Menu

Don't forget 2 cups of water for each meal

Breakfast:

Option 1:

Carrot and zucchini toast

Raw materials:

• 2 eggs

• Zucchini unit

• Half a unit of carrots

• 1 tablespoon raw clay

• 1 tablespoon coconut oil

• Spices: Turmeric, black pepper And basil

Preparation:

Mix all the ingredients and place between 2 sides of baking paper, transfer to a preheated toaster for 10 minutes.

Filling options: Spinach, kale or chard leaves of your choice Increasing Vitamin K, Chlorophyll and Iron

(You can make the same recipe with a tablespoon of oatmeal Instead of tahini, but make sure to include a small source of fat in your meal)

Add a side dish of vegetables salad.

Option 2:

Tuna toast with eggplant

Raw materials:

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

• Whole egg

• A quarter of roasted eggplant

• 2 cloves of crushed garlic

• 1 tablespoon raw tahini/almond butter

• spices: a pinch of turmeric and thick ground black pepper

Preparation:

Mix all the ingredients and place between 2 sides of baking paper, transfer to a preheated toaster for 10 minutes

Filling options: spinach leaves, kale or chard of your choice (to increase Vitamin K, chlorophyll and iron)

(You can make the same recipe with a tablespoon of oatmeal Instead of tahini, but make sure to include a small source of fat in your meal)

Add a side dish of vegetables salad.

Snack:

Option 1:

Berry ice cream

Raw materials:

• 2 cups frozen berries (of any kind)

• 2 tablespoons agave syrup (20 g)/ date's honey

• 3 tablespoons almond chips (30 g) (optional)

• 1/4 cup of pure coconut water (50 g)

• 3/4 cup water (150 g)

Option: It is possible to add half a fresh and soft avocado for the entire quantity to create thickness.

Preparation:

• In a food processor mix all the raw ingredients.

Mix until smooth.

• Transfer the mixture to a serving dish,

Put in the freezer for two hours and mix every 1/2 an hour to maintain an airy texture

• It is recommended to take out the ice cream for 5 minutes Before serving from the freezer.

• it is also possible to eat the ice cream before frizzing – it will have a mousse texture.

Option 2:

Plum smoothie with lemon:

Raw materials:

• A cup of water

• 1/4 cup coconut or almond milk

• 1/2 cup green tea (after cooling)

• 3 plums (granular)

• scraping of half a lemon peel

• 1/2 teaspoon Chia

• 5 unroasted and salt-free almonds

• Ice cubes

Tip: Booster of vitamin C, vitamin A, calcium and potassium

Lunch:

Option 1 (eat half a portion):

Chicken breast stuffed with spinach leaves, mushrooms and greens

Raw materials:

• 200 grams of chicken breast

• 4 cups of fresh spinach leaves or frozen

• 2 units of red capsicum

• 2 green capsicum units

• Tomato

• Onion

• 1 package of champignon mushrooms

• Heinz mustard

• 2 tablespoons coconut oil/olive

• Spices: a pinch of pink salt, thick ground black pepper, a teaspoon of Ras al hanut or cumin, half a teaspoon of curry

Preparation:

• Preheat the oven to a temperature of 180 degrees

• Slice the chicken breast pieces on a cutting board and spread pesto spread on top (look for the recipe on menu 2) Mustard and on top place fresh spinach leaves, tomato slices, strips of gamba or onion and chopped mushrooms.

• Roll each piece and close with a toothpick.

• Grease a baking pan with 2 tablespoons of coconut/olive oil and place the pieces side by side, add spices and roast for 10 minutes at 180 degrees, raise the temperature to 210 degrees and roast for 5 more minutes

Add vegetables salad and 3 table spoons of carbs (refer to menu1 for options)

Option 2 (vegetarian)- (eat half a portion)

Cabbage stuffed with Quinoa and lentils:

Row materials:

• White cabbage head

• 2 chopped onions

• 6-7 cloves of crushed garlic

• 5 handfuls of greens – Parsley, coriander, dill

• A cup of quinoa

• A cup of black lentils

• 4 glasses of water

• 2 tablespoons coconut oil

• 3 soft tomatoes

• Spices - a pinch of pink salt,thick ground black pepper, a teaspoon of chili or red or hot paprika

Preparation:

• Cook the quinoa and lentils in boiling water and in a ratio of 2: 1 (In favor of water) without salt (for 10 minutes) each separately.

combine them together with the chopped vegetables: Tomato slices, garlic cloves, greens, onion and spices.

Mix well and cook for another 5 minutes, turn off the heat and let it cool for 10 more minutes.

• Filling the cabbage leaves: Flatten each leaf and fill 2 tablespoons in the center From the mixture, fold and close the leaf.

Grease a baking pan with 2 tablespoons of coconut oil and place the the leaves side by side and bake for only 10 minutes at a temperature of 180 degrees.

- Add a vegetables salad.

Option 3:

Akiko's Red snapper:

Row materials:

1 piece of red snapper fish

Few slices of ginger

1 shredded leek

1 tablespoon of soy sauce

1 tablespoon of sesame oil

Preparation:

Put the fish in a heat proof container placed in a large pot. (see the photos below)

Put some slices of ginger, shredded leek, a table spoon of soy sauce, a bit of sesame oil on the fish. And STEAM!!

- Add a vegetables salad.

Option 4:

Valeria's chicken balls:

Row materials:

250 grams of minced chicken

1-2 tablespoons of Chia seeds

Spices and herbs according to taste

Preparation:

Mix the minced chicken the seeds a pic of salt and other spices, make small balls, and place in the oven 160 c (time according to the size), I prefer small so also my baby can eat them, 15 minutes and ready!

- Add - yellow and red peppers in the oven (olive oil salt and herbs) and steamed broccoli .

Dinner:

Option 1: Pizza toast with Cauliflower salad

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 greens – parsley, coriander,dill

Preparation:

Mix everything together (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.

Cauliflower salad: (half a dish)

Raw materials:

• Cauliflower head

• 4 handfuls of greens – coriander, parsley, dill

• Freshly squeezed lemon juice

• Red onion unit

• Chopped mint leaves

• 12 Kalamata olives (without pits)

• a tablespoon of olive oil

• 1 red bellpepper

• Spices: a pinch of pink salt, thick ground black pepper,

You can add hot chili (for those who like hot)

Preparation:

• Wash the cauliflower and put in the food processor for fine grinding and transfer to a bowl

• Add the greens, the onion rings, bellpepper strips and season with olive oil and lemon juice.

• add on top the chopped mint leaves and the olives

Option 2:

Chiara's roasted Salmon in the oven:

Row materials:

1 piece of frozen salmon steak

1 teaspoon of chopped parsley

A slice of lemon

A little bit of olive oil

1 teaspoon of capers

2 squeezed garlic cloves

Salt

Preheat the oven to 200 degrees and remove 1 frozen fillet from it's package and rinse it over cold water just until the pieces of ice melt of.

Dry the salmon with paper towel and brush each side with some olive oil.

Put the fillet into a pan (already brushed with olive oil too) and season the fish. You can use any herbs or spices you like. Suggestion - Fresh parsley, capers, salt a slice of lemon and squeezed garlic.

Cover the baking dish tightly with aluminum foil and cook it for 10 minutes. Uncover the salmon and bake it for another 25 minutes.

Option 3:

Sachico's Japanese hot pot: (eat 1 soup bowl)

Row materials:

1 package of shiitake mushroom

1 bowl of Baby spinach

1 bowl of cut carrot and cabbage

1 package of kelp

500 grams of chicken or tofu (we will use chicken or tofu although the original recipe is with meat)

Soya souse, lemon juice and chili according to taste

Preparation:

Cook veggies and meat in kelp and shiitake mushroom broth on the table as you eat. We have this once a week in winter time. Eat with soya sauce or fish sauce, lemon juice and chili oil. You can also add tahini.

- Add a side dish of whole rice.

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

1 more week to go!

don't hesitate contacting me with any question, I am here for you!!

With Love
Dida