

# Diet for 7 days

## For your DuoLife Sight Set

### ADDITIONAL NOTES:

Estimated amount of calories per day: 1800 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 SIGHT 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 SIGHT:

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

08:30 – 1 capsule of DuoLife Clinical Formula ProOptical®

10:00 – 2 capsules of DuoLife Medical Formula ProStik® NEW and 25 ml DuoLife Vita C

14:00 – 5 ml DuoLife RegenOil Liquid Gold®

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>	Rye bread 205g (1 slice, 4 portions) Millet 25g Millet flour 5g (0.5 Tbsps)	Coconut flour 5g Oat flakes 35g (3.5 Tbsps) Rice wafer 20g (1 portion)
<b>DAIRY PRODUCTS</b>	Egg 750g (12.5 items) Natural yoghurt 220g (1 portion, 3.5 Tbsp) Semi-skimmed curd cheese 100g (0.5 packet)	
<b>VEGETABLES AND FRUITS</b>	Pineapple 120g (0.73 pieces) Avocado 200g (1.43 items) Banana 200g (1.67 items) Sweet potato 100g Cooked red beet 180g (1.5 whole) Zucchini 700g (1.17 items) Raw garlic 7.5g (1.5 cloves) Dates 20g (4 items) Apple 50g Curly kale 80g (4 handfuls) Kiwi 207g (3 items) Dill 4g (1 tsp) Raspberry 550g (1 portion) Frozen raspberry 100g Carrot 220g (2.75 item) Almonds 110g (3.67 Tbsp, 1 portion) Salad mix 200g (3 portion) Sunflower seeds 30g (3 Tbsps)	Parsley sprig 8g (2 tsps) Cucumber in brine 360g (6 items) Walnut 65g (4.34 Tbsps) Red sweet pepper 610g (2.63 items) Pumpkin seeds 45g (0.14 cup, 2.5 Tbsp) Parsley 80g (1 root) Red tomato 760g (4.47 whole) Canned tomato 150g (0.63 can) Dried tomatoes in pickle 80g (2 items) Rocket 100g (5 handfuls) Celeriac 80g (1.33 slices) Celery 113g (2.5 stem) Linseed 5g (1 tsp) One-day carrot juice 600g (2 portions) Lemon juice 19g (4.34 tsps, 1 Tbsp) Dried spirulina 30g (1.43 Tbsps) Frozen strawberry 100g (0.67 cup) Coconut shreds 6g, (1 tsp)
<b>MEAT AND FISH</b>	Pork belly 20g (2 slices) Turkey breast 430g (1.08 pieces) Chicken breast 500g (2.5 items) Trout 150g Beef sirloin 170 g (0.25 piece)	Poultry ham 60g (3 portions) Atlantic salmon 400g (2 fillet) Smoked salmon 50g (1.97 fillets)
<b>OTHER</b>	Hard/soft-boiled egg 180g (3 items) Xylitol 10g (2 tsps) Ground ginger 5g (2.5 tsps) Honey 5g Coconut milk 100g (10 Tbsps) Canned coconut milk 150g (1 portion) Rice milk 395g Sunflower seeds 10g Wine vinegar 6g (1 Tbsp) Coconut oil 42g (3 tsps, 2.3 Tbsps)	Canola oil 5g (0.38 Tbsp) Olive oil 157g (10.6 Tbsps, 1.25 tsps) Button mushrooms 230g (6.5 items) Millet flakes 30g (3 Tbsps) Dried basil 8g (4 tsps) Cooked buckwheat groats 215g (1 portion) Cooked millet 300g (2 portions) Cooked quinoa 180g (2 portions) Water 100g (1 portion)



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# CALORIE CONTENT OF THE PRODUCTS USED IN A DIET

Products	Amount	Calories
Almonds 110g (3.67 Tbsp, 1 portion)	1 Tbsp (30g)	181
Salad mix 200g (3 portion)	80g	13,6
Sunflower seeds 30g (3 Tbsps)	1 Tbsp (10g)	60
Parsley sprig 8g (2 tsps)	1 tsp (4g)	2
Cucumber in brine 360g (6 items)	1 item (60g)	7
Walnut 65g (4.34 Tbsps)	1 Tbsp (10g)	65
Red sweet pepper 610g (2.63 item)	1 item (231g)	74
Pumpkin seeds 45g (0.14 cups, 2.5 Tbsp)	1 Tbsp (10g)	56
Parsley 80g (1 root)	1 root	28
Red tomato 760g (4.47 whole)	1 item (170g)	23
Canned tomato 150g (0.63 can)	1 can (200g)	56
Dried tomatoes in pickle 80 g (2 items)	1 item (40g)	162
Rocket 100 g (5 handfuls)	1 handful 20g	5
Celeriac 80g (1.33 slices)	1 slice (60g)	24
Celery 113g (2.5 stem)	1 stem (45g)	3
Linseed 5g (1 tsp)	1 tsp (4g)	18
One-day carrot juice 600g (2 portions)	1 cup (300g)	111
Lemon juice 19g (4.34 tsps, 1 Tbsp)	1 tsp (4g)	1
Dried spirulina 30g (1.43 Tbsps)	1 Tbsp (10g)	31
Frozen strawberry 100g (0.67 cups)	1 cup (150g)	60
Coconut shreds 6g, (1 tsp)	1 tsp (4g)	27
Bacon 20g (2 slices)	1 slice (10g)	30
Turkey breast 430g (1.08 pieces)	1 item (400g)	352
Chicken breast 500g (2.5 items)	1 item (250g)	302
Trout 150g	1 fillet (150g)	174
Beef sirloin 170 g (0.25 piece)	1 portion (170g)	223
Poultry ham 60g (3 portions)	1 portion (20g)	26
Atlantic salmon 400g (2 fillet)	1 fillet (200g)	284
Smoked salmon 50g (1.79 fillet)	1 fillet (28g)	45

The caloric content of the products in the diet has been taken into account 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
Rye bread 205g (1 slice, 4 portions)	1 slice (40g)	104
Millet 25g	1 Tbsp (10g)	33,4
Millet flour 5g (0.5 Tbsp)	1 Tbsp (10g)	35,6
Coconut flour 5g	1 Tbsp (10g)	35,9
Oat flakes 35g (3.5 Tbsps)	1 Tbsp (10g)	36,6
Rice wafer 20g (1 portion)	1 portion (10g)	39,2
Boiled egg 750g (12.5 items)	1 item	84
Natural yoghurt 220g (1 portion, 3.5 Tbsp)	1 Tbsp (20g)	12,2
Semi-skimmed curd cheese 100g (0.5 packet)	1 packet (200g)	162
Pineapple 120g (0.73 piece)	1 portion (100g)	64
Avocado 200g (1.43 items)	1 item (130g)	208
Banana 200g (1.67 items)	1 item (120g)	107
Sweet potato 100g	1 item (100g)	76
Cooked red beet 180g (1.5 whole)	1 item (120g)	94
Zucchini 700g (1.17 items)	1 item (600g)	90
Raw garlic 7.5g (1.5 cloves)	1 clove (5g)	7,5
Dates 20g (4 items)	1 item (5g)	15
Apple 50g	1 item (140g)	73
Curly kale 80g (4 handfuls)	1 handful (20g)	6
Kiwi fruit 207g (3 items)	1 item (69g)	41
Dill 4g (1 tsp)	1 tsp (4g)	1
Raspberry 550g (1 portion)	100g	28
Frozen raspberry 100g	100g	42
Carrot 220g (2.75 items)	1 item (80g)	22

The caloric content of the products in the diet has been taken into account to help you adjust the diet to your calorie needs.



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# DAY 1

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BREAKFAST</b> 08:00 425 kcal	SCRAMBLED EGGS	8 min   321 kcal, protein 24.2 g, carbohydrate 5.2 g, fat 20.2 g	Egg 180g (3 items) Button mushrooms 130g (6.5 items) Coconut oil 4g (1 tsp)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BRUNCH 10:30</b> 213 kcal	RAFAELLO DESSERT	10 min   213 kcal, protein 2.3 g, carbohydrate 25.3 g, fat 12.7 g	Cooked millet 40g Canned coconut milk 20g Coconut oil 4g (1 tsp) Coconut shreds 6g, (1 tsp) Dates 20g (4 items) Lemon juice 5g (1.67 tps)	Blend all the ingredients to obtain a smooth cream, put it into a dish, sprinkle the top with the shreds and put it in the fridge for 12 hours.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>DINNER 13:00</b> 610 kcal	ORIENTAL CHICKEN	20 min   343 kcal, protein 44.7 g, carbohydrate 25.6 g, fat 4.2 g	Chicken breast 200g (1 item) Raw garlic 5g (1 clove) Lemon juice 5g (1.67 tps) Ground ginger 5g (2.5 tps) Pineapple 120g (0.73 piece) Honey 5g Wine vinegar 6g (1 Tbsp) Lemon juice 6g (1 Tbsp)	Put the chicken strips in a bowl, add the ingredients of the marinade (salt, sweet pepper, grated garlic, 5g lemon juice, ginger). Mix and leave for half an hour or longer. Put the pieces of pineapple into the second bowl and add the rest of the ingredients of the marinade (honey, wine vinegar, 6g lemon juice). Set aside. Stew the chicken for about 20 minutes. Then put pineapple and marinade in a frying pan and simmer for 5 minutes. Add chicken, simmer for an additional 5 minutes.
	SALAD MIX 80g (1 portion)	13.6 kcal, protein 1.12 g, carbohydrate 3.36 g, fat 0.16 g		
	OLIVE OIL 20g (1.54 Tbsps)	177 kcal, protein 0 g, carbohydrate 0 g, fat 20 g		
	COOKED BUCKWHEAT GROATS 75g (1 portion)	76.5 kcal, protein 2.85 g, carbohydrate 15.8 g, fat 0.68 g		

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 16:00 203 kcal	SOAKED ALMONDS 35g	2 min   203 kcal, protein 7.35 g, carbohydrate 7.35 g, fat 17.1 g

Meal	Ingredients	Information
<b>SUPPER 19:00</b> 365 kcal	ROCKET 40g (2 handfuls)	10 kcal, protein 1.03 g, carbohydrate 1.46 g, fat 0.26 g
	OLIVE OIL 10g (0.77 Tbsps)	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
	RYE BREAD 70g (1 portion)	181 kcal, protein 5.95 g, carbohydrate 33.8 g, fat 2.31 g
	SEMI-SKIMMED CURD CHEESE 100g (0.5 packet)	81 kcal, protein 10.4 g, carbohydrate 4.76 g, fat 2.27 g



# DAY 2

Meal	Ingredients	Information
BREAKFAST 08:00 452 kcal	RYE BREAD 35g (1 portion)	90.6 kcal, protein 2.97 g, carbohydrate 16.9 g, fat 1.15 g
	HARD/SOFT-BOILED EGG 180g (3 items)	250 kcal, protein 22.5 g, carbohydrate 0 g, fat 17.5 g
	AVOCADO 50g (0.36 items)	80 kcal, protein 1 g, carbohydrate 4.26 g, fat 7.33 g
	RED SWEET PEPPER 100g (0.43 items)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 227 kcal	RICE MILK COC TAIL	10 min   227 kcal, protein 9.85 g, carbohydrate 27.8 g, fat 8.05 g	Rice milk 125g Almonds 15g (1 Tbsp) Frozen raspberry 100g Dried spirulina 10g	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 626 kcal	SALMON BAKED IN FOIL	15 min   626 kcal, protein 46.4 g, carbohydrate 24 g, fat 36.7 g	Atlantic salmon 200g (1 fillet) Dill 4g (1 tsp) Cooked red beet 180g (1.5 whole) Cooked buckwheat groats 70g Olive oil 10g (0.77 Tbsp)	Bake salmon with dill. Add salt and pepper. Serve with beets and buckwheat groats topped with oil.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 185 kcal	CUCUMBER IN BRINE 180g (3 items)	21.6 kcal, protein 0.9 g, carbohydrate 4.34 g, fat 0.54 g
	WALNUT 25g (1.67 Tbsps)	164 kcal, protein 3.81 g, carbohydrate 3.43 g, fat 16.3 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
SUPPER 19:00 340 kcal	SALAD WITH BAKED SWEET POTATO	10 min   340 kcal, protein 9.95 g, carbohydrate 35.2 g, fat 15.5 g	Sweet potato 100g Olive oil 10g (0.77 Tbsp) Raw garlic 2.5g (0.5 clove) Lemon juice 3g (1 tsp) Smoked salmon 50g (1.79 fillet) Rocket 40g (2 handfuls) Red sweet pepper 100g (0.43 item)	Peel a sweet potato, dice, pour it over with olive oil and sprinkle with salt and pepper. Rub with pressed garlic and bake at 180°C for 20 minutes.



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# DAY 3

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BREAKFAST</b> 08:00 414 kcal	SCRAMBLED EGGS	8 min   414 kcal, protein 21.6 g, carbohydrate 6g, fat 30.1 g	Egg 180g (3 items) Pork belly 10g (1 slice) Red sweet pepper 100g (0.43 items) Coconut oil 4g (1 tsp)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BRUNCH</b> 10:30 207 kcal	OAT COOKIES	10 min   207 kcal, protein 7.1 g, carbohydrate 32.1 g, fat 4.8 g	Apple 50g Oat flakes 35g (3.5 Tbsps) Egg 30g (0.5 item)	Grate a small apple to get 50g mousse - stew in a pot. You may add cinnamon. Crack an egg into a cool mousse, add oat flakes and stir. Then form into balls the size of a walnut, then flatten. Cookies should be baked until light brown at 180°C for about 10-12 minutes.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>DINNER 13:00</b> 608 kcal	STEMAED TROUT	15 min   608 kcal, protein 46.7 g, carbohydrate 28.5 g, fat 33.1 g	Trout 150g Cooked buckwheat groats 70g Cucumber in brine 180g (3 items) Dried tomatoes in pickle 40g (2 items) Pumpkin seeds 10g (0.07 cup) Olive oil 10g (0.77 Tbsp)	

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 16:00 198 kcal	ONE-DAY CARROT JUICE 300g (1 portion)	111 kcal, protein 1.2 g, carbohydrate 26.1 g, fat 0.3 g
	SOAKED ALMONDS 15g (1 Tbsp) Soak for at least 6 hours.	2 min   86.8 kcal, protein 3.15 g, carbohydrate 3.15 g, fat 7.35 g

Meal	Ingredients	Information
<b>SUPPER 19:00</b> 409 kcal	RICE WAFER 20g (1 portion)	78.4 kcal, protein 1.42 g, carbohydrate 16.2 g, fat 0.86 g
	POULTRY HAM 20g (1 portion)	27.8 kcal, protein 3.26 g, carbohydrate 0.67 g, fat 1.24 g
	RED SWEET PEPPER 110g (0.48 item)	34.1 kcal, protein 1.09 g, carbohydrate 6.63 g, fat 0.33 g
	ROCKET 20g (1 handful)	5 kcal, protein 0.52 g, carbohydrate 0.73 g, fat 0.13 g
	PUMPKIN SEEDS 15g (1.5 Tbsps)	83.8 kcal, protein 4.53 g, carbohydrate 1.61 g, fat 7.36 g
	OLIVE OIL 10g (0.77 Tbsps)	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g
	NATURAL YOGHURT 150g (1 portion)	91.5 kcal, protein 5.21 g, carbohydrate 6.99 g, fat 4.88 g



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# DAY 4

Meal	Ingredients	Information
BREAKFAST 08:00 420 kcal	RYE BREAD 60g (2 portions)	155 kcal, protein 5.1 g, carbohydrate 29 g, fat 1.98 g
	POULTRY HAM 40g (2 portions)	55.6 kcal, protein 6.52 g, carbohydrate 1.34 g, fat 2.48 g
	RED SWEET PEPPER 100g (0.43 items)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g
	COCONUT OIL 20g (1.54 Tbsps)	178 kcal, protein 0 g, carbohydrate 0 g, fat 19.8 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 215 kcal	RICE MILK COCKTAIL	10 min   215 kcal, protein 10.3 g, carbohydrate 27 g, fat 7.7 g	Rice milk 100g Curly kale 40g (2 handfuls) Frozen strawberry 100g (0.67 cup) Dried spirulina 10g (1.43 Tbsps) Linseed 5g (1 tsp) Almonds 10g (0.67 Tbsp)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 591 kcal	ZUCCHINI LECHO	20 min   616 kcal, protein 50.3 g, carbohydrate 32.7 g, fat 30.8 g	Zucchini 150g (0.25 items) Red sweet pepper 100g (0.43 item) Red tomato 100g (0.59 whole) Button mushrooms 100g Parsley sprig 4g (1 tsp) Beef sirloin 170 g (0.25 piece) Olive oil 10g (0.77 Tbsp) Cooked millet 40g Sunflower seeds 30g (3 Tbsps)	Season with salt and pepper. Serve with cooked millet sprinkled with roasted sunflower seeds.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 182 kcal	CARROT 160g (2 items)	65.6 kcal, protein 1.49 g, carbohydrate 15.3 g, fat 0.38 g
	CELERY 113g (2.5 stem)	18 kcal, protein 0.78 g, carbohydrate 3.34 g, fat 0.19 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
SUPPER 19:00 393 kcal	STEW	10 min   393 kcal, protein 23 g, carbohydrate 24.4 g, fat 21.6 g	Canned tomato 150g (0.63 can) Millet 25g Pumpkin seeds 10g (1 Tbsp) Dried basil 2g (1 tsp) Turkey breast 80g (0.2 piece) Olive oil 10g (0.77 Tbsps)	Cook the millet. Roast pumpkin seeds.



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# DAY 5

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BREAKFAST</b> 08:00 433 kcal	OMELETTE	8 min   433 kcal, protein 23.5 g, carbohydrate 8.8 g, fat 31.5 g	Egg 180g (3 items) Coconut flour 5g Millet flour 5g (0.5 Tbsp) Avocado 50g (0.36 item) Coconut oil 5g (0.38 Tbsp)	Fry the omelette and top with avocado.

Meal	Ingredients	Information
<b>BRUNCH</b> 10:30 192 kcal	KIWI 207g (3 items)	126 kcal, protein 2.36 g, carbohydrate 30.3 g, fat 1.08 g
	WALNUT 10g (0.67 Tbsp)	65.4 kcal, protein 1.52 g, carbohydrate 1.37 g, fat 6.52 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>DINNER 13:00</b> 604 kcal	CHICKEN CURRY	20 min   442 kcal, protein 45.6 g, carbohydrate 2.24 g, fat 26 g	Chicken breast 200g (1 item) Canned coconut milk 80g Canola oil 5g (0.38 Tbsp)	Marinade: coconut milk + curry, pepper, black pepper (to taste) - stir and add chopped chicken (chicken can be marinated the day before). Marinated meat should be prepared in canola oil.
	SALAD MIX 80g (1 portion)	13.6 kcal, protein 1.12 g, carbohydrate 3.36 g, fat 0.16 g		
	OLIVE OIL 10g (0.77 Tbsp)	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g		
	COOKED QUINOA 50g (1 portion)	60 kcal, protein 2.2 g, carbohydrate 10.7 g, fat 0.95 g		

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>AFTERNOON SNACK</b> 16:00 111 kcal	RICE MILK COCKTAIL	10 min   200 kcal, protein 8.1 g, carbohydrate 38.4 g, fat 0.7 g	Rice milk 170g Curly kale 40g (2 handfuls) Dried spirulina 10g Banana 80g (0.67 item)	

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>SUPPER 19:00</b> 389 kcal	ZUCCHINI CREAM SOUP	10 min   287 kcal, protein 7.85 g, carbohydrate 26.9 g, fat 18.6 g	Celeriac 150g (0.25 root) Raw garlic 5g (0.5 clove) Olive oil 4g (1 tsp) Nigella 5g (1 tsp) Cashew 30g (0.86 handful)	Cook the chickpeas. Chop the onion and glaze in canola oil. At the end add a chopped clove of garlic. Add spinach and thaw. Season with salt, pepper, and nutmeg. Mix with chickpeas.
	COOKED QUINOA 60g (1 portion)	72 kcal, protein 2.64 g, carbohydrate 12.8 g, fat 1.14 g		
	OLIVE OIL 10g (0.77 Tbsps)	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g		



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# DAY 6

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>BREAKFAST</b> 08:00 418 kcal	SCRAMBLED EGGS	8 min   418 kcal, protein 21.6 g, carbohydrate 4.5 g, fat 31.1 g	Egg 180g (3 items) Red tomato 150g (0.88 whole) Pork belly 10g (1 slice) Coconut oil 5g (0.38 Tbsp)	

Meal	Ingredients	Information
<b>BRUNCH</b> 10:30 192 kcal	BANANA 120g (1 item)	1107 kcal, protein 1.31 g, carbohydrate 27.4 g, fat 0.4 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> 586 kcal	FISH IN TOMATOES	10 min   452 kcal, protein 40.5 g, carbohydrate 6.1 g, fat 26.1 g	Atlantic salmon 200g (1 fillet) Red tomato 170g (1 whole) Parsley sprig 4g (1 tsp)	Put everything into a casserole. Add salt and pepper. Bake at 180°C for 30 min.
	COOKED MILLET 90g (1 portion)	89.1 kcal, protein 2.7 g, carbohydrate 18.4 g, fat 0.72 g		
	OLIVE OIL 5g (1.25 tsps)	44.2 kcal, protein 0 g, carbohydrate 0 g, fat 5 g		

Meal	Ingredients	Information
<b>AFTERNOON SNACK</b> 16:00 208 kcal	RASPBERRY 400g (1 portion)	208 kcal, protein 4.8 g, carbohydrate 47.8 g, fat 2.6 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
<b>SUPPER 19:00</b> 401 kcal	CHICKEN IN TOMATO PESTO	10 min   452 kcal, protein 40.5 g, carbohydrate 6.1 g, fat 26.1 g	Chicken breast 100g (0.5 item) Dried tomatoes in pickle 40g Sunflower seeds 10g Dried basil 2g (1 tsp) Cooked quinoa 70g	Blend dried tomatoes with sunflower seeds, add basil. Rub the fillet with pesto and bake it in the oven (at 180°C for 20 minutes). Serve with quinoa.
	SALAD MIX 40g (1 portion)	6.8 kcal, protein 0.56 g, carbohydrate 1.68 g, fat 0.08 g		
	OLIVE OIL 5g (0.38 Tbsp)	44.2 kcal, protein 0 g, carbohydrate 0 g, fat 5 g		



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# DAY 7

Meal	Ingredients	Information
BREAKFAST 08:00 371 kcal	MILLET FLAKES 30g (3 Tbsps)	108 kcal, protein 3 g, carbohydrate 20.7 g, fat 1.2 g
	ALMONDS 20g (1 portion)	116 kcal, protein 4.23 g, carbohydrate 4.31 g, fat 9.99 g
	WATER 100g (1 portion)	0 kcal, protein 0 g, carbohydrate 0 g, fat 0 g
	AVOCADO 100g (0.71 item)	160 kcal, protein 2 g, carbohydrate 8.53 g, fat 14.7 g
	CANNED COCONUT MILK 50g (1 portion)	98.5 kcal, protein 1 g, carbohydrate 1.4 g, fat 10.7 g

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
BRUNCH 10:30 191 kcal	MILLET PUDDING	15 min   191 kcal, protein 4.2 g, carbohydrate 44.9 g, fat 0.72 g	Cooked millet 90g Raspberry 150g Xylitol 10g (2 tsps)	Cook the millet until tender. Blend raspberries with xylitol. Put hot millet into a bowl. Put the ready pudding into the bowls and leave at room temperature until it cools down and then put it in the fridge.

Meal	Dish	Information	Ingredients (for 1 serve)	Recipe
DINNER 13:00 549 kcal	TURKEY CURRY	20 min   590 kcal, protein 55.5 g, carbohydrate 11 g, fat 32.5 g	Turkey breast 250g (0.63 piece) Zucchini 300g (0.5 item) Coconut milk 100g (10 Tbsps) Olive oil 13g (1 Tbsp)	Cut meat into strips, rub with a nutmeg, salt, pepper and curry, and put into a pot. Add a little water and coconut milk, simmer with zucchini for 20 min.

Meal	Ingredients	Information
AFTERNOON SNACK 16:00 198 kcal	ONE-DAY CARROT JUICE 300g (1 portion)	111 kcal, protein 1.2 g, carbohydrate 26.1 g, fat 0.3 g
	SOAKED ALMONDS 15g (1 Tbsp) Soak for at least 6 hours.	2 min   86.8 kcal, protein 3.15 g, carbohydrate 3.15 g, fat 7.35 g

Meal	Ingredients	Information
SUPPER 19:00 351 kcal	COOKED MILLET 40g (1 portion)	39.6 kcal, protein 1.2 g, carbohydrate 8.2 g, fat 0.32 g
	RED TOMATO 340g (2 whole)	61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g
	TURKEY BREAST 100g (0.25 items)	157 kcal, protein 21.9 g, carbohydrate 0 g, fat 7.02 g
	DRIED BASIL 2g (1 tsp)	4.66 kcal, protein 0.46 g, carbohydrate 0.96 g, fat 0.08 g
	OLIVE OIL 10g (0.77 Tbsps)	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g



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