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Opening Extract from...

The Clean & Lean Diet Cookbook

Written by James Duigan
with Maria Lally

Published by Kyle Books

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James Duigan

CLEAN & LEAN DIET COOKBOOK

OVER 100 DELICIOUS HEALTHY RECIPES WITH A 14-DAY MENU PLAN

James Duigan, world-renowned wellness guru and co-owner of Bodyism, London's premier health and wellness facility, is one of the world's top personal trainers. His glittering client list includes Elle Macpherson, Rosie Huntington-Whiteley and Hugh Grant.

KYLE BOOKS

CLEAN &LEAN DIET COOKBOOK

OVER 100 DELICIOUS HEALTHY RECIPES WITH A 14-DAY MENU PLAN

JAMES DUIGAN
with Maria Lally

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{Foreword}

by Holly Valance

Ask me to do something, and I probably won't. Ask me not to, and I'll hop to it! It's always been that way! So when James and I started out on our first training session I figured I had another bloke who'd turn out to be Chief Sarge of the Fun Police and poo poo everything I've always done, and try to make me do things I've never really been interested in doing to begin with. Guess what? I was wrong. Which I've only been once before, obviously.

~

Becoming Clean & Lean is the simplest, most enjoyable lifestyle choice I've made, and the only one I've actually stuck to. And it's been easy. Clean & Lean eating is common sense, and your body doesn't have to go through any torturous reactions – as it does with silly fads – to get results.

~

My training sessions are really enjoyable. My body has responded how I always wanted it to, but never did before. With Clean & Lean James has really tapped into how we can function at the highest levels realistic to our busy lifestyles. That's why you'll get results. And that's why you'll stick to it. It really is that easy.

~

You need to be healthy first and foremost. Inside and out. And the hardest part is actually your head. Once you decide you want to be at your optimum, whatever that may be for you, focus on that, and not on what the Barbie girl who's been retouched within an inch of her life looks like.

~

So, remember:

We can't all be supermodels. We can all be Clean & Lean. There's an opportunity through exercise and diet to create a longer healthier life, a calmer mind and better existence for ourselves. And that's what this is really about. Living life better!





CHAPTER 1

INTRODUCTION

THIS CHAPTER WILL REVEAL:

1. WHY YOU NEED TO BE CLEAN TO BE LEAN
2. THE EXCUSES THAT ARE STOPPING YOU FROM BECOMING SLIM AND HEALTHY
3. HOW OUR COVER GIRL GOT HER BODY

‘Thousands of people have changed their lives by becoming Clean & Lean. It’s a term I came up with to describe the perfect body: ‘Clean’ of fattening toxins and ‘lean’ and healthy as a result. No more excuses. NOW is the time to change your life’

AN INTRODUCTION FROM JAMES

Since writing *Clean & Lean* and *Flat Tummy Fast*, my wife, Christiane and I have been overwhelmed by the inspirational stories we have read from people whose health, bodies and lives have been transformed by the books. So the first thing I want to say to the thousands of you all over the world who have shared your beautiful stories and asked me for more Clean & Lean recipes is: thank you. It is because of you that I have written this book.

I love food! Christiane and I start talking about lunch before we finish breakfast, and my happiest moments are when I am eating good food with family and friends. But I also understand that we all have a complicated relationship with food, and often, our behaviours are driven by things that happened in our childhood – trauma, abuse, self-punishment and scarcity, to name a few. Let me share a little bit of my own story with you now, in the hope that it might help somebody.

I grew up in quite a poor home where, sometimes, there was no food on the table. Other times, there wasn't even a table. There was, however, lots of love, laughter and singing and, no matter how bad things were, my dad was a super-hero and always made things OK. So I feel very lucky to have had the things I had, but being hungry sucked. It is an enduring and powerful memory from my childhood and it affected my relationship with food for years without me ever knowing. I never understood why I ate the way I did – why I would binge eat until I felt sick and could hardly move. And, regardless of what I'd already eaten, I could never leave anything on my plate. I guess all this came from a deep belief that food was scarce and that I didn't know where my next meal was coming from. Now that I understand what was driving this behaviour, I can tell the hungry little glutton inside me that there is plenty of food and that I don't need to eat everything I see. Recognising this has helped me to deal with it, and I hope this may get some of you thinking about any of your own eating habits that aren't working for you and why they happen in the first place.

One of my other enduring memories is of my mother's beautiful cooking. She could make anything taste great and she instilled in me a deep appreciation for good food cooked well. We grew a lot of our own vegetables and she always tried to get organic food whenever she could in whichever town or city we were living in at the time. She also noticed that whenever I had sugar I would throw a tantrum and run around in circles for twenty minutes, then cry for an hour (that still happens to this day), so my childhood was largely sugar-free, apart from the epic binges I managed at grandparents' and friends' houses. Although at the time being the only sugar-free kid didn't feel so good, I'm grateful for it now, as I feel it has played a big part in me feeling so healthy as an adult. My relationship with food is now one of unconditional love: I love food and food loves me.

So this is not a diet book. Many books about getting in shape are anti-food, but this one is different. I want to help you change your relationship with food and see it as something to be enjoyed while you're relaxed and happy, not something that stirs up feelings of shame, guilt and despair, leaving you feeling miserable and helpless. I want you to love food, and to find as much joy in it as Christiane and I do.

Food is one of our main life sources. It nourishes us, keeps us strong and can make us look and feel amazing. It lifts our mood and our energy levels. When you view it in this way, and eat nourishing foods that are good for you, the weight will drop off and you'll feel amazing. But when you view food as the enemy, as something that is 'bad' for you, you'll remain stuck in that all-too-common cycle of deprivation and 'reward' – the reward being a binge on fatty, sugary foods that gives you a quick, fleeting high followed by a feeling of sickness, tiredness, and, ultimately, guilt and shame. Then the cycle of deprivation will start all over again.

This book features some of my own favourite recipes, and I've asked some of my friends – including Elle Macpherson, Rosie Huntingon-Whiteley and Hugh Grant – plus my brilliant team at Bodyism to share with you some of theirs too.

I also talk about the attitudes of other cultures towards food. I've travelled extensively and have picked up tips on what works from countries all over the world. In Australia, for example, where I come from, eating is a very sociable activity; we love our meat and vegetables, and enjoy BBQs and eating outside. You can follow the Clean & Lean rules wherever you go and still enjoy your food, if you take note of what I say in the following chapters. Plus, there are delicious recipes from all over the world for you to try.









A VERY QUICK REMINDER ABOUT THE CLEAN & LEAN REGIME

A body can never be lean unless it's clean. That's the first principle, and it's toxins, which are stored in the fat cells, that you need to avoid. If you're dieting, but toxic, your body will lose fat, but the toxins will have nowhere to go other than back into your system. This is why you often soon feel terrible after starting a diet – tired, lethargic and headachey. Your body quickly decides it doesn't like feeling this way and therefore holds on to fat in order to store toxins, and so the cycle continues. If you're toxic, you'll always struggle to lose weight and, ironically, many diets make you more toxic with all their low-fat/high-sugar advice. However, if you stick to 'clean' foods that are toxin-free, unprocessed and close to their natural state, you'll lose weight easily and keep it off.

WHAT ARE CLEAN FOODS?

✳ They haven't changed much from their natural state. For example, that apple in your fruit bowl looks like it did when it was hanging on the tree, yet crisps don't resemble potatoes. That's because they've been processed.
✳ They don't have any added artificial flavour.
✳ They don't last for months on the shelf. Clean foods develop mould or go off quite quickly because they're natural and not packed with life-lengthening preservatives.
✳ They don't have long lists of ingredients, many of which you can't even pronounce, let alone recognise.
✳ They don't list sugar among their first three ingredients – sugars usually end in 'ose', e.g. fructose, sucrose, glucose.

WHAT ARE THE CLEAN & LEAN RULES?

Here's a quick run through of the rules.

SUGAR – NOT SO SWEET

Sugar makes you fat. It converts to fat quicker than fat itself because it raises your insulin levels, which causes fat storage. Studies show that 40 per cent of the sugar you eat is converted straight to fat, and that's in a slim person. If you're already overweight, up to 60 per cent is converted straight to fat and stored around your stomach, waist and hips. Put simply – if you eat sugar every day, you'll always struggle to lose weight.

Sugar also leaches vitamins from your body, and a body starved of vitamins is a hungry one. That's one of the main reasons that overweight people are always hungry – they don't eat enough vitamin-rich food and are malnourished. It also makes you tired and weakens your immune system. Lots of so-called 'diet' or 'low-fat' foods and drinks are packed with sugar because, yes, it is technically low in fat, but the sugar converts to fat.

ANOTHER KEY CLEAN & LEAN RULE IS TO CUT OUT CRAP

Cut the CRAP* (that's *Caffeine, Refined sugar, Alcohol and Processed foods) ©

Caffeine is OK in small doses. One or two cups of coffee a day won't do much harm. Some studies suggest it can even help with fat burning, especially if you drink the organic kind. Green tea also contains caffeine and you can have up to six cups of this a day (any more will affect your sleep). The trouble with too much coffee (which contains more caffeine than green tea) is that it puts stress on your system. When we're stressed, we release a hormone called cortisol which encourages our body to cling to fat. So to sum up, one or two coffees = fine; too many = a fat middle.

I've already talked about refined sugar – in cakes, biscuits, 'diet' foods and drinks, chocolate and fizzy drinks – so let's move on to alcohol now. Alcohol is full of sugar and, as a result, it makes you fat around the middle. It also stimulates the production of the hormone oestrogen, which promotes fat storage around your waist and tummy. Remember, too, that the liver is a fat-burning organ so when it's processing alcohol, it stops burning fat. In short, alcohol leaves you squidgy around the middle.

Processed foods go against every Clean & Lean rule there is. The less a food has been altered, the 'cleaner' it is, which is good news for our waistlines. Clean foods are very close to – if not the same as – their natural state. Processed foods, on the other hand, are usually made in factories, stripped of their natural goodness and pumped full of man-made preservatives and additives to make them look appetising and last longer. So stay away from bread, pasta and white rice, some tinned foods, ready meals, most breakfast cereals and frozen chips and wedges.

FAT DOESN'T MAKE YOU FAT

Don't be fat phobic! When I talk about fat, I mean good fat – the heart-friendly kind found in nuts, avocados, oily fish and oils, not bad fat, on the edge of a strip of bacon or other processed meat, or in a pie crust. Good, clean fats should be eaten every day. They encourage your body to burn fat around your middle, and to absorb vitamins and minerals more efficiently. Good fats also reduce sugar cravings, lift your energy levels and ability to concentrate and keep you full for a long time.

WHERE ARE TOXINS FOUND?

Toxins are found in the following:

✳ Sugar
✳ Alcohol
✳ Fizzy drinks
✳ Processed foods
✳ Processed 'diet' foods
✳ Excess caffeine
✳ Artificial sweeteners
✳ Food additives
✳ Preservatives
✳ Artificial colour
✳ Artificial enhancers, like MSG and many E numbers e.g. E621 is a sneaky way of saying MSG
✳ Pesticides – wash your fruit and veg thoroughly

WHAT'S YOUR FOOD HANGOVER?

Food can make you feel really, really good. I'm talking energised, alert, slim, fit and young. It can make your skin glow and your hair shine. But food can also make you feel really, really bad too. If you eat the wrong types of food, it can make you feel fat, bloated, tired and guilty. So think about how you want to feel before you next eat.

You see, I don't actually believe that overweight or unhealthy people enjoy their food. Sure, I think they like the look of that chocolate bar, or the smell of fish and chips, but how do they feel after eating it? Pretty bad. I know, because that's what my clients tell me when they speak about their past battles with food. You need to decide whether you want food to make you feel good or bad? It's a simple choice, and I think we both already know the answer, otherwise you wouldn't have picked up this book.

If you do struggle with food, bingeing or yo-yo dieting, try turning your negative thoughts into positive ones. A very effective strategy for changing your negative habits to positive ones that transform your body and life is to say affirmations and practise visualisation. So for example:

Don't think: 'I'm fat, I look disgusting and feel bloated.'
Think instead: 'I am so slim, healthy and feel beautiful. Weight loss is effortless and easy.'
Don't think:'I can't have that chocolate bar,' or, if you just ate a chocolate bar, 'I feel guilty for eating that.'
Think instead: 'I listen to my body and nourish it with only the foods that make me feel amazing and energised. I am safe and all is good.'
Don't think: 'I haven't got time to make a healthy meal or exercise.'
Think instead: 'I love and care for my body. Abundance of time and health flows to me.'
Or try visualisation: at any time of day or when you are drifting off to sleep or waking up, picture your legs, tummy, bum, arms – your whole body – looking the way you want it to look, and emphasise the sense of how that makes you feel. Do this as regularly as you remember.

So change your thoughts and beliefs and you can instantly change your emotional state.

‘Eating is my favourite thing to do!’

Our cover girl – and Mrs James Duigan – Christiane, reveals why changing her relationship with food changed her body:

Since I met James in 2006 I’ve discovered just how much I love food. James and I love to eat – it’s one of our favourite things to do! Whenever we travel abroad we rate the country on the food we eat there and love discovering new dishes and restaurants. In fact, we’re such foodies our friends are always asking us for recommendations on where to eat.

Before I met James, I had a very different relationship with food. I ate less than I do now and exercised more. Now I know that I was eating all the wrong types of food for my body like fruit, low-fat yogurts, had only salad on a plate and drank skimmed milk and diet drinks. I was hungry a lot of the time – but heavier. I often felt guilty when I did eat fatty foods, so I would wolf them down, but then feel even worse afterwards. And so the cycle would continue...

Then I met James and he told me about Clean & Lean. No food was off limits, but I had to listen to my body and let it be my own personal nutritionist. So if a food made me feel tired, heavy, windy or bloated, I avoided it. If I wanted some lasagne or pasta, I’d have it, but I’d eat it slowly and savour every mouthful. I wouldn’t feel guilty – I would enjoy it but, crucially, I would stop when I was full or starting to feel uncomfortable. By just enjoying the food and feeling good about what I was eating, the weight fell off and I haven’t gained a pound since.

The key to being slim is to enjoy your food. Any transformation that happens in the body, happens in your mind first. What you are thinking and feeling will be reflected in your body. You have to try it to believe it!

James, we all can’t thank you enough. Hundreds of people have written in after reading your books to express their gratitude to you for the transformation and impact you have made on their lives. You have inspired so many people to make positive changes to their health, bodies and lifestyle. You have always wanted to make a difference in the world and help others and you have done that through your persistent kindness, love and generosity. From your family, friends, clients and everyone that has read your books – THANK YOU!

On a personal note, Amor, not only have you changed my life in terms of health you have brought me so much love and happiness. I have found a love with you like no other and I am so grateful for you, our friendship and to have you as my husband. My happiest moments are with you, creating our amazing life together since the moment we fell in love over chocolate soup! You’re a true inspiration and I’m so proud of you. Thank you, Te amo muito!!.

christiane

A FINAL WORD

I recently met a woman at an event I was speaking at. People in the audience had been asking questions and sharing their stories of success but this woman was different. All she had were reasons why she couldn’t succeed... not enough time, she had two children, she didn’t like food, didn’t like cooking, didn’t like chopping vegetables, and the list went on. I told her that you could buy pre-chopped vegetables from most supermarkets but even this wasn’t good enough for her. She said she thought it was unhealthy to fry vegetables so she wouldn’t eat vegetables. I told her to steam them, she said she didn’t have time, and on it went, until a slim, happy looking lady interrupted us. She was a single mum with five children all under the age of 15. She said her whole life had changed from being clean and lean, and that she had found a way to make it happen for herself. It really showed me, in a very powerful way, that we all have a choice to make and we either do it, or we don’t. So choose to do it, let go of your reasons and excuses and make it happen for yourself. Others have, you can too!

This book is a celebration of food. So read and enjoy all the tasty recipes I’ve put together here for you. I want you to have fun, to feel good and to share that with the people you love. Let me know what you think!

James