



## Menu

**Don't forget 2 cups of water for each meal**

### Breakfast:

#### (Low carbs meals)

#### **Avocado, Smoked Salmon and Soft Scrambled Egg Cauli "Toast"**

##### Option 1:

##### Ingredients

- 1/4 medium heat cauliflower, sliced lengthwise, core intact
- 1 tablespoon avocado oil
- a pinch of Himalayan sea salt
- a pinch of ground black pepper
- 2 eggs
- 1/4 avocados, thinly sliced
- 1 tomato, thinly sliced
- 100 grams of wild-caught smoked salmon
- ¼ teaspoon red pepper flakes

##### Directions:

Preheat the oven to 400F/ 200C and place the cauliflower steaks on a baking sheet. Drizzle with avocado oil, and ½ teaspoon of both salt and pepper.

Roast in the oven for 40 minutes.

When the cauliflower is nearly cooked (around the 30-minute mark), make your scrambled eggs. Add sea salt and black pepper. Build your loaded toast by adding a layer of avocado slices

to each cauliflower steak, followed by a layer of tomato. Add smoked salmon and top with soft scrambled egg. Sprinkle with red pepper flakes and serve immediately.

##### Option 2:

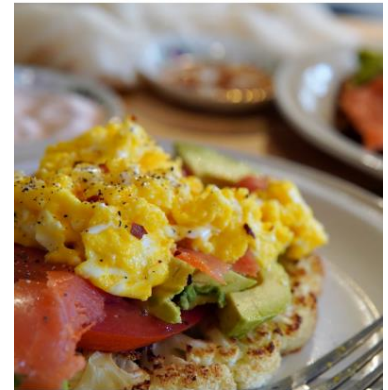
#### **GREENS AND LEEKS OMELET**

##### Ingredients

2 teaspoons olive oil

1/4 cup collard greens, kale and spinach, stemmed and finely chopped

1/4 cup finely chopped leek





1 tablespoon water

1/2 teaspoon each salt and freshly ground pepper

2-3 eggs

### Instructions

Heat the olive oil in a 12-inch non-stick skillet over medium heat. Add the greens, leeks, and 1 tablespoon water. Cover for 2 minutes. Cook, stirring occasionally, until the vegetables are tender, 2-4 minutes.

While the veggies are cooking, combine the eggs, salt, pepper, and water in a small bowl and whisk until lightly beaten. When the vegetables are tender, increase the heat to medium high for 1 minute.

Pour the eggs evenly over the veggies and allow to sit, undisturbed, for 1 minute.

Working gently, lift one half of the omelette and flip it over the other half. Cook for about 30 seconds and flip once to cook to desired doneness.

## Snack:

### Option 1:

5 walnuts (Not roasted) + a fruit<sup>1</sup>

### Option 2:

**1 serving of Chocolate mousse and berries:**

### Raw materials (for 4 servings):

- 1 can of coconut cream
- 125 grams of high-quality dark chocolate over 70% unsweetened
- 2 tablespoons jaggery/ honey/ dates pyrope
- 1 cup of berry mixture (about 100 g)



### Preparation:

- Place the chocolate in a medium bowl.
- Boil 125g of the liquids of the coconut cream - remove the Solid and use only the liquids
- Pour over the chocolate wait for 1 minute to melt the chocolate and mix well
- Cover with a plastic wrap and let the mixture cool well

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<sup>1</sup> 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.



- Put the solid of the coconut cream in a mixer and whisk together with 1 table spoon of the jaggery/ honey/ dates pyrope.
- Fold the cream created into the chocolate in a gentle way}
- Transfer for serving and stabilizing for about 5 hours in the refrigerator

## Berry

preparation:

- In a pan put the berries with a tablespoon jaggery/ honey/ dates pyrope

And reduce until a mixture has a texture of a jam

- Next to serving add a tablespoon of berries on top The mousse.

## Lunch:

### Option 1:

Carbohydrates (choose one)	Fat (choose 1)	Protein (choose 1)	Vegetables (can choose all)
	1 spoon of Tahini Diluted with water	2 Calves / legs / chickens	Cooked
	2 spoons of olive oil	Tofu in curry	fresh
			baked

### **Chicken with cauliflower:**

Calves / legs / chickens

1 chopped dry onion

1 large cauliflower separated for flowers (can be frozen)

3 tablespoons soy sauce

3 tablespoons red wine

A Tablespoon honey / Dates syrup

Salt

### **Preparation:**

Fry the onion until golden add the chicken and fry together

Add the cauliflower flowers

Mix the sauce ingredients into a uniform mixture and pour over the chicken and cauliflower

Cook for about 45 minutes on low heat.



### **Tofu in curry:**

A packet of tofu cut into cubes

2 cloves of crushed garlic

2 tablespoons curry powder / puree

Coconut liquid (up to 10%)

Broccoli and cauliflower inflorescences (you can use frozen)

Chili powder (for those who like spicy)

Green onions

Salt

pepper

### **How to prepare:**

In a hot pan, mix the curry puree with the coconut liquid and garlic, until it is completely melted.

Add the cauliflower and broccoli and sauté lightly

Add the tofu and chili cubes and cook together for about 20 minutes.

At the end of cooking add green onions on top.

## **Dinner:**

### **Option 1:**

- **1 serving of the soup and 1 small bowl of the beetroot salad**
- **You can add 1 boiled egg.**

### **Tom Ka Gai Soup (Thai Coconut and Chicken Soup):**

#### **Ingredients: (4 serving)**

2 cups chicken stock (or water with soup powder)

2 cups coconut milk

6 fresh or dried Glengel root coins (available at Far Eastern stores)

3 lemongrass stalks (bottom only), chopped

Chili peppers clean of seeds and sliced

Large onion coarsely chopped

Grated peel of two limes (or large lemon)



12 halved cherry tomatoes

2 shallots or one medium purple onion, cut into large cubes

A pack of very solid champignon mushrooms

Two chicken breast, clean and cut into bite-sized cubes

Tablespoon of fish sauce (Nam Fala)

Juice from two limes, or one lemon

Half a cup of coriander, coarsely chopped

Half a cup of green onions

**Preparation:**

1. Put the chicken stock, coconut milk, ginger root, lemon grass, chili, chopped onion and lime peel in a saucepan. Bring to a boil, reduce the heat and cook for 10 minutes.
2. Drain the flavours (roots, onion and peel) from the liquids while pressing and squeezing through a strainer.
3. Add the shallots, mushrooms and cherry tomatoes to the filtered soup and cook for 5 minutes.
4. Add the chicken cubes and cook for 8 minutes until done (not too much so that they do not dry out).
5. Add the fish sauce and lime or lemon juice. Taste and improve seasoning. If there is a lack of salinity, add fish sauce. If spiciness is lacking, add thin slices of chili pepper.
6. Add the chopped coriander and chopped green onions and serve

**Beetroot salad:**

Ingredients:

3 medium beets

1 onion cut into thin strips

1/2 cup chopped dill leaves

6 cloves of crushed garlic

1 whole lemon juice

2 tablespoons olive oil

1 teaspoon salt

1/2 teaspoon black pepper

A little nutmeg (optional)

**Instructions:**

Cut the edges of the beets and cook the beets in their skins in a pot of boiling water, until softened.



Strain, peel the beets and cut into small cubes. Transfer to a bowl.

Add the onion, dill and garlic to the bowl.

Squeeze the lemon, add the oil and spices, and mix.

It is recommended to leave the salad in the refrigerator for a few hours before serving, to absorb the flavours and to soften the onion.

### Option 2:

#### **2 boiled eggs or omelette and Cauliflower salad**

##### **Cauliflower and pomegranates salad:**

##### **Ingredients:**

1 decomposed cauliflower for flowers

½ a cup of pomegranates

Lemon juice and grated peel of 1/2 lemon

1 bunch finely chopped mint

Salt

Ground black pepper

##### **Preparation:**

Grind fresh cauliflower in a food processor to a crumbly texture. Put the cauliflower crumbs in a bowl and "cook" like couscous: Pour a glass of boiling water over the cauliflower and cover for 10 minutes until the water evaporates. Add pomegranates, lemon and mint and season.



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