



Diet for 7 days

For your DuoLife **Eye Health Pack**



🕒 Recommended use of the food supplements from the **Eye Health Pack**:

In the morning:

- DuoLife Day – 25 ml with meal,
- DuoLife Vita C – 25-50 ml,
- DuoLife RegenOil Liquid Gold®- 5ml (can be taken at dinner time).

In the afternoon: • DuoLife Clinical Formula ProOptical® - 1 capsule.

In the evening:

- DuoLife Night - 25 ml with meal,
- DuoLife Collagen – 25-50 ml.

📄 Additional notes:

Estimated amount of calories per day: **1800 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 **Eye Health 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

Pineapple 120g (0.73 pieces)
Avocado 200g (1.43 items)
Banana 200g (1.67 items)
Sweet potato 100g
Cooked red beet 180g (1.5 whole)
Zucchini 700g (1.17 items)
Raw garlic 7.5g (1.5 cloves)
Dates 20g (4 items)
Apple 50g
Curly kale 80g (4 handfuls)
Kiwi 207g (3 items)
Dill 4g (1 tsp)
Raspberry 550g (1 portion)
Frozen raspberry 100g
Carrot 220g (2.75 item)
Almonds 110g (3.67 Tbsp, 1 portion)
Salad mix 200g (3 portion)
Sunflower seeds 30g (3 Tbsps)
Parsley sprig 8g (2 tsps)
Cucumber in brine 360g (6 items)
Walnut 65g (4.34 Tbsps)
Red sweet pepper 610g (2.63 items)
Pumpkin seeds 45g (0.14 cup, 2.5 Tbsp)
Parsley 80g (1 root)
Red tomato 760g (4.47 whole)
Canned tomato 150g (0.63 can)
Dried tomatoes in pickle 80g (2 items)
Rocket 100g (5 handfuls)
Celeriac 80g (1.33 slices)
Celery 113g (2.5 stem)
Linseed 5g (1 tsp)
One-day carrot juice 600g (2 portions)
Lemon juice 19g (4.34 tsps, 1 Tbsp)
Dried spirulina 30g (1.43 Tbsps)
Frozen strawberry 100g (0.67 cup)
Coconut shreds 6g, (1 tsp)

Farianceous products

Rye bread 205g (1 slice, 4 portions)
Millet 25g
Millet flour 5g (0.5 Tbsps)
Coconut flour 5g
Oat flakes 35g (3.5 Tbsps)
Rice wafer 20g (1 portion)

Dairy products

Egg 750g (12.5 items)
Natural yoghurt 220g (1 portion, 3.5 Tbsp)
Semi-skimmed curd cheese 100g (0.5 packet)

Meat and fish

Pork belly 20g (2 slices)
Turkey breast 430g (1.08 pieces)
Chicken breast 500g (2.5 items)
Trout 150g
Beef sirloin 170 g (0.25 piece)
Poultry ham 60g (3 portions)
Atlantic salmon 400g (2 fillet)
Smoked salmon 50g (1.97 fillets)

Other

Hard/soft-boiled egg 180g (3 items)
Xylitol 10g (2 tsps)
Ground ginger 5g (2.5 tsps)
Honey 5g
Coconut milk 100g (10 Tbsps)
Canned coconut milk 150g (1 portion)
Rice milk 395g
Sunflower seeds 10g
Wine vinegar 6g (1 Tbsp)
Coconut oil 42g (3 tsps, 2.3 Tbsps)
Canola oil 5g (0.38 Tbsp)
Olive oil 157g (10.6 Tbsps, 1.25 tsps)
Button mushrooms 230g (6.5 items)
Millet flakes 30g (3 Tbsps)
Dried basil 8g (4 tsps)
Cooked buckwheat groats 215g (1 portion)
Cooked millet 300g (2 portions)
Cooked quinoa 180g (2 portions)
Water 100g (1 portion)

Calorie content of the products used in a diet



Products	Amount	Calories
Almonds 110g (3.67 Tbsp, 1 portion)	1 Tbsp (30g)	181
Salad mix 200g (3 portion)	80g	13,6
Sunflower seeds 30g (3 Tbsps)	1 Tbsp (10g)	60
Parsley sprig 8g (2 tsps)	1 tsp (4g)	2
Cucumber in brine 360g (6 items)	1 item (60g)	7
Walnut 65g (4.34 Tbsps)	1 Tbsp (10g)	65
Red sweet pepper 610g (2.63 item)	1 item (231g)	74
Pumpkin seeds 45g (0.14 cups, 2.5 Tbsp)	1 Tbsp (10g)	56
Parsley 80g (1 root)	1 root	28
Red tomato 760g (4.47 whole)	1 item (170g)	23
Canned tomato 150g (0.63 can)	1 can (200g)	56
Dried tomatoes in pickle 80 g (2 items)	1 item (40g)	162
Rocket 100 g (5 handfuls)	1 handful 20g	5
Celeriac 80g (1.33 slices)	1 slice (60g)	24
Celery 113g (2.5 stem)	1 stem (45g)	3
Linseed 5g (1 tsp)	1 tsp (4g)	18
One-day carrot juice 600g (2 portions)	1 cup (300g)	111
Lemon juice 19g (4.34 tsps, 1 Tbsp)	1 tsp (4g)	1
Dried spirulina 30g (1.43 Tbsps)	1 Tbsp (10g)	31
Frozen strawberry 100g (0.67 cups)	1 cup (150g)	60
Coconut shreds 6g, (1 tsp)	1 tsp (4g)	27
Bacon 20g (2 slices)	1 slice (10g)	30
Turkey breast 430g (1.08 pieces)	1 item (400g)	352
Chicken breast 500g (2.5 items)	1 item (250g)	302
Trout 150g	1 fillet (150g)	174
Beef sirloin 170 g (0.25 piece)	1 portion (170g)	223
Poultry ham 60g (3 portions)	1 portion (20g)	26

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
Atlantic salmon 400g (2 fillet)	1 fillet (200g)	284
Smoked salmon 50g (1.79 fillet)	1 fillet (28g)	45
Rye bread 205g (1 slice, 4 portions)	1 slice (40g)	104
Millet 25g	1 Tbsp (10g)	33,4
Millet flour 5g (0.5 Tbsp)	1 Tbsp (10g)	35,6
Coconut flour 5g	1 Tbsp (10g)	35,9
Oat flakes 35g (3.5 Tbsps)	1 Tbsp (10g)	36,6
Rice wafer 20g (1 portion)	1 portion (10g)	39,2
Boiled egg 750g (12.5 items)	1 item	84
Natural yoghurt 220g (1 portion, 3.5 Tbsp)	1 Tbsp (20g)	12,2
Semi-skimmed curd cheese 100g (0.5 packet)	1 packet (200g)	162
Pineapple 120g (0.73 piece)	1 portion (100g)	64
Avocado 200g (1.43 items)	1 item (130g)	208
Banana 200g (1.67 items)	1 item (120g)	107
Sweet potato 100g	1 item (100g)	76
Cooked red beet 180g (1.5 whole)	1 item (120g)	94
Zucchini 700g (1.17 items)	1 item (600g)	90
Raw garlic 7.5g (1.5 cloves)	1 clove (5g)	7,5
Dates 20g (4 items)	1 item (5g)	15
Apple 50g	1 item (140g)	73
Curly kale 80g (4 handfuls)	1 handful (20g)	6
Kiwi fruit 207g (3 items)	1 item (69g)	41
Dill 4g (1 tsp)	1 tsp (4g)	1
Raspberry 550g (1 portion)	100g	28
Frozen raspberry 100g	100g	42
Carrot 220g (2.75 items)	1 item (80g)	22

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 425 kcal	Scrambled eggs	<ul style="list-style-type: none"> • Egg 180g (3 items) • Button mushrooms 130g (6.5 items) • Coconut oil 4g (1 tsp) 	8 min 321 kcal, protein 24.2 g, carbohydrate 5.2 g, fat 20.2 g	
10:30 Brunch 213 kcal	Rafaello dessert	<ul style="list-style-type: none"> • Cooked millet 40g • Canned coconut milk 20g • Coconut oil 4g (1 tsp) • Coconut shreds 6g, (1 tsp) • Dates 20g (4 items) • Lemon juice 5g (1.67 tsps) 	10 min 213 kcal, protein 2.3 g, carbohydrate 25.3 g, fat 12.7 g	Blend all the ingredients to obtain a smooth cream, put it into a dish, sprinkle the top with the shreds and put it in the fridge for 12 hours.
13:00 Dinner 610 kcal	Oriental chicken	<ul style="list-style-type: none"> • Chicken breast 200g (1 item) • Raw garlic 5g (1 clove) • Lemon juice 5g (1.67 tsps) • Ground ginger 5g (2.5 tsps) • Pineapple 120g (0.73 piece) • Honey 5g • Wine vinegar 6g (1 Tbsp) • Lemon juice 6g (1 Tbsp) 	20 min 343 kcal, protein 44.7 g, carbohydrate 25.6 g, fat 4.2 g	Put the chicken strips in a bowl, add the ingredients of the marinade (salt, sweet pepper, grated garlic, 5g lemon juice, ginger). Mix and leave for half an hour or longer. Put the pieces of pineapple into the second bowl and add the rest of the ingredients of the marinade (honey, wine vinegar, 6g lemon juice). Set aside. Stew the chicken for about 20 minutes. Then put pineapple and marinade in a frying pan and simmer for 5 minutes. Add chicken, simmer for an additional 5 minutes.
		<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	
		<ul style="list-style-type: none"> • Cooked buckwheat groats 75g (1 portion) 	76.5 kcal, protein 2.85 g, carbohydrate 15.8 g, fat 0.68 g	
16:00 Afternoon snack 203 kcal		<ul style="list-style-type: none"> • Soaked almonds 35g 	2 min 203 kcal, protein 7.35 g, carbohydrate 7.35 g, fat 17.1 g	
19:00 Supper 365 kcal		<ul style="list-style-type: none"> • Rocket 40g (2 handfuls) 	10 kcal, protein 1.03 g, carbohydrate 1.46 g, fat 0.26 g	
		<ul style="list-style-type: none"> • Olive oil 10g (0.77 tsps) 	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 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"> • Rye bread 70g (1 portion) 	181 kcal, protein 5.95 g, carbohydrate 33.8 g, fat 2.31 g	
		<ul style="list-style-type: none"> • Semi-skimmed curd cheese 100g (0.5 packet) 	81 kcal, protein 10.4 g, carbohydrate 4.76 g, fat 2.27 g	

Day 2

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 452 kcal		• Rye bread 35g (1 portion)	90.6 kcal, protein 2.97 g, carbohydrate 16.9 g, fat 1.15 g	
		• Hard/soft-boiled egg 180g (3 items)	250 kcal, protein 22.5 g, carbohydrate 0 g, fat 17.5 g	
		• Avocado 50g (0.36 items)	80 kcal, protein 1 g, carbohydrate 4.26 g, fat 7.33 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 227 kcal	Rice milk coc tail	• Rice milk 125g • Almonds 15g (1 Tbsp) • Frozen raspberry 100g • Dried spirulina 10g	10 min 227 kcal, protein 9.85 g, carbohydrate 27.8 g, fat 8.05 g	
13:00 Dinner 626 kcal	Salmon baked in foil	• Atlantic salmon 200g (1 fillet) • Dill 4g (1 tsp) • Cooked red beet 180g (1.5 whole) • Cooked buckwheat groats 70g • Olive oil 10g (0.77 Tbsp)	15 min 626 kcal, protein 46.4 g, carbohydrate 24 g, fat 36.7 g	Bake salmon with dill. Add salt and pepper. Serve with beets and buckwheat groats topped with oil.
16:00 Afternoon snack 185 kcal		• Cucumber in brine 180g (3 items)	21.6 kcal, protein 0.9 g, carbohydrate 4.34 g, fat 0.54 g	
		• Walnut 25g (1.67 Tbsps)	164 kcal, protein 3.81 g, carbohydrate 3.43 g, fat 16.3 g	
19:00 Supper 340 kcal	Salad with baked sweet potato	• Sweet potato 100g • Olive oil 10g (0.77 Tbsp) • Raw garlic 2.5g (0.5 clove) • Lemon juice 3g (1 tsp) • Smoked salmon 50g (1.79 fillet) • Rocket 40g (2 handfuls) • Red sweet pepper 100g (0.43 item)	10 min 340 kcal, protein 9.95 g, carbohydrate 35.2 g, fat 15.5 g	Peel a sweet potato, dice, pour it over with olive oil and sprinkle with salt and pepper. Rub with pressed garlic and bake at 180°C for 20 minutes.

Day 3



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 414 kcal	Scrambled eggs	<ul style="list-style-type: none"> • Egg 180g (3 items) • Pork belly 10g (1 slice) • Red sweet pepper 100g (0.43 items) • Coconut oil 4g (1 tsp) 	8 min 414 kcal, protein 21.6 g, carbohydrate 6g, fat 30.1 g	
10:30 Brunch 207 kcal	Oat cookies	<ul style="list-style-type: none"> • Apple 50g • Oat flakes 35g (3.5 Tbsps) • Egg 30g (0.5 item) 	10 min 207 kcal, protein 7.1 g, carbohydrate 32.1 g, fat 4.8 g	Grate a small apple to get 50g mousse - stew in a pot. You may add cinnamon. Crack an egg into a cool mousse, add oat flakes and stir. Then form into balls the size of a walnut, then flatten. Cookies should be baked until light brown at 180°C for about 10-12 minutes.
13:00 Dinner 608 kcal	Stemaed trout	<ul style="list-style-type: none"> • Trout 150g • Cooked buckwheat groats 70g • Cucumber in brine 180g (3 items) • Dried tomatoes in pickle 40g (2 items) • Pumpkin seeds 10g (0.07 cup) • Olive oil 10g (0.77 Tbsp) 	15 min 608 kcal, protein 46.7 g, carbohydrate 28.5 g, fat 33.1 g	
16:00 Afternoon snack 198 kcal		• One-day carrot juice 300g (1 portion)	111 kcal, protein 1.2 g, carbohydrate 26.1 g, fat 0.3 g	
		• Soaked almonds 15g (1 Tbsp) Soak for at least 6 hours.	2 min 86.8 kcal, protein 3.15 g, carbohydrate 3.15 g, fat 7.35 g	
19:00 Supper 409 kcal		• Rice wafer 20g (1 portion)	78.4 kcal, protein 1.42 g, carbohydrate 16.2 g, fat 0.86 g	
		• Poultry ham 20g (1 portion)	27.8 kcal, protein 3.26 g, carbohydrate 0.67 g, fat 1.24 g	
		• Red sweet pepper 110g (0.48 item)	34.1 kcal, protein 1.09 g, carbohydrate 6.63 g, fat 0.33 g	
		• Rocket 20g (1 handful)	5 kcal, protein 0.52 g, carbohydrate 0.73 g, fat 0.13 g	
		• Pumpkin seeds 15g (1.5 tbsps)	83.8 kcal, protein 4.53 g, carbohydrate 1.61 g, fat 7.36 g	
		• Olive oil 10g (0.77 tbsps)	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g	
		• Natural yoghurt 150g (1 portion)	91.5 kcal, protein 5.21 g, carbohydrate 6.99 g, fat 4.88 g	

Day 4



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 420 kcal		• Rye bread 60g (2 portions)	155 kcal, protein 5.1 g, carbohydrate 29 g, fat 1.98 g	
		• Poultry ham 40g (2 portions)	55.6 kcal, protein 6.52 g, carbohydrate 1.34 g, fat 2.48 g	
		• Red sweet pepper 100g (0.43 items)	31 kcal, protein 0.99 g, carbohydrate 6.03 g, fat 0.3 g	
		• Coconut oil 20g (1.54 Tbsps)	178 kcal, protein 0 g, carbohydrate 0 g, fat 19.8 g	
10:30 Brunch 215 kcal	Rice milk cocktail	<ul style="list-style-type: none"> • Rice milk 100g • Curly kale 40g (2 handfuls) • Frozen strawberry 100g (0.67 cup) • Dried spirulina 10g (1.43 Tbsps) • Linseed 5g (1 tsp) • Almonds 10g (0.67 Tbsp) 	10 min 215 kcal, protein 10.3 g, carbohydrate 27 g, fat 7.7 g	
13:00 Dinner 591 kcal	Zucchini lecho	<ul style="list-style-type: none"> • Zucchini 150g (0.25 items) • Red sweet pepper 100g (0.43 item) • Red tomato 100g (0.59 whole) • Button mushrooms 100g • Parsley sprig 4g (1 tsp) • Beef sirloin 170 g (0.25 piece) • Olive oil 10g (0.77 Tbsp) • Cooked millet 40g • Sunflower seeds 30g (3 Tbsps) 	20 min 616 kcal, protein 50.3 g, carbohydrate 32.7 g, fat 30.8 g	Season with salt and pepper. Serve with cooked millet sprinkled with roasted sunflower seeds.
16:00 Afternoon snack 182 kcal		• Carrot 160g (2 items)	65.6 kcal, protein 1.49 g, carbohydrate 15.3 g, fat 0.38 g	
		• Celery 113g (2.5 stem)	18 kcal, protein 0.78 g, carbohydrate 3.34 g, fat 0.19 g	
		• Walnut 15g (1 tbsp)	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g	
19:00 Supper 393 kcal	Stew	<ul style="list-style-type: none"> • Canned tomato 150g (0.63 can) • Millet 25g • Pumpkin seeds 10g (1 Tbsp) • Dried basil 2g (1 tsp) • Turkey breast 80g (0.2 piece) • Olive oil 10g (0.77 Tbsps) 	10 min 393 kcal, protein 23 g, carbohydrate 24.4 g, fat 21.6 g	Cook the millet. Roast pumpkin seeds.

Day 5



Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 433 kcal	Omelette	<ul style="list-style-type: none"> • Egg 180g (3 items) • Coconut flour 5g • Millet flour 5g (0.5 Tbsp) • Avocado 50g (0.36 item) • Coconut oil 5g (0.38 Tbsp) 	8 min 433 kcal, protein 23.5 g, carbohydrate 8.8 g, fat 31.5 g	Fry the omelette and top with avocado.
10:30 Brunch 192 kcal		<ul style="list-style-type: none"> • Kiwi 207g (3 items) 	126 kcal, protein 2.36 g, carbohydrate 30.3 g, fat 1.08 g	
		<ul style="list-style-type: none"> • Walnut 10g (0.67 Tbsp) 	65.4 kcal, protein 1.52 g, carbohydrate 1.37 g, fat 6.52 g	
13:00 Dinner 604 kcal	Chicken curry	<ul style="list-style-type: none"> • Chicken breast 200g (1 item) • Canned coconut milk 80g • Canola oil 5g (0.38 Tbsp) 	20 min 442 kcal, protein 45.6 g, carbohydrate 2.24 g, fat 26 g	Marinade: coconut milk + curry, pepper, black pepper (to taste) - stir and add chopped chicken (chicken can be marinated the day before). Marinated meat should be prepared in canola oil.
		<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 10g (0.77 tbsp) 	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g	
16:00 Afternoon snack 111 kcal	Rice milk cocktail	<ul style="list-style-type: none"> • Rice milk 170g • Curly kale 40g (2 handfuls) • Dried spirulina 10g • Banana 80g (0.67 item) 	10 min 200 kcal, protein 8.1 g, carbohydrate 38.4 g, fat 0.7 g	
19:00 Supper 389 kcal	Zucchini cream soup	<ul style="list-style-type: none"> • Celeriac 150g (0.25 root) • Raw garlic 5g (0.5 clove) • Olive oil 4g (1 tsp) • Nigella 5g (1 tsp) • Cashew 30g (0.86 handful) 	10 min 287 kcal, protein 7.85 g, carbohydrate 26.9 g, fat 18.6 g	Cook the chickpeas. Chop the onion and glaze in canola oil. At the end add a chopped clove of garlic. Add spinach and thaw. Season with salt, pepper, and nutmeg. Mix with chickpeas.
		<ul style="list-style-type: none"> • Cooked quinoa 60g (1 portion) 	72 kcal, protein 2.64 g, carbohydrate 12.8 g, fat 1.14 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 6



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Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 418 kcal	Scrambled eggs	<ul style="list-style-type: none"> • Egg 180g (3 items) • Red tomato 150g (0.88 whole) • Pork belly 10g (1 slice) • Coconut oil 5g (0.38 Tbsp) 	8 min 418 kcal, protein 21.6 g, carbohydrate 4.5 g, fat 31.1 g	
10:30 Brunch 192 kcal		<ul style="list-style-type: none"> • Banana 120g (1 item) 	1107 kcal, protein 1.31 g, carbohydrate 27.4 g, fat 0.4 g	
		<ul style="list-style-type: none"> • Walnut 15g (1 tbsp) 	98.1 kcal, protein 2.28 g, carbohydrate 2.06 g, fat 9.78 g	
13:00 Dinner 586 kcal	Fish in tomatoes	<ul style="list-style-type: none"> • Atlantic salmon 200g (1 fillet) • Red tomato 170g (1 whole) • Parsley sprig 4g (1 tsp) 	10 min 452 kcal, protein 40.5 g, carbohydrate 6.1 g, fat 26.1 g	Put everything into a casserole. Add salt and pepper. Bake at 180°C for 30 min.
		<ul style="list-style-type: none"> • Cooked millet 90g (1 portion) 	89.1 kcal, protein 2.7 g, carbohydrate 18.4 g, fat 0.72 g	
		<ul style="list-style-type: none"> • Olive oil 5g (1.25 tps) 	44.2 kcal, protein 0 g, carbohydrate 0 g, fat 5 g	
16:00 Afternoon snack 208 kcal		<ul style="list-style-type: none"> • Raspberry 400g (1 portion) 	208 kcal, protein 4.8 g, carbohydrate 47.8 g, fat 2.6 g	
19:00 Supper 401 kcal	Chicken in tomato pesto	<ul style="list-style-type: none"> • Chicken breast 100g (0.5 item) • Dried tomatoes in pickle 40g • Sunflower seeds 10g • Dried basil 2g (1 tsp) • Cooked quinoa 70g 	10 min 452 kcal, protein 40.5 g, carbohydrate 6.1 g, fat 26.1 g	Blend dried tomatoes with sunflower seeds, add basil. Rub the fillet with pesto and bake it in the oven (at 180°C for 20 minutes). Serve with quinoa.
		<ul style="list-style-type: none"> • Salad mix 40g (1 portion) 	6.8 kcal, protein 0.56 g, carbohydrate 1.68 g, fat 0.08 g	
		<ul style="list-style-type: none"> • Olive oil 5g (0.38 tbsp) 	44.2 kcal, protein 0 g, carbohydrate 0 g, fat 5g	

Day 7

Meal	Dish	Ingredients (for 1 serve)	Information	Recipe
08:00 Breakfast 371 kcal		• Millet flakes 30g (3 Tbsps)	108 kcal, protein 3 g, carbohydrate 20.7 g, fat 1.2 g	
		• Almonds 20g (1 portion)	116 kcal, protein 4.23 g, carbohydrate 4.31 g, fat 9.99 g	
		• Water 100g (1 portion)	0 kcal, protein 0 g, carbohydrate 0 g, fat 0 g	
		• Avocado 100g (0.71 item)	160 kcal, protein 2 g, carbohydrate 8.53 g, fat 14.7 g	
		• Canned coconut milk 50g (1 portion)	98.5 kcal, protein 1 g, carbohydrate 1.4 g, fat 10.7 g	
10:30 Brunch 191 kcal	Millet pudding	<ul style="list-style-type: none"> • Cooked millet 90g • Raspberry 150g • Xylitol 10g (2 tsps) 	15 min 191 kcal, protein 4.2 g, carbohydrate 44.9 g, fat 0.72 g	Cook the millet until tender. Blend raspberries with xylitol. Put hot millet into a bowl. Put the ready pudding into the bowls and leave at room temperature until it cools down and then put it in the fridge.
13:00 Dinner 549 kcal	Turkey curry	<ul style="list-style-type: none"> • Turkey breast 250g (0.63 piece) • Zucchini 300g (0.5 item) • Coconut milk 100g (10 tbsps) • Olive oil 13g (1 tbsps) 	20 min 590 kcal, protein 55.5 g, carbohydrate 11 g, fat 32.5 g	Cut meat into strips, rub with a nutmeg, salt, pepper and curry, and put into a pot. Add a little water and coconut milk, simmer with zucchini for 20 min.
16:00 Afternoon snack 198 kcal		• One-day carrot juice 300g (1 portion)	111 kcal, protein 1.2 g, carbohydrate 26.1 g, fat 0.3 g	
		• SOAKED ALMONDS 15g (1 tbsps) Soak for at least 6 hours.	2 min 86.8 kcal, protein 3.15 g, carbohydrate 3.15 g, fat 7.35 g	
19:00 Supper 351 kcal		• Cooked millet 40g (1 portion)	39.6 kcal, protein 1.2 g, carbohydrate 8.2 g, fat 0.32 g	
		• Red tomato 340g (2 whole)	61.2 kcal, protein 2.99 g, carbohydrate 13.2 g, fat 0.68 g	
		• Turkey breast 100g (0.25 items)	157 kcal, protein 21.9 g, carbohydrate 0 g, fat 7.02 g	
		• Dried basil 2g (1 tsp)	4.66 kcal, protein 0.46 g, carbohydrate 0.96 g, fat 0.08 g	
		• Olive oil 10g (0.77 tbsps)	88.4 kcal, protein 0 g, carbohydrate 0 g, fat 10 g	