

# »»UFIT CLEAN & LEAN

Cookbook



By Sofia Bon Foster  
& Wendy Riddell

Welcome to UFIT Clean and Lean, a sustainable program that will transform your life and outlook on nutrition. You will no longer be stuck in the cycle of calorie counting or low fat diets and we will teach you to LOVE real food again.



# INTRODUCTION

This programme will change your relationship with your body by cleaning out all sugar and allergenic foods, and then slowly reintroducing food groups so you can learn which foods and quantities work best for you. There is no 'one size fits all' so this cookbook is not a meal plan: it is an example - hopefully an inspiring one - about the endless combinations you can create in your own kitchen, with very simple ingredients and easy techniques. You will find more recipes in the first chapters because we trust that by the end of the program you will have the skills to go solo.

Preparing your own food is the best gift you can give to your body and the only way to know what's on your plate. When you cook at home, you will most likely pick the best ingredients, your seasoning will be on point, your portions will be reasonable and most importantly you will avoid all the chemicals, additives and empty calories that come in highly processed meals. Making food from scratch is an empowering process with a nourishing result.

Most of the recipes use eggs, flaxseed, healthy oils and protein powder. Don't be afraid of these ingredients: healthy fats and eggs are good. Period. We are way past the eggs cholesterol myth. Protein powder and Eggs are a source of protein with a high biological value, full of vitamins and essential nutrients. Healthy fats are good for your immune system, healthy hair, skin and eyes. Every cell in the body needs cholesterol for a strong membrane and vitamins A,D,E and K must have fat present to be absorbed properly. We recommend you use healthy medium chain oils such as avocado, ghee or coconut for cooking. Save your flavorful olive oil for drizzling on food once it's cooked.

Just like you we don't own fancy equipment, we didn't train as chefs or spend more than an hour in the kitchen. All you need is a powerful processor or hand blender, a Julienne peeler, sharp knife, non stick frying pan and oil sprayer. Let's do it!

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## ABOUT THE AUTHORS

Sofia Bon Foster  
Wendy Riddell



# WEEK 1

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In this week, we aim to take you back to basics, so we strip away as much sugar as we can and common allergenic foods. This will cleanse your system and leave you with a happier gut. The first week may seem daunting, but we have you covered. These recipes will change your attitudes towards good food.

# Scotch Eggs

Serves 2

## Ingredients

2 Hard boiled eggs  
175g of lean beef  
2 egg yolks  
1 tbsp of flaxseed meal  
1 slice of lean back bacon (remove visible fat)  
1 tsp of mustard  
1/4 tsp of smoked paprika  
1/4 tsp of coffee (optional)  
200gr fresh spinach  
200gr button mushrooms  
nutmeg, pepper, salt to taste

## Method

Preheat the oven to 180 degrees.

Put all the ingredients in a food processor except the hard boiled eggs and coffee. Blend until smooth. Separate the mix in half.

Wet your fingers. Place the mix on one hand making a hole for the egg and then spreading the sides of paste. Put the egg on the center of your palm and cover with the borders on the paste, crafting a meatball. If you are brave, coat with coffee for a different twist.

Bake for approximately 20 minutes or until golden brown on the outside.

In the meantime, heat a frying pan on high. Wash the mushrooms carefully and split in halves. Use only a few drops of oil to prevent sticking and toss the mushrooms. Cook for 3 to 4 minutes without stirring in order to caramelize the mushrooms. Move and keep grilling for 3 to 4 more minutes. Remove the pan from the heat and then add the spinach. Season to taste. Drizzle some olive oil to finish.





# Zucchini Focaccia



## Method

With a cheese grater, grate the zucchinis and place in a drainer for an hour to remove as much liquid as possible. Chop the bacon into small pieces and cook in a non stick pan until crispy.

In a large bowl, mix the zucchini and the bacon. Add the remaining ingredients (saving some rosemary as garnish). Whisk energetically for 2-3 minutes until smooth.

Preheat the oven to 180 degrees and prepare a lasagna dish or tempered glass dish with either a baking sheet or oil spray.

Pour the mix into the dish. If you like, wet your fingers making holes, and fill them with rosemary. Sprinkle sea salt.

Bake for approximately 30 minutes until golden brown and firm.

Serves 4

## Ingredients

1 1/2 zucchini  
1/2 cup flaxseed meal  
1/4 cup psyllium husk  
1 tbsp olive oil  
4 eggs  
2 slices of lean back bacon (visible fat removed)  
Sea salt, pepper  
fresh rosemary to taste.

# Clean & Lean Temaki



Serves 1

## Method

## Ingredients

2 nori sheets  
80 gr smoked salmon  
1/3 avocado  
100 gr French beans  
1 cucumber  
1 zucchini  
handful of fresh spinach  
tamari sauce  
wasabi powder

Cook the French beans and discard the extremes.

Slice the cucumber vertically. Chop one half into sticks. Use the Julienne peeler vertically to make thin stripes or cucumber noodles. Repeat this procedure with the zucchini. Place the zucchini noodles over a paper towel to absorb the liquid excess. Cut the avocado into thin slices.

Place one nori sheet in your left hand, and use your right hand to cover half the nori with zucchini and cucumber noodles, about 1 cm high. Place a piece of salmon, the cucumber sticks and the rest of the vegetables diagonally to the nori. Keep holding on the nori with your left hand, use your right hand to bring the nori on top of the salmon and vegetable, and press it to close tightly, trying to make a cone. Keep rolling until it is thin as it can be.

Serve with tamari sauce and wasabi to taste.

# Egg Ramekins & Hollandaise Sauce



Serves 1

## Method

Separate 2 eggs. Reserve the yolks for the hollandaise sauce. Grease a Ramekin dish and pour the egg whites inside. Crack the remaining egg. Chop the bacon and sprinkle on top. Bake at 180 degrees for about 8 minutes or until firm.

For the hollandaise sauce, melt the ghee or butter in a sauce pan. In a different pan, pour water and bring it to a simmer. Put the yolks in a glass or heatproof bowl, add the vinegar and lemon juice and whisk energetically. Place over the hot water and keep whisking. Start adding the butter in small quantities, stirring all the time. When the sauce has thickened, remove from the heat. Mix with Dijon mustard if you like so. Serve straight away.

## Ingredients

3 eggs  
1 slice of lean back  
bacon (visible fat  
removed)  
100gr ghee or grass  
fed butter  
1 tbsp white vinegar  
1 tsp lemon juice  
1 tbsp Dijon mustard  
(optional)  
sea salt, pepper to  
taste.

# Breakfast Muffins



Serves 3

## Method

### Ingredients

4 egg whites  
1 cup cauliflower rice  
(or broccoli mince)  
1/2 cup flaxseed meal  
1 scoop protein  
powder  
1/2 tsp sodium  
bicarbonate  
1/2 tsp apple cider  
vinegar

Preheat the oven to 180 degrees.

To make 1 cup of cauliflower rice, bake one medium size head cauliflower until tender (use the microwave or oven), mince as much as possible with the food processor and then drain the excess of liquid using a drainer with a cheese cloth.

Beat 4 egg whites with a dash of salt until you can make peaks. Set aside.

In one bowl, mix the flaxseed meal, protein powder, spices and sodium bicarbonate. Combine with the cauliflower rice. Then, start adding the egg whites and vinegar in parts retaining as much air as possible.

Use oil spray or some drops of oil (preferably avocado or coconut) and distribute with a brush or napkin. Pour the mix into each tin.

Bake for approximately 30 minutes or until you insert a toothpick which comes out clear.

Cool down, slice and fill with your favorite greens and veggies.

Some nice combinations are: smoked salmon and spinach, turkey breast, Dijon mustard and pickles, caramelized onions and mushrooms.

# Seed Crackers



Serves 6

## Method

### Ingredients

1/2 cup pumpkin seed  
1/2 cup sunflower  
seed  
1/4 cup chia seed  
1/4 cup linseed  
1/4 cup black sesame  
seed  
1/4 cup white sesame  
seed  
2 tbsp of flaxseed meal  
1 cup of lukewarm  
water  
salt, cumin to taste  
baking paper

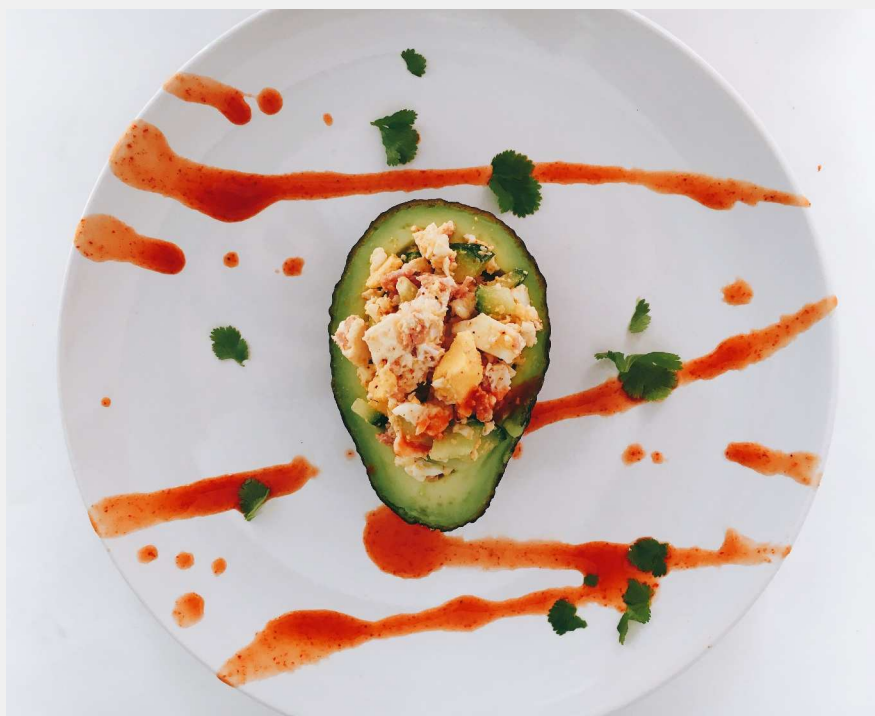
Preheat the oven to 180 degrees.

In a large bowl, mix all the seeds, salt and cumin and add 3/4 cup of water. Mix with a spoon. Check the consistency: if it's not runny, add the remaining water. Prepare the baking tray with paper and spray some oil. Spread the mix evenly, using the back of a spoon.

Bake for 20 minutes. Slice into desired shape and put back in the oven until crisp/golden (about 5-10 minutes).

Note that although seeds are a healthy source of fat and full of nutrients they are still high in calorie content. Enjoy this crackers with moderation and combined with protein for better results as shown in the pictures.

# Avocado Fiesta



Serves 1

## Method

Using a spoon, remove 1/3 of avocado from the center. Reserve some cling wrap for later use. Chop the onion, egg and cucumber into small pieces. Place in a bowl. Add the spices and some drops of tabasco. Squeeze the lime juice on top. Sprinkle with cilantro. Stuff half of the avocado, pressing down. Add the remaining mix. Drizzle with hot sauce.

## Ingredients

1/2 avocado  
1 hard boiled egg  
1/4 cucumber  
1/8 red onion  
1 tbsp hot sauce  
1/2 lime juice  
cilantro  
spices/tabasco to taste  
(paprika, sweet chili pepper, black pepper, cumin, garlic powder, cayenne pepper)

# Porto-bun Sandwich with homemade Aoili

Serves 1

## Method

## Ingredients

2 portobello mushrooms  
2 slices lean back bacon, grilled  
2 eggs  
1 egg yolk  
1 garlic clove  
1/4 cup olive oil  
1/2 tsp lemon juice  
1/2 tsp Dijon mustard (optional)  
extra mustard for deco

Preheat the oven to 180 degrees.

Cut the mushrooms stalks and place on a baking tray. Cook for 5 to 10 minutes just to soften.

Separate one egg. Put the egg and egg white in a greased ramekin dish and bake until set. You can also use the microwave at 600W for 1:30 minutes approximately.

Place the yolks in a bowl. Crush the garlic with a mortar or chop it as thinly as you can. Combine with the yolks, lemon juice, a dash of salt and Dijon mustard. Using an electrical whisker, start pouring olive oil by parts. The mix has to thicken and turn creamy white. You can store the aoili in an airtight container for 3-4 days.

Stuff your portobuns with the baked egg, aoili spread and your favorite vegetables.







# Chicken Tikka

Serves 3

## Ingredients

6 barbecue skewers  
250 chicken breast  
1 red onion  
2 green capsicum  
1 tbsp lime juice  
2 tbsp dried tikka  
spices (double check  
that there's no sugar  
added)  
1 tbsp coconut oil  
lime wedges  
cilantro to taste

## Method

Slice the chicken into chunks of your preferred size. Place in an airtight container and toss 1 tbsp of spices with the lime juice and mix well. Store in the fridge (the longer, the better as the flavors will set).

In the meantime, chop the vegetables in chunks similar size as the chicken chunks.

For assembling, first put the skewers under water for 30 seconds. This will help the meat come out easier when serving.

Start adding each ingredient, pressing them tight. Melt the coconut oil and brush the skewers. Sprinkle the remaining tbsp of spices. Bake at 200 degrees for approximately 20 minutes (depending on the size of the chunks)

For serving, sprinkle fresh coriander and more lime juice to taste.

# Ceviche

The classic Peruvian dish Clean and Lean revised

Serves 2

## Ingredients

200 gr sashimi grade salmon or previously frozen salmon (-20 degrees for 48hrs)  
10 cooked shrimps  
1 red onion  
6 limes  
handful fresh coriander  
tabasco (optional)  
1 medium cauliflower head  
1/2 avocado

## Method

Wash and chop the cauliflower. Toss in a microwavable container and cook for 8 to 10 minutes. Cool down. Process with a blender till mashed. Season to taste.

Cut the onion vertically in half. Place the flat part facing down and chop very thinly. Wash and chop the coriander. Squeeze the limes. Reserve.

Cover the chopping board with cling wrap and then slice the salmon into bite sized cubes.

Put the salmon in a bowl, mix with the onions and coriander. Pour the lime juice. Combine well, cover with cling wrap and save in the fridge for 25 minutes. The fish will get cooked on the acid juice so it should be light pink by then.

Using a ring and with the help of a tablespoon plate the mashed cauliflower. Put avocado slices on the bottom of the plate. Pick the ceviche from the fridge and check the seasoning. Add tabasco and fresh cilantro. Serve on top of the avocado.



# Shepherd's Pie

Serves 4

## Ingredients

2 large cauliflower heads, steamed  
1 hard boiled egg, chopped  
400 gr of lean beef or chicken, minced  
1 slice of lean bacon, minced  
1 large onion  
1 green bell pepper  
water  
1 spring onion, chopped (optional)  
salt, black pepper, sweet paprika, cumin, garlic powder, nutmeg  
sesame seeds

## Method

Preheat the oven to 200 degrees.

Make a puree with the cauliflower heads by blending them for several minutes. If necessary, add water in small quantities for a smoother consistency. Season with salt, pepper and nutmeg to taste. Reserve.

Heat a frying pan to medium. Chop the onions and bell pepper thinly. Toss in the pan with a tablespoon of water, cover with a lid and cook for 5 minutes. Stir, add salt and pepper when the onion starts losing color. Use more water to prevent sticking and keep cooking until the onions start turning gold. Then, add the minced meat, minced bacon and spices. Stir well to combine the flavors.

Two family tips: first, check the amount of vegetables you have in the pan before tossing all the meat as the ideal proportion is 50:50 & second, remove the ingredients from the heat when the meat is medium rare as it will finish cooking in the oven - no one likes hard overcooked chunks of minced beef -

Cool down and check the seasoning (pick the piece that seems more done than the other ones).

Put the ingredients on the bottom of a baking dish and distribute equally. Sprinkle the hard boiled egg and spring onion on top of the meat. Then, start covering with the cauliflower mash. Use a tablespoon to put small amounts on different corners of the dish and then "connect the dots". By doing it this way you make sure the top layer is equally distributed.

Sprinkle sesame seeds for decorating and broil for 10-15 minutes.



# Spinach Crepes



Serves 1

## Method

## Ingredients

3 egg whites  
1 tbsp flaxseed meal  
handful fresh spinach

Heat a frying pan to medium.

Blend all the ingredients with a powerful food processor for one minute.

Use oil spray or spread a few drops of oil into the pan. Pour 1/3 of the mix and move the pan from side to side to distribute the mix equally, making a thin layer. Cook for one minute and then start scraping the borders using a spatula.

# Flaxseed Arepa



Serves 1

## Method

### Ingredients

1/4 cup mashed  
cauliflower  
2 tbsp flaxseed meal  
1 tsp psyllium husk  
1/4 tsp chia seeds  
sea salt to taste

Preheat the oven to 200 degrees.

Mix all the ingredients with a fork. Once the ingredients are well combined, use your hands to make a ball and press down.

Prepare a baking tin with oil spray, you can also put 1-2 drops of oil and spread with a napkin.

Place the arepa in the tin and sprinkle sesame seeds. Bake until crispy on the outside.

Cool down, slice in half and fill with your desired ingredients.



# Fish Burgers

Serves 1

## Ingredients

200gr de-skinned fish fillets, e.g. snapper  
1/2 garlic clove  
2 cm fresh ginger  
2 cm fresh turmeric  
handful coriander  
1 red chili pepper  
1/2 spring onion  
1 lime (squeezed)

## Method

Combine the fillets, garlic, half of the fresh coriander, turmeric, ginger and lime juice in the food processor for about 5 minutes. Stop from time to time and scratch the sides using a spatula.

Put the ingredients in a bowl. Slice the chili vertically and seed it (avoid touching them with your fingers). Cut into very small pieces. Chop the spring onion and fresh coriander. Mix everything together.

Use two wet tablespoons to shape the mix into meatballs. Once done, press down to make a burger shape. Cook in a frying pan or the electrical grill (use some drops of coconut oil to prevent sticking) for 7 minutes.

Enjoy with some fresh greens, avocado and hot sauce.





## WEEK 2

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Now your body is cleansed we can start adding in extra ingredients so you can see how you react to them. This week will see a bit more sugar added and nuts. Coloured vegetables such as carrots and tomato are back! Take it slowly and see if you notice any reactions. But the key point here is to enjoy the new ingredients and the many extra choices open up for you. A yummy new week!





# C&L Popsicles

Serves 1

## Ingredients

1 tbsp pure cacao powder unsweetened  
1/3 cup low fat coconut milk  
dash of stevia  
1/2 scoop flavored protein powder  
1/3 cup of water or cold tea

## Method

Mix all the ingredients except the stevia with a hand blender. Use just a dash and no more than 1/8 teaspoon. You still want to get rid of your sugar cravings.

In our photo you can see a chocolate and vanilla popsicle: mix the coconut milk with the cocoa powder and a dash of stevia and freeze until firm. Then, mix the protein powder and water (or flavored tea), fill and freeze.

We also love the coconut milk and matcha popsicle. Use 2 tsp of matcha powder dissolved in 2 tbsp of hot water. Mix with coconut milk and a dash of stevia and freeze.

If you are looking for a compliant snack without the extra calories, you can try making lemonade or tea popsicles. Don't forget to add lemon slices and herbs for a flavor boost.

# Carrot Fritters

Serves 2

## Ingredients

2 eggs  
2 tbsp flaxseed meal  
1 large carrot  
1/2 spring onion  
1/2 red chili pepper  
handful or fresh  
parsley or cilantro  
turmeric, cumin,  
black pepper, ginger,  
to taste

## Method

Grate the carrot coarsely or use a julienne peeler and cut the strips into 4 (like in the picture). Chop the spring onion and de-seeded chili into small pieces.

Mix the eggs with the flaxseed meal, herbs and spices. You can change the spices to your taste, this is just a suggestion.

Combine the batter with the vegetables.

Heat a frying pan to medium-high. Spray generously with oil. Using a tablespoon place 1/4 of the mix into each corner of the pan. Flip every 1-2 minutes until golden brown.

Serve with fresh vegetables.







# Cauliflower Loaf

Cauliflower loaf with caramelized onions, shaved almonds  
and crispy bacon

Serves 4

## Ingredients

2 cups mashed cauliflower  
3 eggs  
2 tbsp chopped chives  
3 tbsp flaxseed meal  
1 tbsp chia seed  
salt, nutmeg, pepper to taste  
1 tsp apple cider vinegar  
pinch sodium bicarbonate  
1 onion  
2 prosciutto or bacon slices  
2 tbsp shaved almonds

## Method

Place the mashed cauliflower in a cheese cloth over a drainer and squeeze all liquid excess.

Separate the egg whites from the yolks. Whisk the egg whites until you can form peaks and reserve. Mix the mashed cauliflower, chives, flaxseed meal, chia seeds and yolks. Season to taste. Start adding the egg whites by part, retaining as much air as possible.

Transfer the mix to a greased loaf pan. Bake for approximately 25 minutes. In the meantime, chop the onion into thin slices. Heat a frying pan to medium and cook with 1/4 cup of water. When the onion becomes transparent add salt, pepper. You can add a dash of stevia. Keep adding water by tablespoons to prevent sticking. When the color turns golden, add some drops of oil or ghee. Keep cooking until brown.

Microwave the bacon slices wrapped in a paper towel for 2-3 min at maximum capacity. Cool down and crumble using your hands or a scissor. Put the onions, bacon and shaved almonds on top of the loaf and put back in the oven for another 25 minutes.

For week one, replace shaved almonds for any other seed of your choice.

# Eggplant bites



Serves 1

## Ingredients

1 eggplant  
4 king prawns  
cajun or hot spices  
(chili flakes, cayenne  
pepper, hot paprika,  
garlic powder) to  
taste  
1/3 avocado  
1 lime, squeezed  
wild rocket  
salt & pepper to taste

## Method

Mash the avocado with the lime juice. Add salt and pepper to taste. Reserve.

Clean the prawns and coat with the spices.

Cut the eggplant into 2/3 cm slices. Microwave for 3 minutes or until soft.

Heat a grill pan to medium high. Grill the eggplants for one minute each side and set aside. Bring the heat to high and cook the prawns for approximately 3 minutes each side: they should change their color to pink.

Place one slice of eggplant, half of the mashed avocado mix, two prawns, rocket and cover with another slice of eggplant. Repeat.

# Green Pancakes



Serves 1

## Method

## Ingredients

1/2 zucchini or a handful of spinach  
4 egg whites  
1 tsp coconut flour  
2 tbsp golden flaxseed  
1/8 tsp sodium bicarbonate  
dash of baking powder  
1/8 tsp apple cider vinegar  
1/3 leek (optional)

Slice the zucchini and blend with the egg whites, flaxseed, coconut flour, baking powder and sodium bicarbonate. Set for a minute and blend again, this time adding the apple cider vinegar. Finely chop the leek and combine with the mix using a spoon.

Heat a pan to medium. Use oil spray or some drops of oil distributed with a napkin. Pour 1/8 of the mix into the center point of the pan. The mix should distribute into all directions, making a circle (if not, use a spoon or a ring). Cook for 1-2 minutes; bubbles should come up and burst. Flip and cook for some extra seconds. Repeat.

The pancakes should come out moist and fluffy. Serve with your favorite veggies, protein or seed butter.

Replace the coconut flour for flaxseed meal or chia seeds to make this recipe week 1 compliant.



# pudding, 4 ways

If you are, by any chance, 'eggin' tired we have three alternatives for an egg-free treat

Serves 1 Each Recipe

## Method

### Ingredients

3/4 cup low fat coconut milk  
2 tbsp water  
4 tsp cacao powder  
2 tbsp chia seeds  
pinch of stevia

2/3 cup water  
1 scoop protein powder  
flavor of your choice  
2 tbsp chia seeds

3/4 cup low fat coconut milk  
2 tbsp chia seeds  
1 1/2 tsp coconut flour  
1 lemon zest  
pinch of stevia

1/4 cup low fat coconut milk  
3/4 cup of water  
2 tbsp cacao powder  
1 tsp gelatin powder  
unflavored  
pinch of stevia

#### Option 1 - Chocolate Chia

If you are looking for a treat, this is it. Mix all the ingredients except the stevia. Add just a pinch of stevia and taste the flavor in order to avoid using an excessive amount: do not use more than 1/8 tsp.

#### Option 2 - Chia Protein

Put one scoop of your favorite protein powder in a bowl and pour water by parts whisking energetically. Add the chia seeds, mix well. Transfer to an airtight container. Store in the fridge overnight.

#### Option 3 - Coconut Lemon

Combine the milk and coconut flour. Bring in the lemon zest, stevia and chia seeds. Refrigerate overnight.

#### Option 4 - Light Chocolate

In a small sauce pan using medium-low heat, mix the coconut milk and the water. Add the cocoa powder and mix well. When the temperature starts to rise, add the gelatin powder and stir until it is well dissolved. Transfer to a container. Cool down. Store in the fridge until set. Serve with coconut chips.

# Veggie Rolls

Serves 1

## Ingredients

1 zucchini  
1 eggplant  
4 slices lean back bacon  
strings removed  
toothpicks

## Method

Preheat the oven to 180 degrees.

Cut the zucchini and eggplant vertically into very thin slices (3-4mm). Spray a baking tray with oil and cook for 5 minutes turning sides until tender. Cool down.

In the meantime, cut the bacon borders shaping them into strips. Chop the leftovers.

Place one strip of each ingredient on top of the other alternately.

Place the chopped bacon on one of the extremes of the eggplant and zucchini slices. Roll and press each piece. Use a toothpick to hold tight.

Heat a grill to medium and finish cooking the vegetables until golden.

Replace the eggplant for zucchini to make this a week one compliant dish.





# Stuffed Peppers

Serves 2

## Ingredients

2 bell peppers  
150 gr lean meat (beef,  
pork, lamb, chicken)  
1 onion  
1 garlic clove  
1 egg  
1/2 tbsp olive oil  
1/2 tbsp white vinegar  
1 tsp fresh parsley  
1 tsp fresh coriander  
1 tbsp oregano  
cumin, pepper, paprika  
to taste

## Method

Preheat the oven to 200 degrees

Mince the meat using the food processor. Place in a large bowl.

Thinly slice the garlic and onion. Mix with the minced beef, oil, vinegar, herbs and spices. Cook in a frying pan at medium heat but leave the meat slightly undercooked.

Halve the peppers and microwave for 5 to 8 minutes to soften. You may also bake them for 15 minutes if you are not a microwave fan. Stuff with the meat.

Line a baking tray with baking paper or oil spray. Bake for 15-20 minutes or until golden brown.

This recipe works beautifully with mashed cauliflower.

Use only green bell peppers to make this recipe week 1 compliant.



## WEEK 3

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Already over half-way through, by now you should be noticing a change in your body. With the ingredients we add in this week the variations opened up to you are endless. We always think of flour as a way to bake, but there are so many better tasty choices.



# Almond & Lemon Pancakes



Serves 3

## Method

## Ingredients

4 egg whites  
1 1/2 tbsp almond flour  
1 1/2 tbsp flaxseed meal  
1 tbsp vanilla protein powder  
1 tbsp lemon zest  
pure vanilla extract  
1 tsp almond milk  
dash baking powder  
stevia (optional)

Blend all the ingredients in a powerful blender for 2 minutes. Rest and blend again.

Heat a small frying pan to medium and use a few drops of coconut oil spread with a napkin.

Pour 1/8 of the mix right in the center of the pan. After one or two minutes, bubbles should come up and start to burst. Flip using a spatula and cook for 30 seconds more.

Drizzle with coconut cream, shaved almonds and lemon zest.

# Cashew Spread



Serves 1

## Method

## Ingredients

1 cup baked cashews  
3 cups filtered water  
salt  
1 tbsp nutritional yeast (optional)  
olive oil, lemon juice, spices or herbs to taste.

Soak the cashews in the water overnight.

Rinse, drain and place in a powerful food processor. Blend for 2 minutes and scratch the sides with a spoon; repeat 2/3 times until the texture gets even, soft and creamy.

Add the nutritional yeast, olive oil, sea salt and lemon juice to taste. You can also use spices, dry and fresh herbs: for example thyme and garlic, basil and chili, curry. Blend for another minute, texture should be as smooth as cream cheese. Store in a sealed container in the fridge for no more than 4 days.

If you want, you may add water by parts instead of oil and spices in order to get a cashew cream for drizzling your salads.

# C&L Slice



Serves 2

## Ingredients

3 egg whites  
2 tbsp flaxseed meal  
1 tbsp almond or hazelnut flour  
1/2 tsp baking powder  
salt & pepper  
baking paper  
oil spray

## Method

Preheat the oven to 180 degrees.

Beat 3 egg whites until you can form peaks. If you add a pinch of salt and/or lemon drops you can get this texture easily.

Mix the dry ingredients. Start incorporating the egg whites by parts, trying to keep the foamy texture. Line baking paper on a baking tray. Spray with oil. Distribute the mix evenly with a spatula (trying not to press down as this will make the mix lose air).

Bake for approximately 5-8 minutes or until the surface turns golden. In the meantime, prepare another sheet of baking paper. Flip sides and bake for an extra 5 minutes. The texture should be moist and foamy, so stay close and try not to overcook it. After cooling down, remove the paper carefully.

Slice gently. Spread Dijon mustard, sugar-free dill pickles and turkey breast or a preferred filling of your choice.

# Curried Pumpkin



Serves 4

## Method

## Ingredients

1 small pumpkin  
2 eggs  
2 egg whites  
2 tbsp tandoori spices  
1 tbsp flaxseed  
fresh cilantro

There are two options for pre-cooking the pumpkin: one is baking at 180 degrees until tender, the other one is wrapping the pumpkin in cling wrap and microwaving for 8 to 12 minutes depending on the size.

Once the pumpkin is tender, cool down and slice the top. With the help of a spoon, remove and discard the seeds (or save for roasting). Take the pulp from the chopped top and half of the inside of the pumpkin; avoid taking too much content from the sides so it can keep the shape.

Heat the oven to 200 degrees.

Process the pulp with the egg, egg white, flaxseed and spices. Put the batter inside the pumpkin and bake for 20 minutes or until set. Serve with chopped fresh cilantro.



# Healthy Pad Thai



Serves 1

## Method

## Ingredients

250 gr chicken breasts  
1 red onions  
1 small garlic clove  
2 eggs  
2 zucchinis  
1/2 cup bean sprouts  
1/2 tsp coconut oil  
1 tbsp tamari or  
aminos sauce  
10-15 cashew nuts  
chili flakes

Use baked cashews or roast the cashews at 160 degrees until golden. Crush using your hands or a rolling pin. Use a Julienne or potato peeler to slice the zucchinis making ribbons or noodles. Thinly slice the onion. Chop the chicken breast into small-bite sized chunks. Set aside.

Heat a wok or large pan to medium. Melt the coconut oil and toss the onion. Cook for 3 to 5 minutes - until translucent - then add the chicken and crushed chillies to taste. Stir.

When the chicken is almost cooked, add the zucchinis. Mix carefully and push the preparation to one corner of the pan. Put the eggs in the empty half of the pan, stir immediately. Allow the eggs to cook until medium-done and then integrate with the chicken and zucchinis. Stir and cook for 1 to 2 minutes more.

For plating, serve 1/2 part of the preparation, drizzle with tamari or aminos sauce and finally sprinkle bean sprouts, chili flakes and crushed cashews.

For making this dish week 1 compliant, change the cashew nuts for sesame, pumpkin or sunflower seeds.

# Protein Balls



Serves 2

## Method

## Ingredients

1/2 cup almond butter  
1/4 cup protein powder (chocolate or vanilla)  
1 tbsp flaxseed meal or chia seed ground stevia  
5-10 nuts of your choice, chopped  
optional: shaved almonds, cacao powder for coating.

Mix the almond butter (room temperature), the protein powder and the seed powder. If the mix gets too thick, add water by drops. Add chopped nuts and make bite sized-small balls. Store in the fridge in an airtight container for 3 hours.

Optional: coat them in cocoa powder, almond meal, shredded coconut. Remember this is a calorie dense preparation. The serving size is about 2 to 3 balls.



## WEEK 4

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From this week you should start developing new long-term habits, with the delicious recipes we've shared over the last few weeks. And with the skills you will have learnt in adapting food and getting back to basics and into the kitchen, you'll be in a great place to live a healthy and fun food lifestyle.

Serves 4

## Parmesan Cookies

### Ingredients

2 egg yolks  
2 tbsp grated  
parmesan cheese  
2 tbsp almond flour  
1 tbsp flaxseed meal  
italian spices (dried  
oregano, parsley,  
chili flakes, garlic  
powder, basil)

### Method

Preheat the oven to 200 degrees.  
In a bowl, mix all the ingredients  
with a fork. Make 8 small balls.  
Use a rolling pin to spread the  
dough and shape it into crackers.  
Line a tray with baking paper.  
Place the cookie in the tray  
leaving enough space between  
them in case they spread.  
You may also use the bottom of  
a muffin tray to get equally  
shaped crackers.  
Bake for approximately 15  
minutes or until golden and  
crispy.





# Bocconcini & Spinach Lasagna



Serves 2

## Ingredients

2 zucchinis  
200 gr turkey breast slices  
200 gr fresh spinach  
2 egg whites  
8 bocconcini  
4 tbsp tomato sauce  
2 tbsp grated cheese  
1 tsp pesto paste  
nutmeg, pepper,  
garlic powder

## Method

Use a potato peeler to slice the zucchini. Grill in a medium heated pan or microwave for 2 minutes. Cool down on a paper towel to absorb liquid excess.

Sautee the spinach with nutmeg, pepper and garlic powder. Cool down and squeeze to remove liquid excess.

Scramble the egg whites with the spinach and seasoning.

Preheat the oven to 200 degrees. Grease a baking dish or loaf tin. On the bottom, put a layer of zucchini slices, then distribute the spinach mix. Top with slices of Bocconcini and cover with the turkey breast. Repeat. Spread the last layer with tomato sauce and pesto. Sprinkle shredded cheese and pepper.

Bake for approximately 15 minutes or until golden and crispy.

To make this recipe a week one compliant one, skip the cheese and switch for sunflower seeds.

# Falafel with Mint Yoghurt Sauce



Serves 2

## Ingredients

1/2 dried chickpeas  
1/4 red onion  
1 garlic clove  
1 tbsp flaxseed meal  
2 tbsp sesame seeds  
1 tsp baking powder  
handful fresh cilantro  
handful fresh parsley  
2 tsp falafel spices  
(chili flakes, black pepper, cumin, paprika)  
1/4 cup greek yogurt  
handful fresh mint  
lemon juice  
olive oil

## Method

Soak the chickpeas overnight. Drain and process with the onion, garlic, cilantro and parsley for one minute (do not puree). Use a spice grinder or powerful processor to grind the sesame seeds until powdery. You may also use a sealed bag and crush the seeds with a rolling pin. In a bowl, mix with the flaxseed, baking powder and dry spices. Add the chickpea mix and combine well. Cover with cling wrap and store in the fridge for at least 2 hours.

Preheat the oven to 200 degrees. Line a baking tray with parchment paper. Make small balls or patties with the falafel mix and spray or brush with oil. If the mix doesn't hold together, add an extra tablespoon of flaxseed meal. Bake for approximately 15 minutes or until golden and crispy. While baking the falafels, blend a handful of mint, half of the yogurt, a dash of garlic powder, extra virgin olive oil and lemon juice to taste. We suggest you start by adding 1 tbsp olive oil and 1/2 tsp of lemon juice, and then adjust the proportions to taste. Mix with the remaining yogurt using a spoon to maintain the texture. Slice the lemon into wedges and serve both with the falafels.



# Key Lime Parfait



Serves 2

## Ingredients

1/4 cup yoghurt  
1/4 cup + 2 tbsp  
water  
1 scoop vanilla  
protein powder  
1 1/2 tsp unflavored  
gelatin powder  
1 lime  
stevia

## Method

Zest and juice the lime. Reserve.

Mix half scoop of protein powder with 1/4 cup of water and 1/2 lime juice. Dissolve half a teaspoon of gelatin powder in boiling water and stir into the mix. Store in the fridge until set.

Mix the yoghurt with the remaining half scoop of protein powder and half of the zest. Add half a teaspoon of dissolved gelatin powder. Store in the fridge until set.

Dissolve another half teaspoon of gelatin powder with 2 tablespoons of water, mix with remaining lime juice and lemon zest. Put on top of the preparation making the final layer. You can add more zest or a thin slice of lime for decoration.

Store in the fridge until set. You can opt to add a dash of stevia at each step.

# Ratatouille Salad with Goat Feta



Serves 2

## Ingredients

1 zucchini  
1 yellow squash  
1 carrot  
1 red bell pepper  
1 onion  
1 eggplant  
1 garlic clove  
handful fresh thyme  
1 tbsp olive oil  
80 gr goat feta cheese

## Method

Cut the onion and pepper into thin strips. Use a potato peeler to slice the zucchini, squash and carrot, making ribbon-like pieces. Slice the eggplant vertically trying to get similar sized strips. Chop the garlic into small pieces.

Heat a frying pan at medium and toss the onion and pepper first with a dash of water. When they soften, add the olive oil, garlic, thyme and vegetables. Turn the heat to high and stir every minute. Turn off the heat when the vegetables become brighter, slightly golden but still crunchy.

Using tongs, plate the vegetables as if they were pasta. Use your hands to crumble the goat cheese and then drizzle with olive oil and fresh thyme. For extra indulgence, add some roasted almonds or hazelnuts.

## About the Authors

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These recipes have been created by Sofia and have "Wendy's approval" stamp. Recipes portrayed follow Wendy's program guidelines strictly. For more recipes, tips and daily inspiration stay tuned on the Facebook Clean and Lean Community page.

## Sofia Bon Foster



Sofia is an Argentinian living in Singapore. Even before becoming a licensed Psychologist, she has been devoted to inspiring her community focusing on health and nutrition through designing and implementing well-being campaigns, skill enhancement programs and individual counseling.

Sofia's passion for travelling is fueled by the joy of exploring different cultures, meeting people and sampling cuisines all over the world. This self-made chef has finally found a way to help others as a foodie, through recipe creation. She believes with all her heart we can transform our journey to live a healthy lifestyle. It all starts with making the choice. We don't have to sacrifice 'delicious' to be 'healthy' - her recipes are proof of that.

You can find more of her recipes on Instagram @soff.it

## Wendy Riddell



Wendy hails from Aberdeen Scotland, graduating from Robert Gordon University with a BSc in Nutrition. Wendy has always had an immense passion for health and fitness and has always felt that small changes in people's lives long term make big health benefits. In short she doesn't feel it needs to be difficult or expensive to live a healthy happy life. Wendy is currently the Nutrition Manager and Bootcamp Director at UFIT.

Wendy is a mother of 4 living in Singapore; she has lived in 8 countries over 17 years. She enjoys keeping active with bootcamps, CrossFit, running and just generally trying to keep up with her young children.

"A river cuts through rock not because of it's power but because of it's persistence"