



# Diet for 7 days

Information to your DuoLife **Digestion Pack**



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

- In the morning:**
- DuoLife My Gastrin - 25 ml in the morning and at dinner time, before or after meals, or 50 ml one time before or after the main meal,
  - DuoLife Medical Formula ProDeacid® - 1-2 capsules at least one hour after breakfast\*
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- During dinner:**
- DuoLife Fiber Powder - 1 sachet one hour before dinner or added to dinner (such as soup). Remember to take it with water or other liquid,
  - DuoLife Clinical Formula ProBactilardii®- 1 capsule from each container one hour after dinner.
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- In the evening:**
- DuoLife Fiber Powder - 1 sachet one hour before dinner or added to dinner (such as soup). Remember to take it with water or other liquid,
  - DuoLife Clinical Formula ProBactilardii®- 1 capsule from each container one hour after dinner.

*\*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 **Digestion 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.

# Shopping list



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## Flour-based products

Wholemeal rye bread (380 g)  
Quinoa (40 g)  
Rice noodles (60 g)  
White rice (90 g)  
Millet groats (60 g)  
Corn noodles (40 g)  
Oat flakes (140 g)  
White rice, parboiled, long grain (30 g)

## Vegetables and fruit

Sweet potato (250 g)  
Courgette (259 g)  
Green beans (110 g)  
Kale (81 g)  
Carrot (1210 g)  
Pickled sour cucumber (50 g)  
Parsley, root (217 g)  
Tomato (539 g)  
Celery, root (297 g)  
Sorrel (132 g)  
Potatoes (704 g)  
Beetroot (200 g)  
Pumpkin (333 g)  
Green peas, frozen (100 g)  
Cauliflower (242 g)  
Cucumber (69 g)  
Yellow pepper (100 g)  
Parsley, leaves (15 g)  
Cherry tomato (50 g)  
Red lentils, uncooked (45 g)  
Fresh spinach (80 g)  
Avocado (224 g)  
Blueberries (357 g)  
Apple (274 g)  
Banana (525 g)  
Peach (227 g)  
Raspberry (100 g)

## Dairy products

Whole eggs (339 g)  
Plain yoghurt, 1.5% fat (195 g)  
Skimmed cottage cheese (50 g)  
Coconut yoghurt (150 g)  
Mozzarella cheese (60 g)  
Parmesan cheese (20 g)

## Meat and fish

Turkey breast meat, without skin (320 g)  
Turkey ham (21 g)  
Cod, fresh (840 g)

## Other

Ghee butter (57 g)  
Poppy seed oil (15 g)  
Olive oil (40 g)  
Flaxseed oil (48 g)  
Canola oil (32 g)  
Cinnamon (1 g)  
Green mint, fresh (2 g)  
Thyme, fresh (2 g)  
Turmeric (1 g)  
Black pepper (1 g)  
Pumpkin seeds (41 g)  
Peanuts (14 g)  
Cashew nuts (30 g)  
Sunflower seeds (112 g)  
Almonds (65 g)  
Brazil nuts (8 g)  
Walnuts (111 g)  
Coconut flakes (20 g)  
Carrot juice (300 g)  
Fresh lemon juice (1 g)  
Coconut milk (100 g)  
Vegetable juice (300 g)

# Day 1



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 373.5 kcal</b>	Millet porridge with blueberries and cinnamon.	<ul style="list-style-type: none"> <li>• Millet groats (40 g)</li> <li>• Cinnamon 1 g, (pinch)</li> <li>• Cashew nuts 30 g, (approximately 2 tbsp)</li> <li>• Blueberries 120 g</li> </ul>	373.5 kcal, protein 10.5 g, carbohydrate 55.8 g, fat 14.7 g, fibre 5.2 g	Soak the millet groats overnight, and cook the following day in water. Add a pinch of cinnamon, nuts (blended or soaked overnight in water) and fruit to the cooked porridge.
<b>10:30 Brunch 340.7 kcal</b>	Aromatic fish with vegetables.	<ul style="list-style-type: none"> <li>• Cod, fresh 200 g,</li> <li>• Carrot 100 g, (1/2*1 medium-sized)</li> <li>• Black pepper 1 g,</li> <li>• Fresh lemon juice 1 g,</li> <li>• Cucumber 50 g, (1-2)</li> <li>• Canola oil 16 g, (2 tbsp)</li> </ul>	340.7 kcal, protein 36.9 g, carbohydrate 10.9 g, fat 17.7 g, fibre 4.2 g	Sprinkle the fish with your favourite mild herbs. Cut the vegetables into smaller pieces, sprinkle with herbs and oil and roast with the fish in the oven (180°C for about 20-25 minutes). Serve the dish with fresh, peeled cucumber.
<b>13:00 Dinner 303.5 kcal</b>	Quick vegetable frittata.	<ul style="list-style-type: none"> <li>• Whole eggs 120 g, (2 pieces)</li> <li>• Carrot 100 g,</li> <li>• Parsley root 27 g, (small piece)</li> <li>• Celery root 60 g,</li> <li>• Olive oil 8 g, (1 tbsp)</li> </ul>	303.5 kcal, protein 17.7 g, carbohydrate 16.8 g, fat 20.1 g, fibre 7.8 g	Peel and grate the vegetables using a coarse grater. Simmer them in hot oil until soft (evaporate excess water). Season with salt, pepper and mild herbs, such as basil, tarragon and thyme. Put the vegetables into a Casserole dish, add whisked eggs and place in an oven heated to 180°C. Bake for 15-20 minutes until the eggs set. Sprinkle with olive oil before serving.
<b>16:00 Afternoon snack 181.2 kcal</b>		<ul style="list-style-type: none"> <li>• Almonds 30 g,</li> </ul>	181.2 kcal, protein 6.0 g, carbohydrate 6.2 g, fat 15.6 g, fibre 3.9 g	Soak almonds for at least 12 hours in water to make them easier to digest.
<b>19:00 Supper 405.6 kcal</b>	Rice noodles with carrots and stewed tomatoes	<ul style="list-style-type: none"> <li>• Rice noodles 60 g,</li> <li>• Carrot 105 g, (medium-sized)</li> <li>• Tomato 108 g, (small)</li> <li>• Ghee butter 15 g, (1 tbsp)</li> </ul>	405.6 kcal, protein 4.1 g, carbohydrate 62.9 g, fat 15.8 g, fibre 6.1 g	Cook the noodles. Grate the carrots using a coarse grater. Scald the tomato with boiling water, peel and dice. Pre heat the ghee butter in a pan, add the carrots and tomatoes and simmer the vegetables. Add the cooked noodles, season with basil and mix together. Serve hot or cold.

# Day 2



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 407 kcal</b>	Rice with apples	<ul style="list-style-type: none"> <li>• White rice 50 g,</li> <li>• Apple 200 g, (medium-sized)</li> <li>• Poppy seed oil 15 g, (1 serving)</li> </ul>	407 kcal, protein 4.2 g, carbohydrate 63.7 g, fat 136.2 g, fibre 5.2 g	Peel the apple. Dice or grate using a coarse grater. Cook in a frying pan until tender and add a pinch of cinnamon. Serve with cooked rice and poppy seed oil. Tip: raw apple is not recommended in gastrointestinal diseases; baked and peeled, it does not aggravate the symptoms.
<b>10:30 Brunch 340.4 kcal</b>	Almond-banana-coconut smoothie	<ul style="list-style-type: none"> <li>• Banana 100 g,</li> <li>• Almonds 20 g, 2*servings</li> <li>• Coconut milk 50 g,</li> <li>• Duo Life Fiber Powder 10 g, (1 sachet)</li> </ul>	340.4 kcal, protein 6 g, carbohydrate 31.8 g, fat 21.1 g, fibre 12.3 g	Prepare approximately 300 ml of water, add fruit, almonds soaked for 12 hours in water, banana, coconut milk, Duo Life Fiber Powder and blend into a smoothie. Tip: you can freeze extra amount coconut milk.
<b>13:00 Dinner 340.7 kcal</b>	Turkey with parsley butter served with beetroot	<ul style="list-style-type: none"> <li>• Turkey breast meat, without skin 200 g,</li> <li>• Beetroot 150 g, (medium-sized)</li> <li>• Ghee butter 12 g, (1 flat tbsp)</li> <li>• Parsley, leaves 9 g, (3*teaspoon)</li> </ul>	340.7 kcal, protein 41.5 g, carbohydrate 15.1 g, fat 13.6 g, fibre 3.7 g	Mix the butter with the finely chopped parsley and a pinch of salt and pepper. Put the meat and sliced beetroot in a Casserole dish, sprinkle with herbs and roast in the oven until tender. Coat the meat with parsley butter while still warm.
<b>16:00 Afternoon snack 140.5 kcal</b>		<ul style="list-style-type: none"> <li>• Carrot juice 300 g,</li> <li>• Duo Life Aloe Vera 25 g, (1 serving)</li> </ul>	140.5 kcal, protein 1.3 g, carbohydrate 35.2 g, fat 0.3 g, fibre 3.9 g	Add Duo Life Aloe Vera to freshly squeezed carrot juice.
<b>19:00 Supper 360.8 kcal</b>	Vegetable soup with rice	<ul style="list-style-type: none"> <li>• White rice, parboiled, long grain 30 g,</li> <li>• Green peas, frozen 50 g,</li> <li>• Carrot 105 g, (medium-sized)</li> <li>• Parsley root 27 g, (small piece)</li> <li>• Celery root 62 g, (small piece)</li> <li>• Flaxseed oil 16 g, (2 x tbsp)</li> </ul>	360.8 kcal, protein 8.3 g, carbohydrate 49.2 g, fat 16.9 g, fibre 11.5 g	Peel the vegetables, cut into cubes, pour about 300-350 ml of water, add rinsed rice, bay leaf, allspice and bring to a boil. Before the end, add fresh or dried lovage, freshly ground pepper and a pinch of salt. Serve sprinkled with flaxseed oil.

# Day 3



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 296 kcal</b>	Coconut-blueberry risotto	<ul style="list-style-type: none"> <li>• White rice 40 g,</li> <li>• Coconut milk 50 g,</li> <li>• Blueberries 100 g</li> <li>• Green mint, fresh (1 g)</li> </ul>	296 kcal, protein 4.2 g, carbohydrate 49 g, fat 11 g, fibre 3.5 g	Cook the rice with the coconut milk and water. Serve with blueberries and garnish with fresh mint leaves. Tip: in people with reflux mint may aggravate the symptoms (it can be replaced with a pinch of cinnamon).
<b>10:30 Brunch 395.4 kcal</b>	Coconut yoghurt with banana	<ul style="list-style-type: none"> <li>• Almonds 15 g,</li> <li>• Coconut flakes 12 g, (generous tbsp)</li> <li>• Coconut yoghurt 150 g, (cup)</li> <li>• Banana 100 g, (medium-sized)</li> </ul>	5.9 kcal, protein 5.9 g, carbohydrate 44.8 g, fat 22.9 g, fibre 6.1 g	Pre-heat the frying pan (no not add oil) and toast the coconut and almond flakes. Add to the coconut yoghurt along with the fruit.
<b>13:00 Dinner 316.7 kcal</b>	Tomato soup with lentils	<ul style="list-style-type: none"> <li>• Tomato 300 g,</li> <li>• Red lentils, uncooked 20 g, (1 tbsp)</li> <li>• Canola oil 8 g, (1 tbsp)</li> <li>• Sunflower seeds 18 g, (generous tbsp)</li> <li>• Duo Life Fiber Powder 10 g, (sachet)</li> </ul>	316.7 kcal, protein 12.4 g, carbohydrate 28.1 g, fat 17.1 g, fibre 14.5 g	Rinse the red lentils in a strainer, pour water and soak for a minimum of 12 hours. Strain. Scald the tomatoes with boiling water and peel; if you suffer from diarrhoea, you can also remove the seeds, which stimulate peristalsis. Dice the tomatoes. Heat the oil in a pot and add turmeric, sweet paprika, pepper and dried basil. Fry the spices (be careful not to burn them). Add the tomatoes, rinsed lentils, pour in water (about 150-200 ml) and cook for about 20-25 minutes. Blend the soup to make a cream. Outside the summer season you can use tomato passata. Add Duo Life Fiber Powder to the soup and garnish with soaked sunflower seeds.
<b>16:00 Afternoon snack 197.5 kcal</b>		<ul style="list-style-type: none"> <li>• SHAPE CODE® Slim Shake 50 g, (2*servings)</li> </ul>	197.5 kcal, protein 17.2 g, carbohydrate 14 g, fat 8 g, fibre 7.1 g	Add one full scoop of powder (25g) to 250ml of water, shake vigorously to prevent the contents from settling on the bottom.
<b>19:00 Supper 399.5 kcal</b>	Green pea paste	<ul style="list-style-type: none"> <li>• Wholemeal rye bread 80g, (2*slices)</li> <li>• Flaxseed oil 20 g, (2*1 tbsp)</li> <li>• Green peas, frozen 50 g</li> </ul>	399.5 kcal, protein 7.9 g, carbohydrate 49.2 g, fat 21.5 g, fibre 9.6 g	Cook fresh or frozen peas. Drain in a sieve. Put in a bowl and add spices: pepper, oregano, ground fenugreek, a pinch of salt if necessary, chopped parsley and flaxseed oil. Blend to a fine paste. Spread on bread.

# Day 4



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 431.5 kcal</b>	Avocado, mozzarella cheese and tomato sandwich	<ul style="list-style-type: none"> <li>• Wholemeal rye bread 80 g,</li> <li>• Avocado 50 g, (1/3 of a small piece)</li> <li>• Mozzarella 60 g, (1/2 ball)</li> <li>• Tomato 108 g, (small)</li> </ul>	431.5 kcal, protein 21.1 g, carbohydrate 50.4 g, fat 18.8 g, fibre 9.7 g	Tip: Scald the tomato with boiling water and peel; if you suffer from diarrhoea, you can also remove the seeds, which stimulate peristalsis.
<b>10:30 Brunch 316.5 kcal</b>	Roasted courgette with peanut sauce	<ul style="list-style-type: none"> <li>• Courgette 225 g, (small piece)</li> <li>• Parsley, leaves 3 g, (1 teaspoon)</li> <li>• Walnuts 20 g,</li> <li>• Olive oil 16 g</li> </ul>	316.5 kcal, protein 6 g, carbohydrate 11.1 g, fat 28.2 g, fibre 3.7 g	Peel the courgette and cut into slices about 1 cm thick. Sprinkle with sweet pepper powder, ground fenugreek and coriander. Place on a baking tray and bake for about 15-20 minutes at 180°C. Spread the dressing over the courgette. Dressing: blend the nuts with olive oil and parsley, season with a pinch of salt and pepper.
<b>13:00 Dinner 285.5 kcal</b>	Quinoa with baked cod and green beans	<ul style="list-style-type: none"> <li>• Quinoa 40 g,</li> <li>• Cod, fresh 150 g, (or halibut)</li> <li>• Green beans (100 g)</li> </ul>	285.5 kcal, protein 34.6 g, carbohydrate 29.6 g, fat 3.7 g, fibre 5.9 g	Tip: outside the summer season, use frozen beans or sauerkraut (if you tolerate it).
<b>16:00 Afternoon snack 275.4 kcal</b>	Kale with egg	<ul style="list-style-type: none"> <li>• Kale 50 g,</li> <li>• Whole eggs 120 g, [2x pieces (size L)].</li> <li>• Ghee butter 10 g, (1 tbsp)</li> </ul>	275.4 kcal, protein 16.7 g, carbohydrate 3.8 g, fat 22 g, fibre 1.9 g	Stew soft kale (or spinach) leaves in ghee butter. Add the eggs and fry until set. Season with herbes de Provence.
<b>19:00 Supper 292.3 kcal</b>	Oriental carrot soup	<ul style="list-style-type: none"> <li>• Carrot 170 g, (large)</li> <li>• Red lentils, uncooked 25 g, (3*tbsp)</li> <li>• Ghee butter 10 g, (1 tbsp)</li> <li>• Duo Life Fiber 25 g, (serving)</li> </ul>	292.3 kcal, protein 8.2 g, carbohydrate 31.8 g, fat 11.1 g, fibre 10.5 g	Rinse the red lentils in a strainer, pour water and soak for a minimum of 12 hours. Drain. Pre-heat ghee butter and fry the spices: asafetida, turmeric, garam masala (1/4 teaspoon each). Add grated carrot and soaked lentils. Stir-fry and then pour about 300 ml water. Cook for about 20 minutes. Add Duo Life Fiber to each serving of the soup. You can blend the soup.

# Day 5



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 380.8 kcal</b>	Sandwiches with sunflower-thyme paste	<ul style="list-style-type: none"> <li>• Wholemeal rye bread 60 g,</li> <li>• Sunflower seeds 25 g, (2 tbsp)</li> <li>• Thyme, fresh 2 g, (2*to taste)</li> <li>• Parsley, leaves 3 g, (1 teaspoon)</li> <li>• Olive oil 8 g, (1 tbsp)</li> <li>• Yellow pepper 100 g</li> </ul>	380.8 kcal, protein 10.6 g, carbohydrate 42.5 g, fat 20.1 g, fibre 6.6 g	Soak the roasted sunflower seeds overnight in water. Drain the following day and blend with thyme or fresh basil and olive oil to a smooth paste. Serve with bread and yellow pepper. Tip: if you prepare more paste, you can store it in the fridge for up to 3 days. Yellow pepper will be easier to digest if you roast it.
<b>10:30 Brunch 348.8 kcal</b>	Fruit smoothie	<ul style="list-style-type: none"> <li>• Avocado 100 g, (half a piece)</li> <li>• Duo Life Fiber Powder 10 , (sachet)</li> <li>• Turmeric 1 g, (1/2 teaspoon)</li> <li>• Peach 200 g,</li> <li>• Brazil nuts 8 g, (2 pcs)</li> </ul>	348.8 kcal, protein 5.5 g, carbohydrate 33.7 g, fat 21.1 g, fibre 15.8 g	Soak the nuts overnight or grind to a powder. Prepare 300 ml of water, add the fruit (you can peel it), peeled avocado, nuts, Duo Life Fiber Powder and turmeric, and blend well.
<b>13:00 Dinner 328.1 kcal</b>	Potatoes with fish and carrot salad topped with flaxseed oil	<ul style="list-style-type: none"> <li>• Potatoes, 200 g,</li> <li>• Cod, fresh 130 g,</li> <li>• Carrot 105 g, (medium-sized)</li> <li>• Flaxseed oil 4 g, (1 teaspoon)</li> </ul>	328.1 kcal, protein 27.9 g, carbohydrate 45.7 g, fat 5.3 g, fibre 6.8 g	Steam the fish and potatoes or bake them in the oven.
<b>16:00 Afternoon snack 305.8 kcal</b>	Sweet potato baked with Parmesan cheese	<ul style="list-style-type: none"> <li>• Sweet potato 250 g, (1 piece)</li> <li>• Parmesan cheese 20 g</li> </ul>	305.8 kcal, protein 12.3 g, carbohydrate 50.3 g, fat 6.7 g, fibre 7.5 g	Slice the potato as you would for French fries, sprinkle with curry powder or garam masala. Put on a baking tray and place in the oven preheated to 180°C. Bake for about 20 minutes. Before the end, sprinkle with grated Parmesan cheese.
<b>19:00 Supper 261.6 kcal</b>	Cottage cheese with vegetables	<ul style="list-style-type: none"> <li>• Wholemeal rye bread 80 g,</li> <li>• Plain yoghurt, 1.5% fat 45 g,</li> <li>• Skimmed cottage cheese 50 g,</li> <li>• Pickled sour cucumber 50 g, (1 piece)</li> </ul>	261.6 kcal, protein 17 g, carbohydrate 46.6 g, fat 2.5 g, fibre 7 g	Mix the cheese with yoghurt and finely diced vegetables. Season with fresh basil and ground fenugreek.

# Day 6



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 409.9 kcal</b>	Overnight muesli	<ul style="list-style-type: none"> <li>• Oat flakes 60 g,</li> <li>• Plain yoghurt, 1.5% fat 150 g, (1 cup)</li> <li>• Raspberries 100 g,</li> <li>• Peanuts 10 g</li> </ul>	409.9 kcal, protein 17.5 g, carbohydrate 64.8 g, fat 11.5 g, fibre 11.5 g	In the evening, place in a bowl layer by layer: cereals - yoghurt - favourite fruit - chopped nuts. Leave in the fridge overnight. Eat for breakfast or take for lunch at work.
<b>10:30 Brunch 333.7 kcal</b>	Banana cookies with pumpkin seeds	<ul style="list-style-type: none"> <li>• Oat flakes 40 g,</li> <li>• Banana 130 g,</li> <li>• Pumpkin seeds 10 g, (1 tbsp)</li> </ul>	333.7 kcal, protein 8.6 g, carbohydrate 60.1 g, fat 7.9 g, fibre 5.5 g	Blend the cereals with banana and pumpkin seeds. Form into round cookies and place on a baking tray. Put the baking tray in the oven pre-heated to 180°C and bake for about 10 minutes. Tip: you can make more cookies at once and store in the fridge for up to 3 days.
<b>13:00 Dinner 387.5 kcal</b>		<ul style="list-style-type: none"> <li>• Potatoes 200 g,</li> <li>• Turkey breast meat, without skin 120 g,</li> <li>• Cauliflower 150 g,</li> <li>• Ghee butter 10 g, (1 tbsp)</li> </ul>	387.5 kcal, protein 30.4 g, carbohydrate 44.1 g, fat 11.3 g, fibre 6.6 g	You can steam the potatoes, meat and cauliflower or bake them in the oven. Coat the cauliflower with butter while still warm. Tip: rub the meat with your favourite mild spices or a poultry seasoning mix and refrigerate overnight for a richer flavour. In gastrointestinal diseases, it is important to make meals as palatable as possible, as the taste affects the secretion of saliva and gastric juices important for healthy digestion processes.
<b>16:00 Afternoon snack 116.3 kcal</b>	Vegetable juice with flaxseed oil	<ul style="list-style-type: none"> <li>• Vegetable juice 300 g,</li> <li>• Flaxseed oil 4 g, (1 teaspoon)</li> </ul>	116.3 kcal, protein 3 g, carbohydrate 17.1 g, fat 4.9 g, fibre 3.6 g	If you add a teaspoon of flaxseed oil to freshly squeezed juice from any vegetables, it will increase the absorption of fat-soluble vitamins (A, D, E, K).
<b>19:00 Supper 350.8 kcal</b>	Oriental soup with millet groats	<ul style="list-style-type: none"> <li>• Millet groats (20 g)</li> <li>• Carrot 105 g, (medium-sized)</li> <li>• Parsley root 100 g, (medium-sized)</li> <li>• Pumpkin 200 g, (or carrot)</li> <li>• Canola oil 8 g, (1 tbsp)</li> <li>• Duo Life Fiber 25 g, (serving)</li> </ul>	350.8 kcal, protein 8.5 g, carbohydrate 51.9 g, fat 9.9 g, fibre 17.1 g	Dice the vegetables. Rinse the groats in a sieve. Pre-heat oil in a pan and add sweet paprika, turmeric, ground fenugreek, asafetida, garam masala or curry, pepper. Fry the spices (be careful not to burn them). Add diced vegetables, millet groats and about 300 ml water, and cook for about 25 minutes. Blend the soup, add Duo Life Fiber and mix.



# Day 7



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
<b>08:00 Breakfast 383.9 kcal</b>	Coconut cookies with sunflower seeds	<ul style="list-style-type: none"> <li>Oat flakes 40 g,</li> <li>Whole eggs 55 g, [1 piece (size L)].</li> <li>Sunflower seeds 18 g, (generous tbsp)</li> <li>Coconut flakes 8 g, (1 tbsp)</li> </ul>	383.9 kcal, protein 16.5 g, carbohydrate 34.6 g, fat 21.2 g, fibre 5.6 g	Mix instant oat flakes or gluten-free teff flakes with sunflower seeds and coconut flakes. Add egg and mix. Form cookies, place them on a baking tray and bake for about 15-20 minutes at 180°C.
<b>10:30 Brunch 268.2 kcal</b>		<ul style="list-style-type: none"> <li>Walnuts 30 g</li> </ul>	199.8 kcal, protein 4.8 g, carbohydrate 5.4 g, fat 18.1 g, fibre 2 g	Remember to soak the nuts for about 12 hours to make them easier to digest.
		<ul style="list-style-type: none"> <li>Blueberries 120 g</li> </ul>	68.4 kcal, protein 0.8 g, carbohydrate 17.4 g, fat 0.4 g, fibre 2.9 g	
<b>13:00 Dinner 457.3 kcal</b>	Noodles with spinach pesto	<ul style="list-style-type: none"> <li>Corn noodles 40 g,</li> <li>Fresh spinach 80 g, (4*handfuls)</li> <li>Cod, fresh 150 g,</li> <li>Pumpkin seeds 20 g, (2 x tbsp)</li> <li>Olive oil 8 g, (1 tbsp)</li> </ul>	457.3 kcal, protein 36.6 g, carbohydrate 37.7 g, fat 19.4 g, fibre 7.6 g	Blend washed and dried spinach leaves with olive oil and dry-roasted pumpkin seeds. Add a pinch of salt, pepper and basil. Mix the pesto with the cooked noodles. Serve with fish roasted in the oven or steamed.
<b>16:00 Afternoon snack 205.7 kcal</b>	Ham and tomato sandwich	<ul style="list-style-type: none"> <li>Wholemeal rye bread 80 g, (2 slices)</li> <li>Turkey ham 20 g, (1-2 slices)</li> <li>Cherry tomato 50 g</li> </ul>	205.7 kcal, protein 8.6 g, carbohydrate 42.8 g, fat 1.8 g, fibre 7.3 g	Tip: you can bake and peel the tomatoes to make them easier to digest.
<b>19:00 Supper 205.7 kcal</b>	Sorrel soup	<ul style="list-style-type: none"> <li>Sorrel 100 g, (1-2 handfuls)</li> <li>Potato, 150 g, (medium-sized)</li> <li>Carrot 105 g, (medium-sized)</li> <li>Celery root 62 g, (small)</li> <li>Duo Life Fiber 25 g, (serving)</li> <li>Flaxseed oil 4 g, (1 teaspoon)</li> </ul>	294.6 kcal, protein 6.2 g, carbohydrate 48.9 g, fat 5.4 g, fibre 13.9 g	Dice the carrots, celery and potatoes into small cubes. Pour in about 300 ml of water or chicken broth. Add bay leaf and allspice, and cook for about 20 minutes. Before the end, add rinsed and finely chopped sorrel. Serve with Duo Life Fiber and a teaspoon of flaxseed oil.