



Winter Day #2



Breakfast: pineapple



Ingredients:

1.5 kg / 3.3 lbs* pineapple** (edible part measured)

*Advice:

If this is too much of pineapple (since the edible part of one pineapple average around 500 g / 18 oz), feel free to combine some pineapple with tangerines or clementines for example.

****Advice:**

Pineapple is a non-climacteric fruit, meaning that it doesn't continue to ripen after being harvested. However, if you leave a pineapple at a room temperature for a couple of days, it can get somewhat softer. In doing so, it is important to store the pineapple upside down, so the leaves facing downwards. This position ensures that the juices are distributed evenly throughout the fruit and that they don't just pile up around the base which causes the base to spoil and the top part is left without sweet juices. Pineapple is ripe when the leaves can be removed easily and the fruit emits sweet, characteristic fragrance through its skin.

Interesting facts about pineapple:

- It takes around two years for a single pineapple fruit to develop and ripen.
- A pineapple fruit is actually a cluster of berries around the base.

Preparation:

Remove the leaves from the pineapple.

Peel the pineapple.

Chop up the pineapple flesh.

Plate the pineapple.

Enjoy!

Calories: 750 sugars / proteins / fats: 94% / 4% / 2%



Lunch: warm porridge



Ingredients:

700 g / 25 oz bananas

3 dates

1 tbs of raw, carob powder

1/2 a cup of slightly warmed water

*Advice:

Bananas are ripe when their skin is spotted. Yellow skin implies that bananas are not ripe and thus their flesh is mainly composed of hard to digest starch. Ripening means that starch in bananas converts to easy to digest simple sugars.

Preparation:

Peel the bananas.

Place the bananas in a bowl.

Use a potato masher to mash bananas.

Remove the pits from the dates.

Slightly warm up the water.

Place the dates, carob and warm water into the blender.

Blend these ingredients into a warm sauce.



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Pour the warm sauce over the mashed bananas.

Enjoy!



Calories: 700 sugars / proteins / fats: 93% / 4% / 3%



Dinner: warm soup & salad

Warm Soup

+

Salad



Ingredients for the soup:

200 g / 14 oz Hokaido pumpkin

20 g / 1.4 oz pumpkin seeds

1 cup of clean water

a pinch of ground clove

Preparation:

Soak the pumpkin seeds.*

Rinse the pumpkin 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 pumpkin.
Remove the seeds from the pumpkin,
if there are any.
Chop up the pumpkin.

Slightly warm up the water.

Place the pumpkin, pumpkin seeds, warm water and
ground clove into the blender.
Blend these ingredients into a warm and creamy soup.

Serve the soup in a bowl.



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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 Hachiya persimmon

1 celery stalk*

1 pomegranate

20 g / 1.4 oz pumpkin seeds

***Advice:**

The bitterness in celery leaves come from alkaloids, which is why it is better not to use them.

Preparation:

Soak the pumpkin seeds.

Rinse the pumpkin seeds.

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.

Leave a couple of pomegranate seeds aside.

Remove the leaves and stem from the persimmon.

Remove the persimmon seeds if there are any.

Chop up the celery.

Place the persimmon, pomegranate seeds, pumpkin seeds
and celery into the blender.

Blend these ingredients into a dressing.

Add the dressing to the salad.

Mix it all together.

Add the remaining pomegranate seeds on top.

Serve the salad second to the soup.

Enjoy!



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Calories: 610 sugars / proteins / fats: 54% / 14% / 32%

Total for this day:

calories: 2,060 sugars / proteins / fats: 82% / 7% / 11%



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