

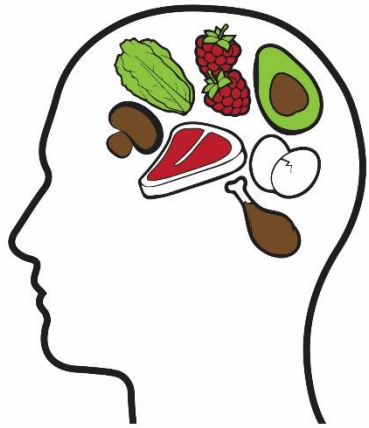
LEARN TO
LOSE FAT &
MAINTAIN...

WHOLE FOOD



Your **Lean** Life

RECIPE GUIDE



Your **Lean** Life

Are you ready?

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MY STORY

I have been where you are. Quite literally. I was morbidly obese, trying desperately to lose fat. I was "eating right", exercising, tried shakes and bars, tried supplements, stumbled into a few fads...and continued on with the YoYo dieting because I never actually LEARNED what my body needed to function the way I wanted it to and get the results I wanted! Couple that with hormone shifts, aging and poor or nonexistent habits...I feel your struggle!

When I was finally TAUGHT how all the pieces of nutrition actually fit together, how our bodies need specific parts of foods to function in specific amounts, how to get into habits and routines that will follow me for a lifetime and learned quite a bit about my relationship with food...the magic started happening!

Learn about yourself, your relationship with food and what it will take to make the changes you want. Choose from one of multiple packages to provide you with the plan, the accountability and the support to reach your goals.

PERSONAL NUTRITIONAL COACHING

- A personalized plan for your goal
 - Weekly LIVE 1-on-1 Virtual Meetings
We track progress, work through any issues & learn about your connections with food
 - Daily food tracking review
 - Virtual support between visits to keep you on track
 - Education on nutrition and habits forming to help you sustain your goals for the long term
- Multiple Packages to choose from**

Reach out and let's talk about your goals!

MINIGROUP NUTRITIONAL COACHING

Great for spouses or friends

- A personalized plan for your goal
 - 8 weekly VIRTUAL MiniGroup Meetings
We work in a MiniGroup (2-3 clients) with 15-20 minutes (per person) 1-on-1 time in each meeting & a learning component from me.
 - Individual daily food tracking review
 - Virtual support between visits to keep you on track
 - Education on nutrition and habit forming to help you sustain your goals for the long term
- Multiple Packages to choose from**

WHAT THINGS CAN YOU START NOW TO MOVE YOU FORWARD?



Little changes can add up to big results if you keep to consistency!

NUTRITION



Start tracking what you eat. On paper, in an app, get an idea of WHAT you eat



What processed foods or drinks can you limit or change?

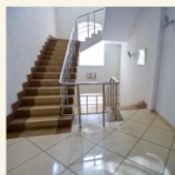


Make animal protein the priority in your meals.



Focus on whole foods.

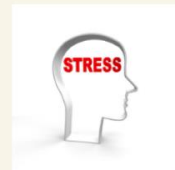
ACTIVITY



What can you do to increase your daily movement?



What fun thing can you start to consider for regular exercise?



What actions can you take to manage stress?



How can you improve your sleep?

SETTING BASIC ROUTINES FOR YOUR GOALS



Habits become second nature, but discipline is needed to create those habits. Follow these basic steps to form some habits for your goals.

MORNING



Weigh-In each morning. Track your weight in some fashion (app, pen & paper)



Review your planned meals for the day. What needs to be prepared for the day?



Do you have exercise planned today? Review any opportunities for activity.



Commit to yourself to follow the plan you have written.

EVENING



Plan your next day's meals. Assess your macros and electrolytes



Prepare what you need to based on those meals. Are things prepped? Defrosted?



What else can you prepare for tomorrow? Clothing? Medication? Review a schedule?



Are you getting adequate sleep? Is it time to shut down the noise for the evening?



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292.8lbs



278.8lbs



176.6lbs

Think you can't? Think again!

Whole foods only!

No shakes, no bars, no supplements.

Activity which has lead to strength training!



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Learn to lose fat & maintain... Your Lean Life

When you learn how to make food work for you, you can attain your goals!
10 pounds down in 8 weeks using ONLY whole foods

Become your "after!"



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Losing fat is not just about the number on the scale, or the measurements, but how you FEEL in your own skin! FEEL sexy!

Is it YOUR turn to feel sexy?



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At 71, I feel better than I have in 20 years. Not to mention I'm no longer carrying the equivalent weight of a bear cub on my back, my joints, or my knees any longer.



68 pounds down!



Your Lean Life

The Social Event Mindset

What do Social Events mean to you? What SHOULD the Social Events mean to you?

If you are on a path to improve your body, don't let the Social Events derail you! You can spend time with friends and family and NOT let it show up on the scale. It is all about the choices you make and being fully accountable, understanding the results and consequences BEFORE you make the choices, and learning to put food in it's place...for nutrition, not gluttony.

That being said, Social Events don't have to be boring and you CAN make meals that will keep you on track! Set Boundaries, both with food/drink and people and follow them through. The best gift you can give your self is control over your choices and the results you want.

All of these recipes can be customized to fit YOUR body & nutrient goals.



Brined Turkey

For the brine:

- 1 cup kosher salt
- 1 gallon vegetable stock
- 1 tablespoon black peppercorns
- 1 1/2 teaspoons allspice berries
- 1 1/2 teaspoons ground ginger
- 1 gallon heavily iced water

Olive oil

2 to 3 days before roasting:

***Begin thawing the turkey in the refrigerator or in a cooler kept at 38 degrees F.

Combine the vegetable stock, salt, peppercorns, allspice berries, and ginger in a large stockpot over medium-high heat. Stir occasionally to dissolve solids and bring to a boil. Then remove the brine from the heat, cool to room temperature, and refrigerate.

The night before you would like to eat:

Combine the brine, water and ice in the 5-gallon bucket. Place the thawed turkey (with innards removed) breast side down in brine. If necessary, weigh down the bird to ensure it is fully immersed, cover, and refrigerate or set in cool area for 8 to 16 hours, turning the bird once half way through brining.

On the day you would like to eat:

Preheat the oven to 500 degrees F. Remove the bird from brine and rinse inside and out with cold water. Discard the brine.

Place the bird on roasting rack inside a half sheet pan and pat dry with paper towels.

Combine the onion, cinnamon stick, and 1 cup of water in a microwave safe dish and microwave on high for 5 minutes. Add steeped aromatics to the turkey's cavity along with the rosemary and sage. Tuck the wings underneath the bird and coat the skin with olive oil.

Roast the turkey on lowest level of the oven at 500 degrees F for 30 minutes. Insert a probe thermometer into thickest part of the breast and reduce the oven temperature to 350 degrees F. Set the thermometer alarm (if available) to 151 degrees F. A 14 to 16 pound bird should require a total of 2 to 2 1/2 hours of roasting. Let the turkey rest, loosely covered with foil or a large mixing bowl for 15 minutes before carving.

For the aromatics:

- 1/2 onion, sliced
- 1 cinnamon stick
- 1 cup water
- 4 sprigs rosemary
- 6 leaves sage



Cauliflower Stuffing/Dressing

120 grams of raw celery, diced

165 grams of raw white onion, diced

150 grams of raw mushroom, diced

27 grams olive oil

1680 grams of cauliflower, chopped

1/4 cup of dry Italian Seasoning

2 cubes of bouillon in 1 cup of water

Sautee the Celery, onion and mushroom in the olive oil. When the onions are translucent, mix this saute mixture and the cauliflower in a large bowl

Sprinkle seasoning return to pan

Pour in bouillon water into pan and reduce down the liquid, mixing occasionally

You will be left with all the seasoning of Stuffing, the crunch of the celery and onion and the chunks of cauliflower in replacement of bread.

Serves 10

Protein 4.1 grams

Net Carbs 6.9 grams

Fat 3.3 grams



Green Bean Casserole

454 grams of cleaned and snipped green beans

200 grams diced white onion

10 grams minced raw garlic

225 grams raw chopped mushrooms

1 cube of chicken bouillon in 1 cup of hot water

1 teaspoon of red wine vinegar with 2 teaspoons of water

1 teaspoon of Worcestershire sauce

1/4 teaspoon salt

1/2 teaspoon crushed black pepper

1 tablespoon dried Italian Seasoning

Boil green beans until slightly tender, set aside in casserole dish

Using a 1 second spray of Olive Oil Spray, sauté the onion, garlic and mushrooms until soft and onions are translucent

Add bouillon water, Worcestershire, Red Wine Vinegar, salt, pepper and seasoning to pan and bring to a boil

Using an emersion blender, blend until smooth & pour over green beans. Place in 350 degree oven until bubbly

You can top with seasoned, crushed pork rinds for crunch on top, but these are not factored into the macros below.

Serves 6

Protein 3.1 grams

Net Carbs 7.1 grams

Fat 1 gram



Roasted Winter Squash

Pumpkin or Hubbard squash

Olive oil

Fine sea or pink salt

Cracked pepper

In addition, you can add garlic, onion, rosemary, any other seasonings or you can also add peppers, mushrooms or anything that will hold up to the cooking time.

Cut and remove the seeds of your winter squash

Slice and remove the skin

Chop into bite size pieces and mix with olive oil, salt and pepper

Prepare any additional ingredients and add to the mix

Spread on a sheet pan and roast at 350 degrees for 1 hour

Check out the recipe for this leftover mashed version!



PhotoGrid



Your Lean Life

Mashed Cauliflower Rutabaga

While Rutabaga is a higher carbohydrate root vegetable, adding in the cauliflower not only lowers the carbohydrates, but brings a lighter texture to the recipe.

300g chopped rutabaga

600g cauliflower florets

160g canned lite coconut milk

10g granulated garlic

8g sea/pink salt

ground black pepper to taste

Microwave all the ingredients in a large bowl for 10-15 minutes.

Run through a food processor/blender to desired smoothness

Serves 4

Per serving:

Protein 4.4 grams

Net Carbs 10.6 grams

Fat 2.4 grams



Mashed Hearts of Palm/Cauliflower

Hearts of Palm and Cauliflower work great as a mashed very low carbohydrate vegetable!

250 grams of hearts of palm

100 grams of fresh or frozen cauliflower, steamed to soft

2 roasted garlic cloves or 2 grams of granulated garlic

2 grams of granulated onion

¼ teaspoon sea salt

50 grams of Lite coconut milk

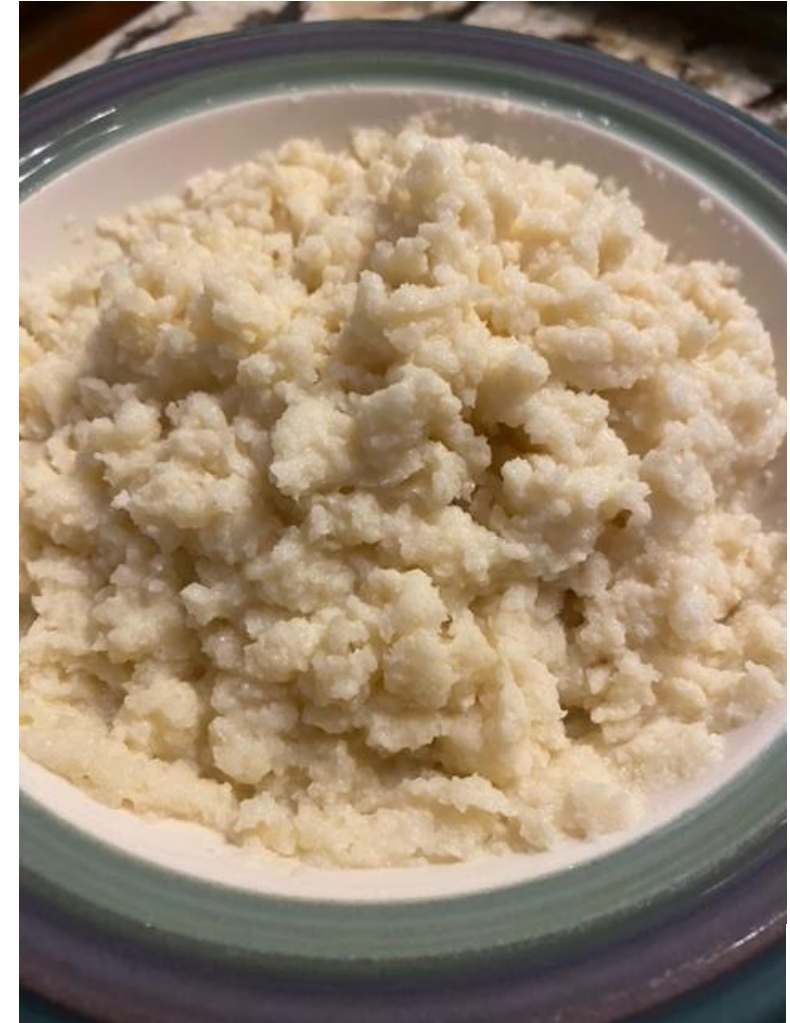
Makes 2 servings:

Per serving

Protein 2.9 grams

Net Carbs 4.6 grams

Fat 1.5 grams



Egg Bread

16 ounces egg white

60 grams egg white powder

10g onion powder

10g garlic powder

¼ teaspoon fine pink or sea salt

Whip the egg whites to STIFF peaks.

Add in egg white protein powder and continue to whip until blended.

Seasoning and finish whipping until fully incorporated.

Portion out into 24 muffins, 12 jumbo muffins or dollop out to individual cookie size drops on a nonstick sheet pan

Bake 350 degrees for 30 minutes

Turn off oven and allow to cool in the oven

These can also be cubed up and toasted into croutons to add into the Cauliflower Stuffing/Dressing Recipe, added to salad or crushed for breadcrumbs!

Per 1 of 12 Jumbo muffins:

Protein 8.3 grams

Net Carbs 1.5 grams

Fat .1 grmas



Cranberry Relish

340 grams fresh or defrosted cranberries

$\frac{3}{4}$ teaspoon fine sea or pink salt

$\frac{1}{4}$ teaspoon ground cinnamon

1 teaspoon Xylitol or Monfruit Sweetener

1 cup water

Pulse all ingredients except water in a food processor until cranberries are broken down

Pour cranberry mix and 1 cup water in a pot and boil covered until water is reduced down

Cranberries are TART! Adjust sweetness using additional artificial sweetener of choice and refrigerate until served

Full recipe:

Protein 1.6 grams

Net Carbs 31.1 grams

Fat .5 grams



Pumpkin "Pie"

A pumpkin pie is actually more a custard in a crust, so the focus was definitely keeping that "pie" feel, while keeping it low carb/keto, dairy free and nut free!

300g cooked & drained/dried cauliflower

100g (3 medium) egg whites, whipped to peaks

42g (3 medium) egg yolks

100g canned pumpkin (NOT pumpkin pie filling)

150g lite coconut milk

8g Pumpkin Pie Spice

1 ounce Torani sugar free pumpkin pie syrup

6g monkfruit sweetener (or sugar free substitute of your choice)

Preheat oven to 400 degrees and set aside ramekins or pie plate in a water bath.

Steam, drain and dry the cauliflower (florets or riced) and place in food processor.

In a separate bowl, whip the egg whites and set aside.

Add all remaining ingredients into the food processor and blend until smooth. Pour into large bowl. Gently fold in the whipped egg whites until incorporated.

Spray 8 ramekins or 8" pie plate and fill with batter. Cook 45 minutes (your oven and ramekins/pie plate may vary). Let cool and serve!

Serves 8

Protein 3.3 grams

Net Carbs 3.3 grams

Fat 2.6 grams



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Chocolate Peanut Butter “Pie”

- 4 eggs (150g)
- 1.5 cups Two Good Vanilla Yogurt (225g)
- 1 ounce Sugar Free Chocolate Torani Syrup
- 35g Unsweetened Cocoa Powder
- 35g PB2 Peanut Butter Powder
- 30g Lakanto Golden Monkfruit Sweetener Powder
- 1tsp pink salt
- 575-675g Cooked Riced Cauliflower (I used 2 12oz bags)

Blend all ingredients until smooth and bake at 375 degrees for 60 minutes.

- Serves 8
- Protein 8.7
- Net Carbs 7.5
- Fat 8.7



Pumpkin Pie Spiced “Rice” Pudding

100g egg

200g egg white

100g canned pumpkin (not pumpkin pie filling)

100g raw cauliflower, riced

240g (1 cup) unsweetened almond milk

4g (2 teaspoons) pumpkin pie spice

½ teaspoon fine grained sea or pink salt

Prepare 6 ramekins in a water bath and preheat oven to 300°

Simmer all ingredients except eggs/egg whites (adding in sweetener if desired) in a stovetop pot

In a separate bowl scramble raw eggs and egg whites

Slowly whisk hot ingredients into eggs

Divide out in 6 even portions into ramekins and bake 40 minutes. Cool in fridge. If unsweetened as in the recipe, top with sweetener and mix before serving.

NOTE: I did not use sweetener. If you add sweetener to the recipe, you will have to experiment with type and amount as that is very individual to taste.

Serves 6

Protein 6.4g

Net Carbs 2.5g

Fat 2.4g



Bread Pudding

Bread Pudding is a combination of the Your Lean Life Custard Recipe and the Your Lean Life Waffles.

Prepare the waffles ahead and let them cool. Break them up into bite size pieces.
When you are done making the custard, before baking, add in the waffle bits and bake as you would the custard.

Waffles:

- 150 grams whole eggs
- 50 grams egg white
- 75 grams hearts of palm or pumpkin puree (or 50 grams raw spinach for green waffles)
- ¼ teaspoon sea salt
- 5 grams cinnamon

Puree all ingredients until liquid and pour on very hot waffle maker. Cook extra long.

Custard base:

- 100g egg
- 200g egg white
- 240g (1 cup) unsweetened almond milk
- ½ teaspoon fine grained sea or pink salt
- artificial sweetener of choice
- Additional seasoning like Masala Chai or extracts can be added

Prepare 6 ramekins in a water bath and preheat oven to 300°

Simmer all ingredients except eggs/egg whites (adding in sweetener if desired) in a stovetop pot

In a separate bowl scramble raw eggs and egg whites

Slowly whisk hot ingredients into eggs

Divide out in 6 even portions into ramekins, add waffle bits and bake 40 minutes. Cool in fridge.



Leftovers: Stuffed Acorn Squash

This is a perfect meal for Low Carb folks and to lessen the carbs for keto, cut squash into 8ths or use a lower carb winter squash like Hubbard.

1 large acorn squash, cut into quarters, and cleaned out of the seeds

100g green zucchini, bite size chunks

50g mushrooms, quartered

50 grams diced onions

100g canned diced tomatoes

6g minced garlic

4g Italian seasoning

¼ teaspoon sea salt and ground pepper to taste

550g leftover skinless turkey breast (You can increase this based on your macros!)

Olive oil

Preheat oven to 400 degrees

Cut off the base of each quarter just enough so it will stand like a bowl

Mix all cut up veggies, seasonings, tomato, and turkey

Spread mix on a cooking sheet alongside the acorn squash quarters. Spread a touch of olive oil on the inside flesh of the acorn squash.

Bake 45 minutes. When done cooking, plate the quarters and portion out mix on top.

Serves 4 (Carbs are dependent on the true size of the acorn squash)

Protein 34.5g

Net Carbs 19.1g/Total Carbs 23.5g

Fat 2.8



Leftovers: Thanksgiving Meatballs

Meatballs:

- 400 grams Leftover Turkey Breast (you can work in dark meat but will need to adjust the recipe for correct macros)
- 6 grams Italian seasoning
- 120 grams green bean casserole
- 120 grams of leftover cauliflower stuffing
- 10 grams diced onion
- 4 cloves of roasted garlic

Gravy:

- 100 grams diced mushrooms
- 4 grams Worcestershire sauce
- 1 bouillon cube
- 1 cup water
- 4g red wine vinegar

Puree cooked Turkey and additional meatball ingredients. Form into balls on a baking sheet.

Bake at 350° for 30 minutes

Gravy:

- Sauté onions and garlic in lightly sprayed pan, add chopped mushrooms and sauté until mushrooms are soft
- Add Worcestershire sauce, bouillon, water and red wine vinegar and reduce by half
- When thickened, purée into gravy (adding hot water to desired thickness) and pour over meatballs

Macros per Meatball will depend on the size of your meatballs



Leftovers: Turkey “Noodle” Soup

200 grams leftover Turkey Breast , diced (you can work in dark meat but will need to adjust the recipe for correct macros)

1 can on Hearts of Palm Noodles

1 large diced carrot

2 bouillon cubes and 2 cups of water

dried parsley, oregano and basil to taste

Granulated garlic and onion to taste

Boil the water and bouillon until melted.

Add seasonings, Hearts of Palm Noodles and carrots.

Bring to a boil and add shredded turkey to heat through.



Leftovers: Roasted Winter Squash Soup

Using the leftovers from the Roasted Squash recipe, you can run it all through a Food Processor as is and make a mash

OR

Add more liquid for a soup

1000 grams roasted squash mix

100 grams Lite Coconut Milk

½ cup chicken broth

Optional:

onion

garlic cloves

Rosemary

Heat through and serve. Consider adding additional spices like ginger or white pepper for additional flavors!

