

ONE DAY CLEAN EATING RECIPES



START TODAY
TO GET
HEALTHIER &
HAPPIER

SUJATA DIN

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Printed by Sujata Din.

First printing edition 2022.



ABOUT ME

Hi, I'm Sujata

About Sujata Din

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.

Why I started eating clean

In the past, I suffered from low energy, poor digestion, hormonal imbalances, and poor immunity. I realised I needed to make some changes to regain my energy and health. I did this by slowly making changes that were doable; by eating real whole foods, crowding out those that did not suit my body and adding in foods to heal and nourish me. If you are reading this and wondering how to get started, don't worry, it's not difficult. I am sharing some delicious and nutritious recipes, giving you fresh healthy inspiration on having real whole foods.



What is Clean Eating?

It's about eating whole natural foods that are as close to their natural state as you can get them. This means reducing and avoiding processed and pre-packaged foods that are full of additives and preservatives. When we buy packaged foods, they tend to be high in sugar, salt or fat. When we make most of our meals at home we use real ingredients and are aware of what has been added into it.

For instance, when you make brownies or other desserts you are not adding any preservatives in them and you use natural sweeteners to prepare to your own taste buds. I find that it's an eye opener when you add in the sugar yourself, so you begin to use less of it.

I am sharing recipes for one day for you to try for yourself how easy it is to do. If you don't have some ingredients at home, swap and use what you have and if unsure, do send me an email.

PLANNING AND PREPARING TO SUCCEED

Please follow the recipes and quantities but also keep in mind a few things. Everybody's taste will vary, and this will mean adjusting seasoning, herbs and spices to your personal liking and using some discretion. Also, recipe outcomes can be affected by the humidity in one's kitchen. Everybody has a different oven, stove and blender and this can also change certain recipe outcomes. Please try to get comfortable to making adjustments as needed. If there is an ingredient you don't like, or cannot find, then simply omit or substitute it. If there is something you would like to add to the recipe then feel free to make the recipes your own by adding your own personal desires! Enjoy some of my favourite recipes!



RECIPES FOR ONE DAY OF CLEAN EATING:



Breakfast

Cinnamon porridge with apple
or Yogurt parfait

Snack

Fig energy balls or
Guacamole with tortilla chips and vegetable sticks

Lunch

Three bean salad with tahini dressing
or Buddha bowl



Dinner

Rice bowl (chicken or beans)



CINNAMON OATMEAL WITH APPLE

INGREDIENTS

1 cup quick cooking oats
½ diced apple
½ tsp cinnamon
2 or 2 ½ cups water Honey
to taste
½ cup milk of your choice
(optional)

PREPARATION

In a pan combine the water, oats and cinnamon and bring to a boil. Then lower the heat and simmer for 5 minutes, until thick and cooked.

Pour into two bowls and layer fruit above. Serve with milk and honey to taste. Sprinkle some cinnamon powder over before serving.

Serves 2.

Note: I'm using quick oats, as most people don't have much time in the mornings. If you have time, use rolled or steel cut oats and add more water when cooking it.



YOGURT PARFAIT



SERVES 2

Enjoy this refreshing cool breakfast over the warmer days.

INGREDIENTS

1½ cups natural yogurt
1 cup granola
6 strawberries, sliced

PREPARATION

Spoon the yogurt into two glasses or bowls.

Then layer the granola over and lastly the berries on top.



FIG ENERGY BALLS

INGREDIENTS

3 tbsp heaped nut butter
2 dried figs, soaked for 30 minutes
1 tbsp cacao powder
6 tbsp ground seeds
1 tbsp shredded coconut

For the coating:

Chopped nuts
Shredded coconut

PREPARATION

Blend all ingredients in a blender until smooth. If needed, add 1 to 2 tbsp of water to get the desired consistency. Then blend again to make a smooth mixture.

Spoon the mixture into a bowl.

Take a small amount, about 1 tbsp and roll into balls.

Lastly, roll these in shredded coconut or chopped nuts.

A no bake healthy snack that you can pack to take to work or when out of the house. Do try these and I hope you enjoy them.



EASY CREAMY GUACAMOLE

INGREDIENTS

2 small ripe avocados, cubed
Bunch of coriander leaves
Juice from ½ lemon
1 tsp freshly ground cumin
1 ripe tomato, diced
½ small red onion, diced
1 small green chili, diced
Sea salt to taste
2 tbsp yogurt

PREPARATION

1. Add the coriander, lemon juice, chili, onion tomatoes and yogurt in a blender and blend until smooth.
2. Then scrape down the sides and add in the salt and cumin and blend again. Next add in the avocado and blend again.

If it's too thick, add in 1 more tablespoon of yogurt.
Serve with vegetable sticks and tortilla chips.



THREE BEAN SALAD

INGREDIENTS

1 cup cooked chickpeas
1 cup cooked kidney beans
1 cup cooked cannellini beans
1 cup orange pepper, diced small
1 cup yellow pepper, diced small
1 cup diced cucumber
1 cup cherry tomatoes, quartered
1 avocado, diced small
Large handful baby spinach leaves, chopped
Small handful coriander leaves, chopped
Small handful parsley leaves, chopped

Tahini dressing:

2 tbsp tahini
1 tbsp Dijon mustard
Juice from 1/2 large lemon (or to taste)
3 tbsp water
2 cloves garlic chopped finely
Sea salt and black pepper to taste

PREPARATION

1. Mix the tahini in the water first, making sure there are no lumps. Then mix in the other dressing ingredients and if it's too thick add more water accordingly.
2. Combine all the salad ingredients in a bowl, then mix in the dressing. Serve after 1 hour, so the beans can absorb the flavours of the dressing.
3. If you want to add some chili into it, add some and you can always make extra dressing as it's creamy and so easy to make.

Serves 4.



BUDDHA BOWL

INGREDIENTS

200 grams tofu, cut into cubes
300 grams tender stem broccoli
300 grams chestnut mushrooms, sliced
1 red pepper, diced
1 cup cooked brown rice
½ tsp finely chopped ginger and garlic
Olive oil
1 tsp tamari or soy sauce
Chili sauce (optional)
Marinade for tofu:
Juice from ½ lemon
½ tsp curry powder
Sea salt to taste

PREPARATION

1. marinade the tofu for at least 2 hours to let the flavours absorb into the tofu.
2. In a pan heat 1 tsp olive oil, then lightly sauté the chopped ginger and garlic for about a minute.
3. Next add in the broccoli and 2 tbsp water and cover with lid and let it cook for 3 minutes. Then, mix in tamari (or soy sauce) and chili sauce to taste. Cover with lid and let it cook for another minute. Put the cooked broccoli in a plate and save the sauce to use later.
4. Next in the pan, heat ½ tsp olive oil and sauté the mushrooms until the water has dried and season with sea salt and black pepper. Once cooked put aside in the plate.
5. Then, in the pan heat ½ tsp olive oil, add in the diced red pepper and cover with a lid and cook on low heat for 2 minutes. Season with sea salt and black pepper and mix. Once cooked put aside in the plate.
6. Lastly, heat ½ tsp olive oil in the pan and add in the marinated tofu and cover with lid and cook for about 3 minutes. Then remove lid, and let it cook until browned.
7. In two bowls add in the brown rice, broccoli, mushrooms, red pepper and tofu. Pour the sauce (leftover from broccoli) over the rice. Serves two.



BEAN BOWL

INGREDIENTS

1 cup rice
1 1/2 cups black beans (or
200 grams diced chicken)
1 tomato, diced finely
1 tsp olive oil
1/2 tsp cumin powder
1/4 tsp garlic powder
Chili and sea salt to taste
1 cup cherry tomatoes,
halved
Small bunch coriander
leaves, chopped
1 cup cucumber, sliced
1 carrot, julienned
1 avocado, sliced
Salsa
Handful baby spinach

PREPARATION

1. Heat the olive oil and add in the diced tomato, black beans (or chicken), sea salt, chili, cumin powder and garlic powder and lightly cook for 6-7 minutes or until cooked. If it is too dry, add 1 tbsp water.
2. Layer the baby spinach in two deep bowls. Spoon the rice, bean (or chicken), coriander, cherry tomatoes, cucumber, carrot, sweetcorn, avocado on top of the rice. Then spoon the salsa in the middle.

Can also sprinkle some sesame seeds over.
Serves 2.



Set up a free discovery call



I hope you have enjoyed the recipes.

I have many free tips, recipe videos and recipes on my blog, so do check these out too and you can find these on my website <https://sujatadin.com/blog/>

If you have tried making changes, are eating healthily and exercising, but not seeing results, contact me for a FREE “Initial Health Discovery Session” to find out how I can help you change your life and get to your health goals. You can set up the discovery call by sending me an email at sujata@optimum-nutrition.org Or complete the form on my website <https://sujatadin.com/contact-me/>

I also share daily on Facebook and Instagram, these are tips, inspiration and recipes.

CLICK BELOW and connect with me.

