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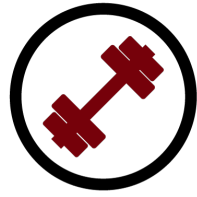
PRESENTS



Introduction to **CLEAN-EATING**



Snacks & Lunches



INSTASHRED

PRESENTS

**INTRODUCTION
TO CLEAN-EATING
SNACKS AND LUNCHES**

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INTRODUCTION

Obesity and diabetes are both fast-increasing problems the world over.

And it's no coincidence that the human race is moving steadily further away from its natural way of eating, with more chemicals and processed foods being consumed than ever before.

Not only does being overweight put you at risk of many serious diseases, including diabetes, but it affects your self-esteem, your mobility, and your ability to live the happy, productive life you deserve.

So, what's the solution to this diabetes epidemic and psychological slump?

CLEAN EATING!

Eating clean means cutting out all that unneeded and harmful junk: the chemicals, the processed foods, the colorings, the flavorings, and the compounds that have come about as a result of our dysfunctional food creation and preparation system. Food companies only care about profits - and to create their profits they must create cheap, processed, and highly addictive products.

It's time to tell these companies **NO MORE!**

It's time for you to find your way back to eating food the way that humans were meant to eat it: as close to its natural state as possible.

The massive benefits of clean eating include weight loss, improved energy levels, better systemic health, and a reduction in the risk of serious diseases like diabetes, heart disease even Alzheimer's Disease.

This introductory cookbook is designed to give you the quick and easy start you need to begin eating cleanly and losing weight today.

Many doctors and nutritionists believe that eating clean and healthy can mean eating either two or three nicely sized meals a day (no more than a plateful and only one helping per meal).... OR, for some, clean, healthy eating can actually be achieved by consuming five or six SMALL SNACKS throughout the day.

It's up to you to discover what works best for your body and your mental health.

So, this cookbook will start you off with options for creating those five or so SMALL snack meals. Following these recipes means you'll be getting a good balance of healthy fats, protein, and unprocessed carbohydrates in each meal.

We've kept the recipes simple – nothing too fancy here – to make your weight loss journey as seamless and easy as possible.

We start with easy recipes, then move onto dips you can make yourself and eat with a variety of dipping sticks like carrots or sliced apple. We move on to food that can be produced in large batches, frozen in portions, and then defrosted when you don't feel like cooking but want to keep eating well.

We continue with scrumptious salads and finish with hot and filling meals for when you're ravenous.

Remember, eating clean and healthy, with or without diabetes in mind, means removing those highly processed, packaged foods from your diet, cooking with natural ingredients, keeping your portions in check, generally practicing moderation, and ENJOYING your new, sustainable lifestyle.

Enjoy!

Chapter 1

Easy as one, two, three

CLEAN EATING SNACK BOX

This is a great way to use up any random ingredients that happen to be lying around the fridge or cupboards, and is a super quick way of getting nourished cleanly without much preparation. Just make sure you aim for a good combo of healthy fats, complex carbs, and protein in each meal.

INGREDIENTS

¼ mango, small apple, handful berries, or a chunk of pineapple

A handful of raw nuts or seeds, or a heaped teaspoon of nut butter

A cupful of raw spinach, handful cherry tomatoes, or handful sugar snap peas

½ cooked chicken breast, ½ cupful of pulses, or handful fresh peas

PEA AND ASPARAGUS SOUP

INGREDIENTS

1 onion	Small bunch asparagus, roughly chopped
1 stick celery	Cup of homemade stock
Cup of fresh peas	Tablespoon crème fraiche

METHOD

Fry up the onion and celery in some coconut oil then add the peas, asparagus and stock and simmer for 10 minutes.

Add the crème fraiche then season and blend until smooth for a creamy and delicious meal that you can freeze in portions.

GREEN AND CLEAN SPRING ROLLS

INGREDIENTS

Several large leaves of kale, lettuce, or sweet cabbage	Batons of raw veg and fruit like carrot, pepper, tomato, and mango
Thin strips of cooked meat or chicken	

METHOD

Simply create a healthy, tasty, and easy spring roll by wrapping your filling up in the large salad or cabbage leaves. You can get creative with the fillings and make a fun group meal by having them laid out for people to choose their own in a 'pick and mix' arrangement.

WHOLE VEG AND CASHEW STIR FRY

INGREDIENTS

1 handful whole baby sweetcorn

1 knob ginger, peeled and grated

1 handful whole mange tout

1 pinch dried chillies

1 small handful bamboo shoots

1 teaspoon coconut oil

1 small handful raw cashews

METHOD

Heat the oil then add everything else and stir fry on a high heat for 3-5 minutes

Chapter 2

Delicious dips

HOMEMADE HUMMUS

INGREDIENTS

Jar of organic chickpeas

1 clove garlic

Teaspoon tahini

Generous squeeze of lemon

2 tablespoons of olive oil, adjust for
desired consistency

Plenty of black pepper and a pinch of salt

METHOD

Just pop it all in the blender and mix until you have a thick paste.

HOMEMADE TZATZIKI

This tangy and refreshing mix is perfect to serve on top of roast sweet potatoes, to eat in scoops with red pepper or carrot, or to add to fresh veg or grilled meat for a taste explosion.

INGREDIENTS

5 tablespoons of full fat fromage blanc or
Greek yoghurt

2 large cucumbers, finely grated

1 clove garlic, very finely chopped or
grated

¼ teaspoon cumin powder

A squeeze of lemon

Plenty of black pepper and a pinch of salt

HOMEMADE GUACAMOLE

Easy and super satisfying, this is the perfect accompaniment or centrepiece for any meal.

INGREDIENTS

1 ripe avocado, roughly mashed

Squeeze of lemon

Black pepper and a pinch of salt

Pinch of finely chopped onion and garlic,
to taste

Sprinkle of chopped fresh coriande

SPICY RAW SALSA

Fresh tasting and tangy, this is great in a multitude of situations.

INGREDIENTS

2 large tomatoes, finely chopped

Pinch of finely chopped raw chilli

Half an onion, finely chopped

Squeeze of lime

Handful fresh basil, roughly torn

Salt and pepper

HOMEMADE PESTO

INGREDIENTS

½ cup of pine nuts

Salt and pepper

2 tablespoons olive oil

Handful grated pecorino cheese

Bunch of fresh basil

1 clove garlic

METHOD

Blend everything in a food processor and use as a dip, sauce for brown rice or zoodles (pasta made from zucchini) or a relish for veg and meat.

Chapter 3

Recipes to prepare in advance

SPICY WINTER VEGETABLE SOUP

INGREDIENTS

2 cups mixed winter veg, like parsnips,
potatoes, onions, and butternut squash

1 tablespoon garam masala

Knob of ginger

2 cups homemade stock

1 cup coconut milk

1 tablespoon coconut oil

METHOD

Pop everything in a large pot and bring to the boil. Leave to simmer for 45 minutes before adding the coconut milk and oil, and blending until the consistency is smooth and creamy. Perfect as a warming and filling but clean and healthy meal when all you want to do is defrost and reheat.

CRUNCHY THAI SALAD

INGREDIENTS

Finely chopped, shredded, or grated:
carrot, red cabbage, green cabbage, and

Dash of Japanese rice wine vinegar, or
mirin

Sugar snap peas

1 handful of raspberries

Palm-full of sesame seeds

1 sprinkle of finely chopped red chillies, to
taste

Drizzle of sesame oil

METHOD

Bar the raspberries, this tangy salad will keep its crunch for a couple of days in the fridge so is perfect to use for a few meals, cutting down on prep time.

VEGETABLE AND CHICKPEA NORTH INDIAN CURRY

INGREDIENTS

1 onion, roughly chopped

1 chilli, finely chopped

1 teaspoon coconut oil

Pinch each of cumin seed, garam masala,
whole cardamoms, fennel seeds, and
black cloves

3 cloves garlic, roughly chopped

¼ cup of sweet potato

½ cup chickpeas

¼ cup cauliflower

1 cup coconut milk

1 cup spinach

Handful chopped fresh coriander

METHOD

Brown off the onions in the coconut oil then add the garlic and chilli for 2 minutes. Add the spices and mix well for a minute, then add the sweet potato and cauliflower and a cup of water and simmer for 20 minutes. Then add the coconut milk and chickpeas, and finally the spinach and coriander.

SPICY MOROCCAN LAMB STEW

INGREDIENTS

½ pound trimmed lamb from the butcher (I always ask what he/she recommends

that's lean and good for stewing)

2 apricots, roughly chopped

Handful whole almonds

½ cup white beans

Large handful of green veg like green beans or sugar snap peas

2 cups of stock (preferably homemade)

A pinch of finely chopped fresh rosemary

A generous pinch of finely chopped fresh mint

METHOD

Tumble it together in a big pot and leave to cook slowly for an hour or two.

EASY VEG SOUP

This is great if you've got leftover veggies in the fridge and not much time. Just fry them up with an onion and some coconut oil, add some fresh homemade stock if you have it (I always like to store some in the freezer for convenience). Add water and the vegetables, cook for half an hour, then use a stick blender to whizz it up. Garnish with whatever herbs you have to hand and voila! Clean eating made simple.

Chapter 4

Scrumptious salads

APPLE, WALNUT, GOAT'S CHEESE AND BEETROOT SALAD

INGREDIENTS

½ apple, sliced

Squeeze of lemon

5-10 walnuts, crushed

Drizzle of olive oil

¼ cup fresh beetroot, sliced

Black pepper

Small handful sliced goat's cheese

METHOD

Combine these for an explosion of flavours that's sweet and refreshing, whatever the time of day.

QUINOA, POMEGRANATE, AND ROASTED PUMPKIN SALAD

INGREDIENTS

½ cup quinoa (follow the instructions on the packet for prep as it differs from

brand to brand)

1 pomegranate

½ cup pumpkin, cubed

Drizzle olive oil

Sprinkle sunflower seeds

Handful of fresh basil

METHOD

Roast the pumpkin and seeds with the oil and seasoning, allow to cool then add to the quinoa and pomegranate seeds. Roughly tear the basil and mix in for a beautifully textured sweet and savoury mix.

SALAD NICOISE

INGREDIENTS

Handful of finely chopped raw green beans

One hard-boiled egg

Jar of responsibly

sourced tuna steak

Fresh Kalamata olives

Three lightly steamed new potatoes, roughly cubed

Drizzle of olive oil

A dash of balsamic vinegar

A twist of lemon

METHOD

You can prepare all of this the night before then tumble it together in a container in the morning. I like to leave the boiled egg with its shell on and add it at the last minute before eating to keep the flavours fresh.

RAW VEGGIE, ROASTED ALMOND, AND FETA SALAD

INGREDIENTS

½ cup spinach, finely shredded

2 florets broccoli, finely shredded

1 small handful sugar

snap peas, finely shredded

1 handful raw crushed almonds, crushed

Drizzle olive oil

Splash balsamic vinegar

Drizzle agave nectar

1/3 cup feta, roughly crumbled

METHOD

Mix the ingredients for an amazingly wholesome but incredibly tasty fast and easy meal.

Chapter 5

Hot and filling lunches

BARBEQUE CHICKEN WITH TANGY GREEK SALAD

INGREDIENTS

Butterflied and seasoned chicken breast

Dash of balsamic vinegar and olive oil

Head of little gem lettuce

Handful cucumber, cubed

Handful of feta cheese

¼ onion cut into fine rings

5-10 black olives

METHOD

Barbeque the chicken until tender and cooked through. Mix the salad and enjoy the contrast of the hot chicken and tangy feta and olives.

STUFFED AUBERGINE WITH ROCKET SALAD

INGREDIENTS

1 aubergine

Roasted seed mix

½ cup brown rice

Large handful rocket

Mixed raw veg, finely chopped e.g. red pepper, carrot, onion, sugar snap peas

Handful cherry tomatoes

Balsamic vinegar

METHOD

Cut the aubergine in half and lightly roast in the oven. Hollow out the centre and mix the aubergine flesh with the veg, rice, and roasted seed mix. Spoon back into the aubergine and pop back into the oven for 10 minutes. Serve with the rocket, tomatoes, and balsamic vinegar on the side.

SPICY PRAWN AND GREEN PEPPER SKEWERS

INGREDIENTS

Five large prawns, tail on, marinated in lime, ginger, chilli, and olive oil

½ large green pepper, cut into large squares

METHOD

Push the prawns and peppers onto skewers and grill or barbeque.

GRIDDLED CHICKEN WITH SWEET POTATO MASH

INGREDIENTS

1 cup sweet potato, diced

1 teaspoon crème fraiche

1 chicken breast, butterflied and seasoned with thyme and a squeeze of lemon

METHOD

Steam the sweet potato until soft and add the crème fraiche before mashing. Fry the chicken in a heavy-bottomed griddle pan until cooked through and browned.

BROWN RICE, COCONUT, AND CASHEW MIX

INGREDIENTS

½ cup of cooked brown rice

½ cup grated carrot

Small handful grated coconut

½ cup chopped green beans

Small handful cashews, roughly crushed

Teaspoon coconut oil

Handful spring onions

METHOD

Fry up all the ingredients in the coconut oil for a rich and coco-nutty delight!

KALE AND CANNELLONI BEAN SOUP

INGREDIENTS

1 onion, roughly chopped

1 cup of stock

2 cloves garlic, finely chopped

1 handful of fresh kale

1 teaspoon of coconut oil

½ cup of cannelloni beans

METHOD

Lightly fry the onion and garlic in the coconut oil until soft and brown, then add the kale and beans. Toss for a minute then add the stock and leave to simmer for 5 minutes. Tasty and surprisingly filling!

BAKED SEA BASS WITH FRESH VEGGIES

INGREDIENTS

Wild fillet of seabass

Slice of lemon

Selection of green veg, like spring onions, green beans, broccoli, and peas –

whatever you have to hand!

METHOD

Season the sea bass and put in the oven wrapped in a foil parcel with the slice of lemon for around 20 minutes. Steam the veg and pour over the sauce from the fish before serving for a tasty and easy meal.