



# Spring Day #7

# Breakfast: tangerines and apples



## Ingredients:

1 kg / 2.2 lbs tangerines (edible part measured)  
2 apples

## Preparation:

Peel the tangerines.

Slice the apples.

Serve the tangerines and apple slices on a plate.

Enjoy!

**Calories:** 690 **sugars / proteins / fats:** 90% / 6% / 4%



*Health*  
*Glows*

# Lunch: banana-apple bites



## Ingredients:

- 1 kg / 2.2 lbs bananas (edible part measured)
- 1 Golden delicious apple
- a pinch of cinnamon

1 kg / 2.2 lbs bananas (edible part measured)  
1 Golden delicious apple  
a pinch of cinnamon

**Preparation:**

Peel the bananas.  
Slice the bananas length-wise.

Cut the apple in halves.  
Remove the stems and seeds from the apple.  
Slice the apple halves finely.

Place the apple slices in the middle of the bananas.  
Cut the bananas with apples inside on bites.

Add some ground cinnamon on top.  
Serve on a tray with some decorative toothpicks.

Enjoy!



*Health*  
*Glows*

**Calories: 990 sugars / proteins / fats: 93% / 4% / 3%**



*Health*  
*Glows*

# Dinner: sweet roots

**Carrot - Beet Juice**

+

**Salad with Carrot-Beet Touch**



**Ingredients for the juice:**



400 g / 14 oz carrots

200 g / 7 oz beet

## Preparation:

Peel the carrots and beet.

Slice the carrots and beet finely if needed for the juicer.  
Juice alternatively carrot and beet slices.

Save the pulp for the salad.

Serve the juice in a glass.



*Health*  
*Glows*

*Health*  
*Glows*

## Ingredients for the salad:



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2 heads of lettuce  
(I suggest butterhead, but the choice is yours)  
juice of  $\frac{1}{2}$  of a lemon  
30 g / 1 oz hazelnuts  
 $\frac{1}{2}$  cup of chopped celery  
1 cup of filtered or distilled water  
carrot-beet pulp

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## **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.

Cut the lemon in half.

Juice ½ half of the lemon.

Chop up the celery.

Place the lemon juice, hazelnuts, celery and water into the blender.

Blend these ingredients into a dressing.

Add the dressing to the lettuce.

Massage the dressing into the lettuce well.

Add the carrot-beet pulp to the salad.

Mix it all together.

Enjoy!



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**Calories: 380 sugars / proteins / fats: 45% / 12% / 43%**

**Total for this day:**

**calories: 2,060 sugars / proteins / fats: 83% / 6% / 11%**



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Glows*