



# Spring Day #3

# Breakfast: oranges and kiwi



## Ingredients:

600 g / 21 oz oranges (edible part measured)

600 g / 21 oz kiwis (edible part measured)

## Preparation:

Peel or cut as wished and eat.

Enjoy!

**Calories:** 650 **sugars / proteins / fats:** 88% / 7% / 5%



*Health*  
*Glows*

# Lunch: pudding



Health  
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Ingredients:



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700 g / 25 oz bananas\* (edible part measured)

100 g / 3.5 oz dried apples\*\*

½ raw tablespoon of carob powder

**\*Advice:**

Bananas are ripe when their skin is spotted. Unripe bananas are starchy and thus difficult to digest.

**\*\*Advice:**

It is the best to dry fruit on your own or to use the fruit dried in natural fruit dryers where sulfates are not used in the process. Sulfates are usually added to dried fruit to prevent it from changing its color. So, if dried fruit has its color darkened, it is a good sign indicating that preservatives haven't been used.

**Preparation:**

Peel the bananas.

Dice ½ of a banana and leave it aside.

Place the rest of bananas, dried apple and carob powder into the blender.

Blend these ingredients into a pudding.

Serve the pudding in a bowl and add the diced ½ of a banana on the top.

Enjoy!



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**Calories: 880 sugars / proteins / fats: 94% / 3% / 3%**



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# Dinner: green satisfaction

Orange - Dill Juice

+

Salad in Orange - Avo Dressing



Ingredients for the juice:



2 oranges

½ cup of dills

## Preparation:

Peel the oranges.

Separate the orange segments.

Juice alternatively orange segments and dill springs.

Serve the juice in a glass.



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*Health*  
*Glows*

## Ingredients for the salad:



2 heads of lettuce (I suggest butterhead, but the choice is yours)

2 oranges

flesh of  $\frac{1}{2}$  of an avocado

### **Preparation:**

Wash the lettuce.

Dry the lettuce in the salad spinner.

Chop up the lettuce.

Place the lettuce in a bowl.

Peel the oranges.

Cut the avocado in halves.

Spoon out the flesh from one half of the avocado.

Cover the other avocado half with the food foil and leave it in the fridge.

Place the oranges and avocado flesh into the blender.  
Blend these ingredients into the dressing.

Add the dressing to the lettuce.  
Massage the dressing into the lettuce.

Enjoy!



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**Calories: 520 sugars / proteins / fats: 64% / 9% / 27%**

**Total for this day:**

**calories: 2,050 sugars / proteins / fats: 85% / 6% / 9%**



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