



Diet for 7 days

For your DuoLife **Metabolism - Cholesterol** Pack



🕒 Recommended use of the food supplements from the **Metabolism - Cholesterol** Pack:

- In the morning:**
- DuoLife Day - 25ml with meal,
 - DuoLife Medical Formula ProSelect®- 1-2 capsules,
 - DuoLife RegenOil Liquid Gold® - 5ml (can be taken at dinner time),
 - DuoLife Medical Formula ProDeacid® - 1-2 capsules at least one hour after breakfast*.

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- During dinner:**
- DuoLife Fiber Powder - 1-2 sachets one hour before dinner or added to dinner (e.g. soup), take with water or other liquid.

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- In the evening:**
- DuoLife Medical Formula ProCholterol® 1-2 capsules,
 - DuoLife Night 25ml with meal,
 - DuoLife Chlorofil - 10 – 20 ml at dinner time or throughout the day dissolved in a bottle of water.

**We recommend to wait about 4h between the doses of DuoLife Medical Formula ProDeacid® and other food supplements or medications.*

📄 Additional notes:

Estimated amount of calories per day: **1600 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 **Metabolism - Cholesterol** 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:

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Shopping list



| Vegetables and fruits |
|---|
| Avocado 170 g (1.21 items) |
| Sweet potato 80 g |
| Basil 10 g (1 leaf) |
| Blueberry 210 g (1 portion, 1.08 cup) |
| Broccoli 300 g (2.63 items) |
| Peach 85 g (1 item) |
| Onion 260 g (2.48 items) |
| Zucchini 400 g (0.67 item) |
| Garlic, raw 10 g (2 cloves) |
| Green beans, green 65 g (0.5 cup) |
| Pear 385 g (2.96 items) |
| Apple 250 g (1.12 big items) |
| Cauliflower 200 g (0.23 item) |
| Dill 22 g (5.5 tsps) |
| Carrots 160 g (2 items) |
| Almonds 97.5 g (6.5 Tbsps) |
| Salad mix 90 g |
| Sunflower seeds 20 g (2 Tbsps) |
| Parsley sprig 4 g (2 tsps) |
| Nectarine 173 g (1.5 items) |
| Cucumber 240 g (1.34 items) |
| Cucumber in brine 300 g (5 items) |
| Walnuts 90 g (6 Tbsps) |
| Sweet red pepper 425 g (1.5 slices, 1.52 items) |
| Pumpkin seeds 90 g (0.07 cup, 8 Tbsps) |
| Red tomato 1440 g (8.47 whole) |
| Canned tomato 240 g (1 can) |
| Cocktail tomatoes 400 g (1 portion) |
| Dried tomatoes in pickle 40 g (2 items) |
| Leek 50 g (1 piece) |
| Rocket 20 g (1 handful) |
| Iceberg lettuce 160 g (4 leaves) |
| Linseed 25 g (2.5 Tbsps) |
| One-day carrot juice 350 g (1 portion) |
| Tomato juice 300 g (1.3 cups) |
| Plum 140 g (1 cup) |

| Farianceous products |
|---|
| Wholemeal bread 150 g (5 slices) |
| Rye bread 60 g (1,5 slices) |
| Buckwheat groats 50 g |
| Buckwheat flour 10 g |
| Coconut flour 10 g (0.77 Tbsp) |
| Oat bran 63 g (1 portion, 4 Tbsps, 1 tsp) |
| Oat flakes 85 g (8.5 Tbsps) |
| Rice wafer 30 g (3.22 portions) |

| Dairy products |
|--|
| Egg 240 g (4 eggs) |
| Natural yoghurt 180 g (4 Tbsps, 0.4 cup) |
| Kefir 300 g (1.2 cup) |
| Gouda cheese 25 g (1 slice) |
| Mozzarella cheese 50 g (0.4 ball) |
| Cottage cheese 200 g (1 packet) |

| Meat and fish |
|--|
| Cod 250 g (2.5 portions) |
| Minced chicken meat 150 g (1.5 portions) |
| Turkey breast 350 g (0.88 pieces) |
| Chicken breast 270 g (1.35 pieces) |
| Beef sirloin 200 g (0.3 piece) |
| Poultry ham 60 g (2.14 slices) |
| Chicken thigh 140 g (1.4 portions) |
| Smoked salmon 50 g (1 portion) |

| Other |
|--|
| Grapefruit 260 g (1 item) |
| Chicken egg, yolk 20 g (1 item) |
| Canned coconut milk 170 g (2 portions) |
| Coconut oil 30 g (2.31 Tbsps) |
| Colza oil 35 g (2.31 Tbsps, 1.25 tsps) |
| Olive oil 174 g (13.1 Tbsps, 1 tsp) |
| Button mushrooms 60 g (3 items) |
| Cooked buckwheat groats 155 g |
| Cooked millet groats 75 g |
| Cooked brown rice 100 g |
| Water 500 g (2.08 cups) |
| Boiling water 125 g (1 portion) |

Calorie content of the products used in a diet



| Products | Amount | Calories |
|---|---------------------------|----------|
| Wholemeal bread 150 g (5 slices) | 1 slice (40g) | 84 |
| Rye bread 60 g (1,5 slices) | 1 slice (40g) | 104 |
| Buckwheat groats 50 g | 1 bag 100 g | 356 |
| Buckwheat flour 10 g | 1 cup (200g) | 712 |
| Coconut flour 10 g (0.77 Tbsp) | 1 tablespoon [Tbsp] (10g) | 35,9 |
| Oat bran 63 g (1 portion, 4 Tbsps, 1 tsp) | 1 tablespoon [Tbsp] (10g) | 35,8 |
| Oat flakes 85 g (8.5 Tbsps) | 1 tablespoon [Tbsp] (10g) | 36,6 |
| Rice wafer 30 g (3.22 portions) | 1 portion (10g) | 39,2 |
| Egg 240 g (4 items) | 1 item | 78 |
| Natural yoghurt 180 g (4 Tbsps, 0.4 cup) | 1 cup (200g) | 82 |
| Kefir 300 g (1.2 cups) | 1 cup (200g) | 74 |
| Gouda cheese 25 g (1 slice) | 1 slice | 23 |
| Mozzarella cheese 50 g (0.4 ball) | 100g | 255 |
| Cottage cheese 200 g (1 packet) | Tbsp (10g) | 8 |
| Avocado 170 g (1.21 items) | 1 item (130g) | 208 |
| Sweet potato 80 g | 1 item (100g) | 76 |
| Basil 10 g (1 leaf) | 1 handful | 6 |
| Blueberry 210 g (1 portion, 1,08 cups) | 1 cup (130g) | 74 |
| Broccoli 300 g (2.63 items) | 1 item | 114 |
| Peach 85 g (1 peach) | 1 item (85g) | 34 |
| Onion 260 g (2.48 items) | 1 item (105g) | 42 |
| Zucchini 400 g (0.67 of zucchini) | 1 item (600g) | 90 |
| Garlic, raw 10 g (2 cloves) | 1 clove (5g) | 7,5 |
| Green beans, green 65 g (0.5 cup) | 1 handful (100g) | 16 |
| Pear 385 g (2.96 items) | 1 item | 127 |
| Apple 250 g (1.12 big) | 1 large | 112 |
| Cauliflower 200 g (0.23 of cauliflower) | 1 item (870g) | 174 |
| Dill 22 g (5.5 tsps) | 1 teaspoon [tsp] (4g) | 1 |
| Carrot 160 g (2 items) | 1 item (80g) | 22 |
| Almonds 97.5 g (6.5 Tbsps) | 1 Tbsp (30g) | 181 |
| Salad mix 90 g | 80g | 13,6 |
| Sunflower seeds 20 g (2 Tbsps) | 1 Tbsp (10g) | 60 |
| Parsley sprig 4 g (2 tsps) | 1 tsp (4g) | 2 |
| Nectarine 173 g (1.5 items) | 1 item (115g) | 57 |
| Cucumber 240 g (1.34 items) | 1 item (180g) | 29 |

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 |
|---|------------------|----------|
| Cucumber in brine 300 g (5 items) | 1 item (60g) | 7 |
| Walnut 90 g (6 Tbsps) | 1 Tbsp (10g) | 64,5 |
| Sweet red pepper 425 g (1.5 slices, 1.52 items) | 1 item (231g) | 74 |
| Pumpkin seeds 90 g (0.07 cup, 8 Tbsps) | 1 Tbsp (10g) | 56 |
| Red tomato 1440 g (8.47 whole) | 1 item (170g) | 23 |
| Canned tomato 240 g (1 can) | 1 can (200g) | 56 |
| Cocktail tomatoes 400 g (1 portion) | 1 cup (200g) | 30 |
| Dried tomatoes in pickle 40 g (2 items) | 1 item (40g) | 162 |
| Leek 50 g (1 piece) | 100g | 61 |
| Rocket 20 g (1 handful) | 1 handful (20g) | 5 |
| Iceberg lettuce 160 g (4 leaves) | 1 leaf (15g) | 2,4 |
| Linseed 25 g (2.5 Tbsps) | 1 tsp (4g) | 18 |
| One- day carrot juice 350 g (1 portion) | 1 cup (300g) | 111 |
| Tomato juice 300 g (1.3 cup) | 1 cup (300g) | 60 |
| Plum 140 g (1 cup) | 1 cup (200g) | 500 |
| Cod 250 g (2.5 portions) | 1 fillet (100g) | 82 |
| Minced chicken meat 150 g (1.5 portions) | 100 g | 133 |
| Turkey breast 350 g (0.88 item) | 1 item (400g) | 352 |
| Chicken breast 270 g (1.35 item) | 1 item (250g) | 302 |
| Beef sirloin 200 g (0.3 piece) | 1 portion (170g) | 223 |
| Poultry ham 60 g (2.14 slices) | 1 portion (20g) | 26 |
| Chicken thigh 140 g (1.4 portions) | 1 item (100g) | 124 |
| Smoked salmon 50 g (1 portion) | 1 fillet (28g) | 45 |
| Grapefruit 260 g (1 item) | 1 item (262g) | 110 |
| Chicken egg, yolk 20 g (1 item) | 1 item | 71 |
| Canned coconut milk 170 g (2 portions) | 1 cup (200g) | 258 |
| Coconut oil 30 g (2.31 Tbsps) | 1 Tbsp (10G) | 89 |
| Colza oil 35 g (2.31 Tbsps, 1.25 tsps) | 1 Tbsp (10g) | 88 |
| Olive oil 174 g (13.1 Tbsps, 1 tsps) | 1 Tbsp (10g) | 90 |
| Button mushrooms 60 g (3 items) | 1 Tbsp (10g) | 90 |
| Cooked buckwheat groats 155 g | 1 cup (200g) | 208 |
| Cooked millet groats 75 g | 1 cup (200g) | 198 |
| Cooked brown rice 100 g | 1 cup (200g) | 220 |
| Water 500 g (2.08 cups) | 1 cup (200g) | 0 |
| Boiling water 125 g (1 portion) | 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.

Day 1



DuoLife

| Meal | Dish | Ingredients (for 1 serve) | Information | Recipe |
|---|----------------------------------|--|--|---|
| 08:00 Breakfast 258 kcal | | • Oat flakes 30 g (3 tbsps) | 118 kcal, protein 3.3 g, carbohydrate 22 g, fat 1.91 g | |
| | | • Oat bran 24 g, (1 portion) | 86.6 kcal, protein 4.32 g, carbohydrate 10.9 g, fat 1.85 g | |
| | | • Linseed 10 g, (1 tbsp) | 53.4 kcal, protein 1.83 g, carbohydrate 2.89 g, fat 4.22 g | |
| | | • Boiling water 125 g, (1 portion) | 0 kcal, protein 0 g, carbohydrate 0 g, fat 0 g | |
| 10:30 Brunch 163 kcal | | • Peach 85g, (1 item) | 33.1 kcal, protein 0.77 g, carbohydrate 8.11 g, fat 0.21 g | |
| | | • Almonds 22.5 G, (1.5 tbsps) | 130 kcal, protein 4.76 g, carbohydrate 4.85 g, fat 11.2 g | |
| 13:00 Dinner 622 kcal | Salad with turkey/chicken breast | <ul style="list-style-type: none"> • Turkey breast 200 g, (0.5 pieces) • Colza oil 10 g (0.77 Tbsp) • Cucumber in brine 120 g, (2 items) • Iceberg lettuce 80 g (2 leaves) • Dried tomatoes in pickle 40 g (2 items) • Dill 12 g, (2 tsps) • Cucumber 100 g (0.56 item) • Olive oil 10 g (0.77 Tbsp) | 20 min 622 kcal, protein 44.4 g, carbohydrate 17 g, fat 39.7 g | Season turkey/chicken meat, put it in a pan with oil and cover, fry until it is ready. Then mix with vegetables, season, add olive oil. |
| 16:00 Afternoon snack 130 kcal | | • One-day carrot juice 350 g, (1 portion) | 130 kcal, protein 1.4 g, carbohydrate 30.4 g, fat 0.35 g | |
| 19:00 Supper 297 kcal | Millet groats with leek | <ul style="list-style-type: none"> • Cooked millet groats 45 g • Red tomato 150 g (0.88 whole) • Leek 50 g (1 piece) • Olive oil 15 g, (1.15 Tbsps) • Parsley sprig 2 g, (1 tsp) • Pumpkin seed 10 g, (0.07 cup) | 15 min 297 kcal, protein 5.37 g, carbohydrate 22.7 g, fat 20.4 g | Mix cooked groats with oil-fried vegetables. Sprinkle with parsley sprig, pumpkin seeds, and your favorite herbs. |

Day 2



| Meal | Dish | Ingredients (for 1 serve) | Information | Recipe |
|--|------------------------------------|--|--|--|
| 08:00 Breakfast 332 kcal | | • Wholemeal bread 60 g (2 slices) | 138 kcal, protein 3.54 g, carbohydrate 30.7 g, fat 0.78 g | |
| | | • Poultry ham 60 g, (2.14 slices) | 83.4 kcal, protein 9.78 g, carbohydrate 2 g, fat 3.73 g | |
| | | • Olive oil 13 g (1 tbsp) | 115 kcal, protein 0 g, carbohydrate 0 g, fat 13 g | |
| | | • Sweet red pepper 75 g, (1.5 slices) | 23.3 kcal, protein 0.74 g, carbohydrate 4.52 g, fat 0.22 g | |
| 10:30 Brunch 130 kcal | | • Apple 250 g, (1.12 big one) | 130 kcal, protein 0.65 g, carbohydrate 34.5 g, fat 0.43 g | |
| 13:00 Dinner 288 kcal | Baked turkey with spices, | • Turkey breast 150 g, (0.38 piece) • Cooked buckwheat groats 60 g • Broccoli 300 g, (2.63 items) • Olive oil 20 g, (1.54 Tbsps) | 20 min 288 kcal, protein 19.9 g, carbohydrate 15.3 g, fat 15.5 g | Bake turkey with selected spices. Serve with cooked buckwheat and broccoli. Pour it over with olive oil. |
| 16:00 Afternoon snack 86.6 kcal | | • Almonds 15 g, (1 Tbsp) | 86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g | |
| 19:00 Supper 327 kcal | Stewed zucchini with chicken thigh | • Zucchini 300 g, (0,5 item) • Coconut oil 10 g,(0.77 Tbsp) • Pumpkin seeds 15 g, (1.5 Tbsps) • Olive oil 4 g, (1 tsp) • Chicken thigh 70 g, (0.7 portion) | 15 min 185 kcal, protein 9.96 g, carbohydrate 5.47 g, fat 14.7 g | Fry-stew zucchini and chicken thigh in oil. Add olive-oil-roasted pumpkin seeds. |

Day 3



| Meal | Dish | Ingredients (for 1 serve) | Information | Recipe |
|---|------------------|---|--|--|
| 08:00 Breakfast 447 kcal | Scrambled eggs | <ul style="list-style-type: none"> • Egg 120 g (2 items) • Button mushrooms 60 g (3 items) • Coconut oil 10 g, (0.77 Tbsp) • Red tomato 100 g, (0.59 whole) • Rye bread 60 g, (1.5 slices) | 8 min 447 kcal, protein 20.4 g, carbohydrate 34.2 g, fat 22.5 g | |
| 10:30 Brunch 198 kcal | | <ul style="list-style-type: none"> • Pear 195 g, (1,5 items) | 111 kcal, protein 0.7 g, carbohydrate 29.7 g, fat 0.27 g | |
| | | <ul style="list-style-type: none"> • Almonds 15 g, (1 Tbsp) | 86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g | |
| 13:00 Dinner 556 kcal | Chicken in curry | <ul style="list-style-type: none"> • Chicken breast 150 g, (0.75 items) • Natural yoghurt 80 g, (4 Tbsp) • Colza oil 20 g, (1.54 Tbsp) • Cooked brown rice 100 g • Cucumber 140 g, (0.78 item) | 20 min 556 kcal, protein 38.2 g, carbohydrate 38.1 g, fat 26.2 g | Marinade: natural yoghurt + season to taste with curry, powdered red paprika, black pepper, stir and add sliced chicken (chicken can be marinated a day before). Marinated meat should be fried in colza oil. Serve with cooked rice and cucumber. |
| 16:00 Afternoon snack 164 kcal | | <ul style="list-style-type: none"> • Tomato juice 300 g, (1.3 cups) | 66 kcal, protein 1.8 g, carbohydrate 13.8 g, fat 0.3 g | |
| | | <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 | |
| 19:00 Supper 356 kcal | | <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"> • Iceberg lettuce 80 g, (2 leaves) | 11.2 kcal, protein 0.72 g, carbohydrate 2.38 g, fat 0.11 g | |
| | | <ul style="list-style-type: none"> • Cocktail tomatoes 200 g, (1 portion) | 30 kcal, protein 1.8 g, carbohydrate 7.2 g, fat 0.4 g | |
| | | <ul style="list-style-type: none"> • Pumpkin seeds 20 g, (2 tbsps) | 112 kcal, protein 6.05 g, carbohydrate 2.14 g, fat 9.81 g | |
| | | <ul style="list-style-type: none"> • Olive oil 13 g, (1 tbsp) | 115 kcal, protein 0 g, carbohydrate 0 g, fat 13 g | |

Day 4



| Meal | Dish | Ingredients (for 1 serve) | Information | Recipe |
|---|---|--|--|---|
| 08:00 Breakfast 446 kcal | | • Oat flakes 25 g, (2.5 tbsps) | 98.5 kcal, protein 2.75 g, carbohydrate 18.4 g, fat 1.59 g | |
| | | • Oat bran 16 g, (2 tbsps) | 57.8 kcal, protein 2.88 g, carbohydrate 7.3 g, fat 1.23 g | |
| | | • Linseed 10 g, (1 tbsp) | 53.4 kcal, protein 1.83 g, carbohydrate 2.89 g, fat 4.22 g | |
| | | • Walnut 30 g, (2 tbsps) | 196 kcal, protein 4.57 g, carbohydrate 4.11 g, fat 19.6 g | |
| | | • Blueberry 70 g, (1 porcja) | 39.9 kcal, protein 0.52 g, carbohydrate 10.1 g, fat 0.23 g | |
| 10:30 Brunch 206 kcal | | • Rice wafer 20 g, (1 portion) | 78.4 kcal, protein 1.42 g, carbohydrate 16.2 g, fat 0.86 g | |
| | | • Avocado 70 g, (0.5 item) | 112 kcal, protein 1.4 g, carbohydrate 5.97 g, fat 10.3 g | |
| | | • Sweet red pepper 50 g, (0.22 item) | 15.5 kcal, protein 0.49 g, carbohydrate 3.02 g, fat 0.15 g | |
| 13:00 Dinner 562 kcal | Roasted/ cooked chicken breast sprinkled with herbs | <ul style="list-style-type: none"> • Chicken breast 120 g, (0.6 item) • Zucchini 100 g, (0.17 item) • Cocktail tomatoes 200 g • Sweet red pepper 50 g, (0.22 item) • Natural yoghurt 100 g, (0.4 cup) • Olive oil 20 g, (1.54 Tbsp) • Sunflower seeds 20 g, (2 Tbsps) | 20 min 562 kcal, protein 36.2 g, carbohydrate 21.2 g, fat 36 g | Sprinkle chicken breast with selected herbs and salt. Cook or roast it wrapped in the foil. Serve with fry-stewed or raw zucchini, tomatoes and chopped red pepper. Pour with natural yogurt mixed with oil, sunflower seeds and your favorite spices. |
| 16:00 Afternoon snack 123 kcal | | • Kefir 300 g, (1.2 cups) | 123 kcal, protein 11.4 g, carbohydrate 13.4 g, fat 2.79 g | |
| 19:00 Supper 378 kcal | Tomato soup with pear and garlic | <ul style="list-style-type: none"> • Canned tomato 240 g, (1 can) • Pear 50 g, (0.38 item) • Onion 105 g, (1 item) • Garlic, raw 10 g, (2 cloves) • Basil 5 g • Cooked millet groats 30 g • Pumpkin seeds 20 g, (2 Tbsps) • Chicken thighs 70 g, (0.7 portion) | 20 min 378 kcal, protein 20.5 g, carbohydrate 35.7 g, fat 17.2 g | Fry chopped onion and garlic. Put them into a pot. Then add tomatoes and a glass of water. After about 10-15 minutes, put a chopped pear and a handful of fresh basil. Season. Cook for about 3-4 minutes. Blend with cooked millet groats and sprinkle with pumpkin seeds. Serve with pieces of skinless cooked chicken. |

Day 5

| Meal | Dish | Ingredients (for 1 serve) | Information | Recipe |
|---|--|--|--|--|
| 08:00 Breakfast 399 kcal | | • Oat flakes 30 g, (3 tbsps) | 159 kcal, protein 10.8 g, carbohydrate 1.24 g, fat 12.3 g | |
| | | • Oat bran 16 g, (2 tbsps) | 61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g | |
| | | • Linseed 5 g, (0,5 tbsp) | 1.15 kcal, protein 0.16 g, carbohydrate 0.13 g, fat 0.03 g | |
| | | • Walnut 5 g, (0,5 tbsp) | 115 kcal, protein 0 g, carbohydrate 0 g, fat 13 g | |
| | | • Canned coconut milk 50 g, (1 portion) | 39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g | |
| 10:30 Brunch 141 kcal | | • Nectarine 173 g, (1.5 items) | 76.1 kcal, protein 1.83 g, carbohydrate 18.3 g, fat 0.55 g | |
| | | • Plum 140 g, (1 cup) | 64.4 kcal, protein 0.98 g, carbohydrate 16 g, fat 0.39 g | |
| 13:00 Dinner 631 kcal | Stewed beef with groats and vegetables | <ul style="list-style-type: none"> • Beef sirloin 200 g, (0.3 piece) • Onion 105 h, (1 item) • Sweet red pepper 150 g, (0.65 item) • Cooked buckwheat groats 55 g • Salad mix 50 g • Olive oil 26 g, (2 Tbsps) | 20 min 631 kcal, protein 49.8 g, carbohydrate 32.1 g, fat 32.6 g | Stew beef with onion and pepper. Serve with cooked buckwheat groats and seasoned salad mix sprinkled with olive oil. |
| 16:00 Afternoon snack 174 kcal | | • Almonds 30 g, (2 tbsps) | 174 kcal, protein 6.34 g, carbohydrate 6.46 g, fat 15 g | |
| 19:00 Supper 375 kcal | | • Mozzarella cheese 50 g, (0.4 ball) | 159 kcal, protein 10.8 g, carbohydrate 1.24 g, fat 12.3 g | |
| | | • Red tomato 340 g, (2 whole) | 61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g | |
| | | • Basil 5 g, (1 leaf) | 1.15 kcal, protein 0.16 g, carbohydrate 0.13 g, fat 0.03 g | |
| | | • Olive oil 13 g, (1 tbsp) | 115 kcal, protein 0 g, carbohydrate 0 g, fat 13 g | |
| | | • Rice wafer 10 g, (2.22 portions) | 39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g | |

Day 6



| Meal | Dish | Ingredients (for 1 serve) | Information | Recipe |
|---|----------------------------|--|--|---|
| 08:00 Breakfast 389 kcal | | • Wholemeal bread 90 g, (3 slices) | 207 kcal, protein 5.31 g, carbohydrate 46.1 g, fat 1.17 g | |
| | | • Avocado 100 g, (0.71 Item) | 160 kcal, protein 2 g, carbohydrate 8.53 g, fat 14.7 g | |
| | | • Cucumber in brine 180 g, (3 items) | 21.6 kcal, protein 0.9 g, carbohydrate 4.34 g, fat 0.54 g | |
| 10:30 Brunch 178 kcal | Cocktail with blueberry | <ul style="list-style-type: none"> • Canned coconut milk 50 g • Water 250 g, (1.04 cups) • Blueberry 140 g, (1.08 cups) | 10 min 178 kcal, protein 1 g, carbohydrate 21 g, fat 10.7 g | Blend all products. |
| 13:00 Dinner 614 kcal | Carrot and onion meatballs | <ul style="list-style-type: none"> • Minced chicken meat 150 g (1.5 portions) • Carrot 160 g (2 items) • Onion 50 g, (0.48 item) • Chicken egg , yolk 20 g, (1 item) • Colza oil 5 g, (1.25 tsps) • Oat bran 7 g, (1 tsp) • Cooked buckwheat groats 40 g • Cauliflower 200 g, (0.23 item) • Olive oil 10 g, (0.77 Tbsp) • Dill 4 g, (1 tsp) | 25 min 614 kcal, protein 34 g, carbohydrate 38.8 g, fat 33.5 g | Mix minced meat, carrot, yolk, oat bran and form chops. Chop an onion. Put 1 tsp of rapeseed oil and 3-4 Tbsps of water onto the pan and heat it. Add onions and stew it. Put the meatballs into boiling water and cook for 20 minutes and then serve them with onion. Serve with cooked buckwheat groats and cooked cauliflower sprinkled with olive oil and topped with dill. |
| 16:00 Afternoon snack 196 kcal | | • Walnut 30 g, (2 tbsps) | 196 kcal, protein 4.57 g, carbohydrate 4.11 g, fat 19.6 g | |
| 19:00 Supper 345 kcal | | • Cottage cheese 200 g, (1 packet) | 144 kcal, protein 24.8 g, carbohydrate 5.44 g, fat 2.04 g | |
| | | • Red tomato 340 g, (2 whole) | 61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g | |
| | | • Pumpkin seeds 25 g, (2.5 tbsps) | 140 kcal, protein 7.56 g, carbohydrate 2.68 g, fat 12.3 g | |

Day 7



DuoLife

| Meal | Dish | Ingredients (for 1 serve) | Information | Recipe |
|---|--------------------------------------|---|--|--|
| 08:00 Breakfast 455 kcal | Omelette with cheese | <ul style="list-style-type: none"> • Egg 120 g, (2 items) • Coconut flour 10 g, (0.77 Tbsp) • Buckwheat 10 g • Coconut oil 10 g, (0.77 Tbsp) • Rocket 20 g, (1 handful) • Gouda cheese 25 g, (1 slice) | 8 min 455 kcal, protein 22.6 g, carbohydrate 10.4 g, fat 34.2 g | Fry an omelette and top it with a rocket and yellow or goat cheese. |
| 10:30 Brunch 170 kcal | | <ul style="list-style-type: none"> • Almonds 15 g, (1 tbsp) | 86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g | |
| | | <ul style="list-style-type: none"> • Grapefruit 260 g, (1 item) | 83.2 kcal, protein 1.64 g, carbohydrate 21 g, fat 0.26 g | |
| 13:00 Dinner 551 kcal | Cod baked in foil | <ul style="list-style-type: none"> • Cod 250 g, (2.5 portions) • Dill 2 g, (0.5 tsp) • Sweet red pepper 100 g, (0.43 item) • Red tomato 340 g, (2 whole) • Salad mix 40 g • Olive oil 20 g, (1.54 Tbsps) • Sweet potato 80 g | 20 min 551 kcal, protein 43.9 g, carbohydrate 39.6 g, fat 20.1 g | Sprinkle a cod with dill, wrap it in foil and bake. Serve with baked sweet potato and chopped vegetables poured with olive oil and sprinkled with selected spices. |
| 16:00 Afternoon snack 218 kcal | | <ul style="list-style-type: none"> • Canned coconut milk | 138 kcal, protein 1.4 g, carbohydrate 1.96 g, fat 14.9 g | |
| | | <ul style="list-style-type: none"> • Water 250 g, (1.04 Cups) | 0 kcal, protein 0 g, carbohydrate 0 g, fat 0 g | |
| | | <ul style="list-style-type: none"> • Pear 140 g, (1.08 Items) | 79.8 kcal, protein 0.5 g, carbohydrate 21.3 g, fat 0.2 g | |
| 19:00 Supper 319 kcal | Salad with bean and buckwheat groats | <ul style="list-style-type: none"> • Buckwheat groats 50 g • Green bean, green 65 g, (0.5 cup) • Red tomato 170 g, (1 whole) • Dill 4 g, (1 tsp) • Parsley sprig 2 g, (1 tsp) • Olive oil 10 g, (0.77 Tbsp) | 15 min 319 kcal, protein 7.79 g, carbohydrate 45.8 g, fat 11.6 g | Cook the beans, cook buckwheat groats. Mix everything, season with salt, black pepper and pour it over with olive oil. |