



Menu

Don't forget 2 cups of water for each meal

Breakfast:

Option 1:

Carbohydrates (choose 1)	Protein (can eat both)	Fat (choose 1)	Vegetables
1 slice of Whole wheat bread	150 grams of Greek yogurt	1/4 avocado	At least 2 kinds
1 slice of chapatti	2 eggs	Almond paste -1 tea spoon	

Option 2:

1 egg + 3 egg whites + turmeric + black pepper with onion, 2 tomatoes, spinach, mushrooms

(Fry with a little olive oil / avocado / coconut)

1 slice of whole wheat bread click [here](#) for recipe / sprouts bread with sugar-free almond paste

Option 3:

Berry Yogurt Smoothie:

Ingredients:

Quick oats (1-2 spoons)

150g Greek yogurt

1 tea spoon of Chia seeds

1/2 cup frozen mixed berries

Water if desired

Method : PLACE all ingredients into the blender

BLEND until smooth

Option 4: (Indian)

Breakfast:

1 cup of Sambar with 2 mini brown rice idli:

Check [here](#) the recipe



Snack:

Option 1:

5 walnuts (Not roasted) + a fruit¹

Option 2:

1 medium fruit (according to guidelines)

Option 3 :

Nuts (1 serving according to guidelines)

Option 4:

½ apple + 2 tbsp. unsweetened almond butter

Option 5:

½ cup raspberries + 2 tbsp. unsweetened cashew butter + cinnamon

Option 5:

30grams of cheese stick + 1/2 pear

Lunch:

Option 1:

Carbohydrates (choose one)	Fat (choose 1)	Protein	Vegetables (can choose all)
Quinoa/ wheat groats + green beans (see recipe)	1 spoon of Tahini Diluted with water For the sauce	150 grams of fish	Cooked
	2 spoons of olive oil		fresh
			baked

¹ Fruit with almonds or nuts - a sensible snack

Because fruits are a wonderful source of vitamins and minerals but also are also a source of simple sugars, so their glycemic value is high. In order to moderate the rise in sugar and maintain a balanced sugar level it is advisable to combine fruits with a fatty source such as nuts or almonds. By the way, fruit is not a dessert. Eating fruit at the end of the meal impairs digestion and therefore fruits should be eaten separately from the meal.



Quinoa/ wheat grouts and green beans

1 serving should be no more than 1/2 cup of cooked quinoa, (from the green beans you can eat more)

Ingredients:

1 cups quinoa/ 1 cup of wheat grouts before cooking

A handful of chopped parsley

A handful of chopped mint (not if you are breastfeeding)

1 package of frozen/fresh green beans

For the sauce:

Whole lemon juice

Crushed garlic clove

1/3 cup olive oil

Tablespoon sesame oil

Sesame

Preparation:

1. Cook the Quinoa and green beans according to the instructions on the bag
2. Cool the Quinoa and beans before adding the sauce
3. Mix all the sauce ingredients in a shaker until uniform
4. Add the sauce to the quinoa and beans
5. Sprinkle top with mint and parsley



Option 2:

Carbohydrates (choose one) 1/2 cup of cooked	Fat	Protein	Vegetables
Lentils	1 spoon of Tahini Diluted with water For the sauce	2 chicken breast units - palm-size (each one)	Stir fried (see recipe)
Quinoa	2 spoons of olive oil	2 chicken shanks (without the skin)	Antipasti (see recipe)
Brown rice		150 grams fish (see recipe)	
Whole wheat pasta			
Noodles			
Mashed potato			
Corn kernels			
Couscous			
Buckwheat			
Beans			
Peas			
1 baked potato			



Stir fried vegetables:

A cup of spinach

1/2 cup arugula

1/2 cup shiitake sautéed mushrooms

Half a cup of cabbage

Stir fry with 2 tablespoons of olive oil / avocado oil, add a tablespoon of apple cider vinegar, 1 teaspoon of mustard and paprika

Vegetables Antipasti:

Medium eggplant - peeled and cut into cubes

2 zucchini - washed and cut into finger-thick slices

1 red pepper - Drained of seeds and cut into wide strips

1 yellow pepper - Drained of seeds and cut into wide strips

6 large cloves of garlic - peeled and slightly crushed with a knife

2 carrots cut into small cubes

Teaspoon salt, teaspoon black pepper (or to taste)

Olive oil

Rosemary leaves

Preparation:

Preheat the oven to 220 degrees and prepare an oven pan with baking paper.

Spread the baking paper with olive oil and arrange all the vegetables in a uniform layer, each vegetable is placed in a certain place, do not mix the vegetables together.

Season the vegetables with a little olive oil, salt and pepper.

Place the vegetables in a hot oven at 200 degrees and bake for 25 minutes.

When the vegetables are soft they are ready, remove from the oven and place on the counter for 2-3 minutes.

Mix gently and transfer to a large serving plate.



Oven tilapia - 6 units

Ingredients:

6 Tilapia fillet (fresh or thawed)

Juice from a large whole lemon

A little Himalaya Coarse salt

Chopped celery stalk

One bell pepper cut into strips

Fish sauce:

1/4 teaspoon red paprika

A handful of finely chopped parsley / dried parsley

Crushed garlic clove

3 tablespoons olive oil

2 tablespoons water

Preparation:

1. Soak the fish in lemon juice for half an hour
2. After half an hour, wash the fish and dry
3. Preheat oven to 170 degrees
4. Mix all the sauce ingredients for the fish
5. Spread the fish on both sides and place strips of bell pepper and celery
6. Put in the oven for about 20 minutes. Avoid overcooking not to dry the fish

Option 3: (vegan)

Carbohydrates (choose one)	Fat (choose 1)	Protein (choose 1)	Vegetables (can choose all)
Green beans + 5 spoons of wheat groats/quinoa	1 spoon of Tahini Diluted with water For the sauce	Stir-fried tofu	Cooked
	2 spoons of olive oil	Gulsh Seiten	fresh
			baked



Barbecue marinade for tofu (vegetarian / vegan)

Ingredients:

1 Pack of tofu

A cup of soy sauce

1/4 cup of date Honey

1/2 cup smoked sauce (like HP)

2 cloves crushed garlic

Tablespoon of olive oil

Preparation method:

1. Mix all the ingredients
2. Cut the tofu into cubes
3. Soak the tofu in the sauce - the longer, the better
4. Fry in a pan with oil until browned
5. Add to salad, rice etc.



Sweet Seitan goulash:

Ingredients:

- 1 Seitan package
- 1 large onion or 2 medium onions cut into small cubes
- 3 cloves of garlic slices
- 4 diced tomatoes
- 1 tablespoon sugar-free tomato paste
- 3 carrots
- 2 large sweet potatoes
- 2 tablespoons ceylon
- Tablespoon of olive oil
- Salt and ground black pepper

Preparation:

1. Fry the onion in oil (You can add salt to make the onion release it's sweetness) until golden
 2. Add the sliced garlic
 3. Add the seitan and stir fried
 4. Add the tomatoes, puree, sesame seeds, salt, pepper
- In a glass, mix half a cup of water, the sauce ingredients (except the sweet potatoes and carrots) Until a uniform mixture is obtained
6. Add the sauce to the seitan
 7. Add the sweet potatoes and carrots
 8. Cook for about an hour until the vegetables are completely softened



Dinner:

Option 1:

1/2 cup of roasted broccoli with grilled chili

Baked fish with rosemary and olive oil

Roasted tomato

1 cup of pumpkin soup.

Option 2:

Nicoise salad - Vegetables salad with 2 tablespoon of fetta cheese + ½ box of tuna in water
cane+6 olives+3 table spoon of corn

Option 3:

12 small units of Sushi/8 big units of Sushi (not fried and not coated) + 1 tablespoon of
Teriyaki or soy + vegetable salad with salt and lemon.

Option 4:

3 tablespoons of oatmeal cooked in 1 disposable cup of milk (cow / almond / soybean) + 7
natural almonds + 1 teaspoon of honey

Option 5:

3 unites of sweet potato muffins (recipe) + vegetables salad



Sweet potato and basil muffins - 10 units

Ingredients:

2 medium sweet potatoes

3 eggs

1/2 cup whole wheat flour

Teaspoon baking powder

120 grams of Paneer cheese or soft tofu

120 grams of Dahi

Bundle of chopped basil leaves

1/4 cup of yellow grated cheese

salt and pepper

Preparation:

1. Cut the sweet potatoes into small cubes or coarsely chop in a food processor (not a must to cook)
2. In a bowl, mix the eggs, cheese, basil, baking powder and spices .Gradually add the flour to the mixture and mix well so that no lumps remain
3. Pour the mixture into a socket mold (fill 2/3 of the sockets because the mixture will swell).
4. Bake at 180 degrees for 30 minutes.



YOU ARE AMAZING!!!!!!!!!!!!!!

Good luck in the process and don't hesitate contacting me with any question, I am here for you!!

With Love
Dida