



# Diet for 7 days

For your DuoLife **Metabolism - Weight Loss Pack**



## 🕒 Recommended use of the food supplements from the **Metabolism - Weight Loss Pack**:

**In the morning:**

- DuoLife Medical Formula ProSlimer® - 1-2 capsules,
- DuoLife RegenOil Liquid Gold® - 5 ml - can be added to SHAPE CODE® Slim Shake at lunch time or used added to dinner,
- DuoLife Medical Formula ProDeacid® - 1-2 capsules at least one hour after breakfast\*.

**During lunch:**

- DuoLife SHAPE CODE® Slim Shake - 1 shake,
- DuoLife Fiber Powder -1 sachet added to DuoLife SHAPE CODE® Slim Shake.

**During dinner:**

- DuoLife Fiber Powder - 1 sachet half an hour before dinner or added to dinner (e.g. soup), take with water or other liquid.
- DuoLife Chlorofil - 10 – 20 ml at dinner time or throughout the day dissolved in a bottle of water.

**In the evening:**

- DuoLife Fiber Powder - 1 sachet half an hour before supper, take with water or other liquid.

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

## 📄 Additional notes:

Estimated amount of calories per day: **1400 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 - Weight Loss 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 205g (1.46 items)
Broccoli 364g (3.19 items)
Onion 50g (0.48 item)
Zucchini 350g (0.58 item)
Lemon 25g (0.31 item)
Raw garlic 5g (1 clove)
Apple 400g (2.19 medium)
Cauliflower 200g (0.23 item)
Sauerkraut 284g (2 cups)
Dill 19g (2.25 tsps)
Carrot 50g (0.63 items)
Almonds 97.5g (6.5 Tbsps)
Salad mix 80g
Chia seeds 20g (2 Tbsps)
Parsley sprig 4g (1 tsp)
Cucumber 450g (2.51 items)
Cucumber in brine 420g (7 items)
Hazelnut 15g
Walnut 35g (1 portion, 1 Tbsp)
Red sweet pepper 430g (1.86 items)
Green sweet pepper 80g (0.57 item)
Pumpkin seeds 10g (1 Tbsp)
Parsley sprig 50g (0.63 root)
Red tomato 1030g (6.06 whole)
Cherry tomatoes 450g (1 portion)
Dried tomatoes in pickle 100g (5 items)
Leek 175g (3.5 items)
Radish 50g (1 portion)
Iceberg lettuce 320g (8 leaves)
Celeriac 50g (0.1 root)
Celery 135g (3 stems)
Linseed 20g (2 Tbsps)
One-day carrot-celery juice 450g (1.5 portions)
One day carrot juice 300g (1 portion)
Tomato juice 300g (1 portion)
Lemon juice 6g (1 Tbsp)
Dried cranberry 12g (1 Tbsp)
Frozen spinach 240g (1.09 cups)
Frozen strawberry 100g
Coconut shreds 23g (1 Tbsp)

## Farianceous products

Rye bread 170g (4.26 slices)
Buckwheat flour 20g
Oat bran 14 g (2 tsps)
Oat flakes 55g (5.5 Tbsps)
Rice wafer 20g (2 portions)

## Dairy products

Egg 600g (10 items)
Natural yoghurt 275g (0.8 cup)
Kefir 300g (1.2 cups)
Lactose-free milk 1.5% 100g
Cottage cheese 550g (2.75 packet)

## Meat and fish

Cod 300g (3 portions)
Cooked chicken breast 100g (1 portion)
Turkey breast 320g (0.8 item)
Chicken breast 650g (3.25 items)
Beef sirloin 200g (0.3 piece)
Poultry ham 48g (1.71 slices)

## Other

Ground cinnamon 2g (1 tsp)
Pomegranate 50g (0.18 item)
Hard/soft-boiled egg 300g (5 items)
Powdered cocoa, unsweetened 10g (1 Tbsp)
Ground ginger 2g (1 tsp)
Honey 5g
Rice milk 100g (0.42 cup)
Coconut oil 24g (1.53 Tbsps, 1 tsp)
Canola oil 40g (3 tsps, 2.15 Tbsps)
Olive oil 58g (4.15 Tbsps, 1 tsp)
Button mushrooms 100g (5 items)
Cooked buckwheat groats 60g
Cooked millet groats 60g
Cooked brown rice 60g
Water 200g (0.83 cup)

# Calorie content of the products used in a diet



Products	Amount	Calories
Rye bread 170g (4.26 slices)	1 slice (40g)	104
Buckwheat flour 20g	1 cup (200g)	712
Oat bran 14 g (2 tsps)	1 Tbsp (10g)	35,8
Oat flakes 55g (5.5 Tbsps)	1 Tbsp (10g)	36,6
Rice wafer 20g (2 portions)	1 portion(10g)	39,2
Egg 600g (10 cups)	1 item	78
Natural yoghurt 275g (0.8 cups)	1 cup (200g)	82
Kefir 300g (1.2 cups)	1 cup (200g)	74
Lactose-free milk 1.5% 100g	1 cup (200g)	88
Cottage cheese 550g (2.75 packet)	1 Tbsp (10g)	9
Avocado 205g (1.46 items)	1 item (130g)	208
Broccoli 364g (3.19 items)	1 item	114
Onion 50g (0.48 items)	1 item (105g)	42
Zucchini 350g (0.58 items)	1 item (600g)	90
Lemon 25g (0.31 items)	1 slice	4
Raw garlic 5g (1 clove)	1 clove (5g)	7,5
Apple 400g (2.19 medium)	1 large	112
Cauliflower 200g (0.23 items)	1 item (870g)	174
Sauerkraut 284g (2 cups)	1 cup (200g)	12
Dill 19g (2.25 tsps)	1 tsp (4g)	1
Carrot 50g (0.63 items)	1 item (80g)	22
Almonds 97.5g (6.5 Tbsps)	1 Tbsp (30g)	181
Salad mix 80g	80g	13,6
Chia seeds 20g (2 Tbsps)	1 Tbsp (10g)	45
Parsley sprig 4g (1 tsp)	1 tsp (4g)	2
Cucumber 450g (2.51 items)	1 item (180g)	29
Cucumber in brine 420g (7 items)	1 item (60g)	7
Hazelnut 15g	1 Tbsp (10g)	62,8
Walnut 35g (1 portion, 1 Tbsp)	1 Tbsp (10g)	64,5
Red sweet pepper 430g (1.86 items)	1 item (231g)	74
Green sweet pepper 80g (0.57 item)	2 items (141g)	26
Pumpkin seeds 10g (1 Tbsp)	1 Tbsp (10g)	56
Parsley 50g (0.63 root)	1 root	28
Red tomato 1030g (6.06 whole)	1 item (170g)	23
Cherry tomatoes 450g (1 portion)	1 cup (200g)	30
Dried tomatoes in pickle 100g (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 175g (3.5 pieces)	100g	61
Radish 50g (1 portion)	1 piece	2
Iceberg lettuce 320g (8 leaves)	1 leaf (15g)	2,4
Celeriac 50g (0.1 root)	1 slice (60g)	24
Celery 135g (3 stems)	1 stem (45g)	3
Linseed 20g (2 Tbsps)	1 tsp (4g)	18
One-day carrot-celery juice 450g (1.5 portions)	1 cup (200g)	54
One-day carrot juice 300g (1 portion)	1 cup (300g)	111
Tomato juice 300g (1 portion)	1 cup (300g)	60
Lemon juice 6g (1 Tbsp)	1 tsp (4g)	1
Dried cranberry 12g (1 Tbsp)	1 Tbsp (10g)	33,2
Frozen spinach 240g (1.09 cups)	1 cup (200g)	109
Frozen strawberry 100g	1 cup (150g)	60
Coconut shreds 23g (1 Tbsp)	1 tsp (4g)	27
Cod 300g (3 portions)	1 fillet (100g)	82
Cooked chicken breast 100g (1 portion)	1 fillet (100g)	151
Turkey breast 320g (0.8 item)	1 item (400g)	352
Chicken breast 650g (3.25 items)	1 item (250g)	302
Beef sirloin 200g (0.3 piece)	1 portion (170g)	223
Poultry ham 48g (1.71 slices)	1 portion (20g)	26
Ground cinnamon 2g (1 tsp)	1 tsp (4g)	10
Pomegranate 50g (0.18 items)	1 item	184
Hard/soft-boiled egg 300g (5 items)	1 item	78
Powdered cocoa, unsweetened 10g (1 Tbsp)	1 Tbsp (10g)	20
Ground ginger 2g (1 tsp)	1 tsp (4g)	14
Honey 5g	1 Tbsp (10g)	33
Rice milk 100g (0.42 cups)	1 cup (200g)	94
Coconut oil 24g (1.53 Tbsps, 1 tsp)	1 Tbsp (10g)	89
Canola oil 40g (3 tsps, 2.15 Tbsps)	1 Tbsp (10g)	88
Olive oil 58g (4.15 Tbsps, 1 tsp)	1 Tbsp (10g)	90
Button mushrooms 100g (5 items)	1 Tbsps (10g)	90
Cooked buckwheat groats 60g	1 item (20g)	3,2
Cooked millet groats 60g	1 cup (200g)	198
Cooked brown rice 60g	1 cup (200g)	220
Water 200g (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 387 kcal</b>		• Rye bread 40g (1 slice)	104 kcal, protein 3.4 g, carbohydrate 19.3 g, fat 1.32 g	
		• Olive oil 5 g, (0.38 tbsp)	44.2 kcal, protein 0 g, carbohydrate 0 g, fat 5 g	
		• Avocado 140g (1 item)	224 kcal, protein 2.8 g, carbohydrate 11.9 g, fat 20.5 g	
		• Cucumber 100g (0.56 Item)	15 kcal, protein 0.65 g, carbohydrate 3.63 g, fat 0.11 g	
<b>10:30 Brunch 131 kcal</b>		• Walnut 20g (1 portion)	131 kcal, protein 3.05 g, carbohydrate 2.74 g, fat 13 g	
<b>13:00 Dinner 486 kcal</b>	Fish with leeks	<ul style="list-style-type: none"> <li>• Cod 300g (3 portions)</li> <li>• Leek 175g (3.5 piece)</li> <li>• Lemon 25g (0.31 items)</li> <li>• Canola oil 8g (2 tsps)</li> <li>• Dried tomatoes in pickle 40g (2 items)</li> </ul>	20 min   486 kcal, protein 55 g, carbohydrate 36 g, fat 13.6 g	Cut the leek into thin rings. Season them with salt and pepper and then stew for about 10 minutes in a teaspoon of canola oil, you can add some water after a few minutes. Take the leek out. In the other pan, fry a seasoned fish sprinkled with one-third of lemon (also in canola oil). After frying, arrange the fish on the plate onto the leeks. Serve with tomatoes.
<b>16:00 Afternoon snack 169 kcal</b>		• One-day carrot juice 300g (1 portion)	111 kcal, protein 1.2 g, carbohydrate 26.1 g, fat 0.3 g	
<b>19:00 Supper 339 kcal</b>	Salad nicoise	<ul style="list-style-type: none"> <li>• Iceberg lettuce 120g (3 leaves)</li> <li>• Green sweet pepper 80g (0.57 item)</li> <li>• Red sweet pepper 80g (0.35 item)</li> <li>• Cucumber 50g (0.28 item)</li> <li>• Olive oil 5g (0.38 Tbsp)</li> <li>• Hard/soft-boiled egg 120g (2 items)</li> <li>• Poultry ham 28g (1 slice)</li> </ul>	10 min   315 kcal, protein 19.5 g, carbohydrate 12.7 g, fat 18.3 g	Chop everything and season it. Sprinkle with olive oil and with a pinch of salt, oregano, basil.

# Day 2



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 377 kcal</b>	Omelette	<ul style="list-style-type: none"> <li>• Egg 180g (3 items)</li> <li>• Coconut oil 10g (0.77 Tbsp)</li> <li>• Red tomato 170g (1 whole)</li> </ul>	8 min   377 kcal, protein 21.6 g, carbohydrate 5.1 g, fat 26.1 g	Put the tomato slices on the omelette, season with salt and pepper.
<b>10:30 Brunch 167 kcal</b>	Parsley sprig salad	<ul style="list-style-type: none"> <li>• Apple 150g (0.82 medium)</li> <li>• Lemon juice 6g (1 Tbsp)</li> <li>• Parsley sprig 30 g</li> </ul>	5 min   167 kcal, protein 7.8 g, carbohydrate 34.9 g, fat 1.5 g	
<b>13:00 Dinner 610 kcal</b>	Salad with chicken and pomegranate	<ul style="list-style-type: none"> <li>• Chicken breast 150g (0.75 item)</li> <li>• Cherry tomatoes 250g</li> <li>• Salad mix 80g</li> <li>• Pomegranate 50g (0.18 item)</li> <li>• Honey 5g</li> <li>• Olive oil 10g (0.77 Tbsp)</li> </ul>	20 min   376 kcal, protein 36.9 g, carbohydrate 25.5 g, fat 14.2 g	Season chicken breast with Herbes de Provence, thyme, salt, pepper, cook for 15 minutes and slice. Cut tomatoes in half. Tear the lettuce leaves, and top them with chicken and tomatoes. Cut the pomegranate fruit across - drill the seeds from one half and squeeze the juice from the other. Mix the obtained pomegranate juice with honey and oil and pour over the salad.
		<ul style="list-style-type: none"> <li>• Rye bread 35g (0.88 slices)</li> </ul>	90.6 kcal, protein 2.97 g, carbohydrate 16.9 g, fat 1.15 g	
<b>16:00 Afternoon snack 231 kcal</b>		<ul style="list-style-type: none"> <li>• Tomato juice 300g (1 portion)</li> </ul>	66 kcal, protein 1.8 g, carbohydrate 13.8 g, fat 0.3 g	
		<ul style="list-style-type: none"> <li>• Almonds 15g (1 tbsp)</li> </ul>	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g	
<b>19:00 Supper 246 kcal</b>		<ul style="list-style-type: none"> <li>• Cottage cheese 200g (1 packet)</li> </ul>	144 kcal, protein 24.8 g, carbohydrate 5.44 g, fat 2.04 g	
		<ul style="list-style-type: none"> <li>• Cucumber in brine 300g (5 items)</li> </ul>	36 kcal, protein 1.5 g, carbohydrate 7.23 g, fat 0.9 g	
		<ul style="list-style-type: none"> <li>• Olive oil 4g (1 tsp)</li> </ul>	35.4 kcal, protein 0 g, carbohydrate 0 g, fat 4g	
		<ul style="list-style-type: none"> <li>• Red sweet pepper 100g (0.43 items)</li> </ul>	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g	

# Day 3



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 408 kcal</b>		• Cooked chicken breast 100g (1 portion)	99 kcal, protein 21.5 g, carbohydrate 0 g, fat 1.3 g	
		• Radish 50g (1 portion)	8 kcal, protein 0.34 g, carbohydrate 1.7 g, fat 0.05 g	
		• Red sweet pepper 100g (0.43 item)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g	
		• Iceberg lettuce 80g (2 leaves)	11.2 kcal, protein 0.72 g, carbohydrate 2.38 g, fat 0.11 g	
		• Rye bread 60g (1.5 slices)	155 kcal, protein 5.1 g, carbohydrate 29 g, fat 1.98 g	
<b>10:30 Brunch 174 kcal</b>		• Almonds 30g (2 tbsps)	174 kcal, protein 6.34 g, carbohydrate 6.46 g, fat 15 g	
<b>13:00 Dinner 466 kcal</b>	Vegetable stew	<ul style="list-style-type: none"> <li>• Zucchini 350g (0.58 item)</li> <li>• Red sweet pepper 50g (0.22 item)</li> <li>• Red tomato 150g (0.88 whole)</li> <li>• Dill 4g (1 tsp)</li> <li>• Parsley sprig 4g (1 tsp)</li> <li>• Olive oil 13g (1 Tbsp)</li> <li>• Cooked buckwheat groats 60g</li> <li>• Chicken breast 150g (0.75 item)</li> </ul>	20 min   466 kcal, protein 39.4 g, carbohydrate 31.9 g, fat 16.7 g	Cook the following in a small amount of water: zucchini, red pepper and tomato. Add dill and parsley sprig, followed by black pepper, Herbes de Provence, savory, garlic, pour with olive oil. Serve with cooked groats and grilled chicken breast.
<b>16:00 Afternoon snack 167 kcal</b>	Chocolate pudding with chia	<ul style="list-style-type: none"> <li>• Rice milk 100g (0.42 cups)</li> <li>• Chia seeds 20g (2 Tbsps)</li> <li>• Powdered cocoa, unsweetened 10g (1 Tbsp)</li> </ul>	10 min   167 kcal, protein 5.1 g, carbohydrate 23.1 g, fat 7.3 g	Add chia seeds and cocoa to the milk and mix. Leave for 15-20 minutes. Again stir. Cover with plastic wrap and put in the fridge overnight.
<b>19:00 Supper 311 kcal</b>	Chicken breast baked in the oven	<ul style="list-style-type: none"> <li>• Turkey breast 100g (0.25 item)</li> <li>• Broccoli 114g (1 item)</li> <li>• Olive oil 13g (1 Tbsp)</li> </ul>	10 min   311 kcal, protein 23.3 g, carbohydrate 6.84 g, fat 20 g	

# Day 4



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 399 kcal</b>	Oatmeal with coconut shreds	<ul style="list-style-type: none"> <li>• Oat flakes 30g (3 Tbsps)</li> <li>• Linseed 10g (1 Tbsp)</li> <li>• Coconut shreds 13g (1 Tbsp)</li> <li>• Hazelnut 15g</li> <li>• Lactose-free milk 1.5% 100g</li> </ul>	10 min   399 kcal, protein 10.6 g, carbohydrate 35.4 g, fat 24.3 g	
<b>10:30 Brunch 171 kcal</b>	Cinnamon-ginger cookies	<ul style="list-style-type: none"> <li>• Buckwheat flour 10g</li> <li>• Oat bran 7g (1 tsp)</li> <li>• Coconut oil 5g (0.38 Tbsp)</li> <li>• Dried cranberry 6g (0.5 Tbsp)</li> <li>• Egg 30g (0.5 item)</li> <li>• Ground ginger 1g (0.5 tsp)</li> <li>• Ground cinnamon 1g (0.5 tsp)</li> </ul>	10 min   171 kcal, protein 6.17 g, carbohydrate 16.6 g, fat 8.6 g	Put all the ingredients in a bowl, mix. Form into balls and then flatten to form cookies. Bake at about 180°C for 20-25min.
<b>13:00 Dinner 443 kcal</b>	Salad with beef	<ul style="list-style-type: none"> <li>• Beef sirloin 200g (0.3 piece)</li> <li>• Cucumber in brine 120g (2 items)</li> <li>• Celery 135g (3 stems)</li> <li>• Red sweet pepper 100g (0.43 item)</li> <li>• Dried tomatoes in pickle 60g (3 items)</li> </ul>	20 min   443 kcal, protein 49 g, carbohydrate 24.9 g, fat 14.4 g	Stew the beef in meat own juice seasoned with salt, black pepper, red sweet pepper. Serve with cut vegetables.
<b>16:00 Afternoon snack 174 kcal</b>		<ul style="list-style-type: none"> <li>• Soaked almonds 30g (2 Tbsps) Soak for at least 6 hours.</li> </ul>	2 min   174 kcal, protein 6.3 g, carbohydrate 6.3 g, fat 14.7 g	
<b>19:00 Supper 244 kcal</b>		<ul style="list-style-type: none"> <li>• Cottage cheese 200g (1 packet)</li> </ul>	144 kcal, protein 24.8 g, carbohydrate 5.44 g, fat 2.04 g	
		<ul style="list-style-type: none"> <li>• Red tomato 340g (2 whole)</li> </ul>	61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g	
		<ul style="list-style-type: none"> <li>• Rice wafer 10g (1 portion)</li> </ul>	39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g	



# Day 5



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 325 kcal</b>	Scrambled eggs	<ul style="list-style-type: none"> <li>• Egg 180g (3 items)</li> <li>• Button mushrooms 100g (5 items)</li> <li>• Poultry ham 20g (0.71 slices)</li> <li>• Red tomato 100g (0.59 whole)</li> </ul>	8 min   325 kcal, protein 26.8 g, carbohydrate 7.6 g, fat 17.4 g	
<b>10:30 Brunch 171 kcal</b>	Cinnamon-ginger cookies	<ul style="list-style-type: none"> <li>• Buckwheat flour 10g</li> <li>• Oat bran 7g (1 tsp)</li> <li>• Coconut oil 5g (0.38 Tbsp)</li> <li>• Dried cranberry 6g (0.5 Tbsp)</li> <li>• Egg 30g (0.5 item)</li> <li>• Ground ginger 1g (0.5 tsp)</li> <li>• Ground cinnamon 1g (0.5 tsp)</li> </ul>	10 min   171 kcal, protein 6.17 g, carbohydrate 16.6 g, fat 8.6 g	Put all the ingredients in a bowl, mix. Form into balls and then flatten to form cookies. Bake at about 180°C for 20-25min.
<b>13:00 Dinner 514 kcal</b>	Turkey baked in foil	<ul style="list-style-type: none"> <li>• Turkey breast 220g (0.55 items)</li> <li>• Sauerkraut 284g (2 cups)</li> <li>• Canola oil 13g (1 Tbsp)</li> </ul>	20 min   514 kcal, protein 46.2 g, carbohydrate 11.4 g, fat 28.4 g	Serve with sauerkraut sprinkled with oil.
<b>16:00 Afternoon snack 159 kcal</b>	Parsley sprig cocktail	<ul style="list-style-type: none"> <li>• Apple 250g (1.37 medium)</li> <li>• Parsley sprig 10g</li> <li>• Water 200g (0.83 cups)</li> </ul>	10 min   159 kcal, protein 2.6 g, carbohydrate 37.5 g, fat 0.5 g	
<b>19:00 Supper 326 kcal</b>	Broccoli cream soup	<ul style="list-style-type: none"> <li>• Broccoli 250g (2.19 item)</li> <li>• Carrot 50g (0.63 items)</li> <li>• Celeriac 50g (0.1 root)</li> <li>• Parsley 50g (0.63 root)</li> <li>• Natural yoghurt 25g</li> <li>• Cooked millet groats 30g</li> <li>• Pumpkin seeds 10g (1 Tbsp)</li> </ul>	20 min   245 kcal, protein 11.2 g, carbohydrate 35.1 g, fat 5.89 g	Cook the following in 0.3l of water: pieces of broccoli, carrot, celery, parsley. Add a bay leaf, allspice and pepper, chilli, basil, a pinch of salt. When the vegetables are soft, remove the bay leaves and blend with cooked millet groats. You can decorate with a natural yoghurt blob. Sprinkle with pumpkin seeds.

# Day 6



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00</b> <b>Breakfast</b> <b>359 kcal</b>		• Hard/soft-boiled egg 120g (2 items)	167 kcal, protein 15 g, carbohydrate 0 g, fat 11.6 g	
		• Rye bread 35g (0.88 slices)	90.6 kcal, protein 2.97 g, carbohydrate 16.9 g, fat 1.15 g	
		• Red tomato 170g (1 whole)	30.6 kcal, protein 1.5 g, carbohydrate 6.61 g, fat 0.34 g	
		• Olive oil 8g (0.63 tbsps)	70.7 kcal, protein 0 g, carbohydrate 0 g, fat 8 g	
<b>10:30</b> <b>Brunch</b> <b>130 kcal</b>		• Almonds 22.5g (1.5 tbsps)	130 kcal, protein 4.76 g, carbohydrate 4.85 g, fat 11.2 g	
<b>13:00</b> <b>Dinner</b> <b>529 kcal</b>	Chicken curry	<ul style="list-style-type: none"> <li>• Chicken breast 200g (1 portion)</li> <li>• Natural yogurt 50g</li> <li>• Canola oil 15g (1.15 Tbsps)</li> <li>• Cucumber 200g (1.11 items)</li> <li>• Natural yoghurt 100g (0.4 cup)</li> <li>• Dill 10g</li> <li>• Cooked millet groats 30g</li> </ul>	20 min   529 kcal, protein 49.7 g, carbohydrate 18.9 g, fat 23.8 g	Marinade: 50g of natural yoghurt + curry, black pepper, pepper - stir and add chopped chicken (chicken can be pickled the day before). Marinated meat should be prepared in canola oil. Serve with cucumber and millet groats.
<b>16:00</b> <b>Afternoon snack</b> <b>122 kcal</b>		• One-day carrot-celery juice 450 g, (1.5 portion)	122 kcal, protein 1.35 g, carbohydrate 37.8 g, fat 1.8 g	
<b>19:00</b> <b>Supper</b> <b>280 kcal</b>	Salad with brown rice and home-made mayonnaise sauce	<ul style="list-style-type: none"> <li>• Cooked brown rice 30g</li> <li>• Red tomato 100g, (0.59 whole)</li> <li>• Cucumber 100g (0.56 items)</li> <li>• Iceberg lettuce 120g, (3 leaves)</li> <li>• Cottage cheese 150g (0.75 packet)</li> <li>• Hard/soft-cooked egg 60g (1 item)</li> </ul>	15 min   280 kcal, protein 26.3 g, carbohydrate 20.6 g, fat 7.56 g	Chop a tomato, a cucumber, tear the lettuce (any amount). Season with salt and pepper, mix everything. Home-made mayonnaise sauce: cottage cheese + hot hard-boiled egg + pinch of salt (blend everything).

# Day 7



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 324 kcal</b>	Oatmeal with coconut shreds	<ul style="list-style-type: none"> <li>Oat flakes 25g (2.5 Tbsps)</li> <li>Linseed 10g (1 Tbsp)</li> <li>Coconut shreds 10g</li> <li>Avocado 65g (0.46 item)</li> </ul>	10 min   324 kcal, protein 6.1 g, carbohydrate 28.4 g, fat 21.7 g	Add a pinch of ginger and cinnamon. Pour over with boiling water, add chopped avocado.
<b>10:30 Brunch 158 kcal</b>	Cocktail with strawberries	<ul style="list-style-type: none"> <li>Kefir 300g (1.2 cups)</li> <li>Frozen strawberry 100g</li> </ul>	5 min   158 kcal, protein 9 g, carbohydrate 21 g, fat 0 g	
<b>13:00 Dinner 510 kcal</b>	Spinach risotto	<ul style="list-style-type: none"> <li>Chicken breast 150g (0.75 item)</li> <li>Canola oil 4g (1 tsp)</li> <li>Frozen spinach 240g (1.09 cups)</li> <li>Onion 50g (0.48 item)</li> <li>Raw garlic 5g (1 clove)</li> <li>Egg 60g (1 item)</li> <li>Natural yoghurt 100g (0.4 cup)</li> <li>Cooked brown rice 30g</li> </ul>	20 min   510 kcal, protein 54.4 g, carbohydrate 29 g, fat 15.6 g	Dice onion and meat, press a garlic, put everything in the pan and fry. Then add spinach, season with salt, pepper, garlic and stew covered. Whisk an egg and add to the spinach. Mix everything with cooked rice, add yogurt.
<b>16:00 Afternoon snack 128 kcal</b>		<ul style="list-style-type: none"> <li>Cherry tomatoes 200g (1 portion)</li> </ul>	30 kcal, protein 1.8 g, carbohydrate 7.2 g, fat 0.4 g	
		<ul style="list-style-type: none"> <li>Walnut 15g (1 tbsp)</li> </ul>	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g	
<b>19:00 Supper 299 kcal</b>	Fried egg in oil	<ul style="list-style-type: none"> <li>Egg 120g (2 items)</li> <li>Coconut oil 4g (1 tsp)</li> <li>Cauliflower 200g (0.23 item)</li> <li>Dill 5g (1.25 tsps)</li> </ul>	8 min   260 kcal, protein 16.5 g, carbohydrate 8.35 g, fat 14.8 g	Cook a cauliflower and sprinkle it with dill.
		<ul style="list-style-type: none"> <li>Rice wafer 10g (1 portion)</li> </ul>	39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g	