



LEMONKIND[®]
SUPERFOODS

20 Balanced Meal Recipes

for your Fat-Burn Latte Cleanse



This ebook contains
20 professionally-crafted
meal recipes that go great
with your Fat-Burn Latte Cleanse.

All meals are designed to be
healthy, delicious, and
easy to cook.

Enjoy!





1

Burrito Bowl

Per serving: 319 Calories • 55.4g Carbs (14g Fiber) • 4.9g Fat • 17g Protein



10 mins to prepare

<input type="radio"/> Wild Rice	2 2/3 tbsp
<input type="radio"/> Lettuce	1/2 cup shredded
<input type="radio"/> Roma Tomatoes	1/3 tomato
<input type="radio"/> Avocados	3/16 fruit, without skin and seed
<input type="radio"/> Corn	1 3/4 tbsp
<input type="radio"/> Black beans	1/3 cup
<input type="radio"/> Salsa	3/16 cups



20 mins to cook

1. Prepare rice as per package directions. Set aside.
2. Chop lettuce, tomato, and avocado.
3. Top rice with the remaining ingredients and enjoy!



1 serving



2

Lemon, Pine Nut, and Quinoa Salad

Per serving: 329 Calories • 56.4g Carbs (6.1g Fiber) • 6.4g Fat • 12.3g Protein



5 mins to prepare

○ Quinoa	2 2/3 tbsp
○ Pine nuts	1/2 cup
○ Lemon juice	1/3 tbsp

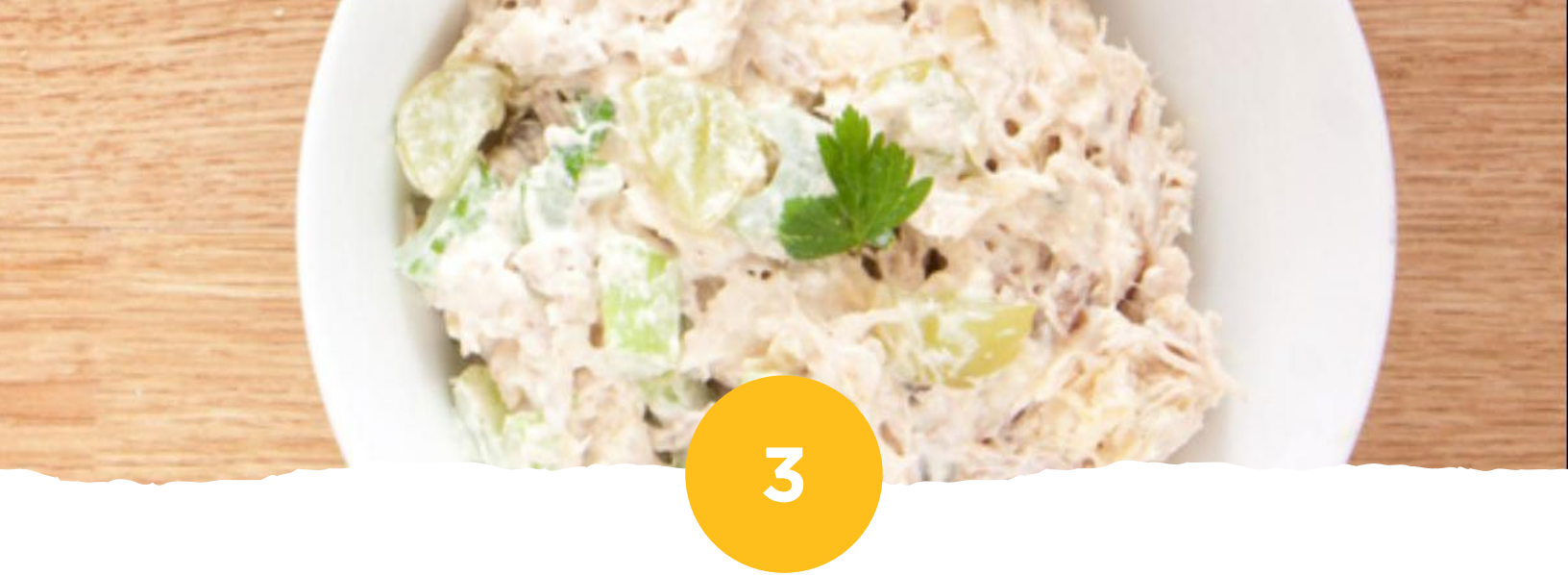


20 mins to cook

1. Cook quinoa as per package directions.
2. Toast pine nuts in a dry pan until golden.
3. Mix quinoa, toasted pine nuts, and lemon juice until well combined. Enjoy!



1 serving



Tarragon and Dijon Chicken Salad

Per serving: 112 Calories • 1.9g Carbs (0.2g Fiber) • 5.4g Fat • 13.3g Protein



5 mins to prepare



No cooking needed

<input type="radio"/> Canned chicken	1/4 cup
<input type="radio"/> Mayonnaise-like dressing	15/16 tsp
<input type="radio"/> Dijon mustard	3/4 tsp
<input type="radio"/> Tarragon	3/4 tsp, leaves
<input type="radio"/> Lemon juice	3/4 tsp

Combine all ingredients in a bowl and mix well.

Enjoy!



1 serving



4

Balsamic Tomato Couscous

Per serving: 210 Calories • 36.7g Carbs (2.8g Fiber) • 3.9g Fat • 6.4g Protein



20 mins to prepare

<input type="radio"/> Chicken broth	1/4 cup
<input type="radio"/> Basil	1/4 tbsp, leaves
<input type="radio"/> Couscous	1/4 cup
<input type="radio"/> Garlic	1/2 tsp
<input type="radio"/> Tomatoes	1/2 Italian tomato
<input type="radio"/> Olive Oil	3/4 tsp
<input type="radio"/> Balsamic Vinegar	3/8 tbsp



10 mins to cook

1. In a medium pan, bring the broth to a boil.
2. When it is boiling add the basil and garlic and stir. Then add the couscous, cover the pan, and remove it from the heat. Let sit 5-10 minutes.
3. Chop the tomatoes.
4. In a small bowl mix the balsamic vinegar, the oil, and the pepper. Add the tomatoes.
5. When the couscous is ready add the tomato mixture and mix well.
6. Serve hot or cold.



1 serving



Ground Turkey, Bean & Walnut Stir-Fry

Per serving: 313 Calories • 9.1g Carbs (3.5g Fiber) • 19.3g Fat • 27.8g Protein



1 min to prepare

<input type="radio"/> Olive oil	1/4 tsp
<input type="radio"/> Garlic	3/4 clove
<input type="radio"/> Ground turkey	1/4 lb
<input type="radio"/> Green beans	3/4 cup
<input type="radio"/> Salt	1/4 tsp
<input type="radio"/> Walnuts	1/8 cup, chopped



15 mins to cook

1. Heat skillet over high heat. Brown ground turkey.
2. Remove turkey from pan; add olive oil.
3. Toss green beans in olive oil and cook on high heat until tender.
4. Add garlic, salt and walnuts to the green beans and cook for a minute or two.
5. Lastly add in ground turkey and cook for another minute. Serve hot!



1 serving



6

Tuna Casserole

Per serving: 292 Calories • 32.5g Carbs (3.1g Fiber) • 8.6g Fat • 21.5g Protein



10 mins to prepare

<input type="radio"/> Egg noodles	1/4 cup
<input type="radio"/> Cream of mushroom soup	1/8 can (10.7 oz)
<input type="radio"/> Reduced fat milk	1 tbsp
<input type="radio"/> Peas	2 tbsp
<input type="radio"/> Tuna	1 1/4 oz
<input type="radio"/> Bread crumbs	1/8 tbsp
<input type="radio"/> Butter	3/16 tsp



35 mins to cook

1. Preheat oven to 400 degrees F.
2. Prepare pasta as per package directions, set aside.
3. Stir soup, milk, peas, tuna, and prepared noodles in a 3-quart casserole.
4. Bake for 30 minutes or until hot. Stir
5. Melt butter in a pan over medium heat.
6. Mix bread crumbs with melted butter in bowl and sprinkle over tuna mixture. Bake for 5 minutes more.



1 serving



Turkey and Mushroom with Brown Rice

Per serving: 160 Calories • 11.2g Carbs (1.3g Fiber) • 6.1g Fat • 15.2g Protein



10 mins to prepare

<input type="radio"/> Almond Milk	3/16 cup
<input type="radio"/> Pepper	1/16 tsp
<input type="radio"/> Basil	3/16 tbsp, chopped
<input type="radio"/> Salt	1/16 tsp
<input type="radio"/> Ground turkey	1/8 lb
<input type="radio"/> Chicken Stock (Canned)	1/2 cup
<input type="radio"/> Mushrooms	3/16 cup sliced
<input type="radio"/> Onions	1/16 medium
<input type="radio"/> Cornstarch	1 1/4 grams
<input type="radio"/> Water	2/3 tbsp
<input type="radio"/> Brown rice	2 2/3 tbsp



30 mins to cook

1. In a large soup pot saute onions, salt, pepper and Italian seasonings in a little chicken broth until onions turn translucent.
2. Add ground turkey and cook until thoroughly done.
3. Add mushrooms and enough chicken broth to cover and cook on medium-high heat until mushrooms are soft
4. Add remaining chicken stock and almond milk. Mix cornstarch with 1/2 cup of water and add to pot. Stir and heat through.
5. Add brown rice. Simmer on low for 30 minutes. Eat.



1 serving

8

Vegetable Soup

Per serving: 213 Calories • 46.4g Carbs (4.7g Fiber) • 1.2g Fat • 9.1g Protein



5 mins to prepare

○ Tomato sauce	1/3 can, 15 oz
○ Water	1 cup
○ Mixed vegetables	1/3 cup
○ Whole wheat pasta	1 1/3 oz



25 mins to cook

1. Place the tomato sauce and water in a large pot over medium high heat.
2. Bring just to a boil, reduce heat to medium low and add the mixed vegetables.
3. Add the pasta, if desired, and let simmer until heated through or until pasta is done, about 15 minutes.



1 serving



Vegan Creamy Tomato Barley

Per serving: 191 Calories • 35.1g Carbs (7.9g Fiber) • 3.5g Fat • 6.9g Protein



5 mins to prepare

○ Barley	2 2/3 tbsp
○ Olive oil	1/2 tsp
○ Oregano	1/16 tsp, ground
○ Basil	1/16 tsp, ground
○ Garlic	3/16 clove
○ Tomatoes	3/16 can (15 oz)
○ Almond milk	2 2/3 tbsp
○ Water	1 1/3 tbsp
○ Nutritional Yeast	2 tsp
○ Miso	1/4 tsp
○ Salt	1/16 tsp



35 mins to cook

1. Rinse pot barley in a strainer and place into medium sized pot that has a lid. Add olive oil, basil, and oregano and stir well until barley is coated with oil. Turn heat to medium until barley begins to sizzle.

2. Once the barley sizzles, add in the minced garlic and reduce heat to low-medium. Cook for 1 minute and then add in the tomatoes, milk, water, nutritional yeast, miso (mixed with about a tsp of water), and salt. Stir well and bring to a gentle boil and then cover and reduce heat to low.

3. Cook, covered (with a bit of air escaping) for 30-35 minutes, stirring every 5 minutes or so, being careful not to burn the barley on the bottom of the pot. The mixture should be creamy, but not soupy, and the barley will be very chewy and not mushy.



1 serving



10

Chicken and Ranch Wrap

Per serving: 257 Calories • 24.5g Carbs (1.7g Fiber) • 8.3g Fat • 19.9g Protein



5 mins to prepare

<input type="radio"/> Olive oil	3/8 tsp
<input type="radio"/> Chicken breast	2 1/2 oz
<input type="radio"/> Ranch dressing	3/4 tsp
<input type="radio"/> Tortillas	1 tortilla
<input type="radio"/> Lettuce	1/2 cup shredded



15 mins to cook

1. Chop chicken into bite sized pieces. Heat oil in a pan over medium-high heat. Cook chicken for 10-15 minutes, or until cooked through, no longer pink, and the juices run clear. Set aside.

2. Toss chicken with the ranch dressing until coated.

3. To make a wrap, spread a half a cup of the chicken mixture on a wrap and top with half a cup of lettuce.

4. Wrap can be heated up in microwave slightly to make soft; heat up the mixture as well for a hot sandwich.



1 serving



11

Leek, Potato, and Lentil soup

Per serving: 190 Calories • 36.7g Carbs (5g Fiber) • 0.7g Fat • 10.3g Protein



5 min to prepare

<input type="radio"/> Leeks	1/4 leek
<input type="radio"/> Vegetable Broth	1 1/8 cup
<input type="radio"/> Lentils	2 tbsp
<input type="radio"/> Potato	1/4 Potato large
<input type="radio"/> Salt	1/4 tbsp
<input type="radio"/> Pepper	1/4 tsp



20 mins to cook

1. Cut the leek in half lengthways and wash well to remove any dirt, cut into approximately 1cm slices. Dice potatoes.
2. Place all the ingredients in a large saucepan. Bring to a boil, reduce heat and simmer gently for approximately 20 minutes, stirring occasionally.
3. Season with salt and pepper to taste and blend until smooth, either in a blender, or in the pan with a hand held stick blender. If you want a slightly thinner soup you can add a little more water at this stage.



1 serving



12

Sweet Potato, Kale, and Corn Chowder

Per serving: 241 Calories • 45.6g Carbs (6.8g Fiber) • 5.3g Fat • 8.5g Protein



10 mins to prepare

<input type="radio"/> Kale	1/2 cup, chopped
<input type="radio"/> Shallots	1/2 shallot (medium)
<input type="radio"/> Garlic	3/4 clove
<input type="radio"/> Leeks	1/4 leek
<input type="radio"/> Sweet potato	1/2 sweetpotato
<input type="radio"/> Coconut oil	3/4 tsp
<input type="radio"/> Salt	1/16 tsp
<input type="radio"/> Pepper	1/16 tsp
<input type="radio"/> Cinnamon	1/8 tsp
<input type="radio"/> Vegetable Broth	3/4 cup
<input type="radio"/> Water	3/4 cup
<input type="radio"/> Corn	3/4 cup



25 mins to cook

1. Chop kale, shallots, garlic, and leeks. Peel and cube sweet potato.
2. In large, heavy bottomed soup pan sauté diced shallots and coconut oil over medium/low heat until softened. Add garlic, sweet potatoes, sea salt, pepper, cinnamon and sauté an additional minute.
3. Add vegetable broth and water, cook until potatoes are easily pierced with a fork. Add leeks and cook an additional two minutes.
4. Use an immersion blender (or carefully transfer to a standing blender) to rough puree the soup.
5. Return to pan if not using an immersion blender. Add kale and corn, and cook until kale is softened. Add additional salt and pepper to taste. Serve hot and enjoy!



1 serving

13

Eggplant Parmigiana Panini

Per serving: 303 Calories • 29.1g Carbs (3.7g Fiber) • 13.7g Fat • 16g Protein



15 mins to prepare

○ Eggplant	1/8 eggplant, unpeeled
○ Olive oil	3/4 tsp
○ Italian bread	2 slice, medium
○ Mozzarella cheese	1/4 cup, shredded
○ Parmesan cheese	2 1/2 tbsp
○ Pasta sauce	2 tbsp
○ Basil	1/2 tbsp, chopped



20 mins to cook

1. Lay out eggplant slices on a clean surface, like a cutting board. Brush olive oil on top of each slice; season with salt and pepper. Place eggplant slices seasoned side-down on a skillet over medium-high heat, turning occasionally. Cook eggplant for 4-5 minutes until cooked through and tender. Set eggplant aside and cover with foil to keep warm.

2. Pile a few tablespoons of the mozzarella and Parmigiano-Reggiano onto a slice of bread. Add a few spoonfuls of marinara on top of the cheese. Layer on 2 slices of eggplant, 1/4 of the basil, a sprinkling of cheese, another slice of eggplant, a few more spoonfuls of marinara, and another few tablespoons of cheese. Close the sandwich with a second slice of bread. Brush olive oil on top.

3. Place the sandwich on a skillet over medium-high heat -turning occasionally- for 3-4 minutes until the cheese is melted and bread is toasted. Cut in half, serve immediately and enjoy!



1 serving



Miso Eggplant with Green Beans

Per serving: 241 Calories • 31.4g Carbs (12.9g Fiber) • 11.3g Fat • 8.7g Protein



10 mins to prepare



20 mins to cook

<input type="radio"/> Olive oil	1/2 tbsp
<input type="radio"/> Eggplant	1/2 eggplant, unpeeled
<input type="radio"/> Miso	1 1/2 tbsp
<input type="radio"/> Vinegar	2 1/4 tsp
<input type="radio"/> Green beans	3/8 cup 1/2" pieces
<input type="radio"/> Salt	1/2 dash
<input type="radio"/> Pepper	1/2 dash
<input type="radio"/> Scallions	2 1/2 large
<input type="radio"/> Fresh cilantro	1/2 tbsp
<input type="radio"/> Sesame seeds	1/2 tbsp
<input type="radio"/> Soy sauce	3/4 tsp

1. For the eggplant: Preheat the oven to 350 degrees. Grease a baking tray with the vegetable oil and then lay out your eggplant slices and drizzle a little more oil over the eggplant slices. In a small bowl whisk together the miso soup paste and the vinegar. Now spoon the mixture over the eggplant and spread it over each eggplant slice evenly. Place the tray into the oven for 15-20 minutes or until the eggplant is cooked through and the miso paste mixture begins to caramelize. Remove from the oven and allow to cool slightly so you can handle them.
2. For the beans: Bring a small pot of water to the boil. Add the green beans and blanch them for 1-2 minutes. Strain them and transfer them to a small bowl. Season the beans with salt and pepper and a dash of oil and leave aside ready to serve.
3. To serve: Divide the beans between plates and then the eggplant. To finish off sprinkle the sliced spring onion, cilantro, and sesame seeds over the eggplant, drizzle with a little more oil, a dash of soy sauce, and some extra vinegar. Enjoy!



1 serving



15

Turkey Sandwich

Per serving: 278 Calories • 33.6g Carbs (4.1g Fiber) • 7.7g Fat • 18.8g Protein



10 mins to prepare

<input type="radio"/> Whole-wheat bread	2 slice
<input type="radio"/> Mayonnaise-like dressing	1 tbsp
<input type="radio"/> Deli cut turkey	3 oz
<input type="radio"/> Lettuce	1 leaf, inner
<input type="radio"/> Tomatoes	1 slice, medium (1/4" thick)



No cooking needed

Spread mayonnaise onto bread slices. Top with turkey, lettuce, and tomato.

Bring sandwich halves together and enjoy!



1 serving



16

Lemon-Pepper Tuna Sandwich

Per serving: 292 Calories • 38.5g Carbs (5.2g Fiber) • 5.4g Fat • 23.3g Protein



10 mins to prepare



No cooking needed

<input type="radio"/> Tuna	3 oz
<input type="radio"/> Parsley	1 tsp
<input type="radio"/> Onions	1/2 medium
<input type="radio"/> Olive oil	1/2 tsp
<input type="radio"/> Lemon zest	1 tsp
<input type="radio"/> Lemon juice	1/4 lemon yields
<input type="radio"/> Salt	1/2 dash
<input type="radio"/> Pepper	2 dash
<input type="radio"/> Rye bread	2 slice, regular
<input type="radio"/> Arugula	1 cup

1. Mix tuna with the parsley, half of the red onion, olive oil, lemon zest and juice, salt, and pepper in a bowl
2. Serve on rye with remaining red onion and arugula. Enjoy!



1 serving



17

Tomato and Cheese Wrap

Per serving: 302 Calories • 29.5g Carbs (2.3g Fiber) • 15.6g Fat • 11.4g Protein



5 min to prepare

<input type="radio"/> Tortillas	1 tortilla
<input type="radio"/> Mayonnaise-like dressing	1 tbsp
<input type="radio"/> Tomatoes	3 slice, medium
<input type="radio"/> Lettuce	1/2 cup shredded
<input type="radio"/> Cheddar cheese	1 oz



No cooking needed

1. Lightly spread mayo on tortilla shell.
2. Cut tomatoes however you like them.
3. Layer ingredients, spreading them over the tortilla.
4. Tuck up about an inch the side of the shell you've decided is the bottom and roll up wrap. Enjoy!



1 serving



18

Turkey Hummus Wrap

Per serving: 429 Calories • 30.7g Carbs (8.5g Fiber) • 19.6g Fat • 34.5g Protein



10 mins to prepare



No cooking needed

<input type="radio"/> Tortillas	1 tortilla
<input type="radio"/> Sliced turkey	4 slice rectangle
<input type="radio"/> Lettuce	1/2 cup shredded
<input type="radio"/> Avocados	1/2 fruit, without skin and seed
<input type="radio"/> Tomatoes	1/2 medium
<input type="radio"/> American cheese	2 slice (3/4 oz)
<input type="radio"/> Hummus	2 tbsp

1. Slather hummus onto tortilla.
2. Layer with turkey, lettuce, avocado, tomato, and cheese.
3. Roll up and enjoy!



1 serving



19

Avocado lettuce wrap

Per serving: 194 Calories • 15.5g Carbs (9.2g Fiber) • 15.1g Fat • 3.7g Protein



10 mins to prepare

<input type="radio"/> Tomatoes	3/4 medium whole
<input type="radio"/> Jalapeno peppers	1/8 pepper
<input type="radio"/> Onions	1/2 tbsp chopped
<input type="radio"/> Garlic	3/4 clove
<input type="radio"/> Fresh cilantro	1/16 cup
<input type="radio"/> Lettuce	2 leaf outer
<input type="radio"/> Avocados	1/2 fruit
<input type="radio"/> Lime juice	1/2 tsp



No cooking needed

1. Mince garlic, dice tomatoes and jalapeno, chop cilantro.
2. In a medium sized bowl, mash the avocados. Stir in all the ingredients other than the lettuce.
3. Spread 2 to 3 tablespoons of this mixture onto lettuce leaves and wrap.



1 serving



20

Mexican Quinoa Stuffed Sweet Potatoes

Per serving: 316 Calories • 48.1g Carbs (12g Fiber) • 10.8g Fat • 9.9g Protein



5 mins to prepare

<input type="radio"/> Sweet potato	1/2 sweetpotato
<input type="radio"/> Olive oil	3/4 tsp
<input type="radio"/> Onions	1/16 cup, chopped
<input type="radio"/> Red bell pepper	1/16 cup, chopped
<input type="radio"/> Corn	1/8 cup kernels
<input type="radio"/> Quinoa	2 tbsp
<input type="radio"/> Canned black bean	1/4 cup
<input type="radio"/> Chili powder	3/4 tsp
<input type="radio"/> Cumin	1/4 tsp, ground
<input type="radio"/> Paprika	1/8 tsp
<input type="radio"/> Salt	1/4 dash
<input type="radio"/> Avocados	1/4 fruit, without skin and seed



40 mins to cook

1. Preheat the oven to 400°F. Place sweet potatoes on a baking sheet and prick with a fork. Place in the oven and bake for 40 minutes.
2. Meanwhile, heat the oil in a large skillet. Add the onion and pepper and saute until tender, about 5 minutes.
3. Add corn, quinoa, black beans and spices and cook 2 - 3 more minutes.
4. When sweet potatoes are fork tender, remove from oven and let rest for 5 minutes. Slice in half and place each half on a plate. Top with quinoa mixture, avocado and a drizzle of both tahini and hot sauce. Finish with a sprinkle of cilantro and enjoy!



1 serving



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