

A collage of food items including mandarin oranges, a bowl of green salad, a bowl of brown rice with vegetables, and sliced potatoes, all set against a light yellow background with wavy white borders.

Spring Day #4

Breakfast: tangerines



Ingredients:

1.3 kg / 2.9 lbs tangerines* (edible part measured)

*Advice:

Make sure not to confuse mandarin with tangerines. Mandarin is a cross of tangerine and orange, it is hard to peel and acid. Choose the tangerines that are easy to peel. Under the touch of these tangerine, you can feel the empty space between the peel and flesh.

Preparation:

Peel the tangerines and plate them.

Enjoy!

Calories: 690 **sugars** / **proteins** / **fats:** 90% / 5% / 5%



*Health
Glows*

Lunch: fruit porridge



Ingredients:



1 kg / 2.2 lbs sweet* apples

10 dates

a pinch of nutmeg

*Advice:

With the dates that are sweet fruit, acid apples would not combine well. So, choose sweet apples in combination with other sweet fruit for the sake of easy digestion.

Preparation:

Cut the apples in halves.

Remove the stems and seeds from the apples.

Slice a couple of thin apple slices and leave them aside.

Chop up the rest of the apples.

Depit the dates.

Place the chopped apples and dates into the food processor.

Process the apples and dates to a chunky consistency, into a porridge.

Serve the porridge with apple slices that can be used as *edible spoons*.

Enjoy!



Health
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Calories: 730 sugars / proteins / fats: 95% / 2% / 3%



Health
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Dinner: enjoy orange light

Carrot Juice

+

Salad in Orange - Hazelnut Dressing



Ingredients for the juice:



500 g / 18 oz carrots*

***Advice:**

The amount of carrots needed for a glass of juice depends on the freshness and quality of the carrots. The fresher and of better quality the carrot is, the more juice it yields.

*Health
Glows*

Preparation:

Peel the carrots.

Slice the carrots finely if the juicer demands for it.

Juice the carrots.

Save the carrot pulp.

Serve the juice in a glass.



Ingredients for the salad:



2 heads of lettuce (I suggest butterhead, but the choice is yours)
juice of 2 oranges
½ of a cup of dill
30 g / 1 oz hazelnuts

Preparation:

Soak the hazelnuts for a couple of hours.*
Rinse the hazelnuts.

***Advice:**

Nuts and seeds require soaking prior to use, since soaking removes the phytic acid in them and rehydrates them partially. Phytic acid is an anti-nutrient which binds with minerals making them unusable by the body. Rehydration makes nuts and seeds easier for digestion.

Wash the lettuce.
Dry the lettuce in the salad spinner.
Chop up the lettuce.
Place the lettuce in a bowl.

Peel the oranges.
Separate the orange segments.
Juice alternatively orange segments and dill springs.

Place the orange-dill juice and hazelnuts into the blender.
Blend these ingredient into the dressing.

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

Enjoy!



Health
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Calories: 590 sugars / proteins / fats: 60% / 10% / 30%

Total for this day:

calories: 2,010 sugars / proteins / fats: 83% / 5% / 12%



Health
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