



Diet for 7 days

For your DuoLife **Heart Pack**



DuoLife



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

- In the morning:**
- DuoLife Day – 25 ml with meal,
 - DuoLife Vita C – 25-50 ml,
 - DuoLife Medical Formula ProCardiol® - 1-2 capsules,
 - DuoLife RegenOil Liquid Gold®- 5ml (can be taken at dinner time).

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- 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 Medical Formula ProSugar®- 1-2 capsules after dinner.

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- In the evening:**
- DuoLife Night - 25ml with meal,
 - DuoLife Medical Formula ProCholterol® - 1-2 capsules.

📄 Additional notes:

Estimated amount of calories per day: **1650 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.

*Opracowana dieta jest przykładowym systemem żywieniowym dla DuoLife **Heart Pack** i nie może być traktowana jako medyczne zalecenie dla każdej osoby z niej korzystającej.

It is recommended to follow the diet for at least 3 months.

Prepared by:

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Shopping list



DuoLife

Vegetables and fruits

Avocado 310g (2.21 item)
Banana 60g (0.5 item)
Blueberry 680 g (5.23 cups)
Onion 340g (3.25 item)
Zucchini 300g (0.5 items)
Raw garlic 20g (4 cloves)
Green beans, green 200g (1.54 cups)
Dill 12 g (3 tsps)
Raspberry 250g (2.08 cups)
Carrots 520 g (6.5 items)
Almonds 60g (4 Tbsps)
Salad mix 80g
Dried apricot 20g (2 items)
Parsley sprig 16g (4 tsps)
Cucumber 730g (4.06 items)
Cucumber in brine 120g (2 items)
Hazelnut 30g (2 Tbsps)
Walnut 100g (6.67 Tbsps)
Red sweet pepper 830g (3.58 items)
Pumpkin seeds 70g (0.21 cups, 4 Tbsps)
Parsley 40g (0.5 root)
Red tomato 2120g (12.5 whole)
Cherry tomatoes 300g (1 portion)
Tomato passata 120g (0.5 cup)
Rocket 20g (1 handful)
Radish 75g (5 items)
Iceberg lettuce 280g (7 leaves)
Celeriac 90g (1.5 slices)
Linseed 5g (1 tsp)
One-day carrot juice 250g (1 portion)
Tomato juice 300g (1 portion)
Plum 140g (1 cup)
Prune 14 g (2 items)

Dairy products

Egg 540g (9 items)
Natural yoghurt 190g (1 portion, 4.5 Tbsps)
Low-fat yoghurt 10g (0.5 Tbsps)
Kefir 350g (1.4 cups)
Mozzarella cheese 100g (0.8 ball)
Cottage cheese 300g (1.5 packet)

Farianceous products

Wholemeal bread 105g (1 item, 1 portion)
Rye bread 50g (1.25 slices)
Millet flour 10g (1 Tbsp)
Coconut flour 15g (1.15 Tbsps)
Oat bran 10g (1.43 tsps)
Brown rice 13g (0.07 cups)
Rice wafer 60g (3 portions)

Meat and fish

Cod 100g (1 portion)
Cooked chicken breast 150g (1.5 portion)
Turkey breast 150g (0.38 item)
Chicken breast 540g (2.7 item)
Beef sirloin 350g (0.52 piece)
Poultry ham 100g (2 portions, 2.14 slices)
Tuna (in own juice) 50g (0.42 can)
Chicken thigh 250g (2.5 portions)

Other

Curry 2g (1 tsp)
Chicken egg, yolk 20g (1 item)
Hard/soft-boiled egg 120g (2 items)
Xylitol 5g (1 tsp)
Mung bean pasta 25g
Honey 10g (0.4 Tbsp)
Mustard 40g (2 Tbsps)
Coconut oil 29g (1.92 Tbsps, 1 tsp)
Olive oil 163g (12.2 Tbsps, 1 tsp)
Button mushrooms 320 g (11 items)
Millet flakes 30g (3 Tbsps)
Soya sauce 10 g (2 tsps)
Dried basil 4g (2 tsps)
Cooked buckwheat groats 100g (1 portion)
Cooked millet 90g (1 portion)
Cooked brown rice 160g (3 portions)
Herbes de Provence 6g (2 tsps)

Calorie content of the products used in a diet

Products	Amount	Calories
Wholemeal bread 105g (1 item, 1 portion)	1 slice (40g)	84
Rye bread 50g (1.25 slices)	1 slice (40g)	104
Millet flour 10g (1 Tbsp)	1 Tbsp (10g)	35,6
Coconut flour 15g (1.15 Tbsps)	1 Tbsp (10g)	35,9
Oat bran 10g (1.43 tsps)	1 Tbsp (10g)	35,8
Brown rice 13g (0.07 cups)	1 cup (200g)	220
Rice wafer 60g (3 portions)	1 portion (10g)	39,2
Egg 540g (9 items)	1 item	78
Natural yoghurt 190g (1 portion, 4.5 Tbsps)	1 cup (200g)	82
Low-fat yoghurt 10g (0.5 Tbsp)	1 cup (200g)	164
Kefir 350g (1.4 cups)	1 cup (200g)	74
Mozzarella cheese 100g (0.8 ball)	100g	255
Cottage cheese 300g (1.5 packet)	Tbsp (10g)	8
Avocado 310g (2.21 item)	1 item (130g)	208
Banana 60g (0.5 item)	1 item (120g)	107
Blueberry 680 g (5.23 cups)	1 cup (130g)	74
Onion 340g (3.25 item)	1 item (105g)	42
Zucchini 300g (0.5 item)	1 item (600g)	90
Raw garlic 20g (4 cloves)	1 clove (5g)	7,5
Green beans, green 200g (1.54 cups)	1 handful (100g)	16
Dill 12 g (3 tsps)	1 tsp (4g)	1
Raspberry 250g (2.08 cups)	100g	28
Carrots 520 g (6.5 items)	1 item (80g)	22
Almonds 60g (4 Tbsps)	1 Tbsp (30g)	181
Salad mix 80g	80g	13,6
Dried apricot 20g (2 items)	1 item (10g)	29
Parsley sprig 16g (4 tsps)	1 tsp (4g)	2
Cucumber 730g (4.06 items)	1 item (180g)	29
Cucumber in brine 120g (2 items)	1 item (60g)	7
Hazelnut 30g (2 Tbsps)	1 Tbsp (10g)	62,8
Walnut 100g (6.67 Tbsps)	1 Tbsp (10g)	64,5
Red sweet pepper 830g (3.58 items)	1 item (231g)	74
Pumpkin seeds 70g (0.21 cup, 4 Tbsps)	1 Tbsp (10g)	56
Parsley 40g (0.5 root)	1 root	28
Red tomato 2120g (12.5 whole)	1 item (170g)	23
Cherry tomatoes 300g (1 portion)	1 cup (200g)	30

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
Tomato passata 120g (0.5 cup)	1 cup (130g)	39
Rocket 20g (1 handful)	1 handful (20g)	5
Radish 75g (5 items)	1 item	2
Iceberg lettuce 280g (7 leaves)	1 leaf (15g)	2,4
Celeriac 90g (1.5 slices)	1 slice (60g)	24
Linseed 5g (1 tsp)	1 tsp (4g)	18
One-day carrot juice 250g (1 portion)	1 cup (300g)	111
Tomato juice 300g (1 portion)	1 cup (300g)	60
Plum 140g (1 cup)	1 cup (200g)	500
Prune 14 g (2 items)	1 item	21
Cod 100g (1 portion)	1 fillet (100g)	82
Cooked chicken breast 150g (1.5 portion)	1 fillet (100g)	151
Turkey breast 150g (0.38 item)	1 item (400g)	352
Chicken breast 540g (2.7 item)	1 item (250g)	302
Beef sirloin 350g (0.52 piece)	1 portion (170g)	223
Poultry ham 100g (2 portions, 2.14 slices)	1 portion (20g)	26
Tuna (in own juice) 50g (0.42 can)	100g	103
Chicken thigh 250g (2.5 portions)	1 item (100g)	124
Curry 2g (1 tsp)	1 tsp (4g)	9
Chicken egg, yolk 20g (1 item)	1 item	71
Hard/soft-boiled egg 120g (2 items)	1 item	78
Xylitol 5g (1 tsp)	1 tsp (4g)	10
Mung bean pasta 25g	80g	112
Honey 10g (0.4 Tbsps)	1 Tbsp (10g)	33
Mustard 40g (2 Tbsps)	1 Tbsp (10g)	18
Coconut oil 29g (1.92 Tbsps, 1 tsp)	1 Tbsp (10g)	89
Olive oil 163g (12.2 Tbsps, 1 tsp)	1 Tbsp (10g)	90
Button mushrooms 320 g (11 items)	1 Tbsp (10g)	90
Millet flakes 30g (3 Tbsps)	1 Tbsp (10g)	36
Soya sauce 10 g (2 tsps)	1 Tbsp (10g)	14
Dried basil 4g (2 tsps)	1 tsp (4g)	10
Cooked buckwheat groats 100g (1 portion)	1 cup (200g)	208
Cooked millet 90g (1 portion)	1 cup (200g)	198
Cooked brown rice 160g (3 portions)	1 cup (200g)	220
Herbes de Provence 6g (2 tsps)	1 tsp (4g)	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
08:00 Breakfast 404 kcal	Scrambled eggs	<ul style="list-style-type: none"> • Egg 180g (3 items) • Button mushrooms 60g (3 items) • Coconut oil 15g (1.15 Tbsps) 	8 min 404 kcal, protein 22.8 g, carbohydrate 2.4 g, fat 31 g	
10:30 Brunch 184 kcal		<ul style="list-style-type: none"> • Rice wafer 20g (1 portion) 	78.4 kcal, protein 1.42 g, carbohydrate 16.2 g, fat 0.86 g	
		<ul style="list-style-type: none"> • Red tomato 340 g, (2 whole) 	61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g	
		<ul style="list-style-type: none"> • Olive oil 5g (0.38 tbsps) 	44.2 kcal, protein 0 g, carbohydrate 0 g, fat 5g	
13:00 Dinner 563 kcal	Beef stew	<ul style="list-style-type: none"> • Beef sirloin 200g (0.3 piece) • Cucumber in brine 120g (2 items) • Mustard 20g (1 Tbsp) • Onion 105g (1 piece) • Herbes de Provence 6g (2 tsps) • Olive oil 10g (0.77 Tbsps) • Pumpkin seeds 10g (0.07 cups) 	15 min 461 kcal, protein 50.6 g, carbohydrate 13.9 g, fat 21.5 g	Clean the meat, remove membranes and tendons, wash, dry, dice. Finely chop an onion and cucumbers and mix with mustard, season to taste. Stew the prepared mixture with beef for about half a hour in a pan, sprinkle with a pinch of the Himalayan salt and pepper, add some water. Cook covered for a few minutes until the meat becomes tender. Serve with buckwheat groats topped with olive oil and sprinkled with pumpkin seeds.
		<ul style="list-style-type: none"> • Cookedd buckwheat groats 100g (1 portion) 	102 kcal, protein 3.8 g, carbohydrate 21 g, fat 0.9 g	
16:00 Afternoon snack 160 kcal		<ul style="list-style-type: none"> • Blueberry 280g (2.15 cups) 	160 kcal, protein 2.07 g, carbohydrate 40.6 g, fat 0.92 g	
19:00 Supper 344 kcal		<ul style="list-style-type: none"> • Red tomato 510 g (3 whole) 	91.8 kcal, protein 4.49 g, carbohydrate 19.8 g, fat 1.02 g	
		<ul style="list-style-type: none"> • Mozzarella cheese 50g (0.4 ball) 	159 kcal, protein 10.8 g, carbohydrate 1.24 g, fat 12.3 g	
		<ul style="list-style-type: none"> • Dried basil 2g (1 tsp) 	4.66 kcal, protein 0.46 g, carbohydrate 0.96 g, fat 0.08 g	
		<ul style="list-style-type: none"> • Olive oil 10g (0.77 tbsps) 	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g	

Day 2



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 396 kcal		• Rice wafer 40g (2 portions)	157 kcal, protein 2.84 g, carbohydrate 32.4 g, fat 1.72 g	
		• Hard/soft-boiled egg 120g (2 items)	167 kcal, protein 15 g, carbohydrate 0 g, fat 11.6 g	
		• Poultry ham 30g (1 portion)	41.7 kcal, protein 4.89 g, carbohydrate 1 g, fat 1.86 g	
		• Red sweet pepper 100g (0.43 items)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g	
10:30 Brunch 191 kcal		• Raspberry 250g (2.08 cups)	130 kcal, protein 3 g, carbohydrate 29.8 g, fat 1.63 g	
		• Natural yoghurt 100g (1 portion)	61 kcal, protein 3.47 g, carbohydrate 4.66 g, fat 3.25 g	
13:00 Dinner 549 kcal	Roasted/cooked chicken thighs	<ul style="list-style-type: none"> • Chicken thigh 250g (2.5 portions) • Olive oil 13g (1 Tbsp) • Natural yoghurt 20g (1 Tbsp) • Cucumber 18g (1 item) 	15 min 549 kcal, protein 42.6 g, carbohydrate 6.2 g, fat 39.1 g	Cook or roast 150g of chicken thighs in oil. Serve with cucumber salad.
16:00 Afternoon snack 164 kcal		• Carrot 240g (3 items)	98.4 kcal, protein 2.23 g, carbohydrate 23 g, fat 0.58 g	
		• Walnut 10g (0.67 tbsps)	65.4 kcal, protein 1.52 g, carbohydrate 1.37 g, fat 6.52 g	
19:00 Supper 347 kcal	Salad with tuna and rice	<ul style="list-style-type: none"> • Tuna (in own juice) 50g (0.42 can) • Cooked brown rice 20g • Red sweet pepper 230g, (1 item) • Cucumber 100g (0.56 item) • Onion 50g (0.48 item) • Olive oil 10g (0.77 Tbsp) • Pumpkin seeds 15g (1.5 Tbsps) 	15 min 347 kcal, protein 15.1 g, carbohydrate 28.9 g, fat 17.5 g	Chop the vegetables. Roast the seeds. Season.

Day 3

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 411 kcal	Sweet millet	<ul style="list-style-type: none"> • Millet flakes 30g (3 Tbsps) • Avocado 100g (0.71 item) • Walnut 20g (1.33 Tbsps) • Xylitol 5g (1 tsp) 	10 min 411 kcal, protein 8 g, carbohydrate 36.3 g, fat 28.2 g	
10:30 Brunch 196 kcal		<ul style="list-style-type: none"> • Walnut 30g (2 Tbsps) 	196 kcal, protein 4.57 g, carbohydrate 4.11 g, fat 19.6 g	
13:00 Dinner 558 kcal	Turkey breast baked in a foil with vegetables	<ul style="list-style-type: none"> • Turkey breast 150g (0.38 item) • Red tomato 170g (1 whole) • Red sweet pepper 100g (0.43 item) • Zucchini 300g (0.5 item) • Button mushrooms 100g (5 items) • Parsley sprig 4g (1 tsp) • Raw garlic 5g (1 clove) • Low-fat yoghurt 10g (0.5 Tbsp) • Olive oil 10g (0.77 Tbsp) 	10 min 481 kcal, protein 37.7 g, carbohydrate 28.1 g, fat 20.7 g	Serve with groats, pour it over with olive oil and yoghurt.
		<ul style="list-style-type: none"> • Cooked brown rice 60g (1 portion) 	77.4 kcal, protein 1.68 g, carbohydrate 18.4 g, fat 0.48 g	
16:00 Afternoon snack 153 kcal		<ul style="list-style-type: none"> • Tomato juice 300g (1 portion) 	66 kcal, protein 1.8 g, carbohydrate 13.8 g, fat 0.3 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	
19:00 Supper 329 kcal		<ul style="list-style-type: none"> • Cottage cheese 300g (1.5 packet) 	216 kcal, protein 37.2 g, carbohydrate 8.16 g, fat 3.06 g	
		<ul style="list-style-type: none"> • Red tomato 340g (2 whole) 	61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g	
		<ul style="list-style-type: none"> • Rye bread 20g (0.5 slices) 	51.8 kcal, protein 1.7 g, carbohydrate 9.66 g, fat 0.66 g	

Day 4



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 438 kcal	Omelette	<ul style="list-style-type: none"> • Egg 120g (2 items) • Coconut flour 15g (1.15 Tbsps) • Millet flour 10g (1 Tbsp) • Coconut oil 4g (1 tsp) • Rocket 20g (1 handful) • Cherry tomatoes 100g • Poultry ham 40g (1.43 slices) • Natural yoghurt 30g (1.5 Tbsps) 	8 min 438 kcal, protein 25 g, carbohydrate 17.3 g, fat 28.3 g	Fry the omelette and top with rocket, tomatoes, ham, yoghurt.
10:30 Brunch 201 kcal		<ul style="list-style-type: none"> • Blueberry 200g (1.54 cups) 	114 kcal, protein 1.48 g, carbohydrate 29 g, fat 0.66 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 548 kcal	Tomato soup with meatballs	<ul style="list-style-type: none"> • Chicken breast 150g (0.75 item) • Chicken egg, yolk 20g (1 item) • Onion 30g (0.29 item) • Oat bran 10g (1.43 tps) • Parsley 40g (0.5 root) • Celeriac 60g (1 slice) • Raw garlic 5g (1 clove) • Dried basil 1g (0.5 tsp) • Red tomato 170g (1 whole) • Mung bean pasta 25g • Olive oil 10g (0.77 Tbsp) 	20 min 548 kcal, protein 46.4 g, carbohydrate 37.1 g, fat 19.8 g	Mix minced chicken breast with egg yolk, chopped onion and oat bran. Season. Form into balls and put in boiling water (250 ml). Also add olive oil, parsley root, celeriac root and garlic. Cook. After 15-20 minutes take the meatballs out. Add basil, tomatoes and blend. Season. Serve the soup with meatballs and noodles.
16:00 Afternoon snack 160 kcal		<ul style="list-style-type: none"> • Carrot 160g (2 items) 	65.6 kcal, protein 1.49 g, carbohydrate 15.3 g, fat 0.38 g	
		<ul style="list-style-type: none"> • Hazelnut 15g (1 Tbsp) 	94.2 kcal, protein 2.24 g, carbohydrate 2.5 g, fat 9.11 g	
19:00 Supper 322 kcal	Cooked green beans with mozzarella	<ul style="list-style-type: none"> • Green beans, green 200g (1.54 cups) • Dill 4g (1 tsp) • Olive oil 4g (1 tsp) • Red tomato 340g (2 whole) • Mozzarella cheese 50g (0.4 ball) • Dried basil 1g (0.5 tsp) 	15 min 322 kcal, protein 12.8 g, carbohydrate 23.9 g, fat 16.1 g	

Day 5



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 460 kcal	Millet groats pancakes	<ul style="list-style-type: none"> • Cooked millet groats 45g • Banana 60g (0.5 items) • Egg 60g (1 item) • Avocado 70g (0.5 items) • Walnut 25g (1.67 Tbsps) 	10 min 460 kcal, protein 14.3 g, carbohydrate 31.3 g, fat 31.9 g	Mix millet groats with banana. Add a pinch of cinnamon and ginger. Crack and add an egg. Form pancakes and fry on a non-stick pan [fat free] for about 6 minutes (every side for 3 minutes). Serve with chopped avocado and walnuts.
10:30 Brunch 202 kcal	Coctail with blueberry	<ul style="list-style-type: none"> • Linseed 5g (1 tsp) • Kefir 150g (0.6 cup) • Blueberry 200g (1.54 cups) 	10 min 202 kcal, protein 5.4 g, carbohydrate 35.4 g, fat 2.1 g	Blend all the ingredients.
13:00 Dinner 541 kcal	Chops with button mushrooms	<ul style="list-style-type: none"> • Chicken breast 150g (0.75 item) • Button mushrooms 60g (3 items) • Onion 105g (1 item) • Parsley sprig 4g (1 tsp) • Egg 60g (1 item) 	20 min 327 kcal, protein 43 g, carbohydrate 12.8 g, fat 8.5 g	Finely chop button mushrooms, onions, parsley sprig and add them to the minced meat. Add an egg. Season and form into balls of any size. Fry. If the chops are too loose, add 2 Tbsps of millet flakes.
		<ul style="list-style-type: none"> • Cookedd millet groats 100g (1 portion) 		
	<ul style="list-style-type: none"> • Iceberg lettuce 160g (4 leaves) 			
	<ul style="list-style-type: none"> • Red sweet pepper 100g (0.43 item) 			
	<ul style="list-style-type: none"> • Cucumber 90g (0.5 Item) 			
	<ul style="list-style-type: none"> • Red tomato 80g (0.47 whole) 			
16:00 Afternoon snack 124 kcal		<ul style="list-style-type: none"> • Olive oil 10g (0.77 tbsps) 		
		<ul style="list-style-type: none"> • Cherry tomatoes 200g (1 portion) 	30 kcal, protein 1.8 g, carbohydrate 7.2 g, fat 0.4 g	
19:00 Supper 339 kcal	Cod baked in foil	<ul style="list-style-type: none"> • Hazelnut 15g (1 tbsp) 	94.2 kcal, protein 2.24 g, carbohydrate 2.5 g, fat 9.11 g	
		<ul style="list-style-type: none"> • Cod 100g (1 portion) • Radish 75g (5 items) • Cucumber 180g (1 item) • Pumpkin seeds 25g (2.5 Tbsps) • Olive oil 10g (0.77 Tbsp) 	20 min 339 kcal, protein 24.5 g, carbohydrate 10.2 g, fat 22.3 g	

Day 6



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 431 kcal		• Wholemeal bread 35g (1 item)	80.5 kcal, protein 2.06 g, carbohydrate 17.9 g, fat 0.45 g	
		• Avocado 140g (1 item)	224 kcal, protein 2.8 g, carbohydrate 11.9 g, fat 20.5 g	
		• Raw garlic 5g (1 clove)	7.45 kcal, protein 0.32 g, carbohydrate 1.65 g, fat 0.03 g	
		• Olive oil 10g (0.77 tbsps)	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g	
		• Red sweet pepper 100g (0.43 item)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g	
10:30 Brunch 169 kcal		• Kefir 200g (0.8 cups)	82 kcal, protein 7.58 g, carbohydrate 8.96 g, fat 1.86 g	
		• Almonds 15 g (1 tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g	
13:00 Dinner 559 kcal	Hungarian goulash soup	<ul style="list-style-type: none"> • Beef sirloin 150 g (0.22 piece) • Carrot 80g (1 item) • Red sweet pepper 100g (0.43 item) • Onion 50g (0.48 item) • Button mushrooms 100g • Tomato passata 120g (0.5 cup) • Olive oil 26g (2 Tbsps) • Raw garlic 5g (1 clove) 	20 min 559 kcal, protein 38.7 g, carbohydrate 28.8 g, fat 30.6 g	Cut meat into small cubes and fry in olive oil. Add chopped onions, pressed garlic, sprinkle with a Tbsp of paprika. Put fried meat into a pot, season with the Himalayan salt and pepper, add allspice and bay leaf, followed by chopped peppers and button mushrooms. Add 300 ml of water with a tomato passata and sliced carrot. Simmer until the vegetables are tender.
16:00 Afternoon snack 191 kcal		• One-day carrot juice 250 g, (1 portion)	92.5 kcal, protein 1 g, carbohydrate 21.8 g, fat 0.25 g	
		• Walnut 15g (1 Tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g	

Day 6



DuoLife

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
19:00 Supper 310 kcal		• Cooked chicken breast 150g (1.5 portion)	149 kcal, protein 32.3 g, carbohydrate 0 g, fat 1.95 g	
		• Cooked brown rice 35g (1 portion)	45.1 kcal, protein 0.98 g, carbohydrate 10.7 g, fat 0.28 g	
		• Cucumber 180g (1 item)	27 kcal, protein 1.17 g, carbohydrate 6.53 g, fat 0.2 g	
		• Iceberg lettuce 120g (3 leaves)	16.8 kcal, protein 1.08 g, carbohydrate 3.56 g, fat 0.17 g	
		• Parsley sprig 4g (tsp)	5.84 kcal, protein 0.53 g, carbohydrate 1.01 g, fat 0.11 g	
		• Natural yoghurt 40g (2 tbsps)	24.4 kcal, protein 1.39 g, carbohydrate 1.86 g, fat 1.3 g	
		• Mustard 20g (1 tbsp)	12 kcal, protein 0.75 g, carbohydrate 1.17 g, fat 0.67 g	
		• Honey 10g (0.4 tbsps)	30.4 kcal, protein 0.03 g, carbohydrate 8.24 g, fat 0 g	

Day 7



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 398 kcal	Scrambled eggs	<ul style="list-style-type: none"> • Egg 120g (2 items) • Poultry ham 20g (0.71 slice) • Red sweet pepper 100g (0.43 item) • Coconut oil 10, (0.77 tbsp) 	10 min 352 kcal, protein 25.7 g, carbohydrate 28.4 g, fat 14.3 g	
		<ul style="list-style-type: none"> • Rye bread 30g (0.75 slices) 	77.7 kcal, protein 2.55 g, carbohydrate 14.5 g, fat 0.99 g	
10:30 Brunch 206 kcal		<ul style="list-style-type: none"> • Wholemeal bread 70g (1 portion) 	161 kcal, protein 4.13 g, carbohydrate 35.8 g, fat 0.91 g	
		<ul style="list-style-type: none"> • Poultry ham 10g (1 portion) 	13.9 kcal, protein 1.63 g, carbohydrate 0.33 g, fat 0.62 g	
		<ul style="list-style-type: none"> • Red tomato 170g (1 whole) 	30.6 kcal, protein 1.5 g, carbohydrate 6.61 g, fat 0.34 g	
13:00 Dinner 612 kcal	Chicken breast in sweet sauce	<ul style="list-style-type: none"> • Chicken breast 190g (0.95 item) • Dried plum 14g (2 items) • Dried apricot 20g (2 items) • Soya sauce 10g (2 tsps) • Olive oil 10g (0.77 Tbsp) • Curry 2g (1 tsp) 	20 min 363 kcal, protein 43.4 g, carbohydrate 10.5 g, fat 14.1 g	Marinade: soya sauce, olive oil, curry. Break the meat for chops with a mallet, marinate and put in the fridge for 2 hours. Then put the meat in a pan [without fat] and fry, add sliced apricots and plums, pour it over with a little water and stew covered until the sauce thickens.
		<ul style="list-style-type: none"> • Cooked brown rice 45g (1 portion) 	58.1 kcal, protein 1.26 g, carbohydrate 13.8 g, fat 0.36 g	
		<ul style="list-style-type: none"> • Salad mix 80g (1 portion) 	13.6 kcal, protein 1.12 g, carbohydrate 3.36 g, fat 0.16 g	
		<ul style="list-style-type: none"> • Olive oil 20g (1.54 tbsps) 	177 kcal, protein 0 g, carbohydrate 0 g, fat 20 g	
16:00 Afternoon snack 151 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"> • Plum 140g (1 cup) 	64.4 kcal, protein 0.98 g, carbohydrate 16 g, fat 0.39 g	
19:00 Supper 307 kcal	Sweet potatoes cream soup	<ul style="list-style-type: none"> • Sweet potato 150g • Canned coconut milk 40g • Carrot 80g (1 item) • Parsley 50g (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 and basil, salt. When the vegetables are soft pour them over with coconut milk, remove the bay leaves and blend.