



DuoLife

Diet for 7 days

For your DuoLife Endocrine System Set

ADDITIONAL NOTES:

Estimated amount of calories per day: 1650 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 given diet is a pattern of eating tailored for the DUOLIFE ENDOCRINE SYSTEM SET and shall not be perceived as medical advice for any person following it.

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

PREPARED BY:

Nikodem Finke and Małgorzata Dobrzyńska (Personal trainer and clinical nutritionist)

Email: kontakt@9rings.pl

BIOLOGICAL CLOCK ENDOCRINE SYSTEM:

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

08:30 – 1 capsule of DuoLife Medical Formula ProRelaxin® NEW and 25 ml DuoLife Vita C

10:00 – 20 ml DuoLife Chlorofil and 2 capsules of DuoLife Medical Formula ProStik® NEW

14:00 – 5 ml DuoLife RegenOil Liquid Gold® and 1 capsule of DuoLife Medical Formula ProRelaxin® 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.



The proposed diet is a pattern of eating tailored for the DuoLife ENDOCRINE SYSTEM Set
Find out more at DuoLife.eu

SHOPPING LIST

Category	Products	
FARIANCEOUS PRODUCTS	Rice wafer 150g (9 portions)	
DAIRY PRODUCTS	Egg 300g (5 items)	
VEGETABLES AND FRUITS	Avocado 400g (2.85 item) Banana 100g (0.83 item) Sweet potato 180g Peach 340g (4 items) Onion 230g (2.19 item) Red onion 105g (1 item) Zucchini 300g (0.5 item) Raw garlic 15g (3 cloves) Pumpkin 150g (0.18 portion) Apple 420g (0.82 medium, 1 portion) Tomato passata 35g (1.4 Tbsps) Dill 4g (1 tsp) Mango 170g (3.78 slices) Carrot 320g (4 items) Almonds 120g (8 Tbsps) Salad mix 80g	Cucumber 480g (2.67 items) Cucumber in brine 660g (11 items) Walnut 72.5g (4.83 Tbsps) Red sweet pepper 720g (3.11 item) Pumpkin seeds 25g (1 tsp, 2 Tbsps) Red tomato 2090g (12.3 whole) Rocket 60g (3 handfuls) Iceberg lettuce 160g (4 leaves) Celeriac 100g (0.19 root) Linseed 25g (2.5 Tbsps) One-day carrot juice 550g (2 portions) Lemon juice 12g (2 Tbsps) One-day beetroot juice 300g (1 portion) Dried cranberry 32g (2.66 Tbsps) Frozen spinach 500g (0.91 cup) Frozen strawberry 180g (1.21 cups) Coconut shreds 24g (4 tsps)
MEAT AND FISH	Cooked shrimp 200g Turkey breast 310g (0.78 piece) Chicken breast 450g (2.25 items) Trout 200g Poultry ham 160g (5 portions)	Tuna 125g (1 portion) Chicken thigh 200g (2 portions) Smoked salmon 100g (1 portion)
OTHER	Hard/soft-boiled egg 180g (3 items) Xylitol 5g (1 tsps) Ground ginger 1g (0.5 tsp) Honey 20g (0.8 Tbsps) Canned coconut milk 320g Soya milk 60g (4 Tbsps) Mustard 5g (0.5 tsp) Coconut oil 10g (0.77 Tbsp)	Canola oil 76g (5.85 Tbsps) Olive oil 92g (6.75 Tbsps, 1 tsp) Cashew nut 15g (1 Tbsp) Millet flakes 100g (10 Tbsps) Dried basil 2g (1 tsp) Cooked buckwheat groats 45g (1 portion) Cooked millet 100g (2 portions) Cooked brown rice 75g Water 325g (1.36 cups)



DuoLife

The proposed diet is a pattern of eating tailored for the DuoLife ENDOCRINE SYSTEM Set
 Find out more at DuoLife.eu

CALORIE CONTENT OF THE PRODUCTS USED IN A DIET

Products	Amount	Calories
Rice wafer 150g (9 portions)	1 portion (10g)	39,2
Egg 300g (5 items)	1 item	78
Avocado 400g (2.85 item)	1 item (130g)	208
Banana 100g (0.83 item)	1 item (120g)	107
Sweet potato 180g	1 item (100g)	76
Peach 340g (4 items)	1 item (85g)	34
Onion 230g (2.19 item)	1 item (105g)	42
Red onion 105g (1 item)	1 item (105g)	35
Zucchini 300g (0.5 item)	1 item (600g)	90
Raw garlic 15g (3 cloves)	1 clove (5g)	7,5
Pumpkin 150g (0.18 portion)	160g	45
Apple 420g (0.82 medium, 1 portion)	1 big	112
Tomato passata 35g (1.4 Tbsps)	1 Tbsp (10g)	11
Dill 4g (1 tsp)	1 tsp (4g)	1
Mango 170g (3.78 slices)	1 slice (40g)	56
Carrot 320g (4 items)	1 item (80g)	22
Almonds 120g (8 Tbsps)	1 Tbsp (30g)	181
Salad mix 80g	80g	13,6
Cucumber 480g (2.67 items)	1 item (180g)	29
Cucumber in brine 660g (11 items)	1 item (60g)	7
Walnut 72.5g (4.83 Tbsps)	1 Tbsp (10g)	64,5
Red sweet pepper 720g (3.11 item)	1 item (231g)	74
Pumpkin seeds 25g (1 tsp, 2 Tbsps)	1 Tbsp (10g)	56
Red tomato 2090g (12.3 whole)	1 item (170g)	23
Rocket 60g (3 handfuls)	1 handful (20g)	5
Iceberg lettuce 160g (4 leaves)	1 leaf (15g)	2,4
Celeriac 100g (0.19 root)	1 slice (60g)	24
Linseed 25g (2.5 Tbsps)	1 tsp (4g)	18
One-day carrot juice 550g (2 portions)	1 cup (300g)	111
Lemon juice 12g (2 Tbsps)	1 tsp (4g)	1
One-day red beetroot juice 300g (1 portion)	1 cup (200g)	54

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



DuoLife

The proposed diet is a pattern of eating tailored for the DuoLife ENDOCRINE SYSTEM Set
Find out more at DuoLife.eu

CALORIE CONTENT OF THE PRODUCTS USED IN A DIET

Products	Amount	Calories
Dried cranberry 32g (2.66 Tbsps)	1 Tbsp (10g)	33,2
Frozen spinach 500g (0.91 cup)	1 cup (200g)	109
Frozen strawberry 180g (1.21 cups)	1 cup (150g)	60
Coconut shreds 24g (4 tsps)	1 tsp (4g)	27
Cooked shrimp 200g	100g	99
Turkey breast 310g (0.78 piece)	1 item (400g)	352
Chicken breast 450g (2.25 items)	1 item (250g)	302
Trout 200g	1 fillet (150g)	174
Poultry ham 160g (5 portions)	1 portion (20g)	26
Tuna 125g (1 portion)	100g	103
Chicken thigh 200g (2 portions)	1 item (100g)	124
Smoked salmon 100g (1 portion)	1 fillet (28g)	45
Hard/soft-boiled egg 180g (3 items)	1 item	78
Xylitol 5g (1 tsps)	1 tsp (4g)	10
Ground ginger 1g (0.5 tsps)	1 tsp (4g)	14
Honey 20g (0.8 Tbsps)	1 Tbsp (10g)	33
Canned coconut milk 320g	1 cup (200g)	258
Soya milk 60g (4 Tbsps)	1 cup (200g)	94
Mustard 5g (0.5 tsp)	1 Tbsp (10g)	18
Coconut oil 10g (0.77 Tbsp)	1 Tbsp (10g)	89
Canola oil 76g (5.85 Tbsps)	1 Tbsp (10g)	88
Olive oil 92g (6.75 Tbsps, 1 tsp)	1 Tbsp (10g)	90
Cashew nut 15g (1 Tbsp)	1 handful	211
Millet flakes 100g (10 Tbsps)	1 Tbsp (10g)	36
Dried basil 2g (1 tsp)	1 tsp (4g)	10
Cooked buckwheat groats 45g (1 portion)	1 cup (200g)	208
Cooked millet 100g (2 portions)	1 cup (200g)	198
Cooked brown rice 75g	1 cup (200g)	220
Water 325g (1.36 cups)	1 cup (200g)	0

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



DuoLife

The proposed diet is a pattern of eating tailored for the DuoLife ENDOCRINE SYSTEM Set
Find out more at DuoLife.eu

DAY 1

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 414 kcal	SWEET MILLET	10 min 414 kcal, protein 8.65 g, carbohydrate 34.2 g, fat 29.6 g	Millet flakes 30g (3 Tbsps) Linseed 2g (0.5 Tbsp) Almonds 15g (1 Tbsp) Coconut shreds 12g (2 tsps) Canned coconut milk 50g Water 50g (0.21 cup) Xylitol 5g (1 tsp)	Pour over with boiling water. Add cinnamon and ginger to taste.

Meal	Ingredients	Information
BRUNCH 10:30 153 kcal	PEACH 170g (2 items)	66.3 kcal, protein 1.55 g, carbohydrate 16.2 g, fat 0.42 g
	ALMONDS 15g (1 Tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g

Meal	Dish	Information	Ingredients (for 4 serves)	Recipe
DINNER 13:00 532 kcal	MEDITERRANEAN SOUP	15 min 532 kcal, protein 49.9 g, carbohydrate 29.9 g, fat 20 g	Cooked shrimp 200g Red sweet pepper 220g (0.96 item) Zucchini 300g (0.5 item) Onion 50g (0.48 item) Red tomato 50g (0.29 whole) Canola oil 20g (1.54 Tbsps) Tomato passata 35g (1.4 Tbsps)	Cut the pepper into thin strips, about 2 cm long, dice zucchini and onion. Fry the onion and pepper in a pan in a small amount of fat, and then add diced tomato and zucchini. Simmer until the pepper is soft. Next, add the tomato passata, stir 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, put shrimps (instead of shrimps you can add 170g of chicken).

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 209 kcal	ONE-DAY CARROT JUICE 300g (1 portion)	111 kcal, protein 1.2 g, carbohydrate 26.1 g, fat 0.3 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 4 serves)	Recipe
SUPPER 19:00 344 kcal	SALAD WITH BROWN RICE AND EGG	20 min 344 kcal, protein 17.5 g, carbohydrate 21.5 g, fat 19.3 g	Cooked brown rice 35g Hard/soft-boiled egg 120g (2 items) Red tomato 170g (1 whole) Cucumber 120g (0.67 item) Iceberg lettuce 80g (2 leaves) Olive oil 5g (0.38 Tbsp) Pumpkin seeds 5g (1 tsp)	Season with salt and pepper.



DuoLife

The proposed diet is a pattern of eating tailored for the DuoLife ENDOCRINE SYSTEM Set
Find out more at DuoLife.eu

DAY 2

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 407 kcal	SCRAMBLED EGGS	8 min 407 kcal, protein 21.6 g, carbohydrate 10.2 g, fat 26.1 g	Egg 180g (3 items) Coconut oil 10g (0.77 Tbsp) Red tomato 340g (2 whole)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 190 kcal	COCONUT MILK COCKTAIL	10 min 190 kcal, protein 1.2 g, carbohydrate 18.5 g, fat 12.8 g	Canned coconut milk 60g Water 100g (0.42 cup) Mango 120g (2.67 slices)	Blend all the ingredients.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 571 kcal	TROUT STEWED IN OIL	10 min 557 kcal, protein 52 g, carbohydrate 0 g, fat 36 g	Trout 200g Canola oil 20g (1.54 Tbsps)	
	CUCUMBER IN BRINE 120g (2 items)	14.4 kcal, protein 0.6 g, carbohydrate 2.89 g, fat 0.36 g		

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 136 kcal	ONE-DAY RED BEETROOT JUICE 300g (1 portion)	136 kcal, protein 0.3 g, carbohydrate 33 g, fat 0.3 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 341 kcal	SALAD WITH BAKED SWEET POTATO	10 min 341 kcal, protein 3.32 g, carbohydrate 65.5 g, fat 4.16 g	Sweet potato 180g Red tomato 340g (2 whole) Salad mix 80g Rocket 20g (1 handful) Cucumber 90g (0.5 item) Olive oil 4g (1 tsp)	



The proposed diet is a pattern of eating tailored for the DuoLife ENDOCRINE SYSTEM Set
Find out more at DuoLife.eu

DAY 3

Meal	Ingredients	Information
BREAKFAST 08:00 392 kcal	RICE WAFER 20g (1 portion)	118 kcal, protein 2.13 g, carbohydrate 24.3 g, fat 1.29 g
	AVOCADO 100g (0.71 item)	160 kcal, protein 2 g, carbohydrate 8.53 g, fat 14.7 g
	HARD/SOFT-BOILED EGG 60g (1 item)	83.4 kcal, protein 7.5 g, carbohydrate 0 g, fat 5.82 g
	RED SWEET PEPPER 100g (0.43 item)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g

Meal	Ingredients	Information
BRUNCH 10:30 174 kcal	PEACH 170g (2 items)	66.3 kcal, protein 1.55 g, carbohydrate 16.2 g, fat 0.42 g
	APPLE 150g (0.82 medium)	78 kcal, protein 0.39 g, carbohydrate 20.7 g, fat 0.26 g
	MANGO 50 g (1.11 slices)	30 kcal, protein 0.41 g, carbohydrate 7.49 g, fat 0.19 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 553 kcal	TURKEY MEATBALLS	15 min 325 kcal, protein 38.8 g, carbohydrate 9.45 g, fat 12.6 g	Turkey breast 180g (0.45 pieces) Onion 105g (1 item)	Season minced turkey meat with marjoram, pepper and a little salt. Add a chopped onion, form the meatballs. Put them into boiling water and cook for about 15 minutes.
	COOKED BUCKWHEAT GROATS 45g (1 portion)	45.9 kcal, protein 1.71 g, carbohydrate 9.45 g, fat 0.41 g		
	RED TOMATO 510g (3 whole)	91.8 kcal, protein 4.49 g, carbohydrate 19.8 g, fat 1.02 g		
	DILL 4g (1 tsp)	1.72 kcal, protein 0.14 g, carbohydrate 0.28 g, fat 0.04 g		
	OLIVE OIL 10g (0.77 Tbsp)	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g		

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

Meal	Ingredients	Information
SUPPER 19:00 370 kcal	SMOKED SALMON 100g (1 portion)	177 kcal, protein 16.4 g, carbohydrate 0 g, fat 11.9 g
	CUCUMBER IN BRINE 180g (3 items)	21.6 kcal, protein 0.9 g, carbohydrate 4.34 g, fat 0.54 g
	OLIVE OIL 15g (1.15 Tbsps)	133 kcal, protein 0 g, carbohydrate 0 g, fat 15 g
	RICE WAFER 20g (1 portion)	39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g



DuoLife

The proposed diet is a pattern of eating tailored for the DuoLife ENDOCRINE SYSTEM Set
Find out more at DuoLife.eu

DAY 4

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 373 kcal	SWEET MILLET	10 min 373 kcal, protein 6.4 g, carbohydrate 35.6 g, fat 24.5 g	Millet flakes 30g (3 Tbsps) Linseed 10g (1 Tbsp) Dried cranberry 10g (0.83 Tbsp) Coconut shreds 12g (2 tsps) Canned coconut milk 50g Water 50g (0.21 cup)	Pour over with boiling water. Add cinnamon and ginger to taste.

Meal	Ingredients	Information
BRUNCH 10:30 196 kcal	RICE WAFER 20g (1 portion)	39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g
	POULTRY HAM 20g (1 portion)	27.8 kcal, protein 3.26 g, carbohydrate 0.67 g, fat 1.24 g
	RED SWEET PEPPER 100g (0.43 item)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 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
DINNER 13:00 562 kcal	CHICKEN IN HONEY-MUSTARD MARINADE	15 min 562 kcal, protein 55.1 g, carbohydrate 31 g, fat 20.1 g	Chicken breast 250g (1.25 items) Honey 20g (0.8 Tbsp) Mustard 5g (0.5 tsp) Carrot 160g (2 items) Olive oil 15g (1.15 Tbsps)	Cut the breast into strips, fry in a non-stick [Teflon] pan without fat for 5-10 minutes, stir frequently, so that the meat is evenly fried. After this time, add honey, mustard and seasonings: salt, pepper, curry, stir everything and fry for another 10 minutes. Serve with grated carrot sprinkled with olive oil.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 179 kcal	ONE-DAY CARROT JUICE 300g (1 portion)	92.5 kcal, protein 1 g, carbohydrate 21.8 g, fat 0.25 g
	ALMONDS 15g (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
SUPPER 19:00 349 kcal	PUMPKIN AND COCONUT CURRY	15 min 319 kcal, protein 6.23 g, carbohydrate 16.7 g, fat 27.9 g	Pumpkin 150g (0.18 portion) Canned coconut milk 100g Cashew nut 15g (1 Tbsp)	Cook pumpkin for 10-15min. Pour coconut milk into the pan, mix with seasonings: turmeric, cinnamon, coriander seeds, ginger, nutmeg, sweet pepper, salt. Add the pumpkin and nuts, simmer covered until the pumpkin is soft (but not gets too soft and falls apart).
	COOKED MILLET 30g (1 portion)	kcal, protein 0.9 g, carbohydrate 6.15 g, fat 0.24 g		



DuoLife

The proposed diet is a pattern of eating tailored for the DuoLife ENDOCRINE SYSTEM Set
Find out more at DuoLife.eu

DAY 5

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 427 kcal	SWEET MILLET	10 min 460 kcal, protein 14.3 g, carbohydrate 31.3 g, fat 31.9 g	Millet flakes 40g (4 Tbsps) Linseed 10g (1 Tbsp) Dried cranberry 10g (0.83 Tbsp) Avocado 70g (0.5 item) Almonds 15g (1 Tbsp)	Pour over with boiling water. Add cinnamon and ginger to taste.

Meal	Ingredients	Information
BRUNCH 10:30 191 kcal	APPLE 200g (1 portion)	104 kcal, protein 0.52 g, carbohydrate 27.6 g, fat 0.34 g
	ALMONDS 15g (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 13:00 571 kcal	SPINACH RISOTTO	20 min 571 kcal, protein 61.4 g, carbohydrate 28.7 g, fat 19.7 g	Chicken breast 200g (1 item) Cooked brown rice 40g Frozen spinach 200g (0.91 cup) Onion 75g (0.71 item) Raw garlic 5g (1 clove) Egg 60g (1 item) Canola oil 10g (0.77 Tbsps)	Cook the rice. Dice onions and meat, press garlic, put everything in the pan and fry. Then add spinach, season with salt, pepper, garlic and stew covered. Whip an egg and add to the spinach. Mix everything with cooked rice.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 160 kcal	WALNUT 20g (1.33 Tbsps)	131 kcal, protein 3.05 g, carbohydrate 2.74 g, fat 13 g
	CUCUMBER IN BRINE 240g (4 items)	28.8 kcal, protein 1.2 g, carbohydrate 5.78 g, fat 0.72 g

Meal	Ingredients	Information
SUPPER 19:00 314 kcal	AVOCADO 100g (0.71 items)	160 kcal, protein 2 g, carbohydrate 8.53 g, fat 14.7 g
	RED TOMATO 340g (2 whole)	61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g
	OLIVE OIL 10g (0.77 Tbsp)	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g
	DRIED BASIL 2g (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 ENDOCRINE SYSTEM Set
Find out more at DuoLife.eu

DAY 6

Meal	Ingredients	Information
BREAKFAST 08:00 399 kcal	RICE WAFER 30g (2 portions)	118 kcal, protein 2.13 g, carbohydrate 24.3 g, fat 1.29 g
	POULTRY HAM 80g (2 portions)	111 kcal, protein 13 g, carbohydrate 2.67 g, fat 4.97 g
	ICEBERG LETTUCE 80g (2 leaves)	11.2 kcal, protein 0.72 g, carbohydrate 2.38 g, fat 0.11 g
	CUCUMBER 90g (0.5 item)	13.5 kcal, protein 0.59 g, carbohydrate 3.27 g, fat 0.1 g
	RED SWEET PEPPER 100g (0.43 item)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g
	OLIVE OIL 13g (1 Tbsp)	115 kcal, protein 0 g, carbohydrate 0 g, fat 13 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 181 kcal	COCONUT MILK COCKTAIL	10 min 181 kcal, protein 1.2 g, carbohydrate 17.9 g, fat 12.8 g	Canned coconut milk 60g Water 125g (0.52 cup) Frozen strawberry 180g (1.21 cups)	Blend all the ingredients.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 557 kcal	ROASTED CHICKEN THIGHS	15 min 557 kcal, protein 34.6 g, carbohydrate 19.2 g, fat 35.4 g	Chicken thigh 200g (2 portions) Cucumber 180g (1 item) Cucumber in brine 120g (2 items) Red tomato 170g (1 whole) Red onion 105g Olive oil 15g (1.15 Tbsps)	150g of chicken thighs meat. Season. Serve with vegetables.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 189 kcal	RICE WAFER 20g (1 portion)	78.4 kcal, protein 1.42 g, carbohydrate 16.2 g, fat 0.86 g
	AVOCADO 50g (0.36 item)	80 kcal, protein 1 g, carbohydrate 4.26 g, fat 7.33 g
	RED SWEET PEPPER 100g (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
SUPPER 19:00 326 kcal	HOT SPINACH	15 min 257 kcal, protein 20.7 g, carbohydrate 15.5 g, fat 10.4 g	Frozen spinach 300g Soya milk 60g (4 Tbsps) Raw garlic 5g (1 clove) Egg 60g (1 item) Olive oil 5g (0.38 Tbsps)	Season with salt and pepper.
	COOKED MILLET 70g (1 portion)	69.3 kcal, protein 2.1 g, carbohydrate 14.3 g, fat 0.56 g		



The proposed diet is a pattern of eating tailored for the DuoLife ENDOCRINE SYSTEM Set
Find out more at DuoLife.eu

DAY 7

Meal	Ingredients	Information
BREAKFAST 08:00 399 kcal	RICE WAFER 40g (2 portions)	157 kcal, protein 2.84 g, carbohydrate 32.4 g, fat 1.72 g
	POULTRY HAM 60g (2 portions)	83.4 kcal, protein 9.78 g, carbohydrate 2 g, fat 3.73 g
	RED SWEET PEPPER 100g (0.43 item)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g
	AVOCADO 80g (0.57 item)	128 kcal, protein 1.6 g, carbohydrate 6.82 g, fat 11.7 g

Meal	Ingredients	Information
BRUNCH 10:30 176 kcal	ALMONDS 15g (1 Tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g
	BANANA 100g (0.83 item)	89 kcal, protein 1.09 g, carbohydrate 22.8 g, fat 0.33 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 563 kcal	TURKEY BREAST IN GINGER	20 min 563 kcal, protein 28.7 g, carbohydrate 31 g, fat 35.3 g	Turkey breast 130g (0.33 piece) Ground ginger 1g (0.5 tsp) Lemon juice 12g (2 Tbsps) Raw garlic 5g (1 clove) Canola oil 26g (2 Tbsps) Apple 70g Celeriac 100g (0.19 root) Dried cranberry 12g (1 Tbsp)	Cut the turkey breast into thin fillets. Rub the fillets with marinade (lemon juice + ginger + 2 tsps of water + pressed garlic clove and pepper) and leave for at least 10 minutes. Meat can be prepared in a grill pan, fried with canola oil or baked in aluminum foil in the oven (200°C for 20 minutes). Serve with a salad of grated apple and celeriac. Sprinkle the salad with cranberry, add a few drops of lemon juice; salt and pepper.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 213 kcal	CARROT 160g (2 items)	65.6 kcal, protein 1.49 g, carbohydrate 15.3 g, fat 0.38 g
	WALNUT 22.5g (1.5 Tbsps)	147 kcal, protein 3.43 g, carbohydrate 3.08 g, fat 14.7 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 307 kcal	SWEET POTATO CREAM SOUP	15 min 307 kcal, protein 3.3 g, carbohydrate 51.8 g, fat 8.52 g	Sweet potato 150g Canned coconut milk 40g Carrot 80g (1 item) Parsley 50g (0.63 root)	Cook the following in 0.3l water: sweet potato, carrot and parsley. Add bay leaf, allspice and basil, salt. When the vegetables are soft, pour them over with coconut milk, remove the bay leaves and blend.



DuoLife

The proposed diet is a pattern of eating tailored for the DuoLife ENDOCRINE SYSTEM Set
Find out more at DuoLife.eu