

EAT CLEAN RECIPES



Easy to use recipes for the whole family

Belinda Tuki, Belinda Jane Enterprises

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Introduction



Belinda's passion for life and for bringing about change in people has always driven her along the path of transformation. From her early career days as an Accelerated Learning Facilitator, Mindmap Tutor and behavioural style profilist through to her career path as one of New Zealand's most sought after Personal Trainers, Belinda always knew her purpose in life was to bring about positive change in the world.

From Belinda's own desire to be able to eat clean, easily and effortlessly, in 2005 she created Eggcel™, New Zealand's ultimate protein source, an additive and preservative free 'Omelette in a Bottle' that allows any meal or drink become protein enriched with no fuss.

With the typical 'can-do' attitude many kiwis possess, Belinda has been able to continue to build upon her knowledge base and skills to give more and more value to the people around her, personally and professionally.

Like most results-oriented people, she also has had her dark days, when life just seemed to get in the way, and the drudgery of business survival took over. Thankfully she somehow found herself at a [Breakthrough to Success](#) weekend, listening to Chris Howard, the Warren Buffet of personal development. "I had such a massive AHA moment and was instantly awoken from my self-induced coma. The joy and playfulness I naturally possessed came back to me, and I knew that being in business can & should be fun, and that I needed to follow my passion to truly be authentic to myself and to my loved ones."

So Belinda is here playing a bigger game, and wants to help you achiever bigger and better results.

Belinda Jane Tuki – Transformation Coach, Performance Consultant, Professional Speaker, Business Owner, Author, Lover of Life.

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Eggcel™ Yoghurt Smoothie



Ingredients:

- * ½ cup Eggcel™ Liquid or 1 scoop Eggcel™ Powder
- * 1/3 cup natural yoghurt (plain)
- * ¼ cup of fresh or canned pineapple /peaches/strawberries/blueberries

Instructions:

1. Place in blender and mix 10 to 15 seconds.

With Eggcel™, the shakes and smoothies you make are unlimited to your imagination!

Eggcel™ Oatie Shake

Ingredients (serves 1)

1 cup egg whites
¼ banana
1/3 cup oats
1 tbsp peanut butter
Splash of cold water
Dash of cinnamon
1 Splenda packet (optional)



INSTRUCTIONS

Blend using a blender until smooth enough to drink. A great option when you're tired of making rolled oats AND a protein shake for breakfast. This is an all in one option!

Eggcel™ Caffeine Hit



Ingredients

1 cup Eggcel™ Liquid
1 tsp instant coffee
1 tsp honey or Splenda

or

1 scoop Eggcel™ Powder
1 cup of trim milk/water
1 tsp instant coffee
1 tsp honey or Splenda

INSTRUCTIONS:

Blend together & drink before a workout for a great energy booster!

Eggcel™ Suckers



Ingredients

Sugar free Jelly powder
Eggcel™ Liquid

Instructions:

Coat ice cube tray with cooking spray. Stir a small amount of sugar free jelly powder into Eggcel™ to add flavour. Pour into ice cube tray and freeze.

Great as a summer treat for you and the kids as well as a protein boost at the gym.
Just pop one in your mouth while you workout.

Kids Eggcel™ Banana Milkshake

Great for adults too!

With the help of an adult,

1. First, peel a banana.
2. Cut the banana into small pieces and put into a large bowl.
3. Next, cut an orange in half and squeeze the juice onto the banana.
4. Add a big spoonful of natural yoghurt into the bowl.
5. Add ½ cup of Eggcel™ Liquid Egg Whites
6. Then add ¼ cup of trim milk (optional)
7. Whisk all the ingredients together.
8. Pour the milkshake into a big glass.
9. Drink immediately!



Eggcel™, Spinach and Brown Rice Frittata

INGREDIENTS

- * 2 teaspoons olive oil
- * 1 medium onion, sliced
- * 2 cups Eggcel™ (52g protein)
- * 1 whole egg
- * handful of torn spinach
- * 1 ½ cup cooked brown rice (optional)
- * 225 gm low-fat cottage cheese
- * 300 ml trim milk
- * 1 tomato, sliced
- * ½ teaspoon salt
- * ground black pepper



TO MAKE:

1. Preheat oven to 240° C. In a non-stick pan with oven-safe handle, heat oil over medium heat until hot. Add onion and cook, covered, until tender and golden, about 8 minutes, stirring occasionally.
2. Meanwhile, in a large bowl, with fork, stir Eggcel™, whole egg, spinach, rice, cottage cheese, milk, salt and pepper until blended.
3. Stir egg mixture into onion in the pan, leaving on stove top over medium heat until the sides have set. Pop in the oven for a 5 or so minutes. Cut into wedges to serve.

Makes 4 servings, 265 calories each

Eggcel™ Spinach Omelette



Ingredients (serves 1)

- * 1 -2 cups Eggcel™ (26 – 52g protein)
- * olive oil spray
- * 2 green onions, sliced
- * handful baby spinach
- * 1 tablespoon chopped fresh dill
- * sea salt and cracked black pepper

Instructions

1. Lightly spray a non-stick frying pan with olive oil spray. Add green onion, spinach and dill, and cook over medium heat until spinach is wilted. Remove from pan and season with sea salt and cracked black pepper.
2. Lightly spray pan again with a little oil.
3. Add Eggcel™ to the pan and cook over medium heat for 2 minutes or until nearly set. Sprinkle spinach filling over half the omelette and cook for further 3 minutes or until the base is golden.
4. Carefully fold over omelette to enclose filling. Serve immediately.

Notes & tips

- Try a selection of different fillings for the omelette such as tomato, basil and red onion; mushroom, thyme and spring onion; or grated pumpkin, nutmeg and rosemary.

Eggcel™ Zippie Omelette



Ingredients (serves 1)

- 1 cup Eggcel™ liquid egg whites
- 1 egg (optional)
- ½ cup veges of your choice

INSTRUCTIONS

Pour Eggcel™ into a Zip lock bag coated with cooking spray. Add a mix of vegetables such as spinach, onion, green pepper, tomato. Make sure to squeeze all the air out of the bag, and zip it up. Place bag in boiling water for just over 10 minutes. You can usually cook more than one omelette in a large pot. Make sure pot is large enough and water high enough so bag doesn't hit the sides.

Open the bag and the omelette will roll out easily. Easy as!

Eggcel™ Chop Suey



Ingredients:

- 2 cups Eggcel™
- 6 tsp teriyaki sauce, divided
- 3 tsp toasted sesame seeds
- 1 tsp dark sesame oil
- ½ cup fat-free reduced-sodium chicken broth
- 1 tablespoon minced fresh ginger
- 1 pack vermicelli, cooked and well drained
- 1/3 cup sliced onions

Preparation:

1. Beat together Eggcel™, 2 teaspoons teriyaki sauce and 1 tsp sesame seeds.
2. Heat large non-stick pan over medium heat. Add oil; heat until hot. Pour egg mixture into pan; cook 1-1/2 to 2 minutes or until bottom of omelette is set. Turn omelette over; cook 30 seconds to 1 minute. Slide out onto plate; cool and cut into strips.
3. Add broth, ginger and remaining 4 tsp teriyaki sauce to pan. Bring to a boil over high heat; reduce heat to medium. Add vermicelli; heat through. Add egg white strips and onions; heat through. Sprinkle with remaining 2 tsp sesame seeds.

Makes 4 servings

Nutritional Information:

Serving Size: about 3/4 cup

Fibre	<1 g
Carbohydrate	16 g
Saturated Fat	1 g
Total Fat	2 g
Calories from Fat	19 %
Calories	111
Protein	15 g
Sodium	226 mg

Sesame Chicken

INGREDIENTS:

- 4 boneless, skinless chicken breast
- ¼ cup Eggcel™ Liquid
- 2 tbsp low-sodium soy sauce
- 1 tbsp smooth peanut butter
- 2 tsp sesame oil
- Juice from 1/2 lime
- 4 tbsp wholemeal flour
- 3 tbsp sesame seeds
- 1/8 tsp four-blend pepper
- Canola oil cooking spray



INSTRUCTIONS:

1. Preheat oven to 220 °C.
2. In a food processor or blender, combine Eggcel™, soy sauce, peanut butter, oil, and lime juice. Blend until peanut butter is thoroughly mixed with the other ingredients and then pour onto a plate.
3. On another plate, mix the wholemeal flour, sesame seeds and pepper,
4. Coat each piece of chicken in the peanut butter mixture. Then coat the breasts in the flour mixture.
5. Place chicken onto a non-stick cookie sheet sprayed with canola oil. Then spray each breast with oil until covered.
6. Finally cook the chicken for 20 minutes, or until it is cooked through.

Serving suggestions: Place chicken on a mixture of brown rice (half cup) and Pinto Beans (quarter of a cup) or a green salad.

NUTRITIONAL VALUE:

Calories: 310
Fat: 11.9 g
Protein: 42.8 g
Carbs: 8.4 g

Makes 2-4 Servings

Asian Style BBQ Chicken



Ingredients:

- ¼ cup Soy Sauce
- 2 tablespoons Honey
- 1 tablespoon dark Sesame Oil
- 2 teaspoons sliced Ginger
- 1 small Garlic clove

Instructions:

Blend soy sauce, honey, sesame oil, ginger and garlic until smooth. Put the mixture in a zip lock bag, and drop in 6 boneless, skinless chicken breast halves. Close bag tightly. Shake the bag to make sure all the chicken is coated with the marinade. Marinate in the fridge for at least 4 hours.

BBQ your usual way ☺ Remember not to serve them too rare or let them overcook. Throw bag away –don't use marinade. Serve with fresh salad, raw broccoli salad would work fabulously!

Minestrone Soup

INGREDIENTS

1 leek, whites only, rinsed & sliced
2 cups blanched diced tomatoes
3 carrots, peeled & sliced
1 onion, cut into chunks
1/2 red onion, cut into chunks
4 stalks of celery, threads removed, chopped
2 small gold kumaras, washed, skin on, cut into chunks
2 courgettes, diced
1/2 cup cannellini beans (find in canned section of supermarket)
1 cup green peas
3 cloves garlic, minced
4 Tbsp olive oil
100g green beans, trimmed
1 bag spinach, rinsed, drained & chopped
1/2 green cabbage, shredded
1 small turnip, peeled & diced
2 Tbsp basil
2 Tbsp parsley
2 Tbsp rosemary
1/2 cup small whole wheat pasta shells
16 cups low-sodium chicken or vegetable stock
2 large chicken breasts, cooked & diced (optional)
Sea salt & pepper



INSTRUCTIONS

Prepare the dried beans by bringing 2 litres of water to a boil in a large saucepan. Add the beans and bring the water to a boil. Remove from heat and let soak in the pan overnight. Drain the beans, reserving the liquid. Puree half the beans in a food processor or blender. Stir the puree and the remaining whole beans into the soup.

In a large pot, heat olive oil. Add all fresh vegetables except tomatoes and spinach. Cook for a few minutes until lightly coloured. Add cooked meat if using. Add seasonings, green beans, chicken stock & tomatoes. Simmer for 2 hours. Add pasta shells and cook for another 30 minutes. Toss spinach into pot just before serving.

Makes 24 cups
Per serving (with chicken in soup)
126 calories
6g protein
3.5g fat
19g carb

Seared Salmon

4 (170g) salmon fillets, skinned
Extra-virgin olive oil
4 courgettes, roughly chopped
Pinch sea salt
2 good handfuls asparagus
200g rocket leaves
2 lemons, halved

For the dressing:

Fresh thyme
sea salt
4 tablespoons extra virgin olive oil
1 lemon, juiced



Season the salmon fillets and lightly drizzle them in olive oil. Season the courgettes and asparagus with salt.

Heat a pan (or barbecue in summer) and, when very hot, sear the salmon and vegetables until nicely char-grilled. This should only take a few minutes on each side.

Meanwhile, make your dressing by finely chopping the thyme and mix with sea salt. Pour in the olive oil and lemon juice and stir.

Remove the salmon and vegetables from the heat. Toss the vegetables with the rocket, drizzle with the dressing and serve with the salmon. Finish off with a bit more dressing drizzled over the salmon. Serve with half a lemon.

Based on a salmon meal in Jamie Oliver's book ~ The Naked Chef 2

Whole Wheat Spaghetti



Serves 4

- 455g dried whole wheat spaghetti
- 1 red onion, peeled and finely chopped
- Olive oil
- 2 handfuls of sun-dried tomatoes in oil, chopped
- 3 tablespoons balsamic vinegar
- Salt and freshly ground black pepper
- 2 handfuls of basil, torn
- 1 small handful of Parmesan cheese, grated

While cooking the Spaghetti in plenty of salted boiling water until al dente, slowly fry the onion in a couple of tbsp of olive oil, for 5 minutes until soft and tender. Stir in the drained tomatoes and vinegar, and throw in your drained pasta. Season and toss together with the basil, serve with grated Parmesan. Add meat of your choice.

Fish Pockets

INGREDIENTS:

- 1 small tomato, sliced
- 1 small onion, sliced
- 2 fish fillets
- 1 small courgette
- Ground black pepper
- 1 lemon



INSTRUCTIONS:

Preheat oven to 375. Fold two sheets of foil into pockets, turning up the sides so it doesn't leak. Divide all ingredients in half and layer tomato slices, onion slices, fish and courgette cubes, in that order. Sprinkle with pepper. Squeeze lemon juice over top. Close foil, place pockets on a shallow baking pan and bake for 20 minutes or until fish flakes easily with a fork and courgette is tender.

Balsamic Salmon with Spinach



INGREDIENTS

- ¼ cup balsamic vinegar
- ½ teaspoon baking Splenda
- Cooking spray
- 2 skinned salmon fillets
- Ground black pepper
- Fresh spinach

INSTRUCTIONS:

Combine vinegar and Splenda in a small saucepan over medium-high heat; bring to a boil. Cook until reduced (about 5 minutes). Place in a bowl; cool slightly. While vinegar mixture cooks, heat a large nonstick pan over medium-high heat.

Coat pan with cooking spray, add salmon and cook 4 minutes on each side or until fish flakes easily when tested with a fork. Sprinkle pepper on spinach and add to vinegar mixture; toss to coat.

Place spinach on each plate, top with 1 fillet.

NUTRITIONAL VALUE:

Calories: 301
Fat: 13 g
Protein: 38 g
Carbs: 5.9 g
Makes 2 servings

Raw Broccoli Salad



INGREDIENTS

1 broccoli head, cut into small florets
1 avocado, diced
½ red onion, cut into rings
½ red capsicum, sliced
½ green capsicum, sliced
Sprinkle of tamari seeds or sunflower & sesame seeds

2 large chicken breasts, cooked & diced (optional)
Sea salt & pepper

Dressing:

3 tbsp Olive Oil
3 tbsp Balsamic Vinegar
Few lemon drops
Mix together

INSTRUCTIONS

Toss all ingredients together with dressing and seeds on top. Yummy! This is a great raw food and vegetarian option. Chicken is optional. Great to take to summer bbqs with chicken on the side.

Smoked Chicken Salad



Ingredients:

- * 300g Smoked Chicken
- * Cos or Fancy Lettuce
- * 1 cup Cherry Tomatoes
- * ½ Avocado
- * Chopped Parsley
- * Sliced Capsicum
- * 2 tbsp balsamic dressing
- * Walnuts (optional)

Instructions:

Arrange lettuce, tomatoes and capsicum in a bowl. Add diced chicken and parsley. Drizzle the 2 tbsp light dressing over meal, then top with thin slices of avocado & walnuts. Two servings.

Sesame Spinach Salad



Ingredients:

- * 2-3 cups fresh spinach (or more)
- * 2 tbsp fresh squeezed lemon juice
- * 1-2 tbsp toasted sesame oil
- * Low sodium soy sauce
- * 1-2 tbsp sesame seeds

Instructions:

Begin by steaming your spinach. While the spinach is cooking, mix lemon juice, sesame oil, and a small amount of soy sauce. You can always add more soy sauce.

Dress the spinach with the sesame oil mixture. Taste it and adjust the amount of soy sauce. Last, add the sesame seeds and mix them in.

Serve hot or cold.

Banana Loaf



Ingredients

Wet:

- ½ cup Eggcel™ Liquid Egg Whites
- 3 ripe bananas, mashed
- ½ cup unsweetened applesauce
- ¾ cup Splenda

Dry:

- 2 cups wholemeal flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup almonds/walnuts, chopped or slivered (optional)

INSTRUCTIONS:

Preheat the oven to 220 °C. In a medium bowl, beat all wet ingredients and mix thoroughly. In another bowl, mix the dry ingredients. Then lightly blend all of the ingredients together, and pour the mixture into a loaf pan. Bake for 50 minutes, or until a toothpick comes out dry. Let the loaf stand in the pan for 10 minutes, then slice and serve.

Great for a treat while still “eating clean”.

Café de Paris Cocktail



- 1 part Anisette
- 1 part Cream
- 1 part Eggcel™ Liquid Egg Whites
- 3 parts Plymouth Gin

Chill a cocktail glass with ice or in the freezer. Pour anisette, cream, egg white and Plymouth gin into a shaker. Fill the shaker with ice cubes and shake it until the shaker is very cold. Empty the cocktail glass from ice and water. Strain the drink into a cocktail glass.

Found on a cocktail website! Definitely a cheat option only!