



Your **Lean** Life

Well Seasoned

A Healthy Recipe eBook

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Forward

I enjoy cooking and creating, but frankly, if I cooked the way food channels and social media does, I would fast be back to 275 pounds. In applying what I learned and now teach to my clients, I am able to create delicious recipes that keep me and them on track for fat loss, maintaining or gaining muscle.

These recipes can be made as they are, since they have adequate protein minimums for a meal and are typically low fat to fit in a day, but I encourage you to adjust the ingredient portions to fit your macros best! I hope you enjoy and let me know what you like!

- Lisa Agens, Your Lean Life LLC

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Your **Lean** Life

Breakfasts

Baked Frittatas

Base Ingredients: makes 1 serving

150 grams whole egg

50 grams egg white (100 grams for sweet version)

Pizza add in:

15 grams diced red & yellow pepper

15 grams diced mushrooms

8 grams minced garlic

1 gram granulated garlic

1 gram Italian seasoning

Topping:

50 grams diced tomatoes

14 grams turkey pepperoni



Sweet add in:

2 grams ground cinnamon

1 grams nutmeg

2 grams vanilla extract

.05 stevia extract powder

Topping:

50 grams raw blackberries

BLT add in:

1 gram ground black pepper

1.5 gram sea or pink salt

35 grams chopped canadian Bacon

50 grams raw Leaf spinach

Topping:

80 grams sliced Tomato



Directions

Pizza Frittata:

Preheat oven to 350 degrees

Mix the base recipe with the add-ins in a casserole dish.

Bake 10 minutes, remove from oven and add topping.

Bake an additional 5 minutes and switch to low broil for another 5 minutes

Pizza Per serving:

Protein 30.8 grams, Total Carbs 9.8 grams (Net 8.7 grams), Fat 16.2 grams

BLT Frittata:

Preheat oven to 350 degrees

Mix the base recipe with all the ingredients except tomato in a casserole dish.

Top with sliced tomato and bake 30 minutes

BLT Per serving:

Protein 36.5 grams, Total Carbs 8.2 grams (Net 5.9 grams), Fat 17.4 grams

Sweet Frittata:

Preheat oven to 350 degrees

Mix the base recipe (note increased egg white) with the add-ins in a casserole dish.

Bake 10 minutes, remove from oven and add topping.

Bake an additional 10-20 minutes or until center is solidified

Sweet Per serving:

Protein 30.5 grams, Total Carbs 12 grams (Net 8.5 grams), Fat 15 grams

Breakfast Stuffed Peppers

Ingredients: Makes 2 servings

The ground turkey and seasonings could also be made into patties adding the egg in the mix!

125 grams extra lean ground turkey

.2 grams Italian seasoning

.7 grams fennel seed

.4 grams fennel powder

.5 grams paprika

1 gram garlic powder

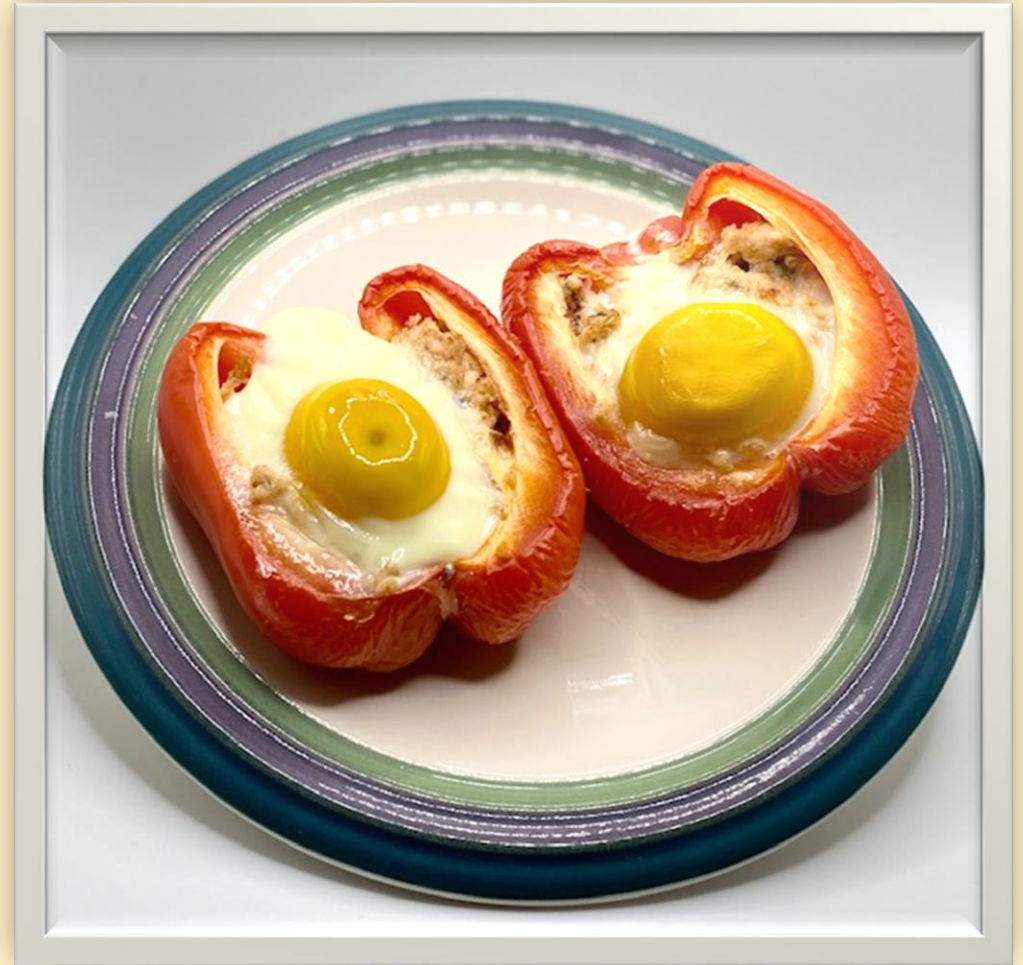
.4 grams onion powder

.5 grams ground pepper

1.5 grams fine pink or sea salt

1 large red bell pepper, cut in half and cleaned out

2 raw eggs



Directions

Preheat oven to 350 degrees

In a nonstick skillet, sauté the ground turkey and seasonings until the turkey is browned and fully cooked

Stuff the pepper halves and crack 1 egg over each pepper

Bake for 30 minutes

Per serving:

Protein 23 grams, Total Carbs 6.6 grams (Net 4.5 grams), Fat 6.2 grams

Protein Pancakes

Ingredients: Makes 1-2 servings

100 grams egg whites

20 grams egg white powder

100 grams whole egg

50 grams light canned coconut milk

2 grams vanilla extract

2 grams ground cinnamon

2 grams ground nutmeg

.05 grams stevia extract powder

1.5 grams fine pink or sea salt



Directions

Bring egg whites to stiff whipped peaks

Gently mix in egg white powder and set bowl aside

In second bowl, mix whole eggs, coconut milk (for lower fat and carbs use unsweetened almond milk), vanilla extract, cinnamon, nutmeg, stevia and salt

Gently fold egg white into whole egg/coconut milk mixture

Cook on a flat, nonstick pan on Medium heat and flip when bubbles form throughout each pancake.

Per full recipe:

Protein 39.9 grams, Total Carbs 6 grams (Net 4.5 grams), Fat 14 grams

Entrées

Beef & Broccoli

Ingredients: Makes 4 servings

1 cube beef bouillon

½ cup hot water

5 grams olive oil

500 grams raw flank steak, sliced thin

350 grams broccoli, chopped

50 grams coconut aminos

25 grams ginger, minced or paste

10 grams garlic, minced

3 grams fine sea salt

2 grams ground pepper

6 grams sesame oil



Directions

Dissolve 1 cube of beef bouillon in ½ cup hot water

Sauté thinly sliced flank steak in 5 grams olive oil until almost fully cooked and remove from pan

Sauté chopped broccoli in remaining oil and juice in pan until lightly browned

In a bowl combine ginger, garlic, salt, pepper, coconut aminos and bouillon liquid

Pour over broccoli in pan, add beef back in pan and add 6g of sesame oil

Heat through and serve as is or over cauliflower rice or rice. Makes 4 servings

Per serving (without cauliflower rice or rice):

Protein 30 grams, Total Carbs 10.6 grams (Net 8 grams), Fat 11 grams

Chicken & Vegetable in Asian White Sauce

Ingredients: Makes 4 servings

100 grams julienned water chestnuts
100 grams julienned carrots
100 grams sliced baby corn spears
50g raw baby spinach leaves
5 grams olive oil
500 grams raw, boneless, skinless chicken breasts
225 grams hearts of palm noodles
25g raw chives, sliced

For the Asian White Sauce: Mix all ingredients in a bowl Makes 4 servings

4 grams bouillon powder
15 grams rice vinegar
15 grams sesame oil
12 grams garlic, minced
7 grams ginger, minced or paste
6 grams fine sea salt
1 gram ground pepper
75 grams light canned coconut milk



Directions

Chop the raw chicken into bite sized pieces and sauté in 5 grams of olive oil. Remove from pan when done and set aside.

Sauté sliced baby corn, carrots and water chestnuts in remaining oil from chicken. Add spinach to wilt.

Pour the Asian White Sauce into the pan and heat through. Add the chicken and mix well, reducing the liquid down.

Serve over hearts of palm noodles and top with chopped chives. Serves 4

Per serving:

Protein 30 grams, Total Carbs 12.2 grams (Net 8.6 grams), Fat 9.4 grams

Spanish Shrimp Sauté

Ingredients: Makes 4 servings

600 grams raw shrimp

5 grams ground paprika

3 grams sea salt

1 gram ground black pepper

1 gram ground cayenne pepper

14 grams butter

18 grams garlic, minced

250 grams diced tomatoes

10 grams bouillon powder (equates to 2.5 cubes)

15 grams white wine vinegar

18 grams lemon juice

10 grams chopped fresh chives

225 grams (1 can) hearts of palm noodles



Directions

In a sealed bag or container, coat raw shrimp in paprika, salt, pepper and cayenne

In a bowl, combine garlic, diced tomatoes, bouillon powder, white wine vinegar and lemon juice

In a wide pan on medium high heat, sauté the shrimp in butter for 2 minutes, stirring occasionally.

Add in the tomato mixture and cook an additional 3 minutes until the shrimp are opaque, stirring occasionally. Remove from heat and stir in chopped chives.

Serve over warmed hearts of palm noodles

Per serving:

Protein 32 grams, Total Carbs 9.2 grams (Net 6.4 grams), Fat 3.9 grams

Soups & Salads

Leek & Chicken Crockpot Soup

Ingredients: Makes 4 servings

200 grams leeks, chopped

5 cups of water

100 grams raw spinach leaves

20 grams (5 cubes) chicken bouillon

200 grams canned garbanzo beans

to reduce carbs, you can remove the garbanzo beans

15 grams minced garlic

30 grams lemon juice

1 gram dried thyme

1.5 gram sea salt

3 grams ground pepper

400 grams cooked chicken breast



Directions

Clean and chop the leeks

Place all ingredients in a deep pot and heat ingredients through until boiling

Continue to boil for 3 minutes

Per 100 grams:

Protein 28 grams, Total Carbs 22.3 grams (Net 17 grams), Fat 3.5 grams

Creamy Chicken & Mushroom Soup

Ingredients: Makes 4 servings

450 grams raw chopped mushroom

200 grams chopped red onion

15 grams minced garlic

2 cubes chicken bouillon powder

1 cube beef bouillon

2 cups water

15 grams red wine vinegar

2 grams dried thyme

115 grams unsweetened light canned coconut milk

For lower macros, use unsweetened almond milk

250 grams cooked and chopped chicken breast



Directions

In a nonstick pan, sauté onions and garlic until onions are translucent. Add in chopped mushrooms. Sautee until mushrooms are soft. When done, pull out 100 grams of mixture and set aside.

In a deep pot, add 2 cups of water with chicken and beef bouillon, red wine vinegar and thyme. Bring to a boil and when bouillon is fully dissolved, add in the mushroom mixture and bring to another boil. Boil for 2 minutes and reduce heat.

With an immersion blender, blend soup until smooth. Add in coconut (or almond) milk and continue to blend. When smooth, mix in remaining 100 grams of mushroom mix and shredded chicken.

Goes great with a side of garlic & onion egg bread!

Per serving:

Protein 27.2 grams, Total Carbs 10.8 grams (Net 7.7 grams), Fat 4.7 grams

Garlic & Onion Egg Bread

Ingredients: Makes 12 servings

Consider different cooking containers like jumbo muffin tins, Bundt cake rounds and baking sheets (dolloped on for crackers or spread like a pizza dough). The final product can be broken up and re-toasted for croutons!

454 grams (16 ounces) Egg white liquid

60 grams egg white powder

10 grams garlic powder

5 grams onion powder

3 grams fine pink or sea salt



**Alternately, you can make a “sweet” version swapping out the garlic and onion for cinnamon and nutmeg!
You can then toast it in a pan with butter for “French Toast” or a base for berries!**

Directions

Using a stand mixer and in a clean and dry bowl, whip the egg white liquid to **STIFF** peaks

Slowly mix in the powdered ingredients

Spoon out fluff into baking container without pressing the air out

Bake in 350 degree oven for 30 minutes and allow to cool in the oven after it is done baking

Per serving:

Protein 8.2 grams, Total Carbs 1.3 grams (Net 1.2 grams), Fat .1 grams

Shrimp Salad

Ingredients: Makes 2 servings

340 grams defrosted tiny shrimp

75 grams diced red onion

75 grams diced orange pepper

50 grams diced celery

5 grams chopped dill weed

120 grams mashed avocado

30 grams lemon juice

5 grams sea salt

3 grams ground black pepper



Directions

Mix all ingredients and let chill for at least 1 hour before serving

Great by itself, over salad, on Egg Bread or in a protein wrap!

Per serving:

Protein 25.6 grams, Total Carbs 15.3 grams (Net 8.9 grams), Fat 10.8 grams

Spicy Chicken Salad

Ingredients: Makes 2 servings

200 grams cooked and shredded chicken
50 grams diced celery

50 grams mashed avocado
3 grams sea or pink salt
1.5 grams ground cayenne pepper
1.5 grams granulated or powdered garlic
1 gram smoked paprika
.5 grams ground pepper
10 grams Worcestershire sauce
5 grams apple cider vinegar

Mix all ingredients together and chill!

Per serving:

Protein 31.9 grams, Total Carbs 5.3 grams (Net 2.5 grams), Fat 8.4 grams



*Side Dishes,
Sauces &
Seasonings*

Bacon Blue Cheese Asparagus

Ingredients: Makes 2 servings

24 grams unprepared bacon, cut into small bites

284 grams raw asparagus

20 grams of crumbled blue cheese

Directions

Pan cook 56 grams (about 2 slices) of raw bacon, let cool

Clean and trim the asparagus

In remaining bacon grease, sauté the asparagus

Plate asparagus and top with bacon crumbles and blue cheese

Per serving:

Protein 9.1 grams, Total Carbs 5.7 grams (Net 2.8 grams), Fat 13.4 grams



Crispy Brussel Sprouts

Ingredients: Makes 2 servings

350 grams raw Brussel sprouts

10 grams olive oil

4 grams granulated or powdered garlic

4 grams nutritional yeast

3 grams pink or sea salt

Preheat oven to 400 degrees

Clean and half or quarter the Brussel sprouts

Mix remaining ingredients and coat Brussel sprouts

Bake for 30 minutes, mixing halfway through, until Brussel sprouts are crispy

Per serving:

Protein 7.3 grams, Total Carbs 17.8 grams (Net 10.4 grams), Fat 5.6 grams



Chayote Latkes

Ingredients: Makes 4 servings

550 grams of chayote

90 grams red onion

100 grams whole egg

30 grams egg white powder

10 grams onion powder

10 grams garlic powder

6 grams sea salt



Directions

Using a food processor or mandolin, shred chayote and onion

In separate bowl, mix eggs, egg white powder, onion and garlic powder and salt.

Mix shredded chayote and onion with wet mix until well covered

Spoon out into nonstick skillet and cook until edges begin to brown. Flip and cook until firm

Per serving:

Protein 11.1 grams, Total Carbs 12.3 grams (Net 9.3 grams), Fat 2.9 grams

Roasted Butternut Squash & Hearts of Palm Hummus

Ingredients:

450 grams butternut squash, raw, cubed

220 grams hearts of palm

40 grams lemon juice

30 grams garlic, minced

6 grams sea or pink salt

10 grams olive oil



Directions

Peel the butternut squash, remove seeds and cut into cubes. In a bowl, coat with 5 grams of olive oil. Spread out on a roasting pan and cook in the oven for 30 minutes at 400 degrees. Remove and allow to cool.

Add all ingredients, and remaining 5 grams of olive oil, into a food processor and blend until smooth

Serve as a dip or spread

Per 100 grams:

Protein 1.5 grams, Total Carbs 9.3 grams (Net 6.6 grams), Fat 1.6 grams

Spinach Avocado Pesto

Ingredients: About 14 servings per recipe (12 grams per serving)

50 grams raw spinach

4 grams dried basil or 12 grams of fresh basil

10 grams of minced garlic

80 grams of mashed avocado

1 gram of ground pepper

2 grams of sea or pink salt

6 grams of olive oil

12 grams of lemon juice

10 grams of nutritional yeast



Directions

Mix all ingredients in a blender, food processor or bullet.

Let chill for at least 1 hour before serving

Use cold as a spread or topping or spread over protein and bake.

Per serving: Recommended 12 grams serving

Protein .6 grams, Total Carbs 1.3 grams (Net .6 grams), Fat 1.3 grams

“Bread” Crumbs

Ingredients:

142 grams of pork rinds

20 grams egg white powder

10 grams Italian seasoning

10 grams garlic powder

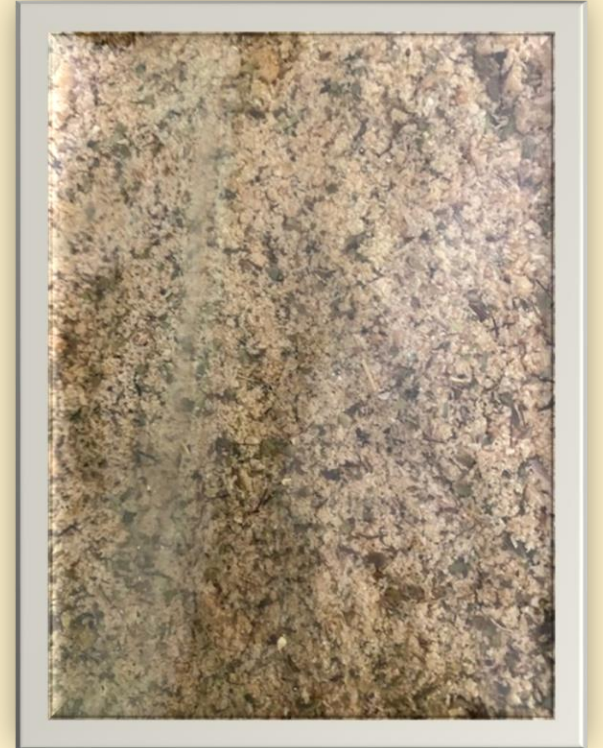
Directions

In a food processor, blend all ingredients until powdered

Seal in a Ziploc bag and scoop out as needed for breading chicken, steak, pork or shrimp or adding as a filler for meatloaf or meat balls (or anything else you would use breadcrumbs for!)

Per 10 grams:

Protein 5.8 grams, Total Carbs .4 grams (Net .4 grams), Fat 2.4 grams





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