



Diet for 7 days

For your DuoLife **Regeneration Pack**



🕒 Recommended use of the food supplements from the **Regeneration Pack**:

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

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- In the afternoon:** • DuoLife Clinical Formula ProBactilardii®- 1 capsule from each container one hour after dinner.
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- In the evening:**
- DuoLife Night – 25 ml with meal,
 - DuoLife Aloes – 25-50 ml,
 - DuoLife Collagen – 25-50 ml.

📄 Additional notes:

Estimated amount of calories per day: **1700 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 **Regeneration Pack** 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.

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Shopping list



DuoLife

Vegetables and fruits

Avocado 490 g (3.5 items)
Banana 170 g (1.42 items)
Sweet potato 350 g
Blueberry 160 g (1.23 cups)
Broccoli 614 (5.38 items)
Peach 555 g (6.53 items)
Onion 155 g (1.48 items)
Zucchini 600 g (1 item)
Raw garlic 17.5 g (3.5 cloves)
Pumpkin 928 g
Green bean, green 260 g (2 cups)
Apple 1020 g (2.96 big, 1.98 medium)
Dill 4 g (1 tsp)
Carrot 536 g (3.5 items)
Honeydew melon 180 g (0.11 whole)
Salad mix 80 g
Spearmint 6 g (1 Tbsp, 1 tsp)
China frozen mix 200 g
Parsley sprig 28 g (7 tsps)
Cucumber 190 g (1.06 items)
Cucumber in brine 420 g (7 items)
Walnut 20 g (1.34 Tbsps)
Sweet red pepper 320 g (1.38 items)
Pumpkin seeds 70 g
Parsley 90 g (1.13 root)
Raisins 20 g (1.33 Tbsps)
Corn salad (Valerianella) 50 g (2 handfuls)
Rocket 40 g (2 handfuls)
Radish 315 g (21 items)
Iceberg lettuce 440 g (11 leaves)
Celeriac 310 (1 slice, 0.48 root)
Celery 189 g (4 stems)
Linseed 5 g (1 tsp)
One-day carrot juice 600 g (2 portions)
Orange juice 60.9 g
Lemon juice 12 g (2 tsps, 1 Tbsp)
Spinach 50 g (2 handfuls)
Coconut shreds 6 g (1 tsp)
Plum 280 g (1 portion)

Farianceous products

Coconut flour 35 g (1.15 Tbsps)
Hemp flour 20 g (1.67 Tbsps)
Rice wafer 170 g (4 portions)

Meat and fish

Cod 150 g (1.5 portions)
Smoked mackerel meat 50 g (1 portion)
Turkey breast 200 g (0.5 item)
Chicken breast 600 g (3 items)
Beef sirloin 300 g (0.45 piece)
Poultry ham 90 g (2 portions)
Tuna (in own juice) 50 g
Chicken thigh 170 g (1.7 portions)
Atlantic salmon 400 g (2 fillets)
Smoked salmon 100 g (1 portion)

Other

Ground cinnamon (1 pinch)
Black pepper 2 g
Jam and confiture, any taste 15 g (1 tsp)
Grapefruit 390 (1.5 items)
Carob powder 5 g (1 tsp)
Bay leaf 1g (1 item)
Honey 12 g (1 tsp)
Canned coconut milk 220 g
Balsamic vinegar 6 g (1 Tbsp)
Apple cider vinegar 6 g (1 Tbsp)
Coconut oil 50 g (2.5 tsps, 3.07 Tbsps)
Colza oil 38 g (0.77 Tbsp)
Olive oil 144 g (10.4 Tbsps, 2.25 tsps)
Button mushroom 160 g (8 items)
Salt 3 g
Hard tofu 125 g (5 slices)
Water 1700 g (2.93 cups)

Calorie content of the products used in a diet



Products	Amount	Calories
Coconut flour 35 g (1.15 Tbsps)	1 Tbsp (10g)	35,9
Hemp flour 20 g (1.67 Tbsps)	1 Tbsp (10g)	32
Rice wafer 170 g (4 portions)	1 portion (10g)	39,2
Avocado 490 g (3.5 items)	1 item (130g)	208
Banana 170 g (1.42 items)	1 item (120g)	107
Sweet potato 350 g	1 item (100g)	76
Blueberry 160 g (1.23 cups)	1 cup (130g)	74
Broccoli 614 (5.38 items)	1 item (85g)	34
Peach 555 f (6.53 items)	1 item(85g)	34
Onion 155 g (1.48 items)	1 item(105g)	42
Zucchini 600 g (1 item)	1 item (600g)	90
Raw garlic 17.5 g (3.5 cloves)	1 clove (5g)	7,5
Pumpkin 928 g	160g	45
Green bean, green 260 g (2 cups)	1 handful (100g)	16
Apple 1020 g (2.96 big, 1,98 medium)	1 big	112
Dill 4 g (1 tsp)	1 tsp (4g)	1
Carrot 536 g (3.5 items)	1 item (80g)	22
Honey melon 180 g (0.11 whole)	200g	64
Salad mix 80 g	80g	13,6
Spearmint 6 g (1 Tbsp, 1 tsp)	1 tsp (4g)	2
China frozen mix 200 g	200g	72
Parsley sprig 28 g (7 tsps)	1 tsp (4g)	2
Cucumber 190 g (1.06 items)	1 item (180g)	29
Cucumber in brine 420 h (7 items)	1 item (60g)	7
Walnut 20 g (1.34 Tbsp)	1 Tbsp (10g)	64,5
Sweet red pepper 320 g (1.38 items)	1 item (231g)	74
Pumpkin seeds 70 g	1 Tbsp (10g)	56
Parsley 90 g (1.13 root)	1 root	28
Raisins 20 g (1.33 Tbsps)	1 Tbsp (10g)	2
Corn salad (Valerianella) 50 g (2 handfuls)	1 handful(20g)	4
Rocket 40 g (2 handfuls)	1 handful (20g)	5
Radish 315 g (21 items)	1 item	2
Iceberg lettuce 440 g (11 leaves)	1 leaf	2,4
Celeriac 310 g (1 slice, 0.48 root)	1 slice (60g)	24
Celery 180 g (4 stems)	1 stem (45g)	3

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
Linseed 5 g (1 tsp)	1 tsp (4g)	18
One-day carrot juice 600 g (2 portions)	1 cup (300g)	111
Orange juice 60.9 g	1 cup (200g)	86
Lemon juice 12 g (2 tsps, 1 Tbsp)	1 tsp (4g)	1
Spinach 50 g (2 handfuls)	1 cup(200g)	109
Coconut shreds 6 g (1 tsp)	1 tsp (4g)	27
Plum 280 g (1 portion)	1 cup (200g)	500
Cod 150 g (1.5 portions)	1 fillet (100g)	82
Smoked mackerel meat 50 g (1 portion)	100 g	181
Turkey breast 200 g (0.5 item)	1 item (400g)	352
Chicken breast 600 g (3 items)	1 item (250g)	302
Beef sirloin 300 g (0.45 piece)	1 portion (170g)	223
Poultry ham 90 g (2 portions)	1 portion (20g)	26
Tuna (in own juice) 50 g	100g	103
Chicken thigh 170 g (1.7 portions)	1 item (100g)	124
Atlantic salmon 400 g (2 fillets)	1 fillet (200g)	284
Smoked salmon 100 g (1 portion)	1 fillet (28g)	45
Ground cinnamon (1 pinch)	1 tsp (4g)	10
Black pepper 2 g	1 tsp (4g)	4
Jam and confiture, any taste 15 g (1 tsp)	1 item (262g)	Calorie content on the packet
Grapefruit 390 (1.5 items)	1 Tbsp (10g)	110
Carob powder 5 g (1 tsp)	1 item	22
Bay leaf 1 g (1 item)	1 Tbsp (10g)	4
Honey 12 g (1 tsp)	1 cup(200g)	33
Canned coconut milk 220 g	1 Tbsp (10g)	258
Balsamic vinegar 6 g (1 Tbsp)	1 Tbsp (10g)	10
Apple cider vinegar 6 g (1 Tbsp)	1 Tbsp (10g)	2
Coconut oil 50 g (2.5 tsps, 3.07 Tbsps)	1 Tbsp (10g)	89
Colza oil 38 g (0.77 Tbsp)	1 Tbsp (10g)	88
Olive oil 144 g (10.4 Tbsps, 2.25 tsps)	1 Tbsp (10g)	90
Button mushroom 160 g (8 items)	Pinch	90
Salt 3 g	1 Tbsp (10g)	0,01
Hard tofu 125 g (5 slices)	1 cup (200g)	11
Water 1700 g (2.93 cups)		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 417 kcal		• Rice wafer 20 g,(1 portion)	78.4 kcal, protein 1.42 g, carbohydrate 16.2 g, fat 0.86 g	
		• Avocado 140 g, (1 item)	224 kcal, protein 2.8 g, carbohydrate 11.9 g, fat 20.5 g	
		• Poultry ham 60 g, (2 portions)	83.4 kcal, protein 9.78 g, carbohydrate 2 g, fat 3.73 g	
		• Sweet red pepper 100g, (0.43 item)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g	
10:30 Brunch 416 kcal	Pumpkin cream soup with orange	• Pumpkin 928 g • Colza oil 28 g • Carrot 256 g • Water 1000 g • Orange juice 60.9 g • Salt 3 g • Black pepper 2 g • Pumpkin seeds 70 g	30 min 254 kcal, protein 8.36 g, carbohydrate 25 g, fat 16 g	Cut pumpkin (1 kg) into pieces and fry in 2 Tbsps of rapeseed oil with 2 medium-size carrots. Then put into a pot, add 1l of water and freshly squeezed juice from 2-3 oranges. Season with a pinch of salt, pepper, allspice. Cook for 15-20 minutes. Blend and sprinkle with pumpkin seeds roasted in a dry pan.
		• Plum 280 g, (1 portion)	129 kcal, protein 1.96 g, carbohydrate 32 g, fat 0.78 g	
	• Peach 85 g, (1 item)	33.1 kcal, protein 0.77 g, carbohydrate 8.11 g, fat 0.21 g		
13:00 Dinner 574 kcal	Turkey breast baked in foil	• Turkey breast 200 g, (0.5 item) • Parsley sprig 12 g, (3 tsps) • Carrot 160 g, (2 items) • Olive oil 20 g, (1.54 Tbsps)	10 min 574 kcal, protein 43.6 g, carbohydrate 17.4 g, fat 34.3 g	Bake turkey breast with parsley sprig. Grate the carrots and pour over with olive oil.
16:00 Afternoon snack 111 kcal		• One-day carrot juice 300 g, (1 portion)	111 kcal, protein 1.2 g, carbohydrate 26.1 g, fat 0.3 g	
19:00 Supper 273 kcal	Broccoli and celery soup	• Broccoli 250 g, (2.19 items) • Celery 180 g, (4 stems) • Onion 105 g, (1 item) • Raw garlic 5 g (1 clove) • Olive oil 5 g, (0.38 Tbsp)	10 min 207 kcal, protein 6.35 g, carbohydrate 29.7 g, fat 5 g	Cut broccoli to obtain florets. Cook broccoli florets with chopped celery in 250 ml of water with olive oil, then add onions (thin slices) and crushed garlic. Cook for 5 min. Add tarragon and blend.
		• Walnut 10 g, (0.67 Tbsps)	65.4 kcal, protein 1.52 g, carbohydrate 1.37 g, fat 6.52 g	

Day 2



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 356 kcal		• Rice wafer 30 g, (1 portion)	118 kcal, protein 2.13 g, carbohydrate 24.3 g, fat 1.29 g	
		• Avocado 140 g, (1 item)	224 kcal, protein 2.8 g, carbohydrate 11.9 g, fat 20.5 g	
		• Cucumber in brine 120 g, (2 items)	14.4 kcal, protein 0.6 g, carbohydrate 2.89 g, fat 0.36 g	
10:30 Brunch 163 kcal	Parsley sprig salad	<ul style="list-style-type: none"> • Apple 300 g, (1.35 big) • Lemon juice 3 g, (1 tsp) • Parsley sprig 4 g, (1 tsp) 	5 min 163 kcal, protein 0.52 g, carbohydrate 40.2 g, fat 0.1 g	
13:00 Dinner 493 kcal	Chicken breast with herbs baked in a foil	<ul style="list-style-type: none"> • Chicken breast 200 g, (1 item) • Iceberg lettuce 80 g, (2 leaves) • Rocket 40 g, (2 handfuls) • Corn salad (Valerianella) 50 g, (2 handfuls) • Balsamic vinegar 6 g, (1 Tbsp) • Olive oil 20 g, (1.54 Tbsps) • Broccoli 114 g, (1 item) 	20 min 493 kcal, protein 48.1 g, carbohydrate 12.2 g, fat 24 g	Cook broccoli, combine with lettuce. Serve the chicken with a salad sprinkled with vinegar and olive oil.
16:00 Afternoon snack 190 kcal	Blueberry cocktail	<ul style="list-style-type: none"> • Canned coconut milk 50 g • Water 150 g, (0.63 cup) • Blueberry 160 g, (1.23 cups) 	10 min 190 kcal, protein 1 g, carbohydrate 23.8 g, fat 10.7 g	Mix all the ingredients.
19:00 Supper 335 kcal	Green bean curry	<ul style="list-style-type: none"> • Coconut oil 10 g, (2.5 tsps) • Zucchini 300 g, (0.5 item) • Raw garlic 2.5 g (0.5 clove) • Onion 50 g, (0.48 item) • Spearmint 4 g, (1 Tbsp) • Carrot 40 g, (0.5 item) • Parsley 40 g, (0.5 root) • Celeriac 60 g, (1 slice) • Bay leaf 1 g, (1 item) 	15 min 225 kcal, protein 5.24 g, carbohydrate 26.8 g, fat 9.98 g	Heat the coconut oil in a pot, add chopped onion and sliced zucchini. Stew for 3 minutes and pour/cover vegetables with stock (250 ml of water) made from carrot, parsley root, celery, bay leaf, pepper and salt. Cook for about 15-20 minutes. After a while, put chopped spearmint, pressed garlic. Blend everything and season.
		• Chicken thigh 70 g, (0.7 portion)	111 kcal, protein 11.8 g, carbohydrate 0 g, fat 7.14 g	

Day 3



DuoLife

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 370 kcal	Hemp flour bread/pie	<ul style="list-style-type: none"> • Hemp flour 20 g, (1.67 Tbsps) • Coconut flour 15 g, (1.15 Tbsps) • Coconut oil 10 g, (0.77 Tbsp) • Linseed 5 g, (1 tsp) • Apple cider vinegar 6 g, (1 Tbsp) 	15 min 288 kcal, protein 8.44 g, carbohydrate 13.5 g, fat 22.9 g	Mix dry ingredients (except seeds). Add solid coconut oil and apple cider vinegar. Hand-mix until the oil dissolves and the dough feels ready (combined). If the dough is too dry, add more oil. Add 2 Tbsps of warm water to the linseed and mix. When it begins to thicken, pour it into the dough and hand-mix again. Form the dough into a roll and wrap it tightly in plastic wrap. Put it into the fridge for 30 minutes. After this time, spread it in the form (as if for a tart), dough layer should be approx. 1 cm thick. Bake it at 180°C for about 25 minutes.
		<ul style="list-style-type: none"> • Coconut shreds 6 g, (1 tsp) 	41 kcal, protein 0.32 g, carbohydrate 1.29 g, fat 4.14 g	
		<ul style="list-style-type: none"> • Jam and confiture, any taste 15 g, (1 tsp) 	41.7 kcal, protein 0.06 g, carbohydrate 10.3 g, fat 0.01 g	
10:30 Brunch 166 kcal		<ul style="list-style-type: none"> • Hard tofu 125 g, (5 slices) 	100 kcal, protein 11.3 g, carbohydrate 1.9 g, fat 5.25 g	
		<ul style="list-style-type: none"> • Honey melon 180 g, (0.11 whole) 	64.8 kcal, protein 0.97 g, carbohydrate 16.4 g, fat 0.25 g	
		<ul style="list-style-type: none"> • Spearmint 2 g, (1 tsp) 	0.88 kcal, protein 0.07 g, carbohydrate 0.17 g, fat 0.01 g	
13:00 Dinner 582 kcal	Salmon grilled in a grill pan or baked	<ul style="list-style-type: none"> • Atlantic salmon 200 g, (1 fillet) • Broccoli 250 g (2.19 pieces) • Iceberg lettuce 160 g, (4 leaves) • Cucumber in brine 120 g, (2 pieces) • Olive oil 5 g, (0.38 Tbsp) 	15 min 582 kcal, protein 45 g, carbohydrate 20.6 g, fat 31 g	Serve the prepared salmon with lettuce. Cook the broccoli until crisp-tender. Chop a cucumber. Sprinkle with oil. Season with salt, pepper, red chubrica.
16:00 Afternoon snack 111 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	
19:00 Supper 313 kcal	Sweet potato salad	<ul style="list-style-type: none"> • Sweet potato 200 g • Radish 165 g, (11 items) • Salad mix 40 g • Olive oil 5 g, (1.25 tsps) 	10 min 313 kcal, protein 2.56 g, carbohydrate 60.6 g, fat 5.08 g	Bake a sweet potato. Mix with the rest of the ingredients.

Day 4



DuoLife

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 400 kcal	Green pasta	<ul style="list-style-type: none">• Olive oil 5 g, (0.38 Tbsp)• Avocado 70 g, (0.5 item)• Raw garlic 5 g, (1 clove)• Red sweet paprika 120 g, (0.52 item)• Poultry ham 30 g• Rice wafer 40 g	5 min 400 kcal, protein 9.3 g, carbohydrate 47.8 g, fat 18.2 g	Blend olive oil with avocado and garlic. Serve with ham, peppers and wafers.
10:30 Brunch 198 kcal	Coconut milk cocktail	<ul style="list-style-type: none">• Canned coconut milk 50 g• Water 150 g, (0.63 cup)• Peach 255 g, (3 items)	10 min 198 kcal, protein 1 g, carbohydrate 24.3 g, fat 10.7 g	Blend all the ingredients.
13:00 Dinner 508 kcal	Salmon baked in foil	<ul style="list-style-type: none">• Atlantic salmon 200 g, (1 fillet)• Button mushroom 160 g, (8 items)• Zucchini 300 g, (0.5 item)• Parsley sprig 4 g, (1 tsp)	15 min 508 kcal, protein 46.7 g, carbohydrate 16.4 g, fat 26.1 g	Bake the fish with vegetables for about 20 minutes at 180°C. Season to taste.
16:00 Afternoon snack 172 kcal		<ul style="list-style-type: none">• Banana 120 g, (1 item)	107 kcal, protein 1.31 g, carbohydrate 27.4 g, fat 0.4 g	
		<ul style="list-style-type: none">• Walnut 10 g, (0.67 Tbsp)	65.4 kcal, protein 1.52 g, carbohydrate 1.37 g, fat 6.52 g	
19:00 Supper 283 kcal	Cooked bean with chicken thigh	<ul style="list-style-type: none">• Green bean, green 260 g, (2 cups)• Olive oil 5 g, (0.38 Tbsp)• Chicken thigh 100 g, (1 portion)	15 min 283 kcal, protein 19.4 g, carbohydrate 15.6 g, fat 15.2 g	Cook beans and pour with oil. Eat 100g of meat from the cooked chicken thighs.

Day 5



DuoLife

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 348 kcal		• Rice wafer 30 g, (1 portion)	118 kcal, protein 2.13 g, carbohydrate 24.3 g, fat 1.29 g	
		• Smoked mackerel meat 50 g, (1 portion)	111 kcal, protein 10.3 g, carbohydrate 0 g, fat 7.75 g	
		• Olive oil 10 g, (0.77 tbsp)	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g	
		• Sweet red pepper 100 g,(0.43 item)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g	
10:30 Brunch 187 kcal	Baked apple with pinch of cinnamon	<ul style="list-style-type: none"> • Apple 360 g, (1.98 medium) • Ground cinnamon 0 g, (1 pinch) 	5 min 187 kcal, protein 0 g, carbohydrate 46.8 g, fat 0 g	
13:00 Dinner 535 kcal	Thyme chicken	<ul style="list-style-type: none"> • Chicken breast 200 g, (1 item) • Colza oil 10 g, (0.77 Tbsp) • Honey 12 g, (1 tsp) • Lemon juice 6 g, (1 Tbsp) • Raw garlic 5 g, (1 clove) • Iceberg lettuce 200 g, (5 leaves) • Olive oil 15 g, (1.15 Tbsps) 	15 min 535 kcal, protein 44.3 g, carbohydrate 15.8 g, fat 29 g	Wash the chicken breast and dry thoroughly in a paper towel. Prepare a marinade: combine a Tbsp of oil with honey, lemon juice, salt, pepper and thyme leaves. Place the meat in a casserole and pour all the marinade over it. Bake at 190°C for about 35 minutes (without cover), occasionally pour it with the meat juices that leak out while baking. Serve with chopped lettuce sprinkled with olive oil.
16:00 Afternoon snack 194 kcal	Parsley sprig salad	<ul style="list-style-type: none"> • Apple 360 g, (1.61 big) • Lemon juice 3 g, (1 tsp) • Parsley sprig 4 g (1 tsp) 	5 min 194 kcal, protein 0.52 g, carbohydrate 48 g, fat 0.1 g	
19:00 Supper 272 kcal	Cod with dill baked in foil	<ul style="list-style-type: none"> • Cod 150 g, (1.5 portions) • Dill 4 g, (1 tsp) • Cucumber 100 g, (0.56 item) • Radish 90 g, (6 items) • Olive oil 15 g, (1.15 Tbsps) 	10 min 272 kcal, protein 25.6 g, carbohydrate 5.98 g, fat 15 g	Serve with vegetables sprinkled with olive oil.

Day 6



DuoLife

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 365 kcal	Avocado stuffed with tuna and radish	<ul style="list-style-type: none"> • Avocado 140 g, (1 item) • Tuna (in own juice) 50 g • Radish 60 g, (4 items) • Olive oil 10 g, (0.77 Tbsp) 	10 min 365 kcal, protein 12.3 g, carbohydrate 13 g, fat 29.6 g	Cut the avocado gently in half and remove the stone. Remove the pulp with a teaspoon and put it in the bowl. Add tuna, chopped radish (you can add chives), olive oil, pepper and salt. Mix the ingredients and put them into the de-stoned avocado.
10:30 Brunch 125 kcal		<ul style="list-style-type: none"> • Grapefruit 390 g,(1.5 items) 	125 kcal, protein 2.46 g, carbohydrate 31.5 g, fat 0.39 g	
13:00 Dinner 538 kcal	Grilled / baked chicken breast with herbes de provence	<ul style="list-style-type: none"> • Chicken breast 200 g, (1 item) • Celeriac 250 g, (0.48 root) • Olive oil 15 g, (1.15 Tbsps) • Raisins 20 g, (1.33 Tbsps) 	20 min 538 kcal, protein 47.1 g, carbohydrate 38.3 g, fat 19 g	Serve with a salad of grated celery, raisins, olive oil, pepper, salt.
16:00 Afternoon snack 196 kcal	Cocktail with coconut oil	<ul style="list-style-type: none"> • Coconut oil 15 g, (1.15 Tbsps) • Peach 130 g,(1.53 items) • Water 250 g, (1.04 cups) 	5 min 196 kcal, protein 1 g, carbohydrate 13.2 g, fat 14.8 g	
19:00 Supper 317 kcal		<ul style="list-style-type: none"> • Smoked salmon 100 g, (1 portion) 	177 kcal, protein 16.4 g, carbohydrate 0 g, fat 11.9 g	
		<ul style="list-style-type: none"> • Cucumber in brine 60 g, (1 item) 	7.2 kcal, protein 0.3 g, carbohydrate 1.45 g, fat 0.18 g	
		<ul style="list-style-type: none"> • Cucumber 90 g,(0.5 item) 	13.5 kcal, protein 0.59 g, carbohydrate 3.27 g, fat 0.1 g	
		<ul style="list-style-type: none"> • Parsley sprig 4 g, (1 tsp) 	5.84 kcal, protein 0.53 g, carbohydrate 1.01 g, fat 0.11 g	
		<ul style="list-style-type: none"> • Olive oil 4 g, (1 tsp) 	35.4 kcal, protein 0 g, carbohydrate 0 g, fat 4 g	
		<ul style="list-style-type: none"> • Rice wafer 20 g, (1 portion) 	78.4 kcal, protein 1.42 g, carbohydrate 16.2 g, fat 0.86 g	

Day 7



DuoLife

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 352 kcal	Baked beef sirloin	<ul style="list-style-type: none">• Beef sirloin 100 g, (0.15 piece)• Salad mix 40 g• Cucumber in brine 120 g, (2 items)• Olive oil 10 g, (0.77 Tbsp)• Rice wafer 30 g	10 min 352 kcal, protein 25.7 g, carbohydrate 28.4 g, fat 14.3 g	Prepare beef sirloin with a dinner serving.
10:30 Brunch 188 kcal	Coconut flour brownie	<ul style="list-style-type: none">• Banana 50 g, (0.42 item)• Carob 5 g, (1 tsp)• Coconut flour 20 g	10 min 188 kcal, protein 1.93 g, carbohydrate 20 g, fat 12.8 g	Mash a banana with a fork and blend it or mix thoroughly with flour and carob. The mass should be sticky. Knead the dough. Put it in a small dish and into the fridge for a minimum of 7 hours.
13:00 Dinner 514 kcal	Stewed sirloin with china frozen mix	<ul style="list-style-type: none">• Beef sirloin 200 g, (0.3 piece)• Coconut oil 15 g, (1.15 Tbsps)• China frozen mix 200 g	10 min 514 kcal, protein 56.2 g, carbohydrate 12.4 g, fat 25.4 g	
16:00 Afternoon snack 191 kcal	Coconut milk cocktail	<ul style="list-style-type: none">• Canned coconut milk 80 g• Water 150 g, (0.63 cup)• Peach 85 g, (1 item)	10 min 191 kcal, protein 1.6 g, carbohydrate 9.89 g, fat 17 g	Blend all the ingredients.
19:00 Supper 307 kcal	Sweet potato creamy soup	<ul style="list-style-type: none">• Sweet potato 150 g• Canned coconut milk 40 g• Carrot 80 g, (1 item)• Parsley 50 g, (0.63 root)	15 min 307 kcal, protein 3.3 g, carbohydrate 51.8 g, fat 8.52 g	Cook the following in 0.3l of water: sweet potato, carrot and parsley. Add bay leaf, allspice, basil, salt. When the vegetables get soft, pour in coconut milk, remove the bay leaves and blend.