



Summer Day #6



Breakfast: blueberries in melons



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Ingredients:

1.5 kg / 3.3 lbs Galia melon (edible part measured)
200 g / 7 oz blueberries

Preparation:

Cut the melons in halves.
Spoon out the seeds.

Place the blueberries into empty middles.

Spoon out the melon flesh with the blueberries.

Enjoy this blue-yellow combination!

Calories: 625 sugars / proteins / fats: 88% / 7% / 5%



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Lunch: blackberries in apricots



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Ingredients:

1.5 kg / 3.3 lbs apricots (edible part measured)

200 g / 7 oz blackberries

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Preparation:

Wash the fruit and leave it aside to dry.

Remove the stones from the apricots.

Arrange the fruit on a plate.

Place a blackberry in middle of each apricot.

Enjoy this colorful combination!

Calories: 805 sugars / proteins / fats: 83% / 10% / 7%



Dinner: juice & salad

Pear - Dill Juice

+

Peachy Creaminess



Ingredients for the juice:



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400 g / 14 oz pears

½ cup of dill

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Preparation:

Cut the pears in halves.

Remove the seeds and stems from the pears.

Juice the pear slices and dill sprigs alternatively.

Serve the juice in a glass.



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Ingredients for the salad:



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1 kg / 2.2 lbs cucumbers

300 g / 10 oz tomatoes

500 g / 18 oz peaches

30 g / 1 oz flax seeds

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Preparation:

Soak the flax seeds for a couple of hours.*

Rinse the flax 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 cucumbers.

Dice the cucumbers.

Place the diced cucumbers in a bowl.

Dice the tomatoes.

Add the diced tomatoes to the diced cucumbers.

Cut the peaches in halves.

Remove the stones from the peaches.

Place the peaches and flax seeds into the blender.

Blend these ingredients into a dressing.

Add the dressing to the cucumbers and tomatoes.

Mix it all well.

Enjoy!



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Calories: 635 sugars / proteins / fats: 67% / 11% / 22%

Total for this day:

calories: 2,065 sugars / proteins / fats: 80% / 9% / 11%



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