

Company Logo

NUTRITION PLAN

CLIENT

Anita

DIET NAME

Lowered intake of carbohydrates in the afternoon

ENERGY INTAKE

1445.8 kcal / 6053.28 KJ

DURATION OF THE PLAN

2017-03-05 - 2017-04-03

PLAN MADE BY

Company Name

Diet description

Hello,

The settings of this nutrition program correspond with requirements for weight adjustment and were approved by professionals in the areas of preventative and sports dieto-therapy.

Instructions:

- As possible, switch out individual meals as often as possible - in order to keep a variety of food and variety of micronutrients (vitamins and minerals).
- Meals should be consumed 2-3 hours before going to sleep, at the latest.
- Allow yourself uninterrupted, adequate sleep for the duration of at least 6 hours and a maximum of 9 hours every day. Lack of sleep can lead to an increase of food consumption of up to 30%.
- Shop for groceries that are prescribed to you in your meal plan. **If you have the option, eat foods such as meat, fish and eggs that are farm raised and fruits and vegetables that have not been chemically altered (home-grown would be best).**
- Follow the instructed number of meals per day.
- Avoid sweets, candy bars, salted snacks and drinking sweetened drinks such as pop.
- In case you have potatoes incorporated in your meal plan and you are not allergic to them, only prepare a minimum by cooking with the peel still on.
- If you find a complicated recipe in your meal plan and have the time and interest to cook it for a couple of days (a bigger portion), multiply every ingredient in the recipe.
- Do your best to consume at least the minimum of recommended vegetables in the menu variation. If you are craving more vegetables, you may consume as much as you'd like. Before any intense activity or weights training, restrict or eliminate legumes to prevent bloating.

Warnings:

- Whole wheat bread consists of whole wheat flour, which is made by grinding the entire wheat grain (whether it is rye, wheat or another type) including the shells and sprouts. In order for the bread to be labeled as whole wheat, it must contain at least 70% of whole wheat products. Whole wheat bread does not contain seeds or nuts!
- Graham bread is made out of graham flour, to which bran is added (the outside shell of the wheat). Proportion of graham flour should be at least 30%.

Fluids:

- Drink an unsweetened tea of your preference twice daily, ideally a loose leaf green, white (not in the evening) or herbal.

- We recommend following a regular drinking regime (tap water or filtered water).
- Drink water with food only when your meal is dry (“won’t go down your throat”).
- Only drink isotonic drinks when working out intensely (hype/izotonic only, NOT hypertonic).

Groceries:

- Recipes and individual ingredients can be flavored with herbs, spices (if you are not allergic) and vegetable salt (not a lot).
- In case you find an ingredient in one of the “menu variations” (such as meat, vegetable, fruit or rice) that you do not have at home at the moment, use the most similar ingredient depending on what your menu includes. For example *Filet Mignon - Sirloin Steak*, *Yellow Pepper - Green Pepper*, *Arugula - Spinach*, *Spaghetti - Fusilli*, *Tomato - Radish...* *If you are allergic to any of the ingredients, do not consume them.*
- Weight of meat is in its raw state. You should prefer boiled, baked and grilled meat. **Absolutely avoid fried meat.** Try to follow the measurements recommended by menu item.
- Uncooked rice will triple in size after cooking.
- Oils ideal for salads are - hemp, olive, beet, avocado, sunflower - ideally extra virgin and cold pressed. If you are allergic to any of these oils, do not consume them.
- Oils recommended for cooking or pan frying are refined beet, olive and sunflower.
- If you are allergic to any of the additional ingredients (basil, cinnamon, rosemary, oregano), do not consume them, even if they appear in your diet regime as “additional ingredients”

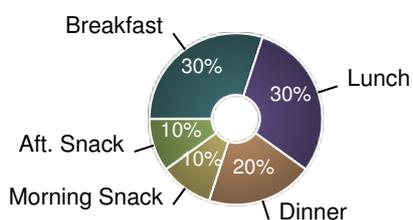
Soups:

- If you have soup in your “menu variation” that you can’t find in your local restaurant, choose a similar alternative, as long as you aren’t allergic (beef broth instead of chicken broth). Avoid creamy and greasy soups.

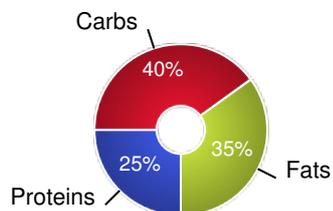
Enjoy your meals and we wish you an early reach of your goal.

Overview of the distribution of macronutrients and energy throughout the day

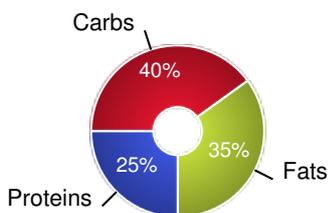
ENERGY DISTRIBUTION THROUGHOUT THE DAY



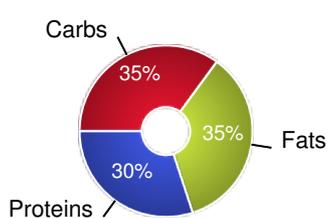
MACRONUTRIENTS - BREAKFAST



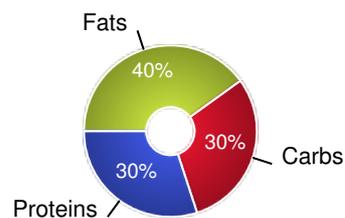
MACRONUTRIENTS - MORNING SNACK



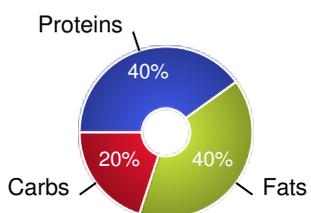
MACRONUTRIENTS - LUNCH



MACRONUTRIENTS - AFTERNOON SNACK



MACRONUTRIENTS - DINNER



Explanatory Notes on the Nutrition Plan

RECIPE INSTRUCTIONS AND PREPARATION TIME

Collaborating with cooks, doctors and trainers, we devised recipes and instructions on how to prepare tasty and healthy meals. The recipe instructions should be only reference and you may not strictly adhere to them. "Additional ingredients" are usually ingredients with very low levels of energy that are used e.g. for seasoning.

🕒 10 min

Preparation instructions:

Cut the fruit into a bowl and eat it for snack.

Additional ingredients:

Drizzle with lemon juice to taste.

LIST OF INGREDIENTS CONTAINED IN THE MEAL

There is displayed the amount in kitchen measures for each ingredient (to facilitate the dosage), followed by the exact amount in grams enclosed by brackets (the exact recommended amount of the ingredient does not necessarily match exactly with the kitchen measures due to rounding).

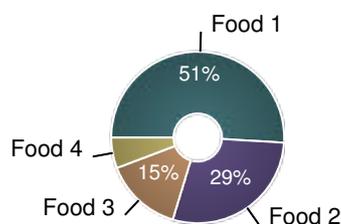
INGREDIENTS

¾ x pack Food 1 (127.5 g)
 2 x pcs Food 2 (150 g)
 2 a ½ x slice Food 3 (125 g)
 4 x pcs Food 4 (12 g)

ENERGY DISTRIBUTION OF THE MEAL

The graphic depicts the amount of energy contained in each individual ingredient contained in the meal. It serves to identify the main source of energy of the meal.

ENERGY DISTRIBUTION



ADDITIONAL INFORMATION ABOUT THE MEAL (INFORMATIVE, IT CONTAINS THE APPROXIMATE VALUES FOR GIVEN MEAL)

CU - Carb Units

7 CU

GI - Glycemic index

31^{Low} GI

GL - Glycemic Load

22^{High} GL

Chol. - Cholesterol in milligrams (mg)

6.2 Chol

Breakfast

Fish Breakfast

🕒 7 min

Preparation instructions:

Out of butter, fishes (and onion, if prescribed) make a spread and extend it evenly over the bread. Eat it with vegetables.

Additional ingredients:

herbs, spices, a bit of vegetable salt, wild garlic, the stalk (in case of not being allergic to them)

ENERGY

1788.02 kJ
Ideal: 1797.82 kJ

CARBS

41.86 g
Ideal: 41.89 g

FATS

15.89 g
Ideal: 16.16 g

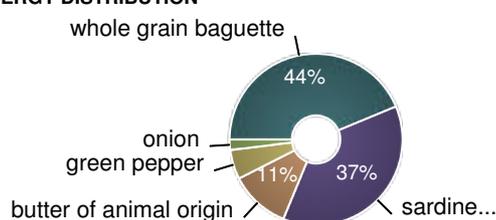
PROTEINS

26.26 g
Ideal: 26.18 g

INGREDIENTS

- ¾ x pack sardine in its own juice, e.g. Tesco (90 g) (0 CU)
- ½ x pcs whole grain baguette (60 g) (3.6 CU)
- 1 a ¼ x tea spoon butter of animal origin (6.25 g) (0 CU)
- ¼ x medium onion (18.75 g) (0.2 CU)
- 2 pcs green pepper (150 g) (0.4 CU)

ENERGY DISTRIBUTION



ADDITIONAL INFORMATION ABOUT THE MEAL



Hard-boiled eggs with bread and vegetables

🕒 7 min

Preparation instructions:

Eat the hard-boiled eggs with bread and vegetable garnish. Add flavor with herbs or spices to taste. For example, you can make finger food out of the sliced bread or eggs.

Additional ingredients :

a bit of vegetable salt, arbitrary spice, herbs, edible seaweed (in case of not being allergic to those ingredients)

ENERGY

1765.12 kJ
Ideal: 1779.66 kJ

CARBS

41.16 g
Ideal: 41.47 g

FATS

16.07 g
Ideal: 16 g

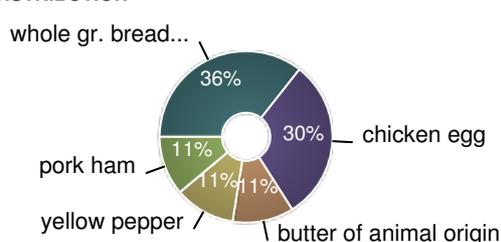
PROTEINS

25.22 g
Ideal: 25.92 g

INGREDIENTS

- 1 a ½ pcs chicken egg (82.5 g) (0.1 CU)
- 1 a ¼ x slice whole grain rye bread (62.5 g) (3 CU)
- 2 pcs yellow pepper (150 g) (0.9 CU)
- 1 a ¼ x tea spoon butter of animal origin (6.25 g) (0 CU)
- 2 a ¾ x slice pork ham (46.75 g) (0 CU)

ENERGY DISTRIBUTION



ADDITIONAL INFORMATION ABOUT THE MEAL



Baguette

🕒 7 min

Preparation instructions:

A whole grain baguette that you prepare previously at home or customize at a fast-food with the prescribed ingredients.

The base will be the baguette, ham, cheese, and butter. Prepare/order the vegetables to taste (leaf vegetables, tomatoes, herbs, radish, pepper, cucumber...), + dressing (low-fat!, from garlic, yogurt).

Naturally, if you are allergic to any of the aforementioned ingredients, do not eat them!.

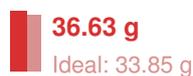
Additional ingredients :

herbs, vegetables, spices, low-fat dressing (in case of not being allergic to those ingredients)

ENERGY



CARBS



FATS



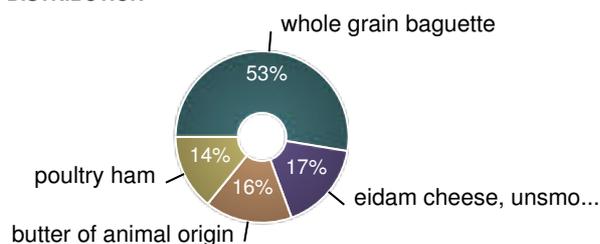
PROTEINS



INGREDIENTS

- ½ x piece whole grain baguette (60 g) (3.6 CU)
- 2 x slice poultry ham (40 g) (0 CU)
- 1 a ½ x teaspoon butter of animal origin (7.5 g) (0 CU)
- 1 x slice (9x9 cm) eidam cheese, unsmoked, 30% of fat in dry matter (22 g) (0 CU)

ENERGY DISTRIBUTION



ADDITIONAL INFORMATION ABOUT THE MEAL



Cottage cheese delicacy with egg, coconut and fruit

🕒 5 min

Preparation instructions:

Put the crumbly cottage cheese into the bowl, add coconut oil together with ground coconut. Sweeten either with syrup or honey. Add a raw egg, sliced fruit (if required by the variant) and stir it thoroughly up.

Additional ingredients :

cinnamon (in case of not being allergic to those ingredients)

ENERGY

1780.92 kJ
Ideal: 1797.82 kJ

CARBS

36.41 g
Ideal: 41.89 g

FATS

17.35 g
Ideal: 16.16 g

PROTEINS

27.99 g
Ideal: 26.18 g

INGREDIENTS

½ x pack cottage cheese soft crumbly 2,5% e.g. Pilos (125 g) (0.5 CU)

½ tablespoons coconut oil (6 g) (0 CU)

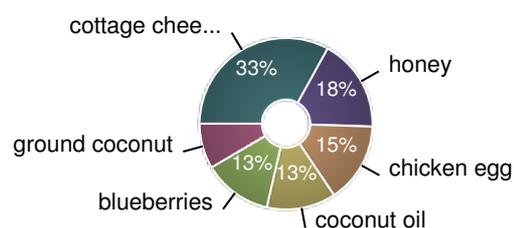
1 teaspoon ground coconut (5 g) (0.1 CU)

1 a ¼ tablespoons honey (22.5 g) (1.8 CU)

¾ pcs chicken egg (41.25 g) (0 CU)

11 x 5 berries blueberries (99 g) (1.1 CU)

ENERGY DISTRIBUTION



ADDITIONAL INFORMATION ABOUT THE MEAL

0.9 CU

66 Medium GI

24 High GL

195 Chol

Bread with beetroot spread

🕒 15 min

Preparation instructions:

Wash the beetroot, do not peel and cook it as a whole in a slightly salted water, until it becomes soft. Let it cool down, peel it grate it. The other option is to wash the beetroot and wrap it in tinfoil, bake at 180 degrees for about an hour. Once cool, grate the beetroot. In another bowl, mash the cottage cheese with a fork and add 2 mashed cloves of garlic. Add the grated beetroot and add flavor with black pepper and salt. Finally, add some oil, so the spread gets smooth and glossy.

Additional ingredients :

salt, black pepper (in case of not being allergic to those ingredients)

ENERGY

1755.17 kJ
Ideal: 1797.82 kJ

CARBS

51.54 g
Ideal: 41.89 g

FATS

10.81 g
Ideal: 16.16 g

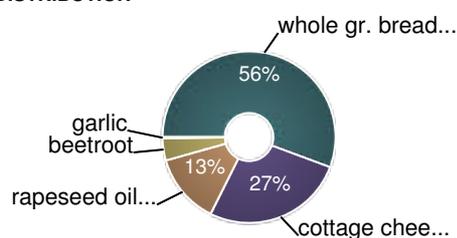
PROTEINS

26.18 g
Ideal: 26.18 g

INGREDIENTS

- 1 a $\frac{3}{4}$ x slice whole grain wheat bread "graham" (87.5 g) (4.4 CU)
- $\frac{3}{4}$ x small piece beetroot (37.5 g) (0.4 CU)
- 5 a $\frac{3}{4}$ tablespoon cottage cheese soft crumbly 2.5%, e.g. Rajo (97.75 g) (0.4 CU)
- $\frac{1}{2}$ tablespoon refined rapeseed oil (6 g) (0 CU)
- $\frac{1}{4}$ clove garlic (0.75 g) (0 CU)

ENERGY DISTRIBUTION



ADDITIONAL INFORMATION ABOUT THE MEAL

1.2 CU

14 Chol

Tofu with basil and whole grain bread

🕒 10 min

Preparation instructions:

Mash the tofu with a fork or mix it briefly either with oil or flax seeds, nuts - as required by the variant and add basil or parsley. Add flavor with salt and spices. Wash and cut the fruit into thin slices. Spread the tofu, mixed with the other ingredients, over the bread and top it with slices of vegetables.

Additional ingredients :

sliced fresh basil or parsley stalk (to taste), vegetable salt, pepper, wild garlic (in case of not being allergic to those ingredients)

ENERGY

1786.14 kJ
Ideal: 1779.66 kJ

CARBS

41.14 g
Ideal: 41.47 g

FATS

16.61 g
Ideal: 16 g

PROTEINS

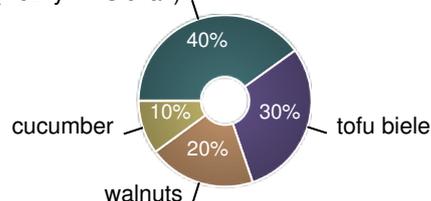
25.25 g
Ideal: 25.92 g

INGREDIENTS

- ½ x pack white tofu e.g. Alfa Bio (90 g) (0.2 CU)
- 1 pcs cucumber (300 g) (0.7 CU)
- 1 a ¼ x pc graham rolls ("rožky" in Slovak) (52.5 g) (3.1 CU)
- 4 pcs walnuts (12 g) (0.2 CU)

ENERGY DISTRIBUTION

aham rolls ("rožky" in Slovak)



ADDITIONAL INFORMATION ABOUT THE MEAL

1 CU

46 Low GI

19 Medium GL

0 Chol

Leguminous spread with bread

🕒 15 min

Preparation instructions:

Put into the mixing bowl the cooked leguminous, add salt, sesame pasta, oil and mashed garlic. If the spread is too dense, add a bit of water. Mix everything till smooth. Finally, add lemon squash to taste. Eat with fresh vegetables and bread (if required by the variant).

Additional ingredients :

herbs, wild garlic, pepper, salt (in case of not being allergic to those ingredients)

ENERGY

1803.11 kJ
Ideal: 1797.82 kJ

CARBS

49.42 g
Ideal: 41.89 g

FATS

16.98 g
Ideal: 16.16 g

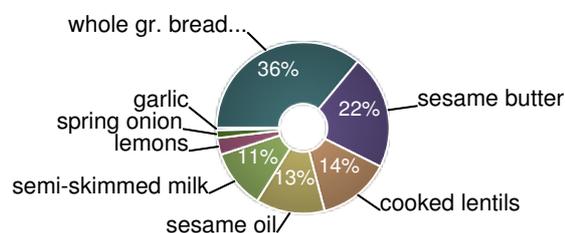
PROTEINS

17.1 g
Ideal: 26.18 g

INGREDIENTS

- 55 g cooked lentils (0.9 CU)
- ½ clove garlic (1.5 g) (0 CU)
- 15 g sesame butter (pasta), e.g. Alnatura (0.2 CU)
- ¼ x piece lemons (30 g) (0.3 CU)
- ½ tablespoon sesame oil (6 g) (0 CU)
- 1 a ¼ x slice whole grain wheat bread (62.5 g) (2.9 CU)
- ½ x piece (40 cm) spring onion (22 g) (0.1 CU)

ENERGY DISTRIBUTION



DRINKS

- 1 dl semi-skimmed milk (100 g)

ADDITIONAL INFORMATION ABOUT THE MEAL

1.2 CU

43^{Low} GI

21^{High} GL

5.0 Chol

Bread, ham and vegetables

🕒 7 min

Preparation instructions:

Spread evenly butter or margarine over the bread (if required by the variant) and top it with ham or cheese (if required by the variant). Eat with vegetables.

Additional ingredients :

herbs, a bit of vegetable salt (in case of not being allergic to those ingredients)

ENERGY

1793.07 kJ
Ideal: 1797.82 kJ

CARBS

41.84 g
Ideal: 41.89 g

FATS

16.09 g
Ideal: 16.16 g

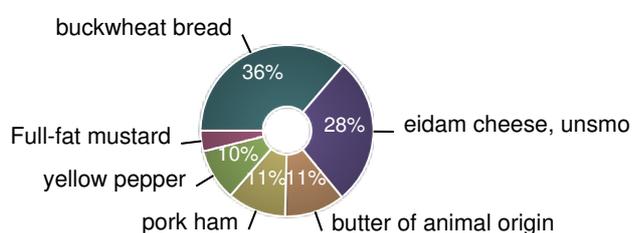
PROTEINS

26.13 g
Ideal: 26.18 g

INGREDIENTS

- 1 a ½ x slice buckwheat bread (75 g) (3.2 CU)
- 2 a ¾ x slice pork ham (46.75 g) (0 CU)
- 2 x teaspoon Full-fat mustard e.g. Snico (18 g) (0.1 CU)
- 1 a ¼ x teaspoon butter of animal origin (6.25 g) (0 CU)
- 1 a ¾ pcs yellow pepper (131.25 g) (0.8 CU)
- 2 x slice (9x9 cm) eidam cheese, unsmoked, 30% of fat in dry matter (44 g) (0.1 CU)

ENERGY DISTRIBUTION



ADDITIONAL INFORMATION ABOUT THE MEAL



Spicy cottage cheese

🕒 15 min

Preparation instructions:

Thoroughly mix into foam the cottage cheese, chilli, dried tomatoes, garlic, salt and pepper. Add finely cut red pepper and stir it. Eat with bread.

Additional ingredients :

chilli, black pepper, sea salt (in case of not being allergic to those ingredients)

ENERGY

1813.04 kJ
Ideal: 1797.82 kJ

CARBS

42.2 g
Ideal: 41.89 g

FATS

15.89 g
Ideal: 16.16 g

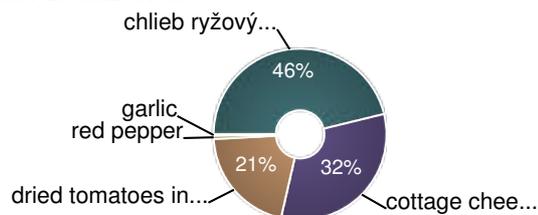
PROTEINS

27.38 g
Ideal: 26.18 g

INGREDIENTS

- ½ x pack cottage cheese soft crumbly 2,5% e.g. Pilos (125 g) (0.5 CU)
- ¼ clove garlic (0.75 g) (0 CU)
- ¼ pcs red pepper (18.75 g) (0 CU)
- 1 portion dried tomatoes in oil (50 g) (0.4 CU)
- 1 a ¾ x slice homemade rice bread (87.5 g) (≡ recipe below) (3.2 CU)

ENERGY DISTRIBUTION



ADDITIONAL INFORMATION ABOUT THE MEAL



RECIPE - HOMEMADE BREAD for 19 servings

- 175 g rice flour
- 200 g whole grain rice flour
- 3 a ¼ dl rice milk e.g. Biolienka (375 g)
- 10 x teaspoon butter of animal origin (51 g)
- 2 tablespoon rice flakes e.g. Wolfberry (22 g)
- 2 pcs chicken egg (110 g)
- 1 tablespoon lemon squash (12 g)
- 5 g compressed yeast
- 1 tablespoon honey (18 g)

Preparation instructions: Heat the rice milk in the microwave. Add yeast (if it causes you problems, use sodium bicarbonate instead) and leave for 10 minutes to rise. Mix together the flour, bran, salt a xanthan gum. Whisk the eggs in a big bowl together with melted butter, honey and lemon squash. Add the flour mixture and yeast into the egg mixture and stir slowly for 5 minutes. Put the dough into a butter-greased bread mold, cover it with a dish-cloth and leave it to rise in a warm place for approx. 40 minutes. Preheat the oven to 200°C (hot air ovens - 20°C). Smear lightly the bread with olive oil, optionally sprinkle with rice flakes and bake it for 45 minutes approximately. Afterwards, take it out of the oven and leave it to cool down over the grid. After cooling down, cut it into slices. It can be stored in the freezer, where it could stay for months.

additional ingredients: xanthan gum, (in case of not being allergic to those ingredients)

Ham and eggs

⌚ 13 min

Preparation instructions:

Cut the hame into thinner slices. Bake the slices over heated oil or butter (depending on the prescribed variant). Bake the slices of ham, break fresh eggs into the gaps between, keeping the yolk and the white intact, salt it, sweeten it and bake until the egg whites solidify (the yolks should stay liquid). Put the baked hame on a warm plate with a kitchen shovel, sprinkle with sliced vegetables and parsley stalk.

Additional ingredients :

parsley stalk, pepper, vegetable salt (in case of not being allergic to those ingredients)

ENERGY

1775.76 kJ
Ideal: 1779.66 kJ

CARBS

41.16 g
Ideal: 41.47 g

FATS

16.04 g
Ideal: 16 g

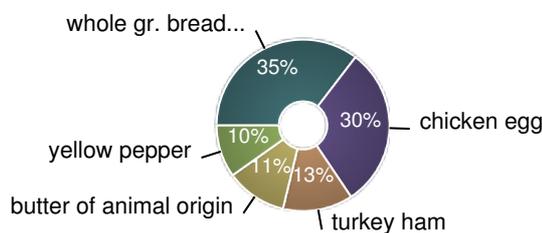
PROTEINS

25.91 g
Ideal: 25.92 g

INGREDIENTS

- 1 a ½ pcs chicken egg (82.5 g) (0.1 CU)
- 3 x avg. slice 14.5 cm turkey ham (54 g) (0.2 CU)
- 1 a ¼ x teaspoon butter of animal origin (6.25 g) (0 CU)
- 1 a ¼ pcs yellow pepper (131.25 g) (0.8 CU)
- 1 a ¼ x slice whole grain rye bread (62.5 g) (3 CU)

ENERGY DISTRIBUTION



ADDITIONAL INFORMATION ABOUT THE MEAL

 1 CU
  43 ^{Low} GI
  18 ^{Medium} GL
  376 Chol

Cottage Cheese with Pesto, Vegetables and Bread

🕒 5 min

Preparation instructions:

Mix pesto into the cottage cheese. Spread evenly the cheese mixture over the bread. Eat with sliced vegetables. Add herbs and spices of your choice (in case of not being allergic to those ingredients)

Additional ingredients :

herbs (curcuma, wild garlic, basil), spices, chive (in case of not being allergic to those ingredients)

ENERGY

1799.67 kJ
Ideal: 1797.82 kJ

CARBS

41.76 g
Ideal: 41.89 g

FATS

16.84 g
Ideal: 16.16 g

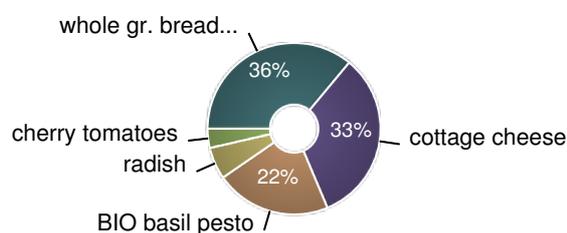
PROTEINS

24.88 g
Ideal: 26.18 g

INGREDIENTS

- ¾ x pack cottage cheese (135 g) (0.4 CU)
- 1 a ½ x teaspoon BIO basil pesto (13.5 g) (0.1 CU)
- 1 a ¼ x slice whole grain wheat bread (62.5 g) (2.9 CU)
- 7 pcs radish (119 g) (0.5 CU)
- 6 pcs cherry tomatoes (72 g) (0.3 CU)

ENERGY DISTRIBUTION



ADDITIONAL INFORMATION ABOUT THE MEAL

1 CU 20 Chol

Bread Breakfast with Cheese

🕒 5 min

Preparation instructions:

Spread cottage cheese over the bread and put over it a slice of ham. Eat half of the vegetable addition at the beginning and the other half together with the bread. Add flavor with herbs of your choice, spices or balsamico. If the variant contains oil, spill it over, if it has flaxseeds, sprinkle the cheese with them.

Additional ingredients :

balsamico - wine vinegar (if you like it), herbs, spices, wild garlic- wipe it and add it to the cheese (in case of not being allergic to those ingredients)

ENERGY

1782.71 kJ
Ideal: 1779.66 kJ

CARBS

41.44 g
Ideal: 41.47 g

FATS

16.09 g
Ideal: 16 g

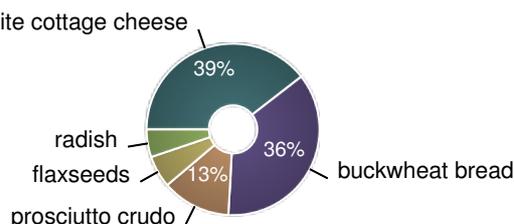
PROTEINS

25.92 g
Ideal: 25.92 g

INGREDIENTS

- 6 pcs radish (102 g) (0.4 CU)
- ¾ x pack white cottage cheese e.g. Pilos (150 g) (0.4 CU)
- 1 a ½ x slice buckwheat bread (75 g) (3.2 CU)
- 2 x slice prosciutto crudo (a type of ham) (20 g) (0 CU)
- 1 a ½ teaspoon flaxseeds (4.5 g) (0.1 CU)

ENERGY DISTRIBUTION



ADDITIONAL INFORMATION ABOUT THE MEAL

1 CU 39^{Low} GI 16^{Medium} GL 37 Chol

Yogurt with Cottage Cheese and Fruits

🕒 5 min

Preparation instructions:

A simple food consisting of nuts, yogurt, cottage cheese and fruits. If the nuts are mentioned in the variant, break them into small pieces and spill them together with the fruit into the bowl with yogurt and cottage cheese. Finally, add some goji berries, mix it and it's ready.

Additional ingredients :

cinnamon (in case of not being allergic to those ingredients)

ENERGY

1801.55 kJ
Ideal: 1797.82 kJ

CARBS

42.13 g
Ideal: 41.89 g

FATS

16.11 g
Ideal: 16.16 g

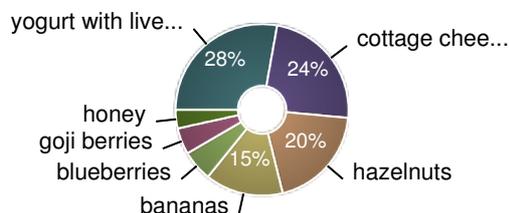
PROTEINS

26.28 g
Ideal: 26.18 g

INGREDIENTS

- 12 pcs hazelnuts (12 g) (0.2 CU)
- 7 a ¾ tablespoon yogurt with live cultures e.g. Tami (155 g) (0.9 CU)
- ½ pcs bananas (65 g) (1.4 CU)
- 5 x 5 berries blueberries (45 g) (0.5 CU)
- ¼ tablespoon honey (4.5 g) (0.4 CU)
- 5 a ¼ tablespoon cottage cheese soft crumbly 2.5%, e.g. Rajo (89.25 g) (0.4 CU)
- ½ x tablespoon goji berries (dried) (6 g) (0.4 CU)

ENERGY DISTRIBUTION



ADDITIONAL INFORMATION ABOUT THE MEAL

1 CU

Cocoa curd smoothie

🕒 10 min

Preparation instructions:

Place all ingredients in a blender, add water (depending on how thick you like it, add less rather than more, you can always add more later) and blend. Add a pinch of cinnamon to taste (if you are not allergic to it). If you don't have a blender, mix all the ingredients vigorously by hand.

Additional ingredients :

cinnamon (in case of not being allergic to those ingredients)

ENERGY

1775.8 kj
Ideal: 1779.66 kj

CARBS

41.59 g
Ideal: 41.47 g

FATS

16.08 g
Ideal: 16 g

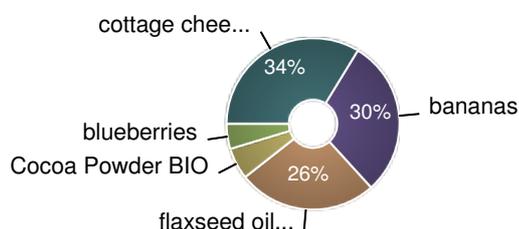
PROTEINS

25.39 g
Ideal: 25.92 g

INGREDIENTS

4 x 5 berries blueberries (36 g) (0.4 CU)
1 pcs bananas (130 g) (2.8 CU)
¾ teaspoon Cocoa Powder BIO (6 g) (0.4 CU)
½ x pack cottage cheese soft crumbly 2.5%, e.g. Rajo (125 g) (0.5 CU)
1 tablespoon cold pressed flaxseed oil e.g. Biolienska (12 g) (0 CU)

ENERGY DISTRIBUTION



ADDITIONAL INFORMATION ABOUT THE MEAL



Avocado Smoothie

🕒 8 min

Preparation instructions:

Peel the avocado and quarter it. Place the sliced avocado in a blender, add sliced fruit, a little bit of ginger and mint or lime leaves. Add water (a bit more than milk) and blend. If you don't have a blender, mix all the ingredients vigorously by hand.

Additional ingredients :

several (5-10) mint or lime leaves, ginger to taste (in case of not being allergic to those ingredients)

ENERGY

1740.05 kj
Ideal: 1725.18 kj

CARBS

40.05 g
Ideal: 40.2 g

FATS

24.72 g
Ideal: 15.51 g

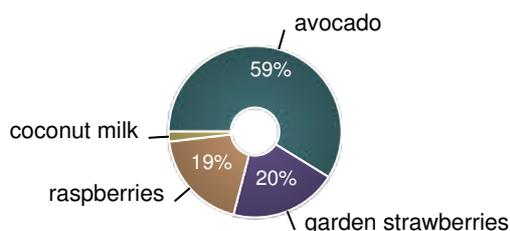
PROTEINS

5.23 g
Ideal: 25.13 g

INGREDIENTS

½ pcs avocado (97.5 g) (0.6 CU)
15 pcs garden strawberries (195 g) (1.7 CU)
6 tablespoon raspberries (126 g) (1.6 CU)
¾ dl coconut milk (75 g) (0.1 CU)

ENERGY DISTRIBUTION



ADDITIONAL INFORMATION ABOUT THE MEAL

