

# Diet for 7 days

## For your DuoLife Beauty Set

### UWAGI DODATKOWE:

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 BEAUTY 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 BEAUTY:

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

08:30 – 2 capsules of DuoLife Medical Formula ProDeacid® NEW and 25 ml DuoLife Collagen

10:00 – 25 ml DuoLife Aloes and 25 ml DuoLife Vita C

14:00 – 5 ml DuoLife RegenOil Liquid Gold® and 20 ml DuoLife Chlorofil

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>	Hemp protein 15g Wholemeal bread 95g (2.5 portion) Millet 45g (0.23 cup) Coconut flour 20g	Potato flour 10g Oat bran 35g Oatmeal 80g (8 Tbsps) Rice wafer 10g (1 portion)
<b>VEGETABLES AND FRUITS</b>	Pineapple 150g (0.17 fruit) Avocado 195g (1.39 items) Banana 60g (0,5 item) Sweet potato 180g Blueberry 150g (1.15 cups) Peach 220g (2.59 items) Onion 130g (1.25 items) Red onion 60g (0.57 item) Pearl onion/Button 10g Zucchini 650g (1.08 items) Raw garlic 27.5g (5,5 cloves) Pumpkin 160g (0.19 portion) Green beans, green 200g (2 handfuls) Green pea 70g (0.5 cup) Apple 223g (1 large) Curly kale 20g (1 handful)	Raspberry 360g (1.75 cups) Carrot 470g (4.89 items) Almonds 55g (3.66 Tbsps) Salad mix 60g China frozen mix 200g Chia seeds 70g (1.5 Tbsps) Nectarine 335g (2.91 items) Cashew 55g (1.57 handful) Cucumber 180g (1 item) Cucumber in brine 290g (4.83 items) Walnut 85g (5.67 Tbsps) Earthnut 25.5g (1.7 Tbsps) Red sweet pepper 760g (3.3 items) Green sweet pepper 100g (0.71 item) Pumpkin seeds 80g (0.07 cup, 7 Tbsps) Parsley 240g (3 roots) Orange 239g (1 item)
<b>OTHER</b>	Nigella 10g (2 tsps) Vanilla extract 4g Grapefruit 110g (0.42 item) Powdered cocoa, unsweetened 5g (1 tsp) Bay leaf 1g Mung bean pasta 80g Ground curcuma 0.4g (0.2 tsp) Coconut milk 350g Canned coconut milk 210g Rice milk 90g Sunflower seeds 40g Coconut oil 14g (3.5 tsps) Canola oil 71g (5.08 Tbsps) Water 1000g (2.09 cups, 0.5 liter)	Olive oil 155g (11.2 Tbsps, 2 tsps) Cashew nut 30g (2 Tbsps) Button mushrooms 140g (7 items) Sesame 15g Soya sauce 10g (2 Tbsps) Agave syrup 10g Hard tofu 170g (4.8 slices, 5 tsps) Cooked chickpea 350g Cooked buckwheat groats 135g Cooked millet 80g Cooked quinoa 105g Cooked green lentils 80g Cooked white rice 50g



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# CALORIE CONTENT OF THE PRODUCTS USED IN A DIET

Products	Amount	Calories
Hemp protein	1 Tbsp (10g)	40
Wholemeal bread	1 slice (40g)	84
Millet	1 Tbsp (10g)	33,4
Coconut flour	1 Tbsp (10g)	35,9
Potato flour	1 Tbsp (10g)	34,2
Oat bran	1 Tbsp (10g)	35,8
Oatmeal	1 Tbsp (10g)	36,6
Rice wafer	1 portion (10g)	39,2
Pineapple	1 portion (10g)	64
Avocado	1 item (130g)	208
Banana	1 item (120g)	107
Sweet potato	1 item (100g)	76
Blueberry	1 cup (130g)	74
Peach	1 item (85g)	34
Onion	1 item (105g)	42
Red onion	1 item (105g)	35
Pearl onion	1 item (10g)	3
Zucchini	1 item (600g)	90
Raw garlic	1 clove (5g)	7,5
Pumpkin	160g	45
Green beans, green	1 handful (100g)	16
Green pea	1 cup (130g)	91
Apple	1 large	112
Curly kale	1 handful (20g)	6
Raspberry	100g	28
Carrot	1 item (80g)	22
Almonds	1 Tbsp (30g)	181
Salad mix	80g	13,6
China frozen mix	200g	72
Chia seeds	1 Tbsp (10g)	45
Nectarine	1 item (115g)	57
Cashew	1 handful	211
Cucumber	1 item (180g)	29
Cucumber in brine	1 item (60g)	7
Walnut	1 Tbsp (10g)	65
Earthnut	1 Tbsp (10g)	50
Red sweet pepper	1 item (231g)	74
Green sweet pepper	2 items (141g)	26
Pumpkin seeds	1 Tbsp (10g)	56
Parsley	1 item root	28
Orange	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	1 item (170g)	23
Canned tomato	1 can (200g)	56
Leek	100g	61
Tomato passata	1 cup (130g)	39
Corn salad [Valerianella]	1 handful (20g)	4
Celeriac	1 slice (60g)	24
Celery	1 stem (45g)	3
Linseed	1 tsp (4g)	18
Green lentils	1 cup (200g)	630
One-day carrot juice	1 cup (300g)	111
Tomato juice	1 cup (300g)	60
Lemon juice	1 tsp (4g)	1
Chives	1 tsp (4g)	1
Frozen spinach	1 cup (200g)	109
Coconut shreds	1 tsp (4g)	27
Nigella	1 tsp (4g)	12
Vanilla extract 4g	-	-
Grapefruit	1 item (262g)	110
Powdered cocoa, unsweetened	1 tsp (4g)	14
Bay leaf	1 item	4
Mung bean pasta/noodles	80g	112
Ground curcuma	1 tsp (4g)	14
Coconut milk	1 cup (200g)	428
Canned coconut milk	1 cup (200g)	258
Rice milk	1 cup (200g)	94
Sunflower seeds	1 Tbsp (10g)	60
Coconut oil	1 Tbsp (10g)	89
Canola oil	1 Tbsp (10g)	88
Olive oil	1 Tbsp (10g)	90
Button mushrooms	1 item (20g)	3,2
Sesame	1 Tbsp (10g)	66
Soya sauce	1 Tbsp (10g)	14
Agave syrup	1 Tbsp (10g)	30
Hard tofu	1 Tbsp (10g)	11
Cooked chickpea	1 cup (200g)	612
Cooked buckwheat groats	1 cup (200g)	208
Cooked millet	1 cup (200g)	198
Cooked quinoa	1 cup (200g)	240
Cooked green lentils	1 cup (200g)	288
Cooked white rice	1 cup (200g)	196
Water	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.



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# DAY 1

Meal	Dish	Information	Ingredients (for 4 serves)	Recipe
<b>BREAKFAST</b> 08:00 461 kcal	COCONUT AND CHIA PUDDING	15 min   461 kcal, protein 10.1 g, carbohydrate 49.8 g, fat 25.1 g	Coconut milk 350g Rice milk 90g Chia seeds 55g Agave syrup 10g Vanilla extract 4g	Mix all the ingredients. Remember to do it thoroughly so that chia seeds do not sink to the bottom. Put the mixed mass in the fridge and keep it there overnight. It will be ready the next day. You can add seasonal fruits.

Meal	Ingredients	Information
<b>BRUNCH</b> 10:30 207 kcal	WHOLEMEAL BREAD 35g, (1 portion)	80.5 kcal, protein 2.06 g, carbohydrate 17.9 g, fat 0.45 g
	OLIVE OIL 10g, (0.74 Tbsp)	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g
	RED SWEET PEPPER 100g, (0.43 item)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g
	CUCUMBER IN BRINE 60g, (1 item)	7.2 kcal, protein 0.3 g, carbohydrate 1.45 g, fat 0.18 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>DINNER 13:00</b> 621 kcal	PUMPKIN PAN-CAKES	20 min   542 kcal, protein 10.2 g, carbohydrate 52.2 g, fat 33.3 g	Pumpkin 160g, (0.19 portion) Carrot 30g, (0.38 item) Leek 50g (1 piece) Pearl onion 10g Linseed 20g (2 Tbsps) Potato flour 10g Raw garlic 2.5g (0,5 clove) Coconut oil 10g (2.5 tsps) Cucumber 180g (1 item) Olive oil 10g (0.77 Tbsp) Pumpkin seeds 10g (0.07 cup) Cooked white rice 50g	Grate pumpkin and carrots. Finely chop leek and onions. Crush/press garlic, add flour, linseed, season with salt, pepper, curry and fry in oil. Serve with a cucumber salad sprinkled with olive oil and topped with pumpkin seeds. Serve with rice.
	CURLY KALE COCKTAIL (0.5 PORTION)	5 min   78.9 kcal, protein 2.9 g, carbohydrate 18.1 g, fat 0.59 g	Curly kale 20g, (1 handful) Celery 45g, (1 stem) Parsley 80g (1 root) Orange 239g, (1 item)	Add water and blend: kale leaves, celery stem, parsley and orange.

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 16:00 169 kcal	CARROT 200g, (2.5 items)	82 kcal, protein 1.86 g, carbohydrate 19.2 g, fat 0.48 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
<b>SUPPER 19:00</b> 339 kcal	SALAD WITH TOFU IN SESAME	10 min   339 kcal, protein 15.6 g, carbohydrate 17 g, fat 22 g	Hard tofu 120g, (4.8 slices) Salad mix 60g Red sweet pepper 110g, (0.48 item) Red tomato 150g, (0.88 whole) Sesame 15g Olive oil 4g, (1 tsp) Coconut oil 4g, (1 tsp) Soya sauce 10g, (2 tsps)	Dice Tofu, marinate in soya sauce mixed with pepper = seasoning (for about 15 minutes). Spread lettuce, add a tomato cut into quarters and pepper cut in strips. Remove Tofu from the marinade and coat in sesame, fry it in hot coconut oil or canola oil until its color turns golden. Add to lettuce. Pour the whole dish with olive oil and season with freshly ground pepper.



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# DAY 2

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BREAKFAST</b> 08:00 367 kcal	MILLET WITH WALNUTS	10 min   367 kcal, protein 9.25 g, carbohydrate 43 g, fat 19 g	Cooked millet 80g Walnut 25g, (1.67 Tbsps) Linseed 5g, (0.5 Tbsp) Nectarine 220g, (1.91 items)	Add cinnamon and ginger if desired.

Meal	Dish	Information	Ingredients (for 1 serve)
<b>BRUNCH</b> 10:30 199 kcal	COCKTAIL WITH RASPBERRIES	5 min   199 kcal, protein 4.7 g, carbohydrate 26.5 g, fat 8.4 g	Grapefruit 110g, (0.42 item) Raspberry 110g, (0.92 cup) Water 200g, (0.83 cup) Linseed 20g, (2 Tbsps)

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>DINNER 13:00</b> 610 kcal	ZUCCHINI LECHO	20 min   511 kcal, protein 10.5 g, carbohydrate 54 g, fat 26.9 g	Zucchini 300g, (0.5 item) Red sweet pepper 120g, (0.52 item) Button mushrooms 140g, (7 items) Red onion 60g, (0.57 item) Raw garlic 5g, (1 clove) Canola oil 26g, (2 Tbsps) Canned tomato 200g, (0.83 can) Cooked buckwheat groats 100g	Slice zucchini and button mushrooms, and dice the pepper. Chop onion and garlic and fry [glaze] them stirring in oil for a while, add zucchini and pepper, then pour it over with canned tomatoes. Season with a bit of salt, pepper, Herbes de Provence and sweet pepper. Serve with cooked buckwheat.
	EARTHNUITS 17.5g (1.17 Tbsps)	99.5 kcal, protein 4.38 g, carbohydrate 3.65 g, fat 8.31 g		

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 16:00 231 kcal	TOMATO JUICE 415g, (1.8 cups)	91.4 kcal, protein 2.49 g, carbohydrate 19.1 g, fat 0.42 g
	PUMPKIN SEEDS 25g, (2,5 Tbsps)	140 kcal, protein 7.56 g, carbohydrate 2.68 g, fat 12.3 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>SUPPER 19:00</b> 407 kcal	SALAD WITH VALERIANELLA [CORN SALAD]	10 min   362 kcal, protein 9.6 g, carbohydrate 29.6 g, fat 20.9 g	Corn salad [Valerianella] 75g, (3 handfuls) Red tomato 300g, (1.74 of whole) Chives 5g, (1 Tbsp) Green beans 200g (2 handfuls) Sunflower seeds 25g Olive oil 10g, (0.77 Tbsp)	Cook the beans. Season with salt and pepper.
	EARTHNUITS 8g, (0.53 Tbsp)	45.6 kcal, protein 2.01 g, carbohydrate 1.67 g, fat 3.81 g		



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# DAY 3

Meal	Ingredients	Information
BREAKFAST 08:00 408 kcal	WHOLEMEAL BREAD 30g, (0.5 portion)	69 kcal, protein 1.77 g, carbohydrate 15.4 g, fat 0.39 g
	OLIVE OIL 15g, (1.1 Tbsps)	133 kcal, protein 0 g, carbohydrate 0 g, fat 15 g
	CUCUMBER IN BRINE 150g, (2.5 items)	18 kcal, protein 0.75 g, carbohydrate 3.62 g, fat 0.45 g
	GREEN SWEET PEPPER 100g, (0.71 item)	20 kcal, protein 0.86 g, carbohydrate 4.64 g, fat 0.17 g
	AVOCADO 105g, (0.75 item)	168 kcal, protein 2.1 g, carbohydrate 8.96 g, fat 15.4 g

Meal	Dish	Information	Ingredients (for 1 serve)
BRUNCH 10:30 207 kcal	NECTARINE COCKTAIL	5 min   207 kcal, protein 3.45 g, carbohydrate 29.1 g, fat 8.52 g	Water 150g, (0.63 cup) Raspberry 150 g Nectarine 115g, (1 item) Canned coconut milk 40g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 797 kcal	CHICKPEA WITH SPINACH	20 min   537 kcal, protein 24.8 g, carbohydrate 44.1 g, fat 26 g	Cooked chickpea 200g Frozen spinach 250g, (1.14 cups) Raw garlic 5g, (1 clove) Canola oil 20g, (1.54 Tbsps) Onion 50g, (0.48 item)	Cook chickpeas. Chop an onion and fry [glaze] it stirring in canola oil for a while. Then, add a chopped clove of garlic. Add spinach and thaw. Season with salt, pepper, and nutmeg. Mix with chickpeas.
	TOMATO SOUP WITH LENTILS	30 min   259 kcal, protein 15.8 g, carbohydrate 49.8 g, fat 1.52 g	Water 500g (0.5 liter) Carrot 80g, (1 item) Parsley 40g, (0.5 root) Celeriac 30g, (0.5 slice) Bay leaf 1g Canned tomato 120g Green lentils 50g, (0.25 cup) Ground curcuma 0.4g (0.2 tsp)	Cook the greens in 1 liter of water with the addition of dried vegetables, salt, pepper, toss bay leaf and allspice. After half an hour, add two cans of tomatoes. Cook for 10 min. Add dry lentils, and after 10 minutes the soup is ready. It is great when seasoned with curcuma.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 116 kcal	APPLE 223G, (1 portion)	116 kcal, protein 0.58 g, carbohydrate 30.8 g, fat 0.38 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 407 kcal	QUINOA WITH TOMATOES	15 min   304 kcal, protein 8.64 g, carbohydrate 20.8 g, fat 20.9 g	Cooked quinoa 60g Canned tomato 200g, (0.83 can) Olive oil 10g, (0.77 Tbsp) Pumpkin seeds 20g, (2 Tbsps)	Roast the seeds. Season with basil.



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# DAY 4

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BREAKFAST</b> 08:00 372 kcal	OATMEAL WITH COCONUT SHREDS	10 min   372 kcal, protein 9.9 g, carbohydrate 51.1 g, fat 13.3 g	Oatmeal 40g (4 Tbsps) Oat bran 25g Coconut shreds 10g, (0.77 Tbsp) Linseed 5g (0.5 Tbsp) Blueberry 50g (0.38 cup)	Pour oatmeal and oat bran over with water and leave overnight. Add fruit in the morning.

Meal	Ingredients	Information
<b>BRUNCH</b> 10:30 153 kcal	PEACH 140g, (1.65 items)	54.6 kcal, protein 1.27 g, carbohydrate 13.4 g, fat 0.35 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
<b>DINNER 13:00</b> 591 kcal	PASTA IN COCONUT CURRY	20 min   591 kcal, protein 25.1 g, carbohydrate 80.7 g, fat 16.9 g	Mung bean pasta 80g Onion 50g, (0.48 item) Carrot 50g, (0.63 item) Green pea 70g (0.5 cup) Red sweet pepper 220g, (0.96 item) Canola oil 5g Canned coconut milk 50g	Fry/stew chopped onions, peppers, peas, carrots, chilli, ginger and garlic in oil. After 5 min add coconut milk, 5 Tbsps of water; curry, pepper. Cook pasta. Combine the ingredients.

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> 295 kcal	AVOCADO 90g, (0.64 item)	144 kcal, protein 1.8 g, carbohydrate 7.68 g, fat 13.2 g
	RED TOMATO 200 g, (1.18 of whole)	36 kcal, protein 1.76 g, carbohydrate 7.78 g, fat 0.4 g
	OLIVE OIL 13g, (1 Tbsp)	115 kcal, protein 0 g, carbohydrate 0 g, fat 13 g



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# DAY 5

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BREAKFAST</b> 08:00 388 kcal	OATMEAL WITH WALNUTS	10 min   388 kcal, protein 16.4 g, carbohydrate 42.3 g, fat 16.1 g	Oatmeal 30g (3 Tbsps) Oat bran 10g Linseed 5g, (0.5 Tbsp) Walnut 15g, (1 Tbsp) Raspberry 100g, (0.83 cup) Hemp protein 15g	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BRUNCH 10:30</b> 209 kcal	CHIA PUDDING WITH BLUEBERRIES	10 min   209 kcal, protein 3.2 g, carbohydrate 21.4 g, fat 13 g	Chia seeds 15g, (1.5 Tbsps) Blueberry 100g, (0.77 cup) Canned coconut milk 40g Water 150g (0.63 cup)	Pour water over Chia seeds and set them aside for about 24h. After this time, add blueberries (they can be frozen), coconut milk. Blend.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>DINNER 13:00</b> 591 kcal	BRAISED STEW	10 min   567 kcal, protein 11.9 g, carbohydrate 39.6 g, fat 39 g	Zucchini 350g, (0.58 item) Red sweet pepper 110g, (0.48 item) Leek 50g (1 piece) Tomato passata 120g, (0.5 cup) Canola oil 10g, (0.77 Tbsp) Hard tofu 50g, (5 tsps) Olive oil 26g, (2 Tbsps) Cooked quinoa 45g	Oil-braised stew can be seasoned with salt, pepper, parsley sprig, then pour it over with olive oil and sprinkle with crushed tofu. Serve with quinoa.

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 16:00 111 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
<b>SUPPER 19:00</b> 326 kcal	CELERIC PASTE WITH NIGELLA	10 min   287 kcal, protein 7.85 g, carbohydrate 26.9 g, fat 18.6 g	Celeriac 150g, (0.29 root) Raw garlic 5g, (1 clove) Olive oil 4g, (1 tsp) Nigella 5g (1 tsp) Cashew 30g, (0.86 handful)	Cook chickpeas. Chop an onion and fry it in canola oil for a while. At the end add a sliced clove of garlic. Add spinach and thaw. Season with salt, pepper, and nutmeg. Mix with chickpeas.
	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 6

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BREAKFAST 08:00 399 kcal	CELERIAC PASTE WITH NIGELLA	10 min   299 kcal, protein 6.65 g, carbohydrate 22.7 g, fat 22.6 g	Celeriac 120g, (0.23 root) Raw garlic 5g, (1 clove) Olive oil 10g, (0.77 Tbsp) Nigella 5g, (1 tsp) Cashew 25g, (0.71 handful)	Peel and wash a celeriac, chop it into smaller pieces. Wrap in foil together with a clove of garlic and olive oil. Bake in an oven preheated to 170°C for about 30 minutes. Put into a blender cup, squeeze/crush the baked garlic. Add a pinch of salt, a large dose of black pepper, marjoram and olive oil. Blend to obtain a paste. Add nigella (optional).
		WHOLEMEAL BREAD 30g, (1 portion)	69 kcal, protein 1.77 g, carbohydrate 15.4 g, fat 0.39 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
BRUNCH 10:30 176 kcal	CLEANSING SALAD	10 min   176 kcal, protein 3.66 g, carbohydrate 25.5 g, fat 6.55 g	Celery 100g, (2.22 stems) Pineapple 150g, (0.17 of whole fruit) Lemon juice 5g, (1.67 tps) Sunflower seeds 15g	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 511 kcal	LENTILS CHOPS	20 min   511 kcal, protein 14 g, carbohydrate 58.3 g, fat 24.2 g	Cooked green lentils 80g Onion 30g, (0.29 item) Oatmeal 10g, (1 Tbsp) Parsley 40g, (0.5 root) Celeriac 60g, (0.11 root) Raw garlic 5g (1 clove) Canola oil 10g, (0.77 Tbsp) Cooked buckwheat groats 35g Carrot 80g Olive oil 13g, (1 Tbsp)	Mix all ingredients and blend to obtain a homogeneous mass. Bake at 180°C for about 30 minutes. Serve with cooked groats and grated carrot sprinkled with olive oil.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 111 kcal	CASHEW NUT 30g, (2 Tbsps)	166 kcal, protein 5.46 g, carbohydrate 9.81 g, fat 13.1 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 359 kcal	SALAD WITH BAKED SWEET POTATO	10 min   359 kcal, protein 8.3 g, carbohydrate 30.2 g, fat 22.3 g	Sweet potato 80g Red tomato 150g, (0.88 of whole) Cucumber in brine 80g, (1.33 items) Pumpkin seeds 25g, (2.5 Tbsps) Olive oil 10g, (0.77 Tbsp)	Roast pumpkin seeds.



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# DAY 7

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BREAKFAST</b> 08:00 371 kcal	SWEET COOKED GROATS	10 min   371 kcal, protein 10.9 g, carbohydrate 46.6 g, fat 15.8 g	Millet 45g, (0.23 cup) Linseed 10g, (1 Tbsp) Peach 80g, (0.94 items) Almonds 20g, (1.33 Tbsps)	Cook millet. Mix all the ingredients.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BRUNCH</b> 10:30 197 kcal	COCONUT FLOUR COOKIE	10 min   197 kcal, protein 2.75 g, carbohydrate 20.6 g, fat 13.5 g	Banana 60g (0.5 item) Powdered cocoa, unsweetened 5g (1 tsp) Coconut flour 20g	Mash a banana with a fork and mix, or mix thoroughly with flour and cocoa. The dough-mass should be sticky. Knead/press a dough. Put it in a small dish and into the fridge for a minimum of 7 hours.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>DINNER 13:00</b> 549 kcal	STEW CHICKPEA WITH A FROZEN MIX	20 min   549 kcal, protein 20.7 g, carbohydrate 42.4 g, fat 29.1	Cooked chickpea 150g China frozen mix 200g Red tomato 300g, (1.76 of whole) Olive oil 20g, (1.54 Tbsps)	Season.

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 16:00 182 kcal	TOMATO JUICE 300g, (1 portion)	66 kcal, protein 1.8 g, carbohydrate 13.8 g, fat 0.3 g
	ALMONDS 20g,	116 kcal, protein 4.23 g, carbohydrate 4.31 g, fat 9.99 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>SUPPER 19:00</b> 317 kcal	SWEET POTATO CREAM SOUP	15 min   317 kcal, protein 4.2 g, carbohydrate 36.7 g, fat 17 g	Sweet potato 100g Canned coconut milk 80g Carrot 30g Parsley 80g, (1 root)	Cook the following in 0.4 liter of water: sweet potato, carrot and parsley. Add bay leaf, allspice and basil, salt. When the vegetables are soft, pour in coconut milk, remove the bay leaves and blend.



The proposed diet is a pattern of eating tailored for the DuoLife BEAUTY Set  
Find out more at [DuoLife.eu](https://DuoLife.eu)