



Diet for 7 days

For your DuoLife **Nervous System** Pack



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🕒 Recommended use of the food supplements from the **Nervous System** Pack:

- In the morning:**
- DuoLife My Mind - 25-50 ml with meal,
 - DuoLife Vita C – 25-50 ml,
 - DuoLife Medical Formula ProMigren® - 1-2 capsules,
 - 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 Fiber – 25-50 ml with meal,
 - Medical Formula ProRelaxin® - 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.

*The proposed diet is a pattern of eating tailored for the DuoLife **Nervous System** 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 150 g (1.07 items)
Blueberry 200 g
Peach 340 g (4 items)
Zucchini 900 g (1.5 items)
Raw garlic 5 g (1 clove)
Green beans, green 100 g (1 handful)
Fresh ginger 10 g (1 item)
Apple 562 g (1.35 large, 0.54 small, 1 medium)
Kiwi 207 g (3 items)
Dill 8 g (2 tsps)
Frozen raspberry 50 g (0.42 cup)
Mango 200 g (0.72 item)
Carrots 640 g (8 pieces)
Almonds 110 g (5.33 Tbsps, 1 handful)
Salad mix 120 g
China frozen mix 200 g
Chia seeds 30 g (0.06 cup, 2 Tbsps)
Parsley sprig 28 g (7 tsps)
Cucumber 200 g (1.12 items)
Cucumber in brine 420 g (7 items)
Walnut 60 g (4 Tbsps)
Sweet red peppers 350 g (1.51 items)
Pumpkin seeds 65 g (4.5 Tbsps, 0.11 cups, 1 tsp)
Red tomato 850 g (5 whole)
Dried tomatoes in a pickle 40 g (2 items)
Rocket 80 g (4 handfuls)
Radish 75 g (5 items)
Iceberg lettuce 240 g (6 leaves)
Linseed 15 g (1Tbsp, 1 tsp)
One-day carrot juice 300 g (1 portion)
Tomato juice 600 g (2 portions)
Lemon juice 12 g (2 Tbsps)
Chives 20 g (4 Tbsps)
Frozen spinach 200 g (0.91 cup)
Coconut shreds 40 g (3.08 Tbsps)

Farianceous products

Wholemeal bread 90 g (3 slices)
Buckwheat groats 90 g (0.28 cup)
Buckwheat flour 10 g
Millet flour 10 g (1 Tbsp)
Coconut flour 30 g (2.3 Tbsps)
Oat bran 40 g (4 Tbsps)
Oat flakes 70 g (7 Tbsps)
Rice wafer 110 g (5 portions, 2.22 items)

Dairy products

Egg 540 g (9 items)

Meat and fish

Cod 150 g (1.5 portions)
Shrimp 200 g
Turkey breast 630 g (1.58 items)
Beef sirloin 100 g (0.15 item)
Smoked pork ham 40 g (2 slices)
Poultry ham 115 g (1.42 slices, 3 portions)
Can of tuna (in own juice) 120 g (1 can)
Atlantic salmon 230 g (1.15 fillet)

Other

Canned chickpeas 100 g (0.59 cup)
Hard/soft-boiled egg 60 g (1 item)
Soybean sprouts 30 g
Canned coconut milk 140 g (2 portions)
Rice milk 300 g (1.26 cups)
Coconut oil 45 g (3.45 Tbsps)
Rapeseed oil 20 g (1.54 Tbsps)
Sesame oil 10 g (0.77 Tbsp)
Olive oil 93 g (5.61 Tbsps, 1.25 tsps)
Sesame 35 g
Cooked millet groats 90 g
Cooked quinoa 60 g
Water 650 g (2.71 cups)

Calorie content of the products used in a diet



Products	Amount	Calories
Wholemeal bread 90 g (3 slices)	1 slice (40g)	84
Buckwheat groats 90 g (0.28 cups)	1 cup (200g)	208
Buckwheat flour 10 g	1 cup (200g)	712
Millet flour 10 g (1 Tbsp)	1 Tbsp (10g)	35,6
Coconut flour 30 g (2.3 Tbsps)	1 Tbsp (10g)	35,9
Oat bran 40 g (4 Tbsps)	1 Tbsp (10g)	35,8
Oat flakes 70 g (7 Tbsps)	1 Tbsp (10g)	36,6
Rice wafer 110 g (5 portions, 2.22 items)	1 portion (10g)	39,2
Egg 540 g (9 pieces)	1 item	78
Avocado 150 g (1.07 items)	1 item (130g)	208
Blueberry 200 g	1 cup (130g)	74
Peach 340 g (4 items)	1 item (85g)	34
Zucchini 900 g (1.5 items)	1 item (600g)	90
Raw garlic 5 g (1 clove)	1 clove (5g)	7,5
Green beans, green 100 g (1 handful)	1 handful (100g)	16
Fresh ginger 10 g (1 item)	10 g	5
Apple 562 g (1.35 large, 0.54 small, 1 medium)	1 large	112
Kiwi 207 g (3 items)	1 item (69g)	41
Dill 8 g (2 tsps)	1 tsp (4g)	1
Frozen raspberry 50 g (0.42 cup)	100g	42
Mango 200 g (0.72 item)	1 slice (40g)	56
Carrot 640 g (8 items)	1 item (80g)	22
Almonds 110 g (5.33 Tbsps, 1 handful)	1 Tbsp (30g)	181
Salad mix 120 g	80g	13,6
China frozen mix 200 g	200g	72
Chia seeds 30 g (0.06 cup, 2 Tbsps)	1 Tbsp (10g)	45

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
Parsley sprig 28 g (7 Tbsps)	1 tsp (4g)	2
Cucumber 200 g (1.12 items)	1 item (180g)	29
Cucumber in brine 420 g (7 items)	1 item (60g)	7
Walnut 60 g (4 Tbsps)	1 Tbsp (10g)	64,5
Sweet red peppers 350 g (1.51 items)	1 item (231g)	74
Pumpkin seeds 65 g (4.5 Tbsps, 0.11 glasses, 1 tsp)	1 Tbsp (10g)	56
Red tomato 850 g (5 whole)	1 item (170g)	23
Dried tomatoes in pickle 40 g (2 items)	1 item (40g)	162
Rocket 80 g (4 handfuls)	1 handful (20g)	5
Radish 75 g (5 items)	1 item	2
Iceberg lettuce 240 g (6 leaves)	1 leaf (15g)	2,4
Linseed 15 g (1 Tbsp, 1 tsp)	1 tsp (4g)	18
One-day carrot juice 300 g (1 portion)	1 cup (300g)	111
Tomato juice 600 g (2 portions)	1 cup (300g)	60
Lemon juice 12 g (2 Tbsps)	1 tsp (4g)	1
Chives 20 g (4 Tbsps)	1 tsp (4g)	1
Frozen spinach 200 g (0.91 cup)	1 cup (200g)	109
Coconut shreds 40 g (3.08 Tbsps)	1 tsp (4g)	27
Cod 150 g (1.5 portions)	1 fillet (100g)	82
Shrimp 200 g	1 item	12
Turkey breast 630 g (1.58 items)	1 item (400g)	352
Beef sirloin 100 g (0.15 item)	1 portion (170g)	223
Smoked sirloin ham 40 g (2 slices)	1 slice (20g)	28
Poultry ham 115 g (1.42 slices, 3 portions)	1 portion (20g)	26
Can of tuna (in own juice) 120 g (1 can)	100g	103
Atlantic salmon 230 g (1.15 fillet)	1 fillet (200g)	284

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 414 kcal	Omelette with rocket	<ul style="list-style-type: none"> • Egg 120 g, (2 items) • Coconut flour 15 g, (1.15 Tbsps) • Millet flour 10 g, (1 Tbsp) • Coconut oil 5 g, (0.38 Tbsp) • Rocket 20 g, (1 handful) • Poultry ham 20 g, (0.71 slice) • Pumpkin seeds 5 g, (0.5 Tbsp) 	8 min 414 kcal, protein 21.5 g, carbohydrate 12.4 g, fat 29.4 g	Fry an omelette and top it with rocket, smoked meat and roasted pumpkin seeds.
10:30 Brunch 181 kcal	Parsley sprig cocktail	<ul style="list-style-type: none"> • Apple 300 g, (1.35 large) • Parsley sprig 16 g, (4 tsps) • Lemon juice 6 g, (1 Tbsp) • Water 250 g, (1.04 cups) 	10 min 181 kcal, protein 2.08 g, carbohydrate 43.4 g, fat 0.4 g	
13:00 Dinner 537 kcal	Turkey breast with cucumbers	<ul style="list-style-type: none"> • Turkey breast 250 g, (0.63 item) • Cucumber in brine 240 g, (4 items) • Olive oil 13 g, (1 Tbsp) 	20 min 537 kcal, protein 52.5 g, carbohydrate 4.8 g, fat 30.5 g	Steam a turkey breast, or bake it in the oven. Pour it over with olive oil, sprinkle with your favorite spices. Serve with cucumber.
16:00 Afternoon snack 181 kcal		<ul style="list-style-type: none"> • Carrot 160 g, (2 items) 	65.6 kcal, protein 1.49 g, carbohydrate 15.3 g, fat 0.38 g	
		<ul style="list-style-type: none"> • Almonds 20 g, (1.33 tbsps) 	116 kcal, protein 4.23 g, carbohydrate 4.31 g, fat 9.99 g	
19:00 Supper 339 kcal	Buckwheat and beans salad	<ul style="list-style-type: none"> • Buckwheat groats 40 g • Green beans, green 100 g, (1 handful) • Red tomato 170 g, (1 whole) • Dill 4 g, (1 tsp) • Parsley sprig 4 g, (1 tsp) • Olive oil 15 g 	15 min 339 kcal, protein 6.84 g, carbohydrate 40.8 g, fat 16.3 g	Cook the beans, cook buckwheat groats. Combine everything, season with salt, pepper and sprinkle with olive oil.

Day 2



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 396 kcal		• Oat flakes 20 g, (2 tbsps)	78.8 kcal, protein 2.2 g, carbohydrate 14.7 g, fat 1.27 g	
		• Oat bran 20 g, (2 tbsps)	72.2 kcal, protein 3.6 g, carbohydrate 9.12 g, fat 1.54 g	
		• Coconut shreds 10 g, (0.77 tbsp)	68.4 kcal, protein 0.53 g, carbohydrate 2.15 g, fat 6.91 g	
		• Walnut 15 g, (1 tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g	
		• Canned coconut milk 40 g, (1 portion)	78.8 kcal, protein 0.8 g, carbohydrate 1.12 g, fat 8.52 g	
10:30 Brunch 186 kcal	Peach and parsley sprig cocktail	• Water 250 g, (1.04 cups) • Peach 85 g, (1 item) • Parsley sprig 4 g, (1 tsp) • Chia seeds 10 g, (0.06 cup)	5 min 87.5 kcal, protein 2.12 g, carbohydrate 12.9 g, fat 3.1 g	
		• Walnut 15 g, (1 Tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g	
13:00 Dinner 548 kcal	Salad with tuna and avocado	• Avocado 100 g, (0.71 item) • Can of tuna (in own juice) 120 g, (1 can) • Cucumber in brine 180 g, (3 items) • Chives 15 g, (3 Tbsps) • Parsley sprig 4 g, (1 tsp) • Lemon juice 6 g, (1 Tbsp) • Dried tomatoes in a pickle 40 g, (2 items) • Pumpkin seeds 15 g, (0.11 cup) • Hard-boiled / soft-boiled egg 60 g, (1 item)	15 min 548 kcal, protein 39.3 g, carbohydrate 24.4 g, fat 32.9 g	Peel and de-stone an avocado, and then dice it. Put into a bowl, sprinkle with lemon juice. Chop an egg. Add an egg and avocado to drained tuna, followed by chopped cucumbers and dried tomatoes. Finely chop parsley sprig and chives and add them to the salad. Mix everything together. Season to taste with salt and pepper. Sprinkle with pumpkin seeds.
16:00 Afternoon snack 153 kcal		• Tomato juice 300 g, (1 portion)	66 kcal, protein 1.8 g, carbohydrate 13.8 g, fat 0.3 g	
		• Almonds 15 g, (1 tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g	
19:00 Supper 349 kcal		• Rice wafer 60 g, (2 portions)	235 kcal, protein 4.26 g, carbohydrate 48.7 g, fat 2.58 g	
		• Poultry ham 75 g, (3 portions)	104 kcal, protein 12.2 g, carbohydrate 2.5 g, fat 4.66 g	
		• Rocket 40 g, (2 handfuls)	10 kcal, protein 1.03 g, carbohydrate 1.46 g, wfat 0.26 g	

Day 3



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 405 kcal		• Oat flakes 20 g, (2 tbsps)	78.8 kcal, protein 2.2 g, carbohydrate 14.7 g, fat 1.27 g	
		• Oat bran 20 g, (2 tbsps)	72.2 kcal, protein 3.6 g, carbohydrate 9.12 g, fat 1.54 g	
		• Coconut shreds 10 g, (0.77 tbsp)	68.4 kcal, protein 0.53 g, carbohydrate 2.15 g, fat 6.91 g	
		• Almonds 15 g, (1 tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g	
		• Canned coconut milk 50 g, (1 portion)	98.5 kcal, protein 1 g, carbohydrate 1.4 g, fat 10.7 g	
10:30 Brunch 126 kcal		• Kiwi 207 g, (3 items)	126 kcal, protein 2.36 g, carbohydrate 30.3 g, fat 1.08 g	
13:00 Dinner 592 kcal	Ginger turkey in curry	<ul style="list-style-type: none"> • Turkey breast 180 g, (0.45 item) • Fresh ginger 10 g, (1 piece) • Coconut oil 10 g, (0.77 Tbsp) • Carrots 240 g, (3 items) • Apple 80 g, (0.54 small) • Pumpkin seeds 5 g, (1 tsp) • Olive oil 5 g, (0.38 Tbsps) 	20 min 592 kcal, protein 39.4 g, carbohydrate 34.2 g, fat 29.9 g	Season 200g turkey breast with: nutmeg (if you like it), curry, salt, pepper. Then rub with grated ginger and marinate for 10h. Stew meat in coconut oil. Serve with a salad of grated carrot and apple. Sprinkle the salad with olive oil, add salt, pepper, pumpkin seeds.
16:00 Afternoon snack 189 kcal		• Rice wafer 20 g (2 portions)	78.4 kcal, protein 1.42 g, carbohydrate 16.2 g, fat 0.86 g	
		• Avocado 50 g, (0.36 item)	80 kcal, protein 1 g, carbohydrate 4.26 g, fat 7.33 g	
		• Sweet red pepper 100 g, (0.43 item)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g	
19:00 Supper 323 kcal	Cod baked in foil	<ul style="list-style-type: none"> • Cod 150 g, (1.5 portions) • Red sweet pepper 100 g, (0.43 item) • Salad mix 40 g • Olive oil 20 g, (1.54 Tbsps) 	10 min 323 kcal, protein 26.1 g, carbohydrate 7.68 g, fat 20.1 g	Pour vegetables over with olive oil.

Day 4



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 365 kcal		• Wholemeal bread 90 g, (3 slices)	207 kcal, protein 5.31 g, carbohydrate 46.1 g, fat 1.17 g	
		• Olive oil 10 g, (0.77 tbsp)	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g	
		• Smoked sirloin ham 40 g, (2 slices)	54.4 kcal, protein 10 g, carbohydrate 0.24 g, fat 1.6 g	
		• Cucumber 100 g, (0.56 item)	15 kcal, protein 0.65 g, carbohydrate 3.63 g, fat 0.11 g	
10:30 Brunch 213 kcal	Coconut milk cocktail	• Canned coconut milk 50 g • Water 150 g, (0.63 cup) • Blueberry 200 g	10 min 213 kcal, protein 1 g, carbohydrate 29.4 g, fat 10.7 g	Blend all the ingredients.
13:00 Dinner 530 kcal	Asian-style shrimps	• Shrimp 200 g • Iceberg lettuce 200 g, (5 leaves) • Coconut oil 10 g, (0.77 Tbsp) • Olive oil 5 g, (0.38 Tbsp) • Soybean sprouts 30 g • Sesame 20 g	20 min 530 kcal, protein 47.9 g, carbohydrate 9.08 g, fat 31.1 g	Cut breast into strips, fry in a non-stick (Teflon-coated) pan, without fat, for 5-10 minutes, stir frequently so that the meat is fried evenly. Then, add honey, mustard and spices: salt, pepper, curry, stir and fry for another 10 minutes. Serve with grated carrot sprinkled with olive oil.
16:00 Afternoon snack 209 kcal		• One-day carrot juice 300 g, (1 portion)	111 kcal, protein 1.2 g, carbohydrate 26.1 g, fat 0.3 g	
		• Walnut 15 g, (1 tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g	
19:00 Supper 352 kcal	Eggs fried over oil	• Egg 120 g, (2 items) • Coconut oil 10 g, (0.77 Tbsp) • Radish 75 g, (5 items) • Rice wafer 20 g, (2.22 items)	8 min 352 kcal, protein 15.8 g, carbohydrate 18.4 g, fat 21.5 g	Serve with radish and wafer.

Day 5

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 428 kcal		• Oat flakes 30 g, (3 tbsps)	118 kcal, protein 3.3 g, carbohydrate 22 g, fat 1.91 g	
		• Almonds 15 g, (1 tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g	
		• Coconut shreds 20 g, (1.54 tbsps)	137 kcal, protein 1.06 g, carbohydrate 4.3 g, fat 13.8 g	
		• Linseed 10 g, (1 tbsp)	53.4 kcal, protein 1.83 g, carbohydrate 2.89 g, fat 4.22 g	
		• Peach 85 g, (1 item)	33.1 kcal, protein 0.77 g, carbohydrate 8.11 g, fat 0.21 g	
10:30 Brunch 204 kcal	Chia pudding with mango	<ul style="list-style-type: none"> • Chia seeds 20 g, (2 tbsps) • Rice milk 100 g, (0.42 cup) • Mango 100 g, (0.36 item) 	10 min 204 kcal, protein 3.2 g, carbohydrate 31.4 g, fat 6 g	Cover Chia seeds with rice milk and leave it for about 24h. After this time, add blended mango and spread as a second layer.
13:00 Dinner 567 kcal	Salmon fillet with vegetables baked in foil	<ul style="list-style-type: none"> • Atlantic salmon 230 g, (1.15 fillet) • Zucchini 300 g, (0.5 items) • Dill 4 g, (1 tsp) • Cooked quinoa 30 g 	15 min 567 kcal, protein 50.4 g, carbohydrate 15.7 g, fat 30.5 g	Serve with quinoa.
16:00 Afternoon snack 153 kcal		• Tomato juice 300 g, (1 portion)	66 kcal, protein 1.8 g, carbohydrate 13.8 g, fat 0.3 g	
		• Almonds 15 g, (1 Tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g	
19:00 Supper 294 kcal	Quinoa with stewed zucchini	<ul style="list-style-type: none"> • Cooked quinoa 30 g • Zucchini 600 g, (1 item) • Olive oil 5 g, (1.25 tsps) • Pumpkin seeds 20 g, (2 Tbsps) 	15 min 294 kcal, protein 13.3 g, carbohydrate 26.4 g, fat 15.4 g	Sprinkle zucchini with your favorite herbs and stew in olive oil. Sprinkle with pumpkin seeds, serve with quinoa.

Day 6



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 377 kcal	Scrambled eggs	<ul style="list-style-type: none">• Egg 180 g, (3 items)• Colza oil 10 g, (0.77 Tbsp)• Red tomato 170 g, (1 whole)• Chives 5 g, (1 tsp)	8 min 377 kcal, protein 21.6 g, carbohydrate 5.35 g, fat 26.2 g	
10:30 Brunch 207 kcal	Rice milk cocktail	<ul style="list-style-type: none">• Rice milk 200 g, (0.84 cup)• Mango 100 g, (0.36 item)• Frozen raspberry 50 g, (0.42 cup)• Linseed 5 g, (1 tsp)	10 min 207 kcal, protein 1.4 g, carbohydrate 38.9 g, fat 2.1 g	
13:00 Dinner 564 kcal	Beef and vegetables stew	<ul style="list-style-type: none">• Beef sirloin 100 g, (0.15 piece)• Red tomato 170 g, (1 whole)• Red sweet pepper 150 g, (0.65 item)• Salad mix 80 g• Olive oil 20 g, (1.54 Tbsps)• Buckwheat groats 50 g, (0.28 cup)	20 min 564 kcal, protein 30.6 g, carbohydrate 53 g, fat 24.7 g	Stew beef with vegetables. Cook buckwheat groats. Serve with seasoned lettuce and pour over with olive oil.
16:00 Afternoon snack 174 kcal		<ul style="list-style-type: none">• Almonds 30 g, (1 handful)	174 kcal, protein 6.34 g, carbohydrate 6.46 g, fat 15 g	
19:00 Supper 346 kcal	Stewed spinach	<ul style="list-style-type: none">• Frozen spinach 200 g, (0.91 cup)• Colza oil 10 g, (0.77 Tbsp)• Raw garlic 5 g, (1 clove)• Red tomato 170 g, (1 whole)• Cooked millet groats 40 g• Pumpkin seeds 20 g, (2 Tbsps)	15 min 346 kcal, protein 15.5 g, carbohydrate 24.9 g, fat 20.1 g	Stew spinach with garlic and tomato in oil. Serve with cooked millet groats and sprinkle with pumpkin seeds.

Day 7



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 413 kcal	Omelette with rocket	<ul style="list-style-type: none"> • Egg 120 g, (2 items) • Coconut flour 15 g, (1.15 Tbsps) • Buckwheat flour 10 g • Coconut oil 5 g, (0.38 Tbsp) • Rocket 20 g, (1 handful) • Red tomato 170 g, (1 whole) • Poultry ham 20 g, (0.71 slice) 	8 min 413 kcal, protein 20.1 g, carbohydrate 16.8 g, fat 26.8 g	
10:30 Brunch 164 kcal		• Peach 170 g, (2 items)	66.3 kcal, protein 1.55 g, carbohydrate 16.2 g, fat 0.42 g	
		• Walnut 15 g, (1 Tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g	
13:00 Dinner 540 kcal	Stewed turkey breast	<ul style="list-style-type: none"> • Turkey breast 200 g, (0.5 item) • Coconut oil 5 g, (0.38 Tbsp) • China frozen mix 200 g • Cooked millet 50 g 	20 min 540 kcal, protein 53.7 g, carbohydrate 22.7 g, fat 23.9 g	Stew meat with frozen vegetables in oil. Serve with cooked millet.
16:00 Afternoon snack 193 kcal		• Carrot 240 g, (3 items)	98.4 kcal, protein 2.23 g, carbohydrate 23 g, fat 0.58 g	
		• Apple 182 g, (1 medium)	94.6 kcal, protein 0.47 g, carbohydrate 25.1 g, fat 0.31 g	
19:00 Supper 540 kcal	Hummus	<ul style="list-style-type: none"> • Canned chickpeas 100 g, (0.59 cup) • Sesame oil 10 g, (0.77 Tbsp) • Sesame 15 g 	5 min 271 kcal, protein 7 g, carbohydrate 14.7 g, fat 20.1 g	Blend all ingredients with salt and pepper.
		• Rice wafer 10 g, (1 portion)	39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g	
		• Iceberg lettuce 40 g, (1 leaf)	5.6 kcal, protein 0.36 g, carbohydrate 1.19 g, fat 0.06 g	
		• Cucumber 100 g, (0.56 item)	15 kcal, protein 0.65 g, carbohydrate 3.63 g, fat 0.11 g	