

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: 10/15 ml
Avocado: 1 small
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

SNACKS

Consumed: with one of the meals
Raw pumpkin seeds: 20 g
Orange: 1 piece

LUNCH

Sesame Chicken Stir-Fry:
-Chicken: 150 g
-Brown rice: 150 g
-Bell pepper: 1 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

DINNER

Beef with Broccoli Salad:
-Beef:150 g
-Broccoli: 1 cup chopped
-Butter/Olive oil: 10 g/10 ml
-Garlic: 1-2 cloves
-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/1 cup 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: 2 slices
-Avocado: 1 medium
-Cubed sweet potato: 100 g
-Squeezed lemon juice
-Olive/Avocado organic oil: 10 ml
Turmeric tea: 1 tsp/1 cup

SNACKS

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

LUNCH

Chicken Red Plum Salad:
-Chicken breast: 150 g
-Olive/Avocado Oil: 10 ml
-Plums: 2-3 pcs
-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 (20-30 g)
-Honey: 1 tbsp (15 g)
-Garlic: 1-2 cloves
-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: 100 g
-Unsweetened 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: 150 g
- Eggs: 1 large
-Chicken breast: 150 g
-Minced cloves garlic: 1 pcs
-Freshly grated parmesan: 15 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: 1 tbsp
-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/Oregan
o/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: 1 tbsp
-Unsweeted almond/coconut milk:
150 ml -Water: 1/2 cup (100-150ml)
-Organic gluten-free oats: 60 g
-Stevia/Honey: 1 tbsp
-Vanilla extract: 2 tsp
-Frozen blueberries: 100 g
-Organic cinnamon powder: 2 tsp
-Shredded coconut: 10 g
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Chia Pudding:
-Organic chia seeds: 2 tbsp
-Unsweeted Almond/Coconut milk: 1 cup
-Organic cacao powder: 2 tsp
-Organic peanut butter: 1 tbsp
-Almonds: 10 pcs chopped
-Psyllium husk powder: 1 tsp
-Stevia: 2 tsp
-Mango: 1/2 medium

LUNCH

Tomato Salad with Turkey and
Grilled Halloumi:
-Tomatoes: 250 g
-Turkey breast: 150 g
-Avocado/Olive organic oil: 10 ml
-Halloumi cheese: 40 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: 150 g
-Unsalted butter: 1 tbsp
-Avocado/Olive organic oil: 1 tsp
-Lemon thinly sliced: 1 medium
-Fresh lemon juice: 1 medium
-Garlic: 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: 30 g

-Red pepper flakes: 1/2 tsp

-Salt/Pepper

-Freshly chopped parsley

-Wholemeal bread: 2 slices

Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals

Blueberries: 50 g

Chocolate stevia: 1 bar

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: 150 g

-Golden raisins: 1 tbsp

-Dried cranberries: 1 tbsp

-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: 150 g

-Chili powder: 1 tsp

-Cherry tomatoes cut into pieces: 1
cup

-Sliced green onions: 1 medium

-Jalapeño thinly sliced: 1/2 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: 2 eggs
-Avocado/Olive organic oil: 1 tsp
-Avocado: 1 small
-Kale leaves: 4 pcs
-Proteic/Wholemeal bread: 2 slices
-Chicken ham: 4 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: 100 g

LUNCH

Curried Chicken Salad:
-Chicken breast: 150 g cut into
cubes
-Carrot: 1 medium shredded
-Stalks celery: 2 tbsp thinly sliced
-Cashews: 15 g chopped
-Freshly chopped cilantro
-Raisins: 1/2 tbsp
-Greek yogurt: 1 cup
-Squeezed lemon juice: 1/2 lemon
-Curry powder: 2 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: 15 ml
-Squeezed lemon juice: 1 medium
-Garlic: 1 clove minced
-Dried oregano: 1 tsp
-Red pepper flakes: 1/2 tsp
-Feta: 40 g cubed
-Cherry tomatoes cut into pieces: 1 cup
-Olives: 40 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
-Chia seeds: 1 tbsp
-Unsweeted almond milk: 150 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: 2 pcs

LUNCH

Spaghetti with Lemon-Arugula
and Prosciutto:
-Gluten free wholemeal/Lentil
pasta: 150 g
-Squeezed lemon juice: 1 medium
-Butter: 1 tbsp
-Freshly grated parmesan: 20 g
-Prosciutto: 80 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: 150 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: 2 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)
Cinnamon Roll Oatmeal with
Banana and Peanut Butter:
-Organic gluten-free oats: 60 g
-Unsweeted almond/coconut milk:
150 ml -Water: 1/2 cup (100-150ml)
-Stevia/Honey: 1 tsp
-Vanilla extract: 2 tsp
-Banana: 1 medium
-Organic sugar-free peanut butter: 1 tbsp
-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 medium

LUNCH

Beef with Beet, Mushroom and
Avocado Salad:
-Beef: 150 g
-Precooked beet: 100 g chopped
-Portobello mushrooms: 150 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: 150 g
-Avocado/Olive organic oil: 1 tbsp
-Broccoli: 1/2 small chopped
-Sugar snap peas: 50 g
-Bell pepper: 1 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

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: 20 g
-Green onion: 1 medium
-Avocado: 1 small
-Cherry tomatoes cut into pieces: 1 cup
-Chicken ham: 4 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
Chocolate stevia: 1 bar

LUNCH

Broccoli Salad with Turkey and
Sweet Potato:
-Turkey breast: 150 g
-Sweet potato: 150 g
-Avocado/Olive organic oil: 15 ml
-Fresh broccoli: 1 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 large
-Squeezed lemon juice: 1/2 medium
-Sesame seeds: 2 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: 2 slices
-Avocado: 1 small
-Chicken ham: 4 slices
-Butter: 2 tsp softened
-Goat cheese: 20 g
-Fresh lettuce: 4 leaves
-Fresh jalapeño: 1 medium finely
chopped
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
-No sugar fruit jam: 1 tsp
-Psyllium husk powder: 1 tsp
-Stevia: 2 tsp
-Vanilla extract: 1 tsp
-Mango: 1/2 medium

LUNCH

Arugula-Kale Harvest Salad
with Prosciutto:
-Fresh arugula leaves: 1 cup
-Fresh kale leaves: 1 cup chopped
-Carrots: 1 medium chopped
-Chopped cooked butternut
squash: 1 cup chopped
-Bell pepper: 1/2 medium sliced
-Prosciutto: 80 g -Croutons: 1 small
pack -Dijon mustard: 2 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

Shrimp Stir Fry:
-Shrimps peeled and deveined: 150 g
-Avocado/Olive organic oil: 1 tbsp
-Broccoli: 1/2 small chopped
-Sugar snap peas: 50 g
-Bell pepper: 1 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)
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: 150 g
-Gluten free wholemeal/Lentil pasta:
150 g
-Pesto sauce: 25 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: 150 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: 60 g
-Unsweetened 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: 20 g chopped
-Organic cinnamon powder: 1 tbsp
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Chocolate drink-free sugar:
-Unsweetened almond/coconut milk:
250 ml
-Organic cacao powder: 2 tsp
-Stevia: 2 tsp
-Vanilla extract: 1 tsp
-Organic coconut full cream: 1 tsp
-Organic cinnamon powder: 1/2 tsp
Sugar-free biscuits: 2 pcs

LUNCH

Greek power bowl:
-Chicken breast: 150 g
-Feta cheese: 30 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 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: 150 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: 2 slices
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: 100 g

LUNCH

Orecchiette Pasta Salad with
Chicken:
-Chicken breast: 150 g
-Avocado/Olive organic oil: 2 tsp
-Orecchiette: 120 g
-Chopped tomato sauce: 40 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: 150 g
Unsalted butter: 1 tbsp
-Hot paprika: 1/2 tsp
-Romaine lettuce: 4 leaves
-Fresh radishes: 4 pcs
-Persian cucumber: 1 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: 3 slices
-Avocado/Olive organic oil: 2 tsp
-Proteic/Wholemeal bread: 1 slices
-Fresh ricotta cheese: 20 g
-Fire roasted red pepper strips:
1 medium
-Freshly basil leaves
Turmeric tea: 1 tsp/1 cup

SNACKS

Consumed: with one of the meals
Apple with cinnamon and biscuits:
-Apple: 1 medium
-Cinnamon: 1 tsp
-Sugar-free biscuits: 2 pcs chopped

LUNCH

Caesar salad:
-Turkey breast: 150 g cut into pcs
-Croutons: 1 small pack
-Greek yogurt: 1 small container
-Egg yolks: 2 pcs
-Romaine lettuce: 1 small chopped
-Green onion: 1 medium
-Parmesan: 20 g grated
-Squeezed lemon juice: 1/2 medium
Taste spices:
Salt/Pepper/Rosemary/Basil/Organic
o/Thyme/Turmeric/Parsley/Garlic
Optional: 1 Espresso

DINNER

Salmon Steak:
-Salmon steak: 120 g
-Unsalted butter: 1 tbsp
-Red kidney beans: 100 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 large
-Unsweeted almond/coconut milk: 1 cup
-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
Rice Cake with Free-sugar Jam and
Forest Hazelnuts:
-Rice cakes: 2 pcs
-Free sugar jam: 20 g
-Forest hazelnuts: 10 g

LUNCH

Caprese Chicken Pasta:
-Chicken breast: 150 g
-Gluten free wholemeal/Lentil pasta:
150 g
-Parmesan: 20 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: 115 grated
-Mozzarella: 60 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 container
-Banana: 1 medium
-Eggs: 1 large
-Organic gluten-free oats: 60 g
-Unsweeted almond/coconut milk: 1 cup
-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: 20 g

LUNCH

Protein Wraps:
-Organic wraps : 1 sheet
-Beef: 150 g
-Fresh tomato: 60 g
-Red kidney beans: 100 g
-Avocado: 1 small
-Chopped fresh basil: 2 tbsp
-Sriracha hot chili sauce: 2 tsp
-Pink himalayan salt
Optional: 1 Espresso

DINNER

Cajun Shrimp with Bell Peppers:
-Shrimps peeled and deveined: 150 g
-Avocado/Olive organic oil: 1 tbsp
-Onion: 1/2 small chopped
-Garlic: 1 clove minced
-Bell pepper: 1 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: 2 slices
-Eggs: 2 large -Butter: 1 tbsp
-Avocado: 1 small -Fresh Tomato: 1 large
-Fresh cucumber: 1 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
Raw brazil nuts: 10 g

LUNCH

Crunchy Chickpea Kale with Steak:
-Steak: 150 g thinly sliced
-Chickpeas: 1 can rinsed and drained
-Kale: 4-5 leaves chopped
-Fresh pepper: 1 medium thinly
sliced
-Avocado/Olive organic oil: 2 tsp
-Squeezed lemon juice: 1/2 medium
-Finely grated parmesan: 20 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 medium chopped
-Green onion: 1 medium 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: 2 slices
-Butter: 1 tbsp
-Feta Cheese: 30 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: 2 pcs

LUNCH

Waldorf Salad with Chicken:
-Chicken breast: 150 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: 150 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 medium chopped
-Organic granola: 30 g
-Psyllium husk powder: 1 tsp
-Organic coconut flakes: 2 tsp
-Organic cinnamon: 2 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: 150 g
-Prosciutto: 60 g
-Avocado/Olive organic oil: 1 tbsp
-Onion: 1/2 small chopped
-Tomatoes: 2 medium chopped
-Garlic: 1 clove minced
-Parmesan: 20 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: 150 g
-Romaine/Butterhead lettuce: leaves
for cups
-Sweet chili sauce: 2 tsp
-Low-sodium soy sauce: 2 tsp
-Avocado/Olive organic oil: 1 tbsp
-Sriracha: 2 tsp
-Ginger: 2 tsp grated
-Red onion: 1/2 medium 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/
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)
Proteic Pancakes with Forest Fruits:
-Egg white: 2
-Cottage cheese: 50 g
-Organic gluten-free oats: 40 g
-Unsweeted almond/coconut milk: 1 cup
-Banana: 1 medium
-Organic cacao powder: 1 tbsp
-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: 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

LUNCH

Goddess Bowl:
-Brown rice: 100 g
-Chicken breast: 150 g
-Avocado: 1 small
-Fresh asparagus: 15 small spears
-Avocado/Olive organic oil: 2 tsp
-Greek yogurt: 1 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: 150 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: 2 slices cubed
-Chicken ham: 50 g chopped
-Dijon mustard: 1/2 tsp
-Garlic powder: 1/2 tsp
-Cheddar cheese: 30 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: 2 pcs
-Organic cinnamon: 2 tsp

LUNCH

Avocado Tomato Salad with
Chicken:
-Chicken breast: 150 g chopped
-Avocado: 1 small chopped
-Cucumber: 1 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: 2 medium chopped
-Kosher salt
-Cayenne pepper: 1/2 tsp
Optional: 1 Espresso

DINNER

Roasted Vegetables with Steak:
-Steak: 100 g thinly sliced
-Zucchini: 100 g
-Mushrooms: 100 g
-Red bell pepper: 1 large
-Unsalted butter: 1 tbs
-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: 60 g
-Pepper: 1 medium thinly sliced
-Goat cheese: 30 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
Raw pumpkin seeds: 10 g

LUNCH

Burrito Bowl with Turkey:
-Turkey breast: 150 g cut into pcs
-Brown rice: 100 g
-Avocado/Olive organic oil: 2 tsp
-Black beans: 100 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
Free-sugar Chocolate Rice cakes: 2 pcs

LUNCH

Italian Pasta Salad:
-Gluten free wholemeal/Lentil pasta:
150 g -Mozzarella balls: 30 g halved
-Salami: 50 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: 150 g
-Avocado/Olive organic oil: 2 tsp
-Boiled green peas: 100 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: 50 g
-Banana: 1/2 medium
-Unsweeted almond/coconut milk: 1 cup
-Organic cacao powder: 1 tbsp
-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: 100 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: 100 g
-Avocado: 1 small chopped
-Soy sauce: 2 tsp
-Freshly green onion: 1 small
chopped
-Persian cucumber: 1 small chopped
-Black sesame seeds: 1 tsp
-Organic wraps : 1 sheet
-Blue cheese: 20 g scrambled
-Kosher salt
Optional: 1 Espresso

DINNER

Shrimp Salad:
-Shrimps peeled and deveined: 150 g
-Avocado/Olive organic oil: 2 tsp
-Red onion: 1/2 medium
-Stalk celery: 1/2 medium chopped
-Freshly dill: 1 tbsp chopped
-Organic mayonnaise: 1 tbsp
-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: 2 slices
-Chilli pepper: 1/2 small chopped
Guacamole: -Avocado: 1 small smashed
-Avocado/Olive organic oil: 1 tsp
-Squeezed lime juice: 1 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: 100 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: 150 g
-Sweet potato: 150 g
-Avocado/Olive organic oil: 2 tsp
-Mix salad: 1 bowl
Taste spices:
Salt/Pepper/Rosemary/Basil/Organic
o/Thyme/Turmeric/Parsley/Garlic
Optional: 1 Espresso

DINNER

Caprese Salad with Prosciutto:
-Prosciutto: 100 g
-Fresh mozzarella: 50 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: 100 g
-Feta cheese: 20 g scrambled
-Avocado: 1 small thinly sliced
-Green onion: 1 small chopped
-Tomato sour: 1 tbsp
-Wholemeal tortillas: 1 large
-Cheddar cheese: 20 g
-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
-Sugar-free biscuits: 2 pcs
-Organic cinnamon powder: 1 tsp

LUNCH

Panzanella Salad with Turkey:
-Turkey breast: 150 g
-Zucchini: 1 medium
-Avocado/Olive organic oil: 1 tsp
-Fresh mozzarella: 20 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: 15 spears
-Unsalted butter: 1 tbsp
-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: 3 small heads
-Baby spinach leaves: 1 small cup
-Kiwi: 1 medium -Orange: 100 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 medium
Raw brazil nuts: 10 g

LUNCH

Lemon Ricotta Pasta with Tuna:
-Natural tuna fish: 1 can
-Gluten free wholemeal/Lentil pasta:
150 g
-Avocado/Olive organic oil: 1 tsp
-Ricotta cheese: 30 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: 150 g
-Red Kidney Beans: 1 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: 50 g
-Unsweetened 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
-Unsweetened 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: 100 g

LUNCH

Instant Pot Chicken and Rice:
-Chicken breast: 150 g
-Brown rice: 100 g
-Avocado/Olive organic oil: 1 tbsp
-Water: 1 cup
-Yellow onion: 1/2 small chopped
-Carrot: 1 medium chopped
-Red bell pepper: 1 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: 150 g
-Greek yogurt: 1 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