

Diet for 7 days

For your DuoLife Immunity 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 IMMUNITY SET and shall not be perceived as medical advice for any person following it.

It is recommended to follow the diet for at least 2 months.

PREPARED BY:

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BIOLOGICAL CLOCK IMMUNITY:

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

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	
FARIANCEOUS PRODUCTS	Coconut flour 20 g (1.54 Tbsps) Hemp flour 20 g (1.66 Tbsps) Acorn flour 20 g (0.14 cup)	Oat bran 45 g (1 portion) Oat flakes 60 g (6 Tbsps) Rice wafer 90 g (4 slices, 2 portions)
DAIRY PRODUCTS	Egg 600 g (10 items) Natural yoghurt 100 g (0.4 cup) Buttermilk 50 g (0.21 cup)	Hard goat cheese 20 g (1 slice) Mozzarella cheese 130 g (1.04 ball) Low-fat curd cheese 10 g (0.05 packet)
VEGETABLES AND FRUITS	Avocado 280 g (2 items) Onion 90 g (0.86 items) Zucchini 500 g (0.83 items) Raw garlic 5 g (1 clove) Dates 5 g (1 item) Green bean 55 g (0.3 cups) Green bean, green 250 g (2.5 handfuls) Fresh ginger 10 g (1 piece) Apple 793 g (2.35 big, 0.99 medium, 0.6 small) Cauliflower 150 g (0.17 items) Kiwi 365 g (2 portions) Tomato concentrate 25 g (1 Tbsp) Dill 12 g (3 tsps) Corn 100 g (0.56 cob) Carrot 730 g (7.38 items, 1 portion) Almonds 55 g (3.67 Tbsps) Salad mix 220 g (2 portions) China frozen mix 200 g Parsley sprig 24 g (6 tsps)	Cucumber 300 g (1.67 items) Walnut 57.5 g (3.83 Tbsps) Sweet red pepper 720 g (3.12 items) Pumpkin seeds 50 g (4 Tbsps, 0.07 cup) Parsley sprig 80 g (1 root) Orange 360 g (0.67 item, 5 slices) Red tomato 1430 g (8.4 whole) Dried tomatoes in pickle 40 g (2 items) Rocket 30 g (1.5 handfuls) Iceberg lettuce 40 g (1 leaf) Celeriac 60 g (1 slice) Linseed 10 g (1 Tbsp) One-day carrot juice 200 g (1 portion) Lemon juice 12 g (2 Tbsps) One-day red beetroot juice 200 g (0.67 portion) Chives 5 g (1 Tbsp) Frozen spinach 200 g Coconut shreds 12 g (2 tsps)
MEAT AND FISH	Pork belly 10 g (1 slice) Cod, fillet 200 g (2 items) Cooked shrimp 120 g Turkey breast 430 g (1.07 items) Chicken breast 380 g (1.9 items)	Turkey tenderloin 150 g (0.75 portion) Beef sirloin 250 g (0.37 piece) Poultry ham 28 g (1 slice) Smoked salmon 140 g
OTHER	Canned chickpeas 150 g (0.88 cups) Ground cinnamon (1 pinch) Nigella 5 g (1 tsp) Grapefruit 240 g (0.92 item) Hard-boiled/soft-boiled egg 120 g (2 items) Canned coconut milk 50 g Almond milk 150 g (0.6 cups) Balsamic vinegar 5 g (1.67 tsps) Coconut oil 28 g (0.76 Tbsps, 4.5 tsps) Colza oil 4 g (1 tsp) Sesame oil 4 g (1 tsp)	Olive oil 104 g (1 tsp, 6.92 Tbsps) Button mushroom 160 g (8 items) Sesame 25 g (0.1 cup) Dried basil 4 g (2 tsps) Cooked buckwheat groats 30 g Cooked millet groats 75 g Cooked quinoa 80 g Cooked brown rice 45 g Water 720 g (3 cups) Powdered gelatine 4 g (1 tsp)



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CALORIE CONTENT OF THE PRODUCTS USED IN A DIET

Products	Amount	Calories
Coconut flour 20 g (1.54 Tbsps)	1 Tbsp (10g)	35,9
Hemp flour 20 g (1.66 Tbsps)	1 Tbsp (10g)	32
Acorn flour 20 g (0.14 cup)		
Oat bran 45 g (1 portion)	1 Tbsp (10g)	35,8
Oat flakes 60 g (6 Tbsps)	1 Tbsp (10g)	36,6
Rice wafer 90 g (4 slices, 2 portions)	1 portion (10g)	39,2
Egg 600 g (10 items)	1 item	78
Natural yoghurt 100 g (0.4 cup)	1 cup (200g)	82
Buttermilk 50 g (0.21 cup)	1 cup (200g)	84
Hard goat cheese 20 g (1 slice)	1 slice	55
Mozzarella cheese 130 g (1.04 ball)	100 g	255
Low-fat curd cheese 10 g (0.05 packet)	1 packet (200g)	178
Avocado 280 g (2 items)	1 item (130g)	208
Onion 90 g (0.86 item)	1 item (105g)	42
Zucchini 500 g (0.83 item)	1 item (600g)	90
Raw garlic 5 g (1 clove)	1 clove (5g)	7,5
Dates 5 g (1 item)	1 item (5g)	15
Green bean 55 g (0.3 cup)	1 cup (200g)	56
Green bean, green 250 g (2.5 handfuls)	1 handful (100g)	16
Fresh ginger 10 g (1 piece)	1 tsp (4g)	14
Apple 793 g (2.35 big, 0.99 medium, 0.6 small)	1 big	112
Cauliflower 150 g (0.17 items)	1 item (870g)	174
Kiwi 365 g (2 portions)	1 item (69g)	41
Tomato concentrate 25 g (1 Tbsp)	1 Tbsp(10g)	11
Dill 12 g (3 tsps)	1 tsp (4g)	1
Corn 100 g (0.56 cob)	cob	169
Carrot 730 g (7.38 items, 1 portion)	1 item (80g)	22
Almonds 55 g (3.67 Tbsps)	1 Tbsp (30g)	181
Salad mix 220 g (2 portions)	80g	13,6
Iced Chinese mixture 200 g	200g	72
Parsley sprig 24 g (6 tsps)	1 tsp (4g)	2
Cucumber 300 g (1.67 items)	1 item (180g)	29
Walnut 57.5 g (3.83 Tbsps)	1 Tbsp (10g)	64,5
Sweet red pepper 720 g (3.12 items)	1 item (231g)	74
Pumpkin seeds 50 g (4 Tbsps, 0.07 cup)	1 Tbsp (10g)	56
Parsley 80 g (1 root)	1 root	28
Orange 360 g (0.67 items, 5 slices)	1 item (239g)	107,5

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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CALORIE CONTENT OF THE PRODUCTS USED IN A DIET

Products	Amount	Calories
Red tomato 1430 g (8.4 whole)	1 item (170g)	23
Dried tomatoes in pickle 40 g (2 items)	1 item (40g)	162
Rocket 30 g (1.5 handfuls)	1 handful (20g)	5
Iceberg lettuce 40 g (1 leaf)	1 leaf (15g)	2,4
Celeriac 60 g (1 slice)	1 slice (60g)	24
Linseed 10 g (1 Tbsp)	1 tsp (4g)	18
One-day carrot juice 200 g (1 portion)	1 cup (300g)	111
Lemon juice 12 g (2 Tbsps)	1 tsp (4g)	1
One-day red beetroot juice 200 g (0.67 portions)	1 cup (200g)	54
Chives 5 g (1 Tbsp)	1 tsp (4g)	1
Frozen spinach 200 g	1 cup (200g)	109
Coconut shreds 12 g (2 tsps)	1 tsp (4g)	27
Pork belly 10 g (1 slice)	1 slice (10g)	30
Cod, fillet 200 g (2 items)	1 fillet (100g)	82
Cooked shrimp 120 g	100g	99
Turkey breast 430 g (1.07 items)	1 item (400g)	352
Chicken breast 380 g (1.9 items)	1 item (250g)	302
Turkey tenderloin 150 g (0.75 portion)	100g	84
Beef sirloin 250 g (0.37 piece)	1 portion (170g)	223
Poultry ham 28 g (1 slice)	1 portion (20g)	26
Smoked salmon 140 g	1 fillet (28g)	45
Canned chickpeas 150 g (0.88 cup)	1 cup (200g)	144
Ground cinnamon (1 pinch)	1 tsp (4g)	10
Nigella 5 g (1 tsp)	1 Tbsp (10g)	29
Grapefruit 240 g (0.92 item)	1 item (262g)	110
Hard-boiled/soft-boiled egg 120 g (2 items)	1 item	78
Canned coconut milk 50 g	1 cup (200g)	258
Almond milk 150 g (0.6 cup)	1 cup (200g)	48
Balsamic vinegar 5 g (1.67 tsps)	1 Tbsp (10g)	10
Coconut oil 28 g (0.76 Tbsps, 4.5 tsps)	1 Tbsp (10g)	89
Colza oil 4 g (1 tsp)	1 Tbsp (10g)	88
Sesame oil 4 g (1 tsp)	1 Tbsp (10g)	88
Olive oil 104 g (1 tsp, 6.92 Tbsps)	1 Tbsp (10g)	90
Button mushroom 160 g (8 items)	1 Tbsp (10g)	90
Sesame 25 g (0.1 cup)	1 Tbsp (10g)	66
Dried basil 4 g (2 tsps)	1 tsp (4g)	10
Cooked buckwheat groats 30 g	1 cup (200g)	208
Cooked millet groats 75 g	1 cup (200g)	198
Cooked quinoa 80 g	1 cup (200g)	240
Cooked brown rice 45 g	1 cup (200g)	220
Water 720 g (3 cups)	1 cup (200g)	0
Powdered gelatine 4 g (1 tsp)		

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	Ingredients	Information
BREAKFAST 08:00 376 kcal	OAT FLAKES 20g, (2 Tbsps)	78.8 kcal, protein 2.2 g, carbohydrate 14.7 g, fat 1.27 g
	OAT BRAN 20 g, (1 portion)	72.2 kcal, protein 3.6 g, carbohydrate 9.12 g, fat 1.54 g
	LINSEED 10 g, (1 Tbsp)	53.4 kcal, protein 1.83 g, carbohydrate 2.89 g, fat 4.22 g
	PUMPKIN SEEDS 10 g, (1 Tbsp)	55.9 kcal, protein 3.02 g, carbohydrate 1.07 g, fat 4.91 g
	APPLE 223 g, (1 big)	116 kcal, protein 0.58 g, carbohydrate 30.8 g, fat 0.38 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 197 kcal	CHEESE TART	10 min 197 kcal, protein 5.1 g, carbohydrate 19.7 g, fat 11.1 g	Acorn flour 20 g (0.14 cups) Oat bran 5 g Water 20 g, (0.08 cup) Olive oil 4 g, (1 tsp) Low-fat curd cheese 10 g, (0.05 packet) Buttermilk 50 g (0.21 cups) Dates 5 g, (1 item) Ground cinnamon 0 g, (1 pinch)	Combine the pastry ingredients. After 10 minutes, spread it in a mold and put in the oven. Meanwhile, mix the ingredients to obtain filling (cottage cheese, buttermilk, dates, cinnamon). When the pastry is ready [baked], cover it with filling. Put it back into the oven for 20 minutes.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 524 kcal	TOMATO CHOPS	20 min 486 kcal, protein 55 g, carbohydrate 36 g, fat 13.6 g	Turkey tenderloin 150 g (0.75 portion) Egg 60 g, (1 item) Onion 40 g, (0.38 item) Olive oil 20 g, (1.54 Tbsps) Red tomato 120 g, (0.71 whole) Pumpkin seeds 10 g, (0.07 cups) Cooked quinoa 35 g	Mince turkey tenderloin. Dice the onion and fry in olive oil with spices (salt, pepper, spice mix for minced meat, garlic, sweet pepper) until it turns slightly golden. Blanch, peel and dice the tomatoes. Add it to meat, combine with an egg. Shape mince into chops and bake at 180°C for 25 minutes. Sprinkle with pumpkin seeds. Serve with cooked quinoa.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 172 kcal	ONE-DAY CARROT JUICE 200 g, (1 portion)	74 kcal, protein 0.8 g, carbohydrate 17.4 g, fat 0.2 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
SUPPER 19:00 332 kcal	LOW-FAT FISH WITH BEANS	10 min 332 kcal, protein 36.6 g, carbohydrate 15.3 g, fat 10 g	Cod, fillet 200 g, (2 items) Green bean, green 250 g, (2.5 handfuls) Dill 4 g, (1 tsp) Olive oil 10 g, (0.77 Tbsp)	Bake fish. Cook beans, sprinkle with dill and pour over with olive oil.



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DAY 2

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 389 kcal	SCRAMBLED EGGS	8 min 389 kcal, protein 23.5 g, carbohydrate 17.4 g, fat 21.5 g	Egg 180 h, (3 items) Sweet red pepper 110 g, (0.48 item) Button mushroom 60 g, (3 items) Chives 5 g, (1 Tbsp) Coconut oil 5 g, (0.38 Tbsp) Rice wafer 10 g	

Meal	Ingredients	Information
BRUNCH 10:30 162 kcal	KIWI 140 g, (1 portion)	85.4 kcal, protein 1.6 g, carbohydrate 20.5 g, fat 0.73 g
	GRAPEFRUIT 240 g, (0.92 items)	76.8 kcal, protein 1.51 g, carbohydrate 19.4 g, fat 0.24 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 538 kcal	SALMON SALAD	15 min 538 kcal, protein 29.4 g, carbohydrate 18.6 g, fat 35.4 g	Smoked salmon 140 g Salad mix 60 g Red tomato 300 g, (1.76 whole) Cucumber 120 g, (0.67 item) Dill 4 g, (1 tsp) Pumpkin seed 20 g, (2 Tbsps) Olive oil 10 g Balsamic vinegar 5 g, (1.67 tsps) Lemon juice 6 g, (1 Tbsp)	Pour with sauce: olive oil + balsamic vinegar + lemon juice.

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	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 349 kcal	MEDITERRANEAN SOUP	15 min 349 kcal, protein 32.6 g, carbohydrate 39.7 g, fat 4.36 g	Cooked shrimp 120 g Sweet red pepper 150 g, (0.65 item) Zucchini 300 g, (0.5 item) Onion 50 g, (0.48 item) Red tomato 70 g, (0.41 whole) Colza oil 4 g, (1 tsp) Tomato paste 25 g, (1 Tbsp) Cooked brown rice 45 g	Cut peppers into thin strips, about 2 cm long, dice zucchini and onions. Fry the onions and the peppers in a pan in a small amount of fat, and finally add diced tomato and zucchini. Simmer over low heat until the peppers are soft. Finally, add the tomato paste, mix and pour into a pot with a glass of water. Cook the soup for another 10 minutes, add oregano, salt and pepper. One minute before the end of cooking, add the shrimp. Serve with cooked rice.



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DAY 3

Meal	Ingredients	Information
BREAKFAST 08:00 412 kcal	RICE WAFERE 40 g, (4 slices)	157 kcal, protein 2.84 g, carbohydrate 32.4 g, fat 1.72 g
	AVOCADO 140 g, (1 item)	224 kcal, protein 2.8 g, carbohydrate 11.9 g, fat 20.5 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 10:30 174 kcal	ORANGE COCKTAIL	5 min 174 kcal, protein 1 g, carbohydrate 19 g, fat 10.7 g	Canned coconut milk 50 g Orange 160 h, (0.67 item) Water 150 g, (0.63 cup)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 539 kcal	CHICKEN JELLY	15 min 539 kcal, protein 61.5 g, carbohydrate 29.2 g, fat 16.3 g	Chicken breast 180 g, (0.9 item) Powdered gelatine 4 g, (1 tsp) Corn 100g, (0.56 cob) Carrot 40 g, (0.5 item) Parsley sprig 4 g, (1 tsp) Hard-boiled/soft-boiled egg 120 g, (2 items) Sweet red pepper 110 g, (0.48 item)	Cook the chicken breast. Remove chicken breast from the stock and let it cool down, then dice the chicken. Prepare hard-boiled eggs and slice them (thick slices). Add gelatine to the stock. Cook a carrot. Put the ingredients with a teaspoon into, for example, dairy product empty containers, cover with the stock and gelatine, cut parsley sprig, add corn and put into the fridge for 2 hours. Serve with red pepper.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 131 kcal	WALNUT 20 g, (1.33 Tbsps)	131 kcal, protein 3.05 g, carbohydrate 2.74 g, fat 13 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 349 kcal	STEWED SPINACH WITH MOZZARELLA	10 min 349 kcal, protein 23.8 g, carbohydrate 24.2 g, fat 15.8 g	Frozen spinach 200 g Raw garlic 5 g, (1 clove) Mozzarella cheese 50 g, (0.4 ball) Natural yoghurt 100 g, (0.4 cup) Cooked quinoa 45 g	Season with salt and pepper. Serve with quinoa.



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DAY 4

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 387 kcal	OMELETTE WITH ROCKET	8 min 387 kcal, protein 23 g, carbohydrate 12.1 g, fat 24.5 g	Egg 120 g, (2 items) Coconut flour 10 g,(0.77 Tbsp) Hemp flour 10 g, (0.83 Tbsp) Rocket 10 g, (0.5 handful) Red tomato 150 g, (0.88 whole) Poultry ham 28 g, (1 slice) Coconut oil 5 g, (1.25 tsps)	

Meal	Ingredients	Information
BRUNCH 10:30 143 kcal	ORANGE 200 g, (5 slices)	94 kcal, protein 1.88 g, carbohydrate 23.5 g, fat 0.24 g
	WALNUT 7.5 g, (0.5 Tbsp)	49 kcal, protein 1.14 g, carbohydrate 1.03 g, fat 4.89 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 576 kcal	STEWED TURKEY BREAST	20 min 576 kcal, protein 55.2 g, carbohydrate 14.1 g, fat 31.7 g	Turkey breast 200 g, (0.5 item) Coconut oil 4 g, (1 tsp) China frozen mix 200 g Sesame 15 g, (0.1 cup)	Stew meat with frozen vegetables in oil. Sprinkle with sesame seeds.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 151 kcal	CARROT 140 g, (1 portion)	57.4 kcal, protein 1.3 g, carbohydrate 13.4 g, fat 0.34 g
	APPLE 180 g,(0.99 medium)	93.6 kcal, protein 0.47 g, carbohydrate 24.9 g, fat 0.31 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 356 kcal	HUMMUS	5 min 245 kcal, protein 8.65 g, carbohydrate 23.4 g, fat 13.3 g	Canned chickpeas 150 g (0.88 cup) Sesame oil 4 g, (1 tsp) Sesame 10 g Nigella 5 g, (1 tsp)	Blend the ingredients adding salt and pepper.
	RICE WAFER 20 g, (1 portion)	78.4 kcal, protein 1.42 g, carbohydrate 16.2 g, fat 0.86 g		
	CUCUMBER 180 g, (1 item)	27 kcal, protein 1.17 g, carbohydrate 6.53 g, fat 0.2 g		
	ICEBERG LETTUCE 40 g, (1 leaf)	5.6 kcal, protein 0.36 g, carbohydrate 1.19 g, fat 0.06 g		



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DAY 5

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 405 kcal	OMELETTE WITH CHEESE	8 min 405 kcal, protein 24.9 g, carbohydrate 7.42 g, fat 29 g	Egg 120 g, (2 items) Coconut oil 10 g, (0.77 Tbsp) Coconut oil 4 g, (1 tsp) Rocket 20 g, (1 handful) Hemp flour 10 g, (0.83 Tbsp) Hard goat cheese 20 g, (1 slice)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 181 kcal	PARSLEY SPRIG COCKTAIL	10 min 181 kcal, protein 2.08 g, carbohydrate 43.4 g, fat 0.4 g	Apple 300 g, (1.35 whole) Parsley sprig 16 g, (4 tpsps) Lemon juice 6 g, (1 Tbsp) Water 250 g, (1.04 cups)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 574 kcal	CAULIFLOWER CREAM SOUP	20 min 574 kcal, protein 47.7 g, carbohydrate 18.9 g, fat 30 g	Water 250 g, (1.04 cups) Chicken breast 200 g, (1 item) Cauliflower 150 g, (0.17 item) Carrot 30 g, (0.38 item) Celeriac 60 g, (1 slice) Parsley 80 g, (1 root) Olive oil 26 g, (2 Tbsps)	Cook the following in 250 ml of water and oil: chicken breast, pieces of cauliflower, carrots, celery, parsley. Add bay leaf, allspice and pepper, chili, basil, garlic. When the vegetables are soft, you can (but do not need to) remove the bay leaves and blend.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 128 kcal	ALMONDS 15 g, (1 Tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g
	CARROT 100 g, (1.25 items)	41 kcal, protein 0.93 g, carbohydrate 9.58 g, fat 0.24 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 343 kcal	SALAD WITH BEANS AND BUCKWHEAT GROATS	15 min 343 kcal, protein 11.7 g, carbohydrate 47.3 g, fat 11.5 g	Cooked buckwheat groats 30 g Green Bean 55 g, (0.3 cup) Red tomato 150 g, (0.88 whole) Dill 4 g, (1 tsp) Parsley sprig 4 g, (1 tsp) Olive oil 10 g, (0.77 Tbsp)	Cook the beans. Combine everything, season with salt, pepper and pour over with olive oil.



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DAY 6

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 393 kcal	OATMEAL WITH COCONUT SHREDS	10 min 393 kcal, protein 10.3 g, carbohydrate 42.9 g, fat 18.6 g	Oat flakes 40 g, (4 Tbsps) Oat bran 20 g Coconut shreds 12 g, (2 tsps) Water 50 g, (0.21 cups) Coconut milk 150 g, (0.6 cups) Almonds 10 g, (0.67 Tbsps)	

Meal	Ingredients	Information
BRUNCH 10:30 137 kcal	KIWI 225 g, (1 portion)	137 kcal, protein 2.56 g, carbohydrate 33 g, fat 1.17 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 602 kcal	GINGER TURKEY IN CURRY	20 min 602 kcal, protein 51.4 g, carbohydrate 23.4 g, fat 31 g	Turkey breast 230 g, (0.57 item) Fresh ginger 10 g, (1 piece) Coconut oil 5 g, (1.25 tsps) Carrot 100 g, (1.25 items) Apple 90 g, (0.6 small) Pumpkin seeds 10 g, (1 Tbsp) Olive oil 5 g, (0.38 Tbsp)	Season turkey breast with: nutmeg (as much as you like), curry, salt, pepper. Then rub with grated ginger and marinate for 10h. Stew meat in coconut oil. Serve with a salad of grated carrot and apple. Sprinkle the salad with oil, add salt, pepper, pumpkin seeds.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 173 kcal	RICE WAFER 20 g, (1 portion)	78.4 kcal, protein 1.42 g, carbohydrate 16.2 g, fat 0.86 g
	AVOCADO 40 g, (0.29 item)	64 kcal, protein 0.8 g, carbohydrate 3.41 g, fat 5.86 g
	SWEET RED PEPPER 100 g, (0.43 item)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g

Meal	Ingredients	Information
SUPPER 19:00 321 kcal	MOZZARELLA CHEESE 80 g, (0.64 ball)	254 kcal, protein 17.3 g, carbohydrate 1.98 g, fat 19.7 g
	RED TOMATO 150 g, (0.88 whole)	27 kcal, protein 1.32 g, carbohydrate 5.83 g, fat 0.3 g
	OLIVE OIL 4 g, (0.31 Tbsp)	35.4 kcal, protein 0 g, carbohydrate 0 g, fat 4g
	DRIED BASIL 2 g, (1 tsp)	4.66 kcal, protein 0.46 g, carbohydrate 0.96 g, fat 0.08 g



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DAY 7

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 414 kcal	SCRAMBLED EGGS	8 min 414 kcal, protein 18.4 g, carbohydrate 13.2 g, fat 31.3 g	Egg 120 g, (2 items) Pork belly 10 g, (1 slice) Button mushroom 100 g, (5 items) Coconut oil 5 g (0.38 Tbsp) Dried tomatoes in pickle 40 g, (2 items)	

Meal	Ingredients	Information
BRUNCH 10:30 189 kcal	WALNUT 15 g, (1 Tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g
	ONE-DAY RED BEETROOT JUICE 200 g, (0.67 portion)	90.6 kcal, protein 0.2 g, carbohydrate 22 g, fat 0.2 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 580 kcal	STEWED BEEF WITH VEGETABLES	20 min 580 kcal, protein 61.8 g, carbohydrate 34.9 g, fat 18.1 g	Beef sirloin 250 g, (0.37 piece) Red tomato 150 g, (0.88 whole) Sweet red pepper 150 g, (0.65 item) Zucchini 200 g, (0.33 item) Olive oil 10 g, (0.77 Tbsp) Cooked buckwheat groats 75 g	Serve with cooked buckwheat groats.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 131 kcal	CARROT 320 g, (4 items)	131 kcal, protein 2.98 g, carbohydrate 30.7 g, fat 0.77 g

Meal	Ingredients	Information
SUPPER 19:00 297 kcal	SALAD MIX 160 g, (2 portions)	27.2 kcal, protein 2.24 g, carbohydrate 6.72 g, fat 0.32 g
	RED TOMATO 340 g, (2 whole)	61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g
	AVOCADO 100 g, (0.71 items)	160 kcal, protein 2 g, carbohydrate 8.53 g, fat 14.7 g
	OLIVE OIL 5 g, (0.38 Tbsp)	44.2 kcal, protein 0 g, carbohydrate 0 g, fat 5 g
	DRIED BASIL 2 g, (1 tsp)	4.66 kcal, protein 0.46 g, carbohydrate 0.96 g, fat 0.08 g



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