



independent distributor

# Lean Recipes



## 8 Day Challenge LEAN recipes

These are your **ONLY** options during the 8 Day Challenge

1 scoop Lean mixed with 8 ounces water or almond milk, rice milk, or coconut milk. Options:

- Fruity flavor: add GLOBAL BLEND/ XYP STIX
- Chocolate: 1 Tbsp. of unsweetened baking cocoa
- Coffee: 1 tsp-1 Tbsp. instant coffee crystals
- Mocha: combine coffee crystals and baking cocoa
- Spice it up: cinnamon, nutmeg, cloves, or other favorites
- Shake well in Xyng shaker bottle or add ice and put in blender to make a smoothie.

## Lifestyle LEAN recipes

Recipes for anytime other than the 8 day challenge

- 1 scoop LEAN mixed with water or almond milk, rice milk, or coconut milk, OJ or other juices
- Orange Julius: 1 scoop Lean, 4 oz. milk, 4 oz orange juice
- Tutti Frutti: strawberry, blueberry, mango, peach, pineapple, coconut, banana, mixed fruit
- Spice it up: cinnamon, nutmeg, clove, pumpkin pie spice, cayenne pepper
- Feelin' Crunchy: Add a few nuts as a garnish (pecan, peanuts, almonds, etc)
- For thicker shakes: Add nonfat plain Greek yogurt
- Cookies and cream: 1-2 scoops Lean, almond/rice/or coconut milk and 1 Oreo. Add ice and blend.
- PB cup: 1-2 scoops Lean, almond/rice/or coconut milk and 1 pb cup. Add ice and blend
- Fruit Cup: 1-2 scoops Lean, almond/rice/or coconut milk or juice, 1 cap global blend juice (optional), frozen fruits. Add ice and blend
- Banana-nana: 1-2 scoops Lean, almond/rice/or coconut milk and/or juice, 1/2 banana. Add ice and blend.

- Banana Strawberry: 1-2 scoops Lean, almond/rice/or coconut milk, 1/2 banana, fresh or frozen strawberries. Add ice and blend
- PB and Banana: 1-2 scoops Lean, almond/rice/or coconut milk, 1/2 banana, 2 Tbsp peanut butter/peanut butter powder. Add ice and blend.
- Chocolate: 1-2 scoops Lean, almond/rice/or coconut milk, 1 tsp to 1 Tbsp cocoa powder. Add ice and blend
- Choco PB: 1-2 scoops Lean, almond/rice/or coconut milk, 1 tsp to 1 Tbsp cocoa powder and 1-2 Tbsp. peanut butter/peanut butter powder. Add ice and blend.
- Mocha: 1-2 scoops Lean, almond/rice/or coconut milk, cocoa powder and 1tsp-1Tbsp instant coffee crystals, shake or add ice and blend
- Coffee chip: 1-2 scoops Lean, almond/rice/or coconut milk, 1 tsp-1 Tbsp. instant coffee crystals, 5-6 chocolate chips. Add ice and blend.
- Chocolate Chip: 1-2 scoops Lean, almond/rice/or coconut milk, 10 chocolate chips. Add ice and blend.

## Protein Bar with LEAN

Recipe for anytime other than the 8 day challenge

### Ingredients

- 2 cups Natural Peanut Butter
- 1 1/4 cu- Honey
- 5 scoops Lean
- 3 cups Rolled Oats

### Instructions

- Mix Peanut Butter and Honey
- Microwave for 90 Seconds
- Add Protein and Oatmeal; Mix
- Spread in 9" x 13" pan or roll in balls
- Refrigerate 1 hour
- Cut in squares

Alternative: Roll in balls



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## LEAN Pancake Recipes

### RECIPE VARIATIONS

For all, spray bottom of pan with non-stick cooking spray -- suggested: coconut oil. Cook slowly, flipping when air bubbles appear (or bottom side is brown). Add Cheat Sprinkle to reduce calories! Optional: serve with sugar free syrup or agave nectar.

Yield: 1 pancake unless otherwise indicated

- 1 egg, 1 oz. water, 1 scoop Lean. optional: cinnamon.
- 1 cup uncooked oats, 1/4 cup unsweetened almond milk, 2 eggs, 1 1/2 scoop Lean, 1 Tbsp stevia. 1 tsp. Baking powder and a pinch of sea salt. *Makes larger batch to serve family.*
- Thick pancake: 1 scoop lean, one egg, 1/4 cup Carbmaster Vanilla Milk. Make in 8" pan.
- Cinnamon Pecan Pancake: Mix 2 scoops Lean, 2 egg whites, 1 tsp. Olive Oil. and 1 Tbsp. Water. Mix in 1/2 tsp. cinnamon, Pecans
- Berry Pancake: 1 egg, 1 capful of Global Blend, 1 scoop Lean. Optional: splash of almond milk.
- Berry Pancake: 1 cup egg whites. 1/2 cup uncooked oats, 1/2 cup berries. Yield: 2 large pancakes
- Cocoa Peanut Butter Pancake: 1 egg, splash of water, 1 scoop Lean, a little cocoa powder and pb2
- 1 egg, 1 scoop Lean, 1 Tbsp. cream cheese, optional: cinnamon or pumpkin spice

Notes/Favorite Recipes:

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