



# Diet for 7 days

For your DuoLife **Sugar Metabolism Pack**



## 🕒 Recommended use of the food supplements from the **Sugar Metabolism Pack**:

- In the morning:**
- DuoLife Medical Formula ProSugar® - 1-2 capsules,
  - DuoLife RegenOil Liquid Gold® - 5 ml (can be added to DuoLife SHAPE CODE® Slim Shake at lunch time or added to dinner).
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- During lunch:**
- SHAPE CODE® Slim Shake - 1 shake,
  - DuoLife Fiber Powder - 1 sachet added to DuoLife SHAPE CODE® Slim Shake.
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- During dinner:**
- DuoLife Fiber Powder - 1 sachet half an hour before lunch, take with plenty of water or another liquid or add directly to your meal,
  - DuoLife Medical Formula ProCardiol® - 1-2 capsules daily.
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- In the evening:**
- DuoLife Aloes - 25-50 ml,
  - DuoLife My Gastrin - 25-50ml before or after supper.

## 📄 Additional notes:

Estimated amount of calories per day: **1500 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 **Sugar Metabolism Pack** 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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# Shopping list



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## Vegetables and fruits

Avocado 140 g (1 item)  
Basil 24 g (1 handful)  
Blueberry 65 g (1 handful)  
Onion 30 g (0.29 items)  
Red onion 105 g (1 item)  
Zucchini 550 g (1 item)  
Raw garlic 20 g (4 cloves)  
Pear 50 g (0.38 items)  
Fresh ginger 10 g (1 piece)  
Apple 614 g (2 medium, 1.12 big)  
Sauerkraut 142 g (1 cup)  
Dill 12 g (3 tsps)  
Lime 30 g  
Carrot 880 g (11 items)  
Almonds 60 g (4 Tbsps)  
Salad mix 200 g (1 portion, 2 handfuls)  
Parsley sprig 44 g (11 tsps)  
Cucumber 380 g (2.12 items)  
Cucumber in brine 660 g (11 items)  
Walnut 45 g (3 Tbsps)  
Sweet red pepper 1075 g (4.65 items)  
Pumpkin seeds 30 g (3 Tbsps)  
Red tomato 1290 g (7.59 whole)  
Cherry tomatoes 700 g (1 portion)  
Rocket 80 g (4 handfuls)  
Iceberg lettuce 160 g (4 leaves)  
Celery 180 g (4 stems)  
Lemon zest 3 g (1 tsp)  
Lemon juice 15 g (1 tsp, 2 Tbsps)  
Chives 30 g (6 Tbsps)  
Frozen spinach 550 g  
Strawberry 152 g (1 cup)

## Farianceous products

Rye bread 80 g (2 slices)  
Millet groats 125 g (0.62 cups)  
Coconut flour 15 g (1.15 Tbsps)  
Hemp flour 12 g (1 Tbsp)

## Dairy products

Egg 660 g (11 items)  
Natural yoghurt 280 g ( 5 Tbsps, 1 portion)  
Mozzarella cheese 100 g (0.8 ball)  
'Bieluch' cream cheese 70 g (0.47 portion)  
Low-fat curd cheese 100 g (0.5 packet)

## Meat and fish

Pork belly 10 g (1 slice)  
Cod, fillet 250 g (2.5 items)  
Cooked chicken breast 100 g (1 portion)  
Chicken drumstick 90 g (1 item)  
Turkey breast 100 g (0.25 items)  
Chicken breast 270 g (1.35 items)  
Trout baked in foil 100 g (1 portion)  
Poultry ham 146 g (5.21 slices)  
Atlantic salmon 310 g (1.55 fillets)

## Other

Ground cinnamon 0 (1 pinch)  
Black pepper 2 g (1 pinch)  
Grapefruit 520 g (2 items)  
Canned coconut milk 100 g  
Apple cider vinegar 6 g (1 Tbsp)  
Coconut oil 72 g (5.54 Tbsps)  
Colza oil 65 g (3.85 Tbsps)  
Olive oil 95 g (3.75 tsps, 6.16 Tbsps)  
Button mushroom 260 g (3 items)  
Dried basil 4 g (2 tsps)  
Salt 1 g (1 pinch)  
Cooked buckwheat groats 150 g  
Cooked green lentil 48 g  
Cooked brown rice 75 g  
Water 775 g (1.56 cups, 0.4 liter)

# Calorie content of the products used in a diet

Products	Amount	Calories
Rye bread 170 g (4.26 slices)	1 slice (40g)	104
Buckwheat flour 20 g	1 cup (200g)	721
Oat bran 14 g (2 tsps)	1 Tbsp (10g)	35,8
Oat flakes 55 g (5.5 Tbsps)	1 Tbsp (10g)	36,6
Rice wafer 20 g (2 portions)	1 portion (10g)	39,2
Egg 600 g (10 items)	1 item	78
Natural yoghurt 275 g (0.8 cups)	1 cup (200g)	82
Kefir 300 g (1.2 cups)	1 cup (200g)	74
Lactose-free milk 1.5 % 100 g	1 cup (200g)	88
Cottage cheese 550 g (2.75 packets)	1 Tbsp (10g)	9
Avocado 205 g (1.46 items)	1 item (130g)	208
Broccoli 364 g (3.19 items)	1 item	114
Onion 50 g (0.48 items)	1 item (105g)	42
Zucchini 350 g (0.58 items)	1 item (600g)	90
Lemon 25 g (0.31 items)	1 slice	4
Raw garlic 5 g (1 clove)	1 clove (5g)	7,5
Apple 400 g (2.19 medium)	1 big	112
Cauliflower 200 g (0.23 items)	1 item (870g)	174
Sauerkraut 284 g (2 cups)	1 cup (200g)	12
Dill 19.g (2.25 tsps)	1 tsp (4g)	1
Carrot 50 g (0.63 item)	1 item (80g)	22
Almonds 97.5 g (6.5 Tbsps)	1 Tbsp (30g)	181
Salad mix 80 g	80g	13,6
Chia seeds 20 g (2 Tbsps)	1 Tbsp (10g)	45
Parsley sprig 4 g (1 tsp)	1 tsp (4g)	2
Cucumber 450 g (2.51 items)	1 item (180g)	29
Cucumber in brine 420 g (7 items)	1 item (60g)	7
Hazelnut 15 g	1 Tbsp (10g)	62,8
Walnut 35 g (1 portion, 1 Tbsp)	1 Tbsp (10g)	64,5
Sweet red pepper 430 g (1.86 items)	1 item (231g)	74
Sweet green pepper 80 g (0.57 items)	2 items (141g)	26
Pumpkin seeds 10 g (1 Tbsp)	1 Tbsp (10g)	56
Parsley 50 g (0.63 root)	1 item (root)	28
Red tomato 1030 g (6.06 whole)	1 item (170g)	23
Cherry tomatoes 450 g (1 portion)	1 cup (200g)	30
Dried tomatoes in pickle 100 g (5 items)	1 item (40g)	162

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
Leek 175 g (3.5 pieces)	100g	61
Radish 50 g (1 portion)	1 item	2
Iceberg lettuce 320 g (8 leaves)	1 leaf (15g)	2,4
Celeriac 50 g (0.1 root)	1 slice (60g)	24
Celery 135 g (3 stems)	1 stem (45g)	3
Linseed 20 g (2 Tbsps)	1 tsp (4g)	18
One-day carrot and celery juice 450 g (1.5 portions)	1 cup (200g)	54
One-day carrot juice 300 g (1 portion)	1 cup (300g)	111
Tomato juice 300 g (1 portion)	1 cup (300g)	60
Lemon juice 6 g (1 Tbsp)	1 tsp (4g)	1
Dried cranberry 12 g (1 Tbsp)	1 Tbsp (10g)	33,2
Frozen spinach 240 g (1.09 cups)	1 cup (200g)	109
Frozen strawberry 100 g	1 cup (150g)	60
Coconut shreds 23 g (1 Tbsp)	1 tsp (4g)	27
Cod 300 g (3 portions)	1 fillet (100g)	82
Cooked chicken breast 100 g (1 portion)	1 fillet (100g)	151
Turkey breast 320 g (0.8 items)	1 item (400g)	352
Chicken breast 650 g (3.25 items)	1 item (250g)	302
Beef sirloin 200 g (0.3 piece)	1 portion (170g)	223
Poultry ham 48 g (1.71 slices)	1 portion (20g)	26
Ground cinnamon 2 g (1 tsp)	1 tsp (4g)	10
Pomegranate 50 g (0.18 items)	1 item	184
Hard/soft-boiled egg 300 g (5 items)	1 item	78
Powdered cocoa, unsweetened 10 g (1 Tbsp)	1 Tbsp (10g)	20
Ground ginger 2 g (1 tsp)	1 tsp (4g)	14
Honey 5 g	1 Tbsp (10g)	33
Rice milk 100 g (0.42 cups)	1 cup (200g)	94
Coconut oil 24 g (1.53 Tbsps, 1 tsp)	1 Tbsp (10g)	89
Colza oil 40 g (3 Tbsps, 2.15 tsps)	1 Tbsp(10g)	88
Olive oil 58 g (4.15 Tbsps, 1 tsp)	1 Tbsp (10g)	90
Button mushroom 100 g (5 items)	1 Tbsp (10g)	90
Cooked buckwheat groats 60 g	1 item (20g)	3,2
Cooked millet groats 60 g	1 cup (200g)	198
Cooked brown rice 60 g	1 cup (200g)	220
Water 200 g (0.83 cup)	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



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 347 kcal</b>	Scrambled eggs	<ul style="list-style-type: none"> <li>• Egg 120 g, (2 items)</li> <li>• Button mushroom 60 g, (3 items)</li> <li>• Poultry ham 30 g, (1.07 slices)</li> <li>• Sweet red pepper 100 g (0.43 items)</li> <li>• Coconut oil 10 g, (0.77 Tbsps)</li> </ul>	8 min   347 kcal, protein 20.4 g, carbohydrate 9.3 g, fat 22.5 g	
<b>10:30 Brunch 170 kcal</b>		• Grapefruit 260 g, (1 item)	83.2 kcal, protein 1.64 g, carbohydrate 21 g, fat 0.26 g	
		• Almonds 15 , (1 Tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g	
<b>13:00 Dinner 506 kcal</b>	Fish with vegetables provence style	<ul style="list-style-type: none"> <li>• Atlantic salmon 120 g, (0.6 fillet)</li> <li>• Zucchini 200 g, (0.33 items)</li> <li>• Sweet red pepper 100 g (0.43 items)</li> <li>• Red onion 50 g, (0.43 items)</li> <li>• Red tomato 170 g, (1 whole)</li> <li>• Raw garlic 5 g, (1 clove)</li> <li>• Colza oil 10 g, (0.77 Tbsps)</li> <li>• Lime 30 g</li> <li>• Cooked brown rice 30 g</li> </ul>	20 min   506 kcal, protein 27.6 g, carbohydrate 34 g, fat 25.8 g	<p>Slice the onion, chop peppers and zucchini. Heat oil in a deep frying pan. Put onions, followed by peppers and zucchini. Add sliced tomatoes, which were first scalded and their skin was removed, add rosemary, thyme, pressed garlic. Season with salt, pepper and your favorite herbs. Season the fish chunks. Put the vegetables into a casserole. Put fish onto them. Place lime slices on each piece of fish. Sprinkle with herbs. Put the dish in the oven preheated to 200°C for about 20 minutes. Serve with cooked brown rice.</p>
<b>16:00 Afternoon snack 183 kcal</b>		• Sweet red pepper 230 g, (1 item)	71.3 kcal, protein 2.28 g, carbohydrate 13.9 g, fat 0.69 g	
		• Avocado 70 g, (0.5 item)	112 kcal, protein 1.4 g, carbohydrate 5.97 g, fat 10.3 g	
<b>19:00 Supper 299 kcal</b>		• Rye bread 40 g, (1 slice)	104 kcal, protein 3.4 g, carbohydrate 19.3 g, fat 1.32 g	
		• Cooked chicken breast 100 g, (1 portion)	99 kcal, protein 21.5 g, carbohydrate 0 g, fat 1.3 g	
		• Salad mix 40 g, (1 portion)	6.8 kcal, protein 0.56 g, carbohydrate 1.68 g, fat 0.08 g	
		• Cucumber in brine 120 g, (2 items)	14.4 kcal, protein 0.6 g, carbohydrate 2.89 g, fat 0.36 g	
		• Red tomato 170 g, (1 whole)	30.6 kcal, protein 1.5 g, carbohydrate 6.61 g, fat 0.34 g	
		• Olive oil 5 g,(1.25 tsps)	44.2 kcal, protein 0 g, carbohydrate 0 g, fat 5g	

# Day 2



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 332 kcal</b>		• Trout baked in foil 100g, (1 portion)	190 kcal, protein 26 g, carbohydrate 0 g, fat 8 g	
		• Iceberg lettuce 160g, (4 leaves)	22.4 kcal, protein 1.44 g, carbohydrate 4.75 g, fat 0.22 g	
		• Cucumber 100 g, (0.56 Items)	15 kcal, protein 0.65 g, carbohydrate 3.63 g, fat 0.11 g	
		• Cucumber in brine 120 g, (2 items)	14.4 kcal, protein 0.6 g, carbohydrate 2.89 g, fat 0.36 g	
		• Olive oil 10 g,(0.77 Tbsps)	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g	
		• Apple cider vinegar 6 g, (1 tbsp)	1.44 kcal, protein 0 g, carbohydrate 0.36 g, fat 0 g	
<b>10:30 Brunch 147 kcal</b>	Coconut milk cocktail	<ul style="list-style-type: none"> <li>• Canned coconut milk 50 g</li> <li>• Water 250 g, (1.04 cups)</li> <li>• Strawberry 152 g, (1 cup)</li> </ul>	10 min   147 kcal, protein 1 g, carbohydrate 12 g, fat 10.7 g	Mix all the ingredients.
<b>13:00 Dinner 505 kcal</b>	Salad with chicken thigh	<ul style="list-style-type: none"> <li>• Chicken drumstick 90 g, (1 item)</li> <li>• Rocket 20 g, (1 handful)</li> <li>• Cherry tomatoes 200 g</li> <li>• Olive oil 10 g, (0.77 Tbsp)</li> <li>• Millet groats 50 g, (0.25 cups)</li> </ul>	10 min   505 kcal, protein 22.1 g, carbohydrate 43.8 g, fat 25.9 g	Meat from 2-3 chicken thighs/drumsticks (150g of meat in total). Cook meat and groats. Mix the ingredients with salt, pepper, herbes de Provence.
<b>16:00 Afternoon snack 188 kcal</b>		• Almonds 30 g, (2 Tbsps)	174 kcal, protein 6.34 g, carbohydrate 6.46 g, fat 15 g	
		• Celery 90 h, (2 stems)	14.4 kcal, protein 0.62 g, carbohydrate 2.67 g, fat 0.15 g	
<b>19:00 Supper 327 kcal</b>	Zucchini's curry	<ul style="list-style-type: none"> <li>• Zucchini 150 g, (0.25 items)</li> <li>• Red tomato 170 g, (1 whole)</li> <li>• Sweet red pepper 100 g, (0.43 items)</li> <li>• Parsley sprig 4 g, (1 tsp)</li> <li>• Colza oil 10 g, (0.77 Tbsp)</li> <li>• Cooked buckwheat groats 60 g</li> <li>• Chicken breast 70 g, (0.35 items)</li> </ul>	20 min   327 kcal, protein 19.7 g, carbohydrate 29.2 g, fat 12 g	Season with: turmeric, ginger, cinnamon, sweet pepper, nutmeg, garlic. Cover and stew everything for about 20 minutes and then mix with cooked buckwheat.

# Day 3



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 387 kcal</b>	Omelette with rocket	<ul style="list-style-type: none"> <li>• Egg 120 g, (2 items)</li> <li>• Coconut flour 15 g, (1.15 Tbsps)</li> <li>• Hemp flour 12 g, (1 Tbsp)</li> <li>• Coconut oil 6 g, (0.46 Tbsps)</li> <li>• Rocket 20 g, (1 handful)</li> <li>• Cherry tomatoes 100 g</li> </ul>	8 min   387 kcal, protein 20.6 g, carbohydrate 12.6 g, fat 27.3 g	Fry an omelette and put rocket and tomatoes onto it.
<b>10:30 Brunch 170 kcal</b>		<ul style="list-style-type: none"> <li>• Grapefruit 260 g, (1 item)</li> </ul>	83.2 kcal, protein 1.64 g, carbohydrate 21 g, fat 0.26 g	
		<ul style="list-style-type: none"> <li>• Almonds 15 g, (1 tbsp)</li> </ul>	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g	
<b>13:00 Dinner 478 kcal</b>	Salmon in ginger and lemon	<ul style="list-style-type: none"> <li>• Atlantic salmon 120 g, (0.6 fillet)</li> <li>• Lemon juice 3 g, (1 tsp)</li> <li>• Fresh ginger 10 g, (1 piece)</li> <li>• Colza oil 10 g, (0.77 Tbsp)</li> <li>• Dill 12 g, (3 tsps)</li> <li>• Parsley sprig 12 g, (3 tsps)</li> <li>• Rocket 40 g, (2 handfuls)</li> <li>• Cucumber in brine 60 g, (1 item)</li> <li>• Chives 60 g, (1 item)</li> <li>• Olive oil 10 g, (0.77 Tbsps)</li> </ul>	20 min   478 kcal, protein 26.8 g, carbohydrate 8.62 g, fat 36 g	Sprinkle both sides of the salmon fillet with salt and pepper. Heat the oil in a frying pan, fry the salmon over medium-high heat for 6-7 minutes. Peel and grate the ginger. When the salmon reaches a desired doneness, turn it over, sprinkle with ginger, pour it with lemon juice, and fry for another 1 min, sprinkle with parsley and onion, cover and stew for 2 more minutes. Serve with rocket sprinkled with pepper and salt, cucumber, chives - pour with olive oil.
<b>16:00 Afternoon snack 188 kcal</b>		<ul style="list-style-type: none"> <li>• Carrot 320 g, (4 items)</li> </ul>	131 kcal, protein 2.98 g, carbohydrate 30.7 g, fat 0.77 g	
<b>19:00 Supper 344 kcal</b>	Stewed spinach with mozzarella	<ul style="list-style-type: none"> <li>• Frozen spinach 300 g</li> <li>• Raw garlic 5 g, (1 clove)</li> <li>• Mozzarella cheese 50 g, (0.4 ball)</li> <li>• Millet groats 20 g, (0.1 cup)</li> </ul>	10 min   344 kcal, protein 25 g, carbohydrate 29.1 g, fat 12.8 g	Season with salt, pepper, basil. Cook the millet groats and mix the ingredients.

# Day 4



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 407 kcal</b>		• Poultry ham 116 g, (4.14 slices)	161 kcal, protein 18.9 g, carbohydrate 3.87 g, fat 7.2 g	
		• Cucumber 100 g, (0.56 item)	15 kcal, protein 0.65 g, carbohydrate 3.63 g, fat 0.11 g	
		• Sweet red pepper 100 g, (0.43 item)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g	
		• Pumpkin seeds 20 g, (2 tbsps)	112 kcal, protein 6.05 g, carbohydrate 2.14 g, fat 9.81 g	
		• Olive oil 10 g, (0.77 tbsp)	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g	
<b>10:30 Brunch 136 kcal</b>	Blueberry cocktail	• Canned coconut milk 50 g • Water 125 g, (0.52 cups) • Blueberry 65 g, (0.5 cups)	10 min   136 kcal, protein 1 g, carbohydrate 10.5 g, fat 10.7 g	Mix all the ingredients.
<b>13:00 Dinner 527 kcal</b>	Stuffed pepper	• Sweet red pepper 230 g, (1 item) • Egg 60 g, (1 item) • Cooked green lentil 48 g • Cooked buckwheat groats 45 g • Parsley sprig 4 g, (1 tsp) • Button mushroom 200 g • Onion 30 g, (0.29 item) • Coconut oil 20 g, (1.54 Tbsps)	20 min   527 kcal, protein 19.5 g, carbohydrate 49.5 g, fat 25.9 g	Put 1 egg, cooked lentils, cooked buckwheat, a pinch of salt, pepper, red sweet pepper and parsley sprig into the bowl. Mix. Chop pepper into small pieces (you may use the tops which were cut off from those peppers that are to be stuffed), chop mushrooms (200g), 1/3 of onions and stew these ingredients in coconut oil. Combine everything and stuff 1 paprika. Put in the oven for 20 minutes, at 180°C.
<b>16:00 Afternoon snack 134 kcal</b>		• Cucumber in brine 300 g, (5 items)	36 kcal, protein 1.5 g, carbohydrate 7.23 g, fat 0.9 g	
		• Walnut 15 g, (1 Tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g	
<b>19:00 Supper 332 kcal</b>	Salad with grilled turkey breast	• Turkey breast 100 g, (0.25 item) • Salad mix 80 g • Cucumber 180 g, (1 item) • Cherry tomatoes 100 g • Olive oil 5 g, (1.25 tsps) • Millet groats 20 g, (0.1 cup)	10 min   332 kcal, protein 25.2 g, carbohydrate 26.8 g, fat 13.2 g	Season with salt and pepper. Cook millet groats and serve everything together.



# Day 5



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 342 kcal</b>		• Avocado 70 g, (0.5 Item)	112 kcal, protein 1.4 g, carbohydrate 5.97 g, fat 10.3 g	
		• Salad mix 80 g, (2 handfuls)	13.6 kcal, protein 1.12 g, carbohydrate 3.36 g, fat 0.16 g	
		• Cucumber in brine 60 g, (1 item)	7.2 kcal, protein 0.3 g, carbohydrate 1.45 g, fat 0.18 g	
		• Pumpkin seeds 10 g, (1 tbsp)	55.9 kcal, protein 3.02 g, carbohydrate 1.07 g, fat 4.91 g	
		• Olive oil 5 g, (1.25 tsps)	44.2 kcal, protein 0 g, carbohydrate 0 g, fat 5 g	
		• Black pepper 2 g, (1 pinch)	5.02 kcal, protein 0.21 g, carbohydrate 1.28 g, fat 0.07 g	
		• Salt 1 g, (1 pinch)	0 kcal, protein 0 g, carbohydrate 0 g, fat 0 g	
<b>10:30 Brunch 170 kcal</b>		• Rye bread 40 g, (1 slice)	104 kcal, protein 3.4 g, carbohydrate 19.3 g, fat 1.32 g	
		• Low-fat curd cheese 100 g, (0.5 packet)	72 kcal, protein 10.3 g, carbohydrate 6.66 g, fat 0.29 g	
<b>13:00 Dinner 515 kcal</b>	Stewed cod fillet	• Walnut 15 g, (1 Tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g	Stew cod over coconut oil. Serve with carrot salad (grated carrot, olive oil, salt, pepper), sauerkraut and cooked millet groats.
		• Cod, fillet 250 g, (2.5 items) • Coconut oil 6 g, (0.46 Tbsp) • Carrot 160 g, (2 items) • Olive oil 10 g, (0.77 Tbsp) • Sauerkraut 142 g, (1 cup) • Millet groats 20 g, (0.1 cup)	20 min   515 kcal, protein 44.7 g, carbohydrate 34.5 g, fat 16.7 g	
<b>16:00 Afternoon snack 143 kcal</b>		• Cherry tomatoes 300 g, (1 portion)	45 kcal, protein 2.7 g, carbohydrate 10.8 g, fat 0.6 g	
		• Walnut 15 g, (1 Tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g	
<b>19:00 Supper 336 kcal</b>	Zucchini and lemon soup	• Water 400 g, (0.4 liter) • Zucchini 200 g, (0.33 item) • Lemon zest 3 g, (1 tsp) • Natural yoghurt 100 g, (5 Tbsps) • Parsley sprig 8 g, (2 tsps) • Dried basil 2 g, (1 tsp) • Colza oil 20 g, (1.54 Tbsps) • Cooked buckwheat groats 45 g	20 min   336 kcal, protein 8.22 g, carbohydrate 22.9 g, fat 23.7 g	Put sliced zucchini and lemon into the water and bring to a boil. Cook for 15 min until the zucchini is soft. Take off heat and leave to cool. Add yogurt, parsley sprig, basil, oil. Blend together with cooked buckwheat groats.

# Day 6



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 372 kcal</b>	Scrambled eggs	<ul style="list-style-type: none"><li>• Egg 120 g, (2 items)</li><li>• Coconut oil 10 g, (0.77 Tbsp)</li><li>• Pork belly 10 g, (1 slice)</li><li>• Red tomato 100 g, (0.59 whole)</li><li>• Chives 10 g, (2 Tbsps)</li></ul>	8 min   372 kcal, protein 14.4 g, carbohydrate 3.5 g, fat 30.6 g	
<b>10:30 Brunch 189 kcal</b>	Apples with a pinch of cinnamon	<ul style="list-style-type: none"><li>• Apple 364 g, (2 medium-size)</li><li>• Ground cinnamon 0 g, (1 pinch)</li></ul>	5 min   189 kcal, protein 0 g, carbohydrate 47.3 g, fat 0 g	
<b>13:00 Dinner 522 kcal</b>	Salad with chicken and rice	<ul style="list-style-type: none"><li>• Chicken breast 200 g, (1 item)</li><li>• Cooked brown rice 45 g</li><li>• Celery 90 g, (2 stems)</li><li>• Sweet red pepper 100 g, (0.43 item)</li><li>• Olive oil 20 g, (1.54 Tbsps)</li><li>• Lemon juice 6 g, (1 Tbsp)</li></ul>	20 min   522 kcal, protein 45.3 g, carbohydrate 22 g, fat 24.4 g	Cook chicken breast. Mix all ingredients. Pour with sauce (olive oil, lemon juice, salt, pepper, herbes de Provence).
<b>16:00 Afternoon snack 110 kcal</b>		<ul style="list-style-type: none"><li>• Natural yoghurt 180 g, (1 portion)</li></ul>	110 kcal, protein 6.25 g, carbohydrate 8.39 g, fat 5.85 g	
<b>19:00 Supper 319 kcal</b>	Tomato soup with pear and garlic	<ul style="list-style-type: none"><li>• Red tomato 340 g, (2 whole)</li><li>• Pear 50 g, (0.38 item)</li><li>• Red onion 55 g, (0.52 item)</li><li>• Raw garlic 10 g, (2 cloves)</li><li>• Basil 24 g, (1 handful)</li><li>• Colza oil 15 g</li><li>• Millet groats 15 g, (0.07 cup)</li></ul>	15 min   319 kcal, protein 3.52 g, carbohydrate 35.6 g, fat 15.6 g	Fry the chopped onions and garlic in oil, then put into a pot. Add tomatoes and a glass of water. After about 10-15 minutes, add a sliced pear and a handful of fresh basil. Season with salt and pepper. Cook for about 5 minutes. Cook millet groats. Blend.

# Day 7



DuoLife

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 388 kcal</b>	Scrambled eggs	<ul style="list-style-type: none"> <li>• Egg 120 g, (2 items)</li> <li>• Coconut oil 20 g, (1.54 Tbsps)</li> <li>• Sweet red pepper 115 g, (0.5 items)</li> <li>• Chives 10 g, (2 Tbsps)</li> </ul>	8 min   388 kcal, protein 14.4 g, carbohydrate 7.4 g, fat 30.6 g	
<b>10:30 Brunch 155 kcal</b>	Diuretic salad	<ul style="list-style-type: none"> <li>• Apple 250 g, (1.12 big)</li> <li>• Parsley sprig 16 g, (4 tsps)</li> <li>• Lemon juice 6 g, (1 Tbsp)</li> </ul>	10 min   155 kcal, protein 2.08 g, carbohydrate 36.9 g, fat 0.4 g	
<b>13:00 Dinner 492 kcal</b>	Spinach and salmon roulade	<ul style="list-style-type: none"> <li>• Frozen spinach 250 g</li> <li>• Egg 120 g, (2 items)</li> <li>• 'Bieluch' cream cheese 70 g, (0.47 portion)</li> <li>• Atlantic salmon 70 g, (0.35 fillet)</li> </ul>	20 min   510 kcal, protein 54.4 g, carbohydrate 29 g, fat 15.6 g	While stewing the spinach, add garlic, salt and pepper. Take off heat. After cooling down completely, add 2 egg yolks. Blend. Whip the whites with a pinch of salt and mix slightly with the spinach mass. Pour it onto a baking tray lined with baking paper (you can apply a teaspoon of oil on the surface). Bake for 20-25 min at 180°C. After baking, cover with paper and leave to cool. Then spread the spinach cake with cheese. Put baked / cooked salmon onto the cake. Roll it up, wrap it in foil and put it in the fridge for a few hours.
<b>16:00 Afternoon snack 164 kcal</b>		<ul style="list-style-type: none"> <li>• Carrot 400 g, (5 items)</li> </ul>	164 kcal, protein 3.72 g, carbohydrate 38.3 g, fat 0.96 g	
<b>19:00 Supper 313 kcal</b>		<ul style="list-style-type: none"> <li>• Mozzarella cheese 50 g, (0.4 ball)</li> <li>• Red tomato 340 g, (2 whole)</li> <li>• Dried basil 2 g, (1 tsp)</li> <li>• Olive oil 10 g, (0.77 tbsp)</li> </ul>	159 kcal, protein 10.8 g, carbohydrate 1.24 g, fat 12.3 g 61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g 4.66 kcal, protein 0.46 g, carbohydrate 0.96 g, fat 0.08 g 88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g	