

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/1cup
water+ squeezed lemon juice +
grated ginger + 1/2 tsp cayenne pepper
Green tea/Matcha tea: 1 cup
Optional: 1 Espresso
(after 1 hr-green/matcha tea)
Scrambled eggs: 2 large
Olive/Avocado organic oil: 10 ml
Avocado: 1 small pcs
Proteic/Wholemeal bread: 1 slice
Tomato: 1 large
Taste spices: Salt/Pepper/Rosemary
/Basil/Oregano/Thyme/Turmeric/
Parsley/Garlic
Turmeric tea: 1 tsp/1 cup

LUNCH

Sesame Chicken Stir-Fry:
-Chicken: 100 g
-Brown rice: 80 g
-Bell pepper: 1/2 medium
-Green onion: 1 medium
-Garlic: 1 clove
-Sriracha sour: 1 tbsp
-Honey: 1 tsp
-Sesame/Olive/Avocado oil: 1 tsp
-Toasted sesame seeds: 1 tbsp
Optional: 1 Espresso

SNACKS

Consumed: with one of the meals
Raw pumpkin seeds: 10 g
Orange: 1 piece

DINNER

SBeef with Broccoli Salad:
-Beef: 80 g
-Broccoli: 1/2 cup chopped
-Butter/Olive oil: 10 g/10 ml
-Garlic: 1 clove
-Sliced green onions: 1 ounce
-Juice on 1/2 lime
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice +
ginger+ 1/2 tsp cayenne pepper
Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-green/
matcha tea)
Loaded Sweet Potato Avocado Toast:
-Proteic/Wholemeal bread: 1 slice
-Avocado: 1 small
-Cubed sweet potato: 50 g
-Squeezed lemon juice
-Olive/Avocado organic oil: 10 ml
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Banana: 1 small

LUNCH

Chicken Red Plum Salad:
-Chicken breast: 100 g
-Olive/Avocado Oil: 10 ml
-Plums: 1 medium
-Scallions: 1 ounce
-Baby arugula: 1 cup
-Roasted almonds chopped: 10 g
Optional: 1 Espresso

DINNER

Baked Salmon:
-Large salmon fillet: 1 ounce (120 g/150 g)
-Lemons thinly sliced: 2 pcs
-Butter melted: 1/2 tbsp
-Honey: 1 tbsp (15 g)
-Garlic: 1 clove
-Chopped thyme leaves: 1 tsp
-Dried oregano: 1 tsp
-Chopped fresh parsley
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice
+ ginger+ 1/2 tsp cayenne pepper
Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-green/
matcha tea)
Raspberry Smoothie Bool:
-Raspberry: 50 g
-Peeled cooked beet: 50 g
-Unsweeted almond milk: 100 ml
-Assorted forest fruits: 50 g
-Chopped almonds: 10 g
-Coconut flakes: 1 tsp
-Organic cinnamon: 1 tsp
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Kiwi: 1 piece

LUNCH

Spaghetti Carbonara:
-Gluten free wholemeal/Lentil
pasta: 80 g
- Large eggs: 1 large
-Chicken breast: 100 g
-Minced cloves garlic: 1 piece
-Freshly grated parmesan: 10 g
-Olive/Avocado organic oil: 10 ml
-Freshly chopped parsley
-Flaky sea salt/ground black
pepper Optional: 1 Espresso

DINNER

Chicken and Snap Peas Stir Fry:
-Chicken breast: 100 g
-Olive/Avocado organic oil: 2 tsp
-Sliced green onions: 1 ounce
-Sliced red bell pepper: 1/2 medium
-Snap peas: 100 g
-Sesame seeds: 1 tbsp
-Sriracha: 1 tsp
-Cider vinegar: 1 tbsp
-Taste spices:
Salt/Pepper/Rosemary/Basil/Oregano
/Thyme/Turmeric/Parsley/Garlic
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup before
bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/1cup
water+ squeezed lemon juice + ginger
+ 1/2 tsp cayenne pepper

Green tea/Matcha tea: 1 cup

Optional: 1 Espresso (after 1 hr-green/
matcha tea)

Slow-Cooker Blueberry Oatmeal:

-Unsalted butter: 2 tsp

-Unsweetened almond/
coconut milk: 100 ml

-Water: 1/2 cup (100-150ml)

-Organic gluten-free oats: 40 g

-Stevia/Honey: 1 tbsp

-Vanilla extract: 2 tsp

-Frozen blueberries: 70 g

-Organic cinnamon powder: 2 tsp

-Shredded coconut: 1 tsp

Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals

Chia Pudding:

-Organic chia seeds: 2 tbsp

-Unsweetened Almond/Coconut milk: 1 cup

-Organic cacao powder: 2 tsp

-Organic peanut butter: 1 tsp

-Psyllium husk powder: 1 tsp

-Stevia: 2 tsp

-Mango: 1/2 medium

LUNCH

Tomato Salad with Turkey and
Grilled Halloumi:

-Tomatoes: 150 g

-Turkey breast: 100 g

-Avocado/Olive organic oil: 10 ml

-Halloumi cheese: 20 g

-Lemon: 1 medium

-Fresh basil: 5 leaves

-Flaky salt and freshly
ground pepper

Optional: 1 Espresso

DINNER

Lemon Garlic Shrimp:

-Shrimps peeled and deveined: 100 g

-Unsalted butter: 2 tsp

-Avocado/Olive organic oil: 1 tsp

-Lemon thinly sliced: 1 medium

-Fresh lemon juice: 1 medium

-Garlic: 1-2 cloves minced

-Crushed red pepper flakes: 1 tsp

-Water: 2 tbsp

-Freshly chopped parsley

ACV: 2 tbsp/1 cup water

Ashwaganda tea: 1 tsp/1 cup before
bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne pepper
Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-green
/matcha tea) Shakshuka:
-Eggs: 2 large
-Avocado/Olive organic oil: 1 tsp
-Onion sliced: 1 small
-Bell peppers sliced: 1/2 medium
-Garlic: 1 clove minced
-Crushed tomatoes: 1 small can
-Cumin: 1 tsp
-Paprika: 1 tsp
-Coriander: 1/2 tsp
-Crumbled feta: 20 g
-Red pepper flakes: 1/2 tsp
-Salt/Pepper
-Freshly chopped parsley
-Wholemeal bread: 1 slice
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Blueberries: 50 g

LUNCH

Roasted Cauliflower Salad with
Chicken:
-Cauliflower: 1/2 medium
-Avocado/Olive organic oil: 1 tbsp
-Cider vinegar: 1 tbsp
-Sliced green onions: 1 ounce
-Chicken breast: 100 g
-Golden raisins: 1 tsp
-Dried cranberries: 1 tsp
-Baby arugula: 1 cup
Taste spices: Salt/Pepper/
Rosemary/Basil/
Oregano/Thyme/Turmeric/
Parsley/Garlic
Optional: 1 Espresso

DINNER

Grilled Steak Tortilla Salad:
-Skirt steak: 80 g
-Chili powder: 1 tsp
-Cherry tomatoes cut into pieces:
1 cup
-Sliced green onions: 1 medium
-Jalapeño thinly sliced: 1 medium
-Arugula: 1/2 bunch
-Fresh cilantro
-Fresh lime juice: 1 tbsp
-Wholemeal tortilla: 1 piece
-Salt/Pepper
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup before
bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp
cayenne pepper
Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-green
/matcha tea)
Avocado Egg Toast:
-Eggs: 1 large
-Avocado/Olive organic oil: 1 tsp
-Avocado: 1 small
-Kale leaves: 4 pcs
-Proteic/Wholemeal bread: 1 slice
-Chicken ham: 2 slices
-Squeezed lemon juice: 1/2 lemon
-Taste spices: Salt/Pepper/Rosemary/
Basil/Oregano/Thyme/Turmeric/
Parsley/Garlic
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Grapes: 60 g

LUNCH

Curried Chicken Salad:
-Chicken breast: 100 g cut into cubes
-Carrot: 1 medium shredded
-Stalks celery: 2 tbsp thinly sliced
-Cashews: 15 g chopped
-Freshly chopped cilantro
-Raisins: 1 tsp
-Greek yogurt: 1 cup
-Squeezed lemon juice: 1/2 lemon
-Curry powder: 1 tsp
-Honey: 1 tsp
-Salt/Pepper
Optional: 1 Espresso

DINNER

Greek Salmon:
Large salmon fillet: 1 ounce (120 g/150 g)
-Avocado/Olive organic oil: 10 ml
-Squeezed lemon juice: 1 medium
-Garlic: 1 clove minced
-Dried oregano: 1 tsp
-Red pepper flakes: 1/2 tsp
-Feta: 20 g cubed
-Cherry tomatoes cut into pieces:
1 cup -Olives: 50 g
-Persian cucumber: 1/2 medium
-Red onion: 1/2 medium sliced
-Chopped dill: 1 tbsp
-Lemon: 1 medium thinly sliced
-Salt/Pepper
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup before
bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice +
grated ginger + 1/2 tsp cayenne
pepper

Green tea/Matcha tea: 1 cup

Optional: 1 Espresso (after 1 hr-
green/matcha tea)

Green Smoothie Bowl:

-Spinach: 2 cups

-Avocado: 1/2 medium

-Kiwi: 1 medium frozen

-Chia seeds: 1 tbsp

-Unsweeted almond milk: 100 ml

-Stevia: 1 tsp

-Raw pumpkin seeds: 10 g

Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals

Sugar-free biscuits: 1 large

LUNCH

Spaghetti with Lemon-Arugula and
Prosciutto:

-Gluten free wholemeal/Lentil pasta:
80 g

-Squeezed lemon juice: 1 medium

-Butter: 1 tbsp

-Freshly grated parmesan: 20 g

-Prosciutto: 60 g

-Baby arugula: 1 cup

-Crushed red pepper flakes: 1 tsp

-Lemon: 1 medium thinly sliced

Taste spices:

Salt/Pepper/Rosemary/Basil/Oregano/
Thyme/Turmeric/Parsley/Garlic

Optional: 1 Espresso

DINNER

Chicken Fajitas:

-Chicken breast: 100 g

-Avocado/Olive organic oil: 2 tsp

-Squeezed lemon juice: 1 medium

-Cumin: 1 tsp

-Bell pepper: 1 medium thinly sliced

-Fresh onion: 1/2 medium

-Organic sesame seeds: 1 tbsp

Taste spices:

Salt/Pepper/Rosemary/Basil/Oregano/
/Thyme/Turmeric/Parsley/Garlic

ACV: 2 tbsp/1 cup water

Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne
pepper
Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-green
/matcha tea)
Cinnamon Roll Oatmeal with
Banana and Peanut Butter:
-Organic gluten-free oats: 40 g
-Unsweeted almond/coconut
milk: 150 ml
-Water: 1/2 cup (100-150ml)
-Stevia/Honey: 1 tsp
-Vanilla extract: 2 tsp
-Banana: 1 small
-Organic cinnamon powder: 1 tbsp
-Organic cacao powder: 1 tsp
-Chopped raw caju nuts: 10 g
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Apple: 1 small

LUNCH

Beef with Beet, Mushroom and
Avocado Salad:-Beef: 80 g
-Precooked beet: 50 g chopped
-Portobello mushrooms: 50 g
-Avocado: 1 small chopped
-Fresh shallot: 1/2 small chopped
-Fresh baby kale: 3 leaves chopped
-Whole wheat matzo: 1 slice crushed
into bite-size pcs
-Avocado/Olive organic oil: 2 tsp
-Squeezed lemon juice: 1/2 medium
Taste spices:
Salt/Pepper/Rosemary/Basil/Oregano
/Thyme/Turmeric/Parsley/Garlic
Optional: 1 Espresso

DINNER

Shrimp Stir Fry:
-Shrimps peeled and deveined: 100 g
-Avocado/Olive organic oil: 1 tbsp
-Broccoli: 1/2 small chopped
-Sugar snap peas: 50 g
-Bell pepper: 1/2 medium thinly sliced
-Garlic: 1 clove minced
-Ginger: 1 tsp minced
-Low-sodium soy sauce: 1 tbsp
-Sesame seeds: 1 tsp
-Squeezed lemon juice: 1/2 medium
-Red pepper flakes: 1 tsp
-Kosher salt: 1 tsp
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp
/1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne
pepper Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr
-green/matcha tea) Egg Omlette:
-Eggs: 2 large
-Butter: 1 tbsp
-Mozzarella: 15 g
-Green onion: 1 small
-Avocado: 1 small
-Cherry tomatoes cut into pieces:
1 cup -Chicken ham: 3 slices
-Proteic/Wholemeal bread: 1 slice
Taste spices: Salt/Pepper/Rosemary
/Basil/Oregano/Thyme/Turmeric
/Parsley/Garlic
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Banana: 1 medium

LUNCH

Broccoli Salad with Turkey and Sweet
Potato:
-Turkey breast: 100 g
-Sweet potato: 50 g
-Avocado/Olive organic oil: 10 ml
-Fresh broccoli: 1/2 cup chopped
Taste spices:
Salt/Pepper/Rosemary/Basil/
Oregano/Thyme/Turmeric/
Parsley/Garlic
Optional: 1 Espresso

DINNER

Tuna Salad:
-Natural tuna fish: 1 can
-Mixed salad: 1 cup
-Greek yogurt: 1 small container
-Red onion: 1/2 medium
-Carrots: 1 small
-Squeezed lemon juice: 1/2 medium
-Sesame seeds: 1 tsp
Taste spices:
Salt/Pepper/Rosemary/Basil/Oregano
/Thyme/Turmeric/Parsley/Garlic
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne
pepper

Green tea/Matcha tea: 1 cup

Optional: 1 Espresso (after
1 hr-green/matcha tea)

Green Jaffle Toast:

-Proteic/Wholemeal bread: 1 slice

-Avocado: 1 small

-Chicken ham: 3 slices

-Butter: 2 tsp softened

-Goat cheese: 15 g

-Fresh lettuce: 4 leaves

-Fresh jalapeño: 1/2 medium
finely chopped

Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals

Chia Pudding:

-Organic chia seeds: 1 tbsp

-Unsweetened Almond/Coconut milk:
1 cup

-Psyllium husk powder: 1 tsp

-Stevia: 2 tsp

-Vanilla extract: 1 tsp

-Mango: 1/2 medium

LUNCH

Arugula-Kale Harvest Salad with Chicken:

-Fresh arugula leaves: 1 cup

-Fresh kale leaves: 1 cup chopped

-Carrots: 1 small chopped

-Chopped cooked butternut squash: 1
cup chopped

-Bell pepper: 1/2 medium sliced

-Prosciutto: 50 g

-Croutons: 1 small pack

-Dijon mustard: 1 tbsp

-Squeezed lemon juice: 1/2 medium

-Fresh shallot: 1/2 medium chopped

-Vinegar cider: 1 tbsp

Taste spices:

Salt/Pepper/Rosemary/Basil/Oregano

/Thyme/Turmeric/Parsley/Garlic

Optional: 1 Espresso

DINNER

Broiled Salmon with Asparagus:

-Large salmon fillet: 1 ounce (120 g/150 g)

-Avocado/Olive organic oil: 2 tsp

-Fresh asparagus: 10 spears

-Grainy mustard: 1 tsp

-Garlic: 1 clove minced

-Fresh thyme leaves: 2 tsp chopped

-Fresh rosemary leaves : 2 tsp chopped

-Squeezed lemon juice: 1/2 medium

-Salt/pepper

-Lemon: 1/2 medium slices

ACV: 2 tbsp/1 cup water

Ashwaganda tea: 1 tsp/1 cup

before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp
/1cup water+ squeezed lemon
juice + grated ginger + 1/2 tsp
cayenne pepper

Green tea/Matcha tea: 1 cup

Optional: 1 Espresso (after 1 hr-
green/matcha tea)

Superfruit Smoothie:

-Frozen cherries: 1 cup

-Kiwi: 1 medium peeled and
chopped

-Unsweetened almond milk: 1 cup

-Chia seeds: 1 tbsp

-Organic honey: 1 tsp

-Organic cinnamon: 1 tsp

Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals

Free-sugar Chocolate

Rice cakes: 2 pcs

LUNCH

Pesto Chicken Pasta:

-Chicken breast: 100 g

-Gluten free wholemeal/Lentil pasta:
100 g

-Pesto sauce: 20 ml

-Fresh basil leaves

-Cherry tomatoes cut into pieces:
1 cup

-Parmesan: 20 g grated

-Green jalapeño: 1/2 medium

-Walnuts: 10 g chopped

-Squeezed lemon juice: 1/2 medium

-Kosher salt

Optional: 1 Espresso

DINNER

Roast Beef with Mushrooms:

-Beef: 100 g

-Mushrooms: 100 g

-Unsalted butter: 1 tbsp

-Garlic: 1 clove minced

-Mozzarella: 20 g

Taste spices:

Salt/Pepper/Rosemary/Basil/Oregano
/Thyme/Turmeric/Parsley/Garlic

ACV: 2 tbsp/1 cup water

Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne
pepper Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-
green/matcha tea)

Oatmeal with Apple-Pecans and
Cinnamon:

- Organic gluten-free oats: 40 g
 - Unsweeted almond/coconut
milk: 150 ml
 - Water: 1/2 cup (100-150ml)
 - Stevia/Honey: 1 tsp
 - Vanilla extract: 2 tsp
 - Apple: 1 medium chopped
 - Pecan nuts: 10 g chopped
 - Organic cinnamon powder: 1 tbsp
- Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals

Chocolate drink-free sugar:

- Unsweeted almond/coconut
milk: 250 ml
- Organic cacao powder: 1 tsp
- Stevia: 2 tsp
- Vanilla extract: 1 tsp
- Organic coconut full cream: 1 tsp
- Organic cinnamon powder: 1/2 tsp

LUNCH

Greek power bowl:

- Chicken breast: 100 g
 - Feta cheese: 20 g crumbled
 - Avocado/Olive organic oil: 1 tsp
 - Squeezed lemon juice: 1/2 medium
 - Cooked quinoa: 100 g
 - Cherry tomatoes cut into pieces:
1 cup
 - Fresh cucumber: 1/2 small chopped
 - Avocado: 1/2 small thinly sliced
 - Kalamata olives: 5 pcs
 - Vinegar cider: 1 tbsp
- Taste spices: Salt/Pepper/
Rosemary/Basil/Oregano/Thyme
/Turmeric/Parsley/Garlic
- Optional: 1 Espresso

DINNER

Garlic Cilantro Shrimp:

- Shrimps peeled and deveined: 100 g
- Avocado/Olive organic oil: 1 tbsp
- Garlic: 1 clove minced
- Onion: 1/2 medium finely diced
- Chili powder: 1/2 tsp
- Kosher salt
- Cilantro: 2 tbsp chopped
- Squeezed lemon juice: 1/2 medium

Taste spices:

Salt/Pepper/Rosemary/Basil/Oregano
/Thyme/Turmeric/Parsley/Garlic

ACV: 2 tbsp/1 cup water

Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice +
grated ginger + 1/2 tsp cayenne
pepper

Green tea/Matcha tea: 1 cup

Optional: 1 Espresso (after 1 hr-
green/matcha tea) Eggs Salmon:

-Eggs: 2 large

-Butter: 1 tbsp

-Natural smoked salmon: 30 g

-Avocado: 1 small

-Arugula: 1 cup

-Salsa verde: 3 tsp

-Fresh dill: 1 tbsp

-Lemon: 1/2 medium slices

-Proteic/Wholemeal bread: 1 slice

Taste spices: Salt/Pepper/Rosemary/

Basil/Oregano/Thyme/Turmeric/

Parsley/Garlic

Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals

-Pomegranate: 60 g

LUNCH

Orecchiette Pasta Salad with Chicken:

-Chicken breast: 100 g

-Avocado/Olive organic oil: 1 tbsp

-Orecchiette: 70 g

-Chopped tomato sauce: 30 g

-Vinegar cider: 1 tbsp

-Garlic: 1 clove minced

-Cherry tomatoes cut into pieces: 1 cup

-Torn basil

-Kosher salt

-Freshly ground black pepper

Optional: 1 Espresso

DINNER

Spice-Grilled Steak Salad:

-Skirt steak: 100 g

Unsalted butter: 1 tbsp

-Hot paprika: 1/2 tsp

-Romaine lettuce: 4 leaves

-Fresh radishes: 4 pcs

-Persian cucumber: 1/2 small

-Lime: 1/2 medium

-Fresh mint leaves

ACV: 2 tbsp/1 cup water

Ashwaganda tea: 1 tsp/1 cup

before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne
pepper Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr
-green/matcha tea)
Capsicum-Ricotta and Chicken
Toast: -Chicken ham: 2 slices
-Avocado/Olive organic oil: 2 tsp
-Proteic/Wholemeal bread: 1 slice
-Fresh ricotta cheese: 20 g
-Fire roasted red pepper strips: 1 small
-Freshly basil leaves
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Apple with cinnamon and biscuits:
-Apple: 1 small
-Cinnamon: 2 tsp

LUNCH

Caesar salad:
-Turkey breast: 80 g cut into pcs
-Croutons: 1 small pack
-Greek yogurt: 1 small container
-Egg yolks: 1 ounce
-Romaine lettuce: 1 small chopped
-Green onion: 1 small
-Parmesan: 10 g grated
-Squeezed lemon juice: 1/2 medium
Taste spices: Salt/Pepper/Rosemary/
Basil/Oregano/Thyme/Turmeric/
Parsley/Garlic
Optional: 1 Espresso

DINNER

Salmon Steak:
-Salmon steak: 120 g
-Unsalted butter: 1 tbsp
-Red kidney beans: 50 g
-Avocado/Olive organic oil: 1 tsp
-Garlic: 1 clove minced
-Organic honey: 1 tsp
-Squeezed lemon juice: 1/2 medium
-Crushed red pepper flakes
-Freshly chopped parsley
-Kosher salt
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne
pepper

Green tea/Matcha tea: 1 cup

Optional: 1 Espresso (after 1 hr-green
/matcha tea)

Peanut Butter Banana Smoothie:

-Banana: 1 small

-Unsweetened almond/coconut
milk: 150 ml

-Organic cacao powder: 1 tsp

-Organic peanut butter: 1 tbsp

-Organic honey: 1 tsp

-Vanilla extract: 1 tsp

-Psyllium husk powder: 1 tsp

-Organic cinnamon: 1 tsp

-Ice: 1 cup

Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals

Hazelnuts: 10 g

LUNCH

Caprese Chicken Pasta:

-Chicken breast: 100 g

-Gluten free wholemeal/Lentil pasta:
80 g

-Parmesan: 10 g grated

-Avocado/Olive organic oil: 1 tbsp

-Balsamic vinegar: 1 tsp

-Cherry tomatoes cut into pieces:
1 cup

-Garlic powder: 1 tsp

-Italian seasonings

-Kosher salt

-Freshly ground black pepper

Optional: 1 Espresso

DINNER

Cauliflower Pizza:

-Cauliflower: 100 g grated

-Mozzarella: 50 g grated

-Eggs: 2 large

-Tomato sauce: 3 tbsp

-Prosciutto crudo: 50 g

-Brutta cheese: 20 g

Taste spices:

Salt/Pepper/Rosemary/Basil/Oregano
/Thyme/Turmeric/Parsley/Garlic

ACV: 2 tbsp/1 cup water

Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp
/1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne
pepper Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-green
/matcha tea) Blueberry Banana
Greek Yogurt Pancakes:
-Greek yogurt: 1 small container
-Banana: 1 small
-Eggs: 1 large
-Organic gluten-free oats: 40 g
-Unsweetened almond/coconut milk:
200 ml
-Baking powder: 1 tsp
-Vanilla extract: 1 tsp
-Frozen blueberries: 50 g
-Organic cinnamon powder: 1 tsp
-Optional: free sugar chocolate syrup
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Raw pumpkin seeds: 10 g

LUNCH

Protein Wraps:
-Organic wraps : 1 sheet
-Beef: 80 g
-Fresh tomato: 50 g
-Red kidney beans: 50 g
-Avocado: 1 small
-Chopped fresh basil: 3 tbsp
-Sriracha hot chili sauce: 3 tsp
-Pink himalayan salt
Optional: 1 Espresso

DINNER

Cajun Shrimp with Bell Peppers:
-Shrimps peeled and deveined: 100 g
-Avocado/Olive organic oil: 1 tbsp
-Onion: 1/2 small chopped
-Garlic: 1 clove minced
-Bell pepper: 1/2 medium chopped
-Cajun seasoning: 1 tsp
-Freshly chopped parsley: 1 tbsp
-Squeezed lemon juice: 1/2 medium
-Kosher salt/ ground black pepper
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp
/1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne
pepper

Green tea/Matcha tea: 1 cup

Optional: 1 Espresso (after 1 hr-
green/matcha tea)

Egg-In-A-Hole:

-Proteic/Wholemeal bread: 3 slices

-Eggs: 2 large

-Butter: 1 tbsp

-Avocado: 1 small

-Fresh Tomato: 1 small

-Fresh cucumber: 1/2 small

Taste spices: Salt/Pepper/Rosemary

/Basil/Oregano/Thyme/Turmeric/

Parsley/Garlic

Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals

Banana: 1 medium

LUNCH

Crunchy Chickpea Kale with Steak:

-Steak: 100 g thinly sliced

-Chickpeas: 1/2 can rinsed and drained

-Kale: 4-5 leaves chopped

-Fresh pepper: 1/2 medium thinly sliced

-Avocado/Olive organic oil: 2 tsp

-Squeezed lemon juice: 1/2 medium

-Finely grated parmesan: 10 g

-Kosher salt

-Freshly ground black pepper

Optional: 1 Espresso

DINNER

Spinach Salad with Tuna:

-Natural tuna fish: 1 can

-Fresh spinach leaves: 1 cup

-Carrot: 1 small chopped

-Green onion: 1 small chopped

-Greek yogurt: 1 small container

-Squeezed lemon juice: 1/2 medium

-Almonds: 10 pcs chopped

Taste spices:

Salt/Pepper/Rosemary/Basil/Oregano

/Thyme/Turmeric/Parsley/Garlic

ACV: 2 tbsp/1 cup water

Ashwaganda tea: 1 tsp/1 cup

before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne
pepper Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-
green/matcha tea)

Scrambled Egg Toast:

- Eggs: 2 large
- Proteic/Wholemeal bread: 1 slice
- Butter: 1 tbsp
- Feta Cheese: 20 g
- Fresh dill/parsley
- Green jalapeño: 1/2 medium
- Taste spices: Salt/Pepper/Rosemary/
Basil/Oregano/Thyme/Turmeric/
Parsley/Garlic
- Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
-Sugar-free biscuits: 1 large

LUNCH

Waldorf Salad with Chicken:

- Chicken breast: 80 g
- Celery: 1 cup chopped
- Bibb lettuce: 1 cup chopped
- Organic mayonnaise: 1 tbsp
- Greek yogurt: 1 small container
- Squeezed lemon juice: 1/2 medium
- Red grapes: 60 g
- Apples: 1 small chopped
- Walnuts: 10 g toasted
- Kosher salt
- Freshly ground black pepper
- Optional: 1 Espresso

DINNER

Lemony Grilled Salmon with Sweet
Potato:

- Large salmon fillet: 1 ounce (120 g/150 g)
- Baked sweet potato: 80 g thinly sliced
- Avocado/Olive organic oil: 2 tsp
- Fresh lemon: 1 small thinly sliced
- Taste spices:
Salt/Pepper/Rosemary/Basil/Oregano
/Thyme/Turmeric/Parsley/Garlic
- ACV: 2 tbsp/1 cup water
- Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp
/1cup water+ squeezed lemon
juice + grated ginger + 1/2 tsp
cayenne pepper

Green tea/Matcha tea: 1 cup

Optional: 1 Espresso (after 1 hr-
green/matcha tea)

Açaí Bowl:

- Frozen açaí fruit: 100 g
 - Frozen blueberries: 30 g
 - Banana: 1/2 small chopped
 - Organic granola: 30 g
 - Psyllium husk powder: 1 tsp
 - Organic coconut flakes: 1 tsp
 - Organic cinnamon: 1 tsp
- Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals

Chia Pudding:

- Organic chia seeds: 2 tbsp
- Unsweetened Almond/Coconut milk:
1 cup
- Raw pumpkin seeds: 10 g
- Flax seeds: 1 tsp
- Stevia: 2 tsp
- Vanilla extract: 1 tsp

LUNCH

Pasta Pomodoro:

- Gluten free wholemeal/Lentil pasta:
80 g
 - Prosciutto: 50 g
 - Avocado/Olive organic oil: 1 tbsp
 - Onion: 1/2 small chopped
 - Tomatoes: 1 medium chopped
 - Garlic: 1 clove minced
 - Parmesan: 10 g grated
 - Fresh basil leaves
 - Kosher salt
 - Freshly ground black pepper
 - Pinch crushed red pepper flakes
- Optional: 1 Espresso

DINNER

Sweet Chili Chicken Lettuce Cups:

- Chicken breast: 80 g
 - Romaine/Butterhead lettuce:
leaves for cups
 - Sweet chili sauce: 2 tsp
 - Low-sodium soy sauce: 2 tsp
 - Avocado/Olive organic oil: 2 tsp
 - Sriracha: 2 tsp
 - Ginger: 1 tsp grated
 - Red onion: 1/2 small thinly sliced
 - Carrot: 1 small shredded
 - Freshly cilantro: 1 tbsp chopped
- ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp
1 cup water + squeezed lemon juice + grated ginger + 1/2 tsp cayenne pepper
Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-green/matcha tea)
Proteic Pancakes with Forest Fruits:
-Egg white: 2
-Cottage cheese: 20 g
-Organic gluten-free oats: 30 g
-Unsweeted almond/coconut milk: 1 cup
-Banana: 1 small
-Organic cacao powder: 2 tsp
-Vanilla extract: 1 tsp
-Baking powder: 1 tsp
-Frozen forest fruits: 50 g
-Organic cinnamon powder: 2 tsp
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Chocolate Cookie Free Sugar:
-Almond flour: 1 tbsp
-Organic gluten-free oats: 20 g
-Unsweeted Almond/Coconut milk : 150-200 ml
-Organic cacao powder: 2 tsp
-Psyllium husk powder: 1 tsp
-Stevia: 2 tsp
-Free sugar chocolate chips: 1 tsp

LUNCH

Goddess Bowl: -Brown rice: 50 g
-Chicken breast: 80 g
-Avocado: 1 small
-Fresh asparagus: 10 small spears
-Avocado/Olive organic oil: 2 tsp
-Greek yogurt: 1 small container
-Cherry tomatoes cut into pieces: 1 cup
-Garlic powder: 1/2 tsp
-Dried oregano: 1 tsp
-Green onion: 1 small chopped
-Kosher salt
-Freshly ground black pepper
-Squeezed lemon juice: 1/2 medium
-Chives -Basil leaves
-Parsley Optional: 1 Espresso

DINNER

Chili Lime Shrimp:
-Shrimps peeled and deveined: 100 g
-Avocado/Olive organic oil: 1 tbsp
-Garlic: 1 clove minced
-Squeezed lemon juice: 1/2 medium
-Chili powder: 1/2 tsp
-Chili flakes: 1/2 tsp
-Cumin: 1/2 tsp ground
-Freshly cilantro: 1 tbsp chopped
-Lime: 1 small thinly sliced
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne
pepper
Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-
green/matcha tea)
Ham-Cheese & Eggs Brunch Baked:
-Eggs: 2 large
-Organic milk: 50 ml
-Proteic/Wholemeal bread: 1 slice
cubed
-Chicken ham: 50 g chopped
-Dijon mustard: 1/2 tsp
-Garlic powder: 1/2 tsp
-Cheddar cheese: 20 g shredded
Taste spices: Salt/Pepper/Rosemary
/Basil/Oregano/Thyme/Turmeric/
Parsley/Garlic
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Apple with Biscuit and Cinnamon:
-Apple: 1 medium
-Free sugar biscuit: 1 large
-Organic cinnamon: 2 tsp

LUNCH

Avocado Tomato Salad with Chicken:
-Chicken breast: 70 g chopped
-Avocado: 1 small chopped
-Cucumber: 1/2 small thinly slices
-Jalapeño pepper: 1/2 chopped
-Avocado/Olive organic oil: 1 tsp
-Cumin: 1/2 tsp
-Squeezed lemon juice: 1/2 medium
-Cilantro: 2 tbsp chopped
-Tomato: 1 medium chopped
-Kosher salt
-Cayenne pepper: 1/2 tsp
Optional: 1 Espresso

DINNER

Roasted Vegetables with Steak:
-Steak: 150 g thinly sliced
-Zucchini: 100 g
-Mushrooms: 50 g
-Red bell pepper: 1/2 medium
-Unsalted butter: 2 tsp
-Avocado/Olive organic oil: 1 tsp
Taste spices:
Salt/Pepper/Rosemary/Basil/Oregano/
Thyme/Turmeric/Parsley/Garlic
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne
pepper
Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-
green/matcha tea)
Vegetable Toast with Prosciutto:
-Proteic/Wholemeal bread: 1 slice
-Avocado/Olive organic oil: 2 tsp
-Prosciutto: 50 g
-Pepper: 1/2 small thinly sliced
-Goat cheese: 20 g
-Olives: 50 g
-Fresh arugula
-Basil leaves
-Pink himalayan salt/Cayenne pepper
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Banana: 1 medium

LUNCH

Burrito Bowl with Turkey:
-Turkey breast: 80 g cut into pcs
-Brown rice: 50 g
-Avocado/Olive organic oil: 1 tbsp
-Black beans: 50 g
-Chipotle chiles: 2 tsp
-Cherry tomatoes cut into pieces: 1 cup
-Green onion: 1/2 chopped
-Jalapeño pepper: 1/2 small chopped
-Queso fresco: 30 g crumbled
-Avocado: 1 small
-Cumin: 1 tsp ground
-Freshly cilantro: 1 tsp
-Kosher salt
Optional: 1 Espresso

DINNER

Cilantro Grilled Salmon:
-Large salmon fillet: 1 ounce
(120 g/150 g)
-Unsalted butter: 1 tbsp
-Garlic: 1 clove minced
-Squeezed lemon juice: 1/2 medium
-Lime: 1 small thinly sliced
-Cilantro: 1 tbsp chopped
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp
/1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne
pepper Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-
green/matcha tea)Açaí Bowl:
-Frozen açaí fruit: 100 g
-Dried cranberries: 1 tbsp
-Kiwi: 1 small
-Organic granola: 30 g
-Hazelnuts: 10 g
-Organic coconut flakes: 1 tsp
-Organic chia seeds: 1 tbsp
-Organic cinnamon: 2 tsp
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Raw Brazil Nuts: 1 large

LUNCH

Italian Pasta Salad:

- Gluten free wholemeal/Lentil pasta: 80 g
- Mozzarella balls: 20 g halved
- Salami: 40 g quartered
- Baby spinach: 1 cup
- Cherry tomatoes cut into pieces: 1 cup
- Artichoke hearts: 1/2 cup chopped
- Pitted black olives: 50 g
- Avocado/Olive organic oil: 2 tsp
- Cider vinegar: 1 tbsp
- Italian seasonings: 1 tbsp
- Freshly parsley: 1 tbsp chopped
- Red pepper flakes
- Kosher salt
- Ground black pepper

Optional: 1 Espresso

DINNER

Chicken with Green Peas and Brussel
Sprouts:

- Chicken breast: 60 g
- Avocado/Olive organic oil: 2 tsp
- Boiled green peas: 80 g
- Boiled brussels sprouts: 50 g

Taste spices: Salt/Pepper/Rosemary
/Basil/Oregano/Thyme/Turmeric
/Parsley/Garlic
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp
/1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne
pepper
Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-green
/matcha tea)
Chocolate Banana Oatmeal Pancakes:
-Organic gluten-free oats: 30 g
-Banana: 1 small
-Unsweeted almond/coconut milk
: 1 cup
-Organic cacao powder: 2 tsp
-Pink himalayan salt: 1/2 tsp
-Vanilla extract: 1 tsp
-Baking powder: 1 tsp
-Strawberries: 50 g on top
-Organic cinnamon powder: 2 tsp
-Optional: free sugar chocolate syrup
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Free-sugar Muffin:
-Zucchini: 80 g
-Unsweeted almond/coconut milk:
100 ml
-Egg: 1 large
-Almond flour: 1 tbsp
-Vanilla extract: 1 tsp
-Psyllium husk powder: 1 tsp
-Stevia: 1 tsp
-Free sugar chocolate chips: 1 tsp

LUNCH

Tuna Poke Bowl:
-Natural tuna fish: 1 can
-Avocado/Olive organic oil: 1 tsp
-Brown rice: 50 g
-Avocado: 1 small chopped
-Soy sauce: 2 tsp
-Freshly green onion: 1 small chopped
-Persian cucumber: 1/2 small chopped
-Black sesame seeds: 1 tsp
-Organic wraps : 1 sheet
-Kosher salt
Optional: 1 Espresso

DINNER

Shrimp Salad:
-Shrimps peeled and deveined: 100 g
-Avocado/Olive organic oil: 2 tsp
-Red onion: 1/2 small
-Stalk celery: 1/2 medium chopped
-Freshly dill: 1 tbsp chopped
-Organic mayonnaise: 1 tsp
-Squeezed lemon juice: 1/2 medium
-Dijon mustard: 1 tsp
-Romaine lettuce
-Parmesan: 10 g grated
-Kosher salt
-Cayenne pepper
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne pepper

Green tea/Matcha tea: 1 cup

Optional: 1 Espresso (after 1 hr-green
/matcha tea)

Fried Eggs with Guacamole:

-Eggs: 2 large

-Unsalted butter: 1 tbsp

-Proteic/Wholemeal bread: 1 slice

-Chilli pepper: 1/2 small chopped

Guacamole:

-Avocado: 1 small smashed

-Avocado/Olive organic oil: 1 tsp

-Squeezed lime juice: 1/2 small

-Red onion: 1/2 small chopped

-Tomato: 1 small chopped

-Parsley: 1 tsp chopped

Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals

Pomegranate: 50 g

Rice cakes: 2 pcs

Free sugar jam: 20 g

Organic cinnamon powder: 1 tsp

Caju: 10g

LUNCH

Chicken Breast with Sweet Potato:

-Chicken breast: 80 g

-Sweet potato: 70 g

-Avocado/Olive organic oil: 2 tsp

-Mix salad: 1 bowl

Taste spices:

Salt/Pepper/Rosemary/Basil/Oregano

/Thyme/Turmeric/Parsley/Garlic

Optional: 1 Espresso

DINNER

Caprese Salad with Prosciutto:

-Prosciutto: 80 g

-Fresh mozzarella: 30 g

-Cherry tomatoes cut into pieces:

1 cup

-Fresh basil leaves

-Kosher salt

-Red cayenne pepper

ACV: 2 tbsp/1 cup water

Ashwaganda tea: 1 tsp/1 cup

before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice
+ grated ginger + 1/2 tsp cayenne pepper
Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-green
/matcha tea)
Loaded Breakfast Quesadillas:
-Eggs: 2 large
-Unsalted butter: 1 tbsp
-Chicken ham: 50 g
-Cheddar cheese: 20 g
-Avocado: 1 small thinly sliced
-Green onion: 1 small chopped
-Tomato sour: 1 tbsp
-Wholemeal tortillas: 1 large
-Kosher salt
-Cayenne pepper
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Apple with Biscuits and Cinnamon:
-Apple: 1 medium chopped
-Organic cinnamon powder: 1 tsp

LUNCH

Panzanella Salad with Turkey:
-Turkey breast: 80 g
-Zucchini: 1 small
-Avocado/Olive organic oil: 1 tsp
-Fresh mozzarella: 15 g
-Red onion: 1/2 small
-Croutons: 1 small pack
-Cherry tomatoes cut into pieces: 1 cup
-Cider vinegar: 2 tsp
-Kale leaves chopped
-Fresh basil leaves
-Kosher salt
-Cayenne pepper
Optional: 1 Espresso

DINNER

Foil Pack Grilled Salmon with Lemony
Asparagus:
-Large salmon fillet: 1 ounce
(120 g/150 g)
-Fresh asparagus: 10 spears
-Unsalted butter: 2 tsp
-Lemons: 1 medium thinly sliced
Taste spices:
Salt/Pepper/Rosemary/Basil/Oregano
/Thyme/Turmeric/Parsley/Garlic
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/1cup
water+ squeezed lemon juice + grated
ginger + 1/2 tsp cayenne pepper
Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-green/
matcha tea)
Green Smoothie with Chia Pudding:
-Broccoli: 1 cup chopped
-Baby spinach leaves: 1 small cup
-Kiwi: 1 small
-Orange: 80 g
-Water: 1 cup for smoothie
-Organic chia seeds: 1 tbsp
-Unsweetened Almond/Coconut milk: 1 cup
-Vanilla extract: 1 tsp
-Stevia: 2 tsp
-Psyllium husk powder: 1 tsp
-Coconut flakes: 1 tsp
-Pomegranate: 50 g on top
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Banana: 1 small
Raw brazil nuts: 10 g

LUNCH

Lemon Ricotta Pasta with Tuna:
-Natural tuna fish: 1 can
-Gluten free wholemeal/Lentil pasta:
80 g
-Avocado/Olive organic oil: 1 tsp
-Ricotta cheese: 20 g
-Squeezed lemon juice: 1/2 medium
-Parmesan: 10 g
-Fresh basil leaves
-Kosher salt
-Red pepper flakes
Raw pumpkin seeds: 10 g
Optional: 1 Espresso

DINNER

Beef with Red Kidney Beans:
-Beef: 100 g
-Red Kidney Beans: 1/2 container
in water
-Avocado/Olive organic oil: 2 tsp
-Mix salad: 1 bowl
Taste spices: Salt/Pepper/Rosemary
/Basil/
Oregano/Thyme/Turmeric/Parsley
/Garlic
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup
before bedtime

BREAKFAST

ACV (apple cider vinegar): 2 tbsp/
1cup water+ squeezed lemon juice +
grated ginger + 1/2 tsp cayenne pepper
Green tea/Matcha tea: 1 cup
Optional: 1 Espresso (after 1 hr-green/
matcha tea)
Pumpkin Spice Slow-Cooker Oatmeal:
-Organic gluten-free oats: 40 g
-Unsweeted almond/coconut milk: 1 cup
-Water: 1 cup
-Pumpkin purée: 150 g
-Vanilla extract: 1 tsp
-Stevia: 2 tsp
-Pumpkin pie spice: 1/2 tsp
-Pecan nuts: 10 g toasted
-Organic cinnamon powder: 2 tsp
-Kosher salt
-Optional: free sugar maple syrup
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Chocolate Cookie Free Sugar:
-Almond flour: 2 tbsp
-Organic gluten-free oats: 20 g
-Unsweeted Almond/Coconut milk:
150-200 ml
-Organic cacao powder: 1 tbsp
-Psyllium husk powder: 1 tsp
-Stevia: 2 tsp
-Free sugar chocolate chips: 1 tsp
Grapes: 50 g

LUNCH

Instant Pot Chicken and Rice:
-Chicken breast: 80 g
-Brown rice: 50 g
-Avocado/Olive organic oil: 1 tbsp
-Water: 1 cup
-Yellow onion: 1/2 small chopped
-Carrot: 1 small chopped
-Red bell pepper: 1/2 small chopped
-Freshly parsley: 2 tsp chopped
-Dried oregano: 1/2 tsp
-Smoked paprika: 1/2 tsp
-Kosher salt
-Cayenne pepper
Optional: 1 Espresso

DINNER

Grilled Shrimp Bowl:
-Shrimps peeled and deveined: 100 g
-Greek yogurt: 1 small container
-Organic mayonnaise: 1 tsp
-Garlic: 1 clove minced
-Green onion: 1 small chopped
-Avocado/Olive organic oil: 2 tsp
-Red cabbage: 1/2 cup shredded
-Romaine heart: 1 small chopped
-Avocado: 1 small chopped
-Squeezed lemon juice: 1/2 medium
-Freshly cilantro: 1 tbsp chopped
-Kosher salt
-Freshly ground black pepper
ACV: 2 tbsp/1 cup water
Ashwaganda tea: 1 tsp/1 cup
before bedtime