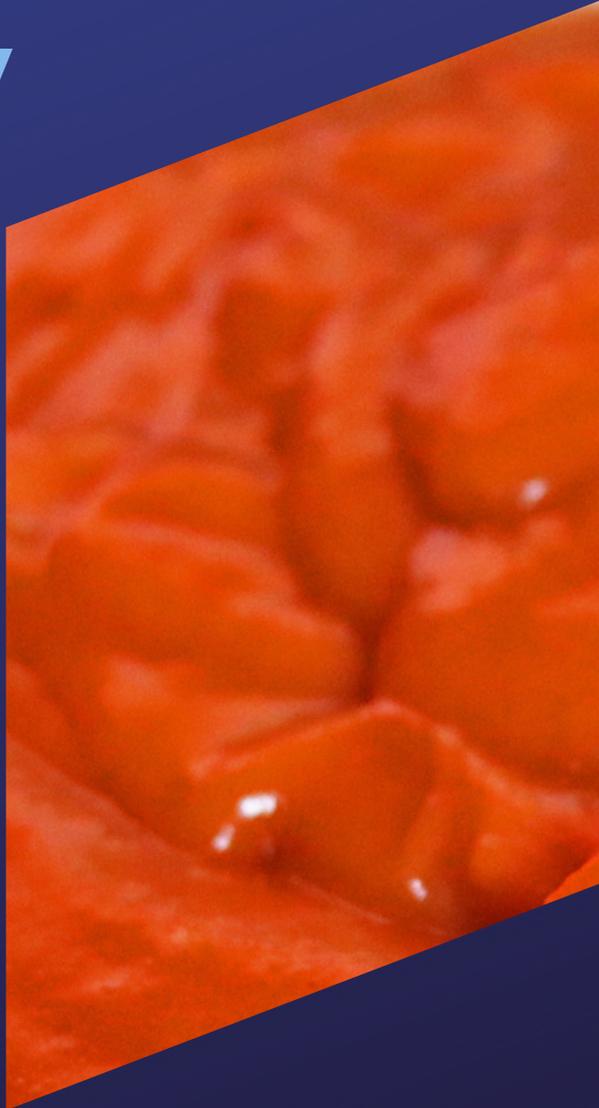




Winter Day #3



Breakfast: kiwis



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Ingredients:
1.5 kg / 3.3 lbs kiwis

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***Advice:**

Kiwi is ripe when it is mildly soft to touch.

However, be careful, since when it is too soft it usually means it has already gone bad. Kiwi can be delicious, mildly sweet when it is of good quality and ripeness, but if it is hard to touch, it has acid flavor and astringent effect on the lips if eaten. Pay attention to kiwis you buy and soon you will learn how to recognize good kiwis.

Preparation:

Peel the kiwis.

Cut the kiwis in halves.

Place the fruit in bowl.

Enjoy!

Calories: 915 sugars / proteins / fats: 87% / 6% / 7%



Lunch: persimmon pudding



Ingredients:

1 kg / 2.2 lbs Hachiya persimmons

Preparation:

Remove the stems and leaves from the persimmons.

Remove the seeds if there are any.

Cut the persimmons in quarters.

Place the persimmons into the blender.

Blend the persimmons into a pudding.

Serve the pudding into a bowl.

Enjoy!

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



Dinner: joyful pink

Pink Juice

+

Salad with Pink Dressing



Ingredients for the juice:

2 Granny Smith apples*

1 beet, medium size

***Advice:**

Juice acid fruits and greens, that is, the low sugar content produce. Naturally, sweet fruit juice has its sugar separated from the fiber and thus it causes the blood sugar to go up too rapidly and too high.

Preparation:

Peel the beet.

Cut the apples and beet into slices.

Juice the apple and beet slices alternately.

Pour the 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)

200 g / 7 oz strawberries*

30 g / 1 oz flax seeds

a pinch of nutmeg powder

***Advice:**

In the winter time you can use frozen strawberries. Of course, fresh food is always superior, but freezing is the least harmful way of preserving food.

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.

Wash the lettuce.

Dry the lettuce in the salad spinner.

Chop up the lettuce.

Place the lettuce in a bowl.

Place the strawberries, flax seeds and ground nutmeg into the blender.

Blend these ingredients into a dressing.

Add the dressing to the salad.

Mix it all together.

Serve the salad with the juice.
Enjoy!



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Calories: 435 sugars / proteins / fats: 58% / 13% / 29%

Total for this day:

calories: 2,050 sugars / proteins / fats: 84% / 7% / 9%



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