

# Diet for 7 days

## For your DuoLife Cleansing Set

### ADDITIONAL NOTES:

Estimated amount of calories per day: 1700 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 CLEANSING 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 CLEANSING:

08:00 – 25 ml DuoLife Day before the meal and 2 capsules of DuoLife Medical Formula ProDeacid® NEW

08:30 – 2 capsules of DuoLife Medical Formula BorelissPro® 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® 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	
<b>FARIANCEOUS PRODUCTS</b>	<ul style="list-style-type: none"> <li>Rye bun 60 g (1.4 big bun)</li> <li>Wholemeal bread 170 g (2 portions, 1 slice)</li> <li>Rye bread 30 g (0.75 slice)</li> <li>Buckwheat groats 35 g (0.19 cups)</li> <li>Millet groats 30 g (3 Tbsps)</li> </ul>	<ul style="list-style-type: none"> <li>Oat bran 70 g (2 Tbsps)</li> <li>Oat flakes 110 g (11 Tbsps)</li> <li>Cooked barley groats 75 g (5 Tbsps)</li> <li>Rice wafer 30 g (3 portions)</li> </ul>
<b>DAIRY PRODUCTS</b>	<ul style="list-style-type: none"> <li>Egg 30 g (0.5 item)</li> <li>Kefir 60 g (0.24 cup)</li> </ul>	<ul style="list-style-type: none"> <li>Hard goat cheese 45 g (2.25 slices)</li> <li>Cottage cheese 80 g (0.4 packet)</li> </ul>
<b>VEGETABLES AND FRUITS</b>	<ul style="list-style-type: none"> <li>Pineapple 90 g (0.1 fruit)</li> <li>Avocado 240 g (1.71 items)</li> <li>Sweet potato 130 g</li> <li>Blueberry 100 g (0.77 cup)</li> <li>Cooked red beet 250 g (2.08 whole)</li> <li>Onion 155 g (1.48 items)</li> <li>Horseradish 20 g</li> <li>Zucchini 420 g (0.7 item)</li> <li>Lemon 20 g (0.25 item)</li> <li>Raw garlic 7.5 g (1.5 cloves)</li> <li>Green bean, green 450 g (4.5 handfuls)</li> <li>Green Bean, yellow 200 g (2 handfuls)</li> <li>Green pea 150 g (1.07 cups)</li> <li>Fresh ginger 10 g (1 piece)</li> <li>Apple 500 g (1.43 big)</li> <li>Dill 8 g (2 tsps)</li> <li>Raspberry 60 g (0.86 handful)</li> <li>Frozen raspberry 80 g (1.14 handful)</li> <li>Carrot 70 g (0.88 item)</li> <li>Almonds 105 g (7 Tbsps)</li> <li>Chia seeds 15 g (1.5 Tbsps)</li> </ul>	<ul style="list-style-type: none"> <li>Parsley sprig 20 g (5 tsps)</li> <li>Cucumber in brine 360 g (6 items)</li> <li>Walnut 120 g (8 Tbsps)</li> <li>Sweet red pepper 860 g (3.74 items)</li> <li>Pumpkin seeds 60 g (6 Tbsps)</li> <li>Orange 490 g (2.05 items)</li> <li>Red tomato 320 g (1.76 whole, 1 slice)</li> <li>Canned tomato 200 g (0.83 can)</li> <li>Cherry tomatoes 150 g</li> <li>Rocket 80 g (4 handfuls)</li> <li>Celery 60 g (0.12 items)</li> <li>Linseed 10 g (1 Tbsp)</li> <li>One-day carrot juice 300 g (1 portion)</li> <li>Tomato juice 600 g (2.6 cups)</li> <li>Lemon juice 14 g (1 Tbsp, 2.67 tsps)</li> <li>Dried plums 20 g (1 portion)</li> <li>Chives 5 g (1 Tbsp)</li> <li>Frozen strawberry 140 g</li> <li>Coconut shreds 56 g (1 tsps, 3.85 Tbsps)</li> <li>Vegetable brew 300 g</li> <li>Dried plump 55 g (4.5 portions)</li> </ul>
<b>MEAT AND FISH</b>	<ul style="list-style-type: none"> <li>Cod, fillet 450 g (4.5 items)</li> <li>Turkey breast 150 g (0.38 items)</li> <li>Trout 100 g</li> <li>Can of tuna [in own juice] 120 g (1 can)</li> </ul>	<ul style="list-style-type: none"> <li>Minced beef 150 g (1.5 portions)</li> <li>Atlantic salmon 180 g (0.9 fillet)</li> <li>Smoked salmon 50 g (1 portion)</li> </ul>
<b>OTHER</b>	<ul style="list-style-type: none"> <li>Grapefruit 200 g (1 portion)</li> <li>Canned coconut milk 470 g (3.5 portions)</li> <li>Rice milk 275 g (1.16 cups)</li> <li>Mustard 10 g (1 tsp)</li> <li>Coconut oil 23 g (1.77 Tbsps)</li> <li>Colza oil 20 g (1.54 Tbsps)</li> <li>Olive oil 87 g (5.92 Tbsps, 2.5 tsps)</li> </ul>	<ul style="list-style-type: none"> <li>Millet flakes 70 g (7 Tbsps)</li> <li>Dried basil 2 g (1 tsp)</li> <li>Cooked buckwheat groats 180 g</li> <li>Cooked millet groats 240 g (2 portions)</li> <li>Cooked quinoa 35 g</li> <li>Cooked brown rice 80 g</li> <li>Water 775 g (3.23 cups)</li> </ul>



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# CALORIE CONTENT OF THE PRODUCTS USED IN A DIET

Products	Amount	Calories
Rye bun 60 g (1.4 big bun)	1 item(70g)	203
Wholemeal bread 170 g (2 portions, 1 slice)	1 slice (40g)	84
Rye bread 30g (0.75 slice)	1 slice (40g)	104
Buckwheat groats 35 g (0.19 cup)	1 bag - 100g	356
Millet groats 30g (3 Tbsps)	1 Tbsp (10g)	33,4
Oat bran 70g (2 Tbsps)	1 Tbsp (10g)	35,8
Oat flakes 110g (11 Tbsps)	1 Tbsp (10g)	36,6
Cooked barley groats 75 g (5 Tbsps)	1 cup (200g)	218
Rice wafer 30 g (3 portions)	1 portion (10g)	39,2
Egg 30 g (0.5 item)	1 item	84
Kefir 60 g (0.24 cup)	1 cup (200g)	74
Hard goat cheese 45 g (2.25 slices)	1 slice	55
Cottage cheese 80 g (0.4 packet)	Tbsp (10g)	8
Pineapple 90 g (0.1 fruit)	1 portion (100g)	64
Avocado 240 g (1.71 items)	1 item (130g)	208
Sweet potato 130 g	1 item (100g)	76
Blueberry 100 g (0.77 cup)	1 cup (130g)	74
Cooked red beet 250 g (2.08 whole)	1 item (120g)	94
Onion 155 g (1.48 items)	1 item (105g)	42
Horseradish 20 g	1 Tbsp	10
Zucchini 420 g (0.7 item)	1 item (600g)	90
Lemon 20 g (0.25 item)	1 slice	4
Raw garlic 7.5 g (1.5 cloves)	1 clove (5g)	7,5
Green bean, green 450 g (4.5 handfuls)	1 handful (100g)	16
Green Bean, yellow 200 g (2 handfuls)	1 handful (100g)	24
Green pea 150 g (1.07 cups)	1 cup (200g)	160
Fresh ginger 10 g (1 piece)	1 tsp (4g)	14
Apple 500 g (1.43 big)	1 big	112
Dill 8 g (2 tsps)	1 tsp (4g)	1
Raspberry 60 g (0.86 handful)	100g	28
Frozen raspberry 80 g (1.14 handful)	100g	42
Carrot 70 g (0.88 item)	1 item (80g)	22
Almonds 105 g (7 Tbsps)	1 Tbsp (30g)	181
Chia seeds 15 g (1.5 Tbsps)	1 Tbsp (10g)	45
Parsley sprig 20 g (5 tsps)	1 tsp (4g)	2
Cucumber in brine 360 g (6 items)	1 item (60g)	7
Walnut 120 g (8 Tbsps)	1 Tbsp (10g)	64,5
Sweet red pepper 860 g (3.74 items)	1 item (231g)	74

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
Pumpkin seeds 60g (6 Tbsps)	1 Tbsp (10g)	56
Orange 490 g (2.05 items)	1 item (239g)	107,5
Red tomato 320 g (1.76 whole, 1 slice)	1 item (170g)	23
Canned tomato 200 g (0.83 can)	1 can (200g)	56
Cherry tomatoes 150 g	1 cup (200g)	30
Rocket 80 g (4 handfuls)	1 handful (20g)	5
Celery 60 g (0.12 item)	1 stem (45g)	3
Linseed 10 g (1 Tbsp)	1 tsp (4g)	18
One-day carrot juice 300 g (1 portion)	1 cup (300g)	111
Tomato juice 600 g (2.6 cups)	1 cup (300g)	60
Lemon juice 14 g (1 Tbsp, 2.67 tsps)	1 tsp (4g)	1
Dried plums 20 g (1 portion)	1 item	21
Chives 5 g (1 Tbsp)	1 tsp (4g)	1
Frozen strawberry 140 g	1 cup (150g)	60
Coconut shreds 56 g (1 tsp, 3.85 Tbsps)	1 tsp (4g)	27
Vegetable stock 300 g		
Dried plum 55 g (4.5 portions)	1 item	21
Cod, fillet 450 g (4.5 items)	1 fillet (100g)	82
Turkey breast 150 g (0.38 items)	1 item (400g)	352
Trout 100 g	1 fillet (150g)	174
Can of tuna [in own juice] 120 g (1 can)	100g	103
Minced beef 150g (1.5 portions)	100g	170
Atlantic salmon 180 g (0.9 fillet)	1 fillet (200g)	284
Smoked salmon 50 g (1 portion)	1 fillet (28g)	45
Grapefruit 200 g (1 portion)	1 item (262g)	110
Canned coconut milk 470 g (3.5 portions)	1 cup (200g)	258
Rice milk 275 g (1.16 cups)	1 cup(200g)	94
Mustard 10 g (1 tsp)	1 Tbsp (10g)	18
Coconut oil 23 g (1.77 Tbsp)	1 Tbsp (10g)	89
Colza oil 20 g (1.54 Tbsp)	1 Tbsp (10g)	88
Olive oil 87 g (5.92 Tbsps, 2.5 tsps)	1 Tbsp (10g)	90
Millet flakes 70 g (7 Tbsps)	1 Tbsp (10g)	36
Dried basil 2 g (1 tsp)	1 tsp (4g)	10
Cooked buckwheat groats 180 g	1 cup (200g)	208
Cooked millet groats 240 g (2 portions)	1 cup (200g)	198
Cooked quinoa 35 g	1 cup (200g)	240
Cooked brown rice 80 g	1 cup (200g)	220
Water 775 g (3.23 cups)	1 cup (200g)	0

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# DAY 1

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BREAKFAST</b> 08:00 392 kcal	OATMEAL WITH COCONUT SHREDS	10 min   392 kcal, protein 10.2 g, carbohydrate 32.3 g, fat 24.8 g	Oat flakes 20 g, (2 Tbsps) Oat bran 30 g Coconut shreds 6 g, (1 tsp) Walnut 10 g, (0.67 Tbsp) Canned coconut milk 50 g Water 100g, (0.42 cup)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BRUNCH 10:30</b> 214 kcal	COCKTAIL	10 min   214 kcal, protein 5.68 g, carbohydrate 40.6 g, fat 1.94 g	Orange 250 g, (1.05 items) Parsley sprig 16 g, (4 tsps) Oat bran 20 g Water 250 g, (1.04 cups)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>DINNER 13:00</b> 571 kcal	SALAD WITH TUNA AND AVOCADO	15 min   571 kcal, protein 29.7 g, carbohydrate 46.4 g, fat 30.6 g	Avocado 140 g, (1 item) Can of tuna [in own juice] 120 g, (1 can) Cherry tomatoes 150 g Cucumber in brine 180 g, (3 items) Chives 5 g, (1 Tbsp) Parsley sprig 4 g, (1 tsp) Lemon juice 6 g, (1 Tbsp) Cooked brown rice 80 g Olive oil 10 g, (0.77 Tbsp)	Peel avocado and remove the seed, and then dice. Put it into a bowl, sprinkle with lemon juice. Add tuna, which was drained from its sauce, and add tomatoes and cucumbers that were cut into quarters. Cut parsley sprig and chives and add to the salad. Mix everything with olive oil. Season with salt and pepper. Serve with cooked rice.

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 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
<b>SUPPER 19:00</b> 357 kcal	RICE WAFER 30 g, (3 portions)	118 kcal, protein 2.13 g, carbohydrate 24.3 g, fat 1.29 g
	ROCKET 20 g, (1 handful)	5 kcal, protein 0.52 g, carbohydrate 0.73 g, fat 0.13 g
	SWEET RED PEPPER 100 g, (0.43 items)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g
	HARD GOAT CHEESE 45 g, (2.25 slices)	203 kcal, protein 14 g, carbohydrate 0.9 g, fat 16.2 g



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# DAY 2

Meal	Ingredients	Information
<b>BREAKFAST</b> 08:00 398 kcal	OAT BRAN 40 g, (4 Tbsps)	158 kcal, protein 4.4 g, carbohydrate 29.4 g, fat 2.54 g
	LINSEED 10 g, (1 Tbsp)	53.4 kcal, protein 1.83 g, carbohydrate 2.89 g, fat 4.22 g
	ALMONDS 15 g, (1 Tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g
	FROZEN RASPBERRY 80 g, (1.14 handfuls)	41.6 kcal, protein 0.96 g, carbohydrate 9.55 g, fat 0.52 g
	RICE MILK 125 g, (0.53 cups)	58.8 kcal, protein 0.35 g, carbohydrate 11.5 g, fat 1.21 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BRUNCH 10:30</b> 209 kcal	CHIA AND BLUEBERRY PUDDING	10 min   209 kcal, protein 3.2 g, carbohydrate 21.4 g, fat 13 g	Chia seeds 15 g, (1.5 Tbsps) Blueberry 100 g, (0.77 cups) Canned coconut milk 40 g Water 100g, (0.42 cups)	Pour water over Chia seeds and leave for about 24h. After this time, add blueberries (can be frozen), water and milk. Blend.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>DINNER 13:00</b> 581 kcal	SALMON FILLET BAKED IN FOIL WITH VEGETABLES	15 min   581 kcal, protein 40.3 g, carbohydrate 17.5 g, fat 36.8 g	Atlantic salmon 180 g, (0.9 fillet) Zucchini 300 g, (0.5 item) Dill 4 g, (1 tsp) Cooked buckwheat groats 40 g Olive oil 13 g, (1 Tbsp)	Serve with cooked buckwheat groats

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 16:00 187 kcal	TOMATO JUICE 300 g, (1.3 cups)	66 kcal, protein 1.8 g, carbohydrate 13.8 g, fat 0.3 g
	DRIED PLUMS 20 g, (1 portion)	22.6 kcal, protein 0.25 g, carbohydrate 5.94 g, fat 0.05 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
<b>SUPPER 19:00</b> 345 kcal	GREEN BEAN CURRY	15 min   345 kcal, protein 4.29 g, carbohydrate 43 g, fat 13.6 g	Raw garlic 2.5 g, (0.5 clove) Fresh Ginger 10 g, (1 piece) Green bean, green 250 g, (2.5 handfuls) Rice milk 150 g, (0.63 cups) Red tomato 150 g, (0.88 whole) Coconut oil 13 g, (1 Tbsp) Cooked quinoa 35 g	Chop all the masala ingredients and mix them (half a clove of garlic, grated ginger, salt). Put cumin, nutmeg and masala onto the pan with oil. Add bean, followed by milk. Stew for 15 min. Add chopped tomatoes. You can season with pepper and parsley sprig. Serve with cooked rice quinoa.



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# DAY 3

Meal	Ingredients	Information
<b>BREAKFAST</b> 08:00 266 kcal	MILLET GROATS 30 g, (3 Tbsps)	113 kcal, protein 3.31 g, carbohydrate 21.9 g, fat 1.27 g
	OAT FLAKES 20 g, (2 Tbsps)	72.2 kcal, protein 2 g, carbohydrate 13.8 g, fat 0.8 g
	COCONUT SHREDS 10 g, (0.77 Tbsps)	68.4 kcal, protein 0.53 g, carbohydrate 2.15 g, fat 6.91 g
	DRIED PLUM 10 g, (1 portion)	12.4 kcal, protein 0.11 g, carbohydrate 3.29 g, fat 0.02 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BRUNCH</b> 10:30 215 kcal	OAT COOKIES	10 min   215 kcal, protein 5.6 g, carbohydrate 38 g, fat 3.9 g	Apple 180g Oat bran 20 g, (2 Tbsps) Egg 30 g, (0.5 items)	Grate a medium-size apple to get 180g of mousse – stew it in a pot. Add cinnamon, if you like. Crack an egg into a cool mousse, then add oatmeal and mix everything. Next, form pieces of the mixture into walnut sized balls, then flatten them slightly. Bake the cookies at 180°C for about 10-12 minutes, until they turn light brown.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>DINNER 13:00</b> 558 kcal	FISH IN KEFIR AND HORSE RADISH	20 min   362 kcal, protein 32.6 g, carbohydrate 32.5 g, fat 9.08 g	Trout 100 g Kefir 60 g, (0.24 cups) Lemon juice 5 g, (1.67 tsps) Horseradish 20 g Cooked buckwheat groats 120 g Cucumber in brine 120 g, (2 items)	Gut a trout and slice it (in such a way as to leave 100 g of meat). Season kefir with salt, pepper, thyme. Put the meat in a bowl, pour it over with kefir and put into the fridge for an hour or two. Then drain the fish and coat in spices. Fry. Mix the horseradish with lemon juice and pour it over the fish and bake for 30 minutes at 180°C. Serve with cooked buckwheat groats and cucumbers.
	WALNUT 30 g, (2 Tbsps)	196 kcal, protein 4.57 g, carbohydrate 4.11 g, fat 19.6 g		

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 16:00 151 kcal	GRAPEFRUIT 200 g, (1 portion)	64 kcal, protein 1.26 g, carbohydrate 16.2 g, fat 0.2 g
	ALMONDS 15 g, (1 Tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g

Meal	Ingredients	Information
<b>SUPPER 19:00</b> 328 kcal	WHOLEMEAL BREAD 35 g, (1 portion)	80.5 kcal, protein 2.06 g, carbohydrate 17.9 g, fat 0.45 g
	COTTAGE CHEESE 80 g, (0.4 packet)	57.6 kcal, protein 9.91 g, carbohydrate 2.18 g, fat 0.82 g
	SWEET RED PEPPER 110 g, (0.48 items)	34.1 kcal, protein 1.09 g, carbohydrate 6.63 g, fat 0.33 g
	PUMPKIN SEEDS 20 g, (2 Tbsps)	112 kcal, protein 6.05 g, carbohydrate 2.14 g, fat 9.81 g
	OLIVE OIL 5 g, (1.25 tsps)	44.2 kcal, protein 0 g, carbohydrate 0 g, fat 5g



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# DAY 4

Meal	Ingredients	Information
<b>BREAKFAST</b> 08:00 419 kcal	OAT FLAKES 30 g, (3 Tbsps)	118 kcal, protein 3.3 g, carbohydrate 22 g, fat 1.91 g
	OAT BRAN 20 g, (2 Tbsps)	72.2 kcal, protein 3.6 g, carbohydrate 9.12 g, fat 1.54 g
	RASPBERRY 60 g, (0.86 handful)	31.2 kcal, protein 0.72 g, carbohydrate 7.16 g, fat 0.39 g
	CANNED COCONUT MILK 100 g, (1 portion)	197 kcal, protein 2 g, carbohydrate 2.8 g, fat 21.3 g

Meal	Ingredients	Information
<b>BRUNCH</b> 10:30 198 kcal	ONE-DAY CARROT JUICE 300 g, (1 portion)	111 kcal, protein 1.2 g, carbohydrate 26.1 g, fat 0.3 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
<b>DINNER 13:00</b> 552 kcal	BEEF HAMBURGER	20 min   552 kcal, protein 35.2 g, carbohydrate 34.7 g, fat 28.6 g	Minced beef 150 g, (1.5 portions) Rocket 20 g, (1 handful) Cucumber in brine 60 g, (1 item) Red tomato 20 g, (1 slice) Mustard 10 g, (1 tsp) Rye bun 60 g, (1.4 big bun)	Toast a rye bun on the grill pan a bit. Sprinkle beef with salt and pepper and fry it in oil. Arrange rocket, slices of cucumbers, a slice of tomato and beef in a bun. Coat with mustard and pin with a toothpick through the middle to hold everything in place.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>AFTERNOON SNACK 16:00</b> 207 kcal	COCKTAIL	5 min   207 kcal, protein 1.6 g, carbohydrate 14.8 g, fat 17 g	Canned coconut milk 80 g Frozen strawberry 140 g Water 200 g, (0.83 cups)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>SUPPER 19:00</b> 334 kcal	VEGETABLE STEW	10 min   334 kcal, protein 10.8 g, carbohydrate 39.3 g, fat 15.5 g	Canned tomato 200 g, (0.83 can) Cooked millet groats 80 g Pumpkin seeds 20 g, (2 Tbsps) Dried basil 2 g, (1 tsp) Green bean, yellow 200 g, (2 handfuls) Olive oil 5 g, (1.25 tsps)	Cook the bean. Roast the pumpkin seeds a bit. Mix with the rest of the ingredients.



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# DAY 5

Meal	Ingredients	Information
<b>BREAKFAST</b> 08:00 396 kcal	MILLET FLAKES 20 g, (2 Tbsps)	72.2 kcal, protein 2 g, carbohydrate 13.8 g, fat 0.8 g
	COCONUT SHREDS 10 g, (0.77 Tbsps)	68.4 kcal, protein 0.53 g, carbohydrate 2.15 g, fat 6.91 g
	DRIED PLUM 15 g, (1.5 portions)	18.6 kcal, protein 0.16 g, carbohydrate 4.93 g, fat 0.03 g
	COOKED MILLET GROATS 40 g, (1 portion)	39.6 kcal, protein 1.2 g, carbohydrate 8.2 g, fat 0.32 g
	CANNED COCONUT MILK 100 g, (1 portion)	197 kcal, protein 2 g, carbohydrate 2.8 g, fat 21.3 g

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

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>DINNER 13:00</b> 565 kcal	LOW-FAT FISH IN ORANGE SAUCE	20 min   565 kcal, protein 49.9 g, carbohydrate 52.3 g, fat 13.5 g	Cod, fillet 250 g, (2.5 items) Raw garlic 2.5 g, (0.5 clove) Orange 240 g, (1 item) Olive oil 13 g, (1 Tbsp) Cooked red beet 250 g, (2.08 whole) Cooked buckwheat groats 60 g	Season the fillet and sprinkle with chopped parsley sprig, pepper, salt, herbes de Provence. Put the fish in a casserole, pour it with orange juice (juice obtained from 120g oranges) and top with orange pieces (120g). Pour with olive oil and bake at 180°C for about 30 minutes. Serve with cooked beetroot and buckwheat groats.

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 16:00 160 kcal	WALNUT 20 g, (1.33 Tbsps)	131 kcal, protein 3.05 g, carbohydrate 2.74 g, fat 13 g
	CARROT 70 g, (0.88 item)	28.7 kcal, protein 0.65 g, carbohydrate 6.71 g, fat 0.17 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>SUPPER 19:00</b> 364 kcal	SWEET POTATO SALAD	10 min   295 kcal, protein 2.45 g, carbohydrate 45.5 g, fat 10 g	Sweet potato 130 g Sweet red pepper 110 g, (0.48 item) Rocket 40 g, (2 handfuls) Raw garlic 2.5 g, (0.5 clove) Olive oil 10 g, (0.77 Tbsp) Lemon 20 g, (0.25 item)	Peel a sweet potato, dice it, pour it with olive oil, squeezed lemon juice, sprinkle with salt and pepper. Then rub over with a clove of garlic and bake at 180°C for 20 minutes (bake earlier with the fish). Mix with vegetables.
	WALNUT 30 g, (2 Tbsps)	196 kcal, protein 4.57 g, carbohydrate 4.11 g, fat 19.6 g		



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# DAY 6

Meal	Ingredients	Information
BREAKFAST 08:00 433 kcal	RYE BREAD 105 g, (1 portion)	242 kcal, protein 6.2 g, carbohydrate 53.8 g, fat 1.37 g
	AVOCADO 100 g, (0.71 item)	160 kcal, protein 2 g, carbohydrate 8.53 g, fat 14.7 g
	SWEET RED PEPPER 100 g, (0.43 item)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 192 kcal	CLEANSING-SLIMMING COCKTAIL	5 min   192 kcal, protein 1 g, carbohydrate 17.1 g, fat 13.8 g	Pineapple 90 g, (0.1 fruit) Celery 60 g, (0.12 item) Coconut shreds 20 f, (1.54 Tbsps) Water 125 g, (0.52 cups)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 557 kcal	COD BAKED IN FOIL	20 min   557 kcal, protein 35.6 g, carbohydrate 34.7 g, fat 26 g	Cod, fillet 200 g, (2 items) Dill 4 g, (1 tsp) Lemon juice 3 g, (1 tsp) Cooked barley groats 75 g, (5 Tbsps) Sweet red pepper 220 g, (0.96 item) Olive oil 26 g, (2 Tbsps)	Sprinkle the cod, which was steamed / baked in foil, with lemon juice and dill. Serve with cooked barley and paprika poured with olive oil.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 110 kcal	ALMONDS 30 g, (2 Tbsps)	174 kcal, protein 6.34 g, carbohydrate 6.46 g, fat 15 g
	DRIED PLUM 20 g, (1 portion)	24.8 kcal, protein 0.22 g, carbohydrate 6.58 g, fat 0.04 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 351 kcal	GREEN PEAS CREAM	15 min   351 kcal, protein 13.7 g, carbohydrate 38 g, fat 15.9 g	Green peas 150 g, (1.07 cups) Onion 50 g, (0.48 item) Vegetable brew 300 g Colza oil 10 g, (0.77 Tbsp) Cooked millet groats 50 g Pumpkin seeds 10 g, (1 Tbsp)	Fry chopped onion and peas in a spoon of rapeseed oil. Add the stock, cook until the peas are tender. Blend the soup with cooked buckwheat. Season with salt and pepper. Sprinkle with pumpkin seeds.



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# DAY 7

Meal	Ingredients	Information
<b>BREAKFAST</b> 08:00 416 kcal	MILLET FLAKES 30 g, (3 Tbsps)	108 kcal, protein 3 g, carbohydrate 20.7 g, fat 1.2 g
	COCONUT SHREDS 10 g, (0.77 Tbsp)	68.4 kcal, protein 0.53 g, carbohydrate 2.15 g, fat 6.91 g
	DRIED PLUM 10 g, (1 portion)	12.4 kcal, protein 0.11 g, carbohydrate 3.29 g, fat 0.02 g
	COOKED MILLET GROATS 30 g, (1 portion)	29.7 kcal, protein 0.9 g, carbohydrate 6.15 g, fat 0.24 g
	CANNED COCONUT MILK 100 g, (1.5 portions)	197 kcal, protein 2 g, carbohydrate 2.8 g, fat 21.3 g

Meal	Ingredients	Information
<b>BRUNCH</b> 10:30 166 kcal	APPLE 320 g, (1.43 big)	166 kcal, protein 0.83 g, carbohydrate 44.2 g, fat 0.54 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>DINNER 13:00</b> 570 kcal	KASHOTTO WITH ZUCCHINI AND TURKEY	15 min   570 kcal, protein 40.3 g, carbohydrate 49.9 g, fat 21.5 g	Colza oil 10 g, (0.77 Tbsp) Buckwheat groats 35 g, (0.19 cup) Onion 105 g, (1 item) Turkey breast 150 g, (0.38 item) Green bean, green 200 g, (2 handfuls) Zucchini 120 g, (0.2 items)	Cook the groats. Put the buckwheat groats onto a large pan, add 1 teaspoon of coconut oil and fry for a while. Finely dice an onion, add it to the pan and glaze, stirring occasionally for about 5 minutes. In the meantime, add dried oregano, salt and pepper. Move the ingredients to the side of the pan, pour 1 tsp of coconut oil onto the empty space, put the ground meat. Cover and cook for 20 minutes. Dice zucchini. Add beans and zucchini to the pan, mix and put the lid back. Cook for about 7 minutes with the lid on, stirring from time to time.

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 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
<b>SUPPER 19:00</b> 313 kcal	SMOKED SALMON 50 g, (1 portion)	88.5 kcal, protein 8.18 g, carbohydrate 0 g, fat 5.95 g
	RED TOMATO 150 g, (0.88 whole)	27 kcal, protein 1.32 g, carbohydrate 5.83 g, fat 0.3 g
	SWEET RED PEPPER 220 g, (0.96 item)	68.2 kcal, protein 2.18 g, carbohydrate 13.3 g, fat 0.66 g
	PUMPKIN SEEDS 10 g, (1 Tbsp)	55.9 kcal, protein 3.02 g, carbohydrate 1.07 g, fat 4.91 g
	OLIVE OIL 5 g, (0.38 Tbsp)	44.2 kcal, protein 0 g, carbohydrate 0 g, fat 5 g
	RYE BREAD 30 g, (0.75 slice)	77.7 kcal, protein 2.55 g, carbohydrate 14.5 g, fat 0.99 g



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