



# Winter Day #4



# Breakfast: tangerines



## Ingredients:

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

## Preparation:

Peel the tangerines.  
Place the fruit in a bowl.

Enjoy!

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



# Lunch: sweet porridge



## **Ingredients:**

4 ripe bananas

2 apples, sweet variety, like Red Delicious for example\*

2 dates

1/2 tsp of ground cinnamon

## **\*Advice:**

In the banana-apple combination, make sure to use a sweet apple variety, like Red Delicious for example. Acid apple varieties wouldn't combine well with bananas digestion wise.

## **Preparation:**

Peel the bananas.

Place the bananas in a plate.

Mash the bananas with a masher.

Peel the apples.

Holding onto opposite sides of the apple core, grate the apples.

Add the grated apples to the mashed bananas.

Remove the pits from the dates.

Finely chop up the dates.

Add the chopped up dates to the apple-banana mix.

Add the ground cinammon on top.

Enjoy!



*Health*  
*GloWS*

**Calories: 710 sugars / proteins / fats: 94% / 3% / 3%**



*Health*  
*GloWS*

# Dinner: juice & salad

**Pear - Kale Juice**

+

**Salad in Pineapple Dressing**



**Ingredients for the juice:**

2 pears

5 leaves or curled kale

**Preparation:**

Cut the pears in halves.

Remove the stems and seeds from the pears.

Cut each pear half into halves.

Destem the kale leaves.

Juice pear quarters and kale leaves alternatively.

Pour the juice in a glass.



*Health* ✨  
*GlowS*

*Health* ✨  
*GlowS*

## Ingredients for the salad:



*Health  
Glows*

2 heads of lettuce

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

2 cups of chopped pineapple

1 red, sweet bell pepper

200 g / 7 oz of sweet peas\*

30 g / 1 oz sunflower seeds

### **\*Advice:**

If young and fresh sweet peas are not available, skip them.

Pomegranate seeds can give the same, or at least similar, kind of texture instead.

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## **Preparation:**

Soak the sunflower seeds.\*

Rinse the sunflower 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.

Remove the stem and leaves from the pineapple.

Chop up the pineapple.

Remove the stem and seed from the bell pepper.

Chop up the bell pepper.

Place the pineapple, red bell pepper and sunflower seeds into the blender.

Blend these ingredients into a dressing.

Add the dressing and peas to the lettuce.

Mix it all well.

Serve the salad with the juice.

Enjoy!



**Calories: 580 sugars / proteins / fats: 60% / 13% / 27%**

**Total for this day:**

**calories: 2,030 sugars / proteins / fats: 83% / 7% / 10%**



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