



Winter Day #6



Breakfast: clementines



Ingredients:

1.5 kg / 3.3 lbs clementines*

*Advice:

Make sure not to mistake clementines with mandorras. Mandorras are usually more acid in their flavor and it is hard to peel them, while clementines are mildly acid, pleasant in their flavor and easy the peel.

Preparation:

Peel the clementines.
Place the fruit in a bowl.

Enjoy!

Calories: 705 **sugars** / **proteins** / **fats:** 91% / 6% / 3%



Health
Glows

Lunch: persimmons



Health
Glows



Ingredients:

1 kg / 2.2 lbs Fuyu persimmons

*Advice

While Hachiya persimmons contain tannins when unripe and thus have astringent effect on the lips if eaten unripe, this is not the case with the Fuyu variety of persimmons. Fuyu persimmons can be eaten even when they are not fully soft, however, if left to get really soft, their flesh becomes more of a jelly consistency and sweeter.

Health
Glows

Preparation:

Wash the fruit and let it dry.
Arrange the fruit on a plate.

Enjoy!

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



Dinner: soup & salad

Raw Borscht Soup + Celery - Salty Salad



Ingredients for the soup:



2 carrots

1 beet

1/2 Granny Smith apple

1 quarter of an avocado

1 tbsp of grated cabbage

Preparation:

Peel the carrots and beet.

Juice the carrots, beet and apple.

Cut out one dice of the avocado and leave it aside.

Place the juice and the remaining quarter of the avocado into the blender.

Blend these ingredients into a soup.

Pour the soup in a bowl.

Add some grated cabbage and the avocado dice on top.



Health
Glows

Health
Glows

Ingredients for the salad:



2 heads of lettuce

(I suggest butterhead, but of course, you choose the variety of lettuce)

100 g / 3.5 oz cucumber

200 g / 7 oz celery stalk

1/2 avocado

juice of 1/2 of a lemon

1/2 a cup of dill

200 g / 7 oz strawberries

Preparation:

Wash the lettuce.

Dry the lettuce in the salad spinner.

Chop up the lettuce.

Place the lettuce in a bowl.

Cut the avocado in half.

Spoon out the flesh from one avocado half.

Peel the cucumber.

Chop up the cucumber.

Remove the leaves from the celery stalk.

Chop up the celery stalk.

Cut the lemon in half.

Juice one lemon half.

Place the cucumber, celery, avocado flesh, dill and
lemon juice into the blender.

Blend these ingredients into a dressing.

Add the dressing to the lettuce.

Slice the strawberries.

Add the strawberries to the salad.

Mix it all well.

Serve the salad second to the soup.

Enjoy!



Health
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Calories: 565 sugars / proteins / fats: 56% / 10% / 34%

Total for this day:

calories: 1,970 sugars / proteins / fats: 83% / 6% / 11%



Health
Glows