

# NUTRIBULLET

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## LEAN™

7-DAY TRANSFORMATION PLAN

# IMPORTANT SAFEGUARDS & CAUTIONARY INFORMATION

## FOR YOUR SAFETY, CAREFULLY READ ALL INSTRUCTIONS BEFORE OPERATING YOUR NUTRIBULLET LEAN.

### ELECTRICAL SAFETY

When using any electrical appliance, basic safety precautions should always be observed, including the following:

- Caution! To avoid risk of electric shock, never immerse the power cord, plug, or power base of blender in water or other liquids.
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock, or injury.
- This appliance has important markings on the plug blade. The attachment plug or entire cord set is not suitable for replacement. If damaged, the appliance shall be replaced

- **DO NOT USE THE NUTRIBULLET LEAN WITH ANY TYPE OF ADAPTOR OR VOLTAGE CONVERTER DEVICE. IT IS MANUFACTURED IN COMPLIANCE WITH US AND CANADIAN ELECTRICAL STANDARDS AND PLUG TYPES.**
- **USE OF ADAPTERS AND CONVERTERS IS CONSIDERED AN UNAUTHORIZED MODIFICATION OF THE NUTRIBULLET LEAN AND AS SUCH WILL VOID THE WARRANTY. USE OF THE NUTRIBULLET LEAN IN AREAS WITH DIFFERENT ELECTRICAL SPECIFICATIONS MAY RESULT IN DAMAGE TO IT.**
- **UNPLUG THE NUTRIBULLET LEAN WHEN IT IS NOT IN USE. MAKE SURE THE POWER BASE IS UNPLUGGED BEFORE ASSEMBLING, DISASSEMBLING, ADDING ADDITIONAL PARTS, OR CLEANING.**

- Do not pull, twist, or damage the power cord.
- Do not allow the power cord to hang over the side of the counter or table.
- Do not allow the power cord to touch hot surfaces, including stove.
- Periodically inspect the power cord and plug for signs of damage. Never operate any appliance with a damaged power cord or plug. If the NutriBullet LEAN malfunctions or is dropped, or damaged in any manner, discontinue use and contact Customer Service for further assistance.
- At all times, avoid contact with moving parts.
- Keep hands and utensils away from the cutting blade while chopping or blending food to reduce the risk of severe personal injury or damage to the

device. A scraper may be used, but only when the blender/food chopper is not running and the NutriBullet LEAN is unplugged.

- **NEVER LEAVE THE NUTRIBULLET LEAN UNATTENDED WHILE IT IS IN USE.**
- **CLOSE SUPERVISION IS NECESSARY WHEN USED BY OR NEAR CHILDREN.**
- To prevent overheating, never allow the motor to run for more than **one minute** at a time, as it can cause permanent damage to the motor. If the motor stops working, **unplug the Power Base and let it cool for an hour** before attempting to use it again. Your NUTRIBULLET LEAN has an internal thermal breaker that shuts off the unit when it overheats. The Power Base will reset when the unit is unplugged and the thermal breaker cools down.
- To reduce the risk of injury and leakage, make sure the blade base is securely screwed onto the cup before placing it on the Power Base and operating the NutriBullet LEAN.
- Do not use NutriBullet LEAN outdoors. Do not allow the NutriBullet LEAN to be exposed to inclement weather elements such as rain or other wet conditions.
- **BLADES ARE SHARP. HANDLE CAREFULLY.**
- **NEVER INSERT THE BLADE INTO THE POWER BASE WITHOUT FIRST ATTACHING THE CUP.**
- Check gasket to make sure it is completely seated in the cross blade before each use.
- The NutriBullet LEAN is not intended for use in microwave ovens. Do not place the NutriBullet LEAN cups, power base or any accessories in a microwave as this may result in damage to its various parts.
- To reduce the risk of personal injury or damage to the device, keep hands and utensils away from the cutting blade.
- Never blend carbonated beverages. Built-up pressure from released gases can cause the sealed cup to burst, resulting in possible injury.
- **Do not put hot liquids in any of the blending vessels before blending. Start with cool or room temperature ingredients. Heated ingredients can create internal pressure in a sealed blending vessel, which may erupt on opening and cause thermal injury.**
- **CAUTION! Friction from the rotating blade can cause ingredients to heat and generate internal pressure in the sealed vessel. Do not continuously operate for more than one minute. If the vessel is warm to touch, allow it to cool before carefully opening it pointed away from your body.**
- **Never permit any blended mixture to sit inside a sealed vessel without first releasing internal pressure.**

- **Do not allow blended mixtures to sit for long periods of time in a sealed container. The sugars in the fruit and vegetables can ferment, creating gas and causing pressure to build up and expand in the vessel which can cause ingredients to burst and spray out when moved or opened.**
- Never use the NutriBullet LEAN to blend ingredients without adding liquid in as doing so may damage the blade.
- The cyclonic action of your NutriBullet LEAN requires the use of liquids to make NutriBlasts and other nutritious beverages. The NutriBullet LEAN is not intended to be used as an ice crusher, and not without liquids. To make a delicious cold NutriBlast, we suggest that you use frozen fruit and chilled liquids. Alternatively, you may add crushed ice, up to 25% of the total cup volume, with water or other liquid filled up to the “MAX” line. Do not crush ice or other hard items without liquid, as such prolonged use over time may dull or damage the blades. Always inspect your blades before each use.
- To stop the motor, twist the cup to release it from the lock mode, and at the same time, press the cup/blade assembly down and wait for the motor to power down completely.
- Never remove the cup and blade assembly from the power base until the motor comes to a complete stop. Removing the cup/blade assembly while the power base is still running may cause damage to the blade coupling or motor gear.

### WARNING: VENTILATION CAUTION

- **Always operate the NutriBullet LEAN on a level surface, leaving unobstructed space beneath and around the power base to permit proper air circulation. Slots and openings on the bottom of the NutriBullet LEAN are provided for ventilation to ensure reliable motor operation and to prevent over-heating. Warning: To prevent fire hazard, power base openings should be free of dust or lint and never obstructed with flammable materials such as newspapers, tablecloths, napkins, dish towels, or place mats.**

**SAVE THESE INSTRUCTIONS  
FOR HOUSEHOLD USE ONLY**

### WARNING!

- **IF YOU ARE TAKING ANY MEDICATION, ESPECIALLY CHOLESTEROL-LOWERING MEDICATION, BLOOD THINNERS, BLOOD PRESSURE DRUGS, TRANQUILIZERS, OR ANTIDEPRESSANTS, PLEASE CHECK WITH YOUR DOCTOR BEFORE CONSUMING ANY OF THE NUTRIBLAST RECIPES.**
- **THE FOLLOWING LIST OF SEEDS AND PITS CONTAIN CHEMICALS THAT RELEASE CYANIDE INTO THE BODY WHEN INGESTED. DO NOT USE THE FOLLOWING SEEDS AND PITS IN THE NUTRIBULLET LEAN: APPLE SEEDS, APRICOT SEEDS, CHERRY PITS, PLUM PITS, AND PEACH PITS.**

### CLEANING SAFEGUARDS

- **RINSE BLADES (AND CUPS) IMMEDIATELY AFTER USE TO PREVENT DEBRIS FROM DRYING AND STICKING TO VESSELS — IF NECESSARY, USE A DISH BRUSH TO LOOSEN ANY DEBRIS.**
- **HAND WASH ONLY WITH MILD DISH SOAP AND WARM WATER (NOT HOT).**
- **DRY IMMEDIATELY.**
- **FOR TOUGH DEBRIS, FILL THE CUP ½ FULL WITH WARM (NOT HOT), MILD SOAPY WATER. THEN, SIMPLY TWIST ON THE BLADE, POP IT ON THE BASE AND GIVE IT A RUN FOR 30-45 SECONDS. FOLLOW UP WITH A QUICK BRUSH.**
- **DO NOT PUT THE BLADES IN THE DISHWASHER AS ELEVATED TEMPERATURES CAN DAMAGE GASKETS. SIMPLY HAND WASH WITH WARM, MILD SOAPY WATER.**
- **THE NUTRIBULLET LEAN CUPS CAN BE WASHED ON THE TOP RACK OF THE DISHWASHER USING THE NORMAL (NOT SANITIZE) CYCLE. THE NUTRIBULLET LEAN CUPS AND BLADES SHOULD NOT BE IMMERSED IN BOILING WATER FOR ANY REASON AS THIS WILL WARP THE PLASTIC AND DAMAGE THE GASKET.**
- **WHEN WASHING BLADES, DO NOT ATTEMPT TO REMOVE THE GASKET RING. SIMPLY HAND WASH THE BLADES IN WARM, MILD SOAPY WATER. ATTEMPTED REMOVAL OF THE GASKET MAY PERMANENTLY DAMAGE THE BLADE CONFIGURATION AND CAUSE LEAKAGE.**

# CLEANING THE NUTRIBULLET LEAN

Everyone hates cleaning up, which is just one more reason the NutriBullet LEAN is such a wonderful time saver.

## WARNING:

- ALWAYS UNPLUG THE NUTRIBULLET LEAN WHEN CLEANING OR ASSEMBLING.

Cleaning the NutriBullet LEAN is so easy... simply place any of the pieces (except for the power base) on the top shelf of the dishwasher or hand wash with warm soapy water and rinse.

## WARNING:

DO NOT WASH THE BLADES IN THE DISHWASHER. THE NUTRIBULLET LEAN CUPS CAN BE WASHED IN THE DISHWASHER BUT ONLY ON THE TOP RACK USING THE NORMAL (NOT SANITIZE) CYCLE. THE NUTRIBULLET LEAN CUPS AND BLADES SHOULD NOT BE IMMERSSED IN BOILING WATER FOR ANY REASON AS THIS WILL WARP THE PLASTIC AND DAMAGE THE GASKETS.

## STUBBORN CLEANUP

If ingredients dry inside the NutriBullet LEAN, make your cleanup a snap by filling the cup about  $\frac{2}{3}$  full with warm soapy water and screw on the Extractor Blade. Place the cup assembly on the NutriBullet LEAN, power base for about 20-30 seconds. This will loosen the stuck ingredients, and with a light scrub, you'll be all done.

## CLEANING THE NUTRIBULLET LEAN POWER BASE

For the most part the power base doesn't really get dirty, but if you neglect to twist the blade on to the cup tightly, liquids can leak out and get into the base and activator buttons.

Here's how to clean it up.

**Step 1:** The most important thing is to UNPLUG the power base before cleaning!

**Step 2:** Make sure the blade is not attached to the power base.

**Step 3:** Use a damp rag to wipe down the inside and outside of the Power Base.

- NEVER SUBMERGE THE POWER BASE IN WATER OR PLACE IT IN THE DISHWASHER.
- Never put your hands or utensils near the moving blade and never use your hands or utensils to press the activator buttons down while the power base is plugged in.

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

- THE NUTRIBULLET LEAN HAS A POLARIZED PLUG (ONE PRONG IS WIDER THAN THE OTHER) TO REDUCE THE RISK OF ELECTRIC SHOCK. THIS PLUG WILL CORRECTLY FIT IN A POLARIZED OUTLET ONLY ONE WAY. IF THE PLUG DOES NOT FIT FULLY IN THE OUTLET, REVERSE THE PLUG. IF IT STILL DOES NOT FIT, CONTACT A QUALIFIED ELECTRICIAN. DO NOT MODIFY THE PLUG IN ANY WAY.

TASK	ITEM	CUP TYPE	TECHNIQUE	TIME	WEIGHT
Blending	Smoothies, soups, vegetables, fruits, nuts	MacroBlast Cup	MacroBlast Mode	1 minute	9-81g
Chopping	Tomatoes, olives, salsa	Short Cup	MacroBlast Mode	Remove cup after 4-5 seconds	90g
Grinding	Grain	MacroBlast Cup	Classic Mode	30 seconds or 20-30 seconds	800g
Ice Crushing	Ice	Short Cup	MacroBlast Mode	Remove cup after 4-5 seconds	108g

**NUTRIBULLET**  
LEAN™

**7-DAY**  
**TRANSFORMATION PLAN**

NUTRIBULLET, LLC

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# 12 INTRODUCTION

We often say food is fuel, which is true, but the function of food is more nuanced than that. On a deeper level, food is information for your body; it's like a computer code that your body uses to direct its endless stream of functions. The information your body receives from food depends on the code contained within—its nutritional content—which is why it's so important to eat the right foods, in the right amounts to ensure your body gets what it needs to work optimally.

When it comes to weight loss, eating processed food, junk food or even healthy foods in the wrong proportions tells your body to store fat. On the other hand, eating the right foods in exactly the right amounts tells your body it's safe to let go of excess fat. **NutriBullet LEAN System** combines everyday foods in a manner that delivers the latter “weight loss code” in every meal and snack.

The key to this “weight loss code” is balance, which comes in the form of macronutrients: protein, carbohydrates, and fats. When we don't get enough protein, we feel hungry. When we eat too many carbs, our blood sugar spikes, which triggers an onslaught of cravings. Not enough fat, and we don't receive sustained energy, leading us to quick fixes like sugar and coffee to keep us going.

**NutriBullet LEAN System** avoids these common pitfalls by making it super simple and easy to prepare food that delivers the “weight loss code”—the proper balance of protein, carbs, and fats—to your body. How? The code is on the cup! Simply stack your ingredients—greens, fruits, proteins and fats—right up to the designated lines on the cup to make a delicious, portable, drinkable meal that informs your body to shed fat, not store it. We call these drinks MacroBlasts because they

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contain the precise amount of the essential macronutrients you need to keep your body energized while it sheds excess weight.

In addition to MacroBlasts, the LEAN plan also includes delicious “code-friendly” solid meals. Every Portion Perfect meal you create—Turkey Chili, Mediterranean Chicken or Herbed Salmon, to name a few—contains the specific weight loss code you need to achieve your goals.

Each 7-Day NutriBullet LEAN Cycle lays out exactly what, and how much you should eat at every meal. The plan also comes with recipes, planning tools and shopping lists that make it super easy to stay “on code” to get the body you’ve always wanted. You can also download the NutriBullet LEAN app to receive these tools digitally.

It’s up to you to decide how many 7-Day Cycles you need to repeat to achieve your goals, but when you see how quickly your body responds to the plan and how great you feel, you’ll never want to stop eating the LEAN way! Simply follow the plan, and you’ll be looking and feeling better than you ever thought possible.

LET’S GET STARTED!

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# WHAT YOU GET



## 1 NUTRIBULLET LEAN POWER BASE

NutriBullet LEAN uses 1200 Watts of pure extraction power and distinctive *MacroBlast Mode* technology to transform ordinary foods into extraordinary nutrition—extracting whole fruits, vegetables, nuts, seeds, and other superfoods into silky-smooth drinkable form.



## 1 EXTRACTOR BLADE

This powerful blade twists easily onto your NutriBullet LEAN cups to break down, pulverize, and emulsify contents.



## 2 STAY-FRESH RESEALABLE LIDS

Make your MacroBlast now and drink it later with these tight-sealing lids. They're also great for storing and transporting MacroBlasts, One-Pot Meals, and snacks in any NutriBullet LEAN cup.



## 1 COMFORT LIP RING

Attach this lip ring for comfortable, easy sipping.



## 1 FLIP-TOP TO-GO LID

Whether enjoying breakfast on the go or fueling mid-workout, take your MacroBlast on the run with this travel-friendly lid.



## 1 NUTRIBULLET LEAN 7-DAY TRANSFORMATION PLAN

Learn how to eat exactly the right foods, in the right portions at the right times. This program also includes instructions on how to operate your NutriBullet LEAN to make perfect, delicious MacroBlasts and Portion Perfect Meals. Plus, you'll find the recipes, shopping lists, tips, and tricks you need to become the leanest, healthiest you possible!

## THE PORTION PERFECT SET

How much you eat is just as important as what you eat. In our super-sized culture, we've been conditioned to overestimate the amount of food our bodies actually need to feel satisfied and energized. That's why the **NutriBullet LEAN System** comes with a full set of tools designed to help you feed your body the appropriate amount of healthful, nourishing foods—no measuring, weighing, or counting required! **The Portion Perfect Set includes the following pieces:**



### 2 MEASURED 32-OZ MACROBLAST CUPS

Let these cups serve as your ultimate MacroBlast-building guides. Starting from the bottom, the cup shows you how to perfectly MacroStack ingredients for optimal nutritional content.



### 1 MEASURED SHORT CUP

The program's One-Pot Meals are meant to make multiple servings so you can prep them ahead of time and have quick access to a delicious, nourishing meal on-the-go. Use the Measured Short Cup to scoop out the perfect-sized portion from your big One-Pot Meal batch, and save the rest for later. The Short Cup is also great for smaller snack-sized Blasts, salad dressings, sauté sauces and dips.



### 1 HEALTHY FATS MEASURING SPOON

Healthy fats are hugely important components of your MacroBlasts and Portion Perfect Meals. Use this spoon to measure out the right amount of oils, nuts, nut butters, and seeds for your NutriBullet LEAN MacroBlasts and meals.



### 1 BOOSTS & FREEBIES MEASURING SPOON

Boosts and freebies add flavor and exceptional nutrients to MacroBlasts and Portion Perfect meals alike! Use for ingredients like spices, herbs, and superfood powders.

*Leafy Greens + Non Starchy Veggies*

*Grains + Starchy Veggies*



*Protein*

### 1 PORTION PERFECT PLATE DIVIDER

This re-usable divider takes the guesswork out of serving sizes. Simply fill each section with the appropriate foods, then lift it up to reveal a perfectly portioned plate. The smallest section holds gluten-free grains or starchy vegetables, the other oval comfortably fits 3-5 ounces of lean protein (e.g.: one grilled or baked chicken breast, fish file, tempeh, or beans). And you guessed it: the largest section should be filled to the brim with leafy greens and non-starchy vegetables! Top it off with 1-2 spoonfuls of healthy fat such as a salad dressing, avocado, or a sprinkle of seeds. Refer to the chart on page 38 for specific instructions.



### 1 NUTRIBULLET LEAN BOOST WITH SCOOP

The *NutriBullet LEAN system* includes our NutriBullet LEAN Boost — a premium blend of protein, fiber, and prebiotics designed to optimize your weight loss potential. This flavorful formula features ingredients that naturally promote satiety, regularity, and optimum metabolic function.

## SUPPORT TOOLS

In addition to the aforementioned accessories, NutriBullet LEAN also offers digital tools to facilitate your success on the **7-Day Transformation Plan**.



### NUTRIBULLET LEAN APP

NutriBullet is excited to introduce the NutriBullet LEAN app! Free to all NutriBullet LEAN owners, this amazing program lets you plan your MacroBlasts and Portion Perfect meals, receive custom grocery lists based on your selections, track your activity levels, record your weight loss progress, and more, all from your tablet or smartphone.



### 24/7 ACCESS TO NUTRILIVING.COM

Visit [NutriLiving.com](http://NutriLiving.com) for 24/7 access to recipes and articles that will help you on your LEAN journey. Plus, access the Question and Answer forum where you can post specific questions for our NutriBullet LEAN nutrition staff and get the answers that you need!

## THE NUTRIBULLET LEAN SECRET: MACROBLASTS WITH MACROSTACKING

NutriBullet LEAN has **Classic NutriBlast Mode** that extracts your favorite ingredients to the silky-smooth consistency you've come to expect. Use this mode to make dips, sauté sauces and purées. With a whopping 1200 Watts of power, NutriBullet LEAN also has **MacroBlast Mode**, an all-new, unique feature using a *varied* extraction pattern called **Precision Nutrient Extraction**—three short pulses and two regular pulses followed by one long extraction period—that allows for hands-free extraction and maximizes the bioaccessibility of your ingredients.

**MacroStacking** is the process of building your MacroBlast. Your MacroBlast Cups are marked with notches that indicate the precise amount of a certain type of ingredient to add, and the order in which to add it. Simply follow this guide on the cup to MacroStack, then extract your ingredients to create a nutrient-rich MacroBlast—the portable, drinkable meal perfectly balanced to fill, nourish, and program your body to shed extra pounds.

### TO ACTIVATE CLASSIC NUTRIBLAST MODE:



**A.** Add ingredients into your LEAN Cup and fill with liquid up to the MAX line.

**B.** Twist the Extractor Blade onto your LEAN Cup and gently tighten to make sure the vessel is sealed.



**C.** Plug the Power Base into an electrical outlet. Place the blade and cup assembly blade-side-down onto the Power Base, lining up the activator tabs with their corresponding openings.

**D.** Push the cup and blade assembly down, pressing Activator tabs onto the Activator Buttons. Once the machine is running, gently rotate the cup and blade attachment to lock the unit into place. The G Button on the front of the unit will glow GREEN when extraction begins. The Power Base will automatically stop running when your NutriBlast is fully extracted.

### TO ACTIVATE MACROBLAST MODE:



**A.** Follow the Classic NutriBlast Mode directions.

**B.** Within the first five seconds of extraction—this function **will not work** after that—press the G Button on the front of the unit so it changes from GREEN to BLUE. This will activate MacroBlast Mode — a pre-programmed cycle that extracts at first in short pulses, then one longer extraction period before automatically powering off.

*Do not run multiple extraction cycles without allowing the unit to cool down for at least one minute between cycles.*

# TRICKS & TERMINOLOGY OF THE PROGRAM

The **NutriBullet LEAN System** is based on the concept that eating appropriate portions of nutritionally superior foods will nourish and energize you for optimum weight loss. Both the timing and the content of meals and snacks included in this plan have been arranged to keep you satisfied and satiated while skimming away the unnecessary calories and/or chemicals we often mindlessly eat on a daily basis—things that sabotage our weight loss potential as well as our overall health.

*As you begin your first 7-days, there are a few terms that pop up repeatedly throughout the plan that will be useful for you to know.*

## MACRONUTRIENT

Macronutrient is a term that refers to the three basic food groups—protein, carbohydrates, and fats. When adjusting your diet to lose weight, it is extremely important to make sure your body receives the correct balance of all three macronutrients.

*Here's a little more about each macronutrient, and how they relate to weight loss:*

### PROTEIN

Protein contributes to the growth, repair, and maintenance of lean muscle mass in the body, making it a very important nutrient to include in a weight loss regimen for a number of reasons. First, it helps maintain lean body mass (LBM) during weight loss. Ensuring you eat enough protein will help you preserve lean mass while you shed unwanted fat. Second, lean protein supports fat loss by promoting feelings of satiety (fullness). Including lean protein in every meal and snack you eat will help you feel fuller, for longer without adding too

many calories. Eating protein along with carbohydrates also reduces blood sugar spikes that signal the body to store excess fat. Finally, it takes more energy for your body to digest and metabolize protein than it does fats or carbs, giving you a little boost in the calorie-burning department.

## CARBOHYDRATES

*Carbohydrate* is often considered a dirty word in the weight loss world, but carbohydrates can provide important sustenance and nutritional value to any diet. The trick is choosing the *right* carbs.

Most carbohydrates can be broken down into two categories: **fast** and **slow**. **Fast carbs** are low in fiber and often contain added sugar. Because they are so simple in their chemistry, the body digests them quickly, which releases lots of sugar (aka glucose) into the bloodstream at once and causes spikes in insulin—the hormone secreted by the pancreas to help the body utilize blood glucose for energy. Over time, a diet heavy in “fast” carbohydrates can overexert the pancreas and contribute to chronically high levels of insulin in the bloodstream. This can result in a host of health problems, including diabetes.

From a weight-loss standpoint, chronically high insulin can both inhibit the breakdown of fat tissue (aka fat loss), and cause the body to store more fat. Regulating this hormone through proper dietary choices plays a key role in effective weight loss.

**Slow carbs**, on the other hand, are high in fiber—an indigestible carbohydrate that helps to regulate the release of sugar into the bloodstream. When glucose enters the blood stream gradually it

provides the body with a sustainable, long-term source of energy. Slow carbs assist with weight loss by keeping your energy stable throughout the day—reducing blood sugar crashes that trigger unhealthy craving, and fueling your body with enough energy to stay active through workouts, daily activities, and beyond.

## FAT

Fat is the most nutritionally dense macronutrient, meaning it provides the most energy (measured in calories) in the least amount of food. This may sound like a bad thing, but in fact, healthy fat can be a powerful ally in your weight loss efforts. When fat enters the small intestine, it triggers the release of a hormone called cholecystokinin (CCK), which is responsible for the digestion of fats and proteins. When released, CCK signals your brain that you are full.

Additionally, certain healthy fats—especially omega-3 fatty acids found in flax seed, walnuts, and fish—can help reduce inflammation in the body. Inflammation has been shown to contribute to insulin resistance—a condition that can lead to a number of health problems including weight gain and diabetes. Obesity itself often causes chronic inflammation in the body, so including foods that reduce inflammation in the diet is very important for overall health and wellness.



## MACROBLAST

A MacroBlast is the unique nutrient-extracted beverage made in NutriBullet LEAN. It gets its name from the term macronutrient, which describes the three basic food groups—protein, carbohydrates, and fats.

MacroBlasts are designed to include the precise amount of protein, carbs and healthy fats that inform your body to let go of fat, not store it. The **NutriBullet LEAN System** comes with two special MacroBlast cups that clearly and simply indicate the amount of each type of ingredient to add.

## MACROSTACKING

MacroStacking refers to the process of building your MacroBlast. The MacroBlast cups included in the **NutriBullet LEAN System** are marked with notches that indicate how much of each ingredient to add. Scoops and spoons are included as well to measure ingredients that call for smaller portions. The ingredients written on the MacroBlast cups include:

1. Leafy greens
2. Fruit + starchy vegetables
3. Protein + fats
4. Freebies + boosts
5. Liquid (to the MAX line)

## PORTION PERFECT PLATE DIVIDER

Use the Portion Perfect Plate Divide to effortlessly measure out the precise amount of macronutrients you need for a balanced, code-friendly meal.

## NUTRIBULLET LEAN BOOST

For each MacroBlast to be properly balanced for optimum weight loss, it needs to contain the right amount of protein. We've created the LEAN Boost as a convenient, effective way to add that necessary protein boost. Just one scoop gives you the perfect amount of high quality, plant-based protein to balance out your MacroBlast.

Plus, this flavorful formula helps to optimize your weight loss potential in two additional ways!

First, Lean Boost has a proprietary blend of powerful, natural metabolism boosters to optimize fat burning. You'll taste that spicy metabolism boosting kick in every scoop.

Second, the LEAN Boost also includes fiber and prebiotics that support healthy digestion and regularity. These ingredients help to encourage elimination and reduce overall bloating.

## BOOSTS AND FREEBIES

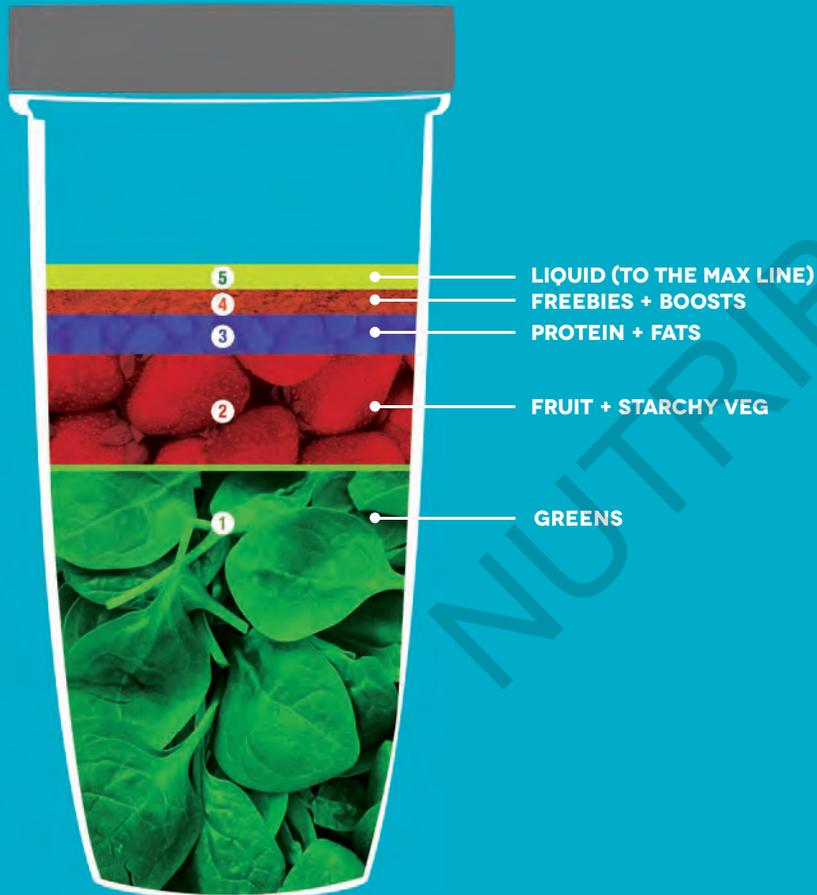
In every MacroBlast and Portion Perfect recipe, you will have the option of adding “boosts and freebies.” This ingredient category refers to any spice, herb, or specialty superfood that adds flavor and nutritional benefits with little to no caloric value. Examples include cinnamon, turmeric, cayenne, mint, parsley, cilantro, lemon/lime juice, maca powder, spirulina, and chlorella, to name a few. Feel free to include as many or few as you would like as you continue on your **NutriBullet LEAN 7-Day Transformation Plan**.



# HOW TO BUILD THE PERFECT MACROBLAST

*The code is right on the cup!*

Simply stack your ingredients—greens, fruits, proteins, fats, and boosts—right up to the designated lines on the cup, add liquid and in seconds you'll have a delicious, portable, drinkable meal that is going to inform your body to shed fat, not store it. We call these drinks MacroBlasts because they have the **PRECISE** amount of the essential macronutrients you need to keep your body in balance.



## 5. LIQUID: Fill to the max line!

- Unsweetened almond, coconut or hemp milk
- Water
- Other non-dairy alternative
- Green or herbal tea (brewed and chilled)
- 100% cold-pressed greens juice (no fruit)

## 4. BOOSTS/FREEBIES: Use your small orange spoon! (pick 1-3)

- Basil
- Cilantro
- Mint
- Parsley
- Turmeric
- Ginger
- Lemon Juice
- Dash Of Cinnamon

## 3. PROTEIN & HEALTHY FATS:

### Use in EVERY BLAST:

- **NutriBullet LEAN Boost** or equivalent plant-based protein powder (see pg. 173 for tips on choosing an alternative)

### Use your large blue spoon! (pick 2)

- Avocado
- Chia Seeds
- Flax Seeds
- Hemp Seeds
- Almond Butter
- Walnut Butter
- Cashew Butter
- Sunflower Butter
- Coconut Oil
- Raw cacao nibs
- Nuts/Seeds (1 only):  
10 almonds, 8 walnut halves, 8 cashews, 10 pecan halves, 20 pistachios, pumpkin seeds, sunflower seeds

## 2. FRUIT/STARCHY VEGGIES: Fill to the red line!

- Apple (limit to ½ per day)
- Beet
- Blackberries
- Blueberries
- Cherries
- Grapefruit
- Orange
- Peach
- Pear (limit to ½ per day)
- Plum
- Pomegranate seeds
- Puréed Pumpkin
- Raspberries
- Strawberries
- Sweet potato (cooked)
- Tomato

## 1. RAW GREENS/NON-STARCHY VEGGIES: Fill to the greens line!

- Bell Peppers (red, green, yellow)
- Bok Choy
- Broccoli
- Carrot
- Cauliflower
- Celery
- Cucumber
- Kale
- Romaine Lettuce
- Spinach
- Swiss Chard

# THE 7-DAY TRANSFORMATION PLAN

## GENERAL PLAN OUTLINE

**ON RISING:** Warm lemon water, tea (black, green, herbal), or plain or organic black coffee

**BREAKFAST:** *within 1-2 hours of waking*  
MacroBlast with NutriBullet LEAN Boost

**LUNCH:** *4-6 hours after breakfast*  
MacroBlast with NutriBullet LEAN Boost

**DINNER:** *4-6 hours after lunch*  
Portion Perfect Plate or One-Pot Meal

**OPTIONAL:**  
1-2 snacks/day  
(Between meals if needed only)

can switch

Stop eating at least 3 hours before bed  
(and no, this doesn't mean you can go to bed later)

Download the **NutriBullet LEAN app** to help you easily plan a week's worth of meals with a customized grocery list, meal and snack alerts, goal tracking, and more.

Dashboard

My Plan

Shopping List

More



### ELIMINATE

*the following foods during each 7-day cycle:*

- Gluten
- Dairy
- Added sugar & artificial sweeteners
- Alcohol
- Soda
- Fast food
- Processed, packaged foods

### LIMIT

*the following foods during each 7-day cycle:*

- Caffeine  
(black coffee & tea only, no dairy)
- Apples & pears
- Eggs

### INCLUDE

*the following foods during each 7-day cycle:*

- Veggies  
(leafy greens & low starch vegetables)
- Lean meats & fish
- Nuts & seeds
- Slow carbs  
(quinoa, brown rice, legumes, sweet potato)
- Low sugar fruit  
(berries)



## BREAKFAST

*within 1-2 hours of waking*

## & LUNCH

*4-6 hours after breakfast*

## MACROBLAST

**with NutriBullet LEAN Boost\***

Follow the chart on page 31 to build custom Breakfast & Lunch MacroBlasts.

Simply MacroStack ingredients from each category (feel free to mix and match) in the amounts indicated on the cup and top off with NutriBullet LEAN Boost. If you'd prefer some guidance when building your MacroBlast, check out our **Breakfast & Lunch MacroBlast Recipes** on page 54.

### **\*NUTRIBULLET LEAN BOOST**

*Add a scoop of this unique formula to every MacroBlast you make during the plan. This special mixture has been formulated to provide the exact amount of protein you need to optimize weight loss, increase satiety, promote regularity, balance blood sugar, and lift your energy—all of which have been shown to increase your weight loss potential.*

# DINNER

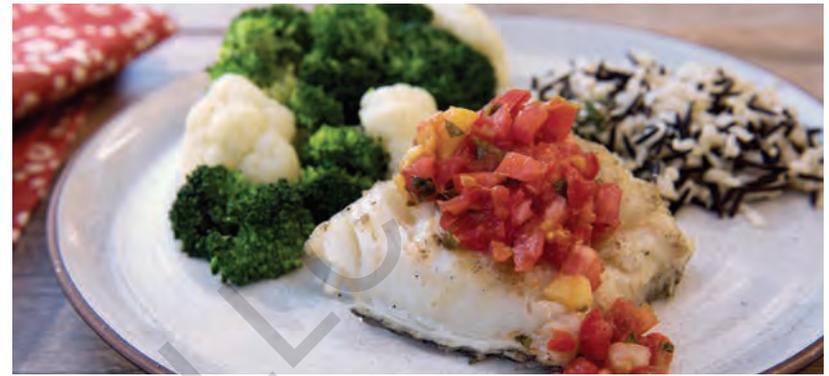
4-6 hours after lunch

Whether you've prepared your One-Pot Meal during the Sunday set-up (pg. 46), or you're cooking something fresh tonight, make dinner simple with the Short Cup and Portion Perfect Plate Divider.



## ONE-POT MEAL

These dinner bowls combine vegetables, whole grains, beans, and proteins to make super-satisfying meals. **Check out the recipes on page 60** for some great ideas, or use them as inspiration to concoct your own. Each recipe makes multiple servings, so be sure to measure out the proper portion size using the Short Cup.



## OR PORTION PERFECT PLATE

The Portion Perfect Plate Divider makes eating well a no-brainer. Simply place the divider on a standard 8-inch plate and fill each pod with the designated food. Use your large blue spoon to add a dash or drizzle of healthy fat, then lift the divider to reveal your perfectly portioned plate. Bon appetit!



GRAINS +  
STARCHY VEGGIES  
(½ CUP)

PROTEIN (3-5oz)

GREENS +  
NON STARCHY  
VEGGIES (UNLIMITED)

1-2 SCOOPS  
HEALTHY FAT



For combo plate suggestions, check out the **sample Portion Perfect Plate recipes on page 80**.

## FILL EACH SECTION OF THE PLATE WITH THE FOLLOWING:

### FREEBIES: Use your small orange spoon! (pick 1-2)

- Apple cider, red or white wine, or rice vinegar
- Chopped fresh herbs  
*(cilantro, mint, basil, parsley)*
- Dulse flakes  
*(or other seaweed flavoring)*
- Nutritional yeast\*\*
- Fresh garlic
- Dried herbs & spices  
*(oregano, thyme, rosemary, cinnamon, turmeric, etc.)*
- Homemade salsa

### GREENS & NON-STARCHY VEGGIES:

Use the largest veggie pod on the Portion Perfect Plate Divider!

- Artichoke hearts
- Broccoli
- Cauliflower
- Brussels sprouts
- Mushrooms
- Carrots
- Eggplant
- Asparagus
- Bell peppers
- Cabbage
- Celery
- Fermented veggies including kimchi and sauerkraut
- Green beans
- Leafy greens of choice
- Squash
- Zucchini
- Tomatoes

*Try these raw, steamed, roasted, baked, grilled, or lightly sautéed*

### PROTEIN: Use the protein pod on the Portion Perfect Plate Divider

- Organic chicken breast
- Lean organic turkey (>90% lean)
- Wild Alaskan salmon
- Rainbow trout
- Halibut
- Atlantic Mackerel
- Herring
- Pollock
- Sole
- Sardines
- Anchovies
- Mussels
- Tempeh (gluten-free)\*\*

*Try these grilled, poached, steamed, baked, or pan-seared; never fried.*

### HEALTHY FATS: Use your large blue spoon! (pick 1-2)

- Avocado
- Extra virgin olive oil
- Sliced olives
- Cold-pressed coconut oil
- Nut or seed butter\*\* (almond, walnut, cashew, sunflower)
- Nuts\*\* (walnuts, cashews, almonds, pecans)
- Super Seeds\*\* (hemp, flax, chia, sunflower, sesame, pumpkin)

### GRAINS & STARCHY VEGGIES:

Use the smallest grains pod on the Portion Perfect Plate Divider!

- Acorn squash
- Sweet potato
- Pumpkin
- Quinoa\*\*
- Amaranth\*\*
- Buckwheat
- Brown/red/black/wild rice
- Millet
- Brown rice noodles
- Quinoa noodles
- Legumes\*\*  
*(beans, peas, and lentils)*
- Homemade hummus\*\*

*\*\*Also considered a vegan source of protein*

# OPTIONAL SNACKS

*Snacks can be a helpful way to keep your energy levels up throughout the day, but they should only be enjoyed if you're truly hungry. If you find yourself experiencing the urge to snack, ask yourself the following questions:*

## 1. Am I thirsty?

Sometimes we mistake thirst for hunger. Drink a glass of water and wait 15 minutes before choosing to fix a snack.

## 2. When was the last time I ate and was it balanced?

If your last meal was less than 4 hours ago, you might be looking to snack out of boredom rather than hunger. If you feel truly hungry, you should assess your previous meal and make sure it contains a sufficient balance of protein, carbs, and fat, and enough calories. If you're eating enough at mealtime, and are still truly hungry for a snack, go ahead!

---

### OPTION 1

---

**15 ALMONDS**  
(or 8 walnut halves)

---

### OPTION 2

---

#### ROASTED CHICKPEAS

Serving Size:  
About ½ cup (recipe on pg. 102)

---

### OPTION 3

---

#### SUN POWER PROTEIN/ FIBER BITES

Serving Size:  
1 Ball (recipe on pg. 105)

---

### OPTION 4

---

#### HUMMUS & VEGGIES

Serving Size:  
2 scoops hummus (recipe on pg. 106) + as many freebies and non-starchy veggies as you'd like!

---

### OPTION 5

---

#### FERMENTED VEGGIES &/OR SEAWEED SNACKS

Serving Size:  
Unlimited fermented veggies (kimchi, sauerkraut, etc.) &/or unsweetened seaweed snacks (nori & kelp)



## OTHER IMPORTANT PLAN ELEMENTS

### NUTRIBULLET LEAN BOOST:

**Add a scoop of this unique formula to every MacroBlast you make during the plan.** This special blend contains the right amount of plant-based protein to create the perfect MacroBlast. Plus, it has been designed to increase satiety, promote regularity, balance blood sugar, and lift your energy—all of which have been shown to increase your weight loss potential.

### 12 HOUR RULE:

Leave at least 12 hours between your last meal of the day and first meal of the next day. This allows your body to fully digest and process your dinner, and provides a sustainable way to reap the benefits of intermittent fasting—a technique shown to help aid weight loss.

### DRINK ONLY NON-CALORIC BEVERAGES:

Other than MacroBlasts, which count as meals, only drink naturally non-caloric beverages like water, sparkling water, and herbal tea. **Aim to drink ½ oz water for every pound you weigh each day.**

### NUTRIFIT ACTIVITY:

Aim for 10k steps a day (about 30-40 minutes of cardio), weight resistance, Pilates, yoga, stretching, or other favorite workout each day (pg. 156). The **NutriBullet LEAN app** easily integrates with Apple Health and Google Fit, so you can seamlessly track your daily steps on the LEAN dashboard.



### PROGRAM MODIFICATIONS FOR LARGE-SCALE WEIGHT LOSS:

If you are looking to lose 50 pounds or more with the **NutriBullet LEAN 7-Day Transformation Plan**, you may need to slightly increase your portion sizes in the beginning to meet your specific energy needs while on the plan. As you continue to lose weight and approach your goal you will gradually reduce these portions to match the original plan.

### FOR A WEIGHT LOSS GOAL OF:

**50 to 75 pounds:** Add one additional snack to your daily menu. Feel free to continue to enjoy as many non-starchy vegetables as you'd like.

**75 to 100 pounds:** Add one additional snack to your daily menu and increase your dinner portion by ⅓ — that's ½ cup more for a **One-Pot** meal, or ¼ cup more grains and 2 oz more protein for a **Portion Perfect** dinner.

**Over 100 pounds:** Please consult with your physician before starting the **NutriBullet LEAN 7-Day Transformation Plan** for advice on how to tailor the program to meet your needs.

## ASSESSING YOUR PROGRESS:

Changing your diet can yield positive results both inside and out. The **NutriBullet LEAN System** is not only designed for weight loss—it is also based on anti-inflammatory whole foods that benefit your body’s overall health. It is not uncommon for people to improve their cholesterol levels, reduce high blood pressure, balance blood sugar, and decrease inflammation after as little as 2 to 3 weeks on the program.

**If you’re interested in tracking your progress on a deeper level, we highly recommend that you take the following measurements:**

### DAILY

**Body weight** — Gone are the days where it’s a “no-no” to get on the scale. Research shows that those who weigh themselves daily lose significantly more weight than those who weigh themselves less. Additionally, a daily weigh-in may encourage other positive weight loss behaviors. Keep track of your progress by using the daily weigh in reminder on the **NutriBullet LEAN app**.

### WEEKLY

**Body Measurements (waist, hips, waist:hipratio)**—These measurements are easy to take at home: all you need is a tape measure and a calculator! For the waist measurement, wrap the tape measure around the narrowest part of your waist—usually right above the belly button. For hips, measure around the widest part of your hip bones. To get your waist-to-hip ratio—which helps to identify abdominal obesity and calculate an individual’s risk of developing metabolic syndrome and/or cardiovascular disease—divide your waist measurement by your hip measurement. According to the World Health Organization, abdominal obesity is defined as waist-hip ratio above .90 for men and .85 for women.

### MONTHLY

**Blood pressure** — Hypertension, or high blood pressure, can lead to serious health complications. Diet has been shown to help lower blood pressure. Blood pressure can be tested by your physician or your local pharmacy. If your blood pressure is consistently within a normal range, recheck every 3-6 months.

### QUARTERLY OR SEMI-ANNUALLY

**A Fasting Lipid Profile** — A lipid profile can provide an accurate baseline measurement of your cholesterol and triglycerides.

**Hemoglobin A1C (HgA1C)** — HgA1C is an assessment of your blood sugar over a 3 month period. This test would best suit those who follow the program (including Maintenance Mode) for at least 90 days. This will allow for a more accurate idea of how the LEAN plan has affected your blood sugar levels.

**C-Reactive Protein (CRP)** — CRP is an inflammatory marker. Inflammation has been thought to alter proper hormone functioning. One such hormone is called leptin, our body’s “satiety” and energy regulating hormone, which is a key component in weight loss. In addition, chronic inflammation can indicate or contribute to an array of other health problems.

### OPTIONAL

**Body Fat Analysis** — Body fat and lean body mass percentages are used to determine the weight distribution in your body—how much of your overall weight is comprised of fat versus lean body mass (muscle, bone, organ tissue, etc.). In weight loss, the goal is to boost fat burn while maintaining lean body mass, and the LEAN plan is designed with this concept in mind. Body fat analysis tests can be performed by a trainer at the gym, a dietitian, a nurse, or at home using a special body fat scale.

# FOLLOWING THE PLAN



## SUNDAY SET-UP

*If you fail to plan, you plan to fail, and we won't have any of that! Set yourself up for success and prepare your meals and snacks for the week with these easy steps.*

### 1. READ UP

Read through the entire plan. If you have any questions, refer to the FAQ and/or visit [NutriLiving.com](http://NutriLiving.com).

### 2. GET THE APP

Download the **NutriBullet LEAN app** from the iTunes store or Google Play, so you can pick your meals, get meal and snack time alerts, access your shopping list, track progress, and more. Following the plan couldn't be easier!

### 3. SELECT YOUR DELECTABLES

Decide which recipes you'll be making and write your choices down on the **NutriBullet LEAN Meal Plan** chart (pg. 48-49 or download from [NutriLiving.com](http://NutriLiving.com)). You can also use the **NutriBullet LEAN app** to help guide you through your Sunday Set Up including recipes selection and your own custom grocery list.

### 4. SHOP SMART

Fill out your **NutriBullet LEAN 7-Day Transformation Plan Grocery List** (find on pg. 50-52, or download and print from [NutriLiving.com](http://NutriLiving.com)). Fill in the quantities of what you will need and check them off easily as you grocery shop. If you use your **NutriBullet LEAN app**, it will create your own custom grocery list based on your recipe selections. Take your app with you to the grocery store and check off each ingredient as you toss it in your cart.

### 5. GET COOKING

Whether you choose to make our delicious One-Pot meals or build several Portion Perfect plates, the more you prep, the easier and tastier your week will be! Cook up a few chicken breasts and make a large batch of gluten-free grains. These cooked items will stay fresh in the fridge for 3-4 days, and any leftover servings can be frozen for later in the week. (Give foods 24 hours to defrost in the refrigerator).

### 6. EAT CLEAN

Only use your own homemade dips, dressings, and sauces. Any processed foods can potentially sabotage your weight loss goals. For sample dressing, dip, and sauce recipes, go to pages 94-100.

### 7. CHILL OUT

We suggest buying LEAN-approved frozen fruits to use in your MacroBlasts. They are ready to go when you need them and they make a nice, cold, refreshing smoothie.

## NUTRIBULLET LEAN MEAL PLAN

Write in which recipes or foods you plan to eat at each meal. This will help determine what foods to buy at the grocery store and help keep you on track. You can also download the **NutriBullet LEAN app** to organize your weekly meal plan.

	SUNDAY	MONDAY	TUESDAY
BREAKFAST			
SNACK (OPTIONAL)			
LUNCH			
SNACK (OPTIONAL)			
DINNER			

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## NUTRIBULLET LEAN GROCERY LIST

Check off which ingredients you'll be using (remember to add the quantity!), then write in any foods you've added to your list. Don't let this list overwhelm you—these are all the possibilities; you won't be buying everything. Also note that you may already have some of these goodies in your kitchen. **If using the NutriBullet LEAN app, this step is done for you!** Take your customized grocery list with you and check off each item on your phone as you toss it in the cart.

### VEGETABLES

- |  |   |
|--|---|
| <input type="checkbox"/> Spinach           | <input type="checkbox"/> Peas                     |
| <input type="checkbox"/> Kale              | <input type="checkbox"/> Pumpkin                  |
| <input type="checkbox"/> Swiss chard       | <input type="checkbox"/> Butternut Squash         |
| <input type="checkbox"/> Romaine lettuce   | <input type="checkbox"/> Bok Choy                 |
| <input type="checkbox"/> Artichoke Hearts  | <input type="checkbox"/> Tomato purée             |
| <input type="checkbox"/> Arugula           | <input type="checkbox"/> Tomato paste             |
| <input type="checkbox"/> Carrots           | <input type="checkbox"/> Fire roasted tomatoes    |
| <input type="checkbox"/> Tomato            | <input type="checkbox"/> Zucchini                 |
| <input type="checkbox"/> Broccoli          | <input type="checkbox"/> Yellow summer squash     |
| <input type="checkbox"/> Cauliflower       | <input type="checkbox"/> Mushrooms                |
| <input type="checkbox"/> Cucumber          | <input type="checkbox"/> Cilantro                 |
| <input type="checkbox"/> Celery            | <input type="checkbox"/> Parsley                  |
| <input type="checkbox"/> Cabbage           | <input type="checkbox"/> Kalamata or black olives |
| <input type="checkbox"/> Beet              | <input type="checkbox"/> Kimchi or Sauerkraut     |
| <input type="checkbox"/> Eggplant          | <input type="checkbox"/> Artichoke hearts         |
| <input type="checkbox"/> Sweet potato      | <input type="checkbox"/> Green onion              |
| <input type="checkbox"/> Avocado           | <input type="checkbox"/> Asparagus                |
| <input type="checkbox"/> Onion             | <input type="checkbox"/> Green beans              |
| <input type="checkbox"/> Red bell pepper   | <input type="checkbox"/> Brussels sprouts         |
| <input type="checkbox"/> Green bell pepper |   |

### FRUIT

- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Apple (green or red)
- Cherries
- Lemon
- Orange
- Peach
- Pear
- Grapefruit
- Plum

### FISH/POULTRY/BEANS/ VEGETABLE PROTEIN

- Organic chicken breast
- Lean (>90%) organic ground turkey breast
- White fish filets (herring, trout, halibut)
- Mussels
- Sardines
- Wild Alaskan salmon
- Dark red kidney beans
- Chili beans
- Garbanzo beans
- Black beans
- Cannellini beans

- Lentils
- Gluten-free tempeh
- Hummus

### NUTS/NUT BUTTERS/ SEEDS/OILS/ HEALTHY FATS

- Almonds
- Walnuts
- Cashews
- Pecans
- Pistachios
- Natural almond butter
- Natural cashew butter
- Sunflower seed butter (unsweetened)
- Tahini
- Chia seeds
- Hemp seeds
- Flax seed (or flax meal)
- Sunflower seeds
- Sesame seeds
- Pepitas (pumpkin kernels)
- Cold pressed coconut oil
- Extra virgin olive oil
- Cacao nibs
- Shredded coconut
- Sesame oil

## GRAINS

- Quinoa
- Brown/red/black/  
wild rice
- Amaranth
- Buckwheat
- Gluten-free noodles
- Gluten-free rolled oats
- Millet

BOOSTS/SPICES/  
FREEBIES

- Cinnamon
- Superfood Fat  
Burning Boost
- Turmeric  
(fresh or powdered)
- Ginger  
(fresh or powdered)
- Superfood Cleansing  
Greens
- Fiber powder
- Chili powder
- Cumin
- Garlic
- Oregano
- Basil (fresh or dried)
- Capers
- Dulse flakes (or  
seaweed flavoring)
- Nutritional yeast
- Cacao powder
- Vanilla extract
- Pepper
- Cilantro
- Garam masala

## LIQUIDS

- Water
- Unsweetened  
almond milk
- Unsweetened  
coconut milk
- Unsweetened  
hemp milk
- Green or herbal tea
- Cold pressed green  
vegetable juice
- Pure tomato juice
- Vegetable broth
- Lemon juice
- Apple cider vinegar
- Canned coconut milk
- Rice vinegar
- Liquid aminos/  
coconut aminos

## MACROBLAST RECIPES

### BREAKFAST / LUNCH

Make one of the following NutriBullet LEAN Breakfast / Lunch MacroBlast recipes or use the MacroBlast Chart on page 31 to mix and match your favorite ingredients.

#### BERRY GOOD MORNING

**SERVES: 1**

##### INGREDIENTS:

Spinach and carrots  
to the green line  
Blueberries and strawberries  
to the red line  
1 blue scoop nut or seed  
butter (almond, sunflower,  
coconut, cashew, walnut)  
1 serving NutriBullet LEAN Boost  
1 blue scoop chia seeds  
Dash of cinnamon  
Filtered water to MAX line  
2-3 ice cubes



##### NUTRITION FACTS:

Calories **290**, Fat **13g**,  
Protein **18g**, Carbs **31g**,  
Sugar **11g**, Fiber **15g**

#### CHERRY SUNSHINE

**SERVES: 1**

##### INGREDIENTS:

Spinach and kale  
to the green line  
Strawberries and pitted  
cherries to the red line  
1 blue scoop sunflower seed  
butter (or other favorite  
nut or seed butter)  
Dash of cinnamon  
1 blue scoop raw unsweetened  
cacao nibs  
1 serving NutriBullet LEAN Boost  
Unsweetened vanilla almond  
milk to the MAX line

##### NUTRITION FACTS:

Calories **422**, Fat **21g**,  
Protein **22g**, Carbs **42g**,  
Sugar **16g**, Fiber **19g**





## UP AND APPLE

**SERVES: 1**

### INGREDIENTS:

Swiss chard, cucumber  
to the green line  
Blackberries, green apple  
to the red line  
1 blue scoop hemp seeds  
1 blue scoop pepitas  
1 serving NutriBullet LEAN Boost  
1 orange scoop ginger  
(fresh or powdered)  
Filtered water to MAX line

### NUTRITION FACTS:

Calories **273**, Fat **10g**,  
Protein **20g**, Carbs **33g**,  
Sugar **17g**, Fiber **11g**

## TURMERIC GLOW

**SERVES: 1**

### INGREDIENTS:

Mixed greens to the green line  
Peaches and pear to the red line  
1-inch piece fresh turmeric root  
(or 1 orange scoop ground)  
½-inch piece of fresh ginger root  
(or 1 orange scoop ground)  
1 serving NutriBullet LEAN Boost  
1 blue scoop coconut butter  
(or coconut oil)  
1 blue scoop almond butter  
Dash of cinnamon  
1 pinch fresh ground black  
pepper (enhances  
turmeric absorption)  
Half unsweetened almond milk  
and half filtered water to  
MAX line  
3 ice cubes

### NUTRITION FACTS:

Calories **280**, Fat **13g**,  
Protein **18g**, Carb **31g**,  
Sugar **12g**, Fiber **14g**

## BERRY ALMOND COCONUT

**SERVES: 1**

### INGREDIENTS:

Mixed greens to the green line  
Strawberries and blackberries  
to the red line  
1 blue scoop almond butter  
(may sub other favorite  
nut butter)  
1 blue scoop hemp seeds  
1 serving NutriBullet LEAN Boost  
1 blue scoop unsweetened  
coconut flakes  
Unsweetened coconut milk\* to  
the MAX line (may do half  
coconut milk, half water)  
2-3 ice cubes

*\*NOT the kind you buy in a can.  
Look for it near the almond milk.*

### NUTRITION FACTS:

Calories **427**, Fat **25g**,  
Protein **23g**, Carb **37g**,  
Sugar **13g**, Fiber **15g**

## CLEAN CRANBERRY

**SERVES: 1**

### INGREDIENTS:

Spinach to the green line  
Frozen blueberries and  
unsweetened frozen  
cranberries to the red line  
¼ lemon (either remove or leave  
on a tiny bit of the rind)  
1 blue scoop pumpkin seeds  
(pepitas with shell removed)  
1 serving NutriBullet LEAN Boost  
5 walnut halves  
1 blue scoop avocado  
Half unsweetened almond  
or hemp milk, half filtered  
water to the MAX line  
2-3 ice cubes

*If you need to sweeten it up a bit, try  
1-2 drops of liquid stevia, cinnamon,  
or replace the cranberries for  
cherries (without pits), peaches, or  
half of a Fuji or Honeycrisp apple.*

### NUTRITION FACTS:

Calories **331**, Fat **16g**,  
Protein **20g**, Carb **32g**,  
Sugar **10g**, Fiber **16g**

## HEARTY PARTY

**SERVES: 1**

### INGREDIENTS:

Kale and spinach to the green line  
Green apple (core and seeds removed) and pitted cherries to the red line (may sub favorite berries)  
1 serving NutriBullet LEAN Boost  
1 blue scoop nut or seed butter (almond, sunflower, coconut, cashew, walnut)  
Unsweetened vanilla almond milk to the MAX line

### NUTRITION FACTS:

Calories **377**, Fat **17g**, Protein **20g**, Carbs **42g**, Sugar **19g**, Fiber **13g**



## LIPID LOVE

**SERVES: 1**

### INGREDIENTS:

Spinach and kale to the green line  
Blackberries and blueberries to the red line  
1 blue scoop avocado  
1 blue scoop pepitas  
1 serving NutriBullet LEAN Boost  
2 fresh mint leaves  
Unsweetened vanilla almond milk to the max line

### NUTRITION FACTS:

Calories **320**, Fat **12g**, Protein **20g**, Carbs **36g**, Sugar **15g**, Fiber **17g**



## REDTIME STORY

**SERVES: 1**

### INGREDIENTS:

Swiss chard to the green line  
Raw or steamed beet and cherries to the red line  
1 serving NutriBullet LEAN Boost  
1 blue scoop natural almond butter  
1 blue scoop chia seeds  
Dash of cinnamon  
Unsweetened almond milk to the max line

### NUTRITION FACTS:

Calories **418**, Fat **19g**, Protein **22g**, Carbs **43g**, Sugar **18g**, Fiber **16g**

# DINNER / ONE-POT MEALS

## ONE-POT TURKEY CHILI

**MAKES:** Approximately 4 servings | **SERVING SIZE:** 1 One-Pot Meal serving + as many freebies & non-starchy veggies as you'd like!

### INGREDIENTS:

½ Tbsp olive oil  
 ½ large red onion, chopped  
 ½ large red bell pepper,  
     cleaned, cored and chopped  
 ½ large green bell pepper,  
     cleaned, cored and chopped  
 1 pound organic lean ground  
     turkey breast  
 1-15oz can diced fire-roasted  
     tomatoes (do not drain)  
 1½ Tbsp chili powder  
 ⅓ cup of diced zucchini  
 ⅓ cup of diced yellow  
     summer squash  
 1-15oz can dark red kidney  
     beans, drained and rinsed  
 1-15oz can chili beans  
     (do not drain or rinse)  
 Salt and pepper to taste

### DIRECTIONS:

Heat a large pot and add olive oil. / Sauté onions and peppers for about 5 minutes until soft. / Add ground turkey and cook thoroughly (brown separately if you'd like to drain any excess grease). / Add chili powder, zucchini, squash, and tomatoes and simmer for about 15 minutes. / Add beans, cover and heat slowly for another 15 minutes. / Remove lid and simmer longer if you have the time — more time allows all the flavors to absorb into the turkey. / Add salt and pepper to taste. Leftovers are even better!

### NUTRITION FACTS

(per serving):

Calories **447**, Fat **10g**, Protein **38g**,  
 Carbs **49g**, Sugar **7g**, Fiber **14g**



## CHICKPEA KALE STEW

**MAKES:** Approximately 4 servings

**SERVING SIZE:** 1 One-Pot Meal serving stew with ½ cup cooked quinoa + as many freebies & non-starchy veggies as you'd like!

### INGREDIENTS:

1 Tbsp olive oil  
 1½ cups carrot rounds  
 2 cups sliced crimini or baby bella mushrooms, cleaned  
 2-15oz cans garbanzo beans, drained and rinsed  
 1 cup cherry tomatoes, extracted in the Short Cup to make about ½ cup of tomato purée  
 2½ cups vegetable broth  
 1 Tbsp turmeric  
 1 Tbsp cumin  
 1 Tbsp chili powder  
 2 cloves garlic, minced  
 2 Tbsp lemon juice  
 1 bunch kale, stems removed and chopped  
 ¼ cup cilantro, chopped  
 Sea salt and pepper to taste

### OPTIONAL:

2 cups cooked quinoa



### DIRECTIONS:

Rinse and prep ingredients according to recipe (cut carrots into rounds, slice mushrooms, chop cilantro, chop kale, and mince garlic). / Heat a large pot over medium heat with olive oil. / Sauté garlic and spices (except salt and pepper) for about 1 minute. / Add in carrot rounds and mushrooms along with the tomato purée and broth. Stir to combine. Bring to a boil then reduce to simmer for about 15 minutes. / Add cooked chickpeas and kale and allow it to simmer for an additional 20 minutes until the carrots are soft and kale is wilted. / Add lemon juice and stir.

You can cook the quinoa separately after adding the chickpeas so that the timing matches. Quinoa takes about 15 minutes to cook. / Place 1 ½ cups of stew in a bowl along with ½ cup cooked quinoa (if using) per serving. / Top each with cilantro and enjoy.

### NUTRITION FACTS

(per serving):

**Without Quinoa:** Calories **425**, Fat **10g**, Protein **20g**, Carbs **69g**, Sugar **15g**, Fiber **19g**

**With Quinoa:** Calories **536**, Fat **12g**, Protein **24g**, Carbs **89g**, Sugar **15g**, Fiber **22g**

## TUSCAN WHITE FISH & MEGA-TERRANIAN SALAD

### TUSCAN WHITE FISH

**SERVES:** 4 | **SERVING SIZE:** 1 filet

#### INGREDIENTS:

1 Tbsp olive oil  
 2 cups cherry tomatoes, pulsed in the MacroBlast Cup to chop  
 2 tsp dried oregano  
 4, 4-6oz boneless, skinless white fish filets (herring, trout, halibut)  
 2 cloves garlic, chopped  
 2 tsp dried basil (may sub 3-4 fresh basil leaves, chopped)  
 1 large yellow onion, diced—  
 2 Tbsp capers, drained  
 Sea salt and pepper to taste

#### OPTIONAL:

1 lemon, sliced  
 2 cups cooked quinoa

#### NUTRITION FACTS:

(per serving depending on type of white fish, not including quinoa\*)

Calories **180-275**, Fat **5-13g**, Protein **25-30g**, Carbs **6g**, Sugar **3g**, Fiber **2g**

\*½ cup cooked quinoa adds **111 calories**, **2g fat**, **4g protein**, **20g carbs** to each serving

#### DIRECTIONS:

Preheat oven to 375°F. / In an oven-safe pan, sauté garlic and onion in olive oil until soft, about 5 minutes. / Add diced tomatoes, dried herbs (add basil later if using fresh) and capers. / Stir to combine and allow to heat/reduce for about 5 minutes. / Add filets to the pan and place in the oven for about 15-25 minutes or until fish flakes easily with a fork. (Time in oven depends on size and thickness of your filet). / Garnish with fresh basil and lemon. / Serve over quinoa if desired and alongside the Mega-terranian salad. Enjoy!



### MEGA-TERRANIAN SALAD

**SERVES:** 4 | **SERVING SIZE:** 2 cups + unlimited orange scoops of non-starchy veggies

#### INGREDIENTS:

6 cups leafy greens (romaine lettuce, spinach, arugula)  
 1 medium cucumber, diced  
 15 Kalamata  
 or black olives, sliced  
 ½ cup chopped artichoke hearts  
 ¼ cup minced green onion  
 ¼ cup green onion, finely chopped  
 4 basil leaves, chopped  
 2 Tbsp extra virgin olive oil (EVOO)  
 1 Tbsp lemon juice  
 ¼ tsp black pepper

#### DIRECTIONS:

Combine first six ingredients in a large bowl. / In a separate bowl, whisk together EVOO, lemon juice and black pepper then pour over salad and toss to coat. / Divide into four servings and serve with Tuscan fish.

#### NUTRITION FACTS

(per salad serving):

Calories **117**, Fat **10g**, Protein **3g**, Carbs **10g**, Sugar **3g**, Fiber **3g**

## SOUTHWESTERN CHICKEN SOUP

**MAKES:** 4 servings | **SERVING SIZE:** 1 One-Pot Meal serving

### INGREDIENTS:

2 quarts vegetable  
or chicken stock  
1 medium onion, diced  
1 clove garlic, minced  
3 stalks celery, chopped  
2 large carrots,  
peeled and chopped  
1 jalapeño chili pepper, seeded  
and minced (leave a few  
seeds in for a spicier flavor)  
¼ cup cilantro, chopped  
1 14-oz can of tomatoes, drained  
½ head red cabbage, chopped  
Salt to taste  
Juice of 1 lime, plus more to taste  
2, 4-5oz cooked chicken breasts,  
shredded

### OPTIONAL:

Brown rice for serving  
1 avocado, to garnish

### DIRECTIONS:

In a large soup pot, bring chicken/vegetable stock to simmer. / Add onion, garlic, celery, carrots, and jalapeño, and simmer for 15 minutes. / Add tomatoes and cabbage and simmer for another 5 minutes. / Taste and add salt if desired. / Stir in chicken breast and cilantro. / Cover and let sit for 5 minutes. / Stir in lime juice just before serving. / Garnish with ¼ avocado per serving. / Serve over ½ cup brown rice if desired.

### NUTRITION FACTS

(per serving):

Calories **251**, Fat **7g**,  
Protein **21g**, Carbs **28g**,  
Sugar **14g**, Fiber **7g**

## UNSTUFFED CABBAGE ROLLS

**MAKES:** 6-8 servings | **SERVING SIZE:** 1 One-Pot Meal serving

### INGREDIENTS:

1 Tbsp olive oil  
1½ - 2 pounds lean  
ground turkey  
1 large onion, quartered  
2 large carrots,  
peeled and halved  
1 clove garlic  
2 small heads of cabbage,  
chopped  
1 small zucchini, diced  
2 cans (14.5 oz each)  
diced tomatoes  
1 can (8 oz) tomato sauce  
(1 cup)  
½ cup water  
1 tsp ground black pepper  
1 tsp sea salt

### DIRECTIONS:

In a large skillet, heat olive oil over medium heat. / Add the ground turkey, onion, and carrot and cook, stirring until the turkey is no longer pink, onion is tender, and carrots are slightly softened. / Add the garlic and continue cooking for 1 minute. Add the chopped cabbage, zucchini, tomatoes, tomato sauce, pepper, and salt. / Bring to a boil. / Cover and simmer for 20 to 30 minutes, or until cabbage is tender.

### NUTRITION FACTS

(per serving):

Calories **356**, Fat **12g**,  
Protein **37g**, Carbs **28g**,  
Sugar **15g**, Fiber **9g**



## LENTIL STEW

**MAKES:** About 4 | **SERVING SIZE:** 1 One-Pot Meal serving

### INGREDIENTS:

- ½ cup carrots, diced*
- ½ cup celery, diced*
- ½ cup onion, diced*
- ¼ tsp minced garlic  
(about 1 clove)*
- 1¼ cup cooked lentils  
(double if not using turkey)*
- ½ cup cherry tomatoes, halved*
- ½ quart vegetable broth*

### OPTIONAL:

- ½ - ⅔ pound organic lean  
ground turkey*
- ½ cup cauliflower rice*

### DIRECTIONS:

Cook ground turkey with garlic in a large pot until well done. / **Add mirepoix of carrots, celery, and onion.** / Pour in vegetable broth and bring to a boil. / **Add cauliflower rice, cooked lentils and tomato then reduce heat to a low simmer.** / Allow to cook for about 20 minutes until vegetables are tender. / **Add cauliflower rice, cooked lentils, and tomato then reduce heat to a low simmer.** / Portion into serving bowls and top with fresh avocado or microgreens. Add in cooked quinoa or brown rice if desired. Goes nicely with a side of kimchi or cabbage slaw.

### NUTRITION FACTS

*(including turkey and without toppings or grain):*

Calories **210**, Fat **5g**,  
Protein **23g**, Carbs **20g**,  
Sugar **5g**, Fiber **6g**

## SEAFOOD STEW

**MAKES:** 3-4 servings | **SERVING SIZE:** 1 One-Pot Meal serving

### INGREDIENTS:

3 Tbsp unrefined coconut oil  
 1 large leek, dark green leaves removed  
 2 bell peppers, stemmed, seeded, and chopped  
 3 garlic cloves, minced  
 2 cups cherry tomatoes, extracted in the Short Cup to make a purée  
 ½ cup full fat coconut milk  
 ½ cup vegetable broth  
 ½ pound fennel root, thinly sliced  
 1 Tbsp fresh lemon juice  
 1 pound white fish (monkfish, halibut, haddock, grouper, cod, striped bass, etc.), cut into bite-sized chunks  
 1 Tbsp chopped fresh thyme  
 1 tsp dried oregano  
 2 Tbsp fresh parsley  
 Sea salt to taste

### OPTIONAL:

½ cup cooked quinoa or brown rice or 1 small baked sweet potato per meal

### DIRECTIONS:

Heat oil in a 2-qt saucepan over medium-high heat. / Add leeks and bell peppers and cook for 3-4 minutes until softened. Add garlic and cook for one more minute. / Pour in tomatoes, coconut milk, and vegetable broth and simmer for 5 minutes. / Add fish and fennel and simmer for 15-20 minutes, until fennel is softened and fish is cooked through, yet tender. Add herbs, lemon juice, and salt and serve. / Leftovers will keep in an airtight container in the refrigerator for up to 3 days.

### NUTRITION FACTS

(per serving without optional grains/potato):

Calories **316-420**, Fat **15-20g**, Protein **25-34g**, Carbs **23-31g**, Sugar **11-14g**, Fiber **6-8g**

## IN A HURRY CHICKEN CURRY

**MAKES:** 6 servings | **SERVING SIZE:** 1 One-Pot Meal serving

### INGREDIENTS:

1 Tbsp unrefined virgin coconut oil  
 1 onion, diced  
 1-inch piece of ginger root, minced  
 3 cloves garlic, minced  
 1 pound boneless, skinless chicken breasts, cut into bite-sized pieces  
 2 Tbsp curry paste  
 2 tsp garam masala  
 1 eggplant, peeled and diced  
 2 cups cherry tomatoes, extracted in the Short Cup to make a purée  
 2 cups chicken or vegetable broth  
 4 fresh tomatoes, diced  
 1 cup uncooked quinoa or brown rice  
 fresh cilantro and/or green onions to garnish

### DIRECTIONS:

Heat coconut oil in a large, deep pan over medium-high heat. / Add onions and sauté for 2-3 minutes until translucent. / Add ginger, garlic, chicken, curry paste, and garam masala. Stir for 3-5 minutes to evenly brown the chicken. / Add tomato purée, broth, eggplant, tomatoes, and quinoa/brown rice. Reduce to a simmer and cover for 15-20 minutes. / Serve and top with cilantro and/or green onions, if desired.

### NUTRITION FACTS

(per serving):

Calories **300**, Fat **7g**, Protein **25g**, Carb **37g**, Sugar **10g**, Fiber **8g**

## YUM-PKIN CURRY

**MAKES:** 4 servings | **SERVING SIZE:** 1 One-Pot Meal serving

### INGREDIENTS:

1 Tbsp unrefined virgin coconut oil  
 1 onion, chopped  
 3 garlic cloves, minced  
 1 1-inch piece of ginger, minced (about 1 Tbsp)  
 1 cup pumpkin purée (canned or homemade)  
 2 cups cooked quinoa  
 2 cups cherry tomatoes, extracted in the Short Cup to make a purée  
 ¼ cup full-fat coconut milk  
 1 cup vegetable stock  
 1 can garbanzo beans, rinsed and drained  
 1 cup green peas, fresh and raw or frozen  
 1 Tbsp red curry paste  
 Salt and pepper to taste

### OPTIONAL:

Green onion, cilantro, fresh lime to garnish

### DIRECTIONS:

Heat coconut oil in a large skillet or soup pot over medium-high heat. / Add onion and cook until translucent and fragrant, about 3-5 minutes. / Add in garlic and ginger cook for an additional minute. / Add pumpkin, tomato purée, veggie stock, coconut milk, garbanzo beans, green peas, and red curry paste. Stir to combine. / Taste and season as desired, adding salt, pepper, and additional red curry paste according to preferences. / Bring ingredients to boil. Reduce heat and let simmer for 15 minutes. / Serve ¼ of the mixture with ½ cup cooked quinoa and garnish with green onion, cilantro, and lime if desired.

### NUTRITION FACTS

(per serving):

Calories **410**, Fat **12g**, Protein **16g**, Carbs **63g**, Sugar **13g**, Fiber **16g**

## RED LENTIL DAL WITH CILANTRO BROWN RICE

**MAKES:** 4 servings | **SERVING SIZE:** 1 One-Pot Meal serving

### INGREDIENTS:

Lentils  
 2 Tbsp unrefined virgin coconut oil  
 1 onion, diced  
 3 garlic cloves, minced  
 1 Tbsp fresh ginger, minced or grated  
 2 large carrots, peeled and diced  
 1 Tbsp curry powder  
 ½ tsp ground cumin  
 ½ tsp ground turmeric  
 1½ cups dried red lentils, rinsed and drained  
 1 can light coconut milk  
 2 cups low sodium vegetable broth  
 Salt, to taste  
 1½ cups lacinato kale, washed, stemmed, and cut into ½-inch strips  
 Roasted sunflower seeds, green onions, and cilantro to garnish

### DIRECTIONS:

Heat oil to a large soup pot over medium-high heat. / Add onion and sauté until translucent and fragrant, about 3-5 minutes. / Add garlic, ginger, and carrots and sauté for another 3-5 minutes until garlic is fragrant and carrot starts to soften. / Stir in curry powder, cumin, and turmeric and cook for 1 minute. / Add lentils, coconut milk, broth and salt. / Bring to boil then reduce to a simmer for 10 minutes, stirring occasionally to prevent items from sticking to the pot. / Stir in kale and continue to cook for another 5-10 minutes, until lentils and carrots are tender. / Serve 1 cup of lentils with ½ cup cilantro brown rice. / Top with roasted sunflower seeds, green onions, or cilantro if desired.

### NUTRITION FACTS (per serving without brown rice):

Calories **436**, Fat **14g**, Protein **19g**, Carbs **63g**, Sugar **7g**, Fiber **11g**



## CILANTRO BROWN RICE

### INGREDIENTS:

*1½ cups vegetable broth*  
*¾ cup dry long-grain brown rice*  
*1 Tbsp unrefined virgin coconut oil*  
*1 cup fresh cilantro*  
*Juice of 1 lime*  
*Salt and pepper to taste*

### DIRECTIONS:

Bring broth to boil in a medium saucepan. / **Slowly pour in dry rice to avoid splashes and splatters.** / Add 1 Tbsp coconut oil and bring back to a boil. / **Reduce heat to simmer and cover the pot with a tight-fitting lid.** / Cook until all the broth is absorbed, about 45 minutes. / **Add cilantro and lime juice to the Short Cup and pulse to form a paste.** / When rice is fully cooked, remove from heat and stir in cilantro and lime juice mixture. Season with salt and pepper to taste and top ½ cup rice with 1 cup of dal, or cooked lentils.

### NUTRITION FACTS

*(per serving just rice):*

Calories **164**, Fat **5g**, Protein **3g**,  
 Carbs **28g**, Sugar **1g**, Fiber **1g**

# CHICKEN TIKKA MASALA

**SERVES:** About 6 | **SERVING SIZE:** 1 One-Pot Meal serving



## INGREDIENTS:

4 Tbsp sesame oil  
 1 pound organic skinless, boneless chicken breasts, cubed  
 1 small onion, diced  
 3 cloves garlic, minced  
 4 small carrots, diced  
 1 jalapeño pepper, finely diced (optional)  
 12 oz fresh or frozen chopped cauliflower florets, thawed  
 1½ Tbsp tomato paste  
 Garam Masala (if not using premixed, see next column)  
 1-15oz can chopped tomatoes

½ cup canned coconut milk  
 Salt and freshly ground black pepper

## FOR THE GARAM MASALA:

1 tsp ground cumin  
 1 tsp cinnamon  
 1 tsp paprika  
 1 tsp turmeric  
 ½ tsp ground ginger  
 ¼ tsp ground coriander  
 ¼ tsp ground cloves

## DIRECTIONS:

If you do not have Garam Masala spice blend, add all the spices listed above for the Garam Masala to a small bowl. Stir until well combined, and set aside. /

Heat 1 Tbsp of the oil in a large sauté pan over medium-high heat. / Season the chicken with a pinch of salt and pepper and sauté until golden brown, about 5-7 minutes. / Transfer chicken to a dish, cover, and set aside. You may wish to cube it at this time or wait just before adding back in later. /

Add the remaining 3 Tbsp oil to the pan along with the onion and garlic and cook until softened, just a couple minutes. / Add the carrots and optional jalapeño and

cook until softened, about 5 minutes. / Add the chicken back in, along with the thawed cauliflower, tomato paste, and the Garam Masala. Stir until well combined. /

Add the chopped tomatoes and allow simmer for about 5 minutes. / Turn off the heat and add coconut milk. Stir until well combined. / Season with salt and pepper. / Serve over cooked brown rice along side a colorful salad.

## NUTRITION FACTS

(per serving without rice):

Calories **256**, Fat **15g**, Protein **20g**, Carbs **13g**, Sugar **7g**, Fiber **4g**

# CHICKEN STIR FRY

**SERVES:** About 5 | **SERVING SIZE:** 1 One-Pot Meal serving



## INGREDIENTS:

1 pound boneless, skinless,  
organic chicken breast  
halves, cut into thin strips  
Salt and freshly ground pepper,  
to taste  
3 Tbsp sesame seeds  
3 Tbsp oil (coconut or grapeseed)  
1 red bell pepper, seeded and cut  
into thin strips  
½ pound sugar snap peas  
2 cups broccoli florets  
2 cups cauliflower florets  
2 medium carrots, grated into long  
strands using a potato peeler  
3 garlic cloves, minced  
⅔ cup chicken broth  
3 Tbsp Bragg's liquid aminos  
2 Tbsp rice vinegar  
1 Tbsp Asian sesame oil

## OPTIONAL:

¼ cup chopped fresh cilantro

## NUTRITION FACTS

(per serving without rice):

Calories **294**, Fat **16g**,  
Protein **26g**, Carbs **14g**,  
Sugar **5g**, Fiber **5g**

## DIRECTIONS:

Prepare the chicken: season with salt and pepper, then sprinkle with the sesame seeds, coating evenly and patting firmly so they stick. /

In a wok or large fry pan over high heat, warm the coconut or grapeseed oil. / Add the chicken and cook, stirring often, until golden and nearly cooked through, 3 to 4 minutes. / Remove from pan and transfer the chicken to a plate. / Add the bell pepper, sugar snap peas, broccoli, cauliflower, and carrot and garlic to the pan and stir-fry until the vegetables are slightly tender-crisp, 4-5 minutes. / Return the chicken to the pan and add the broth, soy sauce, vinegar and sesame oil. / Reduce the heat to medium and simmer until the chicken is opaque throughout and the sauce is slightly reduced, about 2 minutes. / Divide the chicken and vegetables into LEAN servings, sprinkle with cilantro and serve each portion over ½ cup brown rice.

## DINNER / PORTION PERFECT PLATE IDEAS

### PLATE #1

Grilled salmon  
Herbed quinoa  
Side salad loaded with leafy greens, chopped tomato, shaved carrot, black olives, and dressing

### PLATE #2

Mediterranean chicken breasts  
Asparagus  
Brown Rice

### PLATE #3

Baked chicken breast topped with homemade salsa  
Baked or steamed sweet potato  
Sautéed spinach, squash, mushrooms and zucchini in coconut or olive oil

### PLATE #4

Cannellini beans  
Quinoa noodles with homemade marinara sauce and a drizzle of extra virgin olive oil and pine nuts  
Steamed broccoli and cauliflower with nutritional yeast

**OPTION:** combine all together after removing the Portion Perfect Plate Divider for a nice mixed pasta dish!





## PLATE #1 / FOIL SALMON, HERBED QUINOA, & SIMPLE GREEN SALAD

**SERVES:** 4 |

**SERVING SIZE:** 1 salmon packet with ½ cup quinoa and one side salad

### SALMON

#### INGREDIENTS:

4, 6-oz wild salmon filets  
 2½ Tbsp olive oil  
 12 cherry tomatoes, halved  
 Salt and pepper to taste  
 32 tarragon leaves (roughly 8 per  
 piece of salmon)

#### DIRECTIONS:

Preheat oven to 500°F. / Cut eight pieces of foil, each about 12 inches long. Stack two pieces of foil on top of each other so you have four total double stacks of foil. / Spread the top sheet of each pair with 1 tsp olive oil, then place one filet of salmon on top, and layer 6 tomato halves, salt and pepper, 8 tarragon leaves, and another tsp of olive oil on top of the fish. / Seal each package

by folding foil in half over the salmon and crimping the edges to seal. / Arrange packages in a roasting pan. Cook in the oven for 10-12 minutes. / Let packages rest one minute before serving. / To open, cut a slit in the packets to release built up steam, then transfer fish, toppings, and juices to a serving plate with utensils (the contents will be very hot).

*If you plan on saving the fish for later, cut a slit in the foil to release steam, allowing the packet's contents to cool to room temperature. You can then wrap the packet in another sheet of foil and store in the fridge for up to 3 days.*

## QUINOA

### INGREDIENTS:

1½ cups quinoa  
 2¾ cups vegetable stock  
 Juice of 1 lemon  
 2 Tbsp olive oil  
 1 cup fresh basil leaves  
 ½ cup fresh parsley  
 2 tsp lemon zest  
 Salt and pepper to taste

### DIRECTIONS:

Add quinoa, veggie stock, and lemon juice to a medium saucepan. / Bring to a boil over medium-high heat, reduce to a simmer, and cook until the quinoa absorbs all of the liquid, about 12 to 15 minutes. / Add olive oil, basil, parsley, and lemon zest to the Short Cup and pulse to form a paste. / Once

the quinoa is cooked, add the olive oil and herb mixture to the pot. Stir to evenly distribute ingredients, and season with salt and pepper. / Serve hot, or cool to room temperature and store in an airtight container in the refrigerator for up to 5 days for later helpings.

*\*Serve salmon and quinoa together along with a simple green salad made from a mix of your favorite greens and 1 scoop of your favorite LEAN approved salad dressing.*

### NUTRITION FACTS (per meal without salad & dressing):

Fat **27g**, Protein **47g**,  
 Carbs **23g**, Sugar **2g**, Fiber **4g**

## PLATE #2 / MEDITERRANEAN CHICKEN BREASTS, ASPARAGUS & BROWN RICE SALAD



## MEDITERRANEAN CHICKEN

**MAKES:** 2 servings

### INGREDIENTS:

2 bone-in chicken breasts  
 1 Tbsp olive oil, divided  
 Salt and pepper to taste  
 3 tomatoes, pulsed in the MacroBlast Cup to roughly chop  
 1 Tbsp capers  
 ¼ cup pitted Kalamata olives  
 Juice of ½ lemon  
 ½ Tbsp dried oregano  
 ½ Tbsp dried basil

### DIRECTIONS:

Preheat oven to 400°F. / Grease a shallow baking dish with ½ Tbsp olive oil. / Add in the chicken breasts, breast-side up and drizzle with remaining ½ Tbsp olive oil. / Season with salt and pepper, then top with tomatoes, capers, olives, lemon juice, and herbs. / Roast for 45-55 minutes until chicken is totally cooked through (juices will run clear).



## ASPARAGUS & BROWN RICE SALAD

**MAKES:** 2 servings

### INGREDIENTS:

*1 bunch of asparagus, ends removed and chopped into 1-inch pieces*  
*1 Tbsp olive oil, divided*  
*1 clove garlic, minced*  
*1 cup cooked brown rice*  
*1 cup arugula, roughly chopped*  
*¼ lemon*  
*½ tsp salt*  
*Black pepper to taste*

### DIRECTIONS:

Heat ½ Tbsp olive oil in a frying pan over medium heat. / Add garlic and stir for 1 minute. / Stir in chopped asparagus. / Cover the pan, turn heat down to low and cook for 5 minutes, jiggling the pan every so often to cook ingredients evenly. / When asparagus is tender, remove from heat and add to a mixing bowl along with rice, arugula, olive oil, lemon juice, salt and pepper. / Toss to coat evenly. / Serve alongside Mediterranean chicken. Leftovers will keep in an airtight container up to 3 days.

### NUTRITION FACTS

*(per meal):*

Calories **525**, Fat **25g**,  
Protein **36g**, Carbs **42g**,  
Sugar **10g**, Fiber **9g**

## PLATE #3 / PRESSURE COOKER SALSA CHICKEN, SMALL BAKED SWEET POTATO, & SAUTÉED SPINACH & SQUASH

### CHICKEN

**MAKES:** 4 servings

#### INGREDIENTS:

4, 4-5oz boneless, skinless  
chicken breasts  
2 cups cherry tomatoes  
2 cloves garlic, peeled  
2 Tbsp lime juice  
½ tsp salt  
2 tsp ground cumin  
1 tsp chili powder  
1 pinch cayenne pepper  
(keep this amount small,  
spice intensifies when  
pressure-cooked)  
1 cup sliced mushrooms

#### DIRECTIONS:

Add tomatoes, garlic, lime juice, salt, chili powder, and cayenne pepper to the Short Cup and pulse to form a chunky salsa consistency. / Layer the chicken breasts, salsa, and mushrooms into the pressure cooker, seal lid, and cook on high pressure for 12 minutes. / Quick-release the pressure then serve alongside sautéed spinach.

### SWEET POTATO

#### DIRECTIONS:

Preheat oven to 400°F. / Take one to four sweet potatoes, pierce several times with a fork, place on a baking sheet, and bake until tender, about 45 minutes.

#### NUTRITION FACTS

(per meal):

Calories **331**, Fat **6g**,  
Protein **41g**, Carbs **30g**,  
Sugar **12g**, Fiber **7g**



### SAUTÉED SPINACH & ZUCCHINI

**MAKES:** 4 servings

#### INGREDIENTS:

1 Tbsp olive oil  
1 onion, diced  
2 large zucchini, cut into ¼-inch  
thick half-moons  
6 cups baby spinach  
salt and pepper to taste

#### DIRECTIONS:

Heat olive oil in a medium saucepan over medium-high heat. / Add onion and cook for 3-5 minutes until translucent. / Add zucchini and cook for another 3 minutes until soft and starting to brown. / Add spinach and cook until fully wilted. / Serve warm.

## PLATE #4 / SUPER-VEG PASTA

**MAKES:** 4 Servings

### INGREDIENTS:

1 cup cooked brown rice or quinoa  
penne pasta  
1½ cups homemade marinara (recipe on pg. 100) or 1 cup homemade Cauliflower Alfredo Sauce (pg. 99)  
1 cup canned cannellini beans, rinsed and drained  
2 cups steamed broccoli and cauliflower, cut into bite-sized florets

### OPTIONAL / IF USING MARINARA:

2 Tbsp Nutritional yeast to garnish

### DIRECTIONS:

Bring 4 cups of water to boil in a medium saucepan. / Add uncooked pasta and follow package directions to cook. / Strain, dry, and add to a large container with an airtight lid. / Mix in the remaining ingredients. / Serve yourself one portion and save the remaining portion for later. It will keep in the refrigerator for up to 5 days.

### NUTRITION FACTS

(per serving):

Calories **331**, Fat **5g**, Protein **15g**, Carbs **59g**, Sugar **5g**, Fiber **17g**





## BLACK BEAN BURGER PATTY

**MAKES:** About 4 patties | **SERVING SIZE:** 1 patty

### INGREDIENTS:

2 cups cooked black beans  
(about 2 15-oz cans),  
drained & rinsed  
1 tsp garlic powder  
1 tsp chili powder  
1 tsp cumin  
½ tsp ground paprika  
½ tsp salt  
Pinch of turmeric  
½ cup gluten-free rolled oats  
¼ cup red onion, finely chopped  
1 large carrot, grated  
1 flax egg\*

\*Flax egg: 1 Tbsp ground flax +  
3 Tbsp warm water. Mix and set  
aside for at least 5 minutes.

### OPTIONAL:

2 tsp finely chopped cilantro

### NUTRITION FACTS

(per patty):

Calories **186**, Fat **3g**,  
Protein **10g**, Carbs **32g**,  
Sugar **2g**, Fiber **10g**

### DIRECTIONS:

In a large mixing bowl, mash 1½ cups of the black beans. Add remaining ½ cup of beans. / In a small bowl, mix together the garlic powder, chili powder, cumin, paprika, salt, cilantro (if using), and turmeric. / Add spices to the bean mixture and mix. / Add all of the remaining ingredients, and combine well with your hands. Form into four large patties. / Cook in a non-stick pan over medium-high heat. Use a dab of coconut oil if necessary. / Once browned and starting to crisp on the bottom side, flip to cook the other side. /

Serve bun-less with a side of grilled zucchini and summer squash or a colorful salad. Top with some of your favorite freebies and healthy fats like tomato, sprouts, salsa, or avocado.

## BASIC APPLE CIDER VINAIGRETTE DRESSING

**MAKES:** About 12 servings | **SERVING SIZE:** 1 Healthy Fat (blue) scoop

### INGREDIENTS:

*¼ cup apple cider vinegar*  
*½ cup extra virgin olive oil*  
*1 tsp lemon juice*  
*Dash of sea salt & fresh ground black pepper*

### DIRECTIONS:

Combine all ingredients in the Short Cup and blend for 15-30 seconds. / *Store in an airtight jar in the fridge to use throughout the week.*

### NUTRITION FACTS

*(per serving):*  
 Calories **80**, Fat **9g**, Protein **0g**,  
 Carbs **0g**, Sugar **0g**, Fiber **0g**



## CLASSIC GUACAMOLE

**MAKES:** About 10 servings | **SERVING SIZE:** 2 Healthy Fat (blue) scoops

### INGREDIENTS:

*1 ripe avocado,*  
*peel and pit removed*  
*1 tsp lime juice*  
*1 Tbsp cilantro, chopped*  
*2 Tbsp chopped red onion*  
*Dash of sea salt*

### OPTIONAL:

*1 Tbsp hot salsa*  
*or pico de gallo*

### DIRECTIONS:

In the Short Cup, add all ingredients and pulse until well combined. / *Alternatively, you may add ingredients to a bowl and mash with a fork for a chunkier texture.* / Transfer leftovers to a sealable container and store in the fridge for a snack.

### NUTRITION FACTS

*(per serving):*  
 Calories **48**, Fat **4g**, Protein **0g**,  
 Carbs **3g**, Sugar **0g**, Fiber **2g**



## SLIM-DOWN SALSA

**MAKES:** 10 servings | **SERVING SIZE:** Unlimited Orange scoops

### INGREDIENTS:

*¼ medium white onion*  
*2-3 small slices of*  
*fresh jalapeño*  
*8-10 cherry tomatoes*  
*or 1 tomato, quartered*  
*1 clove garlic*  
*Juice of ½ lemon or lime*  
*Salt and pepper to taste*

### OPTIONAL:

*Sprigs of cilantro to taste*

### DIRECTIONS:

Add all ingredients to the MacroBlast Cup, twist on the Extractor Blade and pulse 4-6 times on the Power Base until ingredients are mixed, but still chunky. / **Remove blade and pour into a serving dish. Don't worry if the salsa looks foamy; it will settle in a minute or two.** / This recipe makes a thin salsa, but feel free to strain off any liquid if you prefer a thicker consistency.

### NUTRITION FACTS:

Calories **46**, Fat **0g**, Protein **2g**,  
Carbs **10g**, Sugar **6g**, Fiber **3g**

## DINNER / SIMMER SAUCES

*These sauces add amazing flavor to any chicken dish you make in a crock-pot, pressure cooker, or pan as part of your Portion Perfect dinner plates.*

### DIRECTIONS:

**If using a crock-pot or pressure cooker to make your dish,** simply spoon the sauce ingredients in the bottom of the pot, add the chicken on top, and cook according to the appliance's instructions. /

**If using a pan,** cut chicken into 1-inch cubes, then brown in a pan with olive or coconut oil over medium-high heat for 3 minutes. / Add sauce ingredients to the top, reduce heat to medium-low, and stir until ingredients are thoroughly cooked and sauce is reduced, another 5-10 minutes.

### LEMON & GARLIC

4 lemons, juiced  
1 clove garlic, minced  
⅔ cup water

### SLIM-DOWN SALSA

Make the slim-down salsa recipe on page 97, and layer in your crock-pot, pressure cooker, or pan with chicken according to instructions detailed above.

### ITALIAN

1 can diced tomatoes or 2 cups cherry tomatoes, pulsed in the NutriBullet LEAN to roughly chop  
¼ cup fresh basil, thinly sliced  
1 clove garlic, minced

#### OPTIONAL:

Mushrooms, carrots, celery, onion, and/or zucchini, chopped

## DINNER / SAUCES

### CAULIFLOWER ALFREDO SAUCE

**MAKES:** 4 Servings | **SERVING SIZE:** About ¾ cup

#### INGREDIENTS:

1 head of cauliflower, chopped into small florets  
½ Tbsp extra virgin olive oil  
1 small shallot, minced  
3 cloves garlic, minced  
½ cup unsweetened, unflavored almond milk  
¼ cup nutritional yeast  
Juice of ½ lemon  
½ tsp salt  
Fresh ground pepper, to taste  
Red pepper flakes to garnish  
Fresh parsley to garnish

#### DIRECTIONS:

Steam cauliflower in a large pot for 3-7 minutes until fork-tender. / Once cooked, drain any excess water and set aside to cool to room temperature (you can put it in the refrigerator to speed up this process). / Add oil to a large skillet over medium-high heat. Add shallot and garlic and sauté until fragrant and softened,

about 2-4 minutes. / In your MacroBlast Cup, add cauliflower, shallots/garlic, almond milk, nutritional yeast, lemon juice, salt, and pepper. / Twist on the Extractor Blade and extract in 40-second increments, resting for 20 seconds in between rounds. You may need to shake the cup's contents to distribute ingredients in between extractions. / Repeat 3-5 times, until sauce is completely smooth. / Taste and season with additional salt and pepper if necessary/desired. / Use as a topping for approved pastas, grains, and vegetable pastas. / Garnish with red pepper flakes and fresh parsley, if desired.

#### NUTRITION FACTS

(per serving):

Calories **86**, Fat **3g**, Protein **7g**, Carbs **11g**, Sugar **3g**, Fiber **5g**

## MARINARA SAUCE

**MAKES** 2 servings | **SERVING SIZE:** ~¾ cup

### INGREDIENTS:

1 Tbsp olive oil  
 ¼ cup carrots,  
     *very finely diced*  
 3 cloves garlic, *minced*  
     *(about 1½ Tbsp)*  
 1 15-ounce can tomato sauce  
 1 Tbsp dried or fresh oregano  
 Pinch of sea salt  
 Dash of ground black pepper  
 1 Tbsp nutritional yeast,  
     *plus more to taste*

### DIRECTIONS:

Heat oil in a large metal or cast iron skillet over medium heat. / **Add carrots.** / Sauté for 4 minutes, stirring frequently, then add garlic and cook for an additional minute. / **Remove skillet from heat and add tomato sauce, oregano, and nutritional yeast, stirring to incorporate evenly.** / Return to burner and bring to a low simmer over medium-low heat. / **Once simmering, reduce heat to low and continue cooking to thicken, stirring occasionally.** / Add salt and fresh ground black pepper if desired. Taste and adjust seasonings as needed.

### NUTRITION FACTS

*(per serving):*

Calories **140**, Fat **8g**, Protein **5g**,  
 Carbs **16g**, Sugar **9g**, Fiber **5g**

# OPTIONAL SNACKS

# 101

### 15 ALMONDS

(or 8 walnut halves)

### FERMENTED VEGGIES &/OR SEAWEED SNACKS

Serving Size:

Unlimited fermented veggies (kimchi, sauerkraut, etc.) &/or unsweetened seaweed snacks (nori & kelp)

## ROASTED CHICKPEAS

**MAKES:** 4 servings | **SERVING SIZE:** About ½ cup

### INGREDIENTS:

2 14-oz cans chickpeas

1 Tbsp olive oil

½ tsp salt

Spices of your choice

(optional — see below)

### **For Middle-Eastern spiced Chickpeas:**

Toss with 1 tsp paprika, ½ tsp  
ground cumin, and ½ tsp  
ground cardamom

### **For Southwestern spiced Chickpeas:**

Toss with 1 tsp ground cumin,  
½ tsp chili powder and a  
pinch of cayenne

### **For Italian Spiced Chickpeas:**

Toss with 1 tsp dried oregano  
and 1 tsp dried thyme

### **For Indian Spiced Chickpeas:**

Toss with 1 tsp curry powder and  
½ tsp garam masala

### DIRECTIONS:

Heat oven to 400°F. / Rinse and drain chickpeas, then dry thoroughly with a clean dishtowel. There should be no excess moisture on outside. / Spread chickpeas in an even layer onto a baking sheet. Drizzle with olive oil and salt and spread around the pan to coat. / Bake for 20-30 minutes until golden brown. / Remove from oven, place in a large bowl, add spices, if desired, and serve.

### NUTRITION FACTS

(per serving):

Calories **136**, Fat **5g**, Protein **7g**,  
Carbs **18g**, Sugar **0g**, Fiber **6g**





## SUN POWER PROTEIN/FIBER BITES

**MAKES:** Roughly 14 servings | **SERVING SIZE:** 1 Bite

### INGREDIENTS:

- ¼ cup unsweetened shredded coconut*
- ½ cup ground flax meal (start with ⅓ cup whole flax seed)*
- ½ cup unroasted sunflower kernels*
- ⅓ cup sunflower butter (may sub raw almond butter or cashew butter)*
- ½ tsp vanilla extract*
- 1 Tbsp NutriBullet LEAN Boost (may sub alternative plant-based protein powder or hemp seeds)*
- 1 Tbsp cold-pressed coconut oil, slightly softened*
- 2 Tbsp raw cacao nibs*

### DIRECTIONS:

In the NutriBullet LEAN, grind the flaxseed into a powder. / In a mixing bowl, combine all ingredients and mix well. / Allow to chill in the freezer for 15 minutes or the fridge for 30 minutes. / Roll into golf ball-sizes bites and store in the fridge.

### NUTRITION FACTS

*(per serving):*

Calories **115**, Fat **10g**, Protein **3g**, Carbs **5g**, Fiber **3g**, Sugar **1g**

## HUMMUS & VEGGIES

**MAKES:** About 8 servings | **SERVING SIZE:** 2 scoops + unlimited freebie scoops of non-starchy veggies

### INGREDIENTS:

1 15-oz can garbanzo beans  
 2 Tbsp tahini  
 1 Tbsp olive oil  
 ½ tsp ground cumin  
 2 Tbsp lemon juice  
 2 cloves garlic  
 Drizzle of water  
 (to desired consistency)  
 Dash of sea salt

### OPTIONAL:

Herbs such as basil, cilantro,  
 dill, parsley, garlic  
 or rosemary

### SERVE WITH:

Raw veggies like carrots,  
 celery, sliced peppers  
 and radish

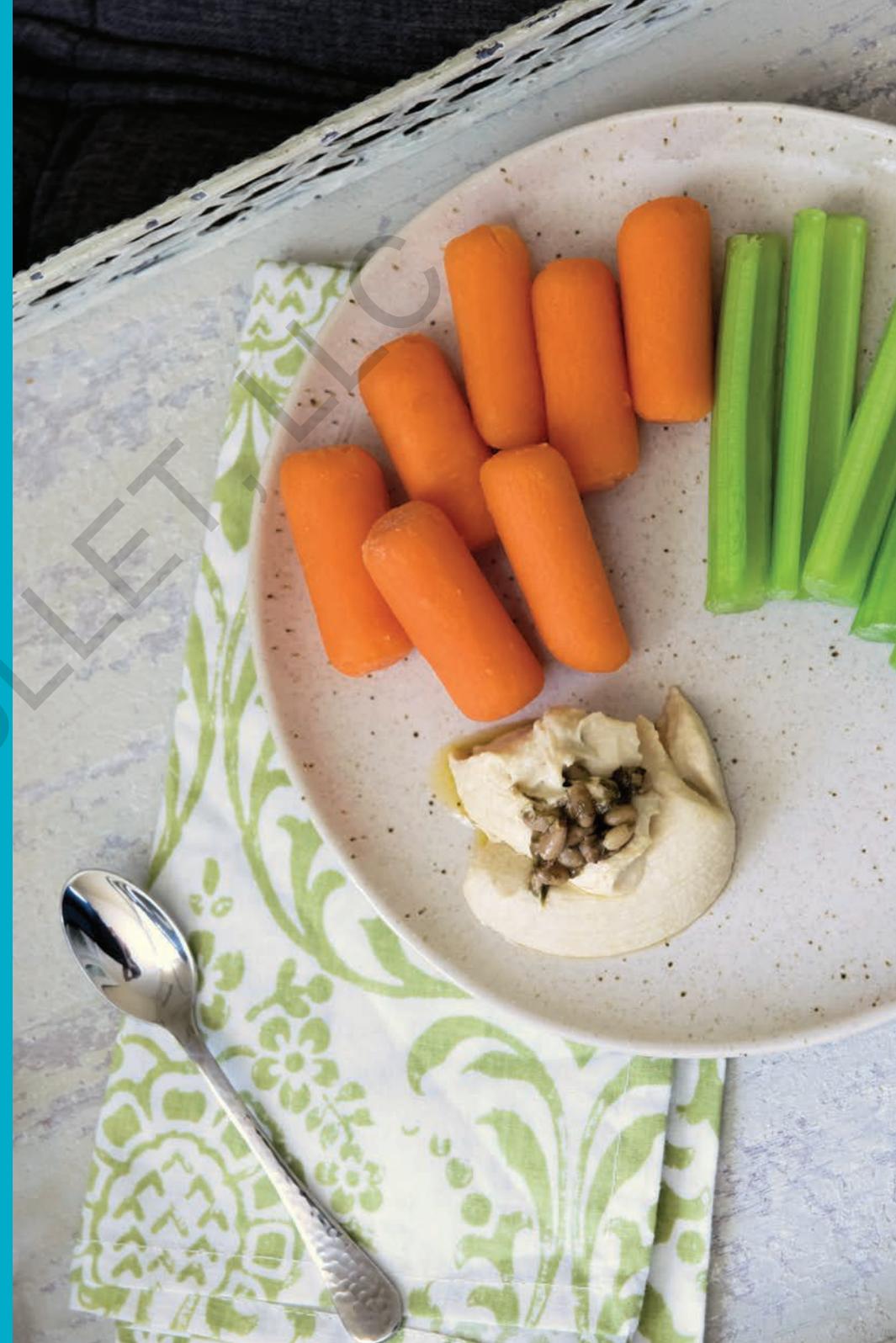
### DIRECTIONS:

Add beans, lemon juice, and olive oil to the Short Cup, twist on the Extractor blade and pulse a few times. / Twist off blade, scrape down sides and add tahini, spices, and a touch of water. / Continue to blend, scraping down sides of the cup and adding additional liquid as needed. / Stir in optional herbs and serve with raw veggies.

### NUTRITION FACTS\*

(per serving):  
 Calories 80, Fat 4g,  
 Protein 3g, Carbs 8g

\*raw vegetables not included in nutrition facts



## RE-INTRODUCTION

*At this point you probably feel amazing! Welcome to your new normal.*

If you've been following the plan for several weeks and notice you no longer have any digestive issues, headaches, or low energy levels, this may be a sign that you were suffering from an unknown food intolerance. Now that your diet has been free of the primary food allergens for an extended period, it is a good time to “test” your body's reaction to certain foods by slowly reintroducing them into the diet. (Refined sugar, fast food, and packaged processed food, however, have no place in your newly fresh and clean lifestyle. Keep these permanently off the table.)

It's important to note that food intolerance can set in at any time. Antibiotics, stress, certain medications, toxins, and a bad diet can all affect the gut microbiome and permeability that can trigger a food allergy or intolerance. Therefore, it is important to re-test your system every now and then during the LEAN Quarterly Cleanse (pg. 113).

Two of the most common dietary irritants are gluten and dairy. If you decide to reintroduce these to your routine, be sure to do so one at a time. Start by choosing one gluten-containing food (e.g. a slice of whole wheat bread), and have it once a day for up to four days. If you notice abnormal symptoms such as gas, bloating, headaches, fogginess, joint aches and pains, and/or weight gain at any point within the four-day period, this is an indication that you are sensitive or intolerant to gluten.

Once the first four-day period ends, it's time for a three-day “washout” period to reset your system. During the washout, go back to the original LEAN plan, avoiding any potential food triggers.

Once the 3-day washout is over, you can give dairy a try. Repeat the same method as the gluten: choose one organic dairy option without added sugar (e.g. plain organic Greek yogurt or 1 cup of whole milk),

and have it once a day for up to four days. Again, if you notice any problems, then it's probably best to eliminate dairy long-term. Follow the test period with another 3-day washout.

If you want to keep testing, follow this pattern with other potential triggers like corn, soy, eggs, alcohol, caffeine, etc., until you have a good overall understanding of how your body reacts to particular foods.

On page 114, you will find some new foods that you can add to your MacroBlast or Portion Perfect meals at this stage of the plan, as well some all-new Maintenance Mode recipes. Foods marked with a cross are more likely to trigger intolerance. It is best to eat these foods only after you have tested and re-introduced them. Since dairy and gluten are two of the most common food intolerances, we have created DF (dairy-free) and GF (gluten-free) icons to identify recipes free of these common triggers.

**GF Gluten-Free** — The gluten-free notation identifies recipes that contain none of this protein, which is often found in foods like wheat, rye, barley, and various processed foods and condiments. Be sure to follow the Re-Introduction process carefully to identify if gluten is one of your food triggers. If it is, stick to the Maintenance Mode recipes identified with the gluten-free symbol.

**DF Dairy-Free** — The dairy-free notation identifies recipes that contain no milk, yogurt, cheese, or any other form of dairy. If during the Re-Introduction you determined that dairy is not your friend, then stick to Maintenance Mode recipes identified with the dairy-free symbol.

Note that while these foods are technically allowed on the Maintenance Plan, they still may not work for you. If you notice your body negatively responding to any new food (i.e. bread, dairy), you should consider eliminating it from your diet for good and find other options that provide similar nutrients and health benefits.

# NUTRIBULLET LEAN MAINTENANCE MODE

*Anyone can lose weight...keeping it off is the hard part.*

Maintenance Mode builds on the Portion Perfect philosophy of the **NutriBullet LEAN 7-Day Transformation Plan**, allowing more flexibility to your ingredient list without sacrificing the beneficial principles you've come to learn from your 7-Day cycles. Since you've met your weight loss goal, this phase of the plan focuses on helping you maintain your weight, making it less of a strict eating plan or "diet," and more a sustainable way to approach eating for optimal health and wellness.

In Maintenance Mode, you will continue to enjoy MacroBlasts and homemade recipes. **You will enjoy one MacroBlast a day instead of two.** Start the day off right with a nutrient-filled breakfast MacroBlast and fill the rest of your day with two Portion Perfect meals and one to two optional snacks (now that you've been practicing intuitive eating, you can rely on your body to let you know if and/or when you need them).

Provided you keep your portions in check and remain focused on clean, high-quality foods, Maintenance Mode allows more freedom in the types of foods you can include in your routine. A wider variety of fruits, gluten-containing grains, and organic dairy may be added back in moderation, as long as your body responds to them well as we explained in the Re-introduction section. Enjoy a treat like our Frozen Banana Nice Cream, Chia Pudding, or Peaches and Cream for dessert once or twice a week; top sprouted grain bread with hummus and loads of veggies for lunch; include fiber-rich rolled oats or new fruits in your morning MacroBlast recipe, or incorporate organic plain Greek yogurt as a snack or protein boost if dairy isn't one of your food triggers.

## TIPS FOR KEEPING THE WEIGHT OFF:

**Keep portions in check** — By now you should be pretty good at eyeballing what a proper portion looks like, but we all know how easy it is for one's hand to get a bit heavy. Therefore, we strongly suggest continuing to use the Portion Perfect Plate Divider and One-Pot meal cup to keep your servings in check and the scale from creeping back up.

**Get moving!** — Weight maintenance relies a bit more on exercise than weight loss does so now would be a great time to make a workout plan. Choose something that you enjoy so that you will stick with it. No need to go hard core cross-fit — walking, hiking, biking, swimming, resistance bands, pilates, Interval (Burst) training, yoga, boxing, and jogging are all great options.

**Fit friendships** — Research shows we often mirror actions of those who surround us. When you hang with friends who value physical fitness and a healthy lifestyle, you will more likely follow suit. Try to get all of your current friends on board, spend the majority of your time with those who have the same wellness goals, or meet some new buddies who are like-minded in the health department.

**Keep a food journal** — That tiny bite of your child's leftovers, a free sample at the grocery store, that tempting donut at your office meeting—all can easily slip your mind if you don't write them down. Keeping a log of every bite you eat helps you identify patterns of weakness, and can deter you from making some unwise dietary choices. It holds you accountable. Continue to use your **NutriBullet LEAN app** to help keep you on track.

**Don't go longer than a week without weighing yourself** — Just like in weight loss mode, it's easy to let things get out of hand when you don't frequently monitor where you stand. Feel free to continue to weigh yourself daily, or if you feel that's a bit overboard, then just be sure to step on a scale at least once a week. It's best to do this at the same time every day using the same scale; preferably first thing in the morning after a bowel movement and before breakfast.

**Know your health goals** — Now that you have hit the reset button, it's time to determine your **"LEAN Zone."** The Lean Zone is the weight range you would like to maintain. Write that range on a post-it and stick it to your fridge or bathroom mirror as a reminder, and continue to weigh yourself daily. If you wander outside your Lean Zone, it's time to do a 7-Day Cycle (or more) to get back to your goal weight. Other things to consider: is your waist to hip ratio in the healthy zone? How many times do you wish to work out each week? How can you tell when you're feeling sub-par compared to how you feel after just completing weight loss mode? If you find yourself falling short of these goals then it may be a great time to check back into the original **7-Day Transformation Plan**. You are always welcome to toggle back and forth between the two — it's there for you when you need it. We can't encourage you enough to write these goals down. Research shows you're 42% more likely to achieve your goals just by writing them down.

**Get your zzz's** — You may not see the connection, but sleep has a huge impact on your weight. Not only does adequate, quality sleep provide you with the energy you need to get that workout in, it also gives you natural energy, so there's no need to reach for those empty, fast carbs to offset a mid-afternoon slump. Sleep also affects your hunger hormones—get too little and the "feed-me" (ghrelin) hormones run rampant, but get enough and your "hunger-suppressors" (leptin) take center stage.

**Stay stress-free** — Just like lack of sleep, stress can mess with your hormones. Keeping a zen-like state is a great way to not only stay sane and resist stress-induced eating, but also avoid releasing hormones like cortisol which can directly impact fat storage and weight gain.

**Expand your knowledge** — Continue to learn about nutrition and health. Visit [NutriLiving.com](http://NutriLiving.com) for articles, tips, the latest nutrition research, and more recipes to keep you feeling and looking your best.

## THE QUARTERLY CLEANSE

Every season comes with its own decadent food temptations: New Year's, Super Bowl, Valentine's Day, birthdays, anniversaries, Thanksgiving, Christmas—the year's biggest gathering times also tend to be the moments you're most likely to slip into old, unhealthful habits. It's perfectly normal to succumb to external stimulation; we are bombarded with unhealthful food messages 24/7, and a little indulgence doesn't mean you are weak. But if you're worried these small moments are becoming a slippery slope, all you need is a tap on the shoulder and a plan to guide you back on track. Hey, you've already got one!

Every three months, we recommend you hit the reset button with a Quarterly Cleanse. This is simply an opportunity to assess where you stand compared to your goals, and then commit to a full cycle (or more if needed) of the original **LEAN 7-Day Transformation Plan** to get you back into your healthy groove.

Take the time now to mark these key dates in your calendar. You might want to choose a date just before Thanksgiving to help you maintain control during the holiday, or mark the week before your big beachside summer vacation. Whenever you choose, dedicating a few weeks a year to renewing your commitment to the LEAN plan will help you maintain your incredible transformation for years to come.

## MAINTENANCE MODE MASHUP

Maintenance Mode allows more flexibility to your ingredient list without sacrificing the beneficial principles you've come to learn from your 7-Day Cycles. The following chart showcases the variety of foods you can enjoy as part of your new LEAN lifestyle. The newly added foods are highlighted in purple. Feel free to include them in your MacroBlasts (pg. 54-59, 120-124) and/or Portion Perfect Plates (pg. 80-90).

### FREEBIES:

- Apple cider, red or white wine, or rice vinegar
- Chopped fresh herb  
*(cilantro, mint, basil, parsley)*
- Dulse flakes  
*(or other seaweed flavoring)*
- Dried herbs & spices *(oregano, thyme, rosemary, cinnamon, etc.)*
- Fresh garlic
- Fresh ginger or turmeric
- Homemade salsa
- Lemon juice
- Nutritional yeast

### LIQUID:

- **Alcohol (choose 1):**
  - **4-6 fl. oz glass of dry red or white wine (no more than 1x/day for women and 2x/day for men)**
  - **OR 1 oz tequila or vodka (no more than 1x/day for women and 2x/day for men); NO sweet mixers!**
- **Store-bought drinks using stevia or monk fruit as a natural sweetener (ex: Bai)**
- Unsweetened almond, coconut, hemp milk, or other non-dairy alternative
- Non-caffeinated herbal tea  
*(brewed and chilled)*
- Water
- 100% cold-pressed greens juice *(no fruit)*

### PROTEIN:

- NutriBullet LEAN Boost, or equivalent plant-based protein powder *(see pg. 173 for tips on choosing an alternative)*
- Chicken breast, organic
- Turkey, >90% lean and organic
- Fish: *Wild Alaskan salmon, **Bass, Mahi, Rainbow trout, Halibut, Atlantic Mackerel, Cod, Tuna, Herring, Pollock, Sole, Sardines, Anchovies***
- Tempeh *(gluten-free)*
- 2 organic eggs<sup>†</sup>  
*(hard boiled or scrambled)*
- **Lean organic, grass-fed red meat (limit to 2-3x a week)**
- **Organic tofu<sup>†</sup>**
- **Pastured pork**
- **Unsweetened, plain organic Greek or sheep's milk yogurt<sup>†</sup>**
- **Shrimp,<sup>†</sup> oysters, clams, mussels, lobster, and other shellfish<sup>†</sup>**
- **Organic cottage cheese<sup>†</sup> (1% or 2%)**
- **1 medium veggie burger patty (look for whole food ingredients)**

### HEALTHY FATS:

- Avocado
- Cacao nibs, raw
- Coconut oil, cold-pressed
- Olives, sliced
- Olive oil, extra virgin
- **Natural, pure, grass-fed butter or ghee**
- **Feta<sup>†</sup>**
- **Parmesan<sup>†</sup>**
- **Goat cheese<sup>†</sup>**
- **Peanut butter**
- **1-2 oz dark chocolate (≥72%)**
- Nut or seed butter *(almond, walnut, cashew, sunflower)*
- Nuts *(walnuts, cashews, almonds, pecans, pistachios)*
- Super Seeds *(hemp, flax, chia, sunflower, sesame, pumpkin)*

## FRUITS, GRAINS & STARCHY VEGGIES:

- Apple (*limit to ½ per day*)
- **1 medium banana**
- Beet
- Blackberries
- Blueberries
- Cherries
- **Grapes (red or green)**
- Grapefruit
- **Mango (frozen or fresh)**
- **Melon (watermelon, cantaloupe, honeydew)**
- Orange
- Peach
- Pear (*limit to ½ per day*)
- **Pineapple (frozen or fresh)**
- Plum
- Pomegranate seeds
- Raspberries
- Strawberries
- Tomato
- Acorn squash
- Sweet potato, *cooked*
- Puréed pumpkin
- Quinoa
- Amaranth
- Buckwheat
- Brown/red/black/wild rice
- Millet
- Brown rice noodles
- Quinoa noodles
- Legumes (beans and lentils)
- Peas
- Homemade hummus
- **Rolled or steel cut oats**
- **Cooked gluten-containing grains<sup>†</sup> (spelt, kamut, farro, rye, triticale, barley and durum)**
- **1-2 slices sprouted or whole grain<sup>†</sup> bread or English muffin**
- **1 whole grain,<sup>†</sup> brown rice, or sprouted tortilla or organic corn<sup>†</sup> tortilla**

## GREENS & NON-STARCHY VEGGIES:

- Artichoke hearts
- Asparagus, roasted or grilled
- Bell peppers (*red, green, yellow*)
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant, *cooked*
- Green beans
- Kale
- Leafy greens of choice
- Mushrooms
- Romaine lettuce
- Spinach
- Squash
- Swiss Chard
- Tomatoes
- Fermented veggies including kimchi and sauerkraut
- Zucchini

### ■ Newly added foods

<sup>†</sup>This indicates potential food intolerance. These ingredients and recipes that contain them may be best tested during and after their initial re-introduction.



NUTRIBULLET, LLC

MAINTENANCE MODE  
**119** RECIPES

## MACROBLAST RECIPES FOR MAINTENANCE MODE

### BREAKFAST MAINTENANCE MACROBLAST

(plus hard boiled egg\*)

**SERVES: 1** **GF** **DF**

#### INGREDIENTS:

Kale, spinach, and cucumber  
to the green line  
Mango & ½ banana to the red line  
1 blue scoop hemp seeds  
1 blue scoop coconut oil  
(or coconut butter)  
1 orange scoop Superfood  
Fat Burning Boost  
Filtered water to the MAX line

+ 1 hard boiled organic egg **on the side** for added protein! (Or you can add 1 serving of the NutriBullet LEAN Boost to your MacroBlast in place of an egg on the side.)



#### NUTRITION FACTS

(including hard boiled egg):

Calories **385**, Fat **24g**,  
Protein **13g**, Carbs **33g**,  
Sugar **20g**, Fiber **5g**

### PEANUT BUTTER PERFECTION

**SERVES: 1** **GF**

#### INGREDIENTS:

Spinach to the green line  
½ banana  
1 blue scoop rolled oats  
(certified gluten-free)  
1 blue scoop peanut butter  
(may sub any other nut or  
seed butter)  
1 blue scoop cacao powder  
½ cup plain, unsweetened full-  
fat Greek style yogurt (may  
sub coconut milk yogurt;  
will reduce protein amount)  
Dash of cinnamon  
Unsweetened vanilla almond  
milk to the MAX line

#### NUTRITION FACTS:

Calories **340**, Fat **19g**,  
Protein **15g**, Carbs **30g**,  
Sugar **11g**, Fiber **9g**



## CARAMEL APPLE MACROBLAST

SERVES: 1 GF DF

### INGREDIENTS:

Spinach and kale  
to the green line  
½ medium apple  
(core and seeds removed)  
1 blue scoop almond butter  
1 pitted date  
1 serving NutriBullet LEAN Boost  
(or 1 serving SuperFood  
Protein Blend)  
Dash of cinnamon  
6 fl. oz unsweetened vanilla  
almond milk  
4 fl. oz filtered water  
2-3 ice cubes

### NUTRITION FACTS:

Calories **325**, Fat **13g**,  
Protein **19g**, Carbs **40g**,  
Sugar **21g**, Fiber **14g**



## BEET CHOCOCO

SERVES: 1 GF DF

### INGREDIENTS:

Mixed greens and ¼ raw beet  
to the green line  
1 frozen banana  
1 serving NutriBullet LEAN Boost  
(or 1 serving SuperFood  
Protein Blend)  
1 blue scoop pepitas  
1 blue scoop raw cacao powder  
1 blue scoop coconut oil  
Filtered water to the MAX line

### NUTRITION FACTS:

Calories **385**, Fat **20g**,  
Protein **19g**, Carbs **42g**,  
Sugar **17g**, Fiber **12g**



## OAT OF THIS WORLD

SERVES: 1 GF DF

### INGREDIENTS:

Baby kale to the green line  
½ medium pear  
(core and seeds removed)  
2 blue scoops rolled oats  
(certified gluten-free)  
2 blue scoops walnuts  
1 serving NutriBullet LEAN Boost  
(or 1 serving SuperFood  
Protein Blend)  
Dash of cinnamon

6 fl. oz unsweetened vanilla  
almond milk  
4 fl. oz filtered water  
2-3 ice cubes

### NUTRITION FACTS:

Calories **287**, Fat **13g**,  
Protein **18g**, Carbs **30g**,  
Sugar **10g**, Fiber **14g**

## PERSIMMON PASSION

**SERVES: 1** **GF** **DF**

### INGREDIENTS:

Spinach and kale  
to the green line  
Persimmon, peaches & banana  
to the red line  
1 blue scoop cashew butter  
1 blue scoop hemp seeds  
1 serving NutriBullet LEAN Boost  
(or 1 serving SuperFood  
Protein Blend)  
Unsweetened vanilla almond  
milk to the MAX line

### NUTRITION FACTS:

Calories **391**, Fat **18g**,  
Protein **23g**, Carbs **40g**,  
Sugar **15g**, Fiber **13g**

## GREEK OUT!

**SERVES: 1** **GF**

### INGREDIENTS:

Spinach to the green line  
Red grapes and blueberries  
to the red line  
½ cup plain organic  
Greek yogurt  
1 serving NutriBullet LEAN Boost  
(or 1 serving SuperFood  
Protein Blend)  
1 blue scoop almond butter  
Filtered water to the MAX line

### NUTRITION FACTS:

Calories **386**, Fat **22g**,  
Protein **27g**, Carbs **47g**,  
Sugar **32g**, Fiber **12g**



# LUNCH OR DINNER RECIPES FOR MAINTENANCE MODE

## MANGO CHICKEN SALAD

WITH CREAMY AVOCADO CILANTRO DRESSING

**GF** **SERVINGS:** 1 large salad + leftover dressing  
**SERVING SIZE:** 1 bowl + 2 Tbsp dressing

Put some pep in your supper and enjoy this salad made with tender chicken, crisp lettuce, juicy mango, and creamy avocado.



### MANGO CHICKEN SALAD

#### INGREDIENTS:

4 cups leafy green mixture  
(Romaine lettuce, spinach,  
arugula, etc.)  
½ cup diced mango  
4oz cooked organic chicken  
breast, cut into strips (grilled,  
baked, blackened)  
5 cherry tomatoes

#### NUTRITION FACTS / JUST SALAD:

Calories **266**, Fat **4g**, Protein **40g**,  
Carbs **24g**, Sugar **13g**, Fiber **6g**

## CREAMY AVOCADO CILANTRO DRESSING

**MAKES:** about 7 servings (¾ cup + 2 Tbsp) | **SERVING SIZE:** 2 Tbsp

#### FOR THE DRESSING:

1 ripe avocado  
Juice of 1 lime  
1 clove garlic  
1 green onion, chopped  
½ cup cilantro  
½ cup plain Greek yogurt\*  
(may use almond milk yogurt  
for a dairy-free option)  
¼ tsp salt

#### NUTRITION FACTS / JUST DRESSING:

Calories **55**, Fat **5g**, Protein **2g**,  
Carbs **2g**, Sugar **1g**, Fiber **1g**

#### DIRECTIONS:

Add all dressing ingredients to the MacroBlast Cup, twist on the blade and extract until well combined and creamy. / Combine all salad ingredients in a bowl and top with 2 Tbsp avocado cilantro dressing.

#### NUTRITION FACTS / WHOLE SALAD

(per serving with 2 Tbsp dressing):  
Calories **321**, Fat **9g**, Protein **42g**,  
Carbs **26g**, Sugar **14g**, Fiber **7g**



## QUINOA PORRIDGE

**GF** **DF** **MAKES:** 2 servings

Have breakfast for dinner with this warm and satisfying porridge, a nice, protein-filled alternative to traditional oats. Top with your favorite nuts, berries, and spices for a toasty treat.

### INGREDIENTS:

*½ cup quinoa*  
*1 cup water*  
*8 fl. oz unsweetened vanilla*  
*almond, cashew, or coconut*  
*milk (carton, not can)*  
*¼ cup almonds, finely ground*  
*in the Short Cup*  
*1 tsp vanilla extract*  
*1 tsp ground cinnamon*

### OPTIONAL TOPPINGS:

*Chopped nuts, nut butter,*  
*toasted pepitas, or coconut*  
*Blueberries, raspberries,*  
*or blackberries*

### DIRECTIONS:

Rinse quinoa. / Add to a medium saucepan along with the water and bring to a boil. / Reduce the heat to low, cover the pot, and cook until water is fully absorbed and quinoa is soft, about 10 minutes. / Uncover the pot, and add almond/cashew/coconut milk, cinnamon, vanilla, and ground almonds. / Cook for five more minutes, stirring until thick and creamy. / Divide into two portions and top as desired (maximum 1 Tbsp nuts/seeds/shredded coconut; ½ Tbsp nut butter, and ½ cup berries per serving).

### NUTRITION FACTS

*(per serving without optional toppings):*

Calories **265**, Fat **11g**, Protein **10g**,  
 Carbs **32g**, Sugar **1g**, Fiber **6g**

## LENTIL SLOPPY JOE WRAPS (OR SANDWICH)

**DF** **SERVINGS:** 3 | **SERVING SIZE:** 1 lentil filled wrap/sandwich

Get sloppy while staying clean with these tasty sandwiches filled with a delightful mess of lentils, veggies, and the sweet tomato-mustard flavor we all know so well.

### INGREDIENTS:

2 cups cooked green  
or brown lentils  
1 Tbsp olive oil  
1 small onion, diced  
2 medium carrots,  
peeled and diced  
¾ cup tomato purée  
2 Tbsp apple cider vinegar  
2 tsp dijon mustard  
½ tsp chili powder  
½ tsp smoked paprika  
Dash of sea salt  
Dash of black pepper  
3 sprouted whole grain tortillas/  
wraps/buns (ex: Ezekiel)  
1½ cups baby spinach

### NUTRITION FACTS

(per serving):

Calories **321**, Fat **8g**, Protein **21g**,  
Carbs **53g**, Sugar **8g**, Fiber **24g**

### DIRECTIONS:

In a medium pot filled with water, cook lentils for about 15-20 minutes or until done. Drain water and set aside. /

Heat oil in a medium skillet and sauté diced onion until translucent. / Add carrots and cook until tender. / Add cooked lentils to the skillet then stir in tomato puree, vinegar, mustard, and spices. / Continue to cook, stirring occasionally until the sauce has thickened. /

Place a tortilla/wrap on a plate, scoop one third of the lentil mixture into each wrap and top with baby spinach. / Fold in the ends as you roll the tortilla. Slice in half and bon appetit!

## EDGY VEGGIE SCRAMBLE

**DF** **MAKES:** 1 serving

Put leftover produce to good use with this tasty and filling scramble. Throw in whatever veggies you have in the fridge — everything tastes great with fresh eggs!

### INGREDIENTS:

½ cup sliced mushrooms  
½ cup steamed or roasted  
broccoli, chopped  
2 Tbsp sun-dried tomatoes,  
packed in olive oil  
and drained  
½ cup baby spinach  
1 clove garlic  
½ Tbsp olive oil  
2 eggs, beaten with fork  
Sea salt to taste

### OPTIONAL:

1 sprouted whole grain or gluten-free brown rice tortilla

### NUTRITION FACTS

(without the optional tortilla):

Calories **258**, Fat **17g**, Protein **16g**,  
Carbs **9g**, Sugar **1g**, Fiber **3g**

### DIRECTIONS:

Add mushrooms, broccoli, sun-dried tomatoes, and garlic to the Short Cup and pulse with the Extractor Blade until roughly chopped — about 2-3 times. / Heat olive oil over medium heat in a medium skillet. Add the chopped veggies and sauté for 3-5 minutes until warm and tender. / Pour the beaten eggs evenly over the veggies and allow them to cook, untouched, about 1 to 2 minutes. / Use a spatula or wooden spoon to stir the mixture together until eggs are fully cooked, about 2 to 3 minutes. / Season to taste and serve or make it a breakfast burrito by wrapping it in a warm whole grain tortilla.

**NOTE:** Feel free to substitute your favorite mix-ins or leftover cooked veggies in place of the recommended ingredient (note nutritional values will change).

## AVOCADO TOAST WITH SMOKED SALMON & CHERRY TOMATOES

**DF** SERVES: 1

Luscious avocado pairs with crispy whole grain toast and silky smoked salmon for a heart-healthy meal rich in beneficial monounsaturated fats.

### INGREDIENTS:

2 slices Ezekiel sprouted  
whole grain toast  
½ avocado  
Splash of lemon juice  
1 tsp pepitas  
2 thin slices (about 1 oz)  
wild smoked salmon  
5 cherry tomatoes, cut in half  
Pinch of black pepper

### OPTIONAL:

2 rings raw red onion  
1 tsp capers

### DIRECTIONS:

Toast the bread until just golden brown. / For the halved avocado, remove the pit from the avocado and discard. / Remove the avocado from the skin and place the avocado flesh into a medium bowl and mash it with a fork and a squeeze of the fresh lemon juice. Season with fresh black pepper if desired. / Slather the mashed avocado on top of each slice of toast. / On one slice, layer the smoked salmon (with optional capers) and on the other, spread out the cherry tomato halves (with optional red onion) and sprinkle with pepitas. / Serve immediately.

### NUTRITION FACTS

Calories **400**, Fat **16g**,  
Protein **28g**, Carbs **40g**,  
Sugar **2g**, Fiber **12g**



## QUINOA CHICKPEA CURRY



**SERVINGS:** Approx. 6 | **SERVING SIZE:** 1½ cups  
(1 cup curry with ½ cup cooked quinoa)

Fill your belly with warm spices and hearty textures, brought to you via spicy-sweet chickpea curry.

### INGREDIENTS:

1 tsp coconut oil  
 1 medium yellow onion, diced  
 3 garlic cloves, minced  
 1 Tbsp fresh grated ginger  
 (or 1 tsp ginger powder)  
 1 can full-fat coconut milk  
 (may use light if desired)  
 2 tsp garam masala  
 2 tsp ground turmeric  
 1 tsp cumin  
 1 Tbsp honey  
 ½ tsp crushed red pepper  
 1 tsp salt  
 2-14oz cans cooked chickpeas,  
 drained and rinsed  
 2 medium sweet potatoes,  
 peeled and cubed  
 1 cup dried quinoa  
 (makes 3 cups cooked)  
 3 cups water or vegetable broth  
 Cilantro (garnish if desired)

### OPTIONAL:

1 cup water or vegetable broth

### DIRECTIONS:

Add the oil to a skillet and place over medium heat. / Sauté the onions, garlic and ginger until soft, about 3 minutes, then remove from heat and allow to cool to room temperature. /

While cooling, prepare quinoa. Rinse quinoa and place in a pot with 2 cups water. / Bring to a boil, reduce heat to simmer and cook with the lid on for about 15 minutes or until water is absorbed and the quinoa swells showing a tiny white swirl. /

Place the cooled onion mixture in the NutriBullet LEAN, along with the coconut milk, all spices, honey, and salt. / Twist on the blade and extract until smooth.

### IF USING THE SLOW COOKER:

Pour the curry blend into the slow cooker and add the chickpeas and diced sweet potato. Mix well. / Place the lid on the slow cooker, and turn on high for 4-5 hours or low for 6-8 hours. / Once the sweet potatoes are soft, serve 1 cup curry warm over ½ cup cooked quinoa. Garnish with cilantro if desired.

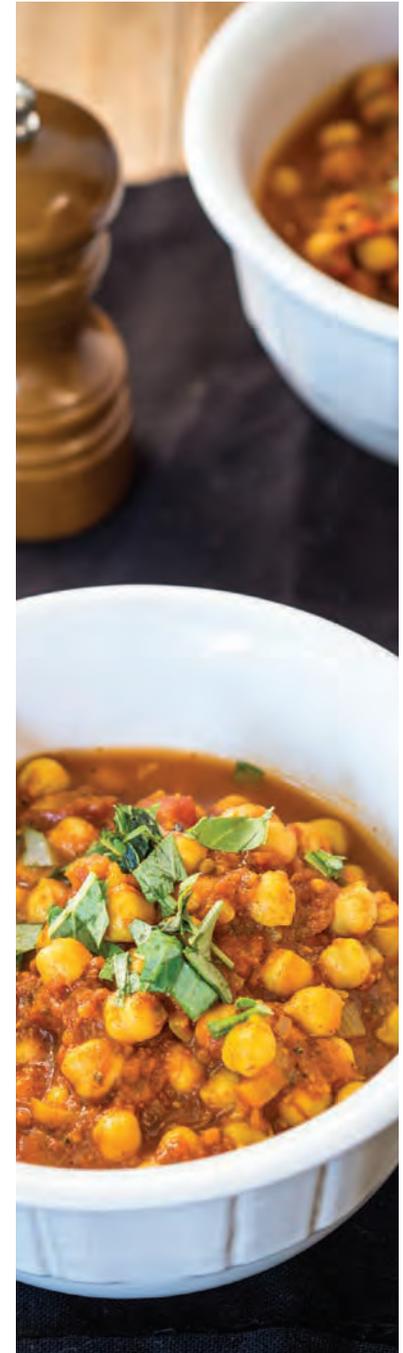
### IF USING THE STOVE TOP:

Pour the curry blend into a large pot with the chickpeas and diced sweet potato. Mix well. Add additional liquid if needed. / Bring to a boil then reduce heat to simmer and cook for about 45 minutes, stirring every so often. / Once the sweet potatoes are soft, serve 1 cup curry warm over ½ cup cooked quinoa. Garnish with cilantro if desired.

### NUTRITION FACTS

(per serving):

Calories **353**, Fat **11g**, Protein **13g**,  
 Carbs **53g**, Sugar **6g**, Fiber **10g**



## LEAN CHICKEN FAJITAS

GF

DF

MAKES: 4 servings

Bring the fiesta to your casa with this mouth-watering combo of sizzling chicken and flavorful veggies.



### INGREDIENTS:

*¾ pound chicken breast*  
*1 Tbsp Bragg's liquid aminos*  
*Juice of 3 limes*  
*Coarse salt and fresh ground black pepper*  
*1 clove of garlic, minced*  
*2 bell peppers (green, red, and/or orange), seeded and thinly sliced*  
*1 Tbsp extra virgin olive oil*  
*1 yellow onion, halved and thinly sliced*  
*1 large tomato, chopped*  
*Fresh cilantro sprigs, to garnish*  
*2-3 additional limes, cut into wedges, to garnish*  
*8 organic corn tortillas, warmed (2 per serving)*

### NUTRITION FACTS

*(per serving):*

Calories **288**, Fat **9g**, Protein **24g**,  
 Carbs **32g**, Sugar **4g**, Fiber **5g**

### DIRECTIONS:

Combine liquid aminos and lime juice in a shallow bowl. / **Flip the chicken in the mixture to coat, then set in the bowl and refrigerate for 1 hour, occasionally turning the chicken over in the marinade.** / Remove chicken from marinade, then blot dry with paper towels. Season with salt and pepper.

**Heat oil in a cast-iron or skillet over medium-high.** / Cook to medium rare, about to minutes on each side. / **Transfer to a plate and tent with tin foil.**

Add garlic, peppers, and onion to the pan and season with salt and pepper. / **Sauté over medium-high heat for 4-6 minutes until vegetables are slightly tender, but still crisp.**

Thinly slice chicken. / **When ready to eat, divide chicken and stir-fried veggies into 4 portions.** / Serve each portion with 2 corn tortillas. Top with tomato and cilantro and squeeze lime wedges on top if desired.

## VEGETABLE PIZZA

(MAKE QUINOA OR CAULIFLOWER CRUST, LIMIT CHEESE, USE VEGAN “CHEESE,” OR OMIT DAIRY)

**GF** **MAKES:** 1 pizza | **SERVING SIZE:** varies depending on toppings | **SUGGESTION:** ½ pizza



Pizza party it up and serve your slice with a quinoa or cauliflower crust and tons of mouth-watering veggies!

### INGREDIENTS:

1 crust (choose quinoa or cauliflower crust — recipes on the following pages)

½ - ¾ cup marinara or pizza sauce

Choose your favorite toppings: mushrooms, black olives, spinach, artichoke hearts, sundried tomatoes, roasted eggplant, roasted red pepper, basil

### OPTIONS TO USE:

Fresh mozzarella, vegan “cheese,” or no cheese

*Nutritional Values will vary depending on toppings. See pages 139-140 for total amount in the two varieties of crust.*

## QUINOA CRUST RECIPE:

### INGREDIENTS:

¾ cup uncooked quinoa  
¼ cup water, plus more for soaking quinoa  
1 tsp baking powder  
Olive oil or unrefined virgin coconut oil  
¼ tsp salt

### OPTIONAL:

½ tsp dried oregano  
½ tsp dried basil

### NUTRITION FACTS

(full crust without toppings):

Calories **477**, Fat **8g**, Protein **18g**, Carbs **85g**, Sugar **0g**, Fiber **10g**



### DIRECTIONS:

Soak quinoa in water overnight (at least 8 hours). /

Preheat oven to 425°F. / Drain and rinse quinoa thoroughly to reduce bitterness. / Add quinoa, ¼ cup water, baking powder, salt, and herbs to your Short Cup and extract in 30-second increments to form a smooth paste, stopping the bullet and scraping down the sides if necessary. This should take 3-4 30-second intervals. / Grease an 8 or 9-inch cake pan with olive or coconut oil, then line with parchment paper. / Pour the quinoa mixture into the pan and flatten the top with a rubber spatula to create a smooth, even surface. / Bake for 15 minutes, then remove from the oven, flip crust using parchment paper and return to the oven for 5-10 minutes until the edges are crispy and the crust is golden-brown. / Remove from the oven and top as desired.

## CAULIFLOWER CRUST RECIPE

### INGREDIENTS:

1 head cauliflower  
 2 large organic eggs  
 1 Tbsp coconut or almond flour  
 1 Tbsp chia seeds  
 1 tsp sea salt  
 Fresh ground black pepper  
 to taste  
 Olive oil or unrefined virgin  
 coconut oil

### DIRECTIONS:

Preheat oven to 450°F. / Grease an 8 or 9-inch cake pan with olive oil or coconut oil and line with parchment paper. / Chop cauliflower into small pieces. / Extract the cauliflower in two separate batches in the Short Cup to break down into small, rice-sized pieces. / Add purée to a pan (no oil necessary) and cook for 3-5 minutes over medium heat until soft. / Cool the cooked cauliflower to room temperature (about 30 minutes), then place in a cheese cloth,

nut milk bag, or clean cloth and squeeze out as much water as possible. / Add cooked, strained cauliflower to the MacroBlast Cup along with eggs, chia seeds, salt and pepper and extract in 30-second increments to form a smooth “dough,” stopping the bullet to scrape down the sides if necessary. This should take 3-4 30-second rounds. / Spread the “dough” into your cake pan, so it’s about ½ inch thick. / Bake for 10 minutes, remove from the oven, then flip the crust over using the parchment paper. / Bake for an additional 10 minutes until firm and golden brown. / Remove from the oven and top as desired.

### NUTRITION FACTS

(full crust without toppings):  
 Calories **368**, Fat **14g**, Protein **26g**,  
 Carbs **38g**, Sugar **12g**, Fiber **18g**

## HUMMUS & VEGGIE SANDWICH

DF SERVES: 1

Looking for a quick, healthy meal? Look no further — this sandwich packs a mean punch of protein, complex carbs, and micronutrients to fuel your fast-paced lifestyle.



### INGREDIENTS:

2 slices Ezekiel or sprouted grain  
 bread (may also use a whole  
 grain wrap)  
 2 Tbsp hummus  
 4 cucumber slices  
 2 Romaine lettuce leaves  
 (or ¼ cup baby spinach)  
 2 Tbsp grated carrots  
 ¼ avocado, cut into slices  
 1 Tbsp sliced black olives

### OPTIONAL:

2 slices roasted red peppers

### NUTRITION FACTS:

Calories **290**, Fat **10g**,  
 Protein **12g**, Carbs **40g**,  
 Sugar **1g**, Fiber **11g**

## THE EBE (EASIEST BOWL EVER)

**GF** **DF** **MAKES:** 2 servings

Need a quick, healthy, and satisfying dinner? This recipe uses prepared vegetables from Trader Joe's to take time consuming chopping off your block. If you don't have a TJ's nearby, most grocery stores sell similar pre-packaged items.

### INGREDIENTS:

1 Tbsp olive oil, divided  
 1 package pre-cut butternut squash (2 cups)  
 1 clove garlic, minced  
 1 package finely shredded Brussels sprouts (~2½ cups)  
 2 big handfuls chopped kale  
 1 cup steamed lentils  
 4 steamed and peeled baby beets, cut into quarters  
 2 Tbsp sliced almonds  
 Salt and pepper to taste

### FOR THE DRESSING:

1 Tbsp olive oil  
 2 tsp white wine  
     or balsamic vinegar  
 2 tsp dijon mustard  
 1 tsp maple syrup or raw honey  
     (optional)



### DIRECTIONS:

Heat oven to 425°F. / Spread butternut squash in an even layer on a baking sheet and drizzle with ½ Tbsp olive oil. / Toss to coat and bake for 30-35 minutes.

While the squash cooks, heat ½ Tbsp olive oil in a large pan over medium-high. / Add garlic, Brussels sprouts, and kale to the pan and cook for 4-5 minutes until toasted but crisp. / Remove from pan and divide into two portions.

Add lentils and beets to the pan to warm, seasoning with salt and pepper if desired. / Divide between the two portions, then make the salad dressing. / Add all dressing ingredients to the Short Cup and extract until smooth. / Remove squash from



the oven and portion between the two portions. / Drizzle with dressing and garnish with slivered almonds. Add salt and pepper if desired.

### NUTRITION FACTS

(per serving):

Calories **470**, Fat **17g**, Protein **18g**, Carbs **67g**, Sugar **18g**, Fiber **23g**

# SHAKSHUKA

GF

DF

MAKES: 3 servings

This delectable Middle Eastern dish is traditionally served at breakfast time, but we think its vibrant flavors and filling textures make for a super satisfying dinner. Make this dish fresh for yourself and guests, or plate one serving and save leftovers in an airtight container for up to 3 days. Just make sure the yolks of your eggs are completely cooked through if you plan on storing it for future portions.



## INGREDIENTS:

2 Tbsp extra virgin olive oil  
 1 medium onion, diced  
 1 red bell pepper, chopped  
 3 garlic cloves, thinly sliced  
 1 tsp ground cumin  
 1 pinch cayenne pepper,  
 or to taste  
 1 28-oz can plum or whole  
 tomatoes with juices,  
 coarsely chopped  
 ½ tsp salt  
 1 tsp paprika  
 Fresh ground black pepper  
 6 large eggs

## OPTIONAL GARNISH:

Chopped flat-leaf parsley  
 and/or fresh mint  
 Hot sauce  
 Nutritional yeast

## NUTRITION FACTS

(per serving):

Calories **321**, Fat **17g**, Protein **15g**,  
 Carbs **18g**, Sugar **10g**, Fiber **6g**

## DIRECTIONS:

Heat oven to 375°F. / Heat oil in a large skillet over medium-low heat. / Add onion and bell pepper. Gently cook until soft, about 20 minutes. / Add garlic and cook until tender, about 2 minutes. / Stir in cumin, paprika, and cayenne and cook 1 minute. / Add tomatoes and season with salt and pepper. / Simmer until tomatoes thicken, about 10 minutes.

Gently crack eggs into skillet over the tomatoes. / Season with additional salt and pepper. / Transfer skillet to oven and bake until eggs gently set, about 7-12 minutes (if you plan on having leftovers, make sure the yolks are cooked through). / Remove from oven, take out the portion you would like, and garnish with parsley/mint, hot sauce, and nutritional yeast, as desired. Store leftovers in an airtight container in the refrigerator for up to 3 days.

## SHRIMP WITH WHITE BEANS & QUINOA

**GF** **DF** **MAKES:** 4 servings

Don't skimp on dinner, *SHRIMP* on dinner with this savory-lemony seafood dish that's packed with protein and nourishing complex carbs.

### INGREDIENTS:

2 cups vegetable broth  
1 cup quinoa  
¼ tsp salt  
1 Tbsp extra virgin olive oil  
2 cloves garlic, minced  
4 green onions, chopped  
1 pound medium shrimp, peeled and de-veined  
1 15-oz can cannellini or navy beans, rinsed and drained  
½ cup fresh chopped cilantro or parsley  
Juice of 1 lemon  
1 tsp salt  
Fresh ground pepper to taste

### NUTRITION FACTS

(per serving):

Calories **378**, Fat **7g**, Protein **28g**,  
Carbs **49g**, Sugar **2g**, Fiber **12g**

### DIRECTIONS:

Add quinoa and 2 cups vegetable broth to a saucepan. / Bring to a boil, cover, reduce heat to low, and simmer until broth is absorbed and quinoa is tender, about 15 minutes. / Heat 1 Tbsp olive oil in a large skillet over medium-high heat. / Add garlic and green onions and cook for 1 minute. / Add shrimp and cook, stirring constantly until they turn pink and firm, about 3 minutes. / Stir in beans, cilantro/parsley, lemon juice, and salt and pepper. Cook for another 2-3 minutes until heated through. / Divide into four portions and serve over ¾ cup quinoa per serving. Store leftovers in an airtight container in the refrigerator for up to 3 days.



## SNACKS & DESSERTS FOR MAINTENANCE MODE

### TRAIL MIX



**SERVES:** 14 (makes about 3½ cups total)

**SERVING SIZE:** 4 Healthy Fat Scoops



Whether scaling a mountain or climbing the corporate ladder, this energy-dense mixture of nuts, seeds, fruits, and whole grains fuels you up for the long haul.

#### INGREDIENTS:

½ cup raw almonds  
 ½ cup walnut halves  
 ½ cup cashews  
 ¼ cup pumpkin seeds (pepitas)  
 ¼ cup sunflower seeds  
 ¼ cup dried unsweetened fruit  
 of choice (choose one or mix  
 and match: raisins, apricot,  
 mango, cherry, cranberry,  
 blueberry, fig)  
 ½ cup puffed rice cereal  
 ¼ cup unsweetened dried  
 coconut flakes  
 Dash of cinnamon

#### OPTIONAL SWEET BOOST:

¼ cup cacao nibs, dairy-free  
 dark chocolate chips (>72%),  
 or dark chocolate covered  
 nuts or coconut

#### DIRECTIONS:

Combine all ingredients in a large bag or container. / **Shake to mix.** / To resist overeating, portion out each serving so it's easy to grab and go.

#### NUTRITION FACTS

(without optional ingredients):  
 Calories **124**, Fat **10g**, Protein **3g**,  
 Carbs **6g**, Sugar **2g**, Fiber **2g**

## GUACAMOLE STUFFED HARD BOILED EGGS



**MAKES:** 6 servings

**SERVING SIZE:** 2 halves (one whole egg)



#### INGREDIENTS:

6 large hard-boiled, organic eggs  
 1 medium, ripe avocado  
 1 Tbsp fresh lime juice  
 Freshly ground black pepper  
 to taste  
 ¼ tsp onion powder  
 1 tsp minced garlic (about 1 clove)  
 ⅛ tsp salt, or to taste  
 1 Tbsp finely chopped cilantro  
 leaves, plus more for garnish  
 Smoked paprika to sprinkle over  
 the top

#### NUTRITION FACTS

(per serving):

Calories **117**, Fat **9g**, Protein **6g**,  
 Carbs **3g**, Sugar **1g**, Fiber **2g**

#### DIRECTIONS:

Hard boil 6 eggs. / Peel eggs and cut them in half lengthwise. Remove egg yolks from halved eggs and place 3 yolks in a small bowl; discard the rest. / Add ripe avocado, lime juice, and chopped cilantro to the egg yolks. / Add ¼ tsp onion powder and about ⅛ tsp freshly ground black pepper. / Toss in minced garlic clove and mash everything together with a potato masher or a fork. Add salt to taste. / Scoop the avocado mixture into each egg half with a spoon. Alternatively, scoop into a ziploc bag, cut a small opening in a bottom corner and pipe onto the egg in a fun swirl design.

## TURKEY OR SALMON JERKY

*Store-bought* — Look for nitrate-free, low-sodium turkey or salmon jerky with only natural sugar, if any.



## BANANA NICE CREAM

**GF** **DF** **SERVES: 1**

Sweeten up your health with this crowd-pleasing banana treat! Frosty, smooth, and delightfully sweet, this recipe hits the ice cream hot spot without adding heavy dairy and sugars to your clean eating habits.

### INGREDIENTS:

1 frozen banana  
2-3 Tbsp unsweetened  
vanilla almond milk  
2 tsp cacao powder

### DIRECTIONS:

Extract all ingredients in the Short Cup until it reaches the consistency of soft-serve ice cream. / Add more almond milk if needed to create a smooth, creamy texture.

### NUTRITION FACTS:

Calories **132**, Fat **2g**,  
Protein **2g**, Carbs **29g**,  
Sugar **14g**, Fiber **4g**



## BAKED PEACHES WITH COCONUT CREAM

**GF** **DF** **MAKES:** 4 servings (½ peach, plus toppings per serving)

Peaches get even sweeter when roasted in the oven and topped with a generous dollop of delectable coconut cream. Easy enough for solo snacking, and elegant enough to serve to guests, this LEAN dessert is bound to impress.



### INGREDIENTS:

2 medium ripe organic peaches,  
halved and pitted  
2 tsp coconut oil  
1 can full-fat coconut milk in a  
can (refrigerate overnight)  
1 tsp vanilla  
⅛ cup nut milk of choice  
(almond, coconut, hemp, etc.)  
¼ cup chopped walnuts  
Cinnamon to taste

### NUTRITION FACTS

(per serving):

Calories **167**, Fat **10g**, Protein **2g**,  
Carbs **18g**, Sugar **16g**, Fiber **2g**

### DIRECTIONS:

Set oven to 350°F. / Place peaches in a small baking dish, cut-side up. / Drizzle ½ tsp of coconut oil in each hollowed center with a dash of cinnamon. / Bake for 25-30 minutes or until soft, keeping an eye on them so they do not burn. /

Meanwhile, open can of coconut milk (one that has been refrigerated overnight) and divide the solid coconut from the water. / Save the coconut water to add to your NutriBlast! / Extract solids in the NutriBullet LEAN along with nut milk and vanilla. /

Once peaches are done, place one half on a small plate and top with 1 Tbsp coconut cream\* mixture, 1 Tbsp chopped walnuts and more cinnamon if desired.

\*Use the remaining coconut cream to dip fresh strawberries in!



## CHIA PUDDING



**MAKES:** About 4 servings (2 cups)

**SERVING SIZE:** ½ cup

Chocolatey, smooth, and sweet, NutriBullet LEAN-extracted chia pudding has the flavor of your childhood favorite minus the nasty corn syrup, stabilizers, and artificial ingredients.

### INGREDIENTS:

*1½ cups unsweetened vanilla almond milk*  
*¼ cup chia seeds*  
*2½ Tbsp unsweetened cacao powder*  
*5 pitted Medjool dates*  
*½ tsp pure vanilla extract*  
*¼ tsp cinnamon*  
*Pinch of sea salt*

### DIRECTIONS:

Combine all ingredients in the MacroBlast Cup and extract until smooth. / **Pour into individual serving cups and enjoy now or cover, and chill in the fridge for up to 4 days.** / The pudding will thicken over time.

### NUTRITION FACTS

*(per serving):*

Calories **155**, Fat **5g**, Protein **4g**,  
Carbs **26g**, Sugar **17g**, Fiber **7g**

# NUTRIFIT ACTIVITIES

## WALK IT OFF

It is so important to incorporate movement into your day—especially if you’re trying to lose weight. Studies show that walking—yes walking—is one of the best exercises for your body. It’s gentle, it’s therapeutic, and it’s great for the bones and the mind.

During the course of this program, **make sure you walk at least 20 minutes every day.** Whether you choose to walk before your morning commute, during your lunch break, or as a way to unwind before dinner time, make it a fixed, non-negotiable part of your daily routine. You’ll be amazed how something so simple can make such a difference in your mental and physical well-being.

## FLOW AND STRETCH

### FOR IMPROVED DIGESTION AND DETOXIFICATION

Get the most out of your clean eating plan by adding these stretches into your daily routine. Based on traditional yoga sequences, this series of stretches will warm your body and help get your digestive system in the right state for optimum cleansing and weight loss.

**This sequence will be about 25-30 minutes long. Do it 1-2 times each day for optimal results.**

**\*\* There are several stretches that should not be performed by women who are pregnant. Pregnant women are not encouraged to follow any type of weight loss plan.**



## 1. SUFI ROLLS (6 each direction)

### DESCRIPTION:

Seated with legs crossed, place your hands on your knees. On an inhale, reach your chin over your right knee, circling forward and still on the inhale over to your left knee. Exhale, bringing your chin to your chest, rounding your back and circling over to the right knee making a BIG circular movement with your upper body. Repeat 6 times, then switch directions.

### BENEFITS:

This movement lubricates the spine and stimulates activity within the digestive system. It creates a detoxifying effect by massaging the internal organs. It is also a great hip opener, important for those who find themselves sitting most of the time.



## 2. CAT/COW (6 rounds)

### DESCRIPTION:

Move to your hands and knees. Breathing out, round your back towards the ceiling, pushing your hands into the ground, pulling your abdomen in towards your spine. Breathe in and reverse the motion, lifting your tailbone, arching the spine into a “U-shape” so the abdomen moves closer to the floor. Remember to relax the shoulders away from your ears and exaggerate your spine’s flexibility. Repeat 6 times.

### BENEFITS:

This compresses and lengthens the internal organs and increases blood flow, stimulating the digestive system as it gently massages the abdominal organs. It also increases flexibility in the neck, shoulders, and back — three areas most of us hold quite a bit of tension.



### 3. SEATED TWIST

*(hold for 5-10 slow breaths on each side; 1-2 minutes each side)*

#### DESCRIPTION:

From a seated position with legs outstretched, lift your right foot over the left thigh placing your right sole of the foot flat on the ground outside your left knee, and keeping your left knee lifted. Bring your right hand directly behind you, close to the body. Inhale as you lift your left arm straight up. Exhale as you twist from the navel and reach your left upper arm over the right thigh. Keep both hips grounded. On your inhale, sit up tall, then exhale and twist a bit deeper into the stretch. Hold for 5-10 slow, deep breaths. Come back to center, release and stretch out your legs, then switch sides.

#### BENEFITS:

As with all twists, this is a detoxifying stretch. It squeezes the abdominal organs and helps stimulate digestion. It can also help ease constipation.



### 4. DOWNWARD DOG

*(modify with Child's Pose if necessary) (3-5 slow and controlled breaths; 45 to 60 seconds)*

#### DESCRIPTION:

From all fours (hands and knees), walk your hands out one hands-distance forward. Spread your fingers wide apart and press through the pads and knuckles of your index fingers. Tuck your back toes under and lift your hips up and back. Hug your forearms in as you soften and widen your shoulders, pulling them down and away from the ears. Pull your belly button up and in and press your heart back toward your thighs. Press your heels down toward the Earth.

Stay in this position for about 5 deep breaths then slowly lower to your knees and take Child's Pose for a couple breaths.



#### CHILD'S POSE:

*Sit back on your heels, toes un-tucked with big toes touching; forehead to the ground; arms outstretched in front of you or down by your side with palms facing up. For an added detox bonus, place fist hands between your lower stomach and thighs.*

#### BENEFITS:

Downward Dog aids in the circulation of blood and lymphatic fluid by placing the heart higher than the head. Over time, this will eventually become a resting pose.



### 5. FORWARD FOLD

*(5-10 breaths; 1-2 minutes)*

#### DESCRIPTION:

From Child's Pose, return briefly to downward dog, and then walk your hands back towards feet, toes pointing forward. Ground down through both feet with your knees slightly bent. Remain hinged at the hips as you allow the weight of your upper body to hang. Let your arms fall freely to the floor, or hold opposite elbows, letting gravity open the muscles in your shoulders, back, hips, and legs. Hold for 5-10 breaths. Slowly roll up one vertebra at a time until you are standing up tall and straight.

#### BENEFITS:

Much like the previous pose, the forward fold stimulates blood and lymph flow and may help reduce blood pressure. Try this pose if you find yourself getting overly worked up or if you're sitting for extended periods of time.



## 6. SIDE BEND

*(hold for 3-5 breaths each side; 45 to 60 seconds each side)*

### DESCRIPTION:

Standing with feet together or hip distance apart, inhale as you lift both arms up to the sky and interlace your fingers, palms facing up. On an exhale, bend and reach to the right (hold for 3-5 breaths). Come back to center, then bend and reach left (hold for 3-5 breaths) to stretch the side body.

### BENEFITS:

Side bends help stimulate the liver, kidneys, and spleen, three important organs involved in detoxification and waste removal. They also help your lungs receive more oxygen, and, as a bonus, they help strengthen the core muscles!



## 7. LEGS UP THE WALL

*(5-10 minutes)*

### DESCRIPTION:

Find a bare wall with plenty of clear space. Sit facing as close to the wall as possible with knees bent. Lean to one side and roll onto your back as you extend your legs up the wall. Scoot your bum as close to the wall as possible, keeping your legs extended up the wall. Stretch your arms down by your side or stretched out like a “T” with palms facing up. Close your eyes and bliss out for at least 5 minutes — longer if you have time. If your mind begins to wander, concentrate on your breath, inhaling for four counts, then exhaling for eight. Exit the pose by tucking your knees to your chest and gently rolling to one side. Use your arms to push yourself back up to a seated position.

### BENEFITS:

Placing your feet above your head inverts the typical pull of gravity that happens when we sit and stand, and encourages blood and lymph movement. It also stimulates the digestive organs and can help relieve anxiety and stress.



## 8. BRIDGE POSE

*(3-5 slow, relaxing breaths; 45-60 seconds)*

### DESCRIPTION:

Lie flat on your back with your legs straight out in front of you. Bend your knees, placing your feet on the floor with heels close to the sitting bones. On an exhale, press

your feet and arms into the floor, lifting the pelvis up while keeping your thighs and feet parallel. Hold for 3-5 breaths.

When it's time to come out, gently lower one vertebra at a time, starting with the base of your neck, until your back is flat on the floor. Before hugging your knees into your chest, move your knees side to side in a windshield wiper-like motion to neutralize your spine.

### BENEFITS:

Bridge pose stretches the abdominals and stimulates the thyroid gland, which helps regulate metabolism. It is also considered a “heart opening pose” and may help increase lung capacity.



## 9. KNEE HUGS

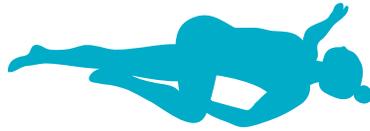
*(5-10 breaths each side; 1-2 minutes each side)*

### DESCRIPTION:

Return to your back with legs outstretched. Gently hug your right knee into your chest and hold for 5-10 breaths. Lower the right leg to meet the left and notice the difference between the two sides. Next, hug the left knee into your chest, hold for 5-10 breaths, and release the left leg down to meet the right.

### BENEFITS:

This pose compresses the ascending colon on the right side of your body and descending colon on the left to assist elimination. It may also stimulate the liver and spleen.



## 10. UNIVERSAL TWIST

*(1-5 minutes each side)*

### DESCRIPTION:

Again on your back, hug the right knee back into your chest keeping the left leg long. Place the sole of the right foot on the left thigh. Bring your left hand to the outer edge of the right thigh or knee and exhale, gently twisting your right knee across your body to meet the ground. You may have to tuck your bottom hip under to guide your knee completely to the Earth. Reach your right arm up and out at a diagonal between the shoulder and ear allowing it to hang by its own weight. Hold for 1-5 minutes. Inhale as you come back to center, hug your right knee into your chest one more time then lower it to meet the left. Switch sides and repeat.

### BENEFITS:

The universal twist is considered ‘the mother of all stretches’ because it involves the entire body. Its twisting motion is especially powerful in the abdomen, where it massages the internal organs to aid digestion. When you twist, visualize that you are wringing out your worries, stresses, and toxins from your body like dirty water from a wet cloth.



## 11. SAVASANA

*(3-5 minutes)*

### DESCRIPTION:

Lie flat on your back with your legs comfortably apart, arms extended alongside the body, palms facing up. Feel free to

place a blanket or pillow under the knees for support if it’s more comfortable. Remain as still as possible so the mind and body can fully relax and allow your breath to return to its natural rhythm.

Ideally, try to spend at least 3-5 minutes in total relaxation. If you have the luxury to stay longer, then do so! As you come out, begin to consciously deepen the breath. Gently wiggle your fingers and toes and maybe stretch your arms overhead. Exit the pose by rolling to the right side in the morning for more energy, and the left side in the evening to maintain a more calm and relaxed mood. Gently press yourself up into a seated position.

### BENEFITS:

Savasana calms the mind and the nervous system and helps to lower your heart rate.

**NAMASTE!**  
(THE END)

1. IS THERE ANYONE WHO SHOULD NOT FOLLOW THIS PLAN?

**A:** Those who should not follow the *NutriBullet LEAN 7-Day Transformation Plan* include:

- Women who are pregnant or nursing
- Those who have a history of eating disorders
- Those who are on a prescribed diet by a doctor or registered dietitian
- Those under the age of 18 without parental consent or a doctor's approval
- Those who have active cancer or undergoing treatment
- Those with severe food allergies to foods in this program

2. WHAT IS THE BEST TIME TO DRINK MY MACROBLASTS, EAT DINNER, OR HAVE MY SNACK?

**A:** We suggest appropriate times to eat and spacing in between meals in the General Plan Outline on page 32 and on the **NutriBullet LEAN app**. If you find this schedule difficult to follow due to hunger, first evaluate your MacroBlasts and meals for the proper balance of macronutrients. If all is well and you're still truly hungry, then consider a small snack.

We do advise you to leave at least 12 hours in between your last meal of the day and your first meal of the following day. In addition, do not go more than 6 hours without eating. On the other end of the spectrum, we don't advise snacking all day or cramming all of your meals and snacks into a short span of time.

If you're unsure or overwhelmed, follow our guidelines to start or set your app to notify you when it's time to eat. Over time, your body will adjust and you will become more in sync with what healthy fuel your body needs, and when it needs it.

### 3. CAN I SWITCH THE LUNCH & DINNER?

**A:** Absolutely. If having your second MacroBlast at dinner and your Portion Perfect meal at lunch is more conducive to your schedule, then by all means go ahead.

### 4. WHAT IF I'M HUNGRY?

**A:** If you find you're getting hungry, check in with yourself to see if it's true hunger or simply an urge to eat out of habit, boredom, or even thirst (sometimes we mistake thirst cues for hunger cues). Try drinking a glass of water first (feel free to squeeze a little lemon or orange in it). If you're still hungry, evaluate your MacroBlasts and Portion Perfect meal for the proper balance of macronutrients.

For long-term hunger management, you may need to add some additional protein or fat in your morning or afternoon MacroBlast to keep you satisfied until your next meal. Try adding more non-starchy veggies to your dinner to fill you up and add beneficial nutrients and fiber without extra sugar or calories (it is a weight-loss plan, after all!).

If you've gone through the above steps and are still truly hungry, then choose one small snack option to tide you over until your next MacroBlast or meal.

### 5. HOW DO I KNOW HOW MUCH I SHOULD EAT?

**A:** The great thing about the **NutriBullet LEAN 7-Day Transformation Plan** is that we provide guidelines to help you serve yourself perfectly sized portions. Simply use the NutriBullet LEAN MacroStacking Cups, Spoons, Portion Perfect Plate Divider, and One-Pot Meal Cup, and you can't go wrong.

However, we know that everyone is not built the same. If you are noticing that your weight has plateaued or you aren't seeing the results you'd like, then you may want to either ramp up your activity or re-evaluate the types of foods and portions you're eating.

To move beyond a plateau, first be sure you are following the plan 100%. Then, try either adjusting your portion sizes, omit any snacks if you're not actually hungry, **or** extend the length and/or intensity of your workouts within reason. Energy needs will vary by size, sex, and activity level, so adjust accordingly.

### 6. HOW DO I MEASURE OUT A CASSEROLE OR MIXED DISH?

**A:** If the casserole or mixed dish meets the "approved foods" standards, you have two options: you may either measure your portion out using the One-Pot Meal Short Cup, or you can estimate how much protein and grains are included in the meal, then fill in the remaining amounts using your portion plate.

For example if you are having a chicken, vegetable and rice stir-fry, you can either scoop one portion into your One-Pot Meal Short Cup before plating, or if you know that this stir-fry includes about ½ cup of brown rice along with maybe 2oz of chicken and some veggies, then you could add another half portion of protein and as many non-starchy veggies to your plate as you'd like in addition to that mixed dish portion.

## 7. CAN I HAVE THREE BLASTS INSTEAD OF EATING THE WHOLE FOOD MEAL?

**A:** While we love MacroBlasting just as much as you, and know that MacroBlasts make great meal replacements, we'd like for you to enjoy some whole food meals on the program. A plan that includes a wide variety of tastes, textures and colors will be more sustainable in the long run. We want this plan to jumpstart real lifestyle changes, not just be something you follow and then drop after you reach your goal weight, and an all-liquid diet is pretty extreme—even for the most devoted MacroBlasters!

## 8. WHAT IS THE 12-HOUR RULE?

**A:** The 12-hour rule simply means that once you have finished your dinner, you should wait at least 12 hours until you consume your morning MacroBlast the following day. This “fasting” period allows your body to properly digest, and provides a manageable way to reap the benefits of intermittent fasting—a technique shown to help aid weight loss.

## 9. CAN I MODIFY THE RECIPES IN THE PLAN?

**A:** Feel free to modify the recipes to accommodate any food allergies or ingredient availability. You can make other adjustments, as long as they still follow the plan's standard guidelines. For example, you may substitute one type of fish for another, use black beans vs. kidney, or use blueberries instead of blackberries.

## 10. CAN I EAT OUT WHILE ON THE PLAN? OR WHAT IF I HAVE A SOCIAL ENGAGEMENT?

**A:** A healthy diet shouldn't hold you hostage at home! Of course we still want you to have a social life. Luckily for us, restaurants are starting to pick up on the fact that their customers may want healthier options. However, there are some places that may not provide any dishes that fit within the parameters of the **NutriBullet LEAN 7-Day Transformation Plan**. We recommend checking out menus online before choosing a place to eat out or to make modifications to options already on the menu. For example, choose a kale and quinoa salad, omit the cheese, and add some lean protein with olive oil drizzled on top or use avocado or hummus as your dressing — skip the bread basket. Beware of hidden sugars lurking in foods like salad dressings, Teriyaki sauce, ketchup, baked beans, BBQ sauce, and pasta sauce.

If you have social engagements, try to focus the get-together on the company not the food. Maybe you could eat before you go, or propose a gathering that doesn't involve eating. Also, remember you don't need alcohol to have fun. Choose some sparkling water with a touch of citrus so you have something to sip on while your friends are drinking.

If you find temptation difficult to resist, it may be best to begin the **NutriBullet LEAN 7-Day Transformation Plan** during a time when your social calendar isn't filled to the brim. Once you begin and feel comfortable with your new lifestyle, it will be easier to make healthy choices when venturing outside the comfort of your home.

## 11. HOW DO I DEAL WITH CRAVINGS?

**A:** Here are a few suggestions to quell some of our most common cravings:

### **CRAVING CHOCOLATE?**

- 1 small square dark chocolate made with at least 72% cacao
- Add 1 blue scoop cacao powder or nibs to your MacroBlast
- Cherry Sunshine Blast, recipe pg. 55 (uses cacao nibs)
- Chocolate Chia Pudding, recipe pg. 155 (ONLY on Maintenance plan)

### **CRAVING SWEET?**

- Surprisingly, some people find that something sour can take their sweet tooth away. Try sipping more lemon water or add lemon to your MacroBlast.
- Add a small amount of an additional fruit to your MacroBlast:  
½ banana, ¼ cup blueberries, ¼ apple, ¼ peach  
(ONLY on Maintenance plan)
- Add cinnamon to your MacroBlast
- Try unsweetened vanilla almond milk
- Try a few roasted cashews
- Up and Apple or Redtime Story Blast recipes (pg. 56, 59)
- Chocolate Chia Pudding (ONLY on Maintenance plan; recipe pg. 155)

### **CRAVING SALTY?**

- Roasted chickpeas (recipe pg. 102)
- Unsweetened dried turkey jerky
- A few salted cashews
- Almonds
- Nut butter on celery
- Dried seaweed snacks
- Flavor your meals with dried herbs vs. salt

### **CRAVING FATTY?**

- Olives
- Hummus with raw veggies
- Nut butter on celery
- Roasted veggies in coconut oil  
(Roasted Brussels sprouts are delicious!)

### **JUST HAD A TOUGH WORKOUT?**

#### **Protein options:**

- Turkey jerky (ONLY on Maintenance plan)
- Eat your optional AM snack pre-workout if you do it first thing in the morning then have your MacroBlast after your workout
- Nut butter with celery
- ½ MacroBlast recipe (including a protein boost)

## 12. WHAT IF I'M NOT SEEING WEIGHT LOSS RESULTS?

**A:** The first obvious question is, “Are you following the plan 100%?” Perhaps your portions got a little heavy or you slipped up a couple times. No worries; forgive yourself and move on.

Maybe you don't need the optional snacks. These are there to tide you over if you're truly hungry. Over time you may notice you just don't need them. However, remember to keep something at arms reach in case hunger strikes, but don't feel pressured to eat them if you don't need to. Try writing down everything you consume for a few days to hold yourself accountable and identify any areas of weakness.

It may sound crazy, but another possibility is that you may not be eating enough. Each person is unique meaning we all have different nutritional requirements. If you're restricting yourself to less than what this plan offers then we suggest you ramp up your intake. Maybe you need those two snacks or a slightly larger portion at dinner. Try it for a week to see how your body reacts.

If you're following the plan exactly and you are still not seeing the results you're looking for, check in with a healthcare provider to eliminate any potential underlying health issues that could be hindering progress. Some examples could include food intolerance or allergies, hormonal imbalances of the thyroid or due to menopause, metabolic syndrome, among others. They can help or refer you to someone who can help make any adjustments necessary to get you back on track.

## 13. SHOULD I CONTINUE TO TAKE MY MULTIVITAMIN AND/OR MEDICATIONS?

**A:** **Do not stop taking prescription medications!** Consult your doctor before you begin to ensure there are no nutrient-drug interactions.

While you may have heard health professionals talk about a balanced diet providing all of the vitamins and minerals we need, truth be told, a multivitamin/mineral supplement can help and may be a good insurance policy if you continue taking it. We are seeing that over time our foods do not contain as many nutrients as they once did from things like nutrient-depleted soil or longer transport time. Stack that on top of an energy-restricted weight loss plan and it becomes pretty difficult to obtain everything you need even if you're eating all the right stuff.

## 14. HOW DO I CHOOSE AN “ACCEPTABLE” PROTEIN POWDER ALTERNATIVE?

**A:** If you are unable to use NutriBullet LEAN Boost or wish to try another option, it's very important to consider the ingredients and quality of the protein powder you select. There are many different types of protein powders on the market, the majority of which are filled with highly processed ingredients and excess sugar or artificial flavors. We recommend that your choice of protein powder meet the following criteria:

- Contains less than 5g of sugar per serving
- Is free of dairy (whey), soy, gluten, egg, and artificial sweeteners (aspartame, sugar alcohols, saccharin, sucralose, aceK)
- Contains more protein than carbohydrates
- Has at least 10g of protein per serving
- If possible, confirmed to be of good quality and void of heavy metals by a third party group such as ConsumerLab.com

### 15. I HAVE TO COOK FOR MY FAMILY, WHAT SHOULD I DO?

**A.** There are a couple solutions to this situation. First, you could enlist some family members to help you take on this responsibility. Cooking is a great way for kids to learn a variety of subjects like math, reading (if using recipes), science, etc. Another solution is to bring your family members on the LEAN train. We're not saying they need to follow the plan, but your clean meals are healthy options for everyone! Make large batches of chili, soups, grains, and other recipes to share with the whole family. Whip up a NutriBlast with their favorite fruits, veggies, and superfoods while you enjoy your favorite LEAN MacroBlast recipe. For the kids, use the Short Cup to make a small Blast then serve it alongside some scrambled eggs or perhaps an English muffin with some nut butter. Hunt for recipes that utilize the same type of ingredients so you don't have to do "additional" shopping. Cutting out the processed, pre-packaged foods and sugar-laden snacks and desserts will be an excellent way to keep the whole family healthy and remove any temptation from you.

### 16. ARE NUTRIBULLET LEAN BOOST & MACROBLASTS OKAY FOR MY KIDS TO CONSUME?

**A.** Kids may be a little more sensitive to the spicy pepper kick of NutriBullet LEAN Boost, however the ingredients are all child-friendly. We do not encourage children to follow this plan, so you may wish to keep NutriBullet LEAN Boost all to yourself and add other superfoods into your kids' Blasts. NutriBlasts and MacroBlasts are great ways to introduce a variety of fruits and vegetables into your little one's diet. Kids love making them as well as drinking them. **For specific kid-friendly recipes, search "kid-friendly recipes" at [NutriLiving.com](http://NutriLiving.com).**

### 17. I BLEW IT; WHAT DO I DO?

**A:** Own it, forgive yourself, and move on! Use this as a learning opportunity to help you understand what may have caused the slip-up. Did you allow yourself to get too hungry and not have a healthful alternative on hand? Did you not get enough sleep and found yourself lacking energy with increased carb cravings? Were you surrounded by temptation when you could have avoided the situation? Did you not plan ahead or have all the right ingredients you needed when you needed them? Mistakes most likely will be made at some point. Don't beat yourself up about it and jump right back in!

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# NUTRIBULLET

## LEAN™

### 7-DAY TRANSFORMATION PLAN

We often say food is fuel, which is true, but the function of food is more nuanced than that. This is why it's so important to eat the right foods, in the right amounts to ensure your body gets what it needs to work optimally.

When it comes to weight loss, eating processed food, junk food or even healthy foods in the wrong proportions tells your body to store fat. On the other hand, eating the right foods in exactly the right amounts tells your body it's safe to let go of excess fat.

The **NutriBullet LEAN Plan** makes it super simple and easy to prepare food that delivers the “weight loss code”—the proper balance of protein, carbs, and fats—to your body. With specialized tools, recipes, shopping lists, and more, each 7-Day NutriBullet LEAN Cycle lays out exactly what, and how much you should eat at every meal, making it super easy to stay “on code” to get the body you've always wanted.

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