



DuoLife

Diet for 7 days

For your DuoLife Metabolism Cholesterol Set

ADDITIONAL NOTES:

Estimated amount of calories per day: 1600 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 CHOLESTEROL 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 METABOLISM - CHOLESTEROL:

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

08:30 – 2 capsules of DuoLife Medical Formula ProSelect® NEW and 20 ml DuoLife Chlorofil

10:00 – 2 capsules of DuoLife Medical Formula ProDeacid® NEW

14:00 – 5 ml DuoLife RegenOil Liquid Gold® and 2 capsules of DuoLife Medical Formula ProCholterol® NEW

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

*Use the product before the last meal. 7 p.m. is provided as an indicative time of the last meal.



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SHOPPING LIST

Category	Products	
FARIANCEOUS PRODUCTS	Wholemeal bread 150 g (5 slices) Rye bread 60 g (1,5 slices) Buckwheat groats 50 g Buckwheat flour 10 g Coconut flour 10 g (0.77 Tbsp)	Oat bran 63 g (1 portion, 4 Tbsps, 1 tsp) Oat flakes 85 g (8.5 Tbsps) Rice wafer 30 g (3.22 portions)
DAIRY PRODUCTS	Egg 240 g (4 eggs) Natural yoghurt 180 g (4 Tbsps, 0.4 cup) Kefir 300 g (1.2 cup)	Gouda cheese 25 g (1 slice) Mozzarella cheese 50 g (0.4 ball) Cottage cheese 200 g (1 packet)
VEGETABLES AND FRUITS	Avocado 170 g (1.21 items) Sweet potato 80 g Basil 10 g (1 leaf) Blueberry 210 g (1 portion, 1,08 cup) Broccoli 300 g (2.63 items) Peach 85 g (1 item) Onion 260 g (2.48 items) Zucchini 400 g (0.67 item) Garlic, raw 10 g (2 cloves) Green beans, green 65 g (0.5 cup) Pear 385 g (2.96 items) Apple 250 g (1.12 big items) Cauliflower 200 g (0.23 item) Dill 22 g (5.5 tsps) Carrots 160 g (2 items) Almonds 97.5 g (6.5 Tbsps) Salad mix 90 g Sunflower seeds 20 g (2 Tbsps)	Parsley sprig 4 g (2 tsps) Nectarine 173 g (1.5 items) Cucumber 240 g (1.34 items) Cucumber in brine 300 g (5 items) Walnuts 90 g (6 Tbsps) Sweet red pepper 425 g (1.5 slices, 1.52 items) Pumpkin seeds 90 g (0.07 cup, 8 Tbsps) Red tomato 1440 g (8.47 whole) Canned tomato 240 g (1 can) Cocktail tomatoes 400 g (1 portion) Dried tomatoes in pickle 40 g (2 items) Leek 50 g (1 piece) Rocket 20 g (1 handful) Iceberg lettuce 160 g (4 leaves) Linseed 25 g (2.5 Tbsps) One-day carrot juice 350 g (1 portion) Tomato juice 300 g (1.3 cups) Plum 140 g (1 cup)
MEAT AND FISH	Cod 250 g (2.5 portions) Minced chicken meat 150 g (1.5 portions) Turkey breast 350 g (0.88 pieces) Chicken breast 270 g (1.35 pieces)	Beef sirloin 200 g (0.3 piece) Poultry ham 60 g (2.14 slices) Chicken thigh 140 g (1.4 portions) Smoked salmon 50 g (1 portion)
OTHER	Grapefruit 260 g (1 item) Chicken egg, yolk 20 g (1 item) Canned coconut milk 170 g (2 portions) Coconut oil 30 g (2.31 Tbsps) Colza oil 35 g (2.31 Tbsps, 1.25 tsps)	Olive oil 174 g (13.1 Tbsps, 1 tsp) Button mushrooms 60 g (3 items) Cooked buckwheat groats 155 g Cooked millet groats 75 g Cooked brown rice 100 g Water 500 g (2.08 cups) Boiling water 125 g (1 portion)



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CALORIE CONTENT OF THE PRODUCTS USED IN A DIET

Products	Amount	Calories
Wholemeal bread 150 g (5 slices)	1 slice (40g)	84
Rye bread 60 g (1,5 slices)	1 slice (40g)	104
Buckwheat groats 50 g	1 bag 100 g	356
Buckwheat flour 10 g	1 cup (200g)	712
Coconut flour 10 g (0.77 Tbsp)	1 tablespoon [Tbsp] (10g)	35,9
Oat bran 63 g (1 portion, 4 Tbsps, 1 tsp)	1 tablespoon [Tbsp] (10g)	35,8
Oat flakes 85 g (8.5 Tbsps)	1 tablespoon [Tbsp] (10g)	36,6
Rice wafer 30 g (3.22 portions)	1 portion (10g)	39,2
Egg 240 g (4 items)	1 item	78
Natural yoghurt 180 g (4 Tbsps, 0.4 cup)	1 cup (200g)	82
Kefir 300 g (1.2 cups)	1 cup (200g)	74
Gouda cheese 25 g (1 slice)	1 slice	23
Mozzarella cheese 50 g (0.4 ball)	100g	255
Cottage cheese 200 g (1 packet)	Tbsp (10g)	8
Avocado 170 g (1.21 items)	1 item (130g)	208
Sweet potato 80 g	1 item (100g)	76
Basil 10 g (1 leaf)	1 handful	6
Blueberry 210 g (1 portion, 1,08 cups)	1 cup (130g)	74
Broccoli 300 g (2.63 items)	1 item	114
Peach 85 g (1 peach)	1 item (85g)	34
Onion 260 g (2.48 items)	1 item (105g)	42
Zucchini 400 g (0.67 of zucchini)	1 item (600g)	90
Garlic, raw 10 g (2 cloves)	1 clove (5g)	7,5
Green beans, green 65 g (0.5 cup)	1 handful (100g)	16
Pear 385 g (2.96 items)	1 item	127
Apple 250 g (1.12 big)	1 large	112
Cauliflower 200 g (0.23 of cauliflower)	1 item (870g)	174
Dill 22 g (5.5 tsps)	1 teaspoon [tsp] (4g)	1
Carrot 160 g (2 items)	1 item (80g)	22
Almonds 97.5 g (6.5 Tbsps)	1 Tbsp (30g)	181
Salad mix 90 g	80g	13,6
Sunflower seeds 20 g (2 Tbsps)	1 Tbsp (10g)	60

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
Parsley sprig 4 g (2 tsps)	1 tsp (4g)	2
Nectarine 173 g (1.5 items)	1 item (115g)	57
Cucumber 240 g (1.34 items)	1 item (180g)	29
Cucumber in brine 300 g (5 items)	1 item (60g)	7
Walnut 90 g (6 Tbsps)	1 Tbsp (10g)	64,5
Sweet red pepper 425 g (1.5 slices, 1.52 items)	1 item (231g)	74
Pumpkin seeds 90 g (0.07 cup, 8 Tbsps)	1 Tbsp (10g)	56
Red tomato 1440 g (8.47 whole)	1 item (170g)	23
Canned tomato 240 g (1 can)	1 can (200g)	56
Cocktail tomatoes 400 g (1 portion)	1 cup (200g)	30
Dried tomatoes in pickle 40 g (2 items)	1 item (40g)	162
Leek 50 g (1 piece)	100g	61
Rocket 20 g (1 handful)	1 handful (20g)	5
Iceberg lettuce 160 g (4 leaves)	1 leaf (15g)	2,4
Linseed 25 g (2.5 Tbsps)	1 tsp (4g)	18
One- day carrot juice 350 g (1 portion)	1 cup (300g)	111
Tomato juice 300 g (1.3 cup)	1 cup (300g)	60
Plum 140 g (1 cup)	1 cup (200g)	500
Cod 250 g (2.5 portions)	1 fillet (100g)	82
Minced chicken meat 150 g (1.5 portions)	100 g	133
Turkey breast 350 g (0.88 item)	1 item (400g)	352
Chicken breast 270 g (1.35 item)	1 item (250g)	302
Beef sirloin 200 g (0.3 piece)	1 portion (170g)	223
Poultry ham 60 g (2.14 slices)	1 portion (20g)	26
Chicken thigh 140 g (1.4 portions)	1 item (100g)	124
Smoked salmon 50 g (1 portion)	1 fillet (28g)	45
Grapefruit 260 g (1 item)	1 item (262g)	110
Chicken egg, yolk 20 g (1 item)	1 item	71
Canned coconut milk 170 g (2 portions)	1 cup (200g)	258
Coconut oil 30 g (2.31 Tbsps)	1 Tbsp (10G)	89
Colza oil 35 g (2.31 Tbsps, 1.25 tsps)	1 Tbsp (10g)	88
Olive oil 174 g (13.1 Tbsps, 1 tsps)	1 Tbsp (10g)	90
Button mushrooms 60 g (3 items)	1 Tbsp (10g)	90
Cooked buckwheat groats 155 g	1 cup (200g)	208
Cooked millet groats 75 g	1 cup (200g)	198
Cooked brown rice 100 g	1 cup (200g)	220
Water 500 g (2.08 cups)	1 cup (200g)	0
Boiling water 125 g (1 portion)	1 cup (200g)	0

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DAY 1

Meal	Ingredients	Information
BREAKFAST 08:00 258 kcal	OAT FLAKES 30 g (3 Tbsps)	118 kcal, protein 3.3 g, carbohydrate 22 g, fat 1.91 g
	OAT BRAN 24 g, (1 portion)	86.6 kcal, protein 4.32 g, carbohydrate 10.9 g, fat 1.85 g
	LINSEED 10 g, (1 Tbsp)	53.4 kcal, protein 1.83 g, carbohydrate 2.89 g, fat 4.22 g
	BOILING WATER 125 g, (1 portion)	0 kcal, protein 0 g, carbohydrate 0 g, fat 0 g

Meal	Ingredients	Information
BRUNCH 10:30 163 kcal	PEACH 85g, (1 item)	33.1 kcal, protein 0.77 g, carbohydrate 8.11 g, fat 0.21 g
	ALMONDS 22.5 g, (1.5 Tbsps)	130 kcal, protein 4.76 g, carbohydrate 4.85 g, fat 11.2 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 622 kcal	SALAD WITH TURKEY/CHICKEN BREAST	20 min 622 kcal, protein 44.4 g, carbohydrate 17 g, fat 39.7 g	Turkey breast 200 g, (0.5 pieces) Colza oil 10 g (0.77 Tbsp) Cucumber in brine 120 g, (2 items) Iceberg lettuce 80 g (2 leaves) Dried tomatoes in pickle 40 g (2 items) Dill 12 g, (2 tsps) Cucumber 100 g (0.56 item) Olive oil 10 g (0.77 Tbsp)	Season turkey/chicken meat, put it in a pan with oil and cover, fry until it is ready. Then mix with vegetables, season, add olive oil.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 130 kcal	ONE-DAY CARROT JUICE 350 g, (1 portion)	130 kcal, protein 1.4 g, carbohydrate 30.4 g, fat 0.35 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 297 kcal	MILLET GROATS WITH LEEK	15 min 297 kcal, protein 5.37 g, carbohydrate 22.7 g, fat 20.4 g	Cooked millet groats 45 g Red tomato 150 g (0.88 whole) Leek 50 g (1 piece) Olive oil 15 g, (1.15 Tbsps) Parsley sprig 2 g, (1 tsp) Pumpkin seed 10 g, (0.07 cup)	Mix cooked groats with oil-fried vegetables. Sprinkle with parsley sprig, pumpkin seeds, and your favorite herbs.



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DAY 2

Meal	Ingredients	Information
BREAKFAST 08:00 332 kcal	WHOLEMEAL BREAD 60 g (2 slices)	138 kcal, protein 3.54 g, carbohydrate 30.7 g, fat 0.78 g
	POULTRY HAM 60 g, (2.14 slices)	83.4 kcal, protein 9.78 g, carbohydrate 2 g, fat 3.73 g
	OLIVE OIL 13 g (1 Tbsp)	115 kcal, protein 0 g, carbohydrate 0 g, fat 13 g
	SWEET RED PEPPER 75 g, (1.5 slices)	23.3 kcal, protein 0.74 g, carbohydrate 4.52 g, fat 0.22 g

Meal	Ingredients	Information
BRUNCH 10:30 130 kcal	APPLE 250 g, (1.12 big one)	130 kcal, protein 0.65 g, carbohydrate 34.5 g, fat 0.43 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 288 kcal	BAKED TURKEY WITH SPICES,	20 min 288 kcal, protein 19.9 g, carbohydrate 15.3 g, fat 15.5 g	Turkey breast 150 g, (0.38 piece) Cooked buckwheat groats 60 g Broccoli 300 g, (2.63 items) Olive oil 20 g, (1.54 Tbsps)	Bake turkey with selected spices. Serve with cooked buckwheat and broccoli. Pour it over with olive oil.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 86.8 kcal	ALMONDS 15 g, (1 Tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g

Meal	Dish	Information	Ingredients (for 2 serves)	Recipe
SUPPER 19:00 327 kcal	STEWED ZUCCHINI WITH CHICKEN THIGH	15 min 185 kcal, protein 9.96 g, carbohydrate 5.47 g, fat 14.7 g	Zucchini 300 g, (0,5 item) Coconut oil 10 g,(0.77 Tbsp) Pumpkin seeds 15 g, (1.5 Tbsps) Olive oil 4 g, (1 tsp) Chicken thigh 70 g, (0.7 portion)	Fry-stew zucchini and chicken thigh in oil. Add olive-oil-roasted pumpkin seeds.



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DAY 3

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 447 kcal	SCRAMBLED EGGS	8 min 447 kcal, protein 20.4 g, carbohydrate 34.2 g, fat 22.5 g	Egg 120 g (2 items) Button mushrooms 60 g (3 items) Coconut oil 10 g, (0.77 Tbsp) Red tomato 100 g, (0.59 whole) Rye bread 60 g, (1.5 slices)	

Meal	Ingredients	Information
BRUNCH 10:30 198 kcal	PEAR 195 g, (1,5 items)	111 kcal, protein 0.7 g, carbohydrate 29.7 g, fat 0.27 g
	ALMONDS 15 g, (1 Tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 556 kcal	CHICKEN IN CURRY	20 min 556 kcal, protein 38.2 g, carbohydrate 38.1 g, fat 26.2 g	Chicken breast 150 g, (0.75 items) Natural yoghurt 80 g, (4 Tbsp) Colza oil 20 g, (1.54 Tbsp) Cooked brown rice 100 g Cucumber 140 g, (0.78 item)	Marinade: natural yoghurt + season to taste with curry, powdered red paprika, black pepper, stir and add sliced chicken (chicken can be marinated a day before). Marinated meat should be fried in colza oil. Serve with cooked rice and cucumber.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 164 kcal	TOMATO JUICE 300 g, (1.3 cups)	66 kcal, protein 1.8 g, carbohydrate 13.8 g, fat 0.3 g
	WALNUT 15 g, (1 Tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g

Meal	Ingredients	Information
SUPPER 19:00 356 kcal	SMOKED SALMON 50 g, (1 portion)	88.5 kcal, protein 8.18 g, carbohydrate 0 g, fat 5.95 g
	ICEBERG LETTUCE 80 g, (2 leaves)	11.2 kcal, protein 0.72 g, carbohydrate 2.38 g, fat 0.11 g
	COCKTAIL TOMATOES 200 g, (1 portion)	30 kcal, protein 1.8 g, carbohydrate 7.2 g, fat 0.4 g
	PUMPKIN SEEDS 20 g, (2 Tbsps)	112 kcal, protein 6.05 g, carbohydrate 2.14 g, fat 9.81 g
	OLIVE OIL 13 g, (1 Tbsp)	115 kcal, protein 0 g, carbohydrate 0 g, fat 13 g



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DAY 4

Meal	Ingredients	Information
BREAKFAST 08:00 446 kcal	OAT FLAKES 25 g, (2.5 Tbsps)	98.5 kcal, protein 2.75 g, carbohydrate 18.4 g, fat 1.59 g
	OAT BRAN 16 g, (2 Tbsps)	57.8 kcal, protein 2.88 g, carbohydrate 7.3 g, fat 1.23 g
	LINSEED 10 g, (1 Tbsp)	53.4 kcal, protein 1.83 g, carbohydrate 2.89 g, fat 4.22 g
	WALNUT 30 g, (2 Tbsps)	196 kcal, protein 4.57 g, carbohydrate 4.11 g, fat 19.6 g
	BLUEBERRY 70 g, (1 porcja)	39.9 kcal, protein 0.52 g, carbohydrate 10.1 g, fat 0.23 g

Meal	Ingredients	Information
BRUNCH 10:30 206 kcal	RICE WAFER 20 g, (1 portion)	78.4 kcal, protein 1.42 g, carbohydrate 16.2 g, fat 0.86 g
	AVOCADO 70 g, (0.5 item)	112 kcal, protein 1.4 g, carbohydrate 5.97 g, fat 10.3 g
	SWEET RED PEPPER 50 g, (0.22 item)	15.5 kcal, protein 0.49 g, carbohydrate 3.02 g, fat 0.15 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 562 kcal	ROASTED/COOKED CHICKEN BREAST SPRINKLED WITH HERBS	20 min 562 kcal, protein 36.2 g, carbohydrate 21.2 g, fat 36 g	Chicken breast 120 g, (0.6 item) Zucchini 100 g, (0.17 item) Cocktail tomatoes 200 g Sweet red pepper 50 g, (0.22 item) Natural yoghurt 100 g, (0.4 cup) Olive oil 20 g, (1.54 Tbsp) Sunflower seeds 20 g, (2 Tbsps)	Sprinkle chicken breast with selected herbs and salt. Cook or roast it wrapped in the foil. Serve with fry-stewed or raw zucchini, tomatoes and chopped red pepper. Pour with natural yogurt mixed with oil, sunflower seeds and your favorite spices.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 123 kcal	KEFIR 300 g, (1.2 cups)	123 kcal, protein 11.4 g, carbohydrate 13.4 g, fat 2.79 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 378 kcal	TOMATO SOUP WITH PEAR AND GARLIC	20 min 378 kcal, protein 20.5 g, carbohydrate 35.7 g, fat 17.2 g	Canned tomato 240 g, (1 can) Pear 50 g, (0.38 item) Onion 105 g, (1 item) Garlic, raw 10 g, (2 cloves) Basil 5 g Cooked millet groats 30 g Pumpkin seeds 20 g, (2 Tbsps) Chicken thighs 70 g, (0.7 portion)	Fry chopped onion and garlic. Put them into a pot. Then add tomatoes and a glass of water. After about 10-15 minutes, put a chopped pear and a handful of fresh basil. Season. Cook for about 3-4 minutes. Blend with cooked millet groats and sprinkle with pumpkin seeds. Serve with pieces of skinless cooked chicken.



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DAY 5

Meal	Ingredients	Information
BREAKFAST 08:00 399 kcal	OAT FLAKES 30 g, (3 Tbsps)	159 kcal, protein 10.8 g, carbohydrate 1.24 g, fat 12.3 g
	OAT BRAN 16 g, (2 Tbsps)	61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g
	LINSEED 5 g, (0,5 Tbsp)	1.15 kcal, protein 0.16 g, carbohydrate 0.13 g, fat 0.03 g
	WALNUT 5 g, (0,5 Tbsp)	115 kcal, protein 0 g, carbohydrate 0 g, fat 13 g
	CANNED COCONUT MILK 50 g, (1 portion)	39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g

Meal	Ingredients	Information
BRUNCH 10:30 141 kcal	NECTARINE 173 g, (1.5 items)	76.1 kcal, protein 1.83 g, carbohydrate 18.3 g, fat 0.55 g
	PLUM 140 g, (1 cup)	64.4 kcal, protein 0.98 g, carbohydrate 16 g, fat 0.39 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 631 kcal	STEWED BEEF WITH GROATS AND VEGETABLES	20 min 631 kcal, protein 49.8 g, carbohydrate 32.1 g, fat 32.6 g	Beef sirloin 200 g, (0.3 piece) Onion 105 h, (1 item) Sweet red pepper 150 g, (0.65 item) Cooked buckwheat groats 55 g Salad mix 50 g Olive oil 26 g, (2 Tbsps)	Stew beef with onion and pepper. Serve with cooked buckwheat groats and seasoned salad mix sprinkled with olive oil.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 174 kcal	ALMONDS 30 g, (2 Tbsps)	174 kcal, protein 6.34 g, carbohydrate 6.46 g, fat 15 g

Meal	Ingredients	Information
SUPPER 19:00 375 kcal	MOZZARELLA CHEESE 50 g, (0.4 ball)	159 kcal, protein 10.8 g, carbohydrate 1.24 g, fat 12.3 g
	RED TOMATO 340 g, (2 whole)	61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g
	BASIL 5 g, (1 leaf)	1.15 kcal, protein 0.16 g, carbohydrate 0.13 g, fat 0.03 g
	OLIVE OIL 13 g, (1 Tbsp)	115 kcal, protein 0 g, carbohydrate 0 g, fat 13 g
	RICE WAFER 10 g, (2.22 portions)	39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g



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DAY 6

Meal	Ingredients	Information
BREAKFAST 08:00 389 kcal	WHOLEMEAL BREAD 90 g, (3 slices)	207 kcal, protein 5.31 g, carbohydrate 46.1 g, fat 1.17 g
	AVOCADO 100 G, (0.71 item)	160 kcal, protein 2 g, carbohydrate 8.53 g, fat 14.7 g
	CUCUMBER IN BRINE 180 g, (3 items)	21.6 kcal, protein 0.9 g, carbohydrate 4.34 g, fat 0.54 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 178 kcal	COCKTAIL WITH BLUEBERRY	10 min 178 kcal, protein 1 g, carbohydrate 21 g, fat 10.7 g	Canned coconut milk 50 g Water 250 g, (1.04 cups) Blueberry 140 g, (1.08 cups)	Blend all products

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 614 kcal	CARROT AND ONION MEATBALLS	25 min 614 kcal, protein 34 g, carbohydrate 38.8 g, fat 33.5 g	Minced chicken meat 150 g (1.5 portions) Carrot 160 g (2 items) Onion 50 g, (0.48 item) Chicken egg, yolk 20 g, (1 item) Colza oil 5 g, (1.25 tsps) Oat bran 7 g, (1 tsp) Cooked buckwheat groats 40 g Cauliflower 200 g, (0.23 item) Olive oil 10 g, (0.77 Tbsp) Dill 4 g, (1 tsp)	Mix minced meat, carrot, yolk, oat bran and form chops. Chop an onion. Put 1 tsp of rapeseed oil and 3-4 Tbsps of water onto the pan and heat it. Add onions and stew it. Put the meatballs into boiling water and cook for 20 minutes and then serve them with onion. Serve with cooked buckwheat groats and cooked cauliflower sprinkled with olive oil and topped with dill.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 196 kcal	WALNUT 30 g, (2 Tbsps)	196 kcal, protein 4.57 g, carbohydrate 4.11 g, fat 19.6 g

Meal	Ingredients	Information
SUPPER 19:00 345 kcal	COTTAGE CHEESE 200 g, (1 packet)	144 kcal, protein 24.8 g, carbohydrate 5.44 g, fat 2.04 g
	RED TOMATO 340 g, (2 whole)	61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g
	PUMPKIN SEEDS 25 g, (2.5 Tbsps)	140 kcal, protein 7.56 g, carbohydrate 2.68 g, fat 12.3 g



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DAY 7

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 455 kcal	OMELETTE WITH CHEESE	8 min 455 kcal, protein 22.6 g, carbohydrate 10.4 g, fat 34.2 g	Egg 120 g, (2 items) Coconut flour 10 g, (0.77 Tbsp) Buckwheat 10 g Coconut oil 10 g, (0.77 Tbsp) Rocket 20 g, (1 handful) Gouda cheese 25 g, (1 slice)	Fry an omelette and top it with a rocket and yellow or goat cheese.

Meal	Ingredients	Information
BRUNCH 10:30 170 kcal	ALMONDS 15 g, (1 Tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g
	GRAPEFRUIT 260 g, (1 item)	83.2 kcal, protein 1.64 g, carbohydrate 21 g, fat 0.26 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 551 kcal	COD BAKED IN FOIL	20 min 551 kcal, protein 43.9 g, carbohydrate 39.6 g, fat 20.1 g	Cod 250 g, (2.5 portions) Dill 2 g, (0.5 tsp) Sweet red pepper 100 g, (0.43 item) Red tomato 340 g, (2 whole) Salad mix 40 g Olive oil 20 g, (1.54 Tbsps) Sweet potato 80 g	Sprinkle a cod with dill, wrap it in foil and bake. Serve with baked sweet potato and chopped vegetables poured with olive oil and sprinkled with selected spices.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 218 kcal	CANNED COCONUT MILK	138 kcal, protein 1.4 g, carbohydrate 1.96 g, fat 14.9 g
	WATER 250 g, (1.04 cups)	0 kcal, protein 0 g, carbohydrate 0 g, fat 0 g
	PEAR 140 g, (1.08 items)	79.8 kcal, protein 0.5 g, carbohydrate 21.3 g, fat 0.2 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 319 kcal	SALAD WITH BEAN AND BUCKWHEAT GROATS	15 min 319 kcal, protein 7.79 g, carbohydrate 45.8 g, fat 11.6 g	Buckwheat groats 50 g Green bean, green 65 g, (0.5 cup) Red tomato 170 g, (1 whole) Dill 4 g, (1 tsp) Parsley sprig 2 g, (1 tsp) Olive oil 10 g, (0.77 Tbsp)	Cook the beans, cook buckwheat groats. Mix everything, season with salt, black pepper and pour it over with olive oil.



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The proposed diet is a pattern of eating tailored for the DuoLife METABOLISM - CHOLESTEROL Set
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