



Winter Day #5



Breakfast: kiwis



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Ingredients:

1.2 kg / 2.6 lbs kiwis

Preparation:

Peel the kiwis.

Place the kiwis in a bowl.

Enjoy!

Calories: 730 sugars / proteins / fats: 87% / 6% / 7%

Lunch: dream pudding



Ingredients:

1 kg / 2.2 lbs persimmons
1 tbsp of raw carob powder

Preparation:

Remove the stems and leaves from the persimmons.

Cut the persimmons in halves.

Remove the seeds, if any.

Leave one persimmon half aside.

Place the persimmons and carob powder into the blender.

Blend these ingredients into a pudding.

Pour the pudding into a bowl.

Dice the remaining persimmon half.

Decorate the pudding with the diced persimmon.

Enjoy!



Health
GloWS

Calories: 720 sugars / proteins / fats: 95% / 3% / 2%



Health
GloWS

Dinner: green juice & green bowl

Orange - Dill Juice

+

Green Bowl



Ingredients for the juice:

2 oranges

1 bunch of dill

Preparation:

Peel the oranges.

Separate the orange segments.

Juice the orange segments and dill sprigs
alternatively.

Pour the green juice in a glass.



Health ✨
GlowS

Health ✨
GlowS

Ingredients for the green bowl:



800 g / 28 oz cucumbers (edible part measured)

2 Granny Smith apples

100 g / 3.5 oz spinach

100g / 3.5 oz avocado - about 1/2 of an avocado*

depending on its size

juice of ½ a lemon

1/2 cup of clean water

*Advice:

Avocado is ripe when it is mildly soft to touch. The flesh of a ripe avocado is creamy in its texture. Avocado continues to ripen after being harvested, so if you have an avocado that is hard, just leave it for a couple of days at a room temperature and it will ripen.

Preparation:

Peel the cucumbers.

Peel the apples.

Cut the apples in halves.

Remove the stems and seeds from the apples.

Dice up the cucumbers and apples.

Place the diced cucumbers and apples into a bowl.

Wash the spinach.

Dry the spinach in the salad spinner.

Cut the lemon in half.

Juice one half of the lemon.

Cut the avocado widthwise in half.

Spoon out the flesh from one half of the avocado.

Place the water, avocado, spinach and
lemon juice into the blender.



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Blend these ingredients into a dressing.

Pour the dressing over the diced cucumbers and apples.
Mix it all well.

*Health
Glows*

Serve the green bowl with the green juice.

Enjoy!



Calories: 590 sugars / proteins / fats: 67% / 8% / 25%

Total for this day:

calories: 2,040 sugars / proteins / fats: 84% / 5% / 11%

