



## FULL DETOXIFICATION

### A NUTRITIONAL PLAN FOR THE 3RD WEEK

DAY 15:			
MORNING	NOON	AFTERNOON	EVENING
<p><b>Oat flakes</b> – upto 4 table spoons (cooked in slightly salty water or soaked from the evening before), to which a tea spoon of <b>raisins</b> is added.</p> <p>Stevia, xylitol or agave (up to 10 ml) can be used as a sweetener</p>	<p><b>Omelette</b> 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><b>Combine with fresh vegetables:</b> 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><b>Fruit at your choice – not more than 250 g</b></p>	<p><b>Stewed vegetables:</b> broccoli, cauliflower, zucchini, carrot, brussels sprouts or another type – not more than 250 g</p>

**DAY 16:**

MORNING	NOON	AFTERNOON	EVENING
<p><b>Corn toast crackers</b> (4 pcs.) with a <b>type of vegetable at your choice</b> (cucumber, pepper, tomato) – up to 100 g</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> a) <b>fresh vegetables:</b> tomato, cucumber, turnip, radish, pepper, French turnip, kale, cabbage, onion (spring or old), baby spinach, purslane, carrot, celery, iceberg salad or arugula – not more than 250 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) <b>grilled vegetables</b> (at your choice) – not more than 250 g <i>or</i> c) <b>stewed vegetables:</b> broccoli, cauliflower, zucchini, carrot, brussels sprouts or another type – not more than 250 g</p>	<p><b>Fruit at your choice – not more than 250 g</b></p>	<p><b>Stewed vegetables at your choice:</b> zucchini, cauliflower, broccoli, brussels sprout, peppers, carrots – up to 300 mg, seasoned with a bit of diet or Himalayan salt (up to 1 g), no fat.</p> <p><b>Raw or soaked nuts</b> (almond, cashew, hazelnut, walnut) – up to 40 g</p>

**DAY 17:**

MORNING	NOON	AFTERNOON	EVENING
<p><b>Yogurt with 3.6% fat</b> –up to 200 g with about 150 g of <b>fruit at your choice</b> (apple, strawberry, kiwi, mango or pineapple)</p>	<p><b>Peas with vegetables</b> – up to 500 g:</p> <ul style="list-style-type: none"> <li>• 300 g of peas</li> <li>• 200 g of vegetables: carrot, tomato, onion.</li> </ul> <p><b>The dish is prepared with not more than 30 ml of vegetable oil</b></p>	<p><b>Fruit at your choice – not more than 250 g</b></p>	<p><b>Omelette</b> 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><b>Combine with fresh vegetables:</b> cucumbers, peppers, purslane, carrot, celery, radishes, spring or old onion, 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>

**DAY 18:**

MORNING	NOON	AFTERNOON	EVENING
<p><b>Rye toast crackers</b> (4 pcs.) with a <b>type of vegetable at your choice</b> (cucumber, pepper, tomato) – up to 100 g, and 6 <b>olives</b></p>	<p><b>Goat's or cow's cheese</b> – up to 120 g (it's recommended to grill it slightly in a pan)</p> <p><b>Combine with fresh vegetables:</b> tomato, cucumbers, peppers, 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><b>Fruit at your choice – not more than 250 g</b></p>	<p><b>Lenten borscht</b>            1/4 head of beetroot. 1/8 head of cabbage, 1 – 2 potatoes, 1/4 of a carrot, 1/4 of an onion, 30 g of parsley, 1 tea spoon of tomato paste, 1 garlic clove, 1 tea spoon of oil, 1 tea spoon of vinegar, pepper, 1 bay leaf, salt to taste            parsley and dill to sprinkle</p> <p><b>How to prepare:</b>            Wash and clean the vegetables. Cut the beetroot into thin ribbons and stew them with the vinegar, some of the oil and the tomato paste. Cut the onion, the carrot and the parsley into thin ribbons and fry them slightly in the oil. Afterwards process them in the blender.            Put the cut into cubes potatoes in boiling water. When the water boils again, add the cabbage cut into thin ribbons and boil it for 10 to 15 minutes. Add the blended vegetables, the stewed beetroot and the chopped garlic and cook until ready for about 10 to 15 minutes. A few minutes before removing from the heat, add salt, pepper and the bay leaf. Sprinkle the ready borscht with the parsley and dill chopped fine.</p>

**DAY 19:**

MORNING	NOON	AFTERNOON	EVENING
<p><b>Yogurt with 3.6% fat</b> –up to 200 g with about 150 g of <b>fruit at your choice</b> (apple, strawberry, kiwi, mango or pineapple)</p>	<p><b>Veal (prepared as a stew or meatballs)</b> – up to 100 g</p> <p><b>Combine at your choice with:</b>            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), seasoned to your liking with up to 20 ml of olive oil or oil (rice or grape seed) and lemon juice  <b>or</b>            b) <b>stewed vegetables:</b> broccoli, cauliflower, zucchini, carrot, brussels sprouts or another type – not more than 200 g</p>	<p><b>A 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>Tofu salad (150 g)</b> with pumpkin seeds (40 g), cucumber or green pepper (up to 200 g)</p>

**DAY 20:**

MORNING	NOON	AFTERNOON	EVENING
<p><b>Oat flakes</b> – up to 4 table spoons (cooked in slightly salty water or soaked from the evening before), to which a tea spoon of <b>goji berry</b> is added.</p> <p>Stevia, xylitol or agave (up to 10 ml) can be used as a sweetener.</p>	<p><b>Omelette</b> 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><b>Combine with fresh vegetables:</b> 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><b>Fruit at your choice – not more than 250 g</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>  a) <b>grilled vegetables</b> (at your choice) – not more than 250 g  <i>or</i>  b) <b>stewed vegetables:</b> broccoli, cauliflower, zucchini, carrot, brussels sprouts or another type – not more than 250 g</p>

**DAY 21:**

MORNING	NOON	AFTERNOON	EVENING
<p><b>Skyr</b> (up to 150 g) with about 150 g of <b>fruit at your choice</b> (apple, strawberry, kiwi, mango or pineapple)</p>	<p><b>Veal (prepared as a stew or meatballs)</b> – up to 100 g</p> <p><b>Combine at your choice with:</b>            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), 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) <b>stewed vegetables:</b> broccoli, cauliflower, zucchini, carrot, brussels sprouts or another type – not more than 200 g</p>	<p><b>Fruit at your choice – not more than 250 g</b></p>	<p><b>Zucchini frittata</b></p> <p>1 zucchini, 3 eggs, 1/2 of a small onion, 1–2 cloves of garlic, 1 table spoon of oil, a pinch of oregano, 1/4 of a teas spoon of basil, pepper to taste</p> <p><b>How to prepare:</b>            Chop fine the onion and the garlic and cut the zucchini into thin slices. Heat the oil in a pan and fry the onion and the garlic. Afterwards add the zucchini. Add 2 to 3 table spoons of water and stew for about 5 minutes. Beat up the eggs with pepper to taste, chopped fine basil and oregano. Add to the zucchini and pour into a small baking tin. Bake for 20 minutes at 200 .</p>