



DuoLife

# Diet for 7 days

## For your DuoLife Nervous 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 proposed diet is a pattern of eating tailored for the DUOLIFE NERVOUS 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:

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### BIOLOGICAL CLOCK NERVOUS SYSTEM:

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

08:30 – 2 capsules of DuoLife Medical Formula ProMigren® 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 2 capsules 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.



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# SHOPPING LIST

Category	Products	
<b>FARIANCEOUS PRODUCTS</b>	Wholemeal bread 90 g (3 slices) Buckwheat groats 90 g (0.28 cup) Buckwheat flour 10 g Millet flour 10 g (1 Tbsp)	Coconut flour 30 g (2.3 Tbsps) Oat bran 40 g (4 Tbsps) Oat flakes 70 g (7 Tbsps) Rice wafer 110 g (5 portions, 2.22 items)
<b>DAIRY PRODUCTS</b>	Egg 540 g (9 items)	
<b>VEGETABLES AND FRUITS</b>	Avocado 150 g (1.07 items) Blueberry 200 g Peach 340 g (4 items) Zucchini 900 g (1.5 items) Raw garlic 5 g (1 clove) Green beans, green 100 g (1 handful) Fresh ginger 10 g (1 item) Apple 562 g (1.35 large, 0.54 small, 1 medium) Kiwi 207 g (3 items) Dill 8 g (2 tsps) Frozen raspberry 50 g (0.42 cup) Mango 200 g (0.72 item) Carrots 640 g (8 pieces) Almonds 110 g (5.33 Tbsps, 1 handful) Salad mix 120 g China frozen mix 200 g Chia seeds 30 g (0.06 cup, 2 Tbsps)	Parsley sprig 28 g (7 tsps) Cucumber 200 g (1.12 items) Cucumber in brine 420 g (7 items) Walnut 60 g (4 Tbsps) Sweet red peppers 350 g (1.51 items) Pumpkin seeds 65 g (4.5 Tbsps, 0.11 cups, 1 tsp) Red tomato 850 g (5 whole) Dried tomatoes in a pickle 40 g (2 items) Rocket 80 g (4 handfuls) Radish 75 g (5 items) Iceberg lettuce 240 g (6 leaves) Linseed 15 g (1Tbsp, 1 tsp) One-day carrot juice 300 g (1 portion) Tomato juice 600 g (2 portions) Lemon juice 12 g (2 Tbsps) Chives 20 g (4 Tbsps) Frozen spinach 200 g (0.91 cup) Coconut shreds 40 g (3.08 Tbsps)
<b>MEAT AND FISH</b>	Cod 150 g (1.5 portions) Shrimp 200 g Turkey breast 630 g (1.58 items) Beef sirloin 100 g (0.15 item)	Smoked pork ham 40 g (2 slices) Poultry ham 115 g (1.42 slices, 3 portions) Can of tuna (in own juice) 120 g (1 can) Atlantic salmon 230 g (1.15 fillet)
<b>OTHER</b>	Canned chickpeas 100 g (0.59 cup) Hard/soft-boiled egg 60 g (1 item) Soybean sprouts 30 g Canned coconut milk 140 g (2 portions) Rice milk 300 g (1.26 cups) Coconut oil 45 g (3.45 Tbsps) Rapeseed oil 20 g (1.54 Tbsps)	Sesame oil 10 g (0.77 Tbsp) Olive oil 93 g (5.61 Tbsps, 1.25 tsps) Sesame 35 g Cooked millet groats 90 g Cooked quinoa 60 g Water 650 g (2.71 cups)



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# CALORIE CONTENT OF THE PRODUCTS USED IN A DIET

Products	Amount	Calories
Wholemeal bread 90 g (3 slices)	1 slice (40g)	84
Buckwheat groats 90 g (0.28 cups)	1 cup (200g)	208
Buckwheat flour 10 g	1 cup (200g)	712
Millet flour 10 g (1 Tbsp)	1 Tbsp (10g)	35,6
Coconut flour 30 g (2.3 Tbsps)	1 Tbsp (10g)	35,9
Oat bran 40 g (4 Tbsps)	1 Tbsp (10g)	35,8
Oat flakes 70 g (7 Tbsps)	1 Tbsp (10g)	36,6
Rice wafer 110 g (5 portions, 2.22 items)	1 portion (10g)	39,2
Egg 540 g (9 pieces)	1 item	78
Avocado 150 g (1.07 items)	1 item (130g)	208
Blueberry 200 g	1 cup (130g)	74
Peach 340 g (4 items)	1 item (85g)	34
Zucchini 900 g (1.5 items)	1 item (600g)	90
Raw garlic 5 g (1 clove)	1 clove (5g)	7,5
Green beans, green 100 g (1 handful)	1 handful (100g)	16
Fresh ginger 10 g (1 item)	10 g	5
Apple 562 g (1.35 large, 0.54 small, 1 medium)	1 large	112
Kiwi 207 g (3 items)	1 item (69g)	41
Dill 8 g (2 tsps)	1 tsp (4g)	1
Frozen raspberry 50 g (0.42 cup)	100g	42
Mango 200 g (0.72 item)	1 slice (40g)	56
Carrot 640 g (8 items)	1 item (80g)	22
Almonds 110 g (5.33 Tbsps, 1 handful)	1 Tbsp (30g)	181
Salad mix 120 g	80g	13,6
China frozen mix 200 g	200g	72
Chia seeds 30 g (0.06 cup, 2 Tbsps)	1 Tbsp (10g)	45
Parsley sprig 28 g (7 Tbsps)	1 tsp (4g)	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
Cucumber 200 g (1.12 items)	1 item (180g)	29
Cucumber in brine 420 g (7 items)	1 item (60g)	7
Walnut 60 g (4 Tbsps)	1 Tbsp (10g)	64,5
Sweet red peppers 350 g (1.51 items)	1 item (231g)	74
Pumpkin seeds 65 g (4.5 Tbsps, 0.11 glasses, 1 tsp)	1 Tbsp (10g)	56
Red tomato 850 g (5 whole)	1 item (170g)	23
Dried tomatoes in pickle 40 g (2 items)	1 item (40g)	162
Rocket 80 g (4 handfuls)	1 handful (20g)	5
Radish 75 g (5 items)	1 item	2
Iceberg lettuce 240 g (6 leaves)	1 leaf (15g)	2,4
Linseed 15 g (1 Tbsp, 1 tsp)	1 tsp (4g)	18
One-day carrot juice 300 g (1 portion)	1 cup (300g)	111
Tomato juice 600 g (2 portions)	1 cup (300g)	60
Lemon juice 12 g (2 Tbsps)	1 tsp (4g)	1
Chives 20 g (4 Tbsps)	1 tsp (4g)	1
Frozen spinach 200 g (0.91 cup)	1 cup (200g)	109
Coconut shreds 40 g (3.08 Tbsps)	1 tsp (4g)	27
Cod 150 g (1.5 portions)	1 fillet (100g)	82
Shrimp 200 g	1 item	12
Turkey breast 630 g (1.58 items)	1 item (400g)	352
Beef sirloin 100 g (0.15 item)	1 portion (170g)	223
Smoked sirloin ham 40 g (2 slices)	1 slice (20g)	28
Poultry ham 115 g (1.42 slices, 3 portions)	1 portion (20g)	26
Can of tuna (in own juice) 120 g (1 can)	100g	103
Atlantic salmon 230 g (1.15 fillet)	1 fillet (200g)	284

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# DAY 1

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BREAKFAST</b> 08:00 414 kcal	OMELETTE WITH ROCKET	8 min   414 kcal, protein 21.5 g, carbohydrate 12.4 g, fat 29.4 g	Egg 120 g, (2 items) Coconut flour 15 g, (1.15 Tbsps) Millet flour 10 g, (1 Tbsp) Coconut oil 5 g, (0.38 Tbsp) Rocket 20 g, (1 handful) Poultry ham 20 g, (0.71 slice) Pumpkin seeds 5 g, (0.5 Tbsp)	Fry an omelette and top it with rocket, smoked meat and roasted pumpkin seeds.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BRUNCH 10:30</b> 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 large) Parsley sprig 16 g, (4 tps) Lemon juice 6 g, (1 Tbsp) Water 250 g, (1.04 cups)	

Meal	Dish	Information	Ingredients (for 4 serves)	Recipe
<b>DINNER 13:00</b> 537 kcal	TURKEY BREAST WITH CUCUMBERS	20 min   537 kcal, protein 52.5 g, carbohydrate 4.8 g, fat 30.5 g	Turkey breast 250 g, (0.63 item) Cucumber in brine 240 g, (4 items) Olive oil 13 g, (1 Tbsp)	Steam a turkey breast, or bake it in the oven. Pour it over with olive oil, sprinkle with your favorite spices. Serve with cucumber.

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 16:00 181 kcal	CARROT 160 g, (2 items)	65.6 kcal, protein 1.49 g, carbohydrate 15.3 g, fat 0.38 g
	ALMONDS 20 g, (1.33 Tbsps)	116 kcal, protein 4.23 g, carbohydrate 4.31 g, fat 9.99 g

Meal	Dish	Information	Ingredients (for 4 serves)	Recipe
<b>SUPPER 19:00</b> 339 kcal	BUCKWHEAT AND BEANS SALAD	15 min   339 kcal, protein 6.84 g, carbohydrate 40.8 g, fat 16.3 g	Buckwheat groats 40 g Green beans, green 100 g, (1 handful) Red tomato 170 g, (1 whole) Dill 4 g, (1 tsp) Parsley sprig 4 g, (1 tsp) Olive oil 15 g	Cook the beans, cook buckwheat groats. Combine everything, season with salt, pepper and sprinkle with olive oil.



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# DAY 2

Meal	Ingredients	Information
BREAKFAST 08:00 396 kcal	OAT FLAKES 20 g, (2 Tbsps)	78.8 kcal, protein 2.2 g, carbohydrate 14.7 g, fat 1.27 g
	OAT BRAN 20 g, (2 Tbsps)	72.2 kcal, protein 3.6 g, carbohydrate 9.12 g, fat 1.54 g
	COCONUT SHREDS 10 g, (0.77 Tbsp)	68.4 kcal, protein 0.53 g, carbohydrate 2.15 g, fat 6.91 g
	WALNUT 15 g, (1 Tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g
	CANNED COCONUT MILK 40 g, (1 portion)	78.8 kcal, protein 0.8 g, carbohydrate 1.12 g, fat 8.52 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 186 kcal	PEACH AND PARSLEY SPRIG COCKTAIL	5 min   87.5 kcal, protein 2.12 g, carbohydrate 12.9 g, fat 3.1 g	Water 250 g, (1.04 cups) Peach 85 g, (1 item) Parsley sprig 4 g, (1 tsp) Chia seeds 10 g, (0.06 cup)	
	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
DINNER 13:00 548 kcal	SALAD WITH TUNA AND AVOCADO	15 min   548 kcal, protein 39.3 g, carbohydrate 24.4 g, fat 32.9 g	Avocado 100 g, (0.71 item) Can of tuna (in own juice) 120 g, (1 can) Cucumber in brine 180 g, (3 items) Chives 15 g, (3 Tbsps) Parsley sprig 4 g, (1 tsp) Lemon juice 6 g, (1 Tbsp) Dried tomatoes in a pickle 40 g, (2 items) Pumpkin seeds 15 g, (0.11 cup) Hard-boiled / soft-boiled egg 60 g, (1 item)	Peel and de-stone an avocado, and then dice it. Put into a bowl, sprinkle with lemon juice. Chop an egg. Add an egg and avocado to drained tuna, followed by chopped cucumbers and dried tomatoes. Finely chop parsley sprig and chives and add them to the salad. Mix everything together. Season to taste with salt and pepper. Sprinkle with pumpkin seeds.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 153 kcal	TOMATO JUICE 300 g, (1 portion)	66 kcal, protein 1.8 g, carbohydrate 13.8 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	Ingredients	Information
SUPPER 19:00 349 kcal	RICE WAFER 60 g, (2 portions)	235 kcal, protein 4.26 g, carbohydrate 48.7 g, fat 2.58 g
	POULTRY HAM 75 g, (3 portions)	104 kcal, protein 12.2 g, carbohydrate 2.5 g, fat 4.66 g
	ROCKET 40 g, (2 handfuls)	10 kcal, protein 1.03 g, carbohydrate 1.46 g, fat 0.26 g



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# DAY 3

Meal	Ingredients	Information
<b>BREAKFAST</b> 08:00 405 kcal	OAT FLAKES 20 g, (2 Tbsps)	78.8 kcal, protein 2.2 g, carbohydrate 14.7 g, fat 1.27 g
	OAT BRAN 20 g, (2 Tbsps)	72.2 kcal, protein 3.6 g, carbohydrate 9.12 g, fat 1.54 g
	COCONUT SHREDS 10 g, (0.77 Tbsp)	68.4 kcal, protein 0.53 g, carbohydrate 2.15 g, fat 6.91 g
	ALMONDS 15 g, (1 Tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g
	CANNED COCONUT MILK 50 g, (1 portion)	98.5 kcal, protein 1 g, carbohydrate 1.4 g, fat 10.7 g

Meal	Ingredients	Information
<b>BRUNCH</b> 10:30 126 kcal	KIWI 207 g, (3 items)	126 kcal, protein 2.36 g, carbohydrate 30.3 g, fat 1.08 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>DINNER 13:00</b> 592 kcal	GINGER TURKEY IN CURRY	20 min   592 kcal, protein 39.4 g, carbohydrate 34.2 g, fat 29.9 g	Turkey breast 180 g, (0.45 item) Fresh ginger 10 g, (1 piece) Coconut oil 10 g, (0.77 Tbsp) Carrots 240 g, (3 items) Apple 80 g, (0.54 small) Pumpkin seeds 5 g, (1 tsp) Olive oil 5 g, (0.38 Tbsps)	Season 200g turkey breast with: nutmeg (if you like it), 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 olive oil, add salt, pepper, pumpkin seeds.

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 16:00 189 kcal	RICE WAFER 20 g (2 portions)	78.4 kcal, protein 1.42 g, carbohydrate 16.2 g, fat 0.86 g
	AVOCADO 50 g, (0.36 item)	80 kcal, protein 1 g, carbohydrate 4.26 g, fat 7.33 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
<b>SUPPER 19:00</b> 323 kcal	COD BAKED IN FOIL	10 min   323 kcal, protein 26.1 g, carbohydrate 7.68 g, fat 20.1 g	Cod 150 g, (1.5 portions) Red sweet pepper 100 g, (0.43 item) Salad mix 40 g Olive oil 20 g, (1.54 Tbsps)	Pour vegetables over with olive oil.



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# DAY 4

Meal	Ingredients	Information
BREAKFAST 08:00 365 kcal	WHOLEMEAL BREAD 90 g, (3 slices)	207 kcal, protein 5.31 g, carbohydrate 46.1 g, fat 1.17 g
	OLIVE OIL 10 g, (0.77 Tbsp)	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g
	SMOKED SIRLOIN HAM 40 g, (2 slices)	54.4 kcal, protein 10 g, carbohydrate 0.24 g, fat 1.6 g
	CUCUMBER 100 g, (0.56 item)	15 kcal, protein 0.65 g, carbohydrate 3.63 g, fat 0.11 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 213 kcal	COCONUT MILK COCKTAIL	10 min   213 kcal, protein 1 g, carbohydrate 29.4 g, fat 10.7 g	Canned coconut milk 50 g Water 150 g, (0.63 cup) Blueberry 200 g	Blend all the ingredients.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 530 kcal	ASIAN-STYLE SHRIMPS	20 min   530 kcal, protein 47.9 g, carbohydrate 9.08 g, fat 31.1 g	Shrimp 200 g Iceberg lettuce 200 g, (5 leaves) Coconut oil 10 g, (0.77 Tbsp) Olive oil 5 g, (0.38 Tbsp) Soybean sprouts 30 g Sesame 20 g	Cut breast into strips, fry in a non-stick (Teflon-coated) pan, without fat, for 5-10 minutes, stir frequently so that the meat is fried evenly. Then, add honey, mustard and spices: salt, pepper, curry, stir and fry for another 10 minutes. Serve with grated carrot sprinkled with olive oil.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 209 kcal	ONE-DAY CARROT JUICE 300 g, (1 portion)	111 kcal, protein 1.2 g, carbohydrate 26.1 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	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 352 kcal	EGGS FRIED OVER OIL	8 min   352 kcal, protein 15.8 g, carbohydrate 18.4 g, fat 21.5 g	Egg 120 g, (2 items) Coconut oil 10 g, (0.77 Tbsp) Radish 75 g, (5 items) Rice wafer 20 g, (2.22 items)	Serve with radish and wafer.



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# DAY 5

Meal	Ingredients	Information
BREAKFAST 08:00 428 kcal	OAT FLAKES 30 g, (3 Tbsps)	118 kcal, protein 3.3 g, carbohydrate 22 g, fat 1.91 g
	ALMONDS 15 g, (1 Tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g
	COCONUT SHREDS 20 g, (1.54 Tbsps)	137 kcal, protein 1.06 g, carbohydrate 4.3 g, fat 13.8 g
	LINSEED 10 g, (1 Tbsp)	53.4 kcal, protein 1.83 g, carbohydrate 2.89 g, fat 4.22 g
	PEACH 85 g, (1 item)	33.1 kcal, protein 0.77 g, carbohydrate 8.11 g, fat 0.21 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 204 kcal	CHIA PUDDING WITH MANGO	10 min   204 kcal, protein 3.2 g, carbohydrate 31.4 g, fat 6 g	Chia seeds 20 g, (2 Tbsps) Rice milk 100 g, (0.42 cup) Mango 100 g, (0.36 item)	Cover Chia seeds with rice milk and leave it for about 24h. After this time, add blended mango and spread as a second layer.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 567 kcal	SALMON FILLET WITH VEGETABLES BAKED IN FOIL	15 min   567 kcal, protein 50.4 g, carbohydrate 15.7 g, fat 30.5 g	Atlantic salmon 230 g, (1.15 fillet) Zucchini 300 g, (0.5 items) Dill 4 g, (1 tsp) Cooked quinoa 30 g	Serve with quinoa.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 153 kcal	TOMATO JUICE 300 g, (1 portion)	66 kcal, protein 1.8 g, carbohydrate 13.8 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
SUPPER 19:00 294 kcal	QUINOA WITH STEWED ZUCCHINI	15 min   294 kcal, protein 13.3 g, carbohydrate 26.4 g, fat 15.4 g	Cooked quinoa 30 g Zucchini 600 g, (1 item) Olive oil 5 g, (1.25 tpsps) Pumpkin seeds 20 g, (2 Tbsps)	Sprinkle zucchini with your favorite herbs and stew in olive oil. Sprinkle with pumpkin seeds, serve with quinoa.



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# DAY 6

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BREAKFAST</b> 08:00 377 kcal	SCRAMBLED EGGS	8 min   377 kcal, protein 21.6 g, carbohydrate 5.35 g, fat 26.2 g	Egg 180 g, (3 items) Colza oil 10 g, (0.77 Tbsp) Red tomato 170 g, (1 whole) Chives 5 g, (1 tsp)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BRUNCH</b> 10:30 207 kcal	RICE MILK COCKTAIL	10 min   207 kcal, protein 1.4 g, carbohydrate 38.9 g, fat 2.1 g	Rice milk 200 g, (0.84 cup) Mango 100 g, (0.36 item) Frozen raspberry 50 g, (0.42 cup) Linseed 5 g, (1 tsp)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>DINNER 13:00</b> 564 kcal	BEEF AND VEGETABLES STEW	20 min   564 kcal, protein 30.6 g, carbohydrate 53 g, fat 24.7 g	Beef sirloin 100 g, (0.15 piece) Red tomato 170 g, (1 whole) Red sweet pepper 150 g, (0.65 item) Salad mix 80 g Olive oil 20 g, (1.54 Tbsps) Buckwheat groats 50 g, (0.28 cup)	Stew beef with vegetables. Cook buckwheat groats. Serve with seasoned lettuce and pour over with olive oil.

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 16:00 174 kcal	ALMONDS 30 g, (1 handful)	174 kcal, protein 6.34 g, carbohydrate 6.46 g, fat 15 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>SUPPER 19:00</b> 346 kcal	STEWED SPINACH	15 min   346 kcal, protein 15.5 g, carbohydrate 24.9 g, fat 20.1 g	Frozen spinach 200 g, (0.91 cup) Colza oil 10 g, (0.77 Tbsp) Raw garlic 5 g, (1 clove) Red tomato 170 g, (1 whole) Cooked millet groats 40 g Pumpkin seeds 20 g, (2 Tbsps)	Stew spinach with garlic and tomato in oil. Serve with cooked millet groats and sprinkle with pumpkin seeds.



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# DAY 7

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BREAKFAST</b> 08:00 413 kcal	OMELETTE WITH ROCKET	8 min   413 kcal, protein 20.1 g, carbohydrate 16.8 g, fat 26.8 g	Egg 120 g, (2 items) Coconut flour 15 g, (1.15 Tbsps) Buckwheat flour 10 g Coconut oil 5 g, (0.38 Tbsp) Rocket 20 g, (1 handful) Red tomato 170 g, (1 whole) Poultry ham 20 g, (0.71 slice)	

Meal	Ingredients	Information
<b>BRUNCH</b> 10:30 164 kcal	PEACH 170 g, (2 items)	66.3 kcal, protein 1.55 g, carbohydrate 16.2 g, fat 0.42 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>DINNER 13:00</b> 540 kcal	STEWED TURKEY BREAST	20 min   540 kcal, protein 53.7 g, carbohydrate 22.7 g, fat 23.9 g	Turkey breast 200 g, (0.5 item) Coconut oil 5 g, (0.38 Tbsp) China frozen mix 200 g Cooked millet 50 g	Stew meat with frozen vegetables in oil. Serve with cooked millet.

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 16:00 193 kcal	CARROT 240 g, (3 items)	98.4 kcal, protein 2.23 g, carbohydrate 23 g, fat 0.58 g
	APPLE 182 g, (1 medium)	94.6 kcal, protein 0.47 g, carbohydrate 25.1 g, fat 0.31 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>SUPPER 19:00</b> 327 kcal	HUMMUS	5 min   271 kcal, protein 7 g, carbohydrate 14.7 g, fat 20.1 g	Canned chickpeas 100 g, (0.59 cup) Sesame oil 10 g, (0.77 Tbsp) Sesame 15 g	Blend all ingredients with salt and pepper.
	RICE WAFER 10 g, (1 portion)	39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g		
	ICEBERG LETTUCE 40 g, (1 leaf)	5.6 kcal, protein 0.36 g, carbohydrate 1.19 g, fat 0.06 g		
	CUCUMBER 100 g, (0.56 item)	15 kcal, protein 0.65 g, carbohydrate 3.63 g, fat 0.11 g		



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