



Winter Day #1



Breakfast: tangerines



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Ingredients:

1.4 kg / 3 lbs tangerines* (edible part measured)

*Advice:

Choose the tangerines that are easy to peel. These tangerines have some free space between the peel and the flesh inside.

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Preparation:

Peel the tangerines.

Arrange the tangerines on a plate.

Enjoy!

Calories: 740 sugars / proteins / fats: 90% / 5% / 5%



Lunch: Hachiya persimmons



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Ingredients:

1 kg / 2.2 lbs Hachiya persimmons*

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***Advice:**

Hachiya persimmons are ripe when they are soft to touch, when their stem and leaves can be easily taken off and when their flesh inside has a consistency of a pudding. Unripe Hachiya persimmons have a tangy flavor and astringent effect on the lips if eaten. Unripe Hachiya persimmons should be left at a room temperature until they ripen. This can take from a couple of days to a couple of weeks.

Preparation:

Wash the persimmons and let them dry.
Arrange the persimmons on a plate.

Enjoy!

Calories: 700 sugars / proteins / fats: 95% / 3% / 2%

Dinner: juice & salad

Dark Green Juice

+

Pomegranate Salad



Ingredients for the juice:

2 Granny Smith apples

5 Swiss chard leaves

Preparation:

Wash the apples and Swiss chard leaves.

Slice the apples.

Juice the apple slices and Swiss chard leaves alternatively.

Pour the green juice into a glass.



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Ingredients for the salad:



2 heads of lettuce

(my suggestion is butterhead or romaine, but of course,
the choice of lettuce variety is up to you)

1/2 a cup of pomegranate seeds

2 oranges

30 g / 1 oz of walnuts

a pinch of cinnamon

Preparation:

Soak the walnuts.*

Rinse the walnuts.

***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.

Open the pomegranate.

Take out the pomegranate seeds.

Add the pomegranate seeds to the lettuce.

Peel the oranges.

Remove the orange seeds if there are any.

Place the oranges, walnuts and cinnamon into the blender.

Blend these ingredients into a dressing.

Add the dressing to the salad.

Mix it all together.

Enjoy!



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Calories: 595 sugars / proteins / fats: 59% / 19% / 22%

Total for this day:

calories: 2,035 sugars / proteins / fats: 83% / 5% / 12%



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