

# YOUNISPIRE

2018 | VOL. 1



## WHY YOU ARE WHAT YOU EAT

為什麼人如其食

How you build yourself  
depends on what you eat  
你的身體如何建立取決於你吃什麼

## INSIDE LOOK

一探究竟

我們最受歡迎產品的秘密

The secret to our most  
popular dish with a healthy twist

# WRITER'S NOTE

長大後我經常於最近的快餐店食到不規則，不一致的食物，或選擇較油膩，多醬汁，重碳水化合物食物。這也意味著食物經高度加工或不明產地來源，或有我無法理解的成分。因為沒有太多健康食品可供選擇，我根本就不知道如何食得更健康。

我常聽人們說“你必須迷路才能發現”是真的，因為它幾乎可以適用於我們生活中的任何方面。在我的情況下，我確實需要經過幾個轉折點（我每天仍在學習），才更加了解我的飲食習慣。因此，在這個問題上，我希望能夠開始讓我們更加關注我們所吃的東西，它所擁有的聯繫以及隨之而來的一切。



Growing up I spent majority of my time eating irregularly, inconsistently, from the nearest fast food joint or opted for heavier choices to make up for any missed meals, often compensated with an overload of sauces, greasy fats, and carbohydrates. This also meant food that had questionable origins to highly processed foods with ingredients I couldn't pronounce nor understand as there was not much alternatives available and I simply did not know any better.

I guess it's true when they say "you have to get lost to be found again" because it can pretty much apply to any aspect in our lives. In my particular case, It really took several turning points in my life (and I am still learning everyday), to realise and become more aware with my eating habits. So in this issue, I hope to bring a start to a journey on getting us to be more mindful of what we eat, the connection it holds, and everything else that goes along with it.



STEVEN WU

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# OUR CHEFS

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## PASSION BREEDS CREATIVITY

### 熱情爆發創造力

Our team of 25 + chefs comes from different nationalities and cooking backgrounds, most notably having worked across the full spectrum of fine dining Michelin restaurants, 5 star hotels, well-known organic health based restaurants, bakeries, local cafes and many more, all coming together to develop an ever changing menu and experience.

我們超過25名的廚師團隊來自不同的國籍和擁有不同的烹飪背景，其中曾於米芝蓮餐廳、五星級酒店、有機健康餐廳、麵包店、咖啡店等工作，共同根據自己的煮食經驗，不斷為您開發變化多樣的菜單。



**POWER OF  
NUTRITION**

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為  
什  
麼  
人  
如  
其  
食

# Why You Are Really What You Eat



Have you heard of the saying “You are what you eat”? When you really think about it, what you fuel your body with really makes up who you are. Nutrients from the foods you eat provide the basic structure, function, and health of every cell in your body, from your skin and hair to your muscles, bones, digestive and immune systems. You may not feel it, but you’re constantly repairing, healing and rebuilding your body.

Every cell in your body has a different “lifespan”, so each and every day, your body is busy making new cells to replace those that have “expired”. How healthy those new cells are is directly determined by how well you’ve been eating. A diet filled with highly processed food that’s low on nutrients doesn’t give your body much to work with. A clean, nutrient rich, whole foods eating plan can help you build cells that work better, and are less susceptible to premature aging and disease.

Apart from just generating new cells, you are also always repairing your existing cells.

This includes recovering from the wear and tear of exercise, as well as every day life (stress, pollution, stubbing your toe, etc). Your body is constantly working, building, rebuilding, with the fuel you provide, and the effects can be seen and felt over time. That is the power of nutrition.

你有沒有聽過“人如其食”這個說法？當你認真想這件事時，其實你吃的食物建立了你的身體。你進食的食物中的營養物質提供了你身體中每個細胞的基本結構，功能和健康，從你的皮膚到頭髮、肌肉、骨骼、消化系統和免疫系統。雖然你可能感覺不到，但你的身體仍保持著修復、癒合和重建。

身體中的每個細胞都有不同的“壽命”，因此每一天，你的身體都在忙著製造新的細胞來代替那些已經“過期”的細胞。這些新細胞的健康程度直接取決於你的飲食情況。高度加工食品的營養素含量低，不會讓你的身體有太多精力工作。潔淨、營養豐富的食品飲食計劃可以幫助您建立更好的細胞，並且不易過早老化和生病。

除了生成新的細胞之外，你還一直在修復現有的細胞。當中包括恢復鍛煉的磨損，以及每天的生活（壓力、污染等）。你的身體一直在不斷的工作、建設和重建，從你向身體提供的燃料，隨著時間的推移可以看到和感受到的效果，這是營養的力量。



TRADITIONAL SOY SAUCE CHICKEN RICE VS

HOMEMADE TERIYAKI CHICKEN MIXED GRAIN RICE



600  
Calories

**YOUNI  
FOOD**

1200  
Calories

**OTHER  
RESTAURANTS**

我們的食物

Lean Protein  
減磅蛋白質

Healthy Fats  
有益脂肪

Low GI Carbs  
低碳水化合物

No MSG  
無味精

Macro  
Portioned  
精確營養比例

Calorie  
Controlled  
卡路里計算

其他餐廳

High Calorie  
高卡路里

High in Sodium  
鈉含量高

Too Much Oil  
過量油份

Additives and  
preservatives  
添加劑及防腐劑

MSG  
有味精



WHY IS OUR FOOD BETTER FOR YOU

為什麼我們的食物更適合你？

We Aim For Our Food To Be 30 - 50%  
Less Calories Than The Average Hong  
Kong Restaurants Meal.

我們的食物相對於香港其他的餐廳  
少30- 50%的卡路里。

*Making healthy  
delicious food is  
part art, part  
science. The art of  
making it tasty,  
and the science of  
balancing it with  
health.*

製作健康美味的食物是一門科學，從  
美味與健康中取得平衡的科學。

For every meal we weigh all protein, fat and carbohydrate requirements based on USDA nutrition guidelines to ensure all your macros are met.

對於每一餐，我們都根據美國農業部膳食指南對所有蛋白質，脂肪和碳水化合物含量而進行計算。

Lose Weight &  
Reduce Body Fat  
減磅和減少體內脂肪



Low Carb  
低碳水化合物

Low Fat  
低脂

Balanced Protein  
均衡蛋白質

High protein  
高蛋白質

Balanced Carb  
均衡碳水化合物



Build Lean  
Muscle &  
Stamina  
精鍊肌肉及  
增強耐力

幫你實現目標的營養餐



BE A  
CONSCIOUS  
EATER



*Why is our  
food better  
for you?*

為什麼我們的食物  
更適合你？



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We believe every time we eat, we are making a choice which impacts our health, our community, and the environment. We are here to build a community who supports real food, and nurture the next generation in making meaningful connections on what it means to eat healthier and feel better. We're in the business of feeding people, and we hope to make an impact with the people we meet, and inspire them to a healthier way. It won't be easy, but the journey will be worth it.

每次吃東西時，我們都在做出一個影響我們健康、社區和環境的選擇。我們在這裡要建立一個支持真正食物的社會，培養下一代人食得健康。我們從事於為人們提供食物的工作，我們希望能夠與我們遇到的人有正面影響，激勵他們更加健康。這並不容易，但這旅程將是值得的。

**EVERY TIME  
YOU EAT YOU  
ARE MAKING A  
CHOICE.**

每次進食，  
你都在作出選擇。

That's probably 3 times a day or more. By knowing where our ingredients come from, you can rest assured what you are eating is probably better than most of the food being offered elsewhere.

通過了解我們的配料來源，你可以放心你所吃的食物比其他地方提供的大部分食物都要好。



# HIGH QUALITY INGREDIENTS

## 高品質食材



### 01 Grass Fed Beef 草飼牛肉

We use Grass Fed Sirloin Beef from New Zealand, providing your muscles with nutritious protein, and higher level of omega-3 fatty acids.

我們使用來自紐西蘭的草飼牛肉，能為你提供最好的蛋白質，還能提供最高質的omega-3。

### 02 Hormone-free Chicken 無激素雞肉

We choose skinless hormone-free chicken from US, a great source of clean protein to build lean muscles.

我們選擇美國去皮無激素雞肉，它提供的精選蛋白質能更有效的增加肌肉。

### 03 Hormone-free Pork 無激素豬肉

We only use high quality pork from Denmark that is also hormone-free, to create classic Hong Kong dishes in a healthier way.

我們使用丹麥無激素豬肉作為主要食材，有助以更健康的方式製作香港經典美食。

### 04 New Zealand Sustainable Fish 紐西蘭可持續魚柳

Our sustainable fish is from New Zealand where it follows strict fishing regulation by AU and NZ fish registry and the Atlantic where it follows MSC (world wild life fund), protecting the future of oceans and ensuring there is a healthy population of fish. Fish that is healthy for you and healthy for the environment.

我們採用來自紐西蘭的魚柳，他們嚴格遵守澳洲及紐西蘭捕魚規定及遵從可持續漁業規定。這能保護海洋的未來並確保魚類健康，亦對人類及環境有正面影響。

# HEALTHY PREPARATION

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為健康準備



## 05 Cooking Method 烹飪方法

We often use Slow Cooking and Steaming methods to keep our ingredients nutrition-rich and reduce the fat content.

慢煮及清蒸煮食能助你的營養餐保留食材營養和減少脂肪含量。

## 06 Calorie Portioned 卡路里分配

Eat right and eat often. We make sure your meals are correctly portioned, and variety of snack selection to keep your digestive system working and not craving for unhealthy junk food.

正確吃，經常吃。我們確保你的膳食正確分配，並選擇了各種小吃以保持你的消化系統正常工作，並且不會渴求不健康的垃圾食品。

## 07 Lean Protein 瘦蛋白質

We use high quality ingredients such as skinless chicken, grass-fed beef, sustainable fish, beans and lentils to provide you lean and clean protein. Without the excess fat, you can better build lean muscle, tone your body and improve overall health.

我們使用高品質材料，例如去皮雞肉，草飼牛肉，可持續捕撈魚類和扁豆等成分為您提供精選蛋白質。精選蛋白質可以減輕體重，增加肌肉並改善整體健康。

## 08 Low GI Carbs 低升糖指數碳水化合物

We choose carbs with low GI. For example, mixed grain rice, sweet potatoes, quinoa, lentils, Which prevents your blood sugar level from being volatile (ie. the sugar crash). Keeping your blood sugar levels stable is very important for your overall health.

我們選擇低升糖的指數碳水化合物，例如雜穀飯，紫薯，藜麥，小扁豆，能助我們保持血糖水平穩定。血糖水平穩定能有助維持身體健康。

## 09 Vegetables 蔬菜

Each meal has a balance of seasonal vegetables to ensure you get your daily dose. YOUNI營養餐確保你能吃到適合身體的時令蔬菜。



# MEALS WITH A PURPOSE

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有目標地進食



## 10 Energy Breakfast 能量早餐

One of the most important meals of the day to start off right. Eggs are common in our breakfast as it is a very good source high quality protein, and omega-3, a perfect fuel to start the day.

早餐作為一天中最重要的一餐，一定要食得正確！雞蛋是高品質蛋白質的來源，還含有 omega-3，是每日早上醒神之選！

## 11 Guilt-Free Snacks 零罪咎感小食

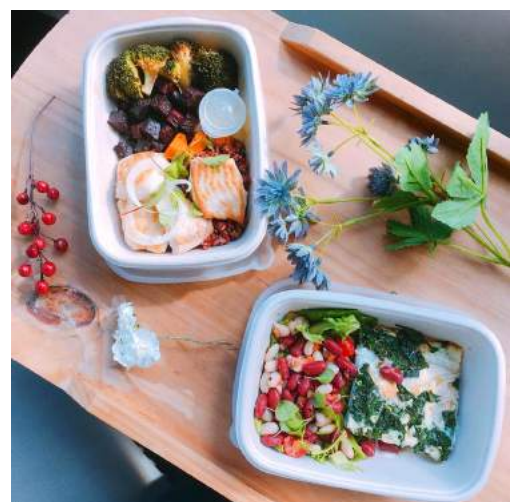
We use yogurt instead of cream in recreating classic desserts but with only half the calories. Also, We use various types of natural fruits such as banana, berries, muscovado sugar and honey to provide natural flavor as oppose to traditional sugar and artificial flavorings

我們採用乳酪代替忌廉來製作甜品，能有助減少一半卡路里。我們使用鮮果例如香蕉，雜莓，又用黑糖和蜂蜜入饌來避免使用傳統白糖和人造香料。

## 12 Eco Friendly Packaging 對環境友善營養餐餐盒

We care about the environment and we use premium eco-friendly boxes made from 100% compostable bamboo pulp. We want to take care of your health and the environment at the same time.

我們希望同時照顧你的健康和環境的健康。YOUNI 選用了由100%可堆肥，由竹漿製成的環保營養餐盒。



# A LOOK AT OUR MEAL PLAN PROGRAM



## Calorie Portioned

We do the calorie counting. You learn to eat healthier and keep the weight off.

我們控制卡路里，你學會吃得更健康，並保持體重。

Want to get healthier but don't know how?

Have a busy schedule and no time to prepare food? Our meal plan program matches your lifestyle needs and help you achieve your health goals.

## WEEKLY MENU

### 每周餐單



The rule of thumb - we follow the golden 30/70 rule behind all fitness goals, whereby 30% of results is what you do in the gym and the remaining 70% is based on what you eat.

We prepare our food so that it helps you achieve your goals and enhance your performance.

## TRAIN RIGHT EAT RIGHT

## 運動得正確 食得正確

我們遵循所有健身目標背後的黃金30/70規則：其中30%的成果來自運動量，其餘的70%是根據食物吸收。我們為你準備好食物，助你達到你的健康和健身目標。



## Balanced Nutrition

Get the right mix of nutrients to fuel your body.

吃正確的營養物質，為你的身體提供燃料。



# WHAT MAKES OUR BBQ "CHAR SIU" PORK SO SPECIAL?

為什麼我們的叉燒比其他餐廳更特別？

## HOW WE COOK IT 我們如何烹調

When it comes to cooking, we try to keep with traditions of using the pork loin. However, unlike most restaurants we spend a good hour trimming away all of its fats. We then marinate the meat in natural flavours including salt, low GI sugar, ginger, garlic, green onions and so on. We do not use MSG and particularly we don't use any red cooking dye (used in most restaurants today) which is why our meats are more deep red than bright red in color. After marinating for over 24 hours we then slow cook the meat for another 24 hours to really give it its flavor and tenderness. Since we've taken away the fat, slow cooking helps keep the meat moist. Afterwards, we remove all excess fat from meat and grill it again in the oven for 30 mins to remove the fat one more time. Fat is removed several times before we deliver to our shops.

談到烹飪，我們盡量保持使用豬里脊的傳統。然而，與大多數餐館不同，我們花了很長時間修剪掉所有的脂肪。然後，我們將這些肉醃製成天然口味，包括鹽，低GI糖，生薑，大蒜，蔥等。我們不使用味精，特別是我們不使用任何紅色烹飪染料（今天在大多數餐館使用），這就是為什麼我們的肉類顏色比深紅色更深。醃製24小時後，我們再慢煮24小時，以確保它的味道和柔軟。由於我們已經帶走了脂肪，所以慢慢烹飪有助於保持肉質的濕潤。之後，我們將所有多餘的脂肪從肉中去除，並在烤箱中再次烤30分鐘以再次除去脂肪。在我們運送到我們的商店之前，脂肪被移除數次。



我們如何烹煮叉燒





We are proud to say our pork originates from Denmark, free from any steroids, added antibiotics and hormones. Furthermore, all of our pork undergoes inspection from The Danish veterinary, well known to be one of the strictest in the world, both in the primary farming industry and at the slaughterhouses. Whilst undergoing veterinary inspection, the process is supplemented with in-house inspection according to the HACCP principles. HACCP is internationally known as one of best management of food safety systems in which food safety is addressed through the analysis and control of biological, chemical, and physical hazards from raw material production. The object is to assure the consumers the maximum hygiene quality, and thus food safety, through preventive measures.

### 食材從哪裡來

我們很自豪地說我們的豬肉來自丹麥，沒有任何類固醇，添加抗生素和激素。此外，我們所有的豬肉都接受丹麥獸醫的檢查，丹麥獸醫是世界上最為嚴格的獸醫之一，無論是在主要養殖業還是在屠宰場。

在進行獸醫檢查時，根據HACCP原則，該過程由內部檢查進行補充。HACCP在國際上被稱為食品安全系統的最佳管理之一，通過分析和控制來自原材料生產的生物，化學和物理危害來解決食品安全問題。其目的是通過預防措施向消費者保證最高的衛生質量，從而確保食品安全。

## FOOD WE LOVE WITH HALF THE CALORIES

### HOW WE PORTION

We portion all our foods based on micro-nutrition guidelines from the United States Department of Agriculture (USA). This means weighing all our meats, individually packing them so they meet our protein, fat and carbohydrate requirements.

### 我們如何分配

根據美國農業部（美國）的營養指南，我們所有的肉類，單獨包裝，以滿足我們對蛋白質，脂肪和碳水化合物的要求。





# A NEW STYLE OF FOOD

新的食物風格



YOUNI is all about providing the food you need to partner you in reaching your health goals. By focusing on quality ingredients through the lens of nutrition we hope to provide you the best tasting food for your body through science. What this means is that for whatever health goals you may have, from a losing weight or building muscle perspective, we give customers the choice to create their own signature set or power set meal based on their individual macronutrient needs. Furthermore if need be we also offer our customers an even more advanced program through nutrition consultation, DNA testing and meal plans to really tailor a holistic food service for your body needs.

YOUNI的宗旨是提供令你達成健康目標的食物。通過專注營養成分，我們希望通過科學為你提供最好的美味食物。這意味著，無論你的健康目標是什麼，不論是減肥或增加肌肉，我們都可以根據個人的營養需求量，為客戶製作自己的個人餐單。此外，我們可以為我們的客戶提供營養諮詢，通過脫氧核糖核酸測試和膳食計劃，以真正度身定造全面的食品服務，滿足你的身體需求。



# Become a better version of you

Do something today your  
future self will thank you for