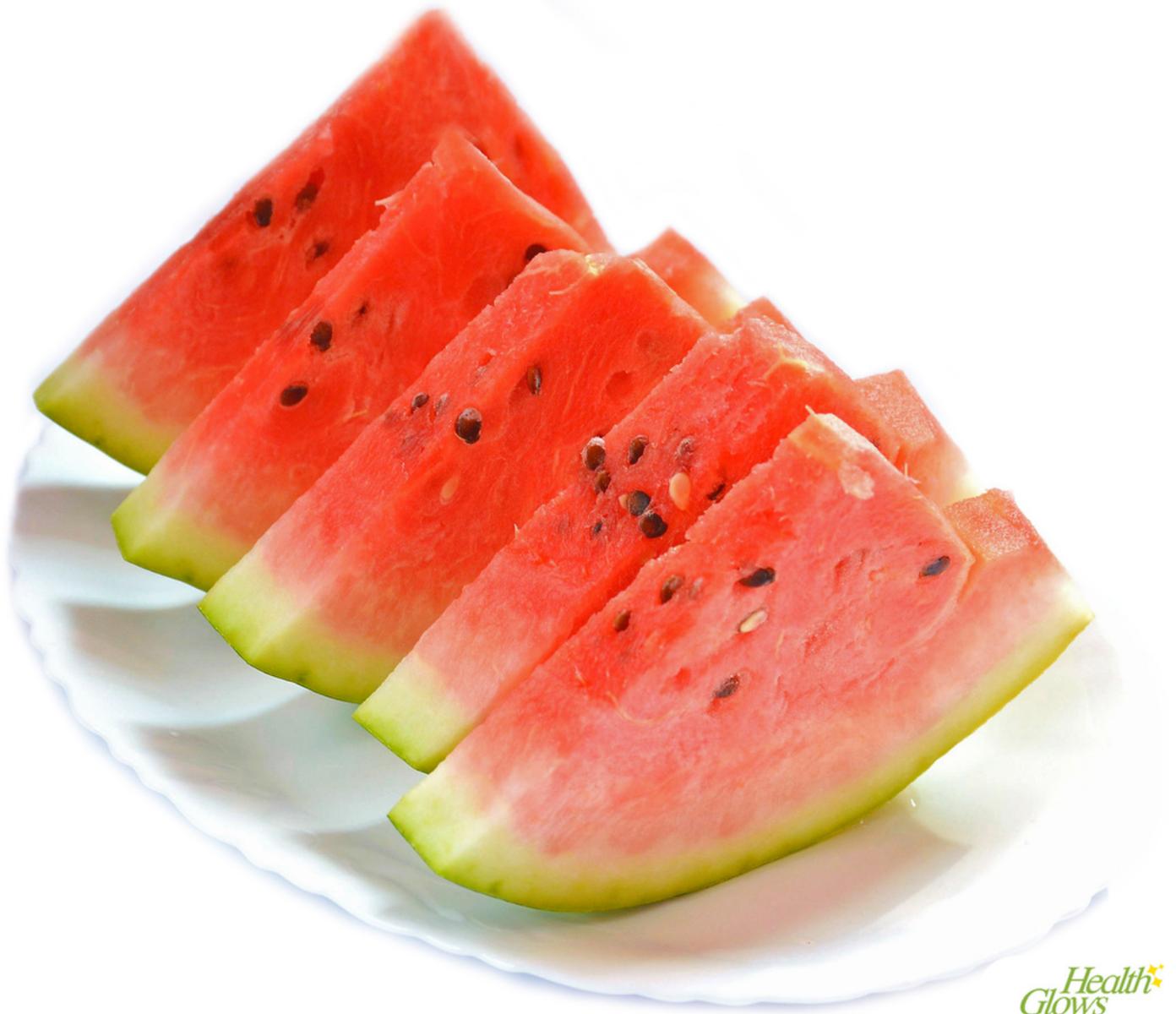


Summer Day #3



Breakfast: watermelon



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Ingredients:

2.5 kg / 5.5 lbs watermelon (edible part measured)

Preparation:

Slice the watermelon.

Enjoy!

Calories: 750 sugars / proteins / fats: 89% / 7% / 4%



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Lunch: sweet cherries & peaches



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Ingredients:

1 kg / 2.2 lbs peaches
500 g / 18 oz sweet cherries

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Preparation:

Wash the fruit and leave it aside to dry.

Arrange the fruit on a plate.

Enjoy!

Calories: 705 sugars / proteins / fats: 89% / 7% / 4%



Dinner: French way

Apple - Orange - Dill Juice

+

Raw French Salad



Ingredients for the juice:



1 Granny Smith apple

1 orange

½ cup of dill

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Preparation:

Peel the orange.

Separate the orange segments.

Cut the apple in half.

Deseed the apple.

Destem the apple.

Slice the apple.

Juice apple slices,
orange segments and dill sprigs alternatively.

Pour the juice in a glass.



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Ingredients for the salad:



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1 kg / 2.2 lbs cucumbers

1 zucchini

1 cup of young sweet peas (if available)

½ lemon

30 g / 1 oz shelled hemp seeds*

1 tablespoon of dried, powdered, sweet paprika

apple-orange-dill pulp

a couple of mint leaves

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***Advice:**

Unshelled hemp seeds can be found on the market. I would encourage you though to consume exclusively shelled seeds in general, including hemp seeds, because seed shells are not digestible for humans.

Interesting about hemp seeds:

Contain a favourable ratio of omega 3 and omega 6, unlike other seeds that contain usually more omega 6 fatty acids.

Don't contain phytic acid like other seeds (and nuts). Phytic acid binds the minerals in the body creating unusable compounds. Phytic acid is water dissoluble, so it can be removed by soaking nuts and seeds. Hemp seeds thus don't require soaking.

Don't requires dehydration. Generally, shelled nuts and seeds are dehydrated to prevent them from going rancid after they are shelled and thus exposed to the oxygen. Dehydration of nuts and seeds can render them not raw any more. Hemp seeds don't require dehydration.

Come from a hemp plant that requires no chemicals for growing.

Preparation:

Peel the cucumbers.

Dice the cucumbers.

Place the diced cucumbers in a bowl.

Add sweet peas to the cucumbers.

Peel the zucchini.

Chop up the zucchini.

Juice the lemon.

Place zucchini, lemon juice, pulp, hemp seeds, mint leaves and dried paprika in the blender.

Blend these ingredients into a dressing.

Add the dressing to the cucumbers and peas.

Mix it all well.



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Serve the salad with the juice.

Enjoy!



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Calories: 550 sugars / proteins / fats: 55% / 17% / 28%

Total for this day:

calories: 2,005 sugars / proteins / fats: 80% / 10% / 10%



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