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 corn tortilla here is the recipe. (about a palm size)	3 spoons of ricotta cheese	1/4 avocado or 2 spoons of Guacamole here is a nice recipe	At least 2 kinds
1 Banana	½ a cup of cooked edamame	1 spoon of Baba Ganush (see recipe)	

Baba Ganush:

Ingredients:

2 large eggplants

Half a cup of raw tahini (about 10 tablespoons)

1 clove crushed garlic

6 tablespoons lemon juice (freshly squeezed)

One third cup of water

Salt (* about a quarter-third of a teaspoon)

2 tablespoons chopped parsley

preparation method:

Slightly perforate the eggplant with a fork in several areas. Preheat oven to 220 C degrees and place the eggplant in its entirety (without greasing or seasoning) on the oven grid in the middle (it is recommended to put underneath the grid a pan, in order not to soil the oven from eggplant juices). Roast the two eggplants for 40-45 minutes until they are scorched and shredded (if you can easily stick a knife in the eggplant it means it is ready).

Run timer (40 min)

Meanwhile, prepare the tahini: Mix all the ingredients until smooth - raw tahini, garlic, lemon juice, water, salt and parsley. Once the eggplant is ready, carefully remove it from the oven and cool slightly. Cut the eggplant lengthwise, remove the eggplant flesh with a spoon and transfer to a bowl or deep plate (the peel should be discarded). Chop with a knife and mash with a fork. Add the tahini mixture and mix (it is recommended to add the tahini gradually according to the desired thickness and taste). Taste and adjust seasoning if needed.

* Keep in a closed box in the refrigerator. It is recommended to serve cold / at room temperature.

* Note: Those who want a smoky-burnt taste can light the eggplant directly over an open fire (instead of roasting in the oven) - place the whole eggplant directly on the stove (it is recommended to place a net and place the eggplant on it), medium-high flame, 7-8 minutes each Side, until the eggplant becomes soft from all directions. Cool and peel the eggplant (the disadvantage of this method is the stove dirt but the advantage is in the taste).

Option 2:

Pizza toast

Raw materials:

• A can of tuna in olive oil or water (well filtered)

• 2 green onion stalks

• 2 handfuls of fresh spinach leaves

• Whole egg

• A tablespoon of tahini

• Tomato sliced into rings

• 2 portobello mushrooms cut into slices

• Spices: a pinch of turmeric, a pinch of black pepper and a pinch of oregano

• 2 handfuls of detox green salad Here is the recipe.

Preparation:

Mix everything together into a batter (except the tomato and mushrooms),

Add spices and transfer to 2 sides of baking paper and before

Closing the paper Slice tomato rings and mushroom slices,

Transfer to a preheated toaster for 10 minutes

Option 3:

fried bread

Raw materials:

- 2 slices of bread (whole wheat Spelt flour)
- 2 eggs
- a teaspoon of coconut oil
- A quarter teaspoon of cinnamon
- 3-2 tablespoons of almond or coconut milk
- A tablespoon of dates syrup or honey
- 1 spoon of fresh berries
- 1 tablespoon of baking soda
- ¼ a teaspoon of cinnamon

Preparation:

In a non-stick pan with a tablespoon of coconut oil, fry 2 slices of bread

In a bowl, mix the egg with a tablespoon of baking soda and almond / coconut milk, add cinnamon and pour on the slices of fried bread. Fry for 2 minutes with matching lid (To close the steam) .

Place the slices of bread on a plate and sprinkle over fresh berries and cinnamon.

Snack:

Option 1:

5 walnuts (Not roasted) + a fruit[1]

[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.

Option 2:

Vegetables with 2-3 spoons of Red Tahini with a Twist deep:

Ingredients:

1 cucumber 1 red capsicum 2 celery sticks.

For the Red Tahini with Twist deep:

3 baked beetroots (without peel)

5 tablespoons raw tahini

Freshly squeezed lemon juice

3-4 tablespoons of water at room temperature

5-6 fresh garlic cloves

A handful of almond chips

A pinch of thick ground black pepper

A pinch of pink salt

Preparation:

Rinse and peel the beets and boil for 10 minutes.

Refrigerate under a stream of cold water and cut the beets into cubes.

In a manual blend, mix the raw materials together and season accordingly Add almond chips

Cut the vegetables for a Deeping sticks and deep them.

- Store the rest of the deep in a box in the refrigerator for up to 4-3 days.

Lunch:

Option 1:

Carbohydrates (choose one)	Fat (choose 1)	Protein (choose 1)	Vegetables (can choose all)
Wild rice with sweet potato cubes (3-5 spoons)	1 tablespoon of Artichoke and basil spread (see recipe)	Lettuce bowls filled with Ceviche Salmon (see recipe)	Pan Fried Brussels Sprouts (see recipe)
1/3 of the quantity of the Falafel patties baked in sauce Detox Green Tahini	1 tablespoon of Detox Green Tahini		Cooked
			fresh

Lettuce bowls filled with Ceviche Salmon

Raw materials:

150- 200 grams of thinly sliced salmon

3-4 lettuce leaves

4 green onion stalks

Red onion sliced into rings

A cucumber sliced to thin strips

Carrots cut into thin strips

Red capsicum cut into thin strips

Spices: a pinch of pink salt, ground black pepper

chopped fresh ginger

Preparation:

•Slice each lettuce leaf and place 50 grams of salmon, a stalk of green onions in the center

red onion rings, red capsicum, carrots and cucumber,

Season to taste and roll into a "roll"

•Tip: You can roast the salmon in a pan with coconut oil for 4-3 minutes only or leave it raw

The rawer the fish is, the more absorption of anti-inflammatory fat = omega 3

• You can make the same thing with red tuna or Dennis / Bass fillet

Artichoke and basil spread:

Raw materials:

5-6 artichoke hearts (canned or frozen after thawing)

2 tablespoons of coconut oil

Freshly squeezed lemon juice

A pinch of pink salt

A bunch of finely chopped basil

5-4 finely chopped mint leaves

3 tablespoons of almond or walnut chips

Preparation:

In a manual blender, mix the raw ingredients together and season.

Store in a box in the refrigerator until 3-4 days.

Pan Fried Brussels Sprouts:

Ingredients:

1 tablespoon olive oil

2 teaspoons crushed garlic

¼ white onion, chopped

1 (16 ounce/450 grams) package trimmed Brussels sprouts

salt and ground black pepper to taste

garlic powder to taste

Preparation:

Heat olive oil in a cast-iron skillet over medium heat until the oil shimmers, and cook garlic, stirring often, until golden brown and fragrant, about 3 minutes. Stir in onion and cook until soft, stirring often, about 5 minutes. Add Brussels sprouts to the skillet and cook without stirring until the undersides of the sprouts turn golden brown, 5 to 7 minutes. Stir to turn sprouts over, and cook

other sides until golden brown, another 5 to 7 minutes. Season with salt, black pepper, and garlic powder.

Wild rice with sweet potato cubes:

A cup of wild rice

2.5 cups of water

A Sweet potato unit

A tablespoon of coconut oil

Spices: a pinch of Pink salt, thick ground black pepper, a pinch of thyme and half a teaspoon of cinnamon.

Preparation:

Rinse the rice grains and strain well

In a saucepan with a tablespoon of coconut oil fry the rice for 3-2 minutes

Add 2.5 cups of water, spices and cook for 20 minutes with matching closed lid (do not open lid while cooking)

Sauté the sweet potatoes in boiling water for 12 minutes, strain the liquids and cool under a stream of cold water, cut into cubes.

Transfer the rice to a bowl and sprinkle with cubes of sweet potatoes and serve

Tip: Combining rice with Coconut oil reduces by 2/3 the amount of starch in it. Starch is a substance that attaches to liquids and prevents maximum absorption of food. Therefore, it is highly recommended to combine Coconut oil in any raw material starch is contained

Detox Green Tahini:

Raw materials:

4 tablespoons raw tahini

3-4 handfuls of green detox salad here is the recipe

A handful of spinach leaves

4-5 fresh basil leaves

Freshly squeezed lemon juice

¾ cup of water at room temperature

5-6 fresh garlic cloves

A handful of almond chips

A pinch of thick ground black pepper

A pinch of pink salt

Preparation:

In a manual blender, mix the raw materials together and season

Store in a box in the refrigerator until 3-4 days.

Falafel patties baked in sauce Detox Green Tahini

Raw materials:

250 grams of chickpeas

Peeled white onion

4-5 freshly crushed garlic cloves

3 handfuls of green detox salad Here is the recipe

3 tablespoons of oats

Spices: a pinch of Pink salt, thick ground black pepper, Turmeric, a teaspoon of red paprika

and mustard seeds.

Preparation:

The chickpeas should be soaked in water overnight. Grind the chickpeas together with the rest of the ingredients in a mixer until a uniform mass is formed.

Line a baking pan with a tablespoon of coconut oil. Pour and flatten patties on the surface.

Bake for 15 minutes at temp of 200 degrees.

Deep it in the Detox Green Tahini (recipe above)

Dinner:

Option 1:

Cauliflower pizza - the whole quantity

A bag of frozen cauliflower / whole cauliflower finely chopped in a food processor

1 Crushed garlic clove

2 tablespoons olive oil

A tablespoon of skin white cheese/paneer/ ricotta

1egg

Salt

oregano

Preparation:

Defrost (if you used the frozen one) and make sure the cauliflower flowers are completely dry (can be left for a few hours in a colander)

Mix the cauliflower flowers with the rest of the ingredients until uniform

Flatten the cauliflower dough on a baking sheet (not too thin)

Place in a preheated oven at 200 degrees for about 25 minutes

Remove the dough from the oven and sprinkle with a little bit Mozzarella cheese (you can add toppings like Olives, tomatoes, basil, pineapple, onions, etc) .

Return to the oven and bake for another 5-7 minutes

Option 2:

Stuffed mushrooms - the entire quantity:

Ingredients:

20 champignon mushrooms

A package of cottage / white cheese/ paneer (250 grams)

50 grams of feta / Bulgarian or any other salted cheese

50 grams of grated Mozzarella cheese

Salt

pepper

Herbs

Olive oil

Preparation:

Detach the mushroom legs so that there is room for the stuffing.

Put the mushroom legs, the cheeses, spices and herbs in a food processor.

Fill the mushrooms with the filling and sprinkle over the grated Mozzarella

Arrange on baking paper and bake at 180 degrees for about 15-10 minutes (until browned).

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

One more week to go!

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

With Love
Dida