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Opening Extract from...

Clean and Lean for Life:

The Cookbook

Written by James Duigan

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A way of life

I also want to share a little story about myself in the hope that it may help you understand that we are all just doing our best and that we are all human and vulnerable to what life puts in our path. My beautiful dad was my best friend and my hero and in 2012 he was diagnosed with stage 4 lung cancer. We completely changed his diet by cutting out all sugar, dairy and red meat, we got him doing yoga, visualisations, drinking vegetable juices with turmeric and whatever else we could think of, and when Dad went in for his next appointment 3 months later, his cancer had completely disappeared. We were all so grateful and happy and cherished every moment we had with each other as a family. We had two more beautiful years with him and then the cancer came back very aggressively. I went back to Australia to help him fight for his life. I remember him saying that he knew he would beat it because I was there with him... but I couldn't do it. My dad believed in me and I failed him. I couldn't save him, and telling my mother and my sister that Dad had just passed away was the hardest thing I have ever done. As I walked into the house I was ashamed that I hadn't been able to save him. I felt so sad for my family and I felt very alone. So how did I cope with this? I comforted myself with food. I had been eating potatoes and rice and pasta with dad (he needed to keep his weight up) so he didn't feel lonely... and I just didn't stop. My weight really went up and I put on ten kilos very quickly. I wasn't comfortable or happy but I didn't care. It all seemed so trivial next to losing dad but as I came out of the haze of the first stages of grief I noticed that I really didn't feel healthy at all. I decided to become more mindful about what I was eating, which helped a little, but nothing really happened and I still felt like I had let everyone down. I spend my life telling people to let go of shame and guilt and here I was, carrying it around everywhere I went like a dark cloud. It was Chrissy who very gently pointed out to me that it was time to forgive myself, that it wasn't my fault and I could not have done any more to save my dad... and I knew she was right, but I just couldn't quite let go of it. I was almost comfortable with my shame and guilt and I felt like my grief was my only way of holding on to my dad. However, I also knew I had to do something different, so I really worked on it, every day. Sometimes, every minute, and eventually I was able to let my shame and guilt go and I began to feel good about myself again, and when this happened I began to choose more kindly for myself. I was eating better and enjoying life and as a consequence, almost effortlessly I lost ten kilos in 3 months. I've learnt to smile again and now the memories of my father mostly bring a smile rather than tears. So whatever you're going through, no matter how many times you feel you've failed, just know that you're not alone and that right now is the time to forgive yourself and begin living the life of your dreams.

Whatever you're going through, no matter how many times you feel you've failed, just know that you're not alone.



As I was writing this introduction, I read a study that states '40% of girls between the age of 3 and 5 are worried they are fat'... as if I haven't cried enough writing this thing. I looked at my amazing, kind, talented and intelligent daughter and I just wanted to pick her up and protect her from all of this forever. But I can't do that, so I'm going to change the world instead. If you are lucky enough to have children, please don't ever focus on their weight or how they look. It. Will. Mess. Them. Up. I hear stories of parents who weigh their children every day at breakfast and after dinner – it's heartbreaking. It is why we have girls (and boys) on social media hijacking genuinely good messages about being 'strong not skinny' next to a picture of an anorexic body in a bikini promoting a 'bikini body guide' or posting about being 'strong empowered women' and 'by the way here's a picture of my butt in a G-string or knickers' (I tried this and lost a lot of followers, but that's a different story!). My point is, please be mindful of the words you use around your children and the people you love. And don't take your health, exercise and nutritional advice from a 23-year-old on social media who has done a 6-week personal training course and has absolutely zero accountability for anything they say. You deserve better and so do our children.



Clean ways to cook

1 *Baking*

This simply involves cooking food in your oven in a dry heat. If you add water and stock and lots of clean flavour (like lemons, garlic, herbs and spices) and cook for a long period of time, your meat will be incredibly tender and full of flavour from the foods surrounding it. Delicious. Look out for my Lamb Summer Stew (see page 167).

2 *Blanching*

This keeps vegetables crisp and nutritious. Boil them for a minute or two, then remove from the water, drain, and plunge in a bowl of icy water. Then quickly boil them again for a minute just before serving. Blanche is also a lovely name for a lady.

3 *Frying*

This has a bad reputation, but frying can be a lovely way to cook Clean and Lean foods. Simply heat a little coconut oil and throw in all your food (like chicken and vegetables). The same goes for an omelette. The key to keeping frying Clean and Lean is to use the right oil and to not over-fry. You want the meat or fish just cooked through.

4 *Grilling*

This is a lovely, quick and healthy way to cook meat, fish and vegetables that retains a lot of goodness but also enhances the flavour. This is a personal favourite of mine.

5 *Steaming*

This way of cooking retains the most nutrients, goodness and flavour in your fish, meat, fruits or vegetables. You can either buy a steamer (don't buy a microwave one – in my opinion, microwaves cook food in a way that destroys much of the goodness – hi microwave people, I look forward to your annual threatening letter!) or put the food in a sieve over a pan of boiling water with a lid on top.

Top tip!
Don't heat olive oil – use it cold drizzled over salads. If you need an oil to cook with use coconut oil instead.

How NOT *to cook*

1 *Don't microwave your protein*

In fact, try not to microwave anything because microwaving really concerns me. Microwaves can alter the molecular structure of protein, leaving it unrecognisable to your gut wall and causing inflammation.

2 *Never overcook meat*

If you overcook meat, you lose so much flavour and also many wonderful nutrients. However, always cook chicken thoroughly and until piping hot in the middle because of the risk of food poisoning.

3 *Never blacken or char your meat or fish*

Especially when barbecuing food. The black stuff you often see on barbecued food is harmful to your system.

4 *Don't over-boil your vegetables*

You'll retain more of the vitamins if you lightly steam (not in the microwave), boil or roast your vegetables.

5 *Don't get stressed*

There are bigger problems in the world than a burnt roast. If you make something and it doesn't turn out right, just try again tomorrow. Don't lose sight of the fact that you want to be Clean and Lean – because you deserve to be. It is a process and a journey that will inform the rest of your life. So enjoy your new, amazing healthy life and don't stress about the odd hiccup en route.



Evening snacking

If you work from home and tend to graze, or if you often find yourself snacking in the evening, try these ideas for Clean snacks.

Make your own granola

Get some buckwheat, oats, quinoa flakes, toasted coconut, pumpkin seeds, your favourite nuts, coconut palm sugar and coconut oil, mix it all up and sprinkle it with cinnamon and Himalayan salt. Make a big batch that you can dip into throughout the week. It tastes great dry or you can add a couple of dollops of coconut yogurt or almond milk and a sprinkling of fruit for a quick breakfast.

Sweet and sour nuts

Spread your favourite nuts out on a baking tray, sprinkle them with a little cinnamon or tamari sauce and bake them for approximately 10 minutes.

Jazz up some fruit

This is so simple but seriously good. Make some almond butter (it's so easy, I promise – see page 200 for the recipe) and spread some on apple slices or celery sticks.

Serenity Sleep

This is my favourite night-time snack. Buy a pack of the Clean and Lean Serenity supplement and mix a scoop into Greek or coconut yogurt and sprinkle with berries. The ingredients in Serenity include chamomile, hops and barley which will get you nice and relaxed for a wonderful night's sleep.

SHAKSHUKA *Serves 2*

Shakshuka is a real crowd pleaser and, what's more, it's so easy to make. When you're having a brunch with friends, serve it straight from the frying pan and enjoy the attention and glory you get for rustling up this impressive dish.

Ingredients

1 onion, diced
2 garlic cloves, crushed
1 teaspoon ground cumin
1 teaspoon mild chilli powder
1 teaspoon paprika
1 tablespoon tomato purée
1 aubergine, sliced widthways
1 red pepper, cut into strips
1 yellow pepper, cut into strips
1 x 400g tin chopped tomatoes
1 tablespoon chopped fresh coriander, plus extra for garnish
1 tablespoon chopped fresh parsley
4 free-range eggs
70g spinach
sea salt and freshly ground black pepper
coconut oil, for frying
Greek yogurt or tahini, to serve (optional)

Method

1. Put a deep, large lidded frying pan or skillet over a high heat and melt the coconut oil. Add the onion and sauté for a few minutes until softened. Add the garlic and stir.
2. After a few minutes, add the spices and tomato purée and stir. Add the aubergine and peppers and leave to soften, stirring every couple of minutes.
3. Add the chopped tomatoes and stir. Mix in the fresh coriander and parsley and continue to cook for 10–15 minutes. Season to taste.
4. Using a big spoon, make 4 small wells in each quarter of the mixture to pour the eggs into. Try to pour them in as quickly as you can so that they all have roughly the same cooking time. Cover the pan with the lid and leave the eggs to cook for roughly 3 minutes (make sure you don't overcook them as the runny yolk is the best bit).
5. Just before the eggs are cooked, scatter the spinach over the top, put the lid back on and leave it to wilt for about 30 seconds. Season with salt and pepper and serve. We love to serve this with a spoonful of Greek yogurt or tahini and a sprinkling of fresh coriander.

LEMON SORREL BAKED EGGS *Serves 1*

Ingredients

2 handfuls of lemon sorrel or spinach
a squeeze of lemon (optional)
1 large free-range egg
a handful of Parmesan cheese
sea salt
oil, for frying

Method

1. Preheat the grill to hot.
2. Heat a little oil in a small frying pan over a low heat and cook the sorrel or spinach until just wilted. If you're not using lemon sorrel, simply add a squeeze of lemon juice.
3. Spoon the wilted vegetables into the bottom of a ramekin and crack the egg on top. Cover with Parmesan and place under the grill until the egg is cooked to your liking, approximately 5 minutes.



BUCKWHEAT CRÊPES WITH RATATOUILLE *Makes 6 crêpes*

This reminds me of the Marche des Enfants in Paris. Everytime Chrissy and I go, we line up for 45 minutes to get a crepe made by the fabulous Alain who drinks red wine and sings and does everything in his own unique time. It's a special place for Chrissy and so we make this when we are craving a Parisian treat.

Ingredients

For the crêpes

1 onion, chopped
2 garlic cloves, crushed
130g buckwheat flour
1 tablespoon dried oregano
4 free-range eggs
coconut oil, for frying
sea salt and freshly ground black pepper

For the ratatouille

1 onion, chopped
2 garlic cloves, crushed
1 aubergine, chopped
1 red pepper, chopped
1 yellow pepper, chopped
1 courgette, chopped
1 tablespoon tomato purée
1 tablespoon dried oregano
1 tablespoon dried basil
1 tablespoon apple cider vinegar
1 teaspoon stevia
1 x 400g tin chopped tomatoes
coconut oil, for frying
chopped fresh basil or Parmesan cheese, to serve (optional)

Method

1. First prepare the crêpe batter. Melt a little coconut oil in a sauté pan over a medium heat. Add the onion and garlic and sauté for about 5 minutes until softened. Set aside to cool.
2. Put the buckwheat flour, cooked onion and garlic and the oregano into a mixing bowl with a little seasoning. Add the eggs and 250ml water and mix well. Leave to rest in the fridge for 15 minutes.
3. While the batter is cooling in the fridge, make the ratatouille. Melt a little coconut oil in a deep saucepan over a medium heat. Add the onion, garlic, aubergine, peppers and courgette. Mix and leave to cook for a few minutes until softened, about 10 minutes. Add the tomato purée, stevia, dried herbs and vinegar, and stir well. Add the chopped tomatoes and season with salt and pepper.
4. Heat the oven to its lowest setting and put a plate in to warm up.
5. To make the crêpes, melt a little oil in a frying pan over a medium heat and swirl it around to cover the base of the pan. Pour a ladleful of batter into the pan and rotate the pan so that the mixture coats the pan in a thin layer. Cook for 1 minute and then flip and cook the other side for 1 minute until the crêpe is lightly browned on both sides. Repeat until the mixture is used up. Place the crêpes on the warm plate, cover them with foil and keep them warm in the oven.
6. To serve, place one crêpe on a serving plate and spread a spoonful of ratatouille on top. Sprinkle with fresh basil or Parmesan, roll up and enjoy!

