



Autumn Day #1

Breakfast: grapes



Ingredients:

1 kg / 2.2 lbs grapes

(choose your favorite grape varieties)

Preparation:

Wash the grapes and let them dry.

Arrange the grapes on a plate.

Enjoy!

Calories: 690 sugars / proteins / fats: 95% / 3% / 2%



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Lunch: figs



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Ingredients:

1 kg / 2.2 lbs figs*

*Advice:

It is very important to know when figs are truly ripe. When left on the tree long enough to truly ripen, so as to become soft and simply *burst* under the finger tips, that is when a fig is truly ripe, incredibly sweet and juicy, its skin is thin and easily digestible, it doesn't have astringent effect on the lips when eaten, as is the case with an unripe fig, and its flesh inside is of deep red or even purple color.

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Preparation:

Wash the figs and let them dry.

Arrange the figs on a plate.

Enjoy!

Calories: 740 sugars / proteins / fats: 93% / 3% / 4%

Dinner: juice & stuffed tomato

Apple - Swiss Chard Juice

+

Stuffed Tomato



Ingredients for the juice:



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3 non sweet apples, medium size

1 bunch of Swiss chard

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Preparation:

Wash the apples and Swiss chard leaves.

Slice the apples.

Juice the apple slices and Swiss chard leaves alternatively.

Pour the green juice into a glass.



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Ingredients for the stuffed tomato:



1 kg / 2.2 lbs zucchinis

2 ears of fresh sweet corn*

1 Heirloom tomato

1 teaspoon of dried, powdered, sweet, red pepper

1/2 teaspoon of oregano

***Advice:**

Sweet corn can be eaten raw when it is young and freshly picked because that is when it contains mostly simple sugars that we can digest easily. As it matures and as more time passes since it was picked, its simple sugars convert to starch that we cannot digest raw.

Preparation:

Peel the zucchinis.

Spiralize the zucchinis into spaghetti.

Place the spaghetti into a bowl.



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Cut off the top of the tomato.
Spoon out the middle flesh of the tomato.

Remove the corn kernels from the cob.



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Place the corn kernels, the tomato flesh, dried, powdered,
sweet, red pepper and oregano into the blender.
Blend these ingredients into a sauce.

Pour the sauce over the spaghetti.
Mix it all well.

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Stuff the tomato with the spaghetti.

Place the spaghetti on a plate and the stuffed tomato on top of the spaghetti.

Serve the stuffed tomato & spaghetti with the juice.

Enjoy!



Calories: 570 sugars / proteins / fats: 79% / 10% / 11%

Total for this day:

calories: 2,000 sugars / proteins / fats: 90% / 5% / 5%



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