



Diet for 7 days

For your DuoLife **Energy** Pack



DuoLife



⌚ Recommended use of the food supplements from the **Energy** Pack:

- In the morning:**
- DuoLife Day - 25 ml with meal,
 - DuoLife My Blood Moja Krew - 25-50 ml after meal,
 - DuoLife RegenOil Liquid Gold®- 5ml (can be taken at dinner time),
 - DuoLife Vita C - 25-50 ml.

-
- In the evening:**
- DuoLife Night - 25 ml with meal,
 - DuoLife Aloes - 25-50 ml,
 - DuoLife Chlorofil - 10 – 20 ml at dinner time or throughout the day dissolved in a bottle of water.

ⓘ Additional notes:

Estimated amount of calories per day: **2200 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 **Energy** Pack and shall not be perceived as medical advice for any person following it.

It is recommended to follow the diet for at least 1 month.

Prepared by:

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

Shopping list



DuoLife

Farianceous products

Millet groats 50 g (0.25 cup)
Quinoa 150 g (0.83 cup)
Coconut flour 10 g (0.77 Tbsp)
Hemp flour 20 g (0.83 Tbsp)
Nut flour 10 g
Rice wafer 50 g (2.5 portions)

Vegetables and fruits

Avocado 120 g (0.86 item)
Banana 50 g (0.42 item)
Sweet potato 250 g
Blueberry 550 g (4.23 cups)
Peach 320 g (2 items)
Onion 25 g (0.24 item)
Zucchini 950 g (1.58 items)
Cherry 400 g (2 portions)
Raw garlic 30 g (6 cloves)
Dates 15 g (3 items)
Green beans, green 250 g (2.5 handfuls)
Green beans, yellow 650 g (6.5 handfuls)
Goji berry 16 g (2 Tbsps)
Cauliflower 400 g (0.46 items)
Sauerkraut 150 g (1.06 cups)
Coriander 12 g (2 tsps)
Dill 10 g (1.25 tsps)
Raspberry 100 g (1.43 handfuls)
Almonds 20 g (1.33 Tbsps)
Chia seeds 60 g (6 Tbsps)
Cucumber 50 g (0.28 item)
Cucumber in brine 350 g (5 items, 1 portion)
Walnut 70 g (2 portions, 2 Tbsps)
Sweet red pepper 250 g (1.09 items)
Pumpkin seeds 10 g (1 Tbsp)
Orange 100 g (2.5 slices)
Red tomato 1090 g (6.42 whole)
Dried tomatoes in pickle 60 g (3 items)
Iceberg lettuce 160 g (4 leaves)
Linseed 10 g (1 Tbsp)
One-day carrot juice 300 g (1 portion)
Dried cranberry 10 g (0.83 Tbsp)
Chives 5 g (1 Tbsp)
Frozen spinach 600 g (2.72 cups)
Coconut shreds 70 g (1.5 portions, 0.77 Tbsp)

Dairy products

Egg 1020 g (17 items)
Egg, egg white 105 g (3 items)
Low-fat curd cheese 170 g (0.85 pack)

Meat and fish

Pork belly 20 g (2 slices)
Cod, fillet 350 g (3.5 items)
Turkey breast 120 g (0.3 item)
Chicken breast 920 g (4.6 items)
Roast beef 250 g
Beef sirloin 250 g (0.37 cut)
Tuna 250 g (2.5 portions)
Chicken thigh 200 g (2 portions)
Minced beef 300 g (3 portions)
Atlantic salmon 300 g (1.5 fillets)
Smoked salmon 50 g (1 portion)

Other

Curry 5 g
Ground cinnamon 1 g (1 pinch)
Vanilla extract 2 g (0.5 tsp)
Erythritol 10 g
Grapefruit 100 g (0.38 item)
Powdered cocoa, unsweetened 15 g (1 Tbsp, 1 tsp)
Tiger prawn 200 g (16.7 items)
Mung bean pasta 60 g
Nut butter 15 g (1 tsp)
Ground ginger (1 pinch)
Honey 10 g (0.83 tsps)
Canned coconut milk 450 g (2 portions)
Rice milk 650 g (2.74 cups)
Balsamic vinegar 10 g
Coconut oil 65 g (4.22 Tbsps, 2.5 tsps)
Colza oil 10 g (0.77 Tbsp)
Olive oil 120 g (9.23 Tbsps)
Button mushroom 100 g (5 items)
Millet flakes 70 g (7 Tbsps)
Fish sauce 10 g (1 Tbsp)
Cooked buckwheat groats 230 g
Cooked millet groats 90 g
Cooked quinoa 110 g
Water 600 g (2.51 cups)
Powdered gelatin 2 g (0.5 tsps)

Calorie content of the products used in a diet

Products	Amount	Calories
Millet groats 50 g (0.25 cup)	1 Tbsp (10 g)	33,4
Quinoa 150 g (0.83 cup)	1 Tbsp (10 g)	35,9
Coconut flour 10 g (0.77 Tbsp)	1 Tbsp (10 g)	32
Hemp flour 20 g (0.83 Tbsp)	1 Tbsp (10 g)	32
Nut flour 10 g	1 Tbsp (10 g)	59
Rice wafer 50 g (2.5 portions)	1 portion (10 g)	39,2
Egg 1020 g (17 items)	1 item	78
Egg, egg white 105 g (3 items)	1 item	16
Low-fat curd cheese 170 g (0.85 pack)	1 pack (200g)	178
Avocado 120 g (0.86 item)	1 item (130 g)	208
Banana 50 g (0.42 item)	1 item (120 g)	107
Sweet potato 250 g	1 item (100 g)	76
Blueberry 550 g (4.23 cups)	1 cup (130 g)	74
Peach 320 g (2 items)	1 item (85 g)	34
Onion 25 g (0.24 item)	1 item (105 g)	42
Zucchini 950 g (1.58 items)	1 item (600 g)	90
Cherry 400 g (2 portions)	100 g	58
Raw garlic 30 g (6 cloves)	1 clove (5g)	7,5
Dates 15 g (3 items)	1 item (5g)	15
Green beans, green 250 g (2.5 handfuls)	1 handful (100g)	16
Green beans, yellow 650 g (6.5 handfuls)	1 handful (100g)	24
Goji berry 16 g (2 Tbsps)	1 Tbsp (10g)	35
Cauliflower 400 g (0.46 items)	1 item (870 g)	174
Sauerkraut 150 g (1.06 cups)	1 cup (200g)	12
Coriander 12 g (2 tsps)	1 tsp (4g)	11
Dill 10 g (1.25 tsps)	1 tsp (4g)	1
Raspberry 100 g (1.43 handfuls)	100 g	28
Almonds 20 g (1.33 Tbsps)	1 Tbsp (30 g)	181
Chia seeds 60 g (6 Tbsps)	1 Tbsp (10g)	45
Cucumber 50 g (0.28 item)	1 item (180g)	29
Cucumber in brine 350 g (5 items, 1 portion)	1 item (60g)	7
Walnut 70 g (2 portions, 2 Tbsps)	1 Tbsp (10 g)	64,5
Sweet red pepper 250 g (1.09 items)	1 item (231g)	74
Pumpkin seeds 10 g (1 Tbsp)	1 Tbsp (10g)	56
Orange 100 g (2.5 slices)	1 item (239g)	107,5
Red tomato 1090 g (6.42 whole)	1 item (170g)	23
Dried tomatoes in pickle 60 g (3 items)	1 item (40g)	162
Iceberg lettuce 160 g (4 leaves)	1 leaf (15 g)	2,4
Linseed 10 g (1 Tbsp)	1 tsp (4g)	18
One-day carrot juice 300 g (1 portion)	1 cup (300g)	111

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

Calorie content of the products used in a diet



Products	Amount	Calories
Dried cranberry 10 g (0.83 Tbsps)	1 Tbsp (10 g)	33,2
Chives 5 g (1 Tbsp)	1 tsp (4g)	1
Frozen spinach 600 g (2.72 cups)	1 cup (200g)	109
Coconut shreds 70 g (1.5 portions, 0.77 Tbsp)	1 tsp (4g)	27
Pork belly 20 g (2 slices)	1 slice (10g)	30
Cod, fillet 350 g (3.5 items)	1 fillet (100g)	82
Turkey breast 120 g (0.3 item)	1 item (400g)	352
Chicken breast 920 g (4.6 items)	1 item (250g)	302
Beef striploin 250 g	1 portion (170g)	223
Beef sirloin 250 g (0.37 piece)	1 portion (170g)	223
Tuna 250 g (2.5 portions)	100g	103
Chicken thigh 200 g (2 portions)	1 item (100g)	124
Minced beef 300 g (3 portions)	100g	170
Atlantic salmon 300 g (1.5 fillets)	1 fillet (200g)	284
Smoked salmon 50 g (1 portion)	1 fillet (28g)	45
Curry 5 g	1 tsp (4g)	9
Ground cinnamon 1 g (1 pinch)	1 tsp (4g)	10
Vanilla extract 2 g (0.5 tsps)		
Erythritol 10 g	1 tsp (4g)	0
Grapefruit 100 g (0.38 item)	1 item (262g)	110
Powdered cocoa, unsweetened 15 g (1 Tbsp, 1 tsp)	1 tsp (4g)	14
Tiger prawn 200 g (16.7 items)	1 item	12
Mung bean pasta 60 g	80g	112
Nut butter 15 g (1 tsp)	1 Tbsp (10g)	58
Ground ginger (1 pinch)	1 tsp (4g)	14
Honey 10 g (0.83 tsp)	1 Tbsp (10g)	33
Canned coconut milk 450 g (2 portions)	1 cup (200g)	258
Rice milk 650 g (2.74 cups)	1 cup (200g)	91
Balsamic vinegar 10 g	1 Tbsp (10g)	10
Coconut oil 65 g (4.22 Tbsps, 2.5 tsps)	1 Tbsp (10g)	89
Colza oil 10 g (0.77 Tbsp)	1 Tbsp (10g)	88
Olive oil 120 g (9.23 Tbsp)	1 Tbsp (10g)	90
Button mushroom 100 g (5 items)	1 Tbsp (10g)	90
Millet flakes 70 g (7 Tbsps)	1 Tbsp (10g)	36
Fish sauce 10 g (1 Tbsp)	1 Tbsp (10g)	7
Cooked buckwheat groats 230 g	1 cup (200g)	208
Cooked millet groats 90 g	1 cup (200g)	198
Cooked quinoa 110 g	1 cup (200g)	240
Water 600 g (2.51 cups)	1 cup (200g)	0
Powdered gelatin 2 g (0.5 tsp)	1 tsp (4g)	15,5

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

Day 1



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 585 kcal	Scrambled eggs	<ul style="list-style-type: none"> • Egg 240 g (4 items) • Sweet red pepper 100 g, (0.43 item) • Pork belly 10 g (1 slice) • Coconut oil 5 g, (0.38 Tbsp) • Dried tomatoes in pickle 20 g, (1 item) • Zucchini 200 g, (0.33 item) 	8 min 585 kcal protein 31.8 g, carbohydrate 16.6 g, fat 39.3 g	
10:30 Brunch 197 kcal	Rice milk cocktail	<ul style="list-style-type: none"> • Rice milk 250 g, (1.05 cups) • Orange 100 g, (2.5 slices) • Grapefruit 100 g, (0.38 item) 	10 min 197 kcal protein 0 g, carbohydrate 41.5 g, fat 0 g	
13:00 Dinner 755 kcal	Steamed salmon	<ul style="list-style-type: none"> • Atlantic salmon 300 g, (1.5 fillet) • Cooked buckwheat groats 100 g, • Cucumber in brine 240 g, (4 items) 	15 min 755 kcal protein 63.8 g, carbohydrate 25.8 g, fat 39.9 g	Serve with cooked buckwheat and cucumbers.
16:00 Afternoon snack 169 kcal	Blueberry milkshake	<ul style="list-style-type: none"> • Canned coconut milk 50 g • Water 150 g, (0.63 cups) • Blueberry 200 g, (1.54 cups) 	10 min 213 kcal protein 1 g, carbohydrate 29.4 g, fat 10.7 g	Mix all the ingredients.
19:00 Supper 467 kcal	Thai coconut soup with prawns	<ul style="list-style-type: none"> • Tiger prawn 200 g, (16.7 items) • Coconut oil 5 g, (0.38 Tbsp) • Canned coconut milk 50 g • Water 400 g, (1.67 cups) • Fish sauce 10 g, (1 Tbsp) • Green beans, green 250 g, (2.5 handful) • Button mushroom 100 g, (5 items) • Onion 25 g, (0.24 item) • Raw garlic 5 g, (1 clove) • Curry 5 g • Coriander 12 g, (2 tsps) 	15 min 467 kcal, protein 51.5 g, carbohydrate 29.7 g, fat 16.3 g	Heat the oil in a large pot, add chopped onion and garlic. Add curry, followed by coconut milk and stir. When the paste completely dissolves, add water, then add fish sauce. Bring to a boil, add mushroom, followed by prawn, and cook for 5 minutes. Take off heat. In a separate pot, cook the beans crisp-tender and add chopped coriander, salt and pepper to the soup and heat it.

Day 2



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 565 kcal	Omelette with fruit	<ul style="list-style-type: none"> • Egg 180 g, (3 items) • Nut flour 10 g • Hemp flour 10 g • Coconut oil 10 g, (0.77 Tbsps) • Canned coconut milk 50 g • Raspberry 100 g, (1.43 handfuls) 	8 min 565 kcal, protein 32.1 g, carbohydrate 20 g, fat 37.5 g	Pour an omelette with milk and sprinkle it with raspberries.
10:30 Brunch 200 kcal		<ul style="list-style-type: none"> • Peach 170 g, (2 items) 	66.3 kcal, protein 1.55 g, carbohydrate 16.2 g, fat 0.42 g	
		<ul style="list-style-type: none"> • Rice wafer 10 g, (0.5 portion) 	39.2 kcal, protein 0.71g, carbohydrate 8.11g, fat 0.43 g	
		<ul style="list-style-type: none"> • Smoked salmon 50 g, (1 portion) 	88.5 kcal, protein 8.18 g, carbohydrate 0 g, fat 5.95 g	
		<ul style="list-style-type: none"> • Cucumber in brine 50 g, (1 portion) 	6 kcal, protein 0.25 g, carbohydrate 1.21 g, fat 0.15 g	
13:00 Dinner 751 kcal	Tuna steak with quinoa	<ul style="list-style-type: none"> • Tuna 250 g, (2.5 portions) • Quinoa 80 g, (0.44 cup) • Cauliflower 200 g, (0.23 items) • Olive oil 15 g, (1.15 Tbsps) • Dried tomatoes in pickle 20 g, (1 item) 	15 min 751 kcal protein 69.8 g, carbohydrate 59.4 g, fat 24.3 g	Grill the steak. Cook the quinoa and cauliflower. Sprinkle with dill, salt and pepper. Pour it over with olive oil and tomatoes.
16:00 Afternoon snack 242 kcal		<ul style="list-style-type: none"> • One-day carrot juice 300 g, (1 portion) 	111 kcal, protein 1.2 g, carbohydrate 26.1 g, fat 0.3 g	
		<ul style="list-style-type: none"> • Walnut 20 g, (2 portions) 	131 kcal, protein 3.05 g, carbohydrate 2.74 g, fat 13 g	
19:00 Supper 468 kcal	Zucchini and coconut milk stew	<ul style="list-style-type: none"> • Canned coconut milk 60 g • Zucchini 400 g, (0.67 items) • Red tomato 100 g, (0.59 whole) • Sweet red pepper 50 g, (0.22 items) • Cooked quinoa 50 g • Turkey breast 120 g, (0.3 items) 	15 min 468 kcal protein 32.6 g, carbohydrate 30.4 g, fat 22.1 g	Stew vegetables and minced meat in milk. Season with salt, pepper, curry, chili pepper. Serve with cooked quinoa.

Day 3



DuoLife

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 540 kcal	Scrambled eggs	<ul style="list-style-type: none"> • Egg 240 g, (4 items) • Coconut oil 10 g, (0.77 Tbsp) • Pork belly 10 g, (1 slice) • Red tomato 100 g, (0.59 whole) 	8 min 540 kcal protein 28.8 g carbohydrate 3 g fat 41.4 g	
10:30 Brunch 224 kcal		<ul style="list-style-type: none"> • Walnut 15 g, (1 Tbsp) 	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g	
		<ul style="list-style-type: none"> • Cherry 200 g, (1 portion) 	126 kcal, protein 2.12 g, carbohydrate 32 g, fat 0.4 g	
13:00 Dinner 751 kcal	Cod baked in foil	<ul style="list-style-type: none"> • Cod, fillet 350 g, (3.5 items) • Quinoa 70 g, (0.39 cup) • Red tomato 100 g, (0.59 whole) • Iceberg lettuce 80 g, (2 leaves) • Sweet red pepper 50 g, (0.22 items) • Zucchini 50 g, (0.08 items) • Olive oil 20 g, (1.54 Tbsps) 	20 min 751 kcal protein 70.4 g carbohydrate 50.1 g fat 23.5 g	Cook quinoa. Serve with a vegetable salad seasoned with salt, pepper, basil, chubrica, Herbes de Provence. Sprinkle with olive oil.
16:00 Afternoon snack 270 kcal	Chia pudding with blueberry	<ul style="list-style-type: none"> • Chia seeds 20 g, (2 Tbsps) • Blueberry 130 g, (1 cup) • Canned coconut milk 50 g • Water 50 g, (0.21 cup) 	10 min 167 kcal protein 5.1 g carbohydrate 23.1 g fat 7.3 g	Pour Chia seeds over with water and leave for about 24h. After this time, add blueberries and coconut milk. Blend.
19:00 Supper 437 kcal	Buckwheat groats with green bean	<ul style="list-style-type: none"> • Cooked buckwheat groats 50 g, • Green bean, yellow 350 g, (3.5 handfuls) • Dried tomatoes in pickle 20 g, (1 item) • Olive oil 10 g, (0.77 Tbsp) • Dill 5 g • Chicken breast 120 g, (0.6 item) 	10 min 437 kcal protein 33 g carbohydrate 40 g fat 15.7 g	Cook bean and chicken. Chop the tomato. Season with salt and pepper. Serve with cooked buckwheat groats and pour with olive oil.

Day 4

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 527 kcal		• Millet flakes 30 g, (3 tbsps)	108 kcal, protein 3 g, carbohydrate 20.7 g, fat 1.2 g	
		• Walnut 10 g, (1 portion)	65.4 kcal, protein 1.52 g, carbohydrate 1.37 g, fat 6.52 g	
		• Coconut shreds 20 g,(1 portion)	137 kcal, protein 1.06 g, carbohydrate 4.3 g, fat 13.8 g	
		• Avocado 70 g, (0.5 Item)	112 kcal, protein 1.4 g, carbohydrate 5.97 g, fat 10.3 g	
		• Ground cinammon 1 g, (1 pinch)	2.47 kcal, protein 0.04 g, carbohydrate 0.81 g, fat 0.01 g	
		• Ground ginger 1 g, (1 pinch)	3.35 kcal, protein 0.09 g, carbohydrate 0.72 g, fat 0.04 g	
		• Canned coconut milk 50 g, (1 portion)	98.5 kcal, protein 1 g, carbohydrate 1.4 g, fat 10.7 g	
10:30 Brunch 184 kcal		• Blueberry 120 g, (0.92 cup)	68.3 kcal, protein 0.89 g, carbohydrate 17.4 g, fat 0.4 g	
		• Almonds 20 g, (1.33 tbsps)	116 kcal, protein 4.23 g, carbohydrate 4.31 g, fat 9.99 g	
13:00 Dinner 788 kcal	Stewed meat with pasta	<ul style="list-style-type: none"> • Mung bean pasta 60 g • Minced beef 300 g, (3 portions) • Red tomato 200 g, (1.18 whole) 	20 min 788 kcal protein 72.1 g carbohydrate 41.5 g fat 33.9 g	Cook pasta. Stew meat and tomato. Add basil, salt and pepper.
16:00 Afternoon snack 259 kcal	Homemade nutella	<ul style="list-style-type: none"> • Banana 50 g, (0.42 item) • Avocado 50 g, (0.36 item) • Powdered cocoa, unsweetened 10 g, (1 Tbsp) • Low-fat curd cheese 100 g, (0.5 packet) 	5 min 219 kcal protein 13.4 g carbohydrate 26.7 g fat 8.3 g	
		• Rice wafer 10 g (1 portion)	39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g	
19:00 Supper 446 kcal	Cooked bean with groats	<ul style="list-style-type: none"> • Green bean, yellow 300 g, (3 handfuls) • Olive oil 15 g, (1.15 Tbsps) • Cooked millet groats 40 g • Chicken breast 150 g, (0.75 item) 	15 min 446 kcal protein 37.2 g carbohydrate 29.2 g fat 18.3 g	Cook chicken breast and bean. Serve with millet groats and pour over with olive oil.

Day 5



DuoLife

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 511 kcal	Coconut omelette	<ul style="list-style-type: none"> • Egg 180, (3 items) • Coconut flour 10 g, (0.77 Tbsp) • Hemp flour 10 g, (0.38 Tbsp) • Coconut oil 5 g, (0.38 Tbsp) • Canned coconut milk 20 g • Coconut shreds 10 g, (0.77 Tbsp) 	8 min 511 kcal protein 26.4 g carbohydrate 9.08 g fat 39.4 g	Spread coconut milk over omelette and sprinkle it with coconut shreds.
10:30 Brunch 255 kcal	Rice milk cocktail	<ul style="list-style-type: none"> • Rice milk 300 g, (1.27 cups) • Peach 150 g • Goji berry 16 g, (2 Tbsps) 	10 min 255 kcal protein 2.24 g carbohydrate 52.8 g fat 0 g	
13:00 Dinner 752 kcal	Baked beff sirloin with groats	<ul style="list-style-type: none"> • Beef sirloin 250 g, (0.37 piece) • Millet groats 50 g, (0.25 cup) • Zucchini 300 g, (0.5 item) • Red tomato 100 g, (0.59 whole) • Olive oil 20 g, (1.54 Tbsps) • Garlic, raw 5 g, (1 clove) 	20 min 752 kcal protein 66.3 g carbohydrate 49.6 g fat 29.5 g	Bake sirloin in foil (180°C, 30 minutes; with oil, garlic, spices: a pinch of salt, pepper, thyme, herbes de Provence, red sweet pepper). Serve with cooked millet groats and stewed zucchini with tomato (stew with basil, salt, pepper).
16:00 Afternoon snack 255 kcal	Marshmallow [ptasie mleczko] with chia	<ul style="list-style-type: none"> • Canned coconut milk 70 g • Chia seeds 10 g, (1 Tbsp) • Erythritol 10 g • Powdered gelatine 2 g, (0.5 tsp) • Vanilla extract 2 g, (0.5 tsp) • Coconut oil 5 g, (1.25 tsp) • Powdered cocoa, unsweetened 5 g, (1 tsp) 	15 min 255 kcal protein 5.65 g carbohydrate 19.3 g fat 23.5 g	Heat coconut milk and add 5g of erythritol, chia, vanilla. When everything warms, add gelatine dissolved in 1 spoon of boiling water. Stir for a while and then take off heat. Pour the mass into the container and put it in the freezer. Meanwhile, prepare the glaze, dissolve the coconut oil and cocoa with 5g of erythritol. Take the milk out of the freezer, pour with the glaze and freeze again for at least 1.5 hours.
19:00 Supper 463 kcal	Stewed spinach	<ul style="list-style-type: none"> • Frozen spinach 300 g, (1.36 cups) • Garlic, raw 10 g, (2 cloves) • Coconut oil 10 g, (0.77 Tbsp) • Chicken breast 150 g, (0.75 item) • Cooked millet groats 50 g • Red tomato 150 g, (0.88 whole) 	15 min 463 kcal protein 47.1 g carbohydrate 30.1 g fat 13.3 g	Stew spinach with garlic, salt and pepper. Stew meat on the coconut oil. Serve with cooked millet groats and tomato.

Day 6



DuoLife

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 544 kcal		• Millet flakes 40 g, (4 Tbsps)	144 kcal, protein 4 g, carbohydrate 27.6 g, fat 1.6 g	
		• Linseed 10 g, (1 Tbsp)	53.4 kcal, protein 1.83 g, carbohydrate 2.89 g, fat 4.22 g	
		• Chia seeds 10 g, (1 Tbsp)	48.6 kcal, protein 1.65 g, carbohydrate 4.21 g, fat 3.07 g	
		• Walnut 10 g, (1 portion)	65.4 kcal, protein 1.52 g, carbohydrate 1.37 g, fat 6.52 g	
		• Coconut shreds 15 g, (0.5 portion)	103 kcal, protein 0.79 g, carbohydrate 3.23 g, fat 10.4 g	
		• Dried cranberry 15 g, (0.5 portion)	30.8 kcal, protein 0.02 g, carbohydrate 8.28 g, fat 0.11 g	
		• Canned coconut milk 50 g, (1 portion)	98.5 kcal, protein 1 g, carbohydrate 1.4 g, fat 10.7 g	
10:30 Brunch 224 kcal		• Cherry 200 g, (1 portion)	126 kcal, protein 2.12 g, carbohydrate 32 g, fat 0.4 g	
		• Walnut 15 g, (1 Tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g	
13:00 Dinner 731 kcal	Grilled chicken breast with herbs	<ul style="list-style-type: none"> • Chicken breast 350 g, (1.74 items) • Cooked buckwheat groats 80 g • Cauliflower 200 g, (0.23 item) • Olive oil 20 g, (1.54 Tbsps) • Dill 5 g, (1.25 tsps) 	20 min 731 kcal protein 82.2 g carbohydrate 25.2 g fat 27.8 g	Grilled chicken breast sprinkled with herbs (a pinch of thyme, herb de Provence, tarragon, salt, pepper) - grill on a grill pan for about 20 minutes. Serve with cooked buckwheat groats and cauliflower poured with olive oil and sprinkled with dill.
16:00 Afternoon snack 252 kcal	Chia pudding with blueberry	<ul style="list-style-type: none"> • Chia seeds 20 g, (2 Tbsps) • Blueberry 100 g, (0.77 cup) • Rice milk 100 g, (0.42 cup) • Low-fat curd cheese 70 g, (0.35 packet) 	10 min 252 kcal protein 10.2 g carbohydrate 35.6 g fat 6 g	Pour Chia seeds over with rice milk and leave it for about 24h. After this time, add blueberries mixed with curd cheese, and place as a second layer.
19:00 Supper 485 kcal	Salad with chicken thigh	<ul style="list-style-type: none"> • Chicken thigh 200 g, (2 portions) • Sweet red pepper 50 g, (0.22 item) • Cucumber 50 g, (0.28 item) • Cucumber in brine 60 g, (1 item) • Iceberg lettuce 80 g, (2 leaves) • Olive oil 10 g, (0.77 Tbsp) • Honey 10 g, (0.83 tsp) • Balsamic vinegar 10 g 	10 min 485 kcal protein 33.6 g, carbohydrate 17.2 g fat 30.4 g	Cook a chicken thigh (season with salt, pepper, herbes de Provence). Serve with sliced vegetables and pour with sauce (sauce: 10g of olive oil + 10g of honey + 10g of balsamic vinegar).

Day 7



DuoLife

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 518 kcal	Omelette with vegetables	<ul style="list-style-type: none"> • Egg 180 g, (3 items) • Red tomato 340 g, (2 whole) • Chives 5 g, (1 Tbsps) • Colza oil 10 g, (0.77 Tbsp) • Egg, egg white 105 g, (3 items) • Pumpkin seeds 10 g, (1 Tbsp) 	8 min 518 kcal protein 35.1 g carbohydrate 11.4 g fat 31.1 g	
10:30 Brunch 258 kcal	Date coconut pyramids	<ul style="list-style-type: none"> • Coconut shreds 25 g • Dates 15 g, (3 items) • Coconut oil 5 g, (1.25 tsps) 	15 min 258 kcal, protein 1.55 g, carbohydrate 16.6 g, fat 22.3 g	Prepare dates syrup: pour hot water over the dates (use enough water just to cover them), cover the dish and wait for about 10 minutes until they get soft, then blend them into a smooth mass. Mix the dates syrup thoroughly with the rest of the ingredients (and with a pinch of salt). Put onto a baking sheet lined with paper or foil, press, level and put into the fridge for one hour (or for 15 min into the freezer). Cut into squares.
13:00 Dinner 799 kcal	Grilled steak	<ul style="list-style-type: none"> • Beef striploin 250 g • Sweet potato 250 g • Olive oil 10 g, (0.77 Tbsp) • Raw garlic 5 g, (1 clove) • Sauerkraut 150 g, (1.06 cups) 	20 min 510 kcal, protein 54.4 g, carbohydrate 29 g, fat 15.6 g	Grill the steak in a pan. Season with salt and pepper. Serve with baked sweet potato topped with olive oil, garlic and sauerkraut.
16:00 Afternoon snack 209 kcal		<ul style="list-style-type: none"> • Peanut butter 15 g, (1 tsp) 	91.2 kcal, protein 3.67 g, carbohydrate 2.55 g, fat 8.13 g	
		<ul style="list-style-type: none"> • Rice wafer 30 g, (1 portion) 	118 kcal, protein 2.13 g, carbohydrate 24.3 g, fat 1.29 g	
19:00 Supper 451 kcal	Stewed spinach	<ul style="list-style-type: none"> • Frozen spinach 300 g, (1.36 cups) • Chicken breast 150 g, (0.75 item) • Coconut oil 10 g, (0.77 Tbsp) • Cooked quinoa 60 g • Raw garlic 5 g, (1 clove) 	15 min 451 kcal, protein 47.9 g, carbohydrate 26.4 g, fat 14 g	Stew spinach with garlic and meat in the coconut oil. Season it with salt and pepper. Serve with cooked quinoa.