Health Glows

Breakfast: pears & raspberries

Ingredients:

700 g / 25 oz pears

500 g / 18 oz raspberries

Preparation:

Wash the fruit and let it dry.

Arrange the fruit on a plate.

Enjoy!

Calories: 660 **sugars / proteins / fats:** 91% / 4% / 5%

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Lunch: grapes & figs

Ingredients:

500 g / 18 oz figs

500 g / 18 oz black grapes

Preparation:

Wash the fruit and let it dry.

Arrange the fruit on a plate.

Enjoy!

Calories: 715 **sugars / proteins / fats:** 94% / 3% / 3%

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Dinner: juice & salad

Dark Green Juice

+

Creamy Cucumber Salad

Ingredients for the juice:

2 non sweet apples
1 bunch of collard greens

Preparation:

Cut the apples in halves.

Remove the stems and seeds from the apples.

Cut each apple half into halves.

Juice apples quarters and collard leaves alternatively.

Pour the juice in a glass.

Ingredients for the salad:

1.5 kg / 3.3 lbs cucumbers
500 g / 18 oz Beef Steak tomatoes
1/2 avocado
1 sweet, red pepper
1 dried, sweet, red pepper
½ lemon
1 glass of clean water

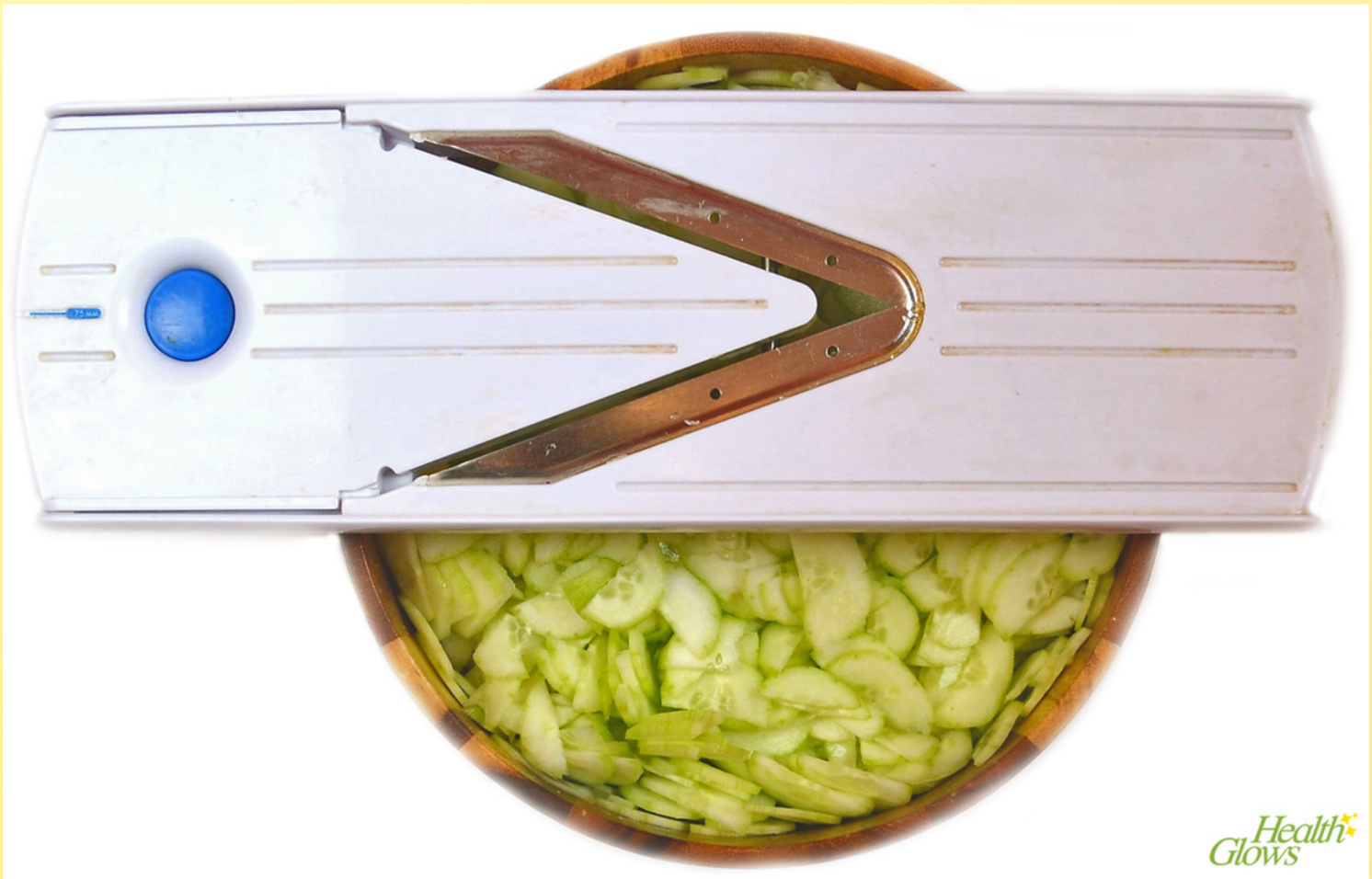
Preparation:

Peel the cucumbers.

Cut the cucumbers in halves length-wise.

Slice the cucumbers on the madoline slicer, using a flat blade.

Place the cucumber slices in a bowl.



Dice the tomatoes.
Add the diced tomatoes to the cucumbers.

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

Cut the lemon in half.
Juice one half of the lemon.

Cut the bell pepper in half.
Remove the seeds from both the fresh and dried peppers.

Place the avocado flesh, lemon juice, fresh and dried peppers into the blender.
Add one glass of clean water to the blender.

Blend these ingredients into a thick sauce.
Add the sauce to the cucumbers and tomatoes.

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Mix it all well.

Serve the salad with the juice.

Enjoy!

Calories: 625 **sugars / proteins / fats:** 64% / 10% / 26%

Total for this day:
calories: 2,000 **sugars / proteins / fats:** 83% / 6% / 11%

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