



Summer Day #2



Breakfast: red lushness



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Ingredients:

500 g/ 18 oz sweet cherries

400 g/ 14 oz strawberries*

400 g / 14 oz raspberries

*Interesting:

Strawberries are the only fruit that has seeds on the outside.

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Preparation:

Remove the stems from the sweet cherries.

Remove the stems and leaves from the strawberries.

Wash the fruit and leave it aside to dry.

Arrange the fruit on a plate.

Enjoy this red lushness!

Calories: 650 sugars / proteins / fats: 87% / 7% / 6%



Lunch: pudding



Ingredients:



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800 g / 28 oz bananas (edible part measured)

200 g / 7 oz raspberries

a pinch of nutmeg

Preparation:

Peel the bananas.

Cut a couple of banana pieces and set them aside.

Place the rest of the bananas in a bowl.

Leave a couple of raspberries aside.

Add the rest of the raspberries to the bananas in the bowl.

Mash the bananas and raspberries with a masher.

Add a pinch of nutmeg to the pudding and mix it all well.

Add the banana pieces and raspberries on top for decoration.

Enjoy!



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Calories: 815 sugars / proteins / fats: 91% / 5% / 4%



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Dinner: juice & Thai pad

Carrot Juice

+

Thai Pad



Ingredients for the juice and Thai Pad:



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3 carrots
1 kg / 2.2 lbs zucchini (edible part measured)
2 oranges
30 g / 1 oz pumpkin seeds
1/3 of a teaspoon of cinnamon
1/3 of a teaspoon of ginger
1 tablespoon of arugula

Preparation:

Soak the pumpkin seeds in water for about 8 hours.*
Remove the water, rinse the seeds
and leave them aside to dry.

***Advice:**

It is good to soak nuts and seeds in water before use to remove phytic acid contained in nuts and seeds. Phytic acid is an anti-nutrient that binds with minerals rendering them unusable by the body. Plus, soaking partially rehydrates nuts and seeds making them easier for digestion.

Peel the carrots.

Cut the carrots in thin slices if required for the juicer.

Juice the carrots.

Save the pulp.

Pour the juice in a glass.



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Peel the zucchinis.
Spiralizer the zucchinis into spaghetti.



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Add the carrot pulp to the spaghetti.

Peel the oranges.

Place in the blender oranges, pumpkin seeds, ginger and
cinnamon.

Blend these ingredients into a dressing.

Pour the dressing over the spaghetti.

Mix it all well.

Add the arugula on top.

Enjoy!



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Calories: 560 sugars / proteins / fats: 58% / 14% / 28%

Total for this day:

calories: 2,025 sugars / proteins / fats: 81% / 8% / 11%



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