



Autumn Day #2

Breakfast: figs & raspberries



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Ingredients:

800 g / 28 oz figs

500 g / 18 oz raspberries

Preparation:

Wash the fruit and let it dry.

Arrange the fruit on a plate.

Enjoy!

Calories: 850 sugars / proteins / fats: 90% / 5% / 5%



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Lunch: porridge



Ingredients:



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500 g / 18 oz bananas (edible part measured)
400 g / 14 oz pears
a pinch of nutmeg

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Preparation:

Wash the pears and let them dry.

Peel the bananas.

Place the bananas into a bowl.

Mash the bananas with a masher.



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Cut the pears in halves.
Remove the stems and seeds from the pears.
Dice the pears.



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Add the diced pears to the mashed bananas.
Add some nutmeg on top.



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Enjoy!



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Calories: 670 sugars / proteins / fats: 94% / 3% / 3%



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Dinner: juice & burritos

Carrot-Beet Juice

+

Burritos



Ingredients for the juice:



400 g / 14 oz carrots

200 g / 7 oz beets

Preparation:

Peel the carrots and beets.

Slice the carrots and beets.

Juice the carrot and beet slices alternatively.

Pour the juice into a glass.

Save the pulp for the burritos;



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Ingredients for the burritos:



- 10 big Swiss chard leaves*
- 500 g / 18 oz tomatoes
- 1/2 avocado**
- juice of 1 lemon
- 300 g / 10.5 oz cucumbers
- 1 tablespoon of arugula
- the carrot and beet pulp

***Advice:**

Swiss chard can have a pleasant and tart taste. Usually, bigger leaves with white stems have pleasant taste, while smaller leaves with green stems have a tart taste.

****Advice:**

Cut the avocado width-wise, so that if you don't use the whole avocado all at once, the smaller inner surface would stay exposed to the oxygen. Cover the inner surface of the avocado with some food foil and thus leave the avocado in the fridge until the use.

Preparation:

Destem the Swiss chard leaves.



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Place the destemmed Swiss chard leaves in a bowl.

Cut the lemon in half.

Juice the lemon.

Mix the lemon juice with 1 glass of clean water.

Pour the mix on the Swiss chard leaves and let them sit like that for about 15 minutes.

Take the leaves out from the bowl and let them dry.



Cut the avocado in half.
Spoon out the flesh from one of the avocado halves.

Cut the tomato into quarters.

Place the tomatoes and avocado flesh into the blender.
Blend these ingredients into guacamole.

Slice the cucumbers width-wise.

Place on each Swiss chard leaf: some guacamole, carrot and
beet pulp, cucumbers, arugula.



Roll the leaves into burritos.



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Serve the burritos with the juice.

Enjoy!



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Calories: 490 sugars / proteins / fats: 59% / 11% / 30%

Total for this day:

calories: 2,010 sugars / proteins / fats: 84% / 6% / 10%



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