

SUJATA'S ONE DAY OF CLEAN EATING

QUICK,
EASY &
DELICIOUS

Thanks for joining my training session

As promised here are your recipes for one day of clean eating.

For breakfast you can have either a berry smoothie or an egg bowl.

For lunch one of my favorites – Mexican Black Bean Salad.

And for dinner you can have either curried prawns, stir-fried vegetables and some brown rice or for the vegetarians there is a chickpea, spinach and potato curry, carrot and cabbage salad and brown rice.

If you feel like a snack try the fruit bowl or a piece of fresh fruit and some nuts.

READY TO CREATE HEALTHY HABITS THAT ARE SUSTAINABLE? JOIN ME AND MANY OTHERS TO DO THE 90 DAY CHALLENGE

<https://sujatadin.com/health-programs/90-day-challenge/>

About Me – SUJATA DIN
HEALTH COACH AND CANCER COACH

Sujata Din is a Certified Holistic Health Coach and Cancer Coach based in London. Sujata assists clients worldwide via individual consultations either in person, by Skype or phone. She equips clients with the tools, information and strategies that lead them to better health, higher energy levels and ultimately a happier disposition. She offers individual health and nutrition consultations, leads workshops on nutrition, cooking demonstrations and pantry overhauls.

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I am not a medical doctor, dietician, nor nutritionist. I make no claims to any specialized medical training, nor do I dispense medical advice or prescriptions. This content is not intended to diagnose or treat any diseases. It is intended to be provided for informational, educational, and self-empowerment purposes ONLY. Please consult with your doctor and then make your own well-informed decisions before starting any exercise or nutrition program based upon what is best for your unique genetics, culture, conditions, and stage of life. If you decide not to obtain the consent from your doctor before or during this program, you are agreeing to take full responsibility for your actions.

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BREAKFAST OPTIONS

Berry Smoothie

2-cups coconut water
½ cup baby spinach (or less if you are new to green smoothies)
1-cup frozen berries
1 tsp flaxseed or chia seeds
4 tbsp oats
1 tbsp nut butter (or 6 cashews/almonds)
Ice (optional)

Combine all ingredients in blender; blend until smooth. If the smoothie is thick, add some more water to get the desired consistency. *Vary the fruit you use to make different flavored smoothies.* **Serves 2.**



Egg bowl

4 boiled eggs
Large handful of asparagus
Large handful of broccoli stems
1-cup cherry tomatoes

Blanche the asparagus and broccoli stems. Place the vegetables in a bowl and squeeze some lemon juice over. Cut the boiled eggs and place into the bowl. Season with sea salt and black pepper. **Serves 2.**

SNACK OPTIONS

Piece of fruit and nuts

Have a piece of fresh fruit for your snack, varying the fruit you are having. E.g. apple, pear, cup of berries, banana, kiwi fruit, cup of diced papaya, etc. Have the fruit with 4 or 5 cashew nuts or almonds. **Serves 1.**

Fruit Bowl

1 cup natural yogurt
2 tbsp ground seeds (pumpkin, sunflower or flax seeds mix)
1 cup berries

In two bowls spoon the yogurt and over this layer the ground seeds and then the fresh berries. For variety you can use different fruits. **Serves 2.**



LUNCH

Mexican Black Bean Salad

2 cups black beans, boiled
½ red pepper, finely chopped
2 tomatoes, diced
1 small avocado, diced
½ small onion, diced (optional)
½ cup chopped coriander leaves)
¼ cup cooked brown rice

Dressing:

1 tsp extra virgin olive oil
Juice of 1 lemon (or to taste)
1 tsp cumin powder
2 cloves garlic, finely chopped
Sea salt and freshly ground black pepper
Green chili, diced finely (optional)

In a large bowl, mix together all the salad ingredients.

In a small glass jar mix all the dressing ingredients. Pour the dressing into the salad and mix well. **Serves 2.**



DINNER OPTIONS

Chickpea, spinach and potato curry

1 tbsp ghee or olive oil
1 tsp cumin seeds
3 cups cooked chickpeas
1 ½ cups of water
1 onion, chopped finely
1 tsp grated ginger
2 cloves of garlic chopped finely
2 small potatoes, cubed
1 tsp ground cumin
1 tsp ground coriander
½ tsp garam masala
¼ tsp turmeric
Red chili powder to taste
Sea salt to taste.
4 tomatoes ~ pureed
Large handful of baby spinach, chopped

Heat the olive oil in a pan, then add the cumin seeds and cook for 1 minute until browned. Next add in the ginger, garlic and onions and fry till soft and golden brown. Mix in the

spices and cook till they have blended into the onion mixture. Add in the potatoes and cook for 3-4 minutes and then add in the tomatoes, chickpea and water and cook until the chickpeas are soft. Once chickpeas are cooked mix in the chopped spinach. Have with small portion of brown rice and large portion of salad. **Serves 3.**

Sweet carrot and cabbage salad

2 large carrots, grated
2 cups red cabbage, finely chopped
¼ cup sunflower and pumpkin seeds
1 tablespoon chopped dried cranberries
2 tbsp pine nuts

Dressing:

¼ cup chopped fresh parsley
Juice from one lemon
1 tsp extra virgin olive oil
Sea salt and black pepper to taste
Mix all dressing ingredients in a jar.

Add the salad ingredients into a large bowl and into it pour and mix in the dressing. Refrigerate and serve chilled. **Serves 3**

Curried Prawns

250 grams prawns

Marinade:

1 tbsp olive oil

Chili flakes to taste

Lemon juice to taste

Sea salt to taste

1 tsp curry powder

3 cloves of garlic, chopped finely

Mix the above ingredients to make the marinade and marinate the prawns for 2-3 hours. Pan-fry the prawns until cooked. As the prawns are marinated in olive oil, you don't need any additional oil to cook it. Serve with stir-fried vegetables and a small portion of brown rice. **Serves 2-3**



Stir-fried vegetables:

3 cups vegetables (broccoli, asparagus, green beans, etc)

2 cloves garlic, sliced

1 tsp olive oil

1 tbsp tamari/soy sauce (or to taste)

Steam the vegetables in a steamer for 3-4 minutes until soft.

Heat a large pan and sauté the garlic until golden brown, then add in the steamed vegetables and cook for 2-3 minutes. Add in the tamari and serve immediately. **Serves 2-3.**