

Diet for 7 days

For your DuoLife Energy Set

ADDITIONAL NOTES:

Estimated amount of calories per day: 2200 kcal (A diet should be modified according to individual calorie needs, taking into account the amount of proteins, fats and carbohydrates).

Food products that support the function of the body are crucial in this proposed diet.

The menu includes a table listing the products used in this diet and their calories content. It will help you control your calories intake by modifying your meals depending on your calorie needs, which is unique in each person.

*The proposed diet is a pattern of eating tailored for the DUOLIFE ENERGY SET and shall not be perceived as medical advice for any person following it.

It is recommended to follow the diet for at least 1 month.

PREPARED BY:

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BIOLOGICAL CLOCK ENERGY:

08:00 – 25 ml DuoLife Day, before the meal

08:30 – 2 capsules of DuoLife Medical Formula ProDeacid® NEW and 25 ml DuoLife Vita C

10:00 – 25 ml DuoLife Aloes and 20 ml DuoLife Chlorofil

14:00 – 5 ml DuoLife RegenOil Liquid Gold®

19:00 – 25 ml DuoLife Night, before the meal*

*The product should be taken before the evening meal. The proposed schedule gives the approximate time.



SHOPPING LIST

Category	Products	
FARIANCEOUS Products	Millet groats 50 g (0.25 cup) Quinoa 150 g (0.83 cup) Coconut flour 10 g (0.77 Tbsp)	Hemp flour 20 g (0.83 Tbsp) Nut flour 10 g Rice wafer 50 g (2.5 portions)
DAIRY PRODUCTS	Egg 1020 g (17 items) Egg, egg white 105 g (3 items)	Low-fat curd cheese 170 g (0.85 pack)
VEGETABLES AND FRUITS	Avocado 120 g (0.86 item) Banana 50 g (0.42 item) Sweet potato 250 g Blueberry 550 g (4.23 cups) Peach 320 g (2 items) Onion 25 g (0.24 item) Zucchini 950 g (1.58 items) Cherry 400 g (2 portions) Raw garlic 30 g (6 cloves) Dates 15 g (3 items) Green beans, green 250 g (2.5 handfuls) Green beans, yellow 650 g (6.5 handfuls) Goji berry 16 g (2 Tbsps) Cauliflower 400 g (0.46 items) Sauerkraut 150 g (1.06 cups) Coriander 12 g (2 tsps) Dill 10 g (1.25 tsps) Raspberry 100 g (1.43 handfuls) Almonds 20 g (1.33 Tbsps)	Chia seeds 60 g (6 Tbsps) Cucumber 50 g (0.28 item) Cucumber in brine 350 g (5 items, 1 portion) Walnut 70 g (2 portions, 2 Tbsps) Sweet red pepper 250 g (1.09 items) Pumpkin seeds 10 g (1 Tbsp) Orange 100 g (2.5 slices) Red tomato 1090 g (6.42 whole) Dried tomatoes in pickle 60 g (3 items) Iceberg lettuce 160 g (4 leaves) Linseed 10 g (1 Tbsp) One-day carrot juice 300 g (1 portion) Dried cranberry 10 g (0.83 Tbsp) Chives 5 g (1 Tbsp) Frozen spinach 600 g (2.72 cups) Coconut shreds 70 g (1.5 portions, 0.77 Tbsp)
MEAT AND FISH	Pork belly 20 g (2 slices) Cod, fillet 350 g (3.5 items) Turkey breast 120 g (0.3 item) Chicken breast 920 g (4.6 items) Roast beef 250 g Beef sirloin 250 g (0.37 cut)	Tuna 250 g (2.5 portions) Chicken thigh 200 g (2 portions) Minced beef 300 g (3 portions) Atlantic salmon 300 g (1.5 fillets) Smoked salmon 50 g (1 portion)
OTHER	Curry 5 g Ground cinnamon 1 g (1 pinch) Vanilla extract 2 g (0.5 tsp) Erythritol 10 g Grapefruit 100 g (0.38 item) Powdered cocoa, unsweetened 15 g (1 Tbsp, 1 tsp) Tiger prawn 200 g (16.7 items) Mung bean pasta 60 g Nut butter 15 g (1 tsp) Ground ginger (1 pinch) Honey 10 g (0.83 tsps) Canned coconut milk 450 g (2 portions) Rice milk 650 g (2.74 cups)	Balsamic vinegar 10 g Coconut oil 65 g (4.22 Tbsps, 2.5 tsps) Colza oil 10 g (0.77 Tbsp) Olive oil 120 g (9.23 Tbsps) Button mushroom 100 g (5 items) Millet flakes 70 g (7 Tbsps) Fish sauce 10 g (1 Tbsp) Cooked buckwheat groats 230 g Cooked millet groats 90 g Cooked quinoa 110 g Water 600 g (2.51 cups) Powdered gelatin 2 g (0.5 tsps)



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CALORIE CONTENT OF THE PRODUCTS USED IN A DIET

Products	Amount	Calories
Millet groats 50 g (0.25 cup)	1 Tbsp (10 g)	33,4
Quinoa 150 g (0.83 cup)	1 Tbsp (10 g)	35,9
Coconut flour 10 g (0.77 Tbsp)	1 Tbsp (10 g)	32
Hemp flour 20 g (0.83 Tbsp)	1 Tbsp (10 g)	32
Nut flour 10 g	1 Tbsp (10 g)	59
Rice wafer 50 g (2.5 portions)	1 portion (10 g)	39,2
Egg 1020 g (17 items)	1 item	78
Egg, egg white 105 g (3 items)	1 item	16
Low-fat curd cheese 170 g (0.85 pack)	1 pack (200g)	178
Avocado 120 g (0.86 item)	1 item (130 g)	208
Banana 50 g (0.42 item)	1 item (120 g)	107
Sweet potato 250 g	1 item (100 g)	76
Blueberry 550 g (4.23 cups)	1 cup (130 g)	74
Peach 320 g (2 items)	1 item (85 g)	34
Onion 25 g (0.24 item)	1 item (105 g)	42
Zucchini 950 g (1.58 items)	1 item (600 g)	90
Cherry 400 g (2 portions)	100 g	58
Raw garlic 30 g (6 cloves)	1 clove (5g)	7,5
Dates 15 g (3 items)	1 item (5g)	15
Green beans, green 250 g (2.5 handfuls)	1 handful (100g)	16
Green beans, yellow 650 g (6.5 handfuls)	1 handful (100g)	24
Goji berry 16 g (2 Tbsps)	1 Tbsp (10g)	35
Cauliflower 400 g (0.46 items)	1 item (870 g)	174
Sauerkraut 150 g (1.06 cups)	1 cup (200g)	12
Coriander 12 g (2 tsps)	1 tsp (4g)	11
Dill 10 g (1.25 tsps)	1 tsp (4g)	1
Raspberry 100 g (1.43 handfuls)	100 g	28
Almonds 20 g (1.33 Tbsps)	1 Tbsp (30 g)	181
Chia seeds 60 g (6 Tbsps)	1 Tbsp (10g)	45
Cucumber 50 g (0.28 item)	1 item (180g)	29
Cucumber in brine 350 g (5 items, 1 portion)	1 item (60g)	7
Walnut 70 g (2 portions, 2 Tbsps)	1 Tbsp (10 g)	64,5
Sweet red pepper 250 g (1.09 items)	1 item (231g)	74
Pumpkin seeds 10 g (1 Tbsp)	1 Tbsp (10g)	56
Orange 100 g (2.5 slices)	1 item (239g)	107,5
Red tomato 1090 g (6.42 whole)	1 item (170g)	23
Dried tomatoes in pickle 60 g (3 items)	1 item (40g)	162
Iceberg lettuce 160 g (4 leaves)	1 leaf (15 g)	2,4
Linseed 10 g (1 Tbsp)	1 tsp (4g)	18

Calorie content of the products used in the diet has been provided to help you adjust the diet to your calorie needs.



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CALORIE CONTENT OF THE PRODUCTS USED IN A DIET

Products	Amount	Calories
One-day carrot juice 300 g (1 portion)	1 cup (300g)	111
Dried cranberry 10 g (0.83 Tbsps)	1 Tbsp (10 g)	33,2
Chives 5 g (1 Tbsp)	1 tsp (4g)	1
Frozen spinach 600 g (2.72 cups)	1 cup (200g)	109
Coconut shreds 70 g (1.5 portions, 0.77 Tbsp)	1 tsp (4g)	27
Pork belly 20 g (2 slices)	1 slice (10g)	30
Cod, fillet 350 g (3.5 items)	1 fillet (100g)	82
Turkey breast 120 g (0.3 item)	1 item (400g)	352
Chicken breast 920 g (4.6 items)	1 item (250g)	302
Beef striploin 250 g	1 portion (170g)	223
Beef sirloin 250 g (0.37 piece)	1 portion (170g)	223
Tuna 250 g (2.5 portions)	100g	103
Chicken thigh 200 g (2 portions)	1 item (100g)	124
Minced beef 300 g (3 portions)	100g	170
Atlantic salmon 300 g (1.5 fillets)	1 fillet (200g)	284
Smoked salmon 50 g (1 portion)	1 fillet (28g)	45
Curry 5 g	1 tsp (4g)	9
Ground cinnamon 1 g (1 pinch)	1 tsp (4g)	10
Vanilla extract 2 g (0.5 tsps)		
Erythritol 10 g	1 tsp (4g)	0
Grapefruit 100 g (0.38 item)	1 item (262g)	110
Powdered cocoa, unsweetened 15 g (1 Tbsp, 1 tsp)	1 tsp (4g)	14
Tiger prawn 200 g (16.7 items)	1 item	12
Mung bean pasta 60 g	80g	112
Nut butter 15 g (1 tsp)	1 Tbsp (10g)	58
Ground ginger (1 pinch)	1 tsp (4g)	14
Honey 10 g (0.83 tsp)	1 Tbsp (10g)	33
Canned coconut milk 450 g (2 portions)	1 cup (200g)	258
Rice milk 650 g (2.74 cups)	1 cup (200g)	94
Balsamic vinegar 10 g	1 Tbsp (10g)	10
Coconut oil 65 g (4.22 Tbsps, 2.5 tsps)	1 Tbsp (10g)	89
Colza oil 10 g (0.77 Tbsp)	1 Tbsp (10g)	88
Olive oil 120 g (9.23 Tbsp)	1 Tbsp (10g)	90
Button mushroom 100 g (5 items)	1 Tbsp (10g)	90
Millet flakes 70 g (7 Tbsps)	1 Tbsp (10g)	36
Fish sauce 10 g (1 Tbsp)	1 Tbsp (10g)	7
Cooked buckwheat groats 230 g	1 cup (200g)	208
Cooked millet groats 90 g	1 cup (200g)	198
Cooked quinoa 110 g	1 cup (200g)	240
Water 600 g (2.51 cups)	1 cup (200g)	0
Powdered gelatin 2 g (0.5 tsp)	1 tsp (4g)	15,5

Calorie content of the products used in the diet has been provided to help you adjust the diet to your calorie needs.



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DAY 1

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 585 kcal	SCRAMBLED EGGS	8 min 585 kcal, protein 31.8 g, carbohydrate 16.6 g, fat 39.3 g	Egg 240 g (4 items) Sweet red pepper 100 g, (0.43 item) Pork belly 10 g (1 slice) Coconut oil 5 g, (0.38 Tbsp) Dried tomatoes in pickle 20 g, (1 item) Zucchini 200 g, (0.33 item)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 197 kcal	RICE MILK COCKTAIL	10 min 197 kcal, protein 0 g, carbohydrate 41.5 g, fat 0 g	Rice milk 250 g, (1.05 cups) Orange 100 g, (2.5 slices) Grapefruit 100 g, (0.38 item)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 755 kcal	STEAMED SALMON	15 min 755 kcal, protein 63.8 g, carbohydrate 25.8 g, fat 39.9 g	Atlantic salmon 300 g, (1.5 fillet) Cooked buckwheat groats 100 g, Cucumber in brine 240 g, (4 items)	Serve with cooked buckwheat and cucumbers.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
AFTERNOON SNACK 16:00 169 kcal	BLUEBERRY MILKSHAKE	10 min 213 kcal, protein 1 g, carbohydrate 29.4 g, fat 10.7 g	Canned coconut milk 50 g Water 150 g, (0.63 cups) Blueberry 200 g, (1.54 cups)	Mix all the ingredients.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 467 kcal	THAI COCONUT SOUP WITH PRAWNS	15 min 467 kcal, protein 51.5 g, carbohydrate 29.7 g, fat 16.3 g	Tiger prawn 200 g, (16.7 items) Coconut oil 5 g, (0.38 Tbsp) Canned coconut milk 50 g Water 400 g, (1.67 cups) Fish sauce 10 g, (1 Tbsp) Green beans, green 250 g, (2.5 handful) Button mushroom 100 g, (5 items) Onion 25 g, (0.24 item) Raw garlic 5 g, (1 clove) Curry 5 g Coriander 12 g, (2 tsps)	Heat the oil in a large pot, add chopped onion and garlic. Add curry, followed by coconut milk and stir. When the paste completely dissolves, add water, then add fish sauce. Bring to a boil, add mushroom, followed by prawn, and cook for 5 minutes. Take off heat. In a separate pot, cook the beans crisp-tender and add chopped coriander, salt and pepper to the soup and heat it.



DAY 2

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 565 kcal	OMELETTE WITH FRUIT	8 min 565 kcal, protein 32.1 g, carbohydrate 20 g, fat 37.5 g	Egg 180 g, (3 items) Nut flour 10 g Hemp flour 10 g Coconut oil 10 g, (0.77 Tbsps) Canned coconut milk 50 g Raspberry 100 g, (1.43 handfuls)	Pour an omelette with milk and sprinkle it with raspberries.

Meal	Ingredients	Information
BRUNCH 10:30 200 kcal	PEACH 170 g, (2 items)	66.3 kcal, protein 1.55 g, carbohydrate 16.2 g, fat 0.42 g
	RICE WAFER 10 g, (0.5 portion)	39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g
	SMOKED SALMON 50 g, (1 portion)	88.5 kcal, protein 8.18 g, carbohydrate 0 g, fat 5.95 g
	CUCUMBER IN BRINE 50 g, (1 portion)	6 kcal, protein 0.25 g, carbohydrate 1.21 g, fat 0.15 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 751 kcal	TUNA STEAK WITH QUINOA	15 min 751 kcal, protein 69.8 g, carbohydrate 59.4 g, fat 24.3 g	Tuna 250 g, (2.5 portions) Quinoa 80 g, (0.44 cup) Cauliflower 200 g, (0.23 items) Olive oil 15 g, (1.15 Tbsps) Dried tomatoes in pickle 20 g, (1 item)	Grill the steak. Cook the quinoa and cauliflower. Sprinkle with dill, salt and pepper. Pour it over with olive oil and tomatoes.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 242 kcal	ONE-DAY CARROT JUICE 300 g, (1 portion)	111 kcal, protein 1.2 g, carbohydrate 26.1 g, fat 0.3 g
	WALNUT 20 g, (2 portions)	131 kcal, protein 3.05 g, carbohydrate 2.74 g, fat 13 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 468 kcal	ZUCCHINI AND COCONUT MILK STEW	15 min 468 kcal, protein 32.6 g, carbohydrate 30.4 g, fat 22.1 g	Canned coconut milk 60 g Zucchini 400 g, (0.67 items) Red tomato 100 g, (0.59 whole) Sweet red pepper 50 g, (0.22 items) Cooked quinoa 50 g Turkey breast 120 g, (0.3 items)	Stew vegetables and minced meat in milk. Season with salt, pepper, curry, chili pepper. Serve with cooked quinoa.



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DAY 3

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 540 kcal	SCRAMBLED EGGS	8 min 540 kcal, protein 28.8 g, carbohydrate 3 g, fat 41.4 g	Egg 240 g, (4 items) Coconut oil 10 g, (0.77 Tbsp) Pork belly 10 g, (1 slice) Red tomato 100 g, (0.59 whole)	

Meal	Ingredients	Information
BRUNCH 10:30 224 kcal	WALNUT 15 g, (1 Tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g
	CHERRY 200 g, (1 portion)	126 kcal, protein 2.12 g, carbohydrate 32 g, fat 0.4 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 751 kcal	COD BAKED IN FOIL	20 min 751 kcal, protein 70.4 g, carbohydrate 50.1 g, fat 23.5 g	Cod, fillet 350 g, (3.5 items) Quinoa 70 g, (0.39 cup) Red tomato 100 g, (0.59 whole) Iceberg lettuce 80 g, (2 leaves) Sweet red pepper 50 g, (0.22 items) Zucchini 50 g, (0.08 items) Olive oil 20 g, (1.54 Tbsps)	Cook quinoa. Serve with a vegetable salad seasoned with salt, pepper, basil, chubrica, Herbes de Provence. Sprinkle with olive oil.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
AFTERNOON SNACK 16:00 270 kcal	CHIA PUDDING WITH BLUEBERRY	10 min 167 kcal, protein 5.1 g, carbohydrate 23.1 g, fat 7.3 g	Chia seeds 20 g, (2 Tbsps) Blueberry 130 g, (1 cup) Canned coconut milk 50 g Water 50 g, (0.21 cup)	Pour Chia seeds over with water and leave for about 24h. After this time, add blueberries and coconut milk. Blend.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 437 kcal	BUCKWHEAT GROATS WITH GREEN BEAN	10 min 437 kcal, protein 33 g, carbohydrate 40 g, fat 15.7 g	Cooked buckwheat groats 50 g, Green bean, yellow 350 g, (3.5 handfuls) Dried tomatoes in pickle 20 g, (1 item) Olive oil 10 g, (0.77 Tbsp) Dill 5 g Chicken breast 120 g, (0.6 item)	Cook bean and chicken. Chop the tomato. Season with salt and pepper. Serve with cooked buckwheat groats and pour with olive oil.



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DAY 4

Meal	Ingredients	Information
BREAKFAST 08:00 527 kcal	MILLET FLAKES 30 g, (3 Tbsps)	108 kcal, protein 3 g, carbohydrate 20.7 g, fat 1.2 g
	WALNUT 10 g, (1 portion)	65.4 kcal, protein 1.52 g, carbohydrate 1.37 g, fat 6.52 g
	COCONUT SHREDS 20 g,(1 portion)	137 kcal, protein 1.06 g, carbohydrate 4.3 g, fat 13.8 g
	AVOCADO 70 g, (0.5 item)	112 kcal, protein 1.4 g, carbohydrate 5.97 g, fat 10.3 g
	GROUND CINAMMON 1 g, (1 pinch)	2.47 kcal, protein 0.04 g, carbohydrate 0.81 g, fat 0.01 g
	GROUND GINGER 1 g, (1 pinch)	3.35 kcal, protein 0.09 g, carbohydrate 0.72 g, fat 0.04 g
	CANNED COCONUT MILK 50 g, (1 portion)	98.5 kcal, protein 1 g, carbohydrate 1.4 g, fat 10.7 g

Meal	Ingredients	Information
BRUNCH 10:30 184 kcal	BLUEBERRY 120 g, (0.92 cup)	68.3 kcal, protein 0.89 g, carbohydrate 17.4 g, fat 0.4 g
	ALMONDS 20 g, (1.33 Tbsps)	116 kcal, protein 4.23 g, carbohydrate 4.31 g, fat 9.99 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 788 kcal	STEWED MEAT WITH PASTA	20 min 788 kcal, protein 72.1 g, carbohydrate 41.5 g, fat 33.9 g	Mung bean pasta 60 g Minced beef 300 g, (3 portions) Red tomato 200 g, (1.18 whole)	Cook pasta. Stew meat and tomato. Add basil, salt and pepper.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
AFTERNOON SNACK 16:00 259 kcal	HOMEMADE NUTELLA	5 min 219 kcal, protein 13.4 g, carbohydrate 26.7 g, fat 8.3 g	Banana 50 g, (0.42 item) Avocado 50 g, (0.36 item) Powdered cocoa, unsweetened 10 g, (1 Tbsp) Low-fat curd cheese 100 g, (0.5 packet)	Mix the ingredients.
	RICE WAFER 10 g (1 portion)	39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g		

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 446 kcal	COOKED BEAN WITH GROATS	15 min 446 kcal, protein 37.2 g, carbohydrate 29.2 g, fat 18.3 g	Green bean, yellow 300 g, (3 handfuls) Olive oil 15 g, (1.15 Tbsps) Cooked millet groats 40 g Chicken breast 150 g, (0.75 item)	Cook chicken breast and bean. Serve with millet groats and pour over with olive oil.



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DAY 5

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 511 kcal	COCONUT OMELETTE	8 min 511 kcal, protein 26.4 g, carbohydrate 9.08 g, fat 39.4 g	Egg 180, (3 items) Coconut flour 10 g, (0.77 Tbsp) Hemp flour 10 g, (0.38 Tbsp) Coconut oil 5 g, (0.38 Tbsp) Canned coconut milk 20 g Coconut shreds 10 g, (0.77 Tbsp)	Spread coconut milk over omelette and sprinkle it with coconut shreds.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 255 kcal	RICE MILK COCKTAIL	10 min 255 kcal, protein 2.24 g, carbohydrate 52.8 g, fat 0 g	Rice milk 300 g, (1.27 cups) Peach 150 g Goji berry 16 g, (2 Tbsps)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 752 kcal	BAKED BEFF SIRLOIN WITH GROATS	20 min 752 kcal, protein 66.3 g, carbohydrate 49.6 g, fat 29.5 g	Beef sirloin 250 g, (0.37 piece) Millet groats 50 g, (0.25 cup) Zucchini 300 g, (0.5 item) Red tomato 100 g, (0.59 whole) Olive oil 20 g, (1.54 Tbsps) Garlic, raw 5 g, (1 clove)	Bake sirloin in foil (180°C, 30 minutes; with oil, garlic, spices: a pinch of salt, pepper, thyme, herbes de Provence, red sweet pepper). Serve with cooked millet groats and stewed zucchini with tomato (stew with basil, salt, pepper).

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
AFTERNOON SNACK 16:00 255 kcal	MARSHMALLOW [PTASIE MLECZKO] WITH CHIA	15 min 255 kcal, protein 5.65 g, carbohydrate 19.3 g, fat 23.5 g	Canned coconut milk 70 g Chia seeds 10 g, (1 Tbsp) Erythritol 10 g Powdered gelatine 2 g, (0.5 tsp) Vanilla extract 2 g, (0.5 tsp) Coconut oil 5 g, (1.25 tsp) Powdered cocoa, unsweetened 5 g, (1 tsp)	Heat coconut milk and add 5g of erythritol, chia, vanilla. When everything warms, add gelatine dissolved in 1 spoon of boiling water. Stir for a while and then take off heat. Pour the mass into the container and put it in the freezer. Meanwhile, prepare the glaze, dissolve the coconut oil and cocoa with 5g of erythritol. Take the milk out of the freezer, pour with the glaze and freeze again for at least 1.5 hours.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 463 kcal	STEWED SPINACH	15 min 463 kcal, protein 47.1 g, carbohydrate 30.1 g, fat 13.3 g	Frozen spinach 300 g, (1.36 cups) Garlic, raw 10 g, (2 cloves) Coconut oil 10 g, (0.77 Tbsp) Chicken breast 150 g, (0.75 item) Cooked millet groats 50 g Red tomato 150 g, (0.88 whole)	Stew spinach with garlic, salt and pepper. Stew meat on the coconut oil. Serve with cooked millet groats and tomato.



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DAY 6

Meal	Ingredients	Information
BREAKFAST 08:00 544 kcal	MILLET FLAKES 40 g, (4 Tbsps)	144 kcal, protein 4 g, carbohydrate 27.6 g, fat 1.6 g
	LINSEED 10 g, (1 Tbsp)	53.4 kcal, protein 1.83 g, carbohydrate 2.89 g, fat 4.22 g
	CHIA SEEDS 10 g, (1 Tbsp)	48.6 kcal, protein 1.65 g, carbohydrate 4.21 g, fat 3.07 g
	WALNUT 10 g, (1 portion)	65.4 kcal, protein 1.52 g, carbohydrate 1.37 g, fat 6.52 g
	COCONUT SHREDS 15 g, (0.5 portion)	103 kcal, protein 0.79 g, carbohydrate 3.23 g, fat 10.4 g
	DRIED CRANBERRY 15 g, (0.5 portion)	30.8 kcal, protein 0.02 g, carbohydrate 8.28 g, fat 0.11 g
	CANNED COCONUT MILK 50 g, (1 portion)	98.5 kcal, protein 1 g, carbohydrate 1.4 g, fat 10.7 g

Meal	Ingredients	Information
BRUNCH 10:30 224 kcal	CHERRY 200 g, (1 portion)	126 kcal, protein 2.12 g, carbohydrate 32 g, fat 0.4 g
	WALNUT 15 g, (1 Tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 731 kcal	GRILLED CHICKEN BREAST WITH HERBS	20 min 731 kcal, protein 82.2 g, carbohydrate 25.2 g, fat 27.8 g	Chicken breast 350 g, (1.74 items) Cooked buckwheat groats 80 g Cauliflower 200 g, (0.23 item) Olive oil 20 g, (1.54 Tbsps) Dill 5 g, (1.25 tsps)	Grilled chicken breast sprinkled with herbs (a pinch of thyme, herb de Provence, tarragon, salt, pepper) - grill on a grill pan for about 20 minutes. Serve with cooked buckwheat groats and cauliflower poured with olive oil and sprinkled with dill.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
AFTERNOON SNACK 16:00 252 kcal	CHIA PUDDING WITH BLUEBERRY	10 min 252 kcal, protein 10.2 g, carbohydrate 35.6 g, fat 6 g	Chia seeds 20 g, (2 Tbsps) Blueberry 100 g, (0.77 cup) Rice milk 100 g, (0.42 cup) Low-fat curd cheese 70 g, (0.35 packet)	Pour Chia seeds over with rice milk and leave it for about 24h. After this time, add blueberries mixed with curd cheese, and place as a second layer.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 485 kcal	SALAD WITH CHICKEN THIGH	10 min 485 kcal, protein 33.6 g, carbohydrate 17.2 g, fat 30.4 g	Chicken thigh 200 g, (2 portions) Sweet red pepper 50 g, (0.22 item) Cucumber 50 g, (0.28 item) Cucumber in brine 60 g, (1 item) Iceberg lettuce 80 g, (2 leaves) Olive oil 10 g, (0.77 Tbsp) Honey 10 g, (0.83 tsp) Balsamic vinegar 10 g	Cook a chicken thigh (season with salt, pepper, herbes de Provence). Serve with sliced vegetables and pour with sauce (sauce: 10g of olive oil + 10g of honey + 10g of balsamic vinegar).



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DAY 7

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 518 kcal	OMELETTE WITH VEGETABLES	8 min 518 kcal, protein 35.1 g, carbohydrate 11.4 g, fat 31.1 g	Egg 180 g, (3 items) Red tomato 340 g, (2 whole) Chives 5 g, (1 Tbsps) Colza oil 10 g, (0.77 Tbsp) Egg, egg white 105 g, (3 items) Pumpkin seeds 10 g, (1 Tbsp)	

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BRUNCH 10:30 258 kcal	DATE COCONUT PYRAMIDS	15 min 258 kcal, protein 1.55 g, carbohydrate 16.6 g, fat 22.3 g	Coconut shreds 25 g Dates 15 g, (3 items) Coconut oil 5 g, (1.25 tps)	Prepare dates syrup: pour hot water over the dates (use enough water just to cover them), cover the dish and wait for about 10 minutes until they get soft, then blend them into a smooth mass. Mix the dates syrup thoroughly with the rest of the ingredients (and with a pinch of salt). Put onto a baking sheet lined with paper or foil, press, level and put into the fridge for one hour (or for 15 min into the freezer). Cut into squares.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 799 kcal	GRILLED STEAK	20 min 510 kcal, protein 54.4 g, carbohydrate 29 g, fat 15.6 g	Beef striploin 250 g Sweet potato 250 g Olive oil 10 g, (0.77 Tbsp) Raw garlic 5 g, (1 clove) Sauerkraut 150 g, (1.06 cups)	Grill the steak in a pan. Season with salt and pepper. Serve with baked sweet potato topped with olive oil, garlic and sauerkraut.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 209 kcal	PEANUT BUTTER 15 g, (1 tsp)	91.2 kcal, protein 3.67 g, carbohydrate 2.55 g, fat 8.13 g
	RICE WAFER 30 g, (1 portion)	118 kcal, protein 2.13 g, carbohydrate 24.3 g, fat 1.29 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 451 kcal	STEWED SPINACH	15 min 451 kcal, protein 47.9 g, carbohydrate 26.4 g, fat 14 g	Frozen spinach 300 g, (1.36 cups) Chicken breast 150 g, (0.75 item) Coconut oil 10 g, (0.77 Tbsp) Cooked quinoa 60 g Raw garlic 5 g, (1 clove)	Stew spinach with garlic and meat in the coconut oil. Season it with salt and pepper. Serve with cooked quinoa.



The proposed diet is a pattern of eating tailored for the DuoLife ENERGY Set
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