



FULL DETOXIFICATION

A NUTRITIONAL PLAN FOR THE 3RD WEEK

DAY 15:			
MORNING	NOON	AFTERNOON	EVENING
<p>Oat or barley flakes – up to 4 table spoons (cooked in slightly salty water or soaked from the evening before), to which a tea spoon of raisins is added.</p> <p>Stevia, xylitol or agave (up to 10 mL) can be used as a sweetener</p>	<p>Omelette with 1 whole egg and 2 egg whites prepared with a small amount of oil – not more than 20 g (it is recommended to use coconut oil)</p> <p>Combine with fresh vegetables: tomato, cucumber, pepper, purslane, carrot, iceberg lettuce or arugula – up to 200 g (as a salad or separately), seasoned to your liking with up to 20 ml of olive oil or oil (rice or grape seed) and lemon juice.</p>	<p>A type of fruit at your choice:</p> <ul style="list-style-type: none"> • 1 green, yellow or red apple (250 g) • 1 pear (250 g) • 2 kiwis (250 g) • strawberries (300 g) • apricots (300 g) • figs (250 g) • pineapple (250 g) • another type 	<p>Stewed vegetables: broccoli, cauliflower, zucchini, carrot, brussels sprouts or other type – up to 250 g, mixed with 30 g of raw or soaked nuts (almond, walnut, hazelnut, cashew)</p>

DAY 16:

MORNING	NOON	AFTERNOON	EVENING
<p>Rye rusks or toast crackers (Finn crisp) (4 pcs.) with cucumber (up to 200 g)</p>	<p>Mozzarella with vegetables – up to 125 g</p> <p>Combine at your choice with: a) fresh vegetables: tomato, cucumber, pepper, purslane, carrot, iceberg lettuce or arugula – up to 200 g (as a salad or separately), seasoned to your liking with up to 20 mL of olive oil or oil (rice or grape seed) and lemon juice. <i>or</i> b) stewed vegetables: broccoli, cauliflower, zucchini, carrot, brussels sprouts or another type – not more than 200 g</p>	<p>A type of fruit at your choice:</p> <ul style="list-style-type: none"> • 1 green, yellow or red apple (250 g) • 1 pear (250 g) • 2 kiwis (250 g) • strawberries (300 g) • apricots (300 g) • figs (250 g) • pineapple (250 g) • another type 	<p>Peas with vegetables – up to 500 g:</p> <ul style="list-style-type: none"> • 300 g of peas • 200 g of vegetables: carrot, tomato, onion. <p>The dish is prepared with not more than 30 mL of vegetable oil</p>

DAY 17:

MORNING	NOON	AFTERNOON	EVENING
<p>Whole grain rusks (4 pcs.) with hummus (up to 100 g)</p>	<p>Chicken tenderloin or bon fillet (roasted or boiled) – up to 100 g</p> <p>Combine at your choice with: a) fresh vegetables: 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), seasoned to your liking with up to 20 mL of olive oil or oil (rice or grape seed) and lemon juice or b) stewed vegetables: broccoli, cauliflower, zucchini, carrot, brussels sprouts or another type – not more than 200 g</p>	<p>A type of fruit at your choice:</p> <ul style="list-style-type: none"> • 1 green, yellow or red apple (250 g) • 1 pear (250 g) • 2 kiwis (250 g) • strawberries (300 g) • apricots (300 g) • figs (250 g) • pineapple (250 g) • another type 	<p>Lentil or red lentil (peeled) dense soup – up to 100 g in the raw</p> <p>Season the soup to your liking with coriander, turmeric, ginger or another type of spice. You can add fresh or roasted vegetables (up to 200 g) and a maximum of 20 mL of oil: olive oil or oil (rice or grape seed).</p> <p>The total amount of the dish should not be more than 400 g</p>

DAY 18:

MORNING	NOON	AFTERNOON	EVENING
<p>Tofu (100 g) with pumpkin seeds (25 g), cucumber or green pepper (up to 200 g)</p>	<p>Omelette with 1 whole egg and 2 egg whites prepared with a small amount of oil – not more than 20 g (it is recommended to use coconut oil)</p> <p>Combine with fresh vegetables: tomato, cucumber, pepper, purslane, carrot, iceberg lettuce or arugula – up to 200 g (as a salad or separately), seasoned to your liking with up to 20 ml of olive oil or oil (rice or grape seed) and lemon juice.</p>	<p>A type of fruit at your choice:</p> <ul style="list-style-type: none"> • 1 green, yellow or red apple (250 g) • 1 pear (250 g) • 2 kiwis (250 g) • strawberries (300 g) • apricots (300 g) • figs (250 g) • pineapple (250 g) • another type 	<p>Grilled, steamed or foil cooked fish: 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>Combine at your choice with:</p> <p>a) grilled vegetables (at your choice) – not more than 250 g</p> <p>or</p> <p>c) stewed vegetables: broccoli, cauliflower, zucchini, carrot, brussels sprouts or another type – not more than 250 g</p>

DAY 19:

MORNING	NOON	AFTERNOON	EVENING
<p>Oat or barley flakes – up to 4 table spoons (cooked in slightly salty water or soaked from the evening before), to which some oat, coconut or any nut milk (up to 250 ml) and a tea spoon of raisins are added.</p> <p>Stevia, xylitol or agave (up to 10 mL) can be used as a sweetener</p>	<p>Veal (prepared as a stew or meatballs) – up to 100 g</p> <p>Combine at your choice with:</p> <p>a) fresh vegetables: 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), seasoned to your liking with up to 20 mL of olive oil or oil (rice or grape seed) and lemon juice</p> <p>or</p> <p>b) stewed vegetables: broccoli, cauliflower, zucchini, carrot, brussels sprouts or another type – not more than 200 g</p>	<p>A type of fruit at your choice:</p> <ul style="list-style-type: none"> • 1 green, yellow or red apple (250 g) • 1 pear (250 g) • 2 kiwis (250 g) • strawberries (300 g) • apricots (300 g) • figs (250 g) • pineapple (250 g) • another type 	<p>Vegetable frittata</p>

DAY 20:

MORNING	NOON	AFTERNOON	EVENING
<p>Corn toast crackers (4 pcs.) with cottage cheese (up to 100 g) seasoned with dried spices and a bit of salt</p>	<p>Veal (prepared as a stew or meatballs) – up to 100 g</p> <p>Combine at your choice with: a) fresh vegetables: 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), seasoned to your liking with upto 20 mL of olive oil or oil (rice or grape seed) and lemon juice <i>or</i> b) stewed vegetables: broccoli, cauliflower, zucchini, carrot, brussels sprouts or another type – not more than 200 g</p>	<p>A type of fruit at your choice:</p> <ul style="list-style-type: none"> • 1 green, yellow or red apple (250 g) • 1 pear (250 g) • 2 kiwis (250 g) • strawberries (300 g) • apricots (300 g) • figs (250 g) • pineapple (250 g) • another type 	<p>Grilled, steamed or foil cooked fish: 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>Combine at your choice with: a) grilled vegetables (at your choice) – not more than 250 g <i>or</i> c) stewed vegetables: broccoli, cauliflower, zucchini, carrot, brussels sprouts or another type – not more than 250 g</p>

DAY 21:

MORNING	NOON	AFTERNOON	EVENING
<p>Skyr (up to 150 g) with about 150 g of fruit at your choice (apple, strawberry, kiwi, mango or pineapple)</p>	<p>Rice with lentils</p> <p>Combine at your choice with:</p> <p>a) fresh vegetables: 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), seasoned to your liking with up to 20 ml of olive oil or oil (rice or grape seed) and lemon juice</p> <p><i>or</i></p> <p>b) stewed vegetables: broccoli, cauliflower, zucchini, carrot, brussels sprouts or another type – not more than 200 g</p>	<p>A type of fruit at your choice:</p> <ul style="list-style-type: none"> • 1 green, yellow or red apple (250 g) • 1 pear (250 g) • 2 kiwis (250 g) • strawberries (300 g) • apricots (300 g) • figs (250 g) • pineapple (250 g) • another type 	<p>Tofu salad (100 g) with pumpkin seeds (25 g) and vegetables at your choice – up to 200 g</p>