

Diet for 7 days

For your DuoLife Metabolism-weight loss Set

ADDITIONAL NOTES:

Estimated amount of calories per day: 1400 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.

*Opracowana dieta jest przykładowym systemem żywieniowym dla PAKIETU DUOLIFE METABOLIZM - SPADEK WAGI i nie może być traktowana jako medyczne zalecenie dla każdej osoby z niej korzystającej.

It is recommended to follow the diet for at least 3 months.

PREPARED BY:

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BIOLOGICAL CLOCK METABOLISM WEIGHT LOSS:

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

08:30 – 2 capsules of DuoLife Medical Formula ProSlimer® 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 ProSelect® NEW

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	Rye bread 170g (4.26 slices) Buckwheat flour 20g Oat bran 14 g (2 tsps)	Oat flakes 55g (5.5 Tbsps) Rice wafer 20g (2 portions)
DAIRY PRODUCTS	Egg 600g (10 items) Natural yoghurt 275g (0.8 cup) Kefir 300g (1.2 cups)	Lactose-free milk 1.5% 100g Cottage cheese 550g (2.75 packet)
VEGETABLES AND FRUITS	Avocado 205g (1.46 items) Broccoli 364g (3.19 items) Onion 50g (0.48 item) Zucchini 350g (0.58 item) Lemon 25g (0.31 item) Raw garlic 5g (1 clove) Apple 400g (2.19 medium) Cauliflower 200g (0.23 item) Sauerkraut 284g (2 cups) Dill 19g (2.25 tsps) Carrot 50g (0.63 items) Almonds 97.5g (6.5 Tbsps) Salad mix 80g Chia seeds 20g (2 Tbsps) Parsley sprig 4g (1 tsp) Cucumber 450g (2.51 items) Cucumber in brine 420g (7 items) Hazelnut 15g Walnut 35g (1 portion, 1 Tbsp) Red sweet pepper 430g (1.86 items)	Green sweet pepper 80g (0.57 item) Pumpkin seeds 10g (1 Tbsp) Parsley sprig 50g (0.63 root) Red tomato 1030g (6.06 whole) Cherry tomatoes 450g (1 portion) Dried tomatoes in pickle 100g (5 items) Leek 175g (3.5 items) Radish 50g (1 portion) Iceberg lettuce 320g (8 leaves) Celeriac 50g (0.1 root) Celery 135g (3 stems) Linseed 20g (2 Tbsps) One-day carrot-celery juice 450g (1.5 portions) One day carrot juice 300g (1 portion) Tomato juice 300g (1 portion) Lemon juice 6g (1 Tbsp) Dried cranberry 12g (1 Tbsp) Frozen spinach 240g (1.09 cups) Frozen strawberry 100g Coconut shreds 23g (1 Tbsp)
MEAT AND FISH	Cod 300g (3 portions) Cooked chicken breast 100g (1 portion) Turkey breast 320g (0.8 item)	Chicken breast 650g (3.25 items) Beef sirloin 200g (0.3 piece) Poultry ham 48g (1.71 slices)
OTHER	Ground cinnamon 2g (1 tsp) Pomegranate 50g (0.18 item) Hard/soft-boiled egg 300g (5 items) Powdered cocoa, unsweetened 10g (1 Tbsp) Ground ginger 2g (1 tsp) Honey 5g Rice milk 100g (0.42 cup)	Coconut oil 24g (1.53 Tbsps, 1 tsp) Canola oil 40g (3 tsps, 2.15 Tbsps) Olive oil 58g (4.15 Tbsps, 1 tsp) Button mushrooms 100g (5 items) Cooked buckwheat groats 60g Cooked millet groats 60g Cooked brown rice 60g Water 200g (0.83 cup)



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CALORIE CONTENT OF THE PRODUCTS USED IN A DIET

Products	Amount	Calories
Rye bread 170g (4.26 slices)	1 slice (40g)	104
Buckwheat flour 20g	1 cup (200g)	712
Oat bran 14 g (2 tsps)	1 Tbsp (10g)	35,8
Oat flakes 55g (5.5 Tbsps)	1 Tbsp (10g)	36,6
Rice wafer 20g (2 portions)	1 portion(10g)	39,2
Egg 600g (10 cups)	1 item	78
Natural yoghurt 275g (0.8 cups)	1 cup (200g)	82
Kefir 300g (1.2 cups)	1 cup (200g)	74
Lactose-free milk 1.5% 100g	1 cup (200g)	88
Cottage cheese 550g (2.75 packet)	1 Tbsp (10g)	9
Avocado 205g (1.46 items)	1 item (130g)	208
Broccoli 364g (3.19 items)	1 item	114
Onion 50g (0.48 items)	1 item (105g)	42
Zucchini 350g (0.58 items)	1 item (600g)	90
Lemon 25g (0.31 items)	1 slice	4
Raw garlic 5g (1 clove)	1 clove (5g)	7,5
Apple 400g (2.19 medium)	1 large	112
Cauliflower 200g (0.23 items)	1 item (870g)	174
Sauerkraut 284g (2 cups)	1 cup (200g)	12
Dill 19g (2.25 tsps)	1 tsp (4g)	1
Carrot 50g (0.63 items)	1 item (80g)	22
Almonds 97.5g (6.5 Tbsps)	1 Tbsp (30g)	181
Salad mix 80g	80g	13,6
Chia seeds 20g (2 Tbsps)	1 Tbsp (10g)	45
Parsley sprig 4g (1 tsp)	1 tsp (4g)	2
Cucumber 450g (2.51 items)	1 item (180g)	29
Cucumber in brine 420g (7 items)	1 item (60g)	7
Hazelnut 15g	1 Tbsp (10g)	62,8
Walnut 35g (1 portion, 1 Tbsp)	1 Tbsp (10g)	64,5
Red sweet pepper 430g (1.86 items)	1 item (231g)	74
Green sweet pepper 80g (0.57 item)	2 items (141g)	26
Pumpkin seeds 10g (1 Tbsp)	1 Tbsp (10g)	56
Parsley 50g (0.63 root)	1 root	28
Red tomato 1030g (6.06 whole)	1 item (170g)	23
Cherry tomatoes 450g (1 portion)	1 cup (200g)	30
Dried tomatoes in pickle 100g (5 items)	1 item (40g)	162
Leek 175g (3.5 pieces)	100g	61
Radish 50g (1 portion)	1 piece	2

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
Iceberg lettuce 320g (8 leaves)	1 leaf (15g)	2,4
Celeriac 50g (0.1 root)	1 slice (60g)	24
Celery 135g (3 stems)	1 stem (45g)	3
Linseed 20g (2 Tbsps)	1 tsp (4g)	18
One-day carrot-celery juice 450g (1.5 portions)	1 cup (200g)	54
One-day carrot juice 300g (1 portion)	1 cup (300g)	111
Tomato juice 300g (1 portion)	1 cup (300g)	60
Lemon juice 6g (1 Tbsp)	1 tsp (4g)	1
Dried cranberry 12g (1 Tbsp)	1 Tbsp (10g)	33,2
Frozen spinach 240g (1.09 cups)	1 cup (200g)	109
Frozen strawberry 100g	1 cup (150g)	60
Coconut shreds 23g (1 Tbsp)	1 tsp (4g)	27
Cod 300g (3 portions)	1 fillet (100g)	82
Cooked chicken breast 100g (1 portion)	1 fillet (100g)	151
Turkey breast 320g (0.8 item)	1 item (400g)	352
Chicken breast 650g (3.25 items)	1 item (250g)	302
Beef sirloin 200g (0.3 piece)	1 portion (170g)	223
Poultry ham 48g (1.71 slices)	1 portion (20g)	26
Ground cinnamon 2g (1 tsp)	1 tsp (4g)	10
Pomegranate 50g (0.18 items)	1 item	184
Hard/soft-boiled egg 300g (5 items)	1 item	78
Powdered cocoa, unsweetened 10g (1 Tbsp)	1 Tbsp (10g)	20
Ground ginger 2g (1 tsp)	1 tsp (4g)	14
Honey 5g	1 Tbsp (10g)	33
Rice milk 100g (0.42 cups)	1 cup (200g)	94
Coconut oil 24g (1.53 Tbsps, 1 tsp)	1 Tbsp (10g)	89
Canola oil 40g (3 tsps, 2.15 Tbsps)	1 Tbsp (10g)	88
Olive oil 58g (4.15 Tbsps, 1 tsp)	1 Tbsp (10g)	90
Button mushrooms 100g (5 items)	1 Tbsps (10g)	90
Cooked buckwheat groats 60g	1 item (20g)	3,2
Cooked millet groats 60g	1 cup (200g)	198
Cooked brown rice 60g	1 cup (200g)	220
Water 200g (0.83 cup)	1 cup (200g)	0

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DAY 1

Meal	Ingredients	Information
BREAKFAST 08:00 387 kcal	RYE BREAD 40g (1 slice)	104 kcal, protein 3.4 g, carbohydrate 19.3 g, fat 1.32 g
	OLIVE OIL 5 g, (0.38 Tbsp)	44.2 kcal, protein 0 g, carbohydrate 0 g, fat 5 g
	AVOCADO 140g (1 item)	224 kcal, protein 2.8 g, carbohydrate 11.9 g, fat 20.5 g
	CUCUMBER 100g (0.56 item)	15 kcal, protein 0.65 g, carbohydrate 3.63 g, fat 0.11 g

Meal	Ingredients	Information
BRUNCH 10:30 131 kcal	WALNUT 20g (1 portion)	131 kcal, protein 3.05 g, carbohydrate 2.74 g, fat 13 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 486 kcal	FISH WITH LEEKS	20 min 486 kcal, protein 55 g, carbohydrate 36 g, fat 13.6 g	Cod 300g (3 portions) Leek 175g (3.5 piece) Lemon 25g (0.31 items) Canola oil 8g (2 tsps) Dried tomatoes in pickle 40g (2 items)	Cut the leek into thin rings. Season them with salt and pepper and then stew for about 10 minutes in a teaspoon of canola oil, you can add some water after a few minutes. Take the leek out. In the other pan, fry a seasoned fish sprinkled with one-third of lemon (also in canola oil). After frying, arrange the fish on the plate onto the leeks. Serve with tomatoes.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 169 kcal	ONE-DAY CARROT JUICE 300g (1 portion)	111 kcal, protein 1.2 g, carbohydrate 26.1 g, fat 0.3 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 339 kcal	SALAD NICOISE	10 min 315 kcal, protein 19.5 g, carbohydrate 12.7 g, fat 18.3 g	Iceberg lettuce 120g (3 leaves) Green sweet pepper 80g (0.57 item) Red sweet pepper 80g (0.35 item) Cucumber 50g (0.28 item) Olive oil 5g (0.38 Tbsp) Hard/soft-boiled egg 120g (2 items) Poultry ham 28g (1 slice)	Chop everything and season it. Sprinkle with olive oil and with a pinch of salt, oregano, basil.



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DAY 2

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 377 kcal	OMELETTE	8 min 377 kcal, protein 21.6 g, carbohydrate 5.1 g, fat 26.1 g	Egg 180g (3 items) Coconut oil 10g (0.77 Tbsp) Red tomato 170g (1 whole)	Put the tomato slices on the omelette, season with salt and pepper.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DRUGIE BREAKFAST 10:30 167 kcal	PARSLEY SPRIG SALAD	5 min 167 kcal, protein 7.8 g, carbohydrate 34.9 g, fat 1.5 g	Apple 150g (0.82 medium) Lemon juice 6g (1 Tbsp) Parsley sprig 30 g	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 610 kcal	SALAD WITH CHICKEN AND POMEGRANATE	20 min 376 kcal, protein 36.9 g, carbohydrate 25.5 g, fat 14.2 g	Chicken breast 150g (0.75 item) Cherry tomatoes 250g Salad mix 80g Pomegranate 50g (0.18 item) Honey 5g Olive oil 10g (0.77 Tbsp)	Season chicken breast with Herbes de Provence, thyme, salt, pepper, cook for 15 minutes and slice. Cut tomatoes in half. Tear the lettuce leaves, and top them with chicken and tomatoes. Cut the pomegranate fruit across - drill the seeds from one half and squeeze the juice from the other. Mix the obtained pomegranate juice with honey and oil and pour over the salad.
	RYE BREAD 35g (0.88 slices)	90.6 kcal, protein 2.97 g, carbohydrate 16.9 g, fat 1.15 g		

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 231 kcal	TOMATO JUICE 300g (1 portion)	66 kcal, protein 1.8 g, carbohydrate 13.8 g, fat 0.3 g
	ALMONDS 15g (1 Tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g

Meal	Ingredients	Information
SUPPER 19:00 246 kcal	COTTAGE CHEESE 200g (1 packet)	144 kcal, protein 24.8 g, carbohydrate 5.44 g, fat 2.04 g
	CUCUMBER IN BRINE 300g (5 items)	36 kcal, protein 1.5 g, carbohydrate 7.23 g, fat 0.9 g
	OLIVE OIL 4g (1 tsp)	35.4 kcal, protein 0 g, carbohydrate 0 g, fat 4g
	RED SWEET PEPPER 100g (0.43 items)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g



DAY 3

Meal	Ingredients	Information
BREAKFAST 08:00 408 kcal	COOKED CHICKEN BREAST 100g (1 portion)	99 kcal, protein 21.5 g, carbohydrate 0 g, fat 1.3 g
	RADISH 50g (1 portion)	8 kcal, protein 0.34 g, carbohydrate 1.7 g, fat 0.05 g
	RED SWEET PEPPER 100g (0.43 item)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g
	ICEBERG LETTUCE 80g (2 leaves)	11.2 kcal, protein 0.72 g, carbohydrate 2.38 g, fat 0.11 g
	RYE BREAD 60g (1.5 slices)	155 kcal, protein 5.1 g, carbohydrate 29 g, fat 1.98 g

Meal	Ingredients	Information
BRUNCH 10:30 174 kcal	ALMONDS 30g (2 Tbsps)	174 kcal, protein 6.34 g, carbohydrate 6.46 g, fat 15 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 466 kcal	VEGETABLE STEW	20 min 466 kcal, protein 39.4 g, carbohydrate 31.9 g, fat 16.7 g	Zucchini 350g (0.58 item) Red sweet pepper 50g (0.22 item) Red tomato 150g (0.88 whole) Dill 4g (1 tsp) Parsley sprig 4g (1 tsp) Olive oil 13g (1 Tbsp) Cooked buckwheat groats 60g Chicken breast 150g (0.75 item)	Cook the following in a small amount of water: zucchini, red pepper and tomato. Add dill and parsley sprig, followed by black pepper, Herbes de Provence, savory, garlic, pour with olive oil. Serve with cooked groats and grilled chicken breast.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
AFTERNOON SNACK 16:00 167 kcal	CHOCOLATE PUDDING WITH CHIA	10 min 167 kcal, protein 5.1 g, carbohydrate 23.1 g, fat 7.3 g	Rice milk 100g (0.42 cups) Chia seeds 20g (2 Tbsps) Powdered cocoa, unsweetened 10g (1 Tbsp)	Add chia seeds and cocoa to the milk and mix. Leave for 15-20 minutes. Again stir. Cover with plastic wrap and put in the fridge overnight.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 311 kcal	CHICKEN BREAST BAKED IN THE OVEN	10 min 311 kcal, protein 23.3 g, carbohydrate 6.84 g, fat 20 g	Turkey breast 100g (0.25 item) Broccoli 114g (1 item) Olive oil 13g (1 Tbsp)	



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DAY 4

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 399 kcal	OATMEAL WITH COCONUT SHREDS	10 min 399 kcal, protein 10.6 g, carbohydrate 35.4 g, fat 24.3 g	Oat flakes 30g (3 Tbsps) Linseed 10g (1 Tbsp) Coconut shreds 13g (1 Tbsp) Hazelnut 15g Lactose-free milk 1.5% 100g	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 171 kcal	CINNAMON-GINGER COOKIES	10 min 171 kcal, protein 6.17 g, carbohydrate 16.6 g, fat 8.6 g	Buckwheat flour 10g Oat bran 7g (1 tsp) Coconut oil 5g (0.38 Tbsp) Dried cranberry 6g (0.5 Tbsp) Egg 30g (0.5 item) Ground ginger 1g (0.5 tsp) Ground cinnamon 1g (0.5 tsp)	Put all the ingredients in a bowl, mix. Form into balls and then flatten to form cookies. Bake at about 180°C for 20-25min.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 443 kcal	SALAD WITH BEEF	20 min 443 kcal, protein 49 g, carbohydrate 24.9 g, fat 14.4 g	Beef sirloin 200g (0.3 piece) Cucumber in brine 120g (2 items) Celery 135g (3 stems) Red sweet pepper 100g (0.43 item) Dried tomatoes in pickle 60g (3 items)	Stew the beef in meat own juice seasoned with salt, black pepper, red sweet pepper. Serve with cut vegetables.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 174 kcal	SOAKED ALMONDS 30g (2 Tbsps) Soak for at least 6 hours.	2 min 174 kcal, protein 6.3 g, carbohydrate 6.3 g, fat 14.7 g

Meal	Ingredients	Information
SUPPER 19:00 244 kcal	COTTAGE CHEESE 200g (1 packet)	144 kcal, protein 24.8 g, carbohydrate 5.44 g, fat 2.04 g
	RED TOMATO 340g (2 whole)	61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g
	RICE WAFER 10g (1 portion)	39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g



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DAY 5

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 325 kcal	SCRAMBLED EGGS	8 min 325 kcal, protein 26.8 g, carbohydrate 7.6 g, fat 17.4 g	Egg 180g (3 items) Button mushrooms 100g (5 items) Poultry ham 20g (0.71 slices) Red tomato 100g (0.59 whole)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 171 kcal	CINNAMON- GINGER COOKIES	10 min 171 kcal, protein 6.17 g, carbohydrate 16.6 g, fat 8.6 g	Buckwheat flour 10g Oat bran 7g (1 tsp) Coconut oil 5g (0.38 Tbsp) Dried cranberry 6g (0.5 Tbsp) Egg 30g (0.5 item) Ground ginger 1g (0.5 tsp) Ground cinnamon 1g (0.5 tsp)	Put all the ingredients in a bowl, mix. Form into balls and then flatten to form cookies. Bake at about 180°C for 20-25min.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 514 kcal	TURKEY BAKED IN FOIL	20 min 514 kcal, protein 46.2 g, carbohydrate 11.4 g, fat 28.4 g	Turkey breast 220g (0.55 items) Sauerkraut 284g (2 cups) Canola oil 13g (1 Tbsp)	Serve with sauerkraut sprinkled with oil.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
AFTERNOON SNACK 16:00 159 kcal	PARSLEY SPRIG COCKTAIL	10 min 159 kcal, protein 2.6 g, carbohydrate 37.5 g, fat 0.5 g	Apple 250g (1.37 medium) Parsley sprig 10g Water 200g (0.83 cups)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 326 kcal	BROCCOLI CREAM SOUP	20 min 245 kcal, protein 11.2 g, carbohydrate 35.1 g, fat 5.89 g	Broccoli 250g (2.19 item) Carrot 50g (0.63 items) Celeriac 50g (0.1 root) Parsley 50g (0.63 root) Natural yoghurt 25g Cooked millet groats 30g Pumpkin seeds 10g (1 Tbsp)	Cook the following in 0.3l of water: pieces of broccoli, carrot, celery, parsley. Add a bay leaf, allspice and pepper, chilli, basil, a pinch of salt. When the vegetables are soft, remove the bay leaves and blend with cooked millet groats. You can decorate with a natural yoghurt blob. Sprinkle with pumpkin seeds.



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DAY 6

Meal	Ingredients	Information
BREAKFAST 08:00 359 kcal	HARD/SOFT-BOILED EGG 120g (2 items)	167 kcal, protein 15 g, carbohydrate 0 g, fat 11.6 g
	RYE BREAD 35g (0.88 slices)	90.6 kcal, protein 2.97 g, carbohydrate 16.9 g, fat 1.15 g
	RED TOMATO 170g (1 whole)	30.6 kcal, protein 1.5 g, carbohydrate 6.61 g, fat 0.34 g
	OLIVE OIL 8g (0.63 Tbsps)	70.7 kcal, protein 0 g, carbohydrate 0 g, fat 8 g

Meal	Ingredients	Information
BRUNCH 10:30 130 kcal	ALMONDS 22.5g (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 13:00 529 kcal	CHICKEN CURRY	20 min 529 kcal, protein 49.7 g, carbohydrate 18.9 g, fat 23.8 g	Chicken breast 200g (1 portion) Natural yoghurt 50g Canola oil 15g (1.15 Tbsps) Cucumber 200g (1.11 items) Natural yoghurt 100g (0.4 cup) Dill 10g Cooked millet groats 30g	Marinade: 50g of natural yoghurt + curry, black pepper, pepper - stir and add chopped chicken (chicken can be pickled the day before). Marinated meat should be prepared in canola oil. Serve with cucumber and millet groats.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 122 kcal	SOK MARCHWIOWO-SELEROWY JEDNODNIOWY 450 g, (1.5 porcji)	122 kcal, protein 1.35 g, carbohydrate 37.8 g, fat 1.8 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 280 kcal	SALAD WITH BROWN RICE AND HOME-MADE MAYONNAISE SAUCE	15 min 280 kcal, protein 26.3 g, carbohydrate 20.6 g, fat 7.56 g	Cooked brown rice 30g Red tomato 100g, (0.59 whole) Cucumber 100g (0.56 items) Iceberg lettuce 120g, (3 leaves) Cottage cheese 150g (0.75 packet) Hard/soft-cooked egg 60g (1 item)	Chop a tomato, a cucumber, tear the lettuce (any amount). Season with salt and pepper, mix everything. Home-made mayonnaise sauce: cottage cheese + hot hard-boiled egg + pinch of salt (blend everything).



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DAY 7

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 324 kcal	OATMEAL WITH COCONUT SHREDS	10 min 324 kcal, protein 6.1 g, carbohydrate 28.4 g, fat 21.7 g	Oat flakes 25g (2.5 Tbsps) Linseed 10g (1 Tbsp) Coconut shreds 10g Avocado 65g (0.46 item)	Add a pinch of ginger and cinnamon. Pour over with boiling water, add chopped avocado.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 158 kcal	COCKTAIL WITH STRAWBERRIES	5 min 158 kcal, protein 9 g, carbohydrate 21 g, fat 0 g	Kefir 300g (1.2 cups) Frozen strawberry 100g	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 510 kcal	SPINACH RISOTTO	20 min 510 kcal, protein 54.4 g, carbohydrate 29 g, fat 15.6 g	Chicken breast 150g (0.75 item) Canola oil 4g (1 tsp) Frozen spinach 240g (1.09 cups) Onion 50g (0.48 item) Raw garlic 5g (1 clove) Egg 60g (1 item) Natural yoghurt 100g (0.4 cup) Cooked brown rice 30g	Dice onion and meat, press a garlic, put everything in the pan and fry. Then add spinach, season with salt, pepper, garlic and stew covered. Whisk an egg and add to the spinach. Mix everything with cooked rice, add yogurt.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 128 kcal	CHERRY TOMATOES 200g (1 portion)	30 kcal, protein 1.8 g, carbohydrate 7.2 g, fat 0.4 g
	WALNUT 15g (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
SUPPER 19:00 299 kcal	FRIED EGG IN OIL	8 min 260 kcal, protein 16.5 g, carbohydrate 8.35 g, fat 14.8 g	Egg 120g (2 items) Coconut oil 4g (1 tsp) Cauliflower 200g (0.23 item) Dill 5g (1.25 tsps)	Cook a cauliflower and sprinkle it with dill.
	RICE WAFER 10g (1 portion)	39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g		



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