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
3 spoons of quick oats	150 grams of Greek yogurt	1 teaspoon of Chia seeds + 1 teaspoon of sunflower seeds	At least 2 kinds
1 Quinoa toast	2 boiled eggs	1 teaspoon of unsweetened almond butter	
		2 teaspoons of Guacamole/pesto paste (see recipes bellow)	

Quinoa toast

Raw materials:

• A quarter cup of quinoa before cooking

• 3/4 cup boiling water

• Half a teaspoon of baking powder

• A pinch of pink salt

• a tablespoon of coconut oil

• A pinch of turmeric, black pepper cinnamon

Preparation:

• Soak a quarter cup of quinoa with 3/4 cup of boiling water for 15 minutes add half a teaspoon of baking powder, a quarter teaspoon of pink salt and spices, mix well using a hand mixer, pad a baking pan with a tablespoon of coconut oil and transfer the mixture for 20 minutes in the oven.

• It can be cocked between 2 baking sheets using a toaster oven for 20 minutes.

Option 2:

1/2 of the cabbage and carrot salad, 4 eggs whites+1egg and 1 slice of whole-wheat bread

Cabbage and carot salad:

Raw materials:

• White or red cabbage head

• 4 peeled carrots

• 2 teaspoons Heinz mustard

• 2 tablespoons olive oil

• Freshly squeezed lemon juice

• spices: A pinch of pink salt and thick ground black pepper

Preparation:

• The cabbage and carrots are cut into very thin strips it is possible with knife or in SLICER MAGIC. Transfer to a bowl and add Salt and pepper.

Option 3:

1/4 of the Guacamole salad+ 1 slice of the Quinoa toast+ 2 boiled eggs

Guacamole salad

Raw materials:

• 2 ripe avocados

• 2 soft tomatoes

• 1 white onion

• Freshly squeezed lemon juice

• 1 crushed garlic clove

• Unit of hot pepper (red or green)

• 3 tablespoons of green chopped leaves – parsley, mint, coriander

• spices: a pinch of pink salt, thick ground black pepper, You can add hot chili (for those who like hot)

Preparation:

• Finely chop the onion, spicy red pepper and tomatoes for small cubes, Peel and cut the avocado, Remove the seeds and place the avocado into a bowl, Mash well with a fork.

• Squeeze the lemon, add Chopped onion and finely crushed garlic and tomatoes, the greens and the finely chopped chili pepper, stir and squeeze using a fork, add the fresh lemon juice a pinch of pink salt, black pepper and mix well.

Option 4:

Green salad + omelet form 2 eggs, onion, mushrooms and spinach+ 1 teaspoon of homemade pesto paste (see recipe below) + 1 piece of whole wheat bread.

green salad:

Ingredients:

30gr of parsley

30gr of coriander

30gr of dill

Fresh lemon juice

Olive oil 1 tbsp

A little Himalayan salt

Pesto paste:

Raw materials:

• 2 cups fresh basil leaves

• Half a cup of macadamia nuts

• A quarter cup of pine nuts

• 5 cloves of fresh garlic

• Fresh lemon zest (lemon peel, one teaspoon)

• Juice from half a fresh lemon

• 3 tablespoons olive oil

• A pinch of thick ground black pepper

• A pinch of pink salt

Preparation:

In a blender, grind the raw materials

• Add spices and mix to combine

• Store in a box in the refrigerator

Up to 4-3 days

Snack:

Option 1:

1 carrot, 1 bell pepper + 1 cucumber + 2 spoons of Tahini paste/pesto paste/Guacamole

Option 2:

1 apple in the oven with 1 spoon of almond butter

Apples in the oven:

Ingredients (for 6 servings):

6 Grand Smith apples (pitted)

6 teaspoons cinnamon

Preparation:

Place the pitted apples in a pan lined with baking paper, In the center of the apples, drizzle the cinnamon. Place in a preheated oven at 180 degrees and bake for about 15 minutes, or until the apples are golden. Note: The longer we bake the apples, the softer they will be.

Option 3:

7 almonds (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.

Lunch:

Option 1:

Carbohydrates (choose one)	Fat (choose 1)	Protein	Vegetables (can choose all)
1 baked sweet potato	1 spoon of Tahini paste/Guacamole	150 grams of fish	Zucchini salad (no need to add fat)
1/2 a cup of cooked quinoa	2 spoons of olive oil	2 chicken breast units (palm size)	Fresh
1/2 a cup of cooked black beans	1 spoon of Pesto paste	150 grams of tofu	Baked

Zucchini salad

Row materials:

• 4 zucchinis peeled

• 2 tablespoons olive oil

• 4,3 crushed garlic cloves

• 3 handfuls of green- chopped parsley, mint leaves, dill and coriander

• 10 units of halved cherry tomatoes

• 1 purple onion sliced into thin rings

• A teaspoon of Heinz mustard

• Freshly squeezed lemon juice

• Spices: a pinch of pink salt, thick ground black pepper, You can add hot chili (for those who like spicy)

Preparation:

Peel the zucchini and cut into cubes, transfer to a Strips pan and fry for 5 minutes with a tablespoon of olive oil cover with a matching cover to close the steams and cool for 10 minutes. Transfer the zucchini cubes into a bowl and mix together with onion slices, garlic tomatoes and greens. Season with lemon juice, olive oil and the spices.

Option 2:

Green Salad With a twist

Raw materials:

• 2 cups of kale

• 2 cups of spinach

• 2 tablespoons mint

• 6,5 broccoli flowers

• 4 spoons of chopped parsley coriander and dill

• 1 teaspoon of coconut oil

• 1 tablespoon olive oil

• 1 teaspoon of honey

•Freshly squeezed lemon juice

• A pinch of pink salt, thick ground black pepper, you can add hot chili (for those who like hot)

• 150 grams of tofu or tuna in olive oil or water (well filtered)

Preparation:

In a bowl, mix the green leaves: spinach, kale, mint etc. Dip the broccoli flowers in boiling water for 8 to 7 minutes only, filter the liquids and cool under a stream of cold water add tofu cubes fried in coconut oil or the tuna, mix together - olive oil, lemon juice, honey and add a pinch of pink salt and black pepper

Option 3: (vegan):

Burgul (wheat groats) stew, black lentils And roasted sweet potatoes:

Row materials:

• A cup of black lentils

• A cup of burgul

• Sweet potato unit

• 3 handfuls of greens - chopped parsley, mint leaves, dill and coriander

• a teaspoon of olive oil

• Freshly squeezed lemon juice

•Spices: A pinch of pink salt, thick ground black pepper one teaspoon red paprika

• A tablespoon of slivered almonds

Preparation:

Peel the sweet potatoes and sauté for 12 minutes, cool under stream of cold water and slice into cubes. Cook the lentils and burgul (each separately) with a cover and in a ratio of 1: 2 infavor of water for 15 minutes and cool. In a bowl add the greens, half a cup of lentils and a half a cup of burgul along with diced sweet potatoes, season with olive oil,freshly squeezed lemon juice, sprinkle the slivered almonds and serve.

Dinner:

Option 1:

Niçoise salad with tuna, Green beans, egg and artichoke hearts:

Raw materials:

• A collection of lettuce, baby spinach and rocket leaves

• Cucumber

• 5 cherry tomatoes or half a unit Tomato

• 2 scallions or half red onion

• 2 handfuls of green beans (after evaporation of 6-5 minutes)

• 2 tablespoons tuna in olive oil or in water well filtered

• Hard-boiled egg

• 5 black olives

• Artichoke bottom unit cut into cubes (After evaporation for 7-6 minutes)

• a tablespoon of olive oil and lemon juice

•1 table spoon of slivered almonds

Preparation:

• In a large bowl, place the green leaf collection, add slices of cucumber, tomato, green onion, artichoke cubes, green beans and a sliced egg on top. add two tablespoons of tuna, add the olives.

• You can add a handful of sugar-free slivered almonds

Season with olive oil and lemon juice.

Option 2:

Akiko's oats option A: Cook 3 spoons of oatmeal with 1 chopped tomato, 1 stalk of leek, 1 cup of soy milk with a bit of soy sauce, black pepper and other spices according to your taste add the beaten egg on top.

Akiko's oats option B: Cook 3 spoons of oatmeal with 1 cup of soy milk with a bit of soy sauce, black pepper and other spices according to your taste add 80 grams of Feta cheese slice and chopped asparagus.

Option 3:

Orly's lentils salad: ½ of the salad is one serving

Raw materials:

Cauliflower 1 unit

1 cup of cooked lentils

Chopped Fresh coriander ½ cup

10 almonds or 8 cashews

- olive oil (1 teaspoon) for seasoning, and 1 teaspoon for the oven

-1 squeezed lemon juice

Preparation:

1. **roast in the oven the cauliflower** - Preheat the oven to 220 degrees and prepare an oven pan with baking paper. Spread the baking paper with a little bit of olive oil and arrange the cauliflower in a uniform layer, Season with a little bit olive oil, salt turmeric and pepper. Place the cauliflower in a hot oven at 200 degrees and bake for 25 minutes. When the Cauliflower is soft, it is ready, remove from the oven and place on the counter for 2-3 minutes.
2. Boil the lentils (according to the instruction on the package)
3. Mix together in a salad bowl; add fresh coriander and roasted nuts (I put almonds), you can roast it in the oven with the cauliflower. Add olive oil and lemon and mix.

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