



## NUTRITIONAL PLAN FOR PRE-DETOXIFICATION

(From the 1st to the 7th day inclusive)

1st DAY:		
MORNING	NOON	EVENING
<p>50 g <b>raw or soaked nuts</b> (almond*, cashew, walnut, Brazil nut or other).</p> <p><i>*If the almonds were soaked the day before, they should be peeled afterwards.</i></p> <p><b>After 5 minutes – any type of fruit at your choice:</b></p> <ul style="list-style-type: none"> <li>• 1 green, yellow or red apple (250 g)</li> <li>• 1 pear (250 g)</li> <li>• 2 kiwis (250 g)</li> <li>• strawberries (300 g)</li> <li>• apricots (300 g)</li> <li>• figs (250 g)</li> <li>• pineapple (250 g)</li> <li>• another type</li> </ul> <p><b>It is recommended to consume seasonal fruit but not as a fresh juice!</b></p>	<p><b>Roasted or boiled white meat at your choice:</b> chicken, turkey or rabbit – up to 150 g</p> <p><b>Combine at your choice with:</b></p> <p>a) <b>fresh vegetables:</b> tomato, cucumber, turnip, radish, pepper, French turnip, kale, cabbage, onion (spring or old), baby spinach, purslane, carrot, Chinese cabbage, celery, iceberg salad, arugula or another type – not more than 200 g. (as a salad or separately)</p> <p><i>or</i></p> <p>b) <b>stewed vegetables:</b> broccoli, cauliflower, zucchini, carrot, brussel sprouts or another type – not more than 200 g</p> <p><b>Fresh vegetables can be seasoned at your choice with not more than 20 mL of olive oil or another type of oil (rice or grape seed) and lemon juice.</b></p>	<p><b>Grilled, steamed or foil cooked fish:</b> European bass, gilt-head bream, trout, zander fillet, red seabream, shark, salmon, sword fish, mackerel, tuna fillet or another type – not more than 150 g</p> <p><b>Combine at your choice with:</b></p> <p>a) <b>fresh vegetables:</b> tomato, cucumber, turnip, radish, pepper, French turnip, kale, cabbage, onion (spring or old), baby spinach, purslane, carrot, Chinese cabbage, celery, iceberg salad, arugula or another type – not more than 250 g. (as a salad or separately)</p> <p><i>or</i></p> <p>b) <b>grilled vegetables</b> (at your choice) – not more than 250 g</p> <p><i>or</i></p> <p>c) <b>stewed vegetables:</b> broccoli, cauliflower, zucchini, carrot, brussel sprouts or another type – not more than 250 g</p>

		<p><b>Fresh vegetables can be seasoned at your choice with not more than 20 mL of olive oil or another type of oil (rice or grape seed) and lemon juice.</b></p>
--	--	--

2nd DAY:		
MORNING	NOON	EVENING
<p>50 g <b>raw or soaked nuts</b> (almond*, cashew, walnut, Brazil nut or other).</p> <p><i>*If the almonds were soaked the day before, they should be peeled afterwards.</i></p> <p><b>After 5 minutes – any type of fruit at your choice:</b></p> <ul style="list-style-type: none"> <li>• 1 green, yellow or red apple (250 g)</li> <li>• 1 pear (250 g)</li> <li>• 2 kiwis (250 g)</li> <li>• strawberries (300 g)</li> <li>• apricots (300 g)</li> <li>• figs (250 g)</li> <li>• pineapple (250 g)</li> <li>• another type</li> </ul> <p><b>It is recommended to consume seasonal fruit but not as a fresh juice!</b></p>	<p><b>Mozzarella, cottage cheese or curds</b> (not more than 200 g) with fresh or dried spices.</p> <p><b>Combine at your choice with:</b></p> <p>a) <b>fresh vegetables:</b> tomato, cucumber, turnip, radish, pepper, French turnip, kale, cabbage, onion (spring or old), baby spinach, purslane, carrot, Chinese cabbage, celery, iceberg salad, arugula or another type – not more than 200 g. (as a salad or separately)</p> <p><i>or</i></p> <p>b) <b>stewed vegetables:</b> broccoli, cauliflower, zucchini, carrot, brussel sprouts or another type – not more than 200 g</p> <p><b>Fresh vegetables can be seasoned at your choice with not more than 20 mL of olive oil or another type of oil (rice or grape seed) and lemon juice.</b></p>	<p>Omelette with 1 whole egg and 4 egg whites prepared with a little oil – not more than 20 g (it is recommended to use coconut oil).</p> <p><b>Combine at your choice with:</b></p> <p>a) <b>fresh vegetables:</b> tomato, cucumber, turnip, radish, pepper, French turnip, kale, cabbage, onion (spring or old), baby spinach, purslane, carrot, Chinese cabbage, celery, iceberg salad, arugula or another type – not more than 250 g. (as a salad or separately)</p> <p><i>or</i></p> <p>b) <b>grilled vegetables</b> (at your choice) – not more than 250 g</p> <p><i>or</i></p> <p>c) <b>stewed vegetables:</b> broccoli, cauliflower, zucchini, carrot, pepper, brussel sprouts or another type – not more than 250 g</p> <p><b>Fresh vegetables can be seasoned at your choice with not more than 20 mL of olive oil or another type of oil (rice or grape seed) and lemon juice.</b></p>

3rd DAY:		
MORNING	NOON	EVENING
<p>50 g <b>raw or soaked nuts</b> (almond*, cashew, walnut, Brazil nut or other).</p> <p><i>*If the almonds were soaked the day before, they should be peeled afterwards.</i></p> <p><b>After 5 minutes – any type of fruit at your choice:</b></p> <ul style="list-style-type: none"> <li>• 1 green, yellow or red apple (250 g)</li> <li>• 1 pear (250 g)</li> <li>• 2 kiwis (250 g)</li> <li>• strawberries (300 g)</li> <li>• apricots (300 g)</li> <li>• figs (250 g)</li> <li>• pineapple (250 g)</li> <li>• another type</li> </ul> <p><b>It is recommended to consume seasonal fruit but not as a fresh juice!</b></p>	<p><b>Roasted or boiled white meat at your choice:</b> chicken, turkey or rabbit – up to 150 g</p> <p><b>Combine at your choice with:</b></p> <p>a) <b>fresh vegetables:</b> tomato, cucumber, turnip, radish, pepper, French turnip, kale, cabbage, onion (spring or old), baby spinach, purslane, carrot, Chinese cabbage, celery, iceberg salad, arugula or another type – not more than 200 g. (as a salad or separately)</p> <p><b>or</b></p> <p>b) <b>stewed vegetables:</b> broccoli, cauliflower, zucchini, carrot, brussel sprouts or another type – not more than 200 g</p> <p><b>Fresh vegetables can be seasoned at your choice with not more than 20 mL of olive oil or another type of oil (rice or grape seed) and lemon juice.</b></p>	<p><b>Grilled, steamed or foil cooked fish:</b> European bass, gilt-head bream, trout, zander fillet, red seabream, shark, salmon, sword fish, mackerel, tuna fillet or another type – not more than 150 g</p> <p><b>Combine at your choice with:</b></p> <p>a) <b>fresh vegetables:</b> tomato, cucumber, turnip, radish, pepper, French turnip, kale, cabbage, onion (spring or old), baby spinach, purslane, carrot, Chinese cabbage, celery, iceberg salad, arugula or another type – not more than 250 g. (as a salad or separately)</p> <p><b>or</b></p> <p>b) <b>grilled vegetables</b> (at your choice) – not more than 250 g</p> <p><b>or</b></p> <p>c) <b>stewed vegetables:</b> broccoli, cauliflower, zucchini, carrot, brussel sprouts or another type – not more than 250 g</p> <p><b>Fresh vegetables can be seasoned at your choice with not more than 20 mL of olive oil or another type of oil (rice or grape seed) and lemon juice.</b></p>

4th DAY:		
MORNING	NOON	EVENING
<p>50 g <b>raw or soaked nuts</b> (almond*, cashew, walnut, Brazil nut or other).  <i>*If the almonds were soaked the day before, they should be peeled afterwards.</i></p> <p><b>After 5 minutes – any type of fruit at your choice:</b></p> <ul style="list-style-type: none"> <li>• 1 green, yellow or red apple (250 g)</li> <li>• 1 pear (250 g)</li> <li>• 2 kiwis (250 g)</li> <li>• strawberries (300 g)</li> <li>• apricots (300 g)</li> <li>• figs (250 g)</li> <li>• pineapple (250 g)</li> <li>• another type</li> </ul> <p><b>It is recommended to consume seasonal fruit but not as a fresh juice!</b></p>	<p><b>Grilled, steamed or foil cooked fish:</b> European bass, gilt-head bream, trout, zander fillet, red seabream, shark, salmon, sword fish, mackerel, tuna fillet or another type – not more than 150 g</p> <p><b>Combine at your choice with:</b></p> <p>a) <b>fresh vegetables:</b> tomato, cucumber, turnip, radish, pepper, French turnip, kale, cabbage, onion (spring or old), baby spinach, purslane, carrot, Chinese cabbage, celery, iceberg salad, arugula or another type – not more than 200 g. (as a salad or separately)</p> <p><b>or</b></p> <p>b) <b>stewed vegetables:</b> broccoli, cauliflower, zucchini, carrot, brussel sprouts or another type – not more than 200 g</p> <p><b>Fresh vegetables can be seasoned at your choice with not more than 20 mL of olive oil or another type of oil (rice or grape seed) and lemon juice.</b></p>	<p><b>Baked tomato cream soup – 400 mL</b></p> <p><b>How to prepare:</b>  Cut 350 g of tomato in large pieces (not peeled), add 30 g of onions cut into small pieces, 15 g of parsley and 20 mL of olive oil. Bake at 200 degrees for 30 minutes. Afterwards process with a blender.</p>

5th DAY:		
MORNING	NOON	EVENING
<p><b>Smoothie with the following ingredients:</b></p> <ul style="list-style-type: none"> <li>• kiwi – 220 g</li> <li>• yellow apple – 100 g</li> <li>• white cabbage – 40 g</li> <li>• linen seed – 8 g</li> <li>• ginger – 2 g</li> <li>• water – 150 mL</li> </ul> <p><b>How to prepare:</b> Cut the cabbage in small pieces, peel the kiwi and ginger and cut them into irregular pieces. Add the cut apple, linen seed and water and process in the blender until homogeneous mixture.</p>	<p><b>Brown rice with zucchini, red and green peppers and parsley</b></p> <p><b>How to prepare:</b> Cook 80 g of raw brown rice and strain it through a colander. Fry the zucchini and peppers cut in small pieces (a total of 200 g) in 30 mL of olive oil. Afterwards add the rice, stir and finally sprinkle with the parsley cut into small pieces.</p>	<p><b>Stewed broccoli and carrots</b></p> <p><b>How to prepare:</b> Stew 300 g of broccoli and carrots without oil and season them with 1 g of Himalayan salt.</p>

6th DAY:		
MORNING	NOON	EVENING
<p><b>Smoothie with the following ingredients:</b></p> <ul style="list-style-type: none"> <li>• banana – 150 g</li> <li>• pomegranate – 80 g (the seeds)</li> <li>• tomato – 60 g</li> <li>• nettle (a leaf) – 20 g</li> <li>• red apple – 60 g</li> <li>• ginger – 2 g</li> <li>• water – 60 mL</li> </ul> <p><b>How to prepare:</b> Cut the peeled banana, the tomato and red apple. Added the peeled and cut ginger, nettle leaves, pomegranate seeds and water and process in a blender until a homogeneous mixture.</p>	<p><b>Red lentils cream soup with curry</b></p> <p><b>How to prepare:</b> Fry the onion, carrots and celery cut into small pieces (a total of 200 g) in 20 mL of rice oil. Once brown color is obtained. add the curry and stir. Add 100 g of raw lentils, water and leave to cook until the vegetables become soft. Afterwards process with a blender. and add the cut into small pieces parsley.</p> <p><b>The total amount of the dish should not be more than 400 g!</b></p>	<p><b>Stewed broccoli and carrots</b></p> <p><b>How to prepare:</b> Stew 300 g of broccoli and carrots <b>without oil</b> and season them with no more than 1 g of Himalayan salt.</p>

7th DAY:		
MORNING	NOON	EVENING
<p><b>Smoothie with the following ingredients:</b></p> <ul style="list-style-type: none"> <li>• kiwi – 220 g</li> <li>• yellow apple – 100 g</li> <li>• white cabbage – 40 g</li> <li>• linen seed – 8 g</li> <li>• ginger – 2 g</li> <li>• water – 120 mL</li> </ul> <p><b>How to prepare:</b> Cut the cabbage in small pieces, peel the kiwi and ginger and cut them into irregular pieces. Add the cut apple, linen seed and water and process in the blender until homogeneous mixture.</p>	<p><b>Cooked peeled millet with spring onions and roasted green peppers</b></p> <p><b>How to prepare:</b> Cook 100 g of millet (in a 1:2 ratio of water) with 1 g of Himalayan salt. Once ready, add the spring onion cut into small pieces, the roasted green peppers, 20 mL of olive oil and stir.</p>	<p><b>Stewed broccoli and cauliflower</b></p> <p><b>How to prepare:</b> Stew 300 g of broccoli and cauliflower without oil and season them with 1 g of Himalayan salt.</p>