



NUTRITION PLAN FOR THE SECOND WEEK (VERITABLE DETOX)

| 8-th DAY: | | | |
|--|---|--|--|
| MORNING | LUNCH TIME | AFTERNOON | EVENING |
| <p>Smoothie according to the purpose of the detox</p> | <p>Brown rice - 90 g (3 tablespoons before boiling).</p> <p>Method of preparation: Boil in your prepared vegetable broth; add some Himalayan or potassium salt and little tarragon.</p> <p>Salad of fresh vegetables: grated carrot (80 g), chopped fresh green peppers (50 g) and lettuce (80 g). Season with 20 ml of rice oil and the juice of 1 lemon. No salt. Smoothie according to the purpose of the detox</p> | <p>Smoothie according to the purpose of the detox</p> | <p>Vegetable broth - up to 500 ml</p> |
| 9-th DAY: | | | |
| THROUGHOUT THE DAY | | | |
| <p style="text-align: center;">Vegetable broth without salt (products for 2.5 - 3 liters):</p> <ul style="list-style-type: none"> • 1 carrot • 1 root f parsnips • 3 stalks of celery • 1 stalk of leeks • 1 red or green pepper • 1 onion • 2 cloves of garlic • 1 bay leaf • 20 r fresh ginger • 5 sprigs of parsley. <p style="text-align: center; color: red; font-weight: bold; margin-top: 10px;">Drink 3 liters of the broth for the whole day!</p> | | | |

10-th DAY:

| MORNING | LUNCH TIME | AFTERNOON | EVENING |
|--|---|--|--|
| <p>Smoothie according to the purpose of the detox</p> | <p>Soup with millet - up to 400 ml:</p> <ul style="list-style-type: none"> • 30 g (1 tablespoon) of millet • 1/4 medium-size onion (40 g) • 1/4 stalk of celery • 1/4 large carrot (50 g) • 1/4 vegetable marrow (70 g) • 30 grams of field mushrooms • 1/4 cube of organic vegetable broth • 1 tbsp coconut milk • olive oil (15 ml). <p>Method of preparation: Millet is soaked with water in proportion of 1: 1 and boiled on low heat for 7 - 10 minutes.</p> <p>In a saucepan with a little olive oil saturate the onions, celery, carrot, vegetable marrow and some mushrooms cut into cubes. Add the vegetable broth and water to cover the vegetables. Let it boil on medium heat for 10 minutes, then move it to the blender, strain and return to the pot (when the hot-plate is off). Add the coconut milk and the remaining mushrooms. The cooker is switched on again and leave it to boil for another 8 - 10 minutes.</p> <p>The ready millet is added at the end, so that it does not overboil.</p> | <p>Smoothie according to the purpose of the detox</p> | <ul style="list-style-type: none"> • 1/2 avocado • 100 g of carrots • 1 tea-glass of water • 1 pinch of sweet red pepper • 1 pinch of salt (Himalayan or dietary) • 1/2 clove of garlic (optional) • onions (optional) • a little dill. <p>Method of preparation: All ingredients (except the onion and dill) are blended to a homogeneous mixture. Finally add onions and dill.</p> <p>Rye Crisps (3 pieces)</p> <ul style="list-style-type: none"> • 1 tea-glass of rye flour • 1/2 tablespoon of salt • lukewarm water. <p>Method of preparation: Mix the flour with the salt and add water until a dough reaches a consistency of plasticine (not sticking). Leave it stay for 12 hours in the refrigerator, then divide it into walnut-sized beads. Circles with a thickness of 2 mm are rolled out. Bake to golden on a pan, upturning them every 8 seconds.</p> |

11-th DAY:

| MORNING | LUNCH TIME | AFTERNOON | EVENING |
|--|--|--|---|
| <p>Smoothie according to the purpose of the detox</p> | <p>Lentils and brown rice (in proportion 1 : 1): 1 1/2 tbsp lentil and 1 1/2 tbsp brown rice (before cooking). Once cooked, add a little Himalayan salt and fresh parsley.</p> <p>Salad of fresh vegetables: radishes (50 g), fresh green peppers (30 g), cucumber (50 g) and lettuce (80 g). Season with 20 ml of rice oil and the juice of 1 lemon. No salt.</p> | <p>Smoothie according to the purpose of the detox</p> | <ul style="list-style-type: none"> • 1/2 vegetable marrow • 1 carrot • 1/3 avocado • 10 g parsnips • 1 tablespoon of rice oil • 10 g of celery • 1 pinch of oregano • 1/3 pinch of black pepper • Onions (optional) • dill • 150 - 200 ml of warm water. <p>Method of preparation: The vegetable marrows and carrots are cut, avocados and celery are peeled, add the parsnips, water and rice oil are strained into a blender. Add the dry oregano, fine-chopped dill and black pepper to the ready mixture.</p> <p>Rye Crisps (3 pieces)</p> <ul style="list-style-type: none"> • 1 tea-glass of rye flour • 1/2 tablespoon of salt • lukewarm water. <p>Method of preparation: Mix the flour with the salt and add water until a dough is made with a consistency of plasticine (not sticking). Leave it stay for 12 hours in the refrigerator, then divide it into walnut-sized beads. Circles with a thickness of 2 mm are rolled out. Bake to golden on a pan, upturning them every 8 seconds.</p> |

12-th DAY:

| MORNING | LUNCH TIME | AFTERNOON | EVENING |
|--|---|--|--|
| <p>Smoothie according to the purpose of the detox</p> | <p>Quinoa - 1/2 tea-glass (85 g) before boiling (boiled is about 255 g). Boil in your prepared vegetable broth, then add some Himalayan salt and curry.</p> <p>Salad of fresh vegetables: white crushed cabbage (120 g) grated carrot (60 g) and parsley (20 g). Season with 20 ml of rice oil and the juice of 1 lemon. No salt.</p> | <p>Smoothie according to the purpose of the detox</p> | <ul style="list-style-type: none"> • 1/2 green pepper • 1/2 red pepper • 1/3 cucumber • 100 g of ripe tomato • 100 g of carrot • 1/2 raw vegetable marrow • parsley • dill • 1 pinch of Himalayan salt • 150 - 200 ml of warm water. <p>Method of preparation: Cut the peppers, cucumber, tomato, carrot and vegetable marrow, strain them into a blender with 200 ml of water and salt. Finally add the chopped parsley and dill.</p> <p>Rye Crisps (3 pieces)</p> <ul style="list-style-type: none"> • 1 tea-glass of rye flour • 1/2 tablespoon of salt • lukewarm water. <p>Method of preparation: Mix the flour with the salt and add water until a dough is made with a consistency of plasticine (not sticking). Leave it stay for 12 hours in the refrigerator, then divide into walnut-sized beads. Circles with a thickness of 2 mm are rolled out. Bake to golden on a pan, upturning them every 8 seconds.</p> |

13-th DAY:

| MORNING | LUNCH TIME | AFTERNOON | EVENING |
|--|--|--|--|
| <p>Smoothie according to the purpose of the detox</p> | <p>Lentils and Quinoa (in proportion 1.5: 1): 2 lentils and 1 1/2 tablespoon of quinoa (before cooking).</p> <p>Method of preparation: The lentils are boiled in water and the quinoa in the ready vegetable broth. Mix them in the end and add a little Himalayan salt, dill and curry.</p> <p>Salad of fresh vegetables: grated carrot (80 g), fresh green peppers (50 g), lettuce (80 g). Season with 20 ml of rice oil and the juice of 1 lemon. No salt.</p> | <p>Smoothie according to the purpose of the detox</p> | <p>Borscht with yogurt-based thickener</p> <ul style="list-style-type: none"> • 1/4 onion • beetroot (50 g) • 2 leaves of celery • 1 carrot • 3 - 4 sprigs of parsley • potatoes (150 g), • cabbage (100 g) • 1 pinch of caraway • 1 pinch of dietary salt • 1 bay leaf. <p>Method of preparation: Cut the onions, celery and potatoes into cubes, the beetroot and carrots are grated, the cabbage is cut into long and thin strips. In 1 litre of boiling water (with salt, bay leaf and kim), put the celery, the potato and the onion. When the potato is semi-prepared, add the carrot, beet and cabbage. Leave it to boil for 10 minutes on low heat.</p> <p><u>Thickener:</u> In a separate container, prepare the yoghurt-based thickener (well mixed) to which trickle add from the prepared soup so that does not curdle. Tempered in this way, return the thickener to the finished soup.</p> |

14-th DAY:

| MORNING | LUNCH TIME | AFTERNOON | EVENING |
|--|---|--|--|
| <p>Smoothie according to the purpose of the detox</p> | <p>Green peas with brown rice / Fresh vegetables</p> <p>Green pea with brown rice (in proportion 2: 1): 100 g green peas and 50 g brown rice (about 1 1/2 tsp).</p> <p>Method of preparation: The green peas are soaked from the day before and boiled until ready. Brown rice is boiled in water at in proportion of 1: 3. The separately cooked products are finally mixed by sprinkling with finely chopped dill.</p> <p>Salad of fresh vegetables: pink tomatoes (150 g), avocado (50 g) and green peppers (50 g) seasoned with olive oil (20 ml) and the juice of a lemon. No salt.</p> | <p>Smoothie according to the purpose of the detox</p> | <p>Raw vegetable soup with nuts</p> <ul style="list-style-type: none"> • 100 g of ripe tomato • juice of 1/2 lemon • 50 g vegetable marrows • 50 g of carrot • 1 stalk of fresh onion (optional) • 1/2 pinch of cumin • 1/3 pinch of black pepper • 1 tbsp peeled sunflower • 1 tbsp peeled pumpkin seeds • 1 tbsp sesame • parsley • 1 pinch of Himalayan or dietary salt. <p>Method of preparation: Vegetables are cut in large pieces and mixed with spices, sunflower, pumpkin seeds, sesame and 250 ml of water are strained in a blender to a homogeneous mixture.</p> |