

THE NEW
LEAN

RECIPE BOOK

A **FitLife**.tv PRODUCTION

19 HEALTHY RECIPES
TO CHANGE THE WAY YOU EAT
& CHANGE THE WAY YOU LIVE



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About the Authors



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New Lean Nachos

Who doesn't LOVE nachos? Fortunately for New Lean eaters, Mexican food can easily be altered into a high-protein, fat-burning cuisine. This is one our classic go-to meals that can be prepared in less than 10 minutes.

Ingredients

- Choose flax crackers, rice crackers or lettuce wedges
- 12 ounces of white ground turkey meat
- 1 large tomato - diced
- 1 large red bell pepper – diced
- 1/2 cup green onions – minced
- 2 jalapeno peppers – minced

- 1 medium avocado – cubed
- sriracha sauce to season
- olive oil spray
- 1 teaspoon pink salt
- 1 teaspoon freshly ground black pepper

The Switch Ups

A few options for the chips:

- **Flax seed crackers:** a great, high-fiber, crunchy, nutritious and tasty snack, loaded with Omega-3 fatty acids. These are a great fat-burning food that is also high in fiber.
- **Rice crackers:** these are just as crunchy and delicious and contain no gluten for people sensitive to high-gluten foods.
- **Lettuce wedges:** The classic nacho chip is loaded with sodium and contains empty calories that add fat to your body. So, my advice is to lose the chip altogether and go with one of our favorite veggies, lettuce. Lettuce has an amazing ability to naturally curb your appetite while stabilizing your insulin and only weighs in at 10 calories per cup. Try adding a combination of **iceberg**, **green-leaf**, and **red-leaf lettuce** for added presentation and nutrition.

Go Turkey or Go Home: White meat turkey is a healthy option that contains less overall fat than fattier cuts of beef. Look to buy ground white meat turkey instead of dark meat turkey. Topping this to nachos will provide an extended

calorie-burning response during digestion due to the higher protein content.

Spice Up Your Metabolism: Out-of-the-packet spices are loaded with sodium and preservatives that will halt fat loss. So let's upgrade your spice and try one of our favorite friends on for size. He goes by the name of **Sriracha**. Sriracha is not only a healthy and delicious choice, but the sauce's heat from crushed red chilies equates to a thermogenic increase in our body, causing more calories to be burned during digestion.

Healthy Cheese Please: We love cheese just as much as the next guy, but when indulging in nachos we like to keep it light. The healthiest, fat-burning cheeses are often softer cheeses like feta, mozzarella, and goat, due to their lower fat content with higher protein amounts. But remember, don't buy the low-fat or non-fat cheeses. Cheese is essentially fat. When fat is taken away, the food is no longer digestible and can be detrimental to fat-loss efforts.

Let's get cooking

Step 1: Preheat oven to 350° Fahrenheit.

Step 2 Place 12 ounces of ground turkey in a medium frying pan coated with olive oil spray. Using a spatula,

separate turkey into smaller clumps. Add the salt and pepper and the desired amount of Sriracha to taste (about 1 tablespoon). Cook for 5 to 8 minutes or until done.

Step 3: Dice up your raw vegetables into equally sized pieces: onion, tomato, green pepper, jalapeno, and avocado. If using lettuce, chop head into chip-sized pieces.

Time Saver: *Wash all of your vegetables and dice them up while the turkey is cooking.*

Step 4: Oven should be preheated to 350° F. Line a baking sheet with aluminum foil and spray with olive oil spray. Spread the chips (if using) in a single layer on the foil. Distribute the seasoned turkey burger over the chips. (If using chips or crackers and not lettuce.) Sprinkle the cheese choice lightly on top of the chips. Bake in the oven until the cheese is melted and the chips are warm (2 to 3 minutes).

Step 5: Remove the nachos from the oven and place onto serving plates. Sprinkle the raw tomatoes, bell pepper, green onions, jalapenos on top of chips or lettuce. Add fresh diced avocado chunks to top. Add one additional pinch of salt and any fresh herbs you see fit!

ENJOY!



Mom's Meatloaf Re-Modeled

“Come on, son, the meatloaf is ready!”

This is one of our ALL-TIME favorite meals made healthy for the *New Lean*. Who can resist a good meatloaf with potatoes, corn, stuffing and all of the traditional “American” sides...? Do you know what we love more, though? *Our health! Our energy! Our vitality!*

Ingredients

- 8 ounces of ground white turkey
- 8 ounces of ground lean sirloin
- 1/2 cup organic, agave-sweetened ketchup
- 4 tablespoons of fresh lemon juice

- 1 teaspoon of mustard powder
- 1 large white onion – diced
- 1 large bell pepper (add 1 minced jalapeno for added spice, if desired)
- 2 cups of rolled organic oats
- 1 large organic brown egg
- 1 teaspoon of reduced-sodium beef broth powder
- 1 tablespoon of pink salt
- 1 teaspoon of freshly cracked black pepper

The Switch Ups

Half ground white meat turkey and half low-fat ground

sirloin: The meat doesn't have to break the bank in fat calories to still taste like Mom's. The burger should be 85/15 (protein/fat) ground beef sirloin. Sound appealing? Don't worry, your kids and family won't even notice the fat-reducing substitution.

Oats instead of bread crumbs: Oats are high in fiber and are a low-glycemic food that keeps your hunger satiated and energy levels soaring. They will easily add bulk to your loaf with a very desirable texture.

Organic, Agave-Sweetened Ketchup: To rid our bodies of the harmful effects of HFCS in store-bought ketchup, look for the organic, agave-sweetened version to control insulin levels from rising too quickly.

Quick Fact: According to a study reported in the American Journal of Clinical Nutrition, lycopene absorption is two to three times greater in cooked tomato products than raw tomatoes. “Tomatoes not only contain high levels of carotenoid antioxidants such as lycopene, but also serve as a significant source of Vitamin C, fiber and potassium in the American diet,” said Kristin Reimers, Ph.D.

Let’s Get Cooking!

Step 1 Preheat the oven to 350° Fahrenheit.

Step 2 Coat any 9” x 5” loaf pan with cooking spray.

Step 3 In a small bowl, mix ketchup, 1 tablespoon of lemon juice, and mustard powder with fork.

Step 4 Rub olive oil on the base of your glass cooking loaf pan.

Step 5 Using a large bowl, mix together ground turkey and beef with rolled oats, onion, whisked egg, beef-broth powder, 3 tablespoons of lemon juice, and about 1/3 of ketchup mixture from Step 3. Take the mixture and form it to the shape of the loaf pan and bake for 60 minutes.

Step 6 When complete, rub the top of the remaining ketchup mixture from Step 3 on the bake and let sit for 10 additional minutes.

ENJOY!

Leftovers: Use the leftover meat the next day as a sandwich or just a stand-alone with some veggies. We like asparagus or broccoli as a side.

“Lycopene Is More Bioavailable from Tomato Paste than from Fresh Tomatoes.” *The American Journal of Clinical Nutrition*. 1997. Web. 10 Mar. 2011.

<http://www.ajcn.org/content/66/1/116.short>



The New Lean Tacos

The New Lean Tacos are another healthy Mexican option remade to pack a punch of fat-fighting, high-energy nutrition to keep you on track. However, the taco shells in tacos are problematic for our fat-loss efforts as they are generally either fried or contain high amounts of starchy carbs. We've come up with a tasty solution.

Ingredients

- 6 ounces flank steak
- 1 large eggplant, peeled and cut width-wise into half-inch rings
- 1 green or red bell pepper cut lengthwise into strips
- 1 medium white onion cut into strips
- 1 jalapeno cut into circular rings

- 1/4 cup of cilantro – chopped
- 2 tablespoons of olive oil
- 1/8 teaspoon of cinnamon
- 1/4 teaspoon of cumin
- 1 tablespoon of pink salt
- 1 teaspoon of freshly ground black pepper
- 1 diced medium tomato or tomato salsa (red or green)
- 1/4 cup of feta or goat cheese
- lemon juice from 1 lemon
- 1 medium avocado or pre-made guacamole

The Switch Ups

Eggplant over Taco Shells: This is a unique take on converting taco shells into a malleable fruit that can absorb the surrounding flavors. Eggplant is spongy in texture making it perfect for housing the *New Lean* power foods.

Go with Light/White Cheese: With lighter cheese, we maintain high amounts of flavor while lowering the saturated fat content. Cheeses like feta, mozzarella, and goat also pair well with the healthy monounsaturated fats in olive oil.

Lose the Sour Cream, Grab the Guac: Sour cream contains a high amount of fat calories without much added nutrition. Swap in guacamole for its ability to decrease the amount of tryglicerides in your blood and high amount of Vitamin E.

Let's Get Cooking!

Step 1: Preheat large skillet or grill pan to medium heat.

Step 2: Take flank steak and cut diagonally across the grain into small and thin strips. Combine with all other ingredients (except for eggplant) and mix together in a large bowl.

Step 3: Use a small amount of olive oil to brush on a light coating of oil onto each side of the eggplant rings. Place rings onto skillet or grill pan for two to three minutes on each side or until soft. Salt and pepper to taste. Place rings on separate plate covering with aluminum foil.

Step 4: Place mixture of meat and other ingredients on same skillet and cook for 5 to 6 minutes, turning regularly with tongs, or until meat reaches desired doneness. (We like it medium rare.)

Step 5: Place meat and vegetable mixture on top of eggplant rings and top with fresh tomato salsa, cilantro, guacamole and cheese, and lemon juice to heart's desire.

ENJOY!



The New Lean Tuna Sandwich

The New Lean Tuna Sandwich is our rendition of the classic we ate as kids. Already a great source of protein, we have formulated several alterations to pack even more nutrition into this fiber-filled sandwich. Mom would be proud of our improvements! Total preparation time: 5 minutes.

Ingredients

- 1 can of white line-caught tuna
- 1/2 avocado cut into small cubes
- 2 tablespoons of freshly squeezed lemon juice
- 2 tablespoons of finely chopped fresh parsley
- 1/2 bell pepper – diced

- 1/4 red onion – diced
- 1 small tomato – sliced
- 1/2 teaspoon pink salt
- pinch of freshly ground black pepper
- 2 slices of whole grain or Ezekiel bread

Switch Outs

Throw out the Mayo, Grab the Avocado! Listen up, whether you like it or not, mayonnaise is not the most efficient fat for our bodies to utilize. Avocado, however, packs a substantial portion of fiber, monounsaturated fat and skin-healing Vitamin E while providing a perfect texture to hold our tuna together.

Bye, Bye White Bread. *Wonder Bread* just won't do! Ditch the white bread in favor of whole-grain bread, which packs more natural fiber to stave off hunger and aid in digestion. Make sure the first ingredient is "100% whole wheat" to ensure maximum nutrient quality. For an even healthier choice, go with Ezekiel bread. This bread allows the germ in the grain to sprout, making the bread actually a living food that is full of absorbable nutrients and is very low glycemic.

Line-Caught, Please. Line-caught white tuna canned in water is less likely to contain high amounts of mercury than tradition light tuna. The flavor and health is worth the few extra cents.

Let's Prepare!

Step 1: In a small bowl, mix tuna, avocado, lemon juice, parsley, bell pepper, red onion, salt, and pepper.

Step 2: Spread mixture on top of one slice of bread and top with desired amount of tomato.

Step 3: Top other half of sandwich and dig in.

ENJOY!



The New Lean “Happier Meal” Chicken Nuggets

As kids we used to shake in anticipation of the fast food drive through. The scent of fried grease could be smelled two blocks away and it seemed like heaven. Unfortunately, that same food still accounts for a large portion of heart disease, obesity, and death in the United States. So, we decided to hook you up with a favorite drive-through snack, redone to prevent premature aging, boost your metabolism and squash hunger.

Ingredients

- 24-ounce chicken breast cutlets
- 1 cup of coconut flour
- 2 tablespoons of coconut oil
- 3 large organic eggs – beaten
- 2 cups of Panko bread crumbs
- 1 teaspoon of cayenne pepper
- 1/4 teaspoon of paprika
- 1 teaspoon of garlic powder
- 1 teaspoon of Italian seasoning
- 1 tablespoon of pink salt

The Switch Ups

Go Free-Range Organic Current practices of chicken farming can be harmful to our bodies by increasing the incidents of antibiotics in the poultry. Since we then eat and absorb these chemicals, it is vital to buy chicken that is raised “free-range,” or chickens that were free to forage through open fields to eat seeds, grains, vegetation, worms and insects. The levels of natural Omega-3 are much greater in free-range organic chicken while also providing a unique and desirable flavor.

Get the Crunch with Panko! An easy trick to enhance the crunch and flavor of your nuggets is to go with Panko bread crumbs from Japanese-style bread. Not only are they airier

and lighter in texture, but you will save on calorie count by their easy spread-ability.

Ever Heard of Coconut Flour? Critical for baking, bleached flour is often devoid of nutrients and can cause gastrointestinal disrepair. We discovered a unique product made of one of the healthiest foods on earth – coconut. Coconut flour is gluten-free and 58% fiber, making it a perfect choice for our chicken coating.

Let's Get Cooking!

Step 1: Whisk eggs in medium-sized bowl, dip chicken cutlets in coconut flour (set aside in small bowl) and set floured chicken cutlets in beaten egg mixture.

Step 2: In a shallow bowl, combine Panko bread crumbs, paprika, garlic powder, Italian seasoning, cayenne, and pink salt. Use a spatula to combine ingredients. Gather mixture and spread evenly over a cookie sheet lined with paper towels.

Step 3: Begin heating coconut oil in a large skillet turned to medium heat.

Step 4: Remove chicken from egg mixture, allowing excess liquid to drain. Place chicken cutlets on Panko mixture,

allowing an even spread of crumbs and spices to coat both sides.

Step 5: Place chicken cutlets in heated coconut oil until they are golden and crispy (about five minutes per side). When done, allow chicken to cool and serve with a side of fresh veggies and a little Dijon mustard for flavor.

ENJOY!



The New Lean Asparagus Frittata

At the New Lean laboratories, we're no strangers to eggs. We use lots of 'em! We even get "yolked" in the gym on a daily basis! But to avoid the monotony of egg white scrambles and eggs-over-easy, we've created the ***New lean Asparagus Frittata***, which packs a healthy dose of bone-strengthening Vitamin K, folate and lots of flavor!

Ingredients

- 1 tablespoon of coconut oil

- 3/4 pound of medium asparagus (tips left on, stocks cut off) to 1/4-inch slices
- 2 tablespoons of low-sodium organic chicken broth
- 1/4 teaspoon pink salt
- 1/4 teaspoon of freshly ground black pepper
- 8 eggs
- 1/2 cup organic whole milk (or 2%)
- 3 tablespoons of crumbled feta cheese

Switch Ups

Organic Brown Eggs are a must in our kitchen. Whole eggs by themselves, per calorie, are more nutritious than almost any food. They help fight off hunger and ensure a healthy dose of essential amino acids to start off the day.

Fill up with Asparagus. Not only does asparagus protect our bones through its high level of Vitamin K, but it is also a good alternative to starches due to its crunch and high-fiber content.

Let's Get Cooking!

Step 1: Heat broiler to high.

Step 2: Heat coconut oil in a medium cast iron skillet over medium-high heat. Add asparagus pieces with chicken broth, a pinch of salt and pepper and continue to stir for three minutes, or until asparagus is crisp and tender and the

broth has mostly evaporated. Spread the asparagus evenly on the skillet.

Step 3: While asparagus is cooking in Step 2, whisk together eight eggs in a medium bowl (you can substitute for egg whites, if preferred), add the milk and the remaining salt and pepper, and whisk thoroughly until texture is frothy. When complete pour mixture into skillet.

Step 4: Evenly distribute the egg mixture in the skillet by laterally shaking the skillet. Reduce heat to low setting and add a cover to continue cooking for three minutes (eggs should start to set at the edges). Check the frittata with a spatula by lifting up one corner and tilting the skillet to run off the uncooked egg mixture to the bottom of the pan.

Step 5: Finally, place the skillet under the preheated broiler. Broil for two to three minutes, or until the edges are visibly set on the top of the frittata. (It should look puffy at this point.) Top frittata with crumbled feta cheese and allow it to melt and serve in even pieces.

ENJOY!



Debbie B's Protein Pancakes

What better way to start the weekend than with some amazing, nutrition-packed pancakes for you and the family? The smell of the pancake aroma is sure to hit home with this crowd favorite and satisfy both the tongue and the body with its healthy dose of protein and antioxidants. Thanks to Debbie B for the great suggestion!

Ingredients

- 1 tablespoon of coconut oil
- 12 organic medium brown eggs
- 2 cups of ricotta cheese
- 24 ounce extra firm fofu
- 4 cups of rolled oats

- 1/2 cup of ground flax seed
- 8 teaspoons of vanilla (We like Trader Joe brand vanilla paste.)
- 2 teaspoons of cinnamon
- 1 teaspoon of nutmeg
- 4 cups of organic blueberries

The Switch Ups

Ricotta Cheese, Please

Ricotta cheese is a high-protein cheese that is made from whey. It is also low-calorie with a host of amino acids to speed muscle recovery after a workout. It is a great filler for our pancakes with an amazing taste.

No Flour Needed – Oats! By substituting oats for flour, we gain a healthy, sustaining, fiber-filled carbohydrate that will fight hunger. Oats also contribute to cut heart disease, high blood pressure, and Type 2 Diabetes.

Flax Seed We can't eat these seeds enough. Our pancakes will have a big punch of ALA (alpha-linoleic acid), a type of Omega-3 fatty acid that improves brain function, sharpens thought and improves mood.

Let's Get Cooking!

Step 1: In a food processor, process all ingredients (except blueberries) until smooth. Next, stir in blueberries.

Step 2: Grease large frying pan or skillet with a pad of coconut oil (enough to cover the surface of the entire skillet). Allow medium heat for skillet.

Step 3: Transfer contents of food processor to a measuring cup and pour batter onto skillet into small circles (about 3” to 4” or in any desired shape).

Step 4: When small bubbles start to inflate on the sides of each pancake, ensure the bottom portion has a small crust and flip over with a flat spatula.

Step 5: Once both sides are golden brown, the pancakes are finished. Set aside on a plate with aluminum foil until the batter is used finished.

Quick Tip: These are great frozen and zapped for a quick breakfast...or even to grab one to eat on the go.

For those who find grinding flax too much trouble, substitute chia seeds.

ENJOY!



The New Lean Sweet Potato Rounds

It's easy to enjoy the taste of fries without the added artery-clogging fat and high sodium. We introduce to you *The New Lean Sweet Potato Rounds*! These rounds will not only boost your metabolism, but will provide you with softer skin due to the high stores of beta-carotene and Vitamin C. Use this as your guilt-free appetizer at your next party or pair with a healthy lean meat on the dinner table.

Ingredients

- 2 medium sweet potatoes – sliced into 1/4" thick rounds
- 1-1/2 tablespoon of coconut oil

- 1 tablespoon of cinnamon
- 2 tablespoons of raw honey (if desired)
- pink salt and freshly ground black pepper to taste

The Switch Ups

Sweet Potato. Sweet potatoes pack more potassium than a banana but are also lower-glycemic than a regular potato. This means that blood sugar will not fluctuate as much, saving inches around the waistline.

Cinnamon for Flavor and Health. This sweet spice is rich in antioxidants and also controls blood sugar. Just a small amount has been known to reduce blood sugar in Type 2 Diabetics and lower triglycerides and LDL cholesterol. It's a unique and appetizing flavor to add to the texture of the sweet potatoes.

Let's Get Cooking!

Step 1: Preheat oven to 400° Fahrenheit.

Step 2: Toss sweet potato rounds, coconut oil, cinnamon, salt, and pepper in a large casserole, making sure to spread ingredients across entire surface of casserole.

Step 3: Let ingredients bake for 20 minutes.

Step 4: If desired, at minute 17, drizzle on two tablespoons of raw honey. After two minutes of cooling, serve sweet potato rounds immediately

ENJOY!



The New Lean Mash (Mashed Cauliflower)

Imagine the same taste of mashed potatoes without the bloat and energy drain. We've substituted the high-carbohydrate potato for cauliflower, bringing you a desirable consistency without the insulin spike and guilt. This is one cruciferous vegetable that will protect against prostate cancer and satisfy your pallet.

Ingredients

- 3 tablespoons of organic, unsalted butter
- 1 tablespoon of mustard seeds

- 1 jalapeno – diced
- 2 garlic cloves – minced
- 1 tablespoon of freshly ground ginger
- 1 teaspoon turmeric
- 1 head cauliflower – cut into florets
- 2 cups of low-sodium chicken broth

The Switch Ups

Enter the Cauliflower! Cauliflower is one “white” food to which we give the A-OK! The cauliflower is full of fiber and Vitamin C to nourish the body, but also contains compounds called isothiocyanates that offer immune and cancer protection.

Go With the Indian Flavor. To add a bit more spice and even more nutritional bang, add some turmeric. When paired with cauliflower, immuno-defense is boosted even more. This combination is popular in Indian cuisine and gives our mash a distinct flavor.

Ginger Baby! Not only does ginger contain living compounds to improve your health, but it also suppresses diseases such as colon cancer.

Let’s Get Cooking!

Step 1: Preheat oven to 425° Fahrenheit.

Step 2: Combine cauliflower, garlic, and broth in a medium pot. Add water to cover if cauliflower is not completely covered. Bring to a boil, then reduce heat to simmer until cauliflower is tender, 12 to 14 minutes.

Step 3: While boiling, in a small bowl combine mustard seeds, jalapeno, ginger, turmeric and butter. Heat butter on a small skillet until liquid.

Step 4: Drain cauliflower in a colander, preserving about a cup of liquid. Transfer cauliflower mixture to food processor and process until very smooth adding mixture from Step 3. Remain processing and add saved liquid from pot. Season with salt and pepper to taste and transfer to display bowl or dishes.

ENJOY!



Almond Milk Recipe

Almond milk can be used in anything that would normally require dairy milk. Adding almond milk to your diet can lower your heart-disease risk by a third and chop your risk of Alzheimer's by two-thirds. Best of all, it tastes amazing and supplies half of your daily value of the potent antioxidant Vitamin E, known to increase memory and cognitive performance.

Ingredients

- 1 cup soaked raw almonds. (Soak in a bowl of water in the refrigerator overnight and rinse before using.)

- 3 cups water
- 1 vanilla bean, seeds removed
- 3 to 5 soft pitted dates
- Optional: Sweetener, raw honey or stevia

Let's Prepare!

Step 1: Blend the soaked almonds with water until smooth.

Step 2: Strain the mixture through a sprout bag, cheesecloth, or strainer into a large bowl. Save the almond pulp in a container and put in the refrigerator for later use.

Step 3: Put the almond milk back into the blender carafe and blend in the vanilla seeds and dates or other sweetener until smooth.

This milk will last in the refrigerator for about three to five days. Shake well before using in a protein shake, cereal, or whatever your heart desires!

ENJOY!



The New Lean Hummus

Hummus is a traditional Mediterranean food made with a variety of healthy ingredients – a combination assembled to perfection. Its key ingredients, garbanzo beans, are filled with protein, fiber, antioxidants, and flavor. Our recipe is a combination of raw ingredients we know will leave a pleasant taste in your mouth.

Ingredients

- 2 garlic cloves – minced
- 1 19-ounce can of garbanzo beans
- 4 tablespoons of freshly squeezed lemon juice
- 2 tablespoons of tahini
- 1 teaspoon pink salt

- 1 teaspoon of freshly ground black pepper
- 2 tablespoons of extra virgin olive oil

Let's Prepare!

Step 1: Pour garbanzo beans into blender or food processor, reserving about a tablespoon of beans for garnish. Place lemon juice, tahini, garlic, and salt into blender. Blend until creamy and well mixed.

Step 2: Transfer the mixture to a medium-sized serving bowl. Sprinkle with pepper and pour olive oil over the top. Garnish with reserved garbanzo beans.

ENJOY!



Homemade Salsa

We love spicy food and put it on everything. We mean EVERYTHING! There are numerous weight-loss benefits to raw food, like increased absorption rate and better digestion, to name a few. Use this topping to cover lean meats, omelettes, chips or combine with new ingredients for added flavor and antioxidant properties.

Ingredients

- 3 tomatoes – cut into cubes
- 1/4 cup of minced red onion
- 1 jalapeno pepper – seeded and minced

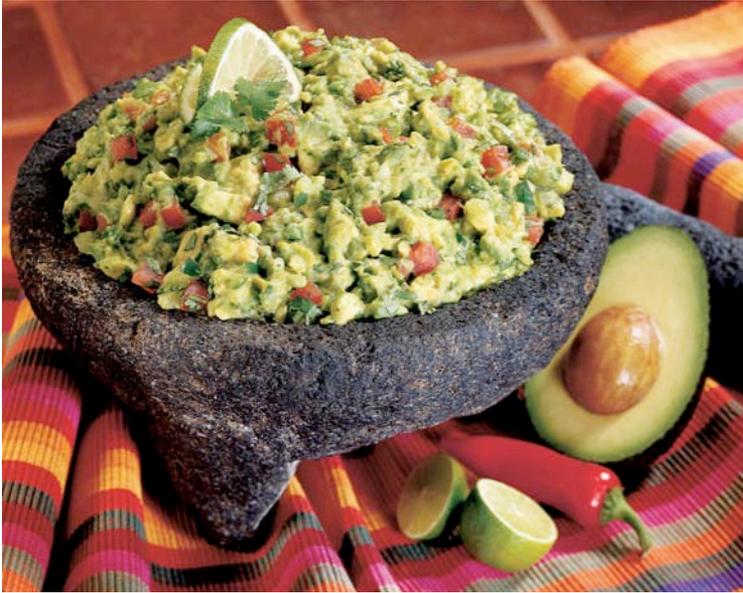
- 1 tablespoon of cider vinegar
- 1 tablespoon of minced fresh cilantro
- 1 clove garlic – minced
- 1 teaspoon of ground cumin
- 1/4 teaspoon pink salt

For a little added burn, add some habenero pepper. (Only for the risk-takers.)

Let's Prepare!

Step 1: Dice it all up, combine and toss ingredients, and you're ready to roll! Place in small serving dish or atop your favorite food.

ENJOY!



Homemade Guacamole

Who doesn't love guacamole? Guacamole is a combination of super foods with high amounts of antioxidants and flavor for every occasion. Its principle ingredient, avocado, contains monounsaturated fats to work toward fat loss, improve your cholesterol profile, and improve your skin and immune system.

Ingredients:

- 3 avocados
- 1 full-size tomato (inside water removed, or dried)
- 1/4 cup red onion – minced

- juice of 1 lime
- 1 teaspoon of cayenne pepper
- 1/2 tablespoon of extra virgin olive oil
- pink salt and freshly ground black pepper to taste

Let's Prepare!

Step 1: Mix all the ingredients together in a medium-sized bowl. Use a fork to mash avocado into desired consistency. (We like it a bit chunky.) Add lime juice for flavor and to prevent oxidation (browning).

Serve with chips, cucumber, eggplant, or your other favorite meals!

ENJOY!



Easy Greens

This was one of our go-to drinks before we started juicing. It's an amazing smoothie that surprisingly tastes great with a little pear added! The leafy greens, spinach and kale, provide a plethora of Vitamin K and folate to supercharge your health. Easy greens also contains iron to enhance your circulatory tract.

Ingredients

- 2 handfuls of spinach

- 2 leaves of kale
- 1 pear
- 2-1/2 cups of distilled water

Let's Prepare!

Step 1: Wash all of your vegetables thoroughly.

Step 2: Slice up your pear and take the seeds out. Put everything in a blender for 30 to 60 seconds depending on the power of your machine.

Step 3: Pour into a tall glass and, "Voila!"

ENJOY!



Pomegranate Juice

You've probably seen the POM juices in the store that range anywhere from \$5 to \$15. This is our version, but cheaper and more effective.

Ingredients

- 5 whole pomegranates

Let's Prepare!

Step 1: Cut the pomegranate lengthwise to reveal the seeds. Turn side over and gently beat outside with the butt of your kitchen knife to remove seeds into a medium-sized bowl. Put the seeds into your juicer or blender and discard everything else. The seeds will not make it into the final juice, but will be discarded into the pulp collector.

You will find that the seeds of five pomegranates will provide you with a small amount of juice – one cup at best, depending on the size of the pomegranate. We recommend using a blender for making pomegranate; you will get a lot more juice.

In the Blender...

Step 1: Put the seeds of all five pomegranates into the blender with half-cup of water, and let it rip. Now strain the juice with a medium mesh strainer. You can get more liquid out of the remaining pulp if you strain it through a double-layered cheese cloth.

Step 2: Pass the juice through a fine mesh strainer.

Makes about 2-1/2 cups of a healthy pomegranate juice.

ENJOY!



The New Lean Pizza Margherita

We knew we couldn't leave the cookbook without a little love from the pizza. In fact, pizza is one of our favorite foods and is a blessing from the gods! Our pizza margherita is full of fresh ingredients to ensure that a healthy dose of vitamins accompanies the flavor of this amazing pizza.

Ingredients

Pizza Dough:

- 1-1/2 cups of lukewarm water
- 1 packet of active dry yeast
- 3-1/2 cups of unbleached flour
- 1 teaspoon of fine-ground pink salt
- 1 tablespoon of extra virgin olive oil

Let's Cook the Dough!

Step 1: Lightly coat a large-size bowl with any non-stick cooking spray.

Step 2: Combine the yeast and water and let stand for five minutes until foamy.

Step 3: In the bowl of an electric mixer (with dough hook), combine 3-1/4 cups of the flour and the pink salt. While the machine is running, add the yeast mixture and olive oil. Mix just until the dough binds in a slightly sticky mass.

Step 4: Turn the dough onto a lightly floured work surface or table. Knead for five to eight minutes, adding the remaining 1/4 cup flour if necessary to prevent sticking (until smooth). Now shape into a ball and place in the prepared bowl. Cover tightly with plastic wrap. Let this mixture rise in a warm spot for one hour, or until doubled in size.

Step 5: Hit the dough down and shape into four equal balls. These can be stored for later use in the refrigerator (two to three days max).

Step 6: Grab a bit of flour in each hand, pat down balls into equal 12-inch circles.

Voila! Pizza Dough!

Now to the Final Product!

Ingredients

- 3 ounces of fresh mozzarella – cut into thin strips
- 1 medium tomato - cut into thin strips
- 1/4 cup fresh basil – cut into slivers
- 1 tablespoon of extra virgin olive oil

Let's Get Cooking!

Step 1: Preheat oven to 400° Fahrenheit.

Step 2: Use a paper towel to pat dry the mozzarella and tomatoes.

Step 3: Place tomatoes on the flattened dough, then add the basil over the top. Use mozzarella to cover the entire top portion, then evenly drizzle the olive oil on top.

Step 4: Bake in oven until cheese turns bubbly and there is a nice crisp on the top (about 8 to 11 minutes).

ENJOY!



The New Lean Roasted Halibut

Halibut is the largest flat fish and can weigh an astonishing 500 pounds! Wow! High in protein and Omega-3 fatty acids, this white fish pairs with a variety of flavors to accompany its meaty texture. *The New Lean Roasted Halibut* roasts with the aid of aluminum foil, a chef's best friend.

Ingredients

- large sheet of aluminum foil
- two 6-ounce halibut filets
- 1 cup cherry tomatoes

- 8-ounce jar of artichoke hearts
- 1/2 of medium white onion – sliced
- 1 cup of asparagus tips
- 1 quartered lemon
- 2-1/2 tablespoons of olive oil
- pink salt and freshly ground black pepper to taste

Let's Get Cooking!

Step 1: Preheat oven to 400° Fahrenheit.

Step 2: Separate two large sheets of aluminum foil and place a halibut filet in the center of each. Next, gently fold the aluminum sheets into small walled pouches. When open pouch is complete, add the cherry tomatoes, artichokes, white onion, asparagus tips, and lemons. Drizzle extra virgin olive oil on top and season with salt and pepper.

Step 3: Bake pouches in the oven for 12 to 15 minutes, or until fish is flakey when touched with a fork. Flavor with lemon upon serving.

ENJOY!



The New Lean Rocket Salad

This is a refreshing and elegant salad that everyone will love. It is so easy to make that preparation is a breeze, and it packs a solid dose of nutrition. Arugula – or “rocket” – is the star here. It contains glucosinolates, known to help eliminate toxins in the body.

Ingredients

Salad

- 4 cups of organic baby arugula
- 4 medium tomatoes – cut into wedges

- 1 medium pear – sliced
- 1 large avocado – cut into ¼-inch cubes
- 1/4 cup of red onion – sliced
- 1 tablespoon of walnut halves
- 1/4 cup of feta cheese – crumbled

Dressing

- 2 tablespoons of extra virgin olive oil
- 1 tablespoon of balsamic vinegar
- 1 clove of garlic – minced
- 1/4 teaspoon of pink salt
- 1/4 teaspoon of freshly ground black pepper

To the Salad!

Step 1: In a small bowl, whisk vinegar, garlic, salt, and pepper to prepare dressing. Add olive oil to mix slowly, making sure to aerate dressing with fork.

Step 2: Add arugula, tomatoes, pear, avocado, onion, walnuts, feta and toss gently to mix.

Step 3: Gently add walnuts and feta cheese.

ENJOY!



Muscle Built Salad

This salad combines protein-packed steak to help build muscle and rid your body of fat. It's a star in presentation, and is sure to make your mouth water. Combine these fresh ingredients to satisfy even the greatest hunger after a workout.

Ingredients

Salad

- 8-ounce flank steak
- 2 plum or cherry tomatoes – cut into wedges
- 1/4 cup of red onion – sliced
- 1 clove of garlic – minced

- 5 cups of romaine lettuce – chopped
- 4 tablespoons of balsamic vinaigrette
- 3 tablespoons of blue cheese - crumbled

Making the Dressing:

Step 1: Combine a 1/2 cup of extra virgin olive oil with a 1/4 cup red wine vinegar, 1 tablespoon of minced onion, and 1 tablespoon of Dijon mustard. Add salt pepper to taste

Making the Salad:

Step 1: Preheat grill or grill pan to medium/high heat.

Step 2 Season steak with salt and pepper and cook about five minutes per side (or to desired doneness). Remove the steak and allow to sit for three to five minutes, then cut across the grain diagonally into slices.

Step 3 In a large bowl, mix the tomatoes, onion, and garlic. Next add the lettuce, meat, and pour the vinaigrette on top. Toss with a pair of kitchen tongs and top with cheese.

ENJOY!