



# Spring Day #5

# Breakfast: tangerines and strawberries



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## **Ingredients:**

1.2 kg / 2.6 lbs tangerines (edible part measured)

200 g / 7 oz strawberries

## **Preparation:**

Peel the tangerines.

Remove the stems and leaves from the strawberries.

Serve the tangerines and strawberries.

Enjoy this orange-red combination.

**Calories: 700 sugars / proteins / fats: 90% / 5% / 5%**



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# Lunch: pudding



## Ingredients:



900 g / 32 oz bananas (edible part measured)  
1 tablespoon of raw carob powder

## Preparation:

Peel the bananas.

Place the bananas in a bowl.

Mash the bananas with a potato masher.

Add the carob to the mashed bananas.

Mix it all well.

Enjoy!



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Calories: 810 sugars / proteins / fats: 93% / 4% / 3%

  
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# Dinner: juice & spaghetti

Apple - Spinach Juice

+

Spaghetti in Strawberry Dressing



Ingredients for the juice:



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2-3 Granny Smith apples

200 g / 7 oz spinach

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## **Preparation:**

Cut the apples in halves.

Remove the stems and seeds from the apples.

Slice the apples finely.

Wash the spinach.

Dry the spinach in the salad spinner.

Juice alternatively apple slices and spinach leaves.

Serve the juice in a glass.



## Ingredients for the spaghetti:



1 kg / 2.2 lbs zucchini (edible part measured)

150 g / 25 oz strawberries

30 g / 1 oz hulled sunflower seeds

### Preparation:

Soak the sunflower seeds for a couple of hours.\*

Rinse the sunflower seeds.

### \*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.

Peel the zucchinis.  
Spiralize the zucchinis.

Wash the strawberries and let them dry.  
Slice one strawberry and leave it aside.

Place the rest of the strawberries  
and sunflower seeds in the blender.  
Blend these ingredients into the dressing;



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Pour the dressing over the zucchini spaghetti.

Mix it all well.

Add the sliced strawberry on the top for decoration.

Enjoy!



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**Calories: 500 sugars / proteins / fats: 67% / 11% / 12%**

**Total for this day:**

**calories: 2,010 sugars / proteins / fats: 85% / 6% / 9%**



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