



Diet for 7 days

For your DuoLife **Movement System Pack**



DuoLife



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

- In the morning:**
- DuoLife Day – 25 ml with meal,
 - DuoLife Medical Formula ProStik® - 1-2 capsules with meal,
 - DuoLife My Blood – 25-50 ml after breakfast.

- Wieczór:**
- DuoLife Night - 25ml with meal,
 - DuoLife Fiber – 25-50 ml with meal,
 - DuoLife Medical Formula ProSelect® - 1-2 capsules.
- SHAPE CODE® Protein Shake after training.

📄 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 **Movement 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 1 month.

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Shopping list



DuoLife

Vegetables and fruits

Watermelon 486g (1.7 piece)
Avocado 220g (1.57 items)
Eggplant/Aubergine 240g (1 item)
Banana 80g (0.66 item)
Blueberry 180g (1 handful, 1 cup)
Peach 255g (3 items)
Broad bean 250g
Onion 160g (1.34 item)
Red onion 50g (0.48 item)
Zucchini 200g (0.33 item)
Black olives 8g (1 Tbsp)
Raw garlic 25g (5 cloves)
Canned dark red kidney bean 180g (0.39 cup)
Green pea 300g (2.14 cups)
Cauliflower 250g (0.28 items)
Dill 4g (1 tsp)
Raspberry 100g (1.43 handful)
Carrot 120g (1.5 items)
Almonds 45g (3 Tbsps)
Spearmint 8g (2 Tbsps)
Parsley sprig 30g (7.5 tsps)
Cucumber 220g (1.23 items)
Cucumber in brine 300g (5 items)
Walnut 85g (5.67 Tbsps)
Red sweet pepper 530g (2.29 item)
Pumpkin seeds 10g (Tbsp)
Red tomato 2010g (11.8 whole)
Canned tomato 120g (0.5 can)
Tomato passata 120g (0.5 cup)
Raisins 7.5g
Radish 150g (10 items)
Iceberg lettuce 240g (6 leaves)
Celeriac 200g (0.38 root)
Linseed 10g (1 Tbsp)
One-day carrot juice 750g (2 portions)
Tomato juice 300g (1 portion)
Lemon juice 18g (3 Tbsps)
Dried cranberry 35g (2.25 portions)
Chives 5g (1 Tbsp)
Frozen spinach 200g (0.91 cup)
Frozen strawberry 298g (2 cups)
Plum 360 g (2 portions)
Prune 28g (4 items)

Farianceous products

Hemp protein 10g
Buckwheat flour 20g (0.07 cup)
Coconut flour 25g (1.92 Tbsps)
Rice wafer 70g (4 portions)

Dairy products

Egg 660 g (11 items)
Natural yoghurt 200g (0.48 cup, 2 Tbsps, 1 portion)
Kefir 300g (1 portion)
Feta cheese 50g (1 portion)
Hard goat cheese 50g (2.5 slices)
Mozzarella cheese 50g (0.4 ball)
Cottage cheese 200g (1 packet)

Meat and fish

Pork belly 15g (1.5 slices)
Cooked chicken breast 50g (0.5 portion)
Mackerel 90g (0.2 item, 0.12 portion)
Minced chicken meat 150 g (1.5 portions)
Turkey breast 150 g (0.38 piece)
Chicken breast 170g (0.85 item)
Beef sirloin 80 g (0.3 piece)
Poultry ham 80 g (1.43 slices)
Tuna (in own juice) 133g (2 portions)
Atlantic salmon 90g (0.45 fillet)

Other

Canned chickpea 250g (1.47 cups)
Ground cinnamon 1g (1 pinch)
Black pepper 2g (1 pinch, 0.5 tsps)
Powdered cocoa, unsweetened 10g (2 tsps)
Tiger prawn 240g (20 items)
Ground ginger 1g (1 pinch)
Honey 25g (0.6 Tbsp, 1 portion)
Canned coconut milk 195g (1 portion)
Mustard 10g (1 tsp)
Coconut oil 58g (4.16 Tbsps, 1 tsp)
Canola oil 10g (0.77 Tbsps)
Olive oil 157g (11.4 Tbsps, 2 tsps)
Buckwheat bran 50g (5 Tbsps)
Button mushroom 100g
Millet flakes 110g (11 Tbsps)
Dried basil 2g (1 tsp)
Salt 6g (1 pinch, 0.83 tsp)
Cooked millet 60g
Cooked brown rice 70g
Water 550g (1.26 cups, 0.25 liter)

Calorie content of the products used in a diet

Products	Amount	Calories
Hemp protein 10g	1 Tbsp (10g)	40
Buckwheat flour 20g (0.07 cup)	1 cup (200g)	712
Coconut flour 25g (1.92 Tbsps)	1 Tbsp (10g)	32
Rice wafer 70g (4 portions)	1 portion (10g)	39,2
Egg 660 g (11 items)	1 item	84
Natural yoghurt 200g (0.48 cup, 2 Tbsps, 1 portion)	1 Tbsp (20g)	12,2
Kefir 300g (1 portion)	1 cup (200g)	74
Feta cheese 50g (1 portion)	1 Tbsp (10g)	10
Hard goat cheese 50g (2.5 slices)	1 slice	55
Mozzarella cheese 50g (0.4 ball)	100g	255
Cottage cheese 200g (1 packet)	Tablespoon [Tbsp] (10g)	8
Watermelon 486g (1.7 piece)	1 piece 300g	90
Avocado 220g (1.57 items)	1 item (130g)	208
Eggplant/Aubergine 240g (1 item)	1 item (240g)	53
Banana 80g (0.66 items)	1 item (120g)	107
Blueberry 180g (1 handful, 1 cup)	1 cup (130g)	74
Peach 255g (3 items)	1 item (85g)	34
Broad bean 250g	250g	98
Onion 160g (1.34 item)	1 item (105g)	42
Red onion 50g (0.48 item)	1 item (105g)	35
Zucchini 200g (0.33 item)	1 item (600g)	90
Black olives 8g (1 Tbsp)	1 Tbsp (10g)	11
Raw garlic 25g (5 cloves)	1 clove (5g)	7,5
Canned dark red kidney bean 180g (0.39 cup)	1 cup (200g)	210
Green pea 300g (2.14 cup)	1 cup (200g)	160
Cauliflower 250g (0.28 items)	1 item (870g)	174
Dill 4g (1 tsp)	1 tsp (4g)	1
Raspberry 100g (1.43 handful)	100g	28
Carrot 120g (1.5 items)	1 item (80g)	22
Almonds 45g (3 Tbsps)	1 Tbsp (30g)	181
Spearmint 8g (2 Tbsps)	1 tsp (4g)	2
Parsley sprig 30g (7.5 tsps)	1 tsp (4g)	2
Cucumber 220g (1.23 items)	1 item (180g)	29
Cucumber in brine 300g (5 items)	1 item (60g)	7
Walnut 85g (5.67 Tbsps)	1 Tbsp (10g)	64,5
Red sweet pepper 530g (2.29 item)	1 item (231g)	74
Pumpkin seeds 10g (1 Tbsp)	1 Tbsp (10g)	56
Red tomato 2010g (11.8 whole)	1 item (170g)	23
Canned tomato 120g (0.5 can)	1 can (200g)	56
Tomato passata 120g (0.5 cups)	1 cup (130g)	39
Raisins 7.5g	1 Tbsp (10g)	2
Radish 150g (10 items)	1 item	2

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
Iceberg lettuce 240g (6 leaves)	1 leaf (15g)	2,4
Celeriac 200g (0.38 root)	1 slice (60g)	24
Linseed 10g (1 Tbsp)	1 tsp (4g)	18
One-day carrot juice 750g (2 portions)	1 cup (300g)	111
Tomato juice 300g (1 portion)	1 cup (300g)	60
Lemon juice 18g (3 Tbsps)	1 tsp (4g)	1
Dried cranberry 35g (2.25 portions)	1 Tbsp (10g)	33,2
Chives 5g (1 Tbsp)	1 tsp (4g)	1
Frozen spinach 200g (0.91 cups)	1 cup (200g)	109
Frozen strawberry 298g (2 cups)	1 cup (150g)	60
Plum 360 g (2 portions)	1 cup (200g)	500
Prune 28g (4 items)	1 item	21
Pork belly 15g (1.5 slices)	1 slice (10g)	30
Cooked chicken breast 50g (0.5 portion)	1 fillet (100g)	151
Mackerel 90g (0.2 items, 0.12 portion)	100g	181
Minced chicken meat 150 g (1.5 portions)	100g	133
Turkey breast 150 g (0.38 pieces)	1 item (400g)	352
Chicken breast 170g (0.85 items)	1 item (250g)	302
Beef sirloin 80 g (0.3 piece)	1 portion (170g)	223
Poultry ham 80 g (1.43 slices)	1 portion (20g)	26
Tuna 133g (2 portions)	100g	103
Atlantic salmon 90g (0.45 fillet)	1 fillet (200g)	284
Canned chickpea 250g (1.47 cups)	1 cup (200g)	144
Ground cinnamon 1g (1 pinch)	1 tsp (4g)	10
Black pepper 2g (1 pinch, 0.5 tsps)	1 tsp (4g)	4
Powdered cocoa, unsweetened 10g (2 tsps)	1 tsp (4g)	14
Tiger prawn 240g (20 items)	1 item	12
Ground ginger 1g (1 pinch)	1 tsp (4g)	14
Honey 25g (0.6 Tbsps, 1 portion)	1 Tbsp (10g)	33
Canned coconut milk 195g (1 portion)	1 cup (200g)	258
Mustard 10g (1 tsp)	1 Tbsp (10g)	18
Coconut oil 58g (4.16 Tbsps, 1 tsp)	1 Tbsp (10g)	89
Canola oil 10g (0.77 Tbsps)	1 Tbsp (10g)	88
Olive oil 157g (11.4 Tbsps, 2 tsps)	1 Tbsp (10g)	90
Buckwheat bran 50g (5 Tbsps)	1 Tbsp (10g)	40
Button mushroom 100g	1 Tbsp (10g)	90
Millet flakes 110g (11 Tbsps)	1 Tbsp (10g)	36
Dried basil 2g (1 tsp)	1 tsp (4g)	10
Salt 6g (1 pinch, 0.83 tsps)	pinch	0,01
Cooked millet 60g	1 cup (200g)	198
Cooked brown rice 70g	1 cup (200g)	220
Water 550g (1.26 cups, 0.25 liter)	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
08:00 Breakfast 430 kcal	Sweet millet	<ul style="list-style-type: none"> • Millet flakes 60g (6 Tbsps) • Linseed 10g (1 Tbsp) • Walnut 20g (1.33 Tbsps) • Blueberry 50g (1 handful) 	10 min 430 kcal, protein 10.8 g, carbohydrate 53.8 g, fat 19.6 g	Or another seasonal fruit.
10:30 Brunch 202 kcal		<ul style="list-style-type: none"> • Watermelon 286g, (1 piece) 	85.8 kcal, protein 1.74 g, carbohydrate 21.6 g, fat 0.43 g	
		<ul style="list-style-type: none"> • Almonds 20g (1.33 Tbsps) 	116 kcal, protein 4.23 g, carbohydrate 4.31 g, fat 9.99 g	
13:00 Dinner 620 kcal	Tiger prawns with rice	<ul style="list-style-type: none"> • Tiger prawn 240g (20 items) • Raw garlic 10g (2 cloves) • Olive oil 26g (2 Tbsps) • Cooked brown rice 70g • Cauliflower 250g (0.28 items) • Dill 4g (1 tsp) 	20 min 620 kcal, protein 58 g, carbohydrate 37.5 g, fat 26.6 g	Cook/roast the shrimps with garlic and olive oil. Serve with rice and cooked cauliflower sprinkled with dill.
16:00 Afternoon snack 122 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"> • Pumpkin seeds 10g (1 tbsp) 	55.9 kcal, protein 3.02 g, carbohydrate 1.07 g, fat 4.91 g	
19:00 Supper 330 kcal		<ul style="list-style-type: none"> • Poultry ham 30g (1.07 slices) 	41.7 kcal, protein 4.89 g, carbohydrate 1 g, fat 1.86 g	
		<ul style="list-style-type: none"> • Avocado 100g (0.71 Item) 	160 kcal, protein 2 g, carbohydrate 8.53 g, fat 14.7 g	
		<ul style="list-style-type: none"> • Red sweet pepper 100g (0.43 items) 	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g	
		<ul style="list-style-type: none"> • Black olives 8g (1 tbsp) 	6.48 kcal, protein 0.08 g, carbohydrate 0.45 g, fat 0.55 g	
		<ul style="list-style-type: none"> • Olive oil 10g (0.77 tbsp) 	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g	
		<ul style="list-style-type: none"> • Salt 1g (1 pinch) 	0 kcal, protein 0 g, carbohydrate 0 g, fat 0 g	
		<ul style="list-style-type: none"> • Black pepper 1g (1 pinch) 	2.51 kcal, protein 0.1 g, carbohydrate 0.64 g, fat 0.03 g	

Day 2



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 397 kcal	Scrambled eggs	<ul style="list-style-type: none"> • Egg 120g (2 items) • Red sweet pepper 150g (0.65 item) • Coconut oil 10g (0.77 Tbsps) • Zucchini 200g (0.33 item) • Poultry ham 40g 	8 min 397 kcal, protein 22.8 g, carbohydrate 16.2 g, fat 23.1 g	Roast a turkey with selected seasonings. Serve with cooked buckwheat groats and broccoli. Sprinkle with oil.
10:30 Brunch 191 kcal		• One-day carrot juice 15g (1 Tbsp)	92.5 kcal, protein 1 g, carbohydrate 21.8 g, fat 0.25 g	
		• Walnut 15g (1 Tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g	
13:00 Dinner 613 kcal	Salad with watermelon, feta and goat cheese	<ul style="list-style-type: none"> • Watermelon 200g (0.7 piece) • Feta cheese 50g (1 portion) • Firm goat cheese 50g (2.5 slices) • Lemon juice 18g (3 Tbsps) • Honey 15g (0.6 Tbsps) • Olive oil • Black pepper 1g (0.5 tsps) • Walnut 15g (1 Tbsp) • Iceberg lettuce 40g (1 leaf) • Spearmint 8g (2 Tbsps) 	10 min 613 kcal, protein 25.1 g, carbohydrate 34.4 g, fat 42.3 g	
16:00 Afternoon snack 86.6 kcal	Coconut milk cocktail	<ul style="list-style-type: none"> • Canned coconut milk 30g • Water 150g (0.63 cups) • Frozen strawberry 149g (1 cup) 	10 min 149 kcal, protein 5.6 g, carbohydrate 15.2 g, fat 7.49 g	Blend all products.
19:00 Supper 358 kcal	Green pea cream	<ul style="list-style-type: none"> • Green pea 300g (2.14 cups) • Onion 50g, (0.48 item) • Water 250 g, (0.25 liter) • Canned coconut milk 30g • Coconut oil 4 g, (0.31 Tbsps) 	15 min 358 kcal, protein 16.1 g, carbohydrate 47.3 g, fat 10.3 g	Fry chopped onion and peas in a tsp of coconut oil. Add water, coconut milk, cook until the peas are soft. Blend the soup. Season to taste with salt and pepper.

Day 3



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 444 kcal	Omelete with fruits	<ul style="list-style-type: none"> • Egg 120g (2 items) • Coconut flour 10g (0.77 Tbsps) • Buckwheat flour 10g • Coconut oil 10g (0.77 Tbsps) • Blueberry 60g (0.46 cups) • Natural yoghurt 80g (0.32 cups) 	8 min 444 kcal, protein 18.6 g, carbohydrate 20.9 g, fat 29.8 g	
10:30 Brunch 173 kcal		<ul style="list-style-type: none"> • Rice wafer 10g (1 portion) 	39.2 kcal, protein 0.71 g, carbohydrate 8.11 g, fat 0.43 g	
		<ul style="list-style-type: none"> • Mackerel 50g (0.2 item) 	103 kcal, protein 9.3 g, carbohydrate 0 g, fat 6.95 g	
		<ul style="list-style-type: none"> • Red sweet pepper 100g (0.43 item) 	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g	
13:00 Dinner 583 kcal	Arabic falafel with salad	<ul style="list-style-type: none"> • Canned chickpea 250g (1.47 cups) • Onion 20g • Raw garlic 10g (2 cloves) • Parsley sprig 24g (6 tsps) • Coconut oil 10g (0.77 Tbsp) • Red tomato 200g (1.18 whole) • Cucumber 100g (0.56 item) • Iceberg lettuce 40g (1 leaf) • Red sweet pepper 30g (0.13 item) • Red onion 50g (0.48 item) • Olive oil 15g (1.15 Tbsps) 	20 min 583 kcal, protein 14.4 g, carbohydrate 58.2 g, fat 28 g	Blend/mix the chickpeas, for example in a blender, with white onions, to obtain mass that is not too smooth. Add a clove of garlic, very finely chopped parsley sprig and spices: cardamom, cinnamon, chilli, coriander, salt and baking soda. Spread canola/coconut oil onto the pan and fry chops on it. You should obtain about 6 small chops. Serve with a vegetable salad topped with olive oil.
16:00 Afternoon snack 175 kcal		<ul style="list-style-type: none"> • Kefir 300g (1 portion) 	123 kcal, protein 11.4 g, carbohydrate 13.4 g, fat 2.79 g	
		<ul style="list-style-type: none"> • Frozen strawberry 149g (1 cup) 	52.1 kcal, protein 0.64 g, carbohydrate 13.6 g, fat 0.16 g	
19:00 Supper 331 kcal		<ul style="list-style-type: none"> • Tuna 133g (2 portions) 	115 kcal, protein 25.9 g, carbohydrate 0 g, fat 1.28 g	
		<ul style="list-style-type: none"> • Cucumber in brine 180g (3 items) 	21.6 kcal, protein 0.9 g, carbohydrate 4.34 g, fat 0.54 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"> • Chives 5g (1 tbsp) 	61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g	
		<ul style="list-style-type: none"> • Olive oil 15g (1.15 tsps) 	133 kcal, protein 0 g, carbohydrate 0 g, fat 15 g	

Day 4



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 392 kcal		• Millet flakes 20g (2 tbsps)	72.2 kcal, protein 2 g, carbohydrate 13.8 g, fat 0.8 g	
		• Buckwheat bran 20g (2 tbsps)	67.8 kcal, protein 7.2 g, carbohydrate 4 g, fat 1.98 g	
		• Plum 120g (1 portion)	55.2 kcal, protein 0.84 g, carbohydrate 13.7 g, fat 0.34 g	
		• Canned coconut milk 100g (1 portion)	197 kcal, protein 2 g, carbohydrate 2.8 g, fat 21.3 g	
10:30 Brunch 204 kcal	Cupcake with beans	<ul style="list-style-type: none"> • Canned kidney bean 40g • Banana 40g (0.33 items) • Walnut 10g (0.67 Tbsp) • Powdered cocoa, unsweetened 5g (1 tsp) • Egg 30g (0.5 item) 	10 min 204 kcal, protein 9.65 g, carbohydrate 21 g, fat 9.85 g	Blend everything and bake for 25 minutes at 180°C.
13:00 Dinner 547 kcal	Lasagne	<ul style="list-style-type: none"> • Eggplant/Aubergine 240g (1 item) • Chicken breast 170g (0.85 items) • Canola oil 10g (0.77 Tbsps) • Onion 50g (0.48 items) • Red tomato 250g (1.47 whole) • Canned tomato 120g (0.5 can) • Egg 60g (1 item) • Natural yoghurt 40g (0.16 cups) 	20 min 547 kcal, protein 46.3 g, carbohydrate 29.2 g, fat 20 g	Season the slices of eggplant with a pinch of salt and pepper. Fry them in a tsp of oil. Put them in layers. Then fry minced chicken breast in a tsp of canola oil. Stew the onion with chopped tomatoes and half a can of tomatoes. Spread the layers of lasagne, sprinkle with basil. Then pour the béchamel sauce made of: a small egg (1 item) mixed with natural yoghurt. Season. Bake for about 20 minutes at 200°C.
16:00 Afternoon snack 197 kcal		• Plum 240g (1 portion)	110 kcal, protein 1.68 g, carbohydrate 27.4 g, fat 0.67 g	
		• Almonds 15g (1 tbsp)	86.8 kcal, protein 3.17 g, carbohydrate 3.23 g, fat 7.49 g	
19:00 Supper 371 kcal		• Red tomato 510g (3 whole)	91.8 kcal, protein 4.49 g, carbohydrate 19.8 g, fat 1.02 g	
		• Mozzarella cheese 50g (0.4 ball)	159 kcal, protein 10.8 g, carbohydrate 1.24 g, fat 12.3 g	
		• Avocado 50g (0.36 item)	80 kcal, protein 1 g, carbohydrate 4.26 g, fat 7.33 g	
		• Olive oil 4g (1 tsp)	35.4 kcal, protein 0 g, carbohydrate 0 g, fat 4g	
		• Dried basil 2g (1 tsp)	4.66 kcal, protein 0.46 g, carbohydrate 0.96 g, fat 0.08 g	

Day 5



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 436 kcal		• Millet flakes 30g (3 tbsps)	108 kcal, protein 3 g, carbohydrate 20.7 g, fat 1.2 g	
		• Buckwheat bran 30g (3 tbsps)	102 kcal, protein 10.8 g, carbohydrate 6 g, fat 2.97 g	
		• Avocado 70g (0.5 item)	112 kcal, protein 1.4 g, carbohydrate 5.97 g, fat 10.3 g	
		• Dried cranberry 35g (2.25 portions)	108 kcal, protein 0.06 g, carbohydrate 29 g, fat 0.38 g	
		• Ground cinnamon 1g (1 pinch)	2.47 kcal, protein 0.04 g, carbohydrate 0.81 g, fat 0.01 g	
		• Ground ginger 1g (1 pinch)	3.35 kcal, protein 0.09 g, carbohydrate 0.72 g, fat 0.04 g	
10:30 Brunch 204 kcal	Bean cupcake	<ul style="list-style-type: none"> • Canned dark red kidney bean 40g • Banana 40g (0.33 item) • Walnut 10g (0.67 Tbsp) • Powdered cocoa, unsweetened 5g (1 tsp) • Egg 30g (0.5 item) 	10 min 204 kcal, protein 9.65 g, carbohydrate 21 g, fat 9.85 g	Blend everything and bake for 25 minutes at 180°C.
13:00 Dinner 600 kcal	Turkey breast in cinnamon-prune sauce	<ul style="list-style-type: none"> • Turkey breast 150 g (0.38 piece) • Prune 28g (4 items) • Coconut oil 10g (0.77 Tbsp) • Celeriac 200g (0.38 root) • Olive oil 15g (1.15 Tbsps) • Raisins 7.5g 	20 min 600 kcal, protein 34 g, carbohydrate 32.9 g, fat 35.4 g	<p>Cut turkey breast into strips, season with fresh garlic, thyme, herbs de Provence, a pinch of salt and pepper. Simmer in oil for 5 minutes, then add sliced plums. Sprinkle with cinnamon. Simmer covered for 20 min stirring every now and then. Serve with celery salad (grate celery + olive + raisins + salt, pepper).</p>
16:00 Afternoon snack 164 kcal		• Peach 170g (2 items)	66.3 kcal, protein 1.55 g, carbohydrate 16.2 g, fat 0.42 g	
		• Walnut 15g (1 Tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g	
19:00 Supper 306 kcal	Steamed salmon with vegetables	<ul style="list-style-type: none"> • Atlantic salmon 90g (0.45 fillet) • Radish 75g (5 items) • Cucumber in brine 60g (1 item) • Iceberg lettuce 80g (2 leaves) • Olive oil 10g (0.77 Tbsps) 	10 min 306 kcal, protein 18 g, carbohydrate 5.05 g, fat 21.7 g	

Day 6



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 457 kcal	Scrambled eggs	<ul style="list-style-type: none"> • Egg 120g (2 items) • Coconut oil 10g (0.77 Tbsps) • Red tomato 340g (2 whole) • Pork belly 15g (1.5 slices) 	8 min 457 kcal, protein 14.4 g, carbohydrate 10.2 g, fat 35.5 g	
10:30 Brunch 200 kcal	Cocktail with blueberry	<ul style="list-style-type: none"> • Canned coconut milk 35g • Water 150g (0.63 cup) • Blueberry 70g (0.54 cup) • Peach 85g (1 item) • Almonds 10g (0.67 Tbsps) 	10 min 200 kcal, protein 2.8 g, carbohydrate 20.5 g, fat 12.4 g	Blend all the ingredients. Sprinkle with almonds.
13:00 Dinner 551 kcal	Spinach bake	<ul style="list-style-type: none"> • Minced chicken meat 150 g (1.5 portions) • Frozen spinach 200g (0.91 cup) • Raw garlic 5g (1 clove) • Egg 60g (1 item) • Olive oil 13g (1 Tbsp) • Cooked millet 60g 	20 min 551 kcal, protein 42.8 g, carbohydrate 22 g, fat 30.9 g	Thaw spinach, press garlic, and season to taste. Season the meat and mix with spinach, olive oil and raw egg. Spread the mass in a casserole (it can be tart baking dish/pan) and bake for 25-30 min in 180°C. Serve with cooked millet.
16:00 Afternoon snack 185 kcal		<ul style="list-style-type: none"> • One-day carrot juice 500g (1 portion) 	185 kcal, protein 2 g, carbohydrate 43.5 g, fat 0.5 g	
19:00 Supper 321 kcal		<ul style="list-style-type: none"> • Cottage cheese 150g (0.75 packet) 	108 kcal, protein 18.6 g, carbohydrate 4.08 g, fat 1.53 g	
		<ul style="list-style-type: none"> • Radish 75g (5 items) 	12 kcal, protein 0.51 g, carbohydrate 2.55 g, fat 0.08 g	
		<ul style="list-style-type: none"> • Rice wafer 40g (2 portions) 	157 kcal, protein 2.84 g, carbohydrate 32.4 g, fat 1.72 g	
		<ul style="list-style-type: none"> • Poultry ham 10g (0.36 slice) 	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	

Day 7



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 417 kcal	Omelette	<ul style="list-style-type: none"> • Egg 120g (2 items) • Coconut flour 15g (1.15 Tbsps) • Coconut oil 4g (1 tsp) • Natural yoghurt 40g (2 Tbsps) • Buckwheat flour 10g (0.07 cup) • Raspberry 100g (1.43 handful) 	8 min 417 kcal, protein 18.7 g, carbohydrate 23.1 g, fat 25.9 g	
10:30 Brunch 170 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"> • Mackerel 40g (0.12 portions) 	82 kcal, protein 7.44 g, carbohydrate 0 g, fat 5.56 g	
		<ul style="list-style-type: none"> • Red tomato 290g (1.18 whole) 	36 kcal, protein 1.76 g, carbohydrate 7.78 g, fat 0.4 g	
13:00 Dinner 561 kcal	Hungarian goulash soup	<ul style="list-style-type: none"> • Beef sirloin 80 g (0.12 piece) • Carrot 120g (1.5 items) • Red sweet pepper 150g (0.65 item) • Onion 40g (0.38 item) • Button mushroom 100g • Tomato passata 120g (0.5 cup) • Salt 5g (0.83 tsp) • Olive oil 20g (1.54 Tbsps) • Canned dark red kidney bean 180g (0.39 cup) 	20 min 561 kcal, protein 30.2 g, carbohydrate 52.8 g, fat 22.5 g	Boil water (300 ml), add chopped meat, allspice, bay leaf, salt using a slotted spoon. Simmer for an hour over medium-low heat, after an hour, add carrots, glazed onion, strips of paprika and button mushrooms. Add tomato passata with soup water and beans, keep it heated for a while. Then add to the soup and cook together for no more than 1,5 hours.
16:00 Afternoon snack 199 kcal	Cooked broad bean	<ul style="list-style-type: none"> • Broad bean 250g • Olive oil 5g (0.38 Tbsp) 	15 min 199 kcal, protein 10 g, carbohydrate 25 g, fat 5 g	Salt the water and cook broad beans until tender. Pour it over with olive oil.

Day 7



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
19:00 Supper 332 kcal		• Cooked chicken breast 50g (0.5 portion)	49.5 kcal, protein 10.8 g, carbohydrate 0 g, fat 0.65 g	
		• Cucumber in brine 60g (1 item)	7.2 kcal, protein 0.3 g, carbohydrate 1.45 g, fat 0.18 g	
		• Cucumber 120g (0.67 item)	18 kcal, protein 0.78 g, carbohydrate 4.36 g, fat 0.13 g	
		• Iceberg lettuce 80g (2 leaves)	11.2 kcal, protein 0.72 g, carbohydrate 2.38 g, fat 0.11 g	
		• Parsley sprig 6g (1.5 tsps)	8.76 kcal, protein 0.8 g, carbohydrate 1.52 g, fat 0.16 g	
		• Natural yoghurt 40g (1 portion)	24.4 kcal, protein 1.39 g, carbohydrate 1.86 g, fat 1.3 g	
		• Mustard 10g (1 tsp)	6 kcal, protein 0.37 g, carbohydrate 0.58 g, fat 0.33 g	
		• Honey 10g (1 portion)	30.4 kcal, protein 0.03 g, carbohydrate 8.24 g, fat 0 g	
		• Olive oil 20g (1.54 tbsps)	177 kcal, protein 0 g, carbohydrate 0 g, fat 20 g	