with olive oil on both sides. Grill until nice grill marks form, about 3 minutes per side.

Serve on a sprouted grain bun with sliced onion and your favorite burger toppings.

OR for a low-carb option top with tzatziki sauce, sliced tomato, and avocado.

