



Winter Day #7



Breakfast: pineapple & berries



Ingredients:

1.5 kg / 3.3 lbs pineapple (edible part measured)
200 g / 7 oz berries of your choice

Preparation:

Remove the leaves from the pineapple.
Peel the pineapple.
Chop up the pineapple flesh.
Plate the pineapple.

Add the berries to the pineapple.

Enjoy!

Calories: 815 sugars / proteins / fats: 94% / 4% / 3%



Health
Glows

Lunch: two colour pudding



Ingredients:

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

Preparation:

Remove the stems and leaves from the persimmons.
Remove the seeds, if there are any.
Cut the persimmons in quarters.

Place half of the persimmons into the blender.
Blend the persimmons into a persimmon pudding.
Pour the pudding into a bowl.

Place the other half of the persimmons and
the carob powder into the blender.
Blend these ingredients into
a persimmon-carob pudding.
Pour this pudding on top of
the orange pudding in the bowl.

Enjoy this two colour delight!



Health
GlowS

Calories: 715 sugars / proteins / fats: 95% / 3% / 2%



Health
GlowS

Dinner: pudding & salad

Warm & Creamy Pudding

+

Marina's Salad



Ingredients for the pudding:



500 g / 18 oz butternut squash (edible part measured)

Preparation:

Peel the butternut squash.
Remove the seeds, if there are any.

Place the butternut squash into the freezer
for about 8 hours.

Take the butternut squash out from the freezer.

Let the butternut squash thaw.

Place the butternut squash into the blender.
Blend the butternut squash until it warms up a bit.

Pour the warm & creamy pudding into a bowl.



Health
Glows

Health
Glows

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)

300 g / 10 oz seedless tangerines

30 g / 1 oz hulled hemp seeds

100 g / 3.5 pomegranate seeds

Preparation:

Wash the lettuce.

Dry the lettuce in the salad spinner.

Chop up the lettuce.

Place the lettuce in a bowl.

Open the pomegranate.

Take the pomegranate seeds out.

Add the pomegranate seeds to the lettuce.

Peel the tangerines.

Place the tangerines and hemp seeds into the blender.

Blend these ingredients into a dressing.

Add the dressing to the lettuce.

Mix it all well.

Enjoy!



Health
Glows

Calories: 510 sugars / proteins / fats: 56% / 14% / 30%

Total for this day:

calories: 2,040 sugars / proteins / fats: 85% / 6% / 9%



Health
Glows