



# Spring Day #2

# Breakfast: kiwi



## Ingredients:

1 kg / 2.2 lbs kiwi\* (edible part measured)

## \*Advice:

Usually, bigger kiwis are sweeter and of better quality. Choose kiwi that is slightly soft to touch. Hard kiwi is unripe and sour. However, be careful not to choose the kiwi that is too soft because too soft kiwi is already fermented.

## Preparation:

Peel and chop up the kiwis or cut them in halves and spoon out the flesh with a teaspoon.

Enjoy!

**Calories:** 610 **sugars / proteins / fats:** 87% / 6% / 7%



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# Lunch: sweet wrap



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Ingredients:



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2 small, sweet apples  
200 g / 7 oz dates  
100 g / 3.5 oz raw carob powder

**Preparation:**

Depit the dates.

Place the dates and carob powder in the food processor.  
Process the ingredients into a dough like paste.

Cut two rectangular pieces of baking paper.  
Place the dough onto a piece of baking paper.  
Place another piece of baking paper over the dough.  
Use a rolling pin to shape the dough into a flat,  
rectangular shape.

Cut the apples into halves.  
Remove the stems and seeds from the apples.  
Shred the apples.



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Add the shredded apples onto the crust.

Fold the crust in half.

Serve the wrap with the rest of the shredded apples.

Enjoy!



**Calories: 940 sugars / proteins / fats: 95% / 3% / 2%**



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# Dinner: juice & lasagna

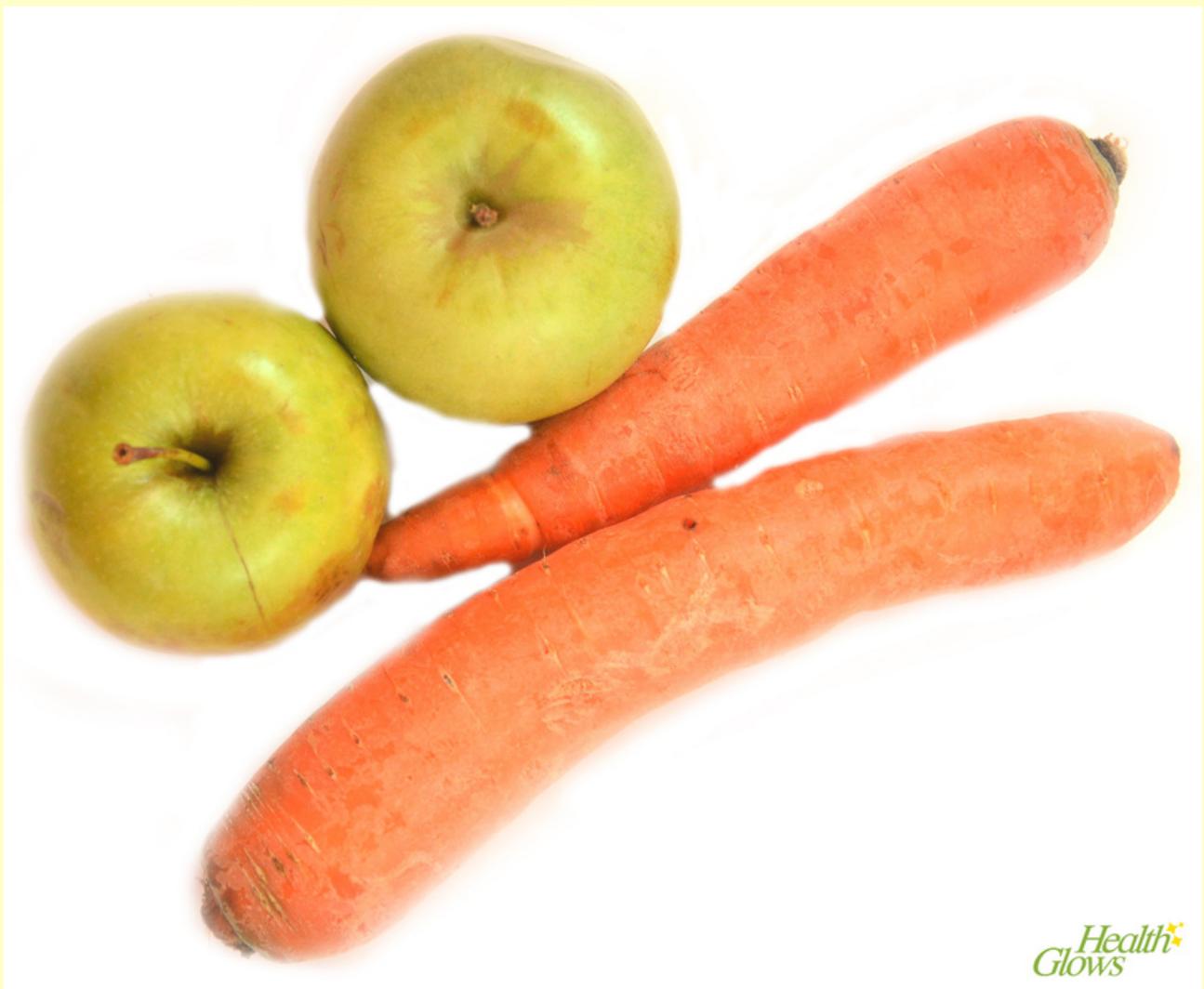
Carrot - Granny Smith Apples Juice

+

Pesto Lasagna



Ingredients for the juice:



2 big carrots

2 Granny Smith apples

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## **Preparation:**

Peel the carrots.

Slice the carrots finely.

Cut the apples into halves.

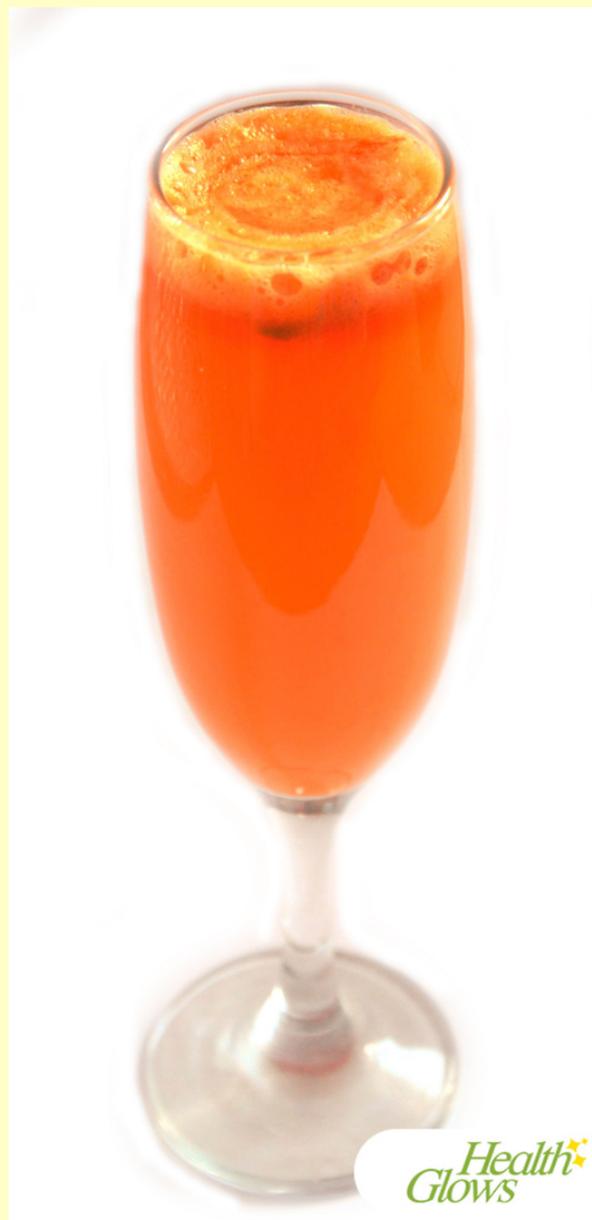
Remove the stems and seeds from the apples.

Slice the apples.

Juice alternatively carrot and apple slices.

Save the pulp.

Serve the juice in a glass.



## Ingredients for the lasagna:



1 kg / 2.2 lbs zucchini  
250 g / 8.8 oz spinach  
juice of  $\frac{1}{2}$  a lemon  
flesh of  $\frac{1}{2}$  an avocado\*

### **\*Advice:**

Avocado is ripe when is soft to touch and its flesh inside is creamy.

### **Preparation:**

Peel the zucchinis.

Two of the zucchinis put aside for the sauce.  
Slice the rest of the zucchinis on mandolin into thin slices.



Wash the spinach.  
Dry the spinach in the salad spinner.

Cut the lemon in halves.  
Juice  $\frac{1}{2}$  of the lemon.

Cut the avocado in half.  
Spoon out the flesh from one avocado half.  
Cover the other avocado half with the food foil and leave  
it in the fridge.

Place the two unused zucchinis, spinach, lemon juice and  
avocado flesh into the blender.  
Blend these ingredients into pesto.

Place alternatively layers of zucchini slices and pesto in a lasagna dish.

Enjoy!

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**Calories: 590 sugars / proteins / fats: 67% / 11% / 22%**

**Total for this day:**

**calories: 2,140 sugars / proteins / fats: 85% / 6% / 9%**



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