



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 spelt bread - suggested recipe	2 boiled eggs or omelet	1/4 avocado	At least 2 kinds
1 slice of chapatti	3 spoons of cottage cheese/ Paneer	Nut paste -1 tea spoon	

Option 2:

Coffee smoothie

Ingredients:

Ripe banana

Greek yogurt / quarter pack tofu

A teaspoon of granulated coffee

Teaspoon natural cocoa powder/1 tablespoon cocoa nibs

Vanilla extract

water

Lots of ice

A quarter cup of cold water

Instructions:

Place all ingredients in a blender and process until smooth. Serve immediately.



Option 3:

BLACK FOREST CHERRY CAKE SHAKE

Ingredients:

Greek yogurt / quarter pack tofu

1/3 cup frozen cherries

1/4 cup baby spinach

1/2 cup unsweetened almond milk

4 ice cubes

2 tablespoons chia seeds

1 tablespoon cocoa nibs (or unsweetened cocoa powder)

1/2 teaspoon almond or vanilla extract

Instructions:

Place all ingredients in a blender and process until smooth. Serve immediately.

Snack:

Option 1:

5 walnuts (Not roasted) + a fruit¹

Option 2:

Homemade frozen yogurt / soy freezer (Quantity 2 units) serving = 1 unit

Cup of natural yogurt (not% 0 /) Vegan soy yogurt

2 tablespoons Mix frozen berries / banana / any other fruit

Teaspoon of honey

6 pecan halves

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.



Instructions:

Grind in a blender all the ingredients, if you decide to use - fresh fruit, it is best to freeze the fruit before preparation. Once the dough becomes uniform transfer to 2 small containers. Freeze until completely unified.

Lunch:

Option 1:

Carbohydrates (choose one)	Fat (choose 1)	Protein (choose 1)	Vegetables (can choose all)
5 tablespoons whole rice / 3 Tablespoons basmati rice +2 Tablespoons cooked chickpeas	1 spoon of Tahini Diluted with water for the sauce	150 grams of fish (recipe below)	Dijon Asparagus (recipe below)
5 tablespoons of Legumes pasta in tomato sauce (recipe below)	5 olives	Tofu patties in a sweet sauce (recipe below)	Cooked
		Cauliflower Cuba (recipe below)	fresh

DIJON ASPARAGUS:

Yield: 2 Servings

* When shopping for asparagus, look for spears with firm tips that aren't mushy. The stalks should be firm and unwrinkled.

Ingredients:

1 tablespoon coconut oil

½ Kg asparagus, trimmed, cut into 1-inch/2.5cm pieces

1 tablespoon Dijon mustard

2 garlic cloves, minced

1/2 teaspoon honey.



Instructions:

Heat a large skillet over medium heat and add the coconut oil. Add the asparagus and cook 1-2 minutes, stirring often, until the asparagus begins to brown.

Reduce the heat to low and add the mustard, garlic, and 2 tablespoons of water. Cover and cook 1 minute until the asparagus is tender drizzle a little bit of honey. Serve immediately.

Turkey / beef / chicken / tofu patties in a sweet sauce:

For patties...

½ KG ground turkey/ soft tofu

2 large onions

Tablespoon of olive oil

2 tablespoons of thin oatmeal

1 medium carrot,

Salt and other favorite spices

For the sauce...

2 cloves finely chopped garlic

Teaspoon of olive oil

100 grams of tomato paste without added sugar

1/3 cup soy sauce

2 tablespoons honey

Spices

¾ cup of boiling water

preparation method:

Patties:

Cut the onion into tiny pieces and fry it with the olive oil until gilding.

Add to the meat / tofu mixture all the ingredients including the fried onion

And set it aside to absorb all the flavors.

Form flat patties, place on a baking paper, and bake on medium heat for about ten minutes on 180 degrees (to close the the patties and create a shell that will prevent them from sticking to the pot.)



The sauce:

In a large pot, anchor the chopped garlic cloves with a teaspoon of olive oil. Add honey, tomato paste, soy sauce and spices and mix well. Add the boiling water and bring to a boil.

Only after boiling!!! Put the baked patties in the pot and cook for about half an hour.

Cauliflower Cuba:

Boil one cauliflower, separate into flowers with a little salt and cook until soften....

When ready filter and refrigerate. then mash it until it becomes puree.

Transfer the puree to a cloth diaper and squeeze so that the water comes out (really important).

Return to the bowl and season with salt and pepper and a little turmeric for the color and one egg. Mix well and refrigerate for 15 minutes.

Filling:

Fry 1 chopped onion half a kilo of minced turkey or chicken. After it becomes brown add chopped mushrooms, salt and pepper, chopped coriander or parsley. When ready let cool.

Start making the cubes:

Spray with oil in a pan lined with baking paper.

Take a little of the cauliflower mixture and place on hand add a tablespoon of filling

And close it. At the end, spray all the cubes with a little oil.

Preheat oven to 180 degrees and put in and wait until it becomes brown. Turn it around

So it will be tan from both sides ...

Tomato sauce (which children also like for the legume pasta)

A large can of crushed tomatoes (500 grams)

A small tomato paste (100 grams)

3 cloves of crushed garlic

1 chopped dry onion

A handful of chopped basil leaves

Salt

pepper



oregano

Preparation:

Fry the onion until golden, add the garlic, fry lightly Add the tomatoes and mash add the spices to them (except the Basil)

Cook for about 15 minutes on low heat. After cooking add the basil and mix

Dinner:

Option 1:

Vegan Spinach Shakshuka

1 pack of Tofu cut into cubes

2 chopped garlic cloves

Half a pack of spinach

1 Tablespoon of olive oil

100 grams of tomato paste without added sugar / crushed tomatoes

Salt

pepper

How to prepare:

Fry the garlic cloves a little bit, add the spinach and cook together until the spinach reduces its height. Add the tomato paste / crushed tomato and mix well. Put in the tofu. Cook until the tofu softens.

Option 2:

Rice leaves Burekas:

Ingredients:

3 square rice leaves (22 cm).

The filling - 250 grams of cottage cheese

100 g Bulgarian / feta

2 handfuls of spinach

4/3 egg (the rest of the egg will be applied on top)

Salt and pepper.

How to prepare:

Mix together the cheeses, spices and egg.

Moisten the leaves and fill almost to the edge with a third of the mixture. Roll and close it. and place in a pan. Spread the egg on top and out in the oven in 180 degrees until browned.

Eat it with a detox green salad.



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