

STEPHANIE AND DOROTHY V. MYLLER

WHOLE BODY RESET

2 BOOKS IN 1

30 DAYS
TRAINING PLAN

A PERFECT GUIDE
TO LOSING WEIGHT
IN YOUR MIDLIFE
AND BEYOND

+

THE ANTI-INFLAMMATORY
DIET TO DETOXYFY
YOUR BODY



100+ DELICIOUS RECIPES AND MANY DELICIOUS SMOOTHIES

WHOLE BODY RESET

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**THE ANTI-INFLAMMATORY DIET TO
DETOXIFY YOUR BODY**

**100+ Delicious Recipes and Many Delicious
Smoothies**

Stephanie and Dorothy V. Myller

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The Whole Body Reset

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Written by Stephanie and Dorothy V. Myller

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BOOK 1: WHOLE BODY RESET

A Perfect Guide to Losing Weight, Reset
Your Metabolism in your Midlife and
Beyond with 100+ Recipes and 30 Days
Training Plan

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INTRODUCTION

Dear reader, I'm so glad you decided to read this book.

If you haven't been feeling in shape lately, perhaps due to poor nutrition, you may be experiencing some unpleasant sensations.

There is no need to worry: it is just your body asking you to deeply reset itself!

In fact, an intoxicated body suffers not only in its physical appearance, but also in its general state of health and well-being.

Who knows how many times it may have happened to you to think:

"Why can't I lose weight and why do I gain weight simply by drinking a glass of water?"

Or:

"Is my metabolism to blame?"

The solution is to "reset" your body, which is precisely the purpose of the whole body reset diet, created by the well-known personal trainer H. Pasternak.

Resetting your body to regain shape and motivation, so that you can be refilled with energy and positive charge to face life with grit and determination!

Do you have a dream locked up in your drawer? You will see that after a good detox, that drawer will open and you will be able to realize your dream more easily!

This book is the beginning of your journey, a journey that starts in three stages but then will turn into your personal and renewed "way of life."

I have considered everything:

- Explanations that will accompany you along the way,
- A complete cookbook for everyday meals that includes 20 delicious breakfast shakes and 20 smoothies to trigger a deep detoxification of your body

- A typical Whole Body Reset day to learn all about what to eat
- Helpful "whole body reset" shopping guide
- Infographics for exercising in the comfort of your home or at the park on a sunny day.

In order to enable as many people as possible to get closer to the transformation they desire, I decided to write this book that will be a step-by-step guide to help you regain the fitness you desire and to understand the winning mindset that will make it possible.

Whole body reset will allow you to lose weight in just 15 days and will make you more aware of which foods are able to reactivate your energy and which can help you eliminate the toxins that accumulate in your body causing more or less visible damage by promoting the accumulation of excess pounds.

This cookbook guide proposes 20 top recipes for 4 categories of dishes:

- 10 breakfast smoothies and bowls
- 10 "superfood" and energy smoothies
- 10 green and slimming smoothies
- 10 Smoothies to detoxify the liver
- 20 lunch dishes "Whole Body Reset Friendly"
- 20 dinner dishes "Whole Body Reset Friendly"

The cookbook, therefore, includes a selection of the best recipes, all with healing and detoxifying properties, very tasty, and quick to prepare. This cookbook is a practical demonstration of how delicious the whole body reset diet can be!

To make your life easier along the way, I have prepared recipes that contain precise instructions on the preparation time, the ingredients needed, a description of the nutritional properties of the dish, and simple instructions for making them.

Dear reader, if you do not want to wait any longer and want to improve your appearance right away, then you are about to find out how the 3 Step Reset diet will change everything.

CHAPTER 1

Changes in the Body After the Age of 40

The age of 40 is the watershed between youth and adulthood. Slow but inexorable changes begin to occur in our bodies, both cosmetically and functionally.

After the age of 40 we experience steady weight gain due, above all, to the loss of muscle mass, which is the true cause of the decrease in our metabolic rate.

From a medical-scientific point of view, aging is a degeneration process involving cells, tissues, and organs. After the age of 40, a state of slow but progressive decay begins which weakens the body and slows down physiological functions.

Fortunately, we know that science has carried out studies to understand how it is possible to delay the signs of aging and we will examine them below.

Do men and women age in the same way?

In men, lower testosterone production brings inevitable consequences in the sexual sphere and in the ratio of lean mass in relation to fat mass. The body loses tone, especially in the absence of physical activity. Fat deposits on the abdomen.

Women age earlier than men do. This happens because the female body is more complex, as it has to be able to procreate, than the male body. The fertile period is limited in time (whereas males can theoretically become fathers at any age); with the upcoming of menopause, women tend to gain weight and the bone structure weakens due to osteoporosis.

On average, women live 5% longer than men do. Scientifically, this happens because telomeres are longer and better preserved over time, thanks to the protective function of estrogen. It is the progressive deterioration of telomeres that leads to the damage of the cell (which no longer has defenses for its DNA) and thus to aging.

These words make old age sound like a kind of sword of Damocles on our necks.

But it is not so!

The many studies carried out by science help us understand how it is possible to delay the signs of aging.

How?

Continue reading...

The Power of “Protein Timing”

Are you convinced that after the age of 40, metabolism starts to slow down? That the slowdown of metabolism may be the cause of the easiness with which you gain weight, turning the concept of "ideal weight" into just a distant memory?

Well, an influential study published in several prestigious international scientific journals disproves this belief, showing, on the contrary, that there is no correlation between age and the slowing down of the metabolic rate.

But then why, starting from the age of 40, does muscle tissue begin to lose some of that tonicity that is typical of a young body, and do we sometimes feel that even the air we breathe makes us gain weight?

Researchers have found that our metabolism peaks at one year of age: in fact, a one-year-old child can burn calories at a rate 50 times higher than an adult can. The reason is easy to understand: A child's metabolic processes need to be faster to meet the high-energy requirements that allow him or her to grow.

After the first year of life, metabolism slows down by about 3 percent each year until the age of 20.

From the age of 20 to 60, metabolism stabilizes without significant changes.

What happens to our metabolism after age 60?

After this age, our metabolism starts to slow down again at the rate of 0.7% per year.

The author of this research is a prestigious American university in South Carolina.

The studies were based on a sample of more than 6,500 people from 29 countries around the world and examined all age groups, from infants to 95-year-olds.

To analyze the metabolic functioning of the individuals subjected to the research, they were made to drink chemically modified water, in which some of the hydrogen and oxygen was replaced with the isotopes of these elements, which are easily detected in urine.

Thus, by calculating the daily loss of hydrogen and oxygen they were able to quantify the daily production of carbon dioxide. This was the only way to get a very accurate measurement of how many calories the body is able to burn each day. In fact, the body cannot burn calories without

producing carbon dioxide.

Thanks to this research, we now have much more information about how our bodies burn energy and how all of our cells are engaged on a daily basis in carrying out all biochemical functions: from breathing, to thinking, to digesting food, to moving our bodies, etc...

So what are the factors that cause weight gain after middle age?

Let's imagine that you and your 20-year-old son go to your favorite coffee shop for breakfast: you both decide to order two scrambled eggs, a piece of toasted whole-wheat bread, and a coffee. This breakfast could provide about 16 grams of protein.

In the hours that follow breakfast, your child's body will undergo an optimal cellular regeneration process. In your body, however, this process, which in biology is called "protein synthesis," will be deficient.

What decreases is the body's efficiency in turning protein into new healthy muscle cells. Therefore, your body will need at least 25 to 30 grams (not 16 grams like your son) of protein in order to stimulate the same process of muscle rebuilding that occurs in your 20-year-old son's body.

Therefore, the answer to the question about weight gain is related to muscle mass loss.

The more muscle mass we lose (after the age of 40 we lose between 3 and 8 percent of our muscle tissue every decade), the greater the amount of fat we tend to accumulate.

In fact, the muscles in the body:

- speed up our basal metabolic rate and make us burn more calories.
- help us control blood sugar levels; and we all know by now that excess sugar is normally converted by the body into fat.

In addition, scientific research has confirmed that the loss of muscle mass is linked to both inefficiencies of the immune system and increased risk of diseases such as diabetes, cancer, heart disease, and Alzheimer's.

That's why it's vital for your health to put your body in the condition to rebuild its muscles the same way as a young body does.

How can we reverse this process?

The answer is related to nutrition and "Protein Timing."

"Protein Timing" is a simple way of eating that, according to recent scientific studies, every middle-aged person should follow.

In fact, Protein Timing can help you:

- **maintain your target weight**
- **stay healthy preventing the main diseases that plague our planet**
- **preserve muscular mass tonicity and strength.**

Why is this Food Plan Different from Others?

Traditional diets for weight loss initially give results, but in the medium and long term, they induce our body to gain weight again. That's why traditional diets are considered "unsustainable".

Below we explain the reasons why:

1. A traditional diet is based on calorie restriction. However, by restricting calories excessively, you send the body the message that you are preparing it to experience times of famine. This lowers the basal metabolic rate and predisposes the body to burn fewer calories. By getting used to burning fewer calories, you predispose the body to future weight gain.

2. A traditional diet does not only lose fat, but also muscle tissue. Since muscle mass is more consistent and the calories to be burned are greater, the more muscle you lose and the more fat, especially abdominal fat, you gain.

3. Most diets are not conceived for the specific needs of adults in their middle age and over. After the age of 40, in fact, as already mentioned, the need for protein and fiber intake from food is increased and certainly higher than that of a young person. This is because, after middle age, the ability to extract nutrients from food is reduced.

So how does Whole Body Reset accomplish a complete reset in the organism of a person over the age of 40?

Simple: according to the latest scientific studies, it builds a food plan targeted to the specific nutritional needs of a middle-aged person, balancing the right amount of protein, fiber, and fatty acids

Therefore, the secret of this program is to identify the nutrients your body needs and incorporate them easily into your daily meals. The recipes you will find below are so nice and easy to prepare that you will realize how easy and sustainable it is to follow this food plan!

Let us then identify what guidelines should be followed for the whole-body reset.

.If you are a woman, try to eat about 25 grams of protein, especially at

breakfast, and choose protein snacks with a protein content of about 5/7 grams. If you are a man, you can increase your protein intake to 30 grams, keeping 5/7 grams of protein for snacks. Researchers have confirmed that with such a protein intake, the body of a middle-aged person responds to exercise as if they were decades younger. This is because the body is able to reach its optimal anabolic threshold, which is the point at which muscle mass can be maintained.

Eating too much protein at dinner does not help: our bodies, at rest, are only able to use about 30 grams of protein at a time. Excess protein, that is, protein that exceeds our energy requirements, is converted into body fat.

.Consume colorful fruits and vegetables at meals and in snacks: scientific studies have shown that vegetables can fight inflammation and prevent it from becoming chronic. These foods are rich in folate and vitamin B. Folate is very useful in fighting dementia, hearing loss, and depression in adults. In a study of a group of postmenopausal women, those who were overweight compared to those who were normal weight had 12 percent less folate in their blood; for obese women, this percentage rose to 22 percent.

.Increase your fiber intake by preferring whole grains to others and eating legumes. It is likely that you are as fiber-deficient as most Americans. In fact, the average American eats about 15 grams of fiber a day, which is about half of what we should eat every day to have a lean, healthy body.

Take in about 25 to 30 grams of fiber a day, spread over the various meals of the day.

.Also consume fermented dairy products and aged cheeses every day. These types of dairy products are particularly rich in an essential muscle-building substance, leucine. But dairy products provide many other nutrients that are increasingly difficult to assimilate as we age, particularly calcium, vitamin D, and magnesium.

In a study of elderly women, higher consumption of yogurt, kefir, and aged cheeses was associated with greater muscle mass and greater physical strength.

.Exercise daily: take a walk for at least half an hour a day alternating with daily workouts.

.Take in more healthy fats: there are three types of healthy fats that you should consume more of: omega-3 fatty acids, oils from fruits and nuts, and milk fats. You will find a list of these healthy fats in chapter 2.

. Don't drink empty calories: Avoid carbonated soft drinks, industrial

coffee and tea drinks, sports drinks, sodas, and fruit juices high in sugar. Also avoid calorie-laden drinks and diet sodas, which have been shown to increase appetite and, in some studies, have been linked to health risks. Best calorie-free drinks: Water (still or sparkling), unsweetened tea, and coffee.

CHAPTER 2

First, Second and Third Phase of Whole Body Reset Diet

The feeding scheme lasts fifteen days divided into three five-day phases. Every day three meals and two snacks are planned, and this applies to all of the 3 phases.

- **PHASE NUMBER 1:** the first five days, the main meals - breakfast, lunch and dinner are replaced with smoothies.
- **PHASE NUMBER 2:** sees the consumption of a solid low-calorie meal for one of the three main meals. The other two meals will continue to be based on smoothies. It is recommended at this stage to eat two snacks a day
- **PHASE NUMBER 3:** sees the consumption of two solid meals and one meal based on a smoothie. The two meals, as for the previous phase, must have a low intake of calories. This food plan provides an average energy intake of calories between 1,200 and 1,400 per day, therefore you lose weight quickly and you reach the so-called calorie deficit that is you burn more calories than you ingest.

But you don't just lose weight by emptying your fat mass. You lose body fat by maintaining a toned body.

This is the most significant point of this diet and it's obtained thanks to the right intake of healthy proteins, fibers, and fats contained in the shakes and the meals.

Enhancing Nutrients: Protein, Fiber and Healthy Fats

Protein

As we have said before, a lack of proteins can lead to a metabolism slowdown resulting in increased body fat, a weakening of the immune system, poor muscle growth, depression, etc. Thanks to proteins a hormone that allows us to lose weight more easily, glucagon, is activated in our body.

**Here is a list of foods with a good PROTEIN CONTENT
PER 100 g:**

Mushrooms	36 g
Seasoned Cheese	35 g
Drained Tuna in Oil	29 g
Anchovies in Oil	26 g
Peanut Butter	25 g
Beans, Chickpeas and Lentils	23 g
Almonds	22 g
Turkey, Lamb, Veal, Chicken Meat	20 g
Fresh Tuna and Salmon	20 g
Pork and Beef Meat	19 g
Swordfish, Mackerel, Bream, Cod	16 g
Dried Walnuts and hazelnuts	16 g
Whole Grains	13g
Hen Egg	13 g
Fresh Cheese	12 g
Tofu	10 g
Greek Yogurt	10 g

Fibers

The fibers contained in carbohydrates are excellent fuel for our body.

List of foods rich in HEALTHY FIBRES PER 100 g:

Chia Seeds	35 g
Almonds, Pistachios and Sesame	12 g
Oat Flakes	11 g
Mustard Seeds	12 g
Almond Butter	10 g
Dark Chocolate	8 g
Wholemeal Wheat Pasta and Spelled Pasta	8 g
Artichokes	8 g
Sunflower and Pumpkin Seeds	8 g
Beans, Lentils and Chickpeas Cooked	7 g
Wholemeal Bread and Wholemeal Bread	7 g
Brussels Sprouts	5 g
Mushrooms	5 g
Prickly Pears	5 g
Berries and Pears	4 g
Spinach	3 g
Apples and Kiwi	3 g
Brown Rice	2 g

Healthy Fats

Thanks to these essential fats, our body can contrast inflammation, lower cholesterol, enhance our cognitive abilities, improve our eyesight and fight free radicals.

List of foods rich in HEALTHY FATS PER 100 g:

Extra Virgin Olive Oil, Peanut Oil and Sesame Oil	99 g
Coconut Oil	87 g
Dried Fruits Such as Walnuts and Almonds	68 g
Seeds like Sesame, Pumpkin and Chia Flax	61 g
Natural Peanut and Almonds Butter	51 g
Seasoned Cheese	40 g
Fresh Cheese	28 g
Salmon	18 g
Olives	15 g
Avocado	15 g
Greek Yogurt	9 g
Tuna	8 g

If you suffer from being overweight, it is certainly not for the consumption of proteins, fiber or healthy fats but rather for a diet based mainly on carbohydrates and sugars.

More and more scientific studies link overweight and most of man's illnesses with the excessive consumption of sugar:

- stimulates the liver to produce an excess of cholesterol
- raises the levels of systemic inflammation of the body
- increases blood glucose levels that promote the onset of diabetes
- increases the levels of water retention and consequently also those of blood pressure

So, to recap, the most important recommendations of this food plan are:

1. At breakfast and lunch, consume foods that contain at least 25/30 grams of protein. At dinner, it is better not to exceed 30 grams of protein because the excess - not used by the body - could be transformed into body fat.
2. Make meals and snacks that contain about 5 grams of fiber in order to arrive at the end of the day with an average intake of about 25/30 grams of fiber in total.
3. Don't consume more than 50 grams of sugar during the day. If you have many kilos to lose, I would suggest not exceeding 40 grams in total.
4. Keep hydrated throughout the day avoiding fruit juices and carbonated drinks preferring the consumption of water and herbal teas.
5. Don't be afraid to include foods containing healthy fats in your meals.

As you may have guessed, whole body reset is not a strict, constricting eating plan. It is based on the principle that food is a pleasure in life and can be your friend if you learn to know what to put on your plate every day.

It doesn't require you to do a calorie count or weigh the food you eat.

It also offers you some "indulgences" as written in the next chapter that you will read.

It explains the biological reasons why it is good to choose some foods and avoid others.

Finally, those who have followed the dietary indications of this diet have had excellent results in terms of weight loss, muscle tone, rejuvenation and health in general.

To help you start immediately put into practice whole body reset you can refer:

- to the paragraph "A Typical Day of Whole Body Reset to Start Resetting your Body"
- to the delicious recipes in this cookbook

- to the workout infographics

Enhancing Nutrients: Spices

Add spices to your dishes and your drinks!

The nutritional characteristics vary from spice to spice, but all spices tend to be a source of minerals, vitamins, fiber and antioxidants.

These nutrients make spices not only useful as a natural remedy for small daily illnesses, from flu to colds, but also as potential weapons against more serious diseases, from diabetes to Alzheimer's.

Here is a list of the five best spices to use in the kitchen!

Cinnamon

Cinnamon is among the most used spices in the kitchen, especially to prepare desserts.

It is a remedy against flu and colds, but, thanks to the presence of polyphenols, it also seems to have the ability to improve heart health, reduce the risk of diabetes, keep the level of triglycerides in the blood low and fight Alzheimer's.

Cumin

Its seeds, similar to fennel seeds, facilitate digestion and are helpful against colic and, in general, with abdominal pain. They also have antibacterial and antioxidant properties.

Turmeric

Turmeric is a spice with many beneficial properties, mainly due to its high concentration of antioxidants.

It has anti-inflammatory properties, helps to prevent heart disease and degenerative diseases and seems to be a promising ally in the field of oncology.

This spice is used in abundance by the inhabitants of Okinawa, an archipelago of Japan known all over the world for the high concentration of ultra-centenarians who populate it. Nutrition, use of spices and living in an uncontaminated environment, have allowed the inhabitants of these Japanese islands to reach a considerable age in an excellent state of health.

Curry

Curry is one of the most famous and used blends of spices, originating from the Indian cuisine that then spread a bit all over the world. There are many curry blends.

It is estimated that there are more than 600 variants of curry. This very aromatic mix has many anti-inflammatory and antioxidant properties.

Paprika

Paprika is made by drying bell pepper. Dry bell pepper contains a much higher concentration of vitamins than raw bell pepper does!

This spice is anti-inflammatory and useful to strengthen the immune and cardiovascular systems.

Spicy and Healthy Drinks

Spices can also be used to prepare many beverages such as:

- tea, both cold and hot
- herbal teas
- detox water with fruits and vegetables
- smoothies

Among the most renowned beverages having spices in their main ingredients there are:

- Golden milk, made of milk, coconut oil and turmeric
- Ginger ale, a non-alcoholic soft drink made of ginger extract
- Sujeonggwa, a kind of fruit punch drunk in Korea, made with dried fruit, dried persimmons, ginger, and cinnamon.
- Hot cider, a typical British drink made with apple cider, cloves, star anise, cinnamon, vanilla and various citrus fruits.
- Sorrel-wine, Jamaican beverage obtained from the berries of sorrel, plant of the island to which are added spices, such as cloves and ginger.

Enhancing nutrients: “SuperFoods”

This diet includes those foods that the medical scientific literature has classified as “SuperFoods”.

Here are just a few examples:

All the spices listed above.

Avocado:

A true concentration of healthy nutrients. It is rich in potassium and magnesium, mineral salts that intervene in all cellular exchanges: rich in fiber and fatty acids. The latter are easily used by our body to produce energy, avoiding insulin peaks that lead to the accumulation of body fat. Recent studies have shown how useful avocado is to prevent cancer, especially stomach and pancreatic cancer, to combat osteoporosis and to reduce the symptoms of depression.

Blueberries and red fruits:

Like all very colorful vegetables, these fruits are very rich in antioxidants that slow down cellular aging; they also have a detoxifying and anti-inflammatory function and help lower blood sugar levels; they promote the increase of healthy HDL cholesterol thus strengthening the entire cardiovascular system. Although low in sugar, they are a concentration of flavor that should not be missing in smoothies, salads....

Cabbage and broccoli:

Crucifers are very resistant to cold climates and very rich in antioxidants such as vitamin K, vitamin A, vitamin E, magnesium, omega 3 fibers, iron and potassium; a 100 grams of broccoli contain 150% of the average daily requirement of our vitamin C requirement; medical literature recognizes these plants as having a strong anti-carcinogenic power; they prevent diseases such as diabetes, osteoporosis, fortify the immune system and promote weight loss because they have the power to satiate; finally, they are rich in fibers that allow food to move faster in the intestinal tract and therefore to assimilate simple sugars less. Better to eat raw or seared in a pan.

Coconut oil:

Extracted from the fruit. Rich in MCT medium-chain triglycerides are more easily used by our body to produce energy than fats of animal origin which are defined as long-chain; for this reason, when you eat coconut, its fat

is immediately oxidized by the liver, immediately providing energy. Therefore, it is very suitable for those who practice sports; however, it is also suitable for those who want to lose weight because on the one hand, it avoids the accumulation of body fat and on the other, it has strong satiating power.

It also has a strong anti-bacterial, viral, and fungal capacity thanks to the lauric acid contained in it.

Cocoa:

If you want to include chocolate in the list of superfoods, it must have a high percentage of cocoa and therefore at least 80% and possibly raw.

It is good to consume no more than 30 grams per day.

Chocolate is defined as the "food of gods".

Rich in:

- magnesium
- antioxidants
- tryptophan that is an essential amino acid able to relax the nervous system and increase the quality of your sleep
- polyphenols that improve brain function and slows down cognitive decay.
- flavonoids that protect the internal wall of blood vessels, regulates blood pressure and cholesterol.

In the recipes section you can find some tasty sweets made with chocolate!

... And all the spices listed above

Three Healthy Indulgences: Coffee, Chocolate and Red Wine

Food is one of life's pleasures and I consider it real luck to find out that a food or a drink you love is also healthy!

Of course, do not forget to consume them in moderation but after all, moderation will make you love and enjoy them even more.

I am talking about coffee, chocolate and red wine.

What are the health benefits each of them offers?

Coffee

1. Improves athletic endurance. A study done on a sample of athletes put under stress, showed that drinking coffee before a workout, decreases fatigue and performance by up to 24%.

2. Promotes weight loss. Chlorogenic acid, a powerful antioxidant and anti-inflammatory contained in coffee can improve insulin resistance and fatty liver disease, both of which are obesity-related dysfunctions.

A study was done on mice that were fed a high-fat diet for 15 weeks. The mice injected with hydrochloric acid did not gain weight, nor were they insulin resistant.

3. Reduces the likelihood of developing diabetes. This claim was confirmed by research done on 75,000 adults. Those who increased their coffee intake by one cup a day over a 4-year period got 11 percent less diabetes than those who did not increase their coffee intake. In contrast, reducing coffee intake by one cup led to a 17 percent increase in diabetes cases.

4. Decreases the risk of developing heart disease. A Chinese study compared more than 25,000 young and middle-aged men and women without any symptoms of coronary heart disease. Then their usual daily coffee intake was monitored, and it was observed that those who consumed 2 to 3 cups of coffee a day were the least likely to show early signs of clogged arteries.

5. Improves long-term memory. Researchers at a prestigious American university in Baltimore analyzed the memory capacity of two groups of people, neither of whom were regular coffee drinkers. The group that was given a caffeine tablet equivalent to that contained in a cup of coffee proved to be more ready to recognize images similar to those that had been shown to them the day before.

Consumption tips:

- Drink 1 to 3 cups of coffee a day depending on your caffeine tolerance standards.

- Don't add anything else to your coffee; neither milk nor sugar.

Dark Chocolate

Chocolate with a cocoa content of 80 percent or higher is an excellent source of antioxidants and polyphenols, which help keep blood vessels dilated.

Here are the benefits confirmed by science:

1. Lower risk of heart attack and other circulatory diseases.
2. Less body fat. A European study done on a sample of 1,400 adolescents found that those who consumed more dark chocolate tended to be slimmer and accumulate less fat than adolescents who did not eat dark chocolate.
3. Helps maintain greater skin elasticity over time.

Consumption tips:

Consume no more than 1.5 ounces of 80% cocoa dark chocolate.

Red Wine

The benefits of red wine on our bodies are many.

In particular, wine presides over the proper functioning of the heart and brain, decreasing the risk of heart attack and stroke, deadly diseases for humans.

These positive effects of wine are to be associated with the presence of alcohol, which has a positive action by increasing the values of good cholesterol and keeping blood pressure stable.

Enhancing the beneficial action of red wine is the presence of resveratrol, a substance naturally present in plants and particularly in grape skins. A study published in 2015 in a prestigious international scientific journal highlights its positive effect on our body, acting as a valuable antioxidant, preserving memory and helping to fight neurodegenerative diseases.

Advice on consumption:

A moderate intake of wine corresponds to one 5-ounce glass per day for a woman and two for a man.

CHAPTER 3



A Typical Day of Whole Body Reset to Reset your Body

Breakfast

Kale Smoothie

1-cup of soy or oat milk, ½-cup of low-fat Greek yogurt, 1 cup of frozen strawberries, half a banana, ⅓ cup of oatmeal, and ½ cup of shredded kale.

Blend all ingredients together.

Nutrition: 28 g protein, 8 g fiber, 374 calories

Snack

1 cup of berries with 2 tablespoons of peanut butter.

Nutrition: 7 g di protein, 7 g di fiber, 264 calorie

Lunch

Tuna with mayonnaise

150 g fresh grilled tuna or 150 g canned tuna,
1-tablespoon of mayonnaise,
2 slices of toasted whole-wheat bread
1 cup of strawberries

Nutrition: 35 g of protein, 8 g of fiber, 412 calories

Snack - optional -

30 g of walnuts and almonds and a bunch of olives.

Nutrition: 7 g protein, 5 g fiber, 235 calories

Dinner

Beef steak in chimichurri sauce

Use 200 g of beef cut into cubes and marinate in an emulsion made with two tablespoons of extra virgin olive oil, minced garlic, salt, and pepper. Include pieces of onion, 1 chopped green bell pepper, and a cup of mushrooms. Add a tablespoon of sunflower seeds on top. Put everything in an ovenproof dish and bake at 180 degrees for 20 minutes.

To make the chimichurri sauce mix together cilantro, parsley, garlic, salt, pepper, a pinch of chili, water, 1-tablespoon of apple cider vinegar and 1-tablespoon of extra-virgin olive oil.

Nutrition: 28 g protein, 6 g fiber, 478 calories

Workout

30/40 minutes of brisk walking preferably outdoors
7 minutes of training that you can find out about in Chapter 4

Shopping List "Reset Friendly"

A "friendly" whole body reset food plan, should include a lot of fresh products, especially vegetables, healthy fats, proteins, and some grains, preferably whole grains.

Choosing a balanced combination of fresh and frozen products will ensure you to have a supply of vegetables and frozen foods to add to your recipes.

The following is a simple shopping list that can guide you when you go shopping at the supermarket:

- Meat and poultry: beef, chicken, turkey, and pork (choose organic options, from pasture-raised, grass-fed animals;
- Fish: fish such as salmon, sardines, mackerel, and herring are best because they are rich in healthy fatty acids;
- Crustaceans and shellfish: for example: oysters, shrimp, and scallops.
- Eggs: buy organic eggs, perhaps enriched with omega 3 and always from free-range animals;
- Whole dairy products: unsweetened yogurt, butter, cooking cream, and sour cream;
- Pasta: wheat, spelt and oats, better if whole wheat:
- Rice: best if basmati and whole grain:
- Extra virgin olive, coconut, and avocado oil;
- Ghee butter;
- Avocado: buy a combination of riper and unripe avocados so that your stash lasts;
- Cheese: such as brie, cream cheese, cheddar, and goat cheese;
- Berries: such as blueberries, raspberries, blackberries;
- Nuts: e.g. macadamia nuts, almonds, pecans, pistachios;
- Oilseeds: pumpkin seeds, sunflower seeds, chia seeds, and there are so many more!
- Almond butter and peanut butter;
- Fresh or frozen low-carb vegetables: e.g., mushrooms, broccoli, peppers, onions, greens, tomatoes, and cauliflower;
- Sugar free condiments: herbs, sea salt, garlic, vinegar, mustard,

- pepper, and spices.
- Protein powder

It's always worth planning meals ahead of time and filling your cart with the ingredients you need for a few days.

In addition, sticking to a shopping list can help you avoid processed, high-sugar foods.

Buy fresh products but don't be afraid to buy frozen and canned products as well.

In fact, these products have a long shelf life and are always available in your kitchen. Moreover, they give many guarantees of quality because they are canned or bagged fresh and respecting all the hygienic norms that protect the health of the consumer.

CHAPTER 4



Physical Exercise to Develop Tonicity and Burning Fat

You cannot expect to get all the benefits from this diet and reset your body without including some movement in your everyday life.

In phase one; it is enough to follow the general health guidelines that recommend walking at least 8000 / 10000 steps every day. 10,000 steps a day means walking at a good pace for about an hour.

Motion speeds up metabolism, causing the body to burn stored fat to produce energy; by sweating, we will eliminate toxins and the cardiovascular system will be grateful!"

In phase two, you can also spend time on endurance training using weights.

It is not necessary to engage in complicated or overly strenuous workouts.

Good results can also be obtained from a basic workout that stimulates the muscles of a single part of the body for at least 10 minutes a day. The next day you can concentrate on another area of your body with targeted exercises in that area. For example, on the first day ten minutes of abs, on the second day you can train your arms and shoulders, on the third day your legs etc.

The key to success is consistency and continuity: better to apply yourself a few minutes a day, but every day, than to do strenuous workouts of more than an hour once a month!

To make this easier, you can find a training plan below that you can start practicing from the second phase of the whole body reset program.

These exercises are bodyweight exercises that I have selected for you and you can do them anywhere because all you need is your body and the desire to get in shape.

You can use these tables or change the combination of exercises in order to work more on the body parts you prefer to tone. It is however always advisable in the long term to work alternately all parts of the body: upper part, legs and the core part that is, the abdominal and lumbar area.

By respecting this training plan and, alternating it with the fast walk we talked about above, you will visibly improve the form of your body from

week to week.

So have a good workout!

Whole Body Workout

7 minute workout



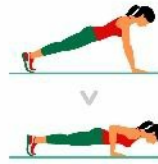
1 Jumping jacks

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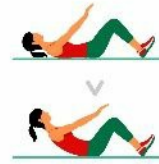
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3 Push-up

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4 Abdominal crunch

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5 Step-up on to chair

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6 Squat

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7 Triceps dip on chair

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8 Plank

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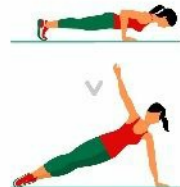
9 High knees running to place

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10 Lunge

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11 Push-up and rotation

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12 Side plank

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This workout is very easy to perform because the exercises are easy, not particularly tiring, and require little time.

How long should each exercise be performed?

It is recommended to perform each exercise for **30/40 seconds** with a resting time of about **20 seconds** between exercises.

How are the exercises performed?

1. Jumping Jack

Keep your feet together with your legs extended and your arms at your

sides

Raise your arms above your head and simultaneously jump with your legs apart

Return to starting position and repeat the movement

2.Wall Sit

Stand with your back against a wall

Keep your feet under your hips and your hands against the wall to keep your balance.

Move your feet away from the wall and slide your upper body along the wall until your knees and ankles are at 90° angles and your thighs are parallel to the ground.

3.Push Up

Keep your hands resting on the ground with width not beyond the shoulders and legs apart.

Lift yourself up from the ground.

Pelvis, trunk and neck must remain in line.

Fold your arms until you reach the floor with your chest and then go back up.

4.Abdominal Crunch

Lie down with your back to the floor and legs bent. Try to make your spine adhere to the ground as much as possible.

From this position, exhaling, perform a flexion of the torso of about 30°. The shoulder blades should come off the floor.

From the point of maximum flexion, while inhaling, slowly return to the starting position.

5.Step-up on a Chair

Stand in front of a chair with your legs shoulder-width apart.

Place your whole foot on the surface of the chair with the other foot on the floor.

Raise yourself up by pressing on the center of your foot. The push allows the body to move upward and forward,

After climbing the chair, keep your support on the front leg without losing balance

Once you reach the position, you can slowly bring the back leg to the floor.

6.Squat

You have to place your feet so that they are slightly wider than your shoulders

Inhale and bend your knees so that you come down as if you were going to sit down

Exhale to rise to the starting position

This exercise is excellent to burn fat, tone, strengthen all the muscles in the lower area of the body, and improve the heart's endurance.

It is often recommended to prevent back pain or to eliminate it if already present.

7.Triceps Clip on Chair

Grasp the chair behind you with your hands

Slide your legs in front of you so that they do not inhibit the movement

Fold your arms, sliding your body downwards

Return to starting position.

8.Plank

You place yourself on the ground leaning with your hands and holding your arms outstretched

Shoulders, pelvis and ankles should be aligned to form a straight line

To maintain the position, you have to contract the abdominals and buttocks

This exercise strengthens the abdominal muscles and the whole central part of the body

9.High Knees Running to Place

Raise one knee toward your chest at hip height.

Then lower it again and raise the other one

Perform the exercise alternating legs

Your arms are essential for this exercise: use them to maintain your balance and pace, as you would during a sprint or fast run.

10.Lunge

You start from a neutral position

Inhale and bring one foot back in lunge until you touch the knee on the ground

Exhale and rise to the starting position

11. Push up and Rotation

Position yourself on the floor, resting on your elbow and hip.

Lift your body off the ground forming a line with your body perpendicular to the floor

Raise the other arm upward to maintain a balanced position

12. Side Plank

1.You have to position yourself on the ground leaning on a hand while keeping the arm stretched

2.Maintain alignment between shoulders, pelvis and ankles

3. Abdominal and lumbar muscles should be kept contracted

This is also a valid exercise to work the central part of the body called the core.

Reduce Belly Fat Yoga Poses



These eight yoga exercises are very useful for **toning the abdominal muscles and burning fat in this area.**

I recommend that you perform them alternating with the "7 Minute Workout" illustrated above, so every other day.

Hold each position for **30 seconds** and take a **10-second** break between each position.

CONCLUSION

Dear Reader,

As you may have surely noticed, Whole Body Reset doesn't have an overly strict and restrictive eating plan. Therefore, if you have mastered its principles and strategies you can easily bring it into your everyday life!

You can lose **3 to 5 kg of weight** (sometimes more!) in the first two weeks by following this diet and doing some exercise. Afterwards, you can continue to lose weight steadily until you reach your desired personal weight.

If you are new to this type of eating strategy, weight loss can happen even faster. Also, consider that the more weight you have to lose, the faster you will lose it!

In addition to weight loss, whole body reset can improve the overall well-being of the body, giving vital energy and helping to slow down all aging processes.

This is why the "lifestyle" reset is becoming increasingly popular: the stakes are too high for you not to be a part of it!

Therefore, don't wait, regain control of your body and of your well-being.

Goodbye everyone and see you soon with my next book!

SMOOTHIES



To prepare these smoothies you need to combine the ingredients in a blender and mix until smooth.

At the end of the preparation, the smoothie can be **garnished with oil seeds and spices as desired.**

The recipes **serve two people.**

The nutritional values are referred to a portion of about 250 ml.

**TOP TEN BREAKFAST SMOOTHIES
AND BOWL SMOOTHIES FOR WHOLE
BODY RESET**

What is the difference between a **classic Smoothie** and the **Smoothie Bowl**? It's all about consistency. The former is a liquid drink, less creamy and is served in a glass or tall container, to be sipped with a straw.

The Smoothie Bowl, on the other hand, is very velvety, and that's why it's served in a bowl and eaten with a spoon.

Coffee Smoothie Bowl

Ingredients:

1 banana (not too big)

1 pot greek yogurt

1 tsp coffee powder

1 tbsp coconut flakes

2 tbsp oatmeal

30 ml of soy milk (or oat milk, coconut, etc.)

1 tbsp chia seeds

3/4 banana sliced, bitter cocoa powder and coffee beans to garnish

Preparation:

The secret to having a creamy, similar to ice cream, smoothie is to simply freeze the basic ingredients. That's right! Place the bananas and yogurt pot in the freezer and let them solidify. Then cut the fruit into chunks and pour it into a blender along with the yogurt, teaspoon of coffee, soy (or other vegetable) milk coconut flakes and chia seeds. Operate the blender for about a minute to obtain a fragrant and nutritious cream, but above all light and healthy.

Nutrition:

Calories: 268

Fat: 11, 2 g

Carbs: 5, 3 g

Fiber: 5, 12 g

Protein: 24, 4 g

Dates and Hemp Seed Smoothie

Ingredients:

*200 ml soy milk
2 tbsp peanut butter
1 tbsp hemp seeds
1 tbsp chia seeds
4 dates
A pinch of cinnamon*

Preparation:

Garnish with cinnamon on the top

Nutrition:

Calories: 298

Fat: 5, 60 grams

Carbs: 8, 70 grams

Fiber: 4, 2 grams

Protein: 25, 1 grams

Avocado and Spinach Smoothie

Ingredients:

1 banana, sliced-then-frozen

½ cup mango, chunks

½ avocado

1 cup soy milk

½ cup frozen spinach

1 tbsp chia seeds

1 tbsp protein powder

Preparation:

Garnish with chia seeds on the top

Nutrition:

Calories: 204

Fat: 6, 9 grams

Carbs: 4 grams

Fiber: 3, 2 grams

Protein: 24, 1 grams

Bulletproof Smoothie

Bulletproof coffee is a ketosis-boosting caffeinated beverage made by mixing MCT oil, unsalted ghee butter and coffee. This combination of ingredients boosts metabolism and helps increase energy levels, improve cognitive functions, and provide a long lasting sense of satiety.

MCT oil and ghee butter can easily be found in food stores online.

MCT Oil? What exactly is it all about?

MCT is composed of medium chain triglycerides, which are a type of saturated fatty acids found in coconut oil. It is believed to have numerous health benefits, including improving cognitive and metabolic functions. Since medium-chain fatty acids are transported through the bloodstream directly to the liver, they become immediately available for energy production instead of being stored as fat. This also promotes increased energy levels and stimulates the thermogenesis process, consequently improving metabolism.

What type of butter is **ghee butter**?

This butter, almost exclusively made up of saturated fats, is highly digestible and fights the formation of free radicals, which are the main cause of aging.

Ghee is a kind of clarified butter; it's prepared by boiling butter, which thus becomes free from the watery part and lactose.

Moreover, ghee is useful in cooking, because as opposed to the commonly used and known butter, ghee does not oxidize and it can be kept for a long time without becoming rancid, even at room temperature. In addition, the cooking point of ghee is extremely high, 450 degrees Fahrenheit, about 230 °C, which makes it perfect for cooking at high temperatures.

Fats and coffee together, why?

Medium-chain triglycerides are among the healthiest fats the body needs, although those living in Western countries often don't get enough of them through their diets. How does this relate to the question above? Simple: what do most of us do in the morning as soon as we wake up? Drink a nice cup of coffee of course. That's why adding medium-chain triglycerides into your coffee is an extremely effective way to ensure your body is getting its daily fat requirements right from the first morning. By doing so, the body not only gets the signal to start burning fat to produce energy throughout the day but also the calories needed to boost the metabolism, which is extremely

important especially for those who usually skip breakfast, who then marvel at not being able to lose weight or focus at work.

It is also believed that mixing coffee and fats provides the body with a boost of energy that can last for hours. Not to mention that thanks to the fact that the digestion of fats slows down the absorption of caffeine, many of those who already habitually use this drink say they don't feel as agitated as when they drink only coffee.

Making it is easy! So easy that you can make it every morning without taking up much time.

Ingredients:

300 ml American Coffee

1 tbsp MCT oil

1 tbsp butter ghee

3 tbsp milk

1 tbsp soy protein powder

Preparation:

Prepare American coffee, diluting it with boiling water.

Add 1-tablespoon MCT oil, 1-tablespoon ghee butter, and the protein powder

Pour everything into a blender and blend for 30 to 40 seconds, or until your coffee is creamy.

At your discretion, you can add a pinch of Himalayan salt or cinnamon powder.

Nutrition:

Calories: 269

Fat: 15, 63 g

Carbs: 0,2 g

Fiber: 2,1 g

Protein: 25,4 g

Green Tea Matcha Smoothie

Matcha tea is a highly prized Japanese green tea.

It is cultivated in Japan; it appears as a very fine and fragrant powder with an intense green color.

Matcha green tea contains many nutrients, among them caffeine, reason for which it was used by Buddhist monks during meditation in order to keep high concentration.

This tea is a real elixir that contains many beneficial properties:

Let's look at the many beneficial properties of this green tea considered to be the elixir of Buddhist doctors.

1. Antioxidant

Matcha green tea has antioxidant properties called catechins 10/20 times superior to any other green tea.

2. Accelerates metabolism

Matcha green tea seems to be able to promote thermogenesis, which speeds up metabolism. It also contains polyphenol EGCG which allows the body to burn fats faster.

According to a recent American research, adult men who regularly drink matcha green tea increase their energy consumption (and therefore speeding up their metabolism) by about 35-45%.

3. Strengthens the immune system

Thanks to the presence of antioxidants and polyphenols, it helps strengthen our immune system.

4. Increases memory concentration

This is an effect of Theanine, which is an amino acid capable of crossing the blood-brain barrier. For this reason, it has very important psychoactive properties.

Moreover, theanine is able to increase the levels of dopamine and serotonin in the brain, important allies of memory, concentration and even good mood.

5. Draining and detoxifying

Crops are covered 15-20 days of their harvest time to maintain high levels of chlorophyll in the plants. The Chlorophyll present in matcha green tea is a powerful detoxifying agent because it has a high draining effect.

For this reason, those who want to cleanse themselves of heavy metals often use it.

Ingredients:

1 small banana peeled and frozen

1 cup almond milk

½ tsp matcha powder

1 tsp chia seeds

2 tbsp soy protein powder

A pinch of vanilla

Preparation:

Combine the banana and matcha powder in a blender. Add the milk along with the vanilla and blend until smooth and even.

Nutrition:

Calories: 142

Fat: 6, 4 g

Carbs: 8,9 g

Fiber: 1,2 g

Protein: 26.1 g

Raspberries Banana and Tofu Smoothie

Ingredients:

*1 cup soy milk
140 g velvety tofu
2 cups fresh raspberries
1 banana
1 tsp hemp seeds
1 tsp honey*

Preparation:

Garnish with hemp seeds on the top

Nutrition:

Calories: 269

Fat: 6.1 grams

Carbs: 4,6 grams

Fiber: 3,2 grams

Protein: 24,4 grams

Peach and Greek Yogurt Creamy Smoothie

Ingredients:

*2 peaches
125 ml of low-fat greek yogurt
juice of 1 orange
1 tbsp soy protein
A pinch of vanilla*

Preparation:

Garnish with vanilla powder on the top

Nutrition:

Calories: 240

Fat: 8.1 grams

Carbs: 12 grams

Fiber: 4,2 grams

Protein: 25,3 grams

Almond and Cocoa Smoothie

Ingredients:

*1 glass of almond milk
1 cup cooked black beans
2 tbsp hemp seeds
1 banana
1 tbsp cocoa powder*

Preparation:

Garnish with cocoa powder on the top

Nutrition:

Calories: 256

Fat: 5,9 grams

Carbs: 12 grams

Fiber: 5 grams

Protein: 20,1 grams

Condensed Milk and Berries Smoothie

Ingredients:

*1 cup blueberries
1/2 cup white yogurt
1 cup soy milk
1 tbsp condensed milk
1 tbsp hemp seeds*

Preparation:

Garnish with hemp seeds on the top

Nutrition:

Calories: 295

Fat: 6,4 grams

Carbs: 9 grams

Fiber: 4,6 grams

Protein: 19,7 grams

Banana Coffee and Cinnamon Smoothie

Ingredients:

1 banana
2 tsp instant coffee
1 tbsp chia seeds
250 ml vegetable milk
5 dates
1 tsp hemp seeds
1/4 tsp cinnamon

Preparation:

Garnish with cinnamon on the top

Nutrition:

Calories: 318

Fat: 5,1 grams

Carbs: 12 grams

Fiber: 5 grams

Protein: 18,6 grams

**TOP TEN “SUPERFOOD” ENERGY
SMOOTHIES FOR YOUR WHOLE
BODY RESET**

Spirulina, Apple and Fennel Smoothie

Due to its phycocyanin content, spirulina, having anti-inflammatory and detoxifying effects, is considered the ultimate detoxifying seaweed.

It also has high nutritional power: 1 teaspoon of spirulina provides 4 g of high-quality protein and vitamin B, copper, iron and also potassium, magnesium and manganese.

Ingredients:

½ green apple

1 fennel

1 celery stalk

40 g baby spinach

1 tsp spirulina seaweed

2 tbsp chia seeds

Preparation:

Blend chopped vegetables and add spirulina seaweed.

Nutrition:

Calories: 268

Fat: 4,9 g

Carbs: 10,6 g

Fiber: 4,8 g

Protein: 11,6 g

Strawberries and Goji Seeds Smoothie

Ingredients:

*1 banana
150 ml almond milk
150 g strawberries
A pinch of ginger
1 bunch of goji berries
2 tbsp hemp seeds
A pinch of turmeric*

Preparation:

Garnish with turmeric on the top

Nutrition:

Calories: 256
Fat: 4,2 grams
Carbs: 20,1 grams
Fiber: 4,9 grams
Protein: 12,1 grams

Red Beans and Cocoa Smoothie

Ingredients:

*1 frozen banana
100 g red beans cooked
180 g silken tofu
½ tbsp spirulina powder
1 tbsp peanut butter
1 cup oat unsweetened milk
1 tbsp cocoa powder*

Preparation:

Garnish with a pinch of cocoa powder on the top

Nutrition:

Calories: 235

Fat: 5,1 grams

Carbs: 12,1 grams

Fiber: 3,9 grams

Protein: 12,5 grams

Avocado, Cocoa and Coffee Smoothie

Ingredients:

250 ml coconut or almond milk.

225 ml cold espresso coffee

½ avocado in pieces

10 - 15 almonds, blanched

½ tsp stevia syrup

½ cup crushed ice

½ tsp cocoa powder

A pinch of turmeric

Preparation:

Garnish with a pinch of cocoa powder on the top

Nutrition:

Calories: 264

Fat: 5, 4 g

Carbs: 8,3 g

Fiber: 3,8 g

Protein: 14.6 g

Dark Chocolate and Walnuts Smoothie

Ingredients:

*150 ml almond milk
1 small banana
20 g 80 % dark chocolate
4 walnuts
1 tbsp chia seeds
1 tsp cocoa*

Preparation:

Garnish with a pinch of cocoa powder on the top

Nutrition:

Calories: 269

Fat: 9, 4 g

Carbs: 11,9 g

Fiber: 4,2 g

Protein: 15.6 g

Coconut, Mango and Avocado Smoothie

Ingredients:

½ avocado
1 heaped tbsp bitter cocoa powder
120 ml coconut milk
2 small slices of fresh coconut
½ cup mango cut into pieces
10 almonds
2 ice cubes

Preparation:

Blend all the ingredients together, you can add a sprinkle of coffee powder, after pouring it into a glass.

Nutrition:

Calories: 286

Fat: 6, 4 g

Carbs: 12,9 g

Fiber: 4,8 g

Protein: 16,9 g

Papaya and Dark Chocolate Smoothie

Ingredients:

150 gr fresh papaya

25 g dark chocolate

2 ice cubes

120 ml soy milk

120 ml greek yogurt

1 tbsp honey

½ tsp turmeric

Nutrition:

Calories: 302

Fat: 9,2 g

Carbs: 11,9 g

Fiber: 4,4 g

Protein: 15.6 g

Key Lime Pie Smoothie

Ingredients:

*1 cup water
1/2 cup unsweetened almond milk
1/4 cup raw cashews
1 cup spinach
2 tbsp shredded coconut
2 tbsp lime juice
1 tbsp chia seeds
1/2 tsp turmeric*

Nutrition:

Calories: 263

Fat: 4,9 g

Carbs: 10,6 g

Fiber: 3,2 g

Protein: 12,5 g

Peanut Butter Creamy Smoothie

Ingredients:

1 Green Apple

1 Zucchini

125 ml soy milk

150 g greek yogurt 0% fat

1 tbsp peanut butter

1 tbsp Goji Seeds

Preparation:

Garnish with a pinch of Goji seeds on the top

Nutrition:

Calories: 245

Fat: 4,6 g

Carbs: 8,6 g

Fiber: 4,5 g

Protein: 16,8 g

Avocado and Blueberry Smoothie

Ingredients:

1 cup unsweetened soy milk

1/2 cup blueberries

1/2 avocado

1 cup spinach or kale

2 tbsp almond butter

1 tbsp sunflower seeds

1/2 tsp cinnamon

Preparation:

Garnish with a pinch of cinnamon powder on the top

Nutrition:

Calories: 326

Fat: 6,9 g

Carbs: 10,6 g

Fiber: 4,8 g

Protein: 18,9 g

**TOP TEN GREEN AND SLIMMING
SMOOTHIES FOR
YOUR WHOLE BODY RESET**

Not only a centrifuged juice but also a "**concentration of nature in a glass**".

Only by putting what nature offers us in the glass will we be able to obtain a drink that can help us regain the fitness we desire!

Therefore, the combination of the right ingredients will transform a simple smoothie into a drink that is not only healthy but also tasty and practical to take out of the house with you.

To better preserve the properties contained in the smoothie, it is a good idea to use glass rather than plastic bottles, and just before closing the bottle it is a good idea to add a little lemon juice to the drink, which prevents the substances contained in the fruits and vegetables from oxidizing quickly.

Apple, Cucumber and Ginger Smoothie

Apple, ginger and cucumber have a high concentration of vitamins and minerals. In particular, green apple helps regulate metabolism; cucumber promotes the elimination of toxins and fights water retention; and ginger is a valuable appendage to digestion.

Ingredients:

1 green apple

1 cucumber

5 g grated ginger

200 ml water

Preparation:

Wash, peel and chop the cucumber and the apple, put them in the blender, add ginger and water and blend until smooth.

Nutrition:

Calories: 198

Fat: 0,9 g

Carbs: 9,6 g

Fiber: 3,8 g

Protein: 3,9 g

Wild Berries, Flax and Chia Seeds Smoothie

This smoothie is very rich in fiber. Therefore, it is especially recommended for those who need to regulate the intestine and reduce abdominal bloating. In addition, berries protect microcirculation and have a strong antioxidant power.

Ingredients:

100 g blackberries

100 g blueberries

200 ml almond milk

1 tsp flax seeds

1 tsp chia seeds

Preparation:

Freeze the blueberries and the blackberries for about a couple of hours, afterwards put them in the blender along with the other ingredients and blend everything on a high speed.

Nutrition:

Calories: 225

Fat: 4,9 g

Carbs: 9,6 g

Fiber: 3,9 g

Protein: 10,5 g

Smoothie with an Exotic Touch

All "green" smoothies, based on green leafy vegetables, have a highly purifying function. The exotic touch added to this smoothie is spinach. It's a real concentration of minerals, iron and magnesium. The pineapple makes it also diuretic.

Ingredients:

60 g spinach, better if baby spinach

150 g peeled pineapple

1 banana

125 ml coconut water

Preparation:

First, blend the coconut water with the spinach for a few moments. Then add the chopped banana (fresh or frozen) and pineapple and blend again until smooth and creamy.

Nutrition:

Calories: 238

Fat: 4,9 g

Carbs: 15,6 g

Fiber: 3,8 g

Protein: 4,1 g

Kiwi and Green Apple Smoothie

Kiwi pulp is rich in fiber, which helps regulate bowel functions, make metabolism more efficient and reduce fat absorption.

Ingredients:

*2 kiwi
1 green apple
6 mint leaves
3 basil leaves
2 tbsp lemon juice*

Preparation:

Peel and chop the apple and kiwi and put them in the blender. Add the basil and mint leaves and the lemon juice and blend for a few minutes.

Nutrition:

Calories: 156
Fat: 0,9 g
Carbs: 12,6 g
Fiber: 3,9 g
Protein: 3,9 g

Apple and Mango Detox Smoothie

Fresh and summery, this smoothie will win you over from the first taste.

Ingredients:

2 handfuls of spinach

1 apple

1 mango

1 cup strawberries

2 cups coconut water

1 tsp flax seeds

Preparation:

Garnish with a pinch of flax seeds on the top

Nutrition:

Calories: 225

Fat: 3, 6 g

Carbs: 12,6 g

Fiber: 4,1, g

Protein:9,7 g

Pineapple and Spinach Smoothie

The combination of pineapple - fat burning - and spinach - remineralizing - will be a real boost for the body.

Ingredients:

2 handfuls of spinach

1 cup coconut water

4 slices of pineapple cut into small pieces

1 peach

1 banana

A pinch of turmeric powder

Preparation:

Blend everything together and at the end add a teaspoon of turmeric powder.

Nutrition:

Calories: 223

Fat: 0,8 g

Carbs: 9,6 g

Fiber: 5,6 g

Protein: 5,9 g

Fruits and Kale Smoothie

The right amount of importance should be given to kale because its properties are really valuable for our health.

Kale is considered a true superfood for the colder months of the year.

Black cabbage or kale is a vegetable rich in minerals and vitamins with a high antioxidant value and therefore can counteract the free radical action and consequently the aging of cells. It strengthens the immune system due to its high concentration of vitamin C, which also promotes the absorption of iron in the intestines and is essential for the health of the nervous system, the skin, the muscles and the neurotransmitters.

1. It supports digestion and purifies, thanks to its good fiber content.
2. Helps regulate blood cholesterol levels.
3. Performs an anti-inflammatory action, especially at the gastric mucosa level.
4. Protects bones, due to its easily absorbed calcium content.
5. Regulates blood pressure, thanks to the high amount of potassium it contains.
6. Strengthens the mind and improves memory, due to the presence of flavonoids.
7. Useful in the prevention of numerous forms of cancer and in treating colitis.

Ingredients:

2 leaves of black cabbage

2 cups coconut water

1 apple

1 peach

1 cup mixed berries

Preparation:

Blend everything and add a pinch of ginger powder on the top.

Nutrition:

Calories: 242

Fat: 1,2 g

Carbs: 14,6 g

Fiber: 5,9 g

Protein: 5,4 g

Frozen Cauliflower Smoothie

Ingredients:

1 cup unsweetened almond or coconut milk
1 cup frozen cauliflower florets
1.5 tbsp unsweetened cocoa powder
3 tbsp hemp seeds
1 tbsp cacao nibs
a pinch of salt

Preparation:

Blend everything and add a pinch of hemp seeds on the top.

Nutrition:

Calories: 298

Fat: 3,2 grams

Carbs: 14,2 grams

Fiber: 6,1 grams

Protein: 9,4 grams

Carrots, Celery, Fennel and Kefir Smoothie

Ingredients:

1 carrot

1 celery rib

1 fennel

5 ml of vegetable yogurt

Preparation:

Cut the vegetables into pieces and blend together with kefir until creamy.

Nutrition:

Calories: 265

Fat: 3,8 g

Carbs: 11,6 g

Fiber: 4,5 g

Protein: 8,1 g

Pineapple and Kale Smoothie

Ingredients:

*2 handfuls of kale
1 handful of chicory
2 cups coconut water
½ cup peaches cut into pieces
2 handfuls of pineapple, peeled and chopped
2 tsp flax seed powder*

Preparation:

Blend cabbage leaves and chicory with water until green juice is obtained. Add the remaining ingredients and continue until a creamy consistency is achieved.

Nutrition:

Calories: 259

Fat: 4,9 g

Carbs: 11,4 g

Fiber: 3,9 g

Protein: 9,1 g

**TOP TEN SMOOTHIES TO
DETOXIFY THE LIVER FOR YOUR
WHOLE BODY RESET**

Detox, is a very fashionable word that indicates the need for purification and detoxification of the body from periods of stress and poor diet.

In this, nature can be very useful because in it we can find everything our body needs to activate the necessary mechanisms of purification.

To make a detoxifying smoothie, it is best to use water, low-fat yogurt or vegetable soy milk, coconut milk or almond milk as a base.

It is then necessary to well select the fruits and vegetables to blend according to their purifying properties.

Therefore, it is better to avoid the use of two ingredients that are often used for smoothies: cow's milk and ice cream. In particular, milk must be replaced with vegetable milk and ice cream has to be replaced with fresh fruit put in the freezer a couple of hours before blending.

The liver is the most important organ in our body. It cleans the blood, synthesizes enzymes and proteins, stores vitamins and eliminates toxins and heavy metals that can make us sick. Given the importance of this organ to our health, it is worth keeping it healthy. To do so, there is no easier way than preparing a detox smoothie for the liver.

Below you'll find delicious detox smoothie recipes to prepare in order for your liver to get rid of toxins.

Beet and Lemon Smoothie

Beet is one of the best vegetables to promote the proper functioning of the liver. Thanks to its many nutrients, we can regulate blood pressure and mineralize our bodies.

Its deep red color gives us a clue about its high antioxidant levels, essential elements for good liver health.

The same goes for lemons. This fruit helps us to alkalize our body and it's now known that a more alkalized body is synonymous to health. Thanks to the vitamin C and the minerals contained in lemons, the liver can better filter blood and eliminate toxins.

Ingredients:

1 already cooked beet

1 squeezed lemon

1 glass of water or coconut water (200 ml)

A pinch of ginger powder

Preparation:

Put the lemon juice in the blender together with beet, the ginger and the water.

Blend for a few minutes to obtain a smooth and invitingly colored drink.

Best to drink it in the morning on an empty stomach.

Nutrition:

Calories: 204

Fat: 0,4 g

Carbs: 11,6 g

Fiber: 2,8 g

Protein: 3,2 g

Celery and Parsley Smoothie

Why put parsley in a liver detox smoothie?

Eating parsley is one of the best ways to cleanse the kidneys and liver naturally. This plant, rich in vitamins A and C and minerals such as iron and magnesium, allows us to make these very important organs work better.

Any vegetable or fruit with a "bitter or sour" taste promotes liver health. For this reason, vegetables such as artichokes or cabbage are very healthy foods.

The same goes for celery. It is rich in minerals and its diuretic. This smoothie will help us to be well hydrated and to eliminate the elements that our body does not need.

Ingredients:

1 tsp parsley

1 celery stalk

2 cucumbers

1 glass of water or coconut water (200 ml)

Preparation:

Put the chopped celery, parsley and cucumber in the blender together with the glass of water. We will immediately get a green smoothie that is very healthy for our liver.

Nutrition:

Calories: 192

Fat: 0,9 g

Carbs: 8,6 g

Fiber: 2,8 g

Protein: 3,5 g

Carrot, Apple and Radish Smoothie

Why is radish good for the liver?

Radish is a natural detoxifier capable of increasing the oxygen level in the blood; it also contains enzymes that cleanse the liver. It is an important natural supplement that we should often include in smoothies.

This smoothie also contains an apple and a carrot. This combination rich in minerals and vitamins will help strengthen the liver cells and it will help them eliminate the excess fat and toxins that often make it difficult to cleanse the liver.

Apples help us eliminate cholesterol and carrots strengthen our immune system.

Ingredients:

2 radishes

1 green apple

1 carrot

A few slices of fresh ginger

1 glass of water or coconut water (200 ml)

Preparation:

Blend everything together and add a few slices of ginger at the end.

Nutrition:

Calories: 204

Fat: 0, 8 g

Carbs: 9,1 g

Fiber: 2,9 g

Protein: 3,6 g

Mint-Scented Detox Smoothie

This smoothie is considered by many to be miraculous for getting rid of the accumulation of heavy metals from the liver thanks to two strongly detoxifying ingredients: coriander and chlorella.

Coriander along with chlorella algae absorbs heavy metals, especially mercury and lead, and promotes their expulsion through the feces.

You should consume it in the morning on an empty stomach.

Ingredients:

1 bunch of cilantro

1 tsp chlorella powder

1 bunch of spinach

4 mint leaves

2 tsp flax seeds

water to be added according to desired consistency

1 tsp honey

Preparation:

Place all the ingredients in a blender except for the water. Blend and add water gradually until desired consistency is reached.

Nutrition:

Calories: 221

Fat: 1,9 g

Carbs: 14,6 g

Fiber: 2,6 g

Protein: 8,1 g

Lemon-Scented Smoothie

This smoothie can be consumed 3 times a day on an empty stomach for 3 days. It is advisable to have light meals during these three days. Take a break for 7-10 days and then repeat the treatment.

Ingredients:

3 lemons

1 cup parsley

5 celery leaves

2 cups coconut water

Preparation:

Put the lemon juice, parsley and celery in the blender and mix, then add the water and mix again.

Nutrition:

Calories: 201

Fat: 0,9 g

Carbs: 8,6 g

Fiber: 2,8 g

Protein: 3,9 g

Fennel and Blueberry Smoothie

Ingredients:

*2 handfuls of spinach
2 handfuls of kale
1 fennel
2 cups water
1 apple peeled and cut
½ banana
½ cup blueberries
2 tbsp flax seed powder*

Preparation:

Blend kale leaves, spinach and fennel with water until you have a green juice. Add the remaining ingredients and continue until the mixture has a creamy consistency.

Nutrition:

Calories: 298
Fat: 3,9 g
Carbs: 12,6 g
Fiber: 4,1 g
Protein: 8,9 g

Chicory, Apple and Strawberry Smoothie

Ingredients:

2 handfuls of chicory

2 cups water

1/2 banana

1/2 peeled apple

1/2 cup strawberries

1/2 tsp fennel seeds

1/2 tsp turmeric

Preparation:

Blend the chicory with the water until you have a green juice. Add the remaining ingredients and blend until the mixture has a creamy consistency.

Nutrition:

Calories: 296

Fat: 2,1 g

Carbs: 12,6 g

Fiber: 3,6 g

Protein: 4,2 g

Lime, Apple and Blueberry Smoothie

Ingredients:

*1 handful of chicory
1 handful of spinach
The juice of ½ a lime
2 cups water
1 cup blueberries
1/2 banana
½ peeled green apple
1 tsp chia seeds*

Preparation:

Garnish with a pinch of chia seeds on the top

Nutrition:

Calories: 269

Fat: 3, 9 g

Carbs: 14,6 g

Fiber: 4,5 g

Protein: 10,9 g

Mixed Fruit and Vegetables Smoothie

Ingredients:

*2 handfuls of kale leaves
1 handful of spinach
2 cups coconut water
½ cup peaches, peeled and cut into pieces
½ cup mixed berries
A sprinkling of cinnamon*

Preparation:

Blend the kale leaves and spinach into the water and add the remaining ingredients, continuing to blend on low speed until the mixture has a creamy consistency.

Nutrition:

Calories: 278

Fat: 1,9 g

Carbs: 12,6 g

Fiber: 3,9 g

Protein: 3,2 g

Mango, Strawberries and Spinach Smoothie

Ingredients:

*2 handfuls of spinach
2 cups coconut water
1 cup mango peeled and cut into pieces
1 cup strawberries
1 handful of seedless grapes
1 tsp flaxseed powder*

Preparation:

Garnish with a pinch of flaxseed powder on the top

Nutrition:

Calories: 224

Fat: 2,9 g

Carbs: 11,6 g

Fiber: 3,6 g

Protein: 8,9 g

THREE QUICK DRESSINGS TO ADD TO MEAT, FISH AND VEGETABLES

Quick Hummus Dressing

Ingredients:

1 cup hummus
2 tbsp lemon juice
½ tbs nutritional yeast
Water to thin

Preparation:

Stir to combine all ingredients and add water until desired consistency is achieved

Tips:

To get a spicy flavor, add 2 tsp of curry powder and 1 tbsp of maple syrup
These sauces will make all your recipes tastier

Thain Dressing

Ingredients:

6 tbsp smooth tahini (sesame seed sauce)

3 tbsp lemon juice

1 ½ tbsp maple syrup

Water to thin

Preparation:

Stir to combine all ingredients and add water until desired consistency is achieved

BBQ Dressing

Ingredients:

*1 cup hummus
2 tbsp lemon juice
½ tbs nutritional yeast
1 tbs maple syrup
2 tsp smoked paprika powder
½ tsp garlic powder
¼ tsp black pepper
1 pinch of cayenne
Water to thin*

Preparation:

Stir to combine all ingredients and add water until desired consistency is achieved

Guacamole Cream

Ingredients:

1 avocado cut into pieces
½ chopped onion
2 tbsp lime juice
a pinch of coriander
½ a tomato cut into pieces
2 tbsp extra virgin olive oil
A pinch of salt and pepper

Instructions:

Place the avocado, lime juice, cilantro, salt, and pepper in a blender and blend until smooth. Add the onion and the tomato. Mix the cream.

TWENTY LUNCH RECIPES FOR YOUR WHOLE BODY RESET

Vegetable Meatballs

Time required for preparation: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

6 tbsp chopped almonds

1 cup water

6 cups drained and rinsed chickpeas,

1 cup breadcrumbs

a pinch of garlic and onion powder

1 tsp oregano

A pinch of salt and pepper

Instructions:

Preheat the oven to 190 degrees.

In a small bowl, mix together the ground almonds and water.

Let stand for a few minutes.

In a food processor, blend the chickpeas.

Pour the almond/water mixture, bread crumbs, garlic powder, onion powder, oregano, and salt into a bowl. Mix with a large spoon until well combined.

Form into balls (about a large spoonful each) and place them on a baking sheet lined with baking paper.

Place in the oven and bake for 30 minutes, turning once halfway through baking.

Serve the meatballs with BBQ sauce - see recipe in the dressing section.

Nutrition

Calories in a serving: 445

12 g of fat

Carbohydrates: 48,9 g

16 g of protein

Beef and Vegetable Burger

Time required for preparation: 10 minutes

Cooking time: 10 minutes

Serve: 4

Ingredients:

300 g minced beef

1 red onion, chopped

1 bell pepper cut into small pieces

1 chopped carrot

½ tsp paprika

a pinch of salt

2 tbsp extra virgin olive oil

Preparation:

Combine meat and vegetables in a blender and blend until you get a grainy mass.

With the obtained mixture you can form about 8 burgers that you will then go and cook in a pan with a little oil for about 2/3 min. per side.

Season with salt, oil and paprika powder.

I serve the burgers with thain or BBQ Dressing - see recipe in the dressing section.

Nutrition:

Calories in a serving: 401

4,9 g of fat

Carbohydrates: 56 g

16 g of protein

Avocado, Eggs, Spinach and Anchovies Tartare

Time required for preparation: 20 minutes

Cooking time: 10 minutes

Serving: 2

Ingredients:

250 g spinach

2 boiled eggs cut into cubes

1 lime

4 tbsp extra virgin olive oil

4 anchovies

A pinch of ground mustard

A pinch of salt and pepper

A pinch of garlic powder

Fresh Basil

Preparation:

1. Cook the spinach for 2 minutes.
2. Emulsify oil, garlic, juice of half a lime, basil and mustard powder.
3. Dice the avocado and drizzle the remaining lime juice over it so it doesn't darken.
4. Season chopped spinach, avocado, anchovies and eggs in a large bowl with the oil emulsion.
5. Prepare the tartare by pouring half of the compost into a ramekin previously placed in the center of the plate.
6. Garnish with basil

Nutrition:

Calories in a serving: 440

Fat: 39,1 g

Carbohydrates: 5,9 g

Fiber: 6,4 g

Protein: 24,8 g

Whole-Wheat Spaghetti with Basil Pesto

Time required for preparation: 5 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

3 tbsp Extra-virgin olive oil

1 bunch of freshly picked basil leaves

1 cup walnuts

250 g whole-wheat spaghetti

1 bunch of fresh parsley

1 bunch of fresh cilantro

A pinch of salt

Instructions:

•Combine the olive oil, basil, walnuts parsley, and cilantro in a blender until well combined. Blend until the mixture is smooth.

•Combine the cooked spaghetti and the sauce in a large mixing basin. Toss to combine flavors.

Nutrition:

•Calories in a serving: 378

•Fat: 8,1 g

•Carbohydrates: 52,9 g

•Fiber: 9,5 g

•Protein: 24,2 g

Quinoa, Eggs and Spinach

Time required for preparation: 10 minutes

Time required for cooking: 10 minutes

Servings: 4

Ingredients:

1 cup quinoa, well washed
2 minced garlic cloves
2 eggs boiled cut into pieces
2 limes (squeezed)
1 Avocado thinly sliced
Fresh cilantro (about one handful)
1 cup spinach
1 onion cut into pieces

Instructions:

1. Pour the quinoa into the boiling water and mix. Cook it for about 8 minutes.
2. While that's happening, in a small skillet combine the spinach, onion, garlic, eggs and lime juice.
3. Simmer for 10 minutes.
4. Combine all ingredients in a large mixing basin until well combined. Place the avocado over the top and serve immediately.

Nutrition:

Calories in a serving: 305

Fat: 9,1 g

Carbohydrates: 35,9 g

Fiber: 6,4 g

Protein: 25,1,2 g

Lentils and Sweet Potatoes

Time required for preparation: 15 minutes

Cooking preparation: 30 minutes

Servings: 4

Ingredients:

2 tbsp coconut oil

1 onion, peeled

2 carrots, peeled and chopped

2 celery stalks, washed and chopped

2 boiled sweet potatoes, chopped

2 cups cooked lentils

5 cups water or vegetable stock

a pinch of salt

4 leaves of sage

Instructions:

1.Heat the coconut oil over medium heat. Add the onion and cook for 3 minutes.

2.Add the carrots, celery, sweet potatoes and sage to the remaining ingredients and continue cooking for another 2 minutes.

3.Pour in the lentils and the water or vegetable stock. Add salt. Stir constantly until the lentils are tender, about 25 minutes.

Nutrition:

Calories in a serving: 498

Fat: 19,1 g

Carbohydrates: 51,9 g

Fiber: 5,4 g

Protein: 24,2 g

Spicy Zucchini Noodles

Time required for preparation: 15 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

3 medium-sized zucchini

1 chopped spring onions

2 tbsp coconut oil

1 bunch coriander freshly chopped (about 1 tablespoon)

To make the sauce:

10 nuts

10 almonds

1 cup fresh basil leaves

1/2 garlic clove, peeled and minced - optional -

4 tbsp extra virgin olive oil

a pinch of salt and pepper

Instructions:

1.Begin with the courgette and carrot noodles, which should be thinly sliced using a mandolin or vegetable peeler.

2.For the sauce, combine nuts, almonds, minced garlic, basil and olive oil in a blender. Add salt and pepper and mix until smooth.

Finally, in a large mixing basin combine the zucchini noodles with the sauce.

Nutrition:

Calories in a serving: 229

Fat: 8.2 g

Carbohydrates: 23.7 g

Fiber: 8.2 g

Protein: 20.4 g

Wrap with Guacamole Cream and Shrimps

Time required for preparation: 10 minutes

Cooking time: 2 minutes

Servings: 2

Ingredients:

2 wraps

100 g of cleaned shrimps

30 g of avocado

a pinch of coriander

½ tomato cut into pieces

A pinch of salt and pepper

1 tbsp lemon juice

Instruction:

Blanch the shrimp (if you want to, you can quickly stir-fry them in a pan with oil and paprika, to give an extra touch of flavor).

Heat the wrap on a non-stick pan for 1 minute per side.

Place the avocado, lemon juice, coriander, salt and pepper in a blender and purée until smooth. Add the onion and the tomato. Mix the cream.

Put the wrap on a plate and place the guacamole cream and shrimp in the center of it.

Close the wraps by rolling them up.

Nutrition:

Calories in a serving: 302

Fat: 6.2 g

Carbohydrates: 33.7 g

Fiber: 5.2 g

Protein: 24,9g

Rich and Colorful Soup

Time required for preparation: 10 minutes

Cooking: 15 minutes

Servings: 2

Ingredients:

1 cup basmati rice

1 cup boiled beans

1 sweet potato

1/4 tsp fennel seeds

1 red onion

1 broccoli washed and cut into pieces

2 cups baby spinach (drained)

1 garlic clove, peeled and coarsely chopped

2 tbsp extra virgin olive oil

a pinch of salt and pepper

4 sage leaves

Instructions:

1. In a bit of oil, fry the garlic, red onions, and fennel seeds for approximately 2 minutes over medium heat.

2. Add the broccoli, the potato, the boiled beans, and spinach. Add 2 cups of water until all the vegetables are covered. Add salt. Simmer for 8 minutes, stirring occasionally.

3. In another pot boil the rice.

4. Add the boiled rice to the vegetables and season with fresh sage leaves and pepper.

Nutrition:

Calories in a serving: 475

Fat: 6.2 g

Carbohydrates: 63.7 g

Fiber: 6.2 g

Protein: 23.4 g

Sweet Potatoes Salad with Dried Fruits

Preparation time: 20 minutes plus 30 minutes in the refrigerator

Servings: 4

Ingredients:

2 sweet potatoes

2 zucchini

1 carrot

1 cup dried fruit

1/4 cup sliced green bell peppers

1/2 onion

2 tbsp lemon or lime juice

2 tbsp extra virgin olive oil

A pinch of salt

A pinch of ginger powder

Instructions:

1. In a blender, combine dried fruits, oil, lemon or lime juice, ginger powder, and 1/2 a cup of water until smooth. Blend for one minute.
2. Boil the carrot, sweet potatoes, zucchinis, and onion: let them cool, and cut them into slices.
3. Combine everything in a salad bowl, add the green bell peppers and the salt, and mix.
4. Allow 30 minutes of cooling time in the refrigerator before serving.
5. Plate your "Potato" Salad and enjoy it immediately!

Nutrition:

Calories in a serving: 496

Fat: 5.2 g

Carbohydrates: 41.7 g

Fiber: 5.4 g

Protein: 26.4 g

Rise and Zucchini with Seasoned Cheese

Time required for preparation: 10 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

3 cups of rice

1 tbsp grated fresh ginger

1 onion

2 carrots, peeled and cut into chunks

2 zucchini

2 liters of vegetarian broth

1 cup of grated seasoned cheese

a pinch of salt

Instructions:

1. In a pot put oil, onion carrots and zucchini. Cook for 3 minutes.
2. Add the rice and cook for 1 minute.
3. Add the broth and cook for about 15 minutes, stirring constantly.
4. Turn off the heat and add the grated seasoned cheese.
5. Add the ginger and serve.

Nutrition:

Calories in a serving: 429

Fat: 8.2 g

Carbohydrates: 63.7 g

Fiber: 6.2 g

Protein: 26.4 g

Chili and Brown Rice

Time for preparation: 15 minutes

Cooking time: 20 minutes

Serving: 2

Ingredients:

*1 tbsp coconut oil
1 medium-sized onion, peeled and chopped
6 mushrooms, cleaned and cut into slices
2 tsp paprika
A pinch of chili powder
1 cup diced tomatoes
1 cup rinsed chickpeas
1 cup rinsed kidney beans
5 cherry tomatoes, drained and rinsed
2 tbsp tomato purée
1 cup brown rice
4 fresh cilantro sprigs*

Instructions:

1. Place the coconut oil over medium heat in a large skillet. Add the onion and cook for two minutes then add the mushrooms and cook for another 4 minutes. Combine the paprika, and chili powder until well combined.

2. Stir in the canned tomatoes, chickpeas, kidney beans, cherry tomatoes, and tomato purée until everything is well-combined. Add salt. Cook for 25 minutes at medium heat.

3. While the chili is cooking, prepare the rice according to the directions on the box. Drain after rinsing.

4. Arrange the chili on top of the rice, topped with cilantro, and serve immediately.

Nutrition:

Calories in a serving: 442

Fat: 6.2 g

Carbohydrates: 61.7 g

Fiber: 8.2 g

Protein: 25.4 g

Mango and Red Onion Salad

Preparation time: 15 minutes

Serving: 2

Ingredients:

*6 plum tomatoes
1/2 cup mango chunks (diced)
1 tomato
red onions (about half a cup diced)
1/4 cup chopped green bell peppers
1/4 cup cilantro leaves
A pinch of salt
A pinch of onion powder
2 tbsp lime juice
2 tbsp extra virgin olive oil
2 tbsp sunflower seeds
1 tbsp chia seeds*

Instructions:

1. Cut all the vegetables thin and put them in a salad bowl.
2. Add the mango, lime juice, seeds and seasonings
3. Serve.

Nutrition:

Calories in a serving: 329

Fat: 6.2 g

Carbohydrates: 33.7 g

Fiber: 6.4 g

Protein: 24.4 g

Watercress, Avocado and Anchovies Salad

Preparation time: 5 minutes

Servings: 2

Ingredients:

1/2 cucumber cut into slices

2 cups watercress, torn into pieces

1 avocado cuts into pieces

1 lime zest and 2 tbsp lime juice

4 chopped walnuts

4 anchovies

4 fresh basil leaves

1/2 tsp turmeric powder

2 tbsp extra-virgin olive oil

A pinch of salt

Instructions:

1. Combine the olive oil and key lime juice in a large salad bowl. Mix them thoroughly to ensure that they are well-combined.

2. Add the thinly sliced vegetables, walnuts, turmeric, lime zest, anchovies salt and herbs.

3. Make sure everything is thoroughly mixed.

4. Dish up and enjoy your quick and easy Fresh Salad!

Nutrition:

Calories in a serving: 356

Fat: 5.4 g

Carbohydrates: 29.3 g

Fiber: 6.5 g

Protein: 23.6 g

Squash Salad

Time required for cooking: 15 minutes plus 1 hour in the refrigerator
Servings: 4

Ingredients:

2 cups shredded Zucchini
1 cup squash shredded boiled
1/2 cup nuts
1 Onion, roughly diced
1/4 tsp finely chopped dates
1/2 cup soy milk
A pinch salt
2 tbs lime juice
1/2 cup water

Instructions:

1. Put all the thinly sliced vegetables in a salad bowl.
2. In a blender, combine the dates, soy milk, nuts, lime juice, salt, and 1/2 cup of water. Blend until smooth.
3. Season the vegetables with the freshly blended emulsion.
4. Serve immediately.

Nutrition:

Calories in a serving: 398
Fat: 4.4 g
Carbohydrates: 29.4 g
Fiber: 6.5 g
Protein: 25.6 g

Kamut Noodles with Almonds Pesto

Time required for preparation: 5 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

3 tbsp extra-virgin olive oil

1 bunch of freshly picked basil leaves

1/2 cup almonds

6 cups well washed cooked kamut noodles (cooked according to package directions)

1 bunch of fresh parsley

1 bunch of fresh cilantro

A pinch of salt

Instructions:

•Combine the olive oil, basil, almonds, parsley, and cilantro in a blender until well combined. Blend until the mixture is smooth.

•Combine the cooked noodles and the sauce in a large mixing basin. Toss to combine flavors.

Nutrition:

Calories in a serving: 496

Fat: 10.4 g

Carbohydrates: 69.3 g

Fiber: 6.8 g

Protein: 26.8 g

Emmer with Lime Flower

Time required for preparation: 10 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

1 cup emmer

4 cleaned, seeded, and chopped tomatoes

2 tbsp extra-virgin olive oil

1/4 cup of chopped dried apricot

1 tsp grated lime zest

1 tbsp lime juice

1/2 cup walnuts

1/2 cup finely chopped fresh parsley

A pinch of salt

Instructions:

1. Place the emmer in a pot full of water. Boil for 15 minutes and drain.
2. Combine the olive oil, apricots, lime zest, lime juice, walnuts, parsley and tomatoes in a large mixing bowl. Adjust seasonings if needed, and serve.

Nutrition:

Calories in a serving: 396

Fat: 4.4 g

Carbohydrates: 69.8 g

Fiber: 5.5 g

Protein: 23.6 g

Multicolored Rice

Time required for preparation: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

1 cup venus rice

1 cup red rice

1 cup basmati rice

1 onion

4 cup broth

2 carrots, peeled and cut into chunks

2 tomatoes cut into chunks

a pinch of salt and paprika

2 tbsp extra virgin olive oil

4 fresh basil leaves

Instructions:

1. In a pot put oil, onion and carrots. Cook for 3 minutes.
2. Add the venus rice, the red rice and the basmati rice. Cook for 1 minute.
3. Add the broth and cook for about 15 minutes, stirring constantly.
4. Turn off the heat and add the tomatoes, basil, salt and paprika
5. Serve.

Nutrition:

Calories in a serving: 465

Fat: 6.4 g

Carbohydrates: 69.3 g

Fiber: 6.9 g

Protein: 24.6 g

Carrots Noodles and Mushrooms

Time required for preparation: 10 minutes

Cooking time: 4 minutes

Servings: 2

Ingredients:

3 carrots, shredded and made into spaghetti-like strands

2 garlic cloves, peeled and minced

2 finely sliced white onions

2 cups mushrooms, cut into thick slices

A pinch of salt

2 tbsp coconut oil

1 tbsp finely chopped fresh chives (for garnish)

Instructions:

1. Melt 2 tablespoons of coconut oil over medium heat in a saucepan. Add the onion, garlic and cook for three minutes, until the onion is soft.

2. Bring the water to a boil. Reduce the heat gradually and allow the carrots to simmer for 2 minutes, drain and add the onion and mushroom sauce.

3. To serve, divide the carrots noodles into equal portions and arrange them in individual dishes. Top the dish with chives.

Nutrition:

Calories in a serving: 409

Fat: 5.4 g

Carbohydrates: 49.3 g

Fiber: 8.5 g

Protein: 25.6 g

Pumpkin Soup

Time required for preparation: 10 minutes

Cooking time: 27 minutes

Servings: 2

Ingredients:

1 tsp grated fresh ginger

1 tsp turmeric

200 g of chopped pumpkin

1 chopped onion

2 tbsp extra virgin olive oil

2 chopped zucchini

1 tbsp pumpkin seeds

Instructions:

1. Cook the onion with the olive oil for 2 minutes.
2. Add the other all ingredients, add a cup of water and salt. Cook it for 25 minutes.
3. Mix them with an immersion blender until you get a smooth and creamy mixture.
4. If desired, sprinkle some pumpkin seeds on top of the dish as a garnish.

Nutrition:

Calories in a serving: 406

Fat: 4.4 g

Carbohydrates: 39.3 g

Fiber: 5.9 g

Protein: 26.8 g

Fresh Buffalo Mozzarella Cheese

Time required for preparation: 10 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

4 anchovies

4 cups fresh spinach

2 fresh buffalo mozzarella cheese

4 fresh basil leaves

2 tbsp extra-virgin olive oil

1 garlic clove

A pinch of salt and pepper

Instructions:

1. Cook the anchovies for 2 minutes with the olive oil and the garlic clove cleaned and divided into two parts
2. Add the spinach, salt and pepper
3. Place the spinach in the center of the plate and the mozzarella on top
4. Garnish with basil leaves and serve.

Nutrition:

Calories in a serving: 478

Fat: 14.4 g

Carbohydrates: 19.3 g

Fiber: 6.9 g

Protein: 28.6 g

Quinoa Salad

Time required for preparation: 10 minutes.

Cooking time: 17 minutes.

Servings: 4

Ingredients:

2 cups quinoa

2 cups water

2 sweet potatoes thinly sliced

6 tbsp orange juice

1tbsp ground cumin seeds

1 cup finely chopped onion

2 tbsp extra-virgin olive oil

A pinch of salt and pepper

Instructions:

1. Put the onion and the olive oil into the pan and cook for 2 minutes.
2. Stir in the potatoes, orange juice, quinoa and the 2 cups of water. Add salt and pepper.
3. Cook for 15 minutes.
4. Put on plates, serve, and garnish with cumin seeds.

Nutrition:

Calories in a serving: 504

Fat: 4.4 g

Carbohydrates: 69.2 g

Fiber: 6.5 g

Protein: 25.6 g

TWENTY DINNER RECIPES FOR YOUR WHOLE BODY RESET

Salmon and Baby Spinach with Yogurt Sauce

Time required for preparation: 10 minutes

Time required for cooking: 10 minutes

Servings: 4

Ingredients:

4 salmon fillets

2 cups baby spinach

4 tbsp lemon juice

1 garlic clove

1 sprig of fresh thyme

2 tbsp extra-virgin olive oil

A pinch of salt and pepper

To make the sauce

grated rind of 1 lemon

1 cup white yogurt

1 teaspoon of dried chives

Instructions:

1. Cook the spinach with oil and garlic for 2 minutes.
2. In a bowl, mix yogurt with lemon zest and chives.
3. Grill the salmon fillets
5. In the dish put the spinach under the salmon, add salt, pepper, lemon juice, sauce and thyme.

Nutrition:

Calories in a serving: 598

Fat: 26.4 g

Carbohydrates: 9.3 g

Fiber: 5.5 g

Protein: 29.6 g

Veal with Tuna Sauce

Time required for preparation: 10 minutes

Time required for cooking: 52 minutes

Serving: 4

Ingredients:

800 g of veal meat

1 onion

2 tbsp extra virgin olive oil

250 g of canned tuna

2 cups of water

3 anchovy fillets

4 hard-boiled eggs, peeled and chopped

2 tbsp capers brine, soaked in water and drained

A pinch of salt and pepper

Preparation:

1. sprinkle the veal with salt and pepper
2. cut the onion into thin slices. Add to a pot the extra virgin olive oil and heat the onion for 2 minutes
3. add the veal and the tuna. Turn the heat up and sear the veal to cook it on all sides
4. add the water and when it comes to a boil, turn it down to a simmer and cook for 50 minutes, covering to finish cooking
5. remove the veal from the pot. Take the tuna and onion separated from the cooking liquid. Blend onions, anchovy fillets, tuna and boiled eggs with an immersion blender until very smooth.
6. cut the veal into thin slices and serve it with the sauce poured over it. Garnish with capers.

Nutrition:

- Calories in a serving: 529
- Fat 23,9 g
- Carbohydrates: 6,3 g
- Fiber: 4.3 g

•Protein 32,5 g

Green Lasagna

Time required for preparation: 20 minutes

Cooking time: 20 minutes

Serving: 4

Ingredients:

200 g sliced zucchini

700 ml soy milk

40 g almond flour

400 g basil

70 g of spelt flour

A pinch of salt and pepper

1 tbsp nutmeg

4 tbsp extra virgin olive oil

Preparation:

1. Wash the basil and drain well from the water.
2. In another pot combine the flour and soy milk stirring with a whisk to mix well
3. Add salt, pepper and nutmeg.
4. Bring the béchamel sauce to a boil over low heat, stirring until creamy. Allow cooling.
5. Add two tablespoons of oil and spinach.
6. Take a casserole dish and form the layers of lasagna alternating the pesto cream with zucchini. Between each layer add the almond flour.
Add a little oil before placing in preheated oven at 200 degrees for 30 minutes.

Nutrition:

Calories in a serving: 498

Fat: 12.4 g

Carbohydrates: 28.3 g

Fiber: 6.5 g

Protein: 26.8 g

Lamb Ribs and Mushrooms

Time required for preparation: 10 minutes

Cooking time: 20 minutes

Ingredients:

4 lamb ribs

2 cups mixed mushrooms

2 onions

2 garlic cloves

2 sprigs of fresh thyme

2 tbsp extra-virgin olive oil

2 bay leaves

Instructions:

1. Finely chop the onions once it has been peeled.
2. Chop the mixed mushrooms into small pieces. Wash them well.
3. Cook the mushrooms with onions, oil, garlic and onions. Add thyme, bay leaves and adjust the flavor as needed. Cook for another 15 minutes.
4. Grill the lamb ribs.
5. Serve all together

Nutrition:

Calories in a serving: 426

Fat: 32.4 g

Carbohydrates: 19.3 g

Fiber: 6.9 g

Protein: 29.6 g

Italian Minestrone

Time required for preparation: 15 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

a bunch of basil

1 carrot

2 cups of mashed sweet potato

1 red onion

1 tablespoon of coconut oil

4 cups vegetable broth

1 cup of tomato juice

1/2 cup of cooked beans

A pinch of salt and pepper

Instructions:

1. Peel and dice the onion, the carrot and the zucchini.
2. Heat the oil in a large pan and fry the onion, carrot and zucchini for two minutes.
4. Stir in the tomato juice, stock, and beans until well combined.
5. Bring the mixture to a boil, add the mashed sweet potato and decrease the heat to a low level; cook for 8–10 minutes.
6. Stir in the basil and add salt and pepper.

Nutrition:

Calories in a serving: 374

Fat: 6.4 g

Carbohydrates: 14.3 g

Fiber: 6.5 g

Protein: 24.6 g

Turkey Fillet and Pineapple

Time required for preparation: 12 minutes

Cooking time: 16 minutes

Servings: 2

Ingredients:

1/4 pineapple, cut into rings

1 tbsp coconut oil

2 tbsp orange juice

2 turkey fillets

1 tbsp extra virgin olive oil

4 fresh basil leaves

Instructions:

1. Combine the olive oil, orange juice and coconut oil in a large mixing bowl until well combined.

2. Slice the pineapples, grill them for a few minutes and place them on a serving plate.

3. Grill the turkey fillets

4. Place the grilled turkey and pineapple on a serving tray and season with oil and orange juice. Add the fresh basil leaves.

Nutrition:

Calories in a serving: 428

Fat: 12.4 g

Carbohydrates: 15.3 g

Fiber: 6.8 g

Protein: 29.6 g

Eggs and Courgettes with Apple Cider Sauce

Time required for preparation: 10 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

2 cups baby courgettes cut in half

2 boiled eggs cut into pieces

2 thinly cut onions

a piece of grated ginger root (fresh or dried)

2 tbsp extra virgin olive oil

a pinch of salt and pepper

Instructions:

1. To begin, grill the courgette slices

2. While that's going on, in a saucepan, add onions, ginger root and oil.

Cook for 3 minutes. Let it cool and blend it.

3. Put the courgettes in a serving dish with the eggs. Add salt, pepper and the onion source over the top.

Nutrition:

Calories in a serving: 402

Fat: 2.4 g

Carbohydrates: 19.3 g

Fiber: 5.9 g

Protein: 26.8 g

Tuna, Peppers and Onion

Time required for preparation: 10 minutes

Cooking preparation: 30 minutes

Serving: 2

Ingredients:

1 cup brown rice

1 tbsp coconut oil

1/2 tsp turmeric

1 onion, peeled and finely chopped

1 red bell pepper, washed and sliced

2 fillets of fresh tuna cut into cubes

1 piece of fresh ginger

2 tbsp extra virgin olive oil

2tbsp tomato paste

A pinch of salt and pepper

Instructions:

1. Place the brown rice in a small saucepan with enough boiling water to cover it over medium-low heat and cook for 25 to 30 minutes, or until the rice is done.

2. In the meanwhile, heat the coconut oil in a nonstick skillet. Add turmeric, onion and ginger. Cook for 4 minutes.

3. Add tuna, tomato paste and salt. Make a thorough mix.

4. Cook for another 4 minutes once you've added the bell pepper

5. Add the rice and serve immediately.

6. Dress with extra virgin olive oil.

Nutrition:

Calories in a serving: 506

Fat: 9.4 g

Carbohydrates: 12.3 g

Fiber: 6.5 g

Protein: 31.6 g

Turkey and Spicy Broccoli

Time required for preparation: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

2 florets of broccoli cut into pieces

4 turkey fillets

1 tbsp coriander, finely chopped

2 cups unsweetened coconut milk

1 tbsp coconut oil

1 garlic clove, peeled and minced

1 tsp turmeric powder

1/2 a teaspoon chili powder

1/2 a cup of almonds

a pinch of salt

Instructions:

1. Pre-heat the oven to 400 °F.
2. Mix the almonds, spices, coconut milk, coconut oil, a teaspoon of salt and broccoli.
3. Thoroughly combine the ingredients by using your hands.
4. Get a baking pan and pour the mixture in it.
5. Cook for 20 minutes in the oven.
6. Grill the turkey and serve with broccoli.

Nutrition:

Calories in a serving: 516

Fat: 16.4 g

Carbohydrates: 18.3 g

Fiber: 6.1 g

Protein: 28.6 g

Mozzarella Cheese and Kale Salad

Time required for preparation: 10 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

1 avocado cut into slices

1 head of kale, washed, dried and thinly sliced

2 mozzarella cheese

1 medium tomato

For Dressings:

2 tbsp extra-virgin olive oil

1 tsp dijon mustard

1 tbsp lemon juice

Instructions:

1. In a bowl, mix all the dressing ingredients and use them to dress the kale.
2. Put in a salad bowl the avocado, the mozzarella cheese and the kale.
3. Season and serve with garnishes.

Nutrition:

Calories in a serving: 496

Fat: 28.4 g

Carbohydrates: 19.3 g

Fiber: 6.3 g

Protein: 26.1 g

Salmon and Vegetables

Time required for preparation: 15 minutes

Cooking time: 30 minutes

Servings: 2

Ingredients:

1 cup olives

2 heads of garlic

2 eggplants

1 onion peeled, then quartered

2 salmon fillets

2 carrots, peeled and cut into cubes

1 small green bell pepper

1 broccoli

1 big sprig of thyme, with leaves plucked

A pinch of salt

Ingredients for garnishing:

1 tsp fennel seeds

2 tbsp lemon juice and 2 lemon slice

Instructions:

1. Preheat the oven until the temperature reaches 425 degrees Fahrenheit.

2. Prepare a deep roasting pan by lining it with aluminum foil and gently greasing it with oil. Toss in all the vegetables, herbs and salt to taste.

3. Add the remaining oil and lemon juice until well combined. Toss everything together well.

4. To cover the roasting pan, place a piece of aluminum foil on it. Place this on the center oven rack and bake for 30 minutes. Remove the aluminum foil from the pan. After cooling for a few minutes, divide evenly among plates.

5. Grill the salmon slices and serve with the vegetables. Garnish with fennelseeds and a lemon slice.

Nutrition:

Calories in a serving: 546

Fat: 23.4 g

Carbohydrates: 18.3 g

Fiber: 5.9 g

Protein: 32.6 g

Emmer and Tuna with Lemon Flower

Time required for preparation: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

4 tuna fillets

2 cups boiled emmer

4 cleaned chopped tomatoes

2 tbsp chopped dried apricots

1tsp grated lemon zest

1 tbsp lemon juice

1/2 a cup finely chopped fresh parsley

2 tbsp extra virgin olive oil

A pinch of salt

Instructions:

1. Place the emmer and tomatoes in a pot full of water. Boil for 15 minutes and drain.

2. Combine the olive oil, apricots, lemon zest, lemon juice, and parsley in a large mixing bowl.

3. Grill the tuna.

4. Add emmer and serve.

Nutrition:

Calories in a serving: 561

Fat: 14.4 g

Carbohydrates: 19.3 g

Fiber: 6.9 g

Protein: 28.6 g

Beef Slices and Onions

Time required for preparation: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

4 onions, halved

2 garlic cloves, crushed

1 tbsp balsamic vinegar

4 slices of beef

½ tsp dijon mustard

Instructions:

1. In a large skillet, combine the onions and garlic. Fry for 3 minutes or until the vegetables are tender.
2. Combine 1 cup of water, vinegar and dijon mustard.
3. Make sure the heat is turned down. Simmer the mixture under a cover for 10 minutes.
4. Remove from the heat. Continue stirring after the liquid has been reduced and the onions have become brown.
5. Grill the slices of meat.
6. Add the onions and serve.

Nutrition:

Calories in a serving: 509

Fat: 18.4 g

Carbohydrates: 14.3 g

Fiber: 6.5 g

Protein: 29.6 g

Salmon Fillets with Apple Flower

Time required for preparation: 10 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

2 cups unsweetened apple cider

1 big onion, peeled and halved

2 fillets of salmon

2 apples, peeled and cut into wedges

A pinch of salt

Instructions:

1. In a medium-sized pot, combine the cider and onion. Cook until the onion is soft and the liquid has dried.

2. Add 1 cup of water and apples, seasoning with salt to taste. Cook them for approximately 10 minutes.

3. Grill the salmon fillets, add the apples and serve.

Nutrition:

Calories in a serving: 598

Fat: 23.4 g

Carbohydrates: 19.3 g

Fiber: 6.3 g

Protein: 32.6 g

Eggs and Asparagus with Balsamic Vinegar

Time required for preparation: 10 minutes

Cooking time: 17 minutes

Servings: 2

Ingredients:

200 g of asparagus

4 boiled eggs cut into pieces

2 Onions, thinly cut

A piece of grated ginger root (fresh or dried)

2 tbsp balsamic vinegar

4 tbsp extra virgin olive oil

Instructions:

- 1.To begin boil the asparagus.
- 2.While that's going on, in a saucepan, add the balsamic vinegar, oil, onions and ginger root. Cook for 5 minutes.
- 3.Put the asparagus in a serving dish with the eggs. Add the onion source over the top.

Nutrition:

Calories in a serving: 538

Fat: 15.4 g

Carbohydrates: 12.3 g

Fiber: 8.1 g

Protein: 26.4 g

Tuna and Pumpkin Puree

Time required for preparation: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

4 tuna fillets

300 g of chopped pumpkin

4 sage leaves

1 tsp grated lemon zest

4 fresh basil leaves

1 chopped onion

2 tbsp extra virgin olive oil

A pinch of salt and paprika

Instructions:

1. Put the oil, the onion and the sage in a pot and cook for 2 minutes.
2. Add the pumpkin, salt and paprika and continue cooking for 10 minutes.
3. In a blender, blend until smooth.
4. Grill the tuna.
5. Place the pumpkin puree in the center of the plate and place the fish on top.
6. Garnish with basil leaves and serve.

Nutrition:

Calories in a serving: 506

Fat: 12.4 g

Carbohydrates: 18.3 g

Fiber: 6.5 g

Protein: 32.6 g

Pumpkin Flower Frittata

Time required for preparation: 10 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

200 g of pumpkin flowers

200 g of chopped pumpkin

4 eggs

1 chopped onion

2 tbsp pumpkin seeds

4 leaves of sage

4 tbsp extra virgin olive oil

A pinch of salt, pepper and turmeric

Instructions:

1. Turn on the oven at 180 degrees.
2. Put the oil, onion, pumpkin and pumpkin flowers in a pot and cook for 5 minutes.
3. Add salt, pepper, turmeric and sage. Continue cooking for another 5 minutes.
4. In a large dish beat the eggs. Add the pumpkin and the pumpkin flowers. Pour everything into a large baking dish and bake in the oven for 20 minutes.
5. Remove the dish from the oven and allow to cool.
6. Garnish with pumpkin seeds and serve.

Nutrition:

Calories in a serving: 405

Fat: 9.4 g

Carbohydrates: 10.3 g

Fiber: 6.1 g

Protein: 28.6 g

Sea Bass Fillets with Guacamole Cream

Preparation time: 10 minutes

Cooking time: 20 minutes

Serving: 2

Ingredients:

1 avocado cut into pieces

½ chopped onion

2 tbsp lime juice

a pinch of coriander

½ a tomato cut into pieces

2 sea bass fillets

2 tbsp extra virgin olive oil

2 sage leaves

A pinch of salt and pepper

Instructions:

Turn on the oven at 180 degrees.

Place the avocado, lime juice, cilantro, salt, and pepper in a blender and blend until smooth. Add the onion and the tomato. Mix the cream.

Put the oil, fish and sage into a baking dish and bake in the oven for 20 minutes.

Place the guacamole cream in the center of the plate and place the fish on top. Serve.

Nutrition:

Calories in a serving: 496

Fat: 19.4 g

Carbohydrates: 18.6 g

Fiber: 6.9 g

Protein: 29.6 g

Swordfish with Onion Sauce

Time required for preparation: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

*4 big halved onions
2 crushed garlic cloves
1tbsp balsamic vinegar
4 slices of swordfish
½ tsp dijon mustard
2 tbsp extra virgin olive oil*

Instructions:

1. In a large skillet, combine the oil, onions and garlic. Fry for 1 minute or until the vegetables are tender.
2. Combine the stock, vinegar and the Dijon mustard.
3. Make sure the heat is turned down. Simmer the mixture under a lid for 10 minutes.
4. Continue stirring until the liquid reduces and the onions have become brown.
5. Grill the swordfish slices, add the onion sauce and serve.

Nutrition:

Calories in a serving: 492

Fat: 5.4 g

Carbohydrates: 12.3 g

Fiber: 6.5 g

Protein: 28.6 g

Tempeh and Pineapple

Time required for preparation: 10 minutes

Cooking time: 8 minutes

Servings: 2

Ingredients:

1 packet of tempeh (10 ounces, sliced)

1/4 pineapple, cut into rings

2 tbsp Lime juice

1 tbsp orange juice

A pinch of paprika

1 tbsp coconut oil

Instructions:

1. Combine the olive and coconut oil, orange and lime juice in a large mixing bowl. Put the tempeh to marinate in the bowl for a few minutes.

2. Heat a grill pan over medium-high heat. Take the marinated tempeh out of the bowl with a pair of tongs and place it on the grill pan after it has reached a high temperature.

3. Grill for 3 minutes.

4. Slice the pineapple, grill it for a few minutes and place it on a serving plate.

5. Place the grilled, tempeh and pineapple on a serving tray. Garnish with paprika and serve.

Nutrition:

Calories in a serving: 456

Fat: 10.4 g

Carbohydrates: 18.3 g

Fiber: 6.4 g

Protein: 26.5 g

SNACKS

Baked Crispy Chickpeas

Time required for preparation: 10 minutes

Cooking time: 20 minutes

Serving: 2

Ingredients:

250 g precooked chickpeas

30 g of rice flour

1 tsp coconut oil

A pinch of paprika

A pinch of dried rosemary

Preparation:

1 Transfer the chickpeas to a bowl and add the paprika, rosemary and mix well with a spoon. Add the flour, salt, and olive oil and continue to mix well.

2 Transfer the chickpeas to a baking sheet with parchment paper. Bake them in the oven at 180 degrees for about 20 minutes.

They are crispy and super tasty!

Nutrition:

Calories in a serving: 135

Fat: 1,9 g

Carbohydrates: 11,3 g

Fiber: 6,5 g

Protein: 6,4 g

Spicy Chocolate Breadsticks

Time required for preparation: 15 minutes

Serving: 2

Ingredients:

8 whole-grain breadsticks

150 g dark chocolate

A pinch of chili powder

Preparation:

1 Melt the chocolate in the microwave.

2 Combine the tip of a teaspoon of chili powder with the chocolate and stir.

3 Pour the chocolate into a tall glass and let it cool a bit for 3-4 minutes.

4 Dip half of the breadsticks in the melted chocolate and let them dry for a few moments.

Nutrition:

Calories in a serving: 230

Fat: 6,1 g

Carbohydrates: 23,9 g

Fiber: 6,1 g

Protein: 6,1 g

Dates Balls

Ingredients for about 20 balls:

200 g pitted dates

100 g coconut flour

150 g ground almonds

1 tbs chia seeds

tbs peanut butter

2 tbs coconut oil

1 tbs cocoa powder

Preparation:

Place all the ingredients in a blender, and blend the mixture
Place the mixture in a bowl and knead the ingredients by hand, it will be ready when it is smooth

Let the dough rest in the refrigerator for about 1 hour

Form into balls and enjoy them

Tips:

You can store them in a container with a lid in the refrigerator for about a week.

Nutrition:

Calories in a serving: 329

Fat: 6,1 g

Carbohydrates: 45,9 g

Fiber: 4,1 g

Protein: 9,1 g

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BOOK 2: THE ANTI- INFLAMMATORY DIET

A PHILOSOPHY OF LIFE. CLEAN EATING FOR LONG LIFE
HEALTH. SPECIAL RECIPES INCLUDING DELICIOUS CHOCOLATE
DESSERTS AND A 14-DAY DETOX MEAL PLAN

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INTRODUCTION

Numerous studies claim that the diet that has the most anti-inflammatory power is a plant-based diet.

The plant-based diet has been one of the most searched for on the Google search engine in recent years.

It's a rather disputed diet by "traditional nutritionists" because it doesn't perfectly comply with the World Health Organization's guidelines on the subject of proper nutrition.

It is certain that diet-related issues have long been a focus of attention for much of the world's population.

It is also true that despite the growth in economic well-being compared to the past, we are faced with a generation of people who fall ill at a young age. We only think about food intolerances, allergies to pollen, drugs, powder and certain foods; were as we should think more about how much the number of obese or overweight people has increased in the last fifty years, as well as the incidence of autoimmune, cancer and heart diseases.

We are people who have averagely increased our life expectancy but after already 40-50 years of age we begin to take medicine that will accompany us for life.

At a certain point, people start asking themselves questions and probably wonder if by any chance the cause of their illnesses and the burdening of their bodies is not caused by what they eat.

A plant-based diet may be the answer to these questions.

An important principle must not be forgotten: the life force of the human body and its capacity for self-healing.

It is possible to take advantage of this important ability simply by choosing certain times of the year during which you can practice a deep purification of your body. For example, one of the periods generally chosen for detoxification purposes is the beginning of each season (three or four

times a year for two to three weeks).

Isn't the idea of being able to face a new season with a body that has managed to extinguish inflammation and strengthen the immune system attractive?

Isn't it encouraging to know that all this can be done simply by following an alkalizing plant-based diet? If you prepare the recipes I have selected in this book, you will also realize how easy and enjoyable it can be to follow a plant-based diet.

It often happens that people who start a plant-based diet will then, as they find numerous benefits in their overall fitness, increased energy levels, and in their general well-being, never give it up for the rest of their lives.

CHARACTERISTICS OF A PLANT-BASED DIET

A philosophy of life

For some time now, one of the food trends that has received increased attention is the plant-based diet.

This type of diet represents more of a philosophy of life than a simple diet, based on the principle that food is not only "fuel" but above all "care" of the body.

Mind. Food and psychophysical well-being are united in a practically inseparable relationship.

A balanced and clean diet helps fight the negative emotions we are used to living with, such as anxiety, panic, and depression.

Proper nutrition helps us regain control of our emotions.

Body. When you regain control of your body you can also regain control of your metabolism and your weight.

The main purpose of this diet is to detoxify and re-energize the body and mind, giving us the opportunity to improve our current health.

We must not forget that improving the condition of our current health means preserving our future health.

This diet balances macronutrients-carbohydrates, proteins and fats-with micronutrients-vitamins, minerals and fiber- that are exclusively of plant origin.

Preservative-rich, refined, industrially processed and canned foods are not

allowed.

This diet is called "electrosalinizing" because it is based on foods that are "vibrant with life" and "pure from industrial contamination."

In addition, this type of diet has anti-inflammatory power achieved through a deep detoxification of the body.

The properties of the alkalizing and anti-inflammatory diet will be explained in two dedicated chapters of this book.

A healthy choice

By now, there's no denying the close relationship between health and nutrition. The best medicine you can take is food.

We can give a great contribution to our health by choosing the right food just as we can also create the best conditions for the development of disease by choosing a wrong diet.

A good part of the scientific literature now agrees on the benefits that a vegetable-based diet is able to generate.

The American Dietetic Association affirmed that a correctly balanced plant-based diet is healthy, adequate from a nutritional point of view and brings health benefits both in the prevention and the treatment of many diseases.

Any diet, even an omnivorous one, should include a significant proportion of plant-based foods.

Nutritional recommendations for the prevention of chronic degenerative diseases suggest a diet rich in fruits, vegetables, legumes whole grains and low in salt, sugar, and alcohol.

These foods rich in polyphenols, vitamins and minerals have the power to reduce inflammation, alkalize our bodies and have powerful and well-organized immune defenses.

Plant-based foods also contain a lot of fiber, which:

- properly nourish the intestinal flora
- transform the intestinal flora from putrefactive to fermentative
- purify the organism from toxic metabolites

Later on we will deepen the correlation between plant-based diet, alkaline pH, inflammation and immune system.

Historical origins of veganism

A plant-based diet can be defined as a vegan diet.

Many are led to believe that veganism is a fairly new reality, but in fact veganism started in the distant 1847 in Ramsgate (England), with the founding of the Vegetarian Society, the oldest vegetarian organization in the world. In the early twenties, this association found itself divided into two factions: associates who preferred a vegetarian diet and those who refused the consumption of dairy products and other derivatives of animal origin.

Hence the Vegan Society and the term Vegan, which is the result of some of the first three letters with the last two of the word "Vegetarian," were born.

By 1945, "The Vegan" magazine already had 500 subscribers, and the vegan thought spread rapidly, succeeding in spreading a new awareness related not only to food but also to various issues related to the environment, respect for animals, and social coexistence.

A true cultural revolution, a change of course in the way we approach everything around us, a true philosophy that in a short time managed to involve also the fields of natural medicine, agriculture and food studies.

In 1970 this movement also aroused the interest of "official" medicine, so much so that it encouraged the start of new research, particularly in the United States, which led to the demonization of diets based on animal fats and proteins, defining them as harmful to health.

In 2010, a significant percentage of the world's population adopted the vegan philosophy, and this was also aided by increased access to previously hard-to-find food resources.

I do not want to go into the question of which type of diet is more or less "ethical." That is not the purpose of this book.

People who choose to be vegan do so not only for moral reasons, but also because they are convinced that only a certain type of vegan diet can have the effect of not making people sick and even healing their illnesses if they were

already sick.

In general, my thought is that a diet must be sustainable over time, be a pleasant habit that originates from a conscious choice. In other words, the way we eat must become part of our way of being and our lifestyle.

Whatever your dietary orientation, whether or not it excludes foods of animal origin, what is certain is that the plant-based diet has also proven to be a valid choice as a detox plan to be followed occasionally during the year: for example, two weeks every three or four months.

At the end of the book, you will find, after the recipes, a 14-day eating plan.

A diet that can be defined as anti-inflammatory

According to the latest evolutionary theories, inflammation appears to be one of the most effective ways in which the body responds to various external and internal stimulus

Without a good inflammatory response, not even a simple wound could heal.

Inflammation, like stress, must be an emergency response, as necessary in the short term as it is deleterious when permanently active.

When it becomes a permanent, systemic state, inflammation itself becomes the cause of many modern diseases such as cardiovascular disease, hypertension, diabetes, dementia, obesity, cancers, autoimmune diseases, etc.

As written in the famous journal "Science," having identified inflammation as the pathophysiological mechanism that triggers all chronic diseases is one of the most important insights medicine has had in the past two decades.

Most of the population suffers from latent inflammation that remains apparently harmless.

A diet based on foods containing lactose, gluten, omega-6 (such as sunflower oil and foods processed by the food industry in general) and sugar triggers the onset of latent inflammation that is bound to become chronic.

Obesity itself causes inflammation, generating a vicious phenomenon whereby inflammation makes weight loss more difficult. We will discuss overweight in a separate chapter.

Numerous studies around the world have tried to circumscribe the nutrients that an anti-inflammatory diet cannot ignore. For example, the important study published in the Nutrition Journal in 2010 that studied the antioxidants contained in 3100 foods used worldwide.

In synthesis, when drafting an anti-inflammatory diet what needs to be

considered is that it is not a single food that will be effective, nor a single supplement, but rather it will be the synergy between foods that contain different antioxidant molecules that will counteract inflammation.

An example of an anti-inflammatory food plan from the above research is structured as follows:

- 5 portions of fruit and vegetables with high antioxidant power (berries, red plums, spinach, broccoli etc.);
- 2 servings of hot drinks such as herbal teas;
- 1 squeezed portion of citrus fruit;
- Vegetable oils such as extra virgin olive oil;
- Foods rich in omega 3 like nuts, avocados.

Plant based diet is an alkaline diet

A healthy diet that aims to maintain our body's acid-base balance-that's what an alkaline diet is.

PH allows us to keep track of our body's acid-base balance by expressing it through a precise value.

PH is measured on a scale ranging from 1 to 14 (we speak of acidic PH for values below 7 and alkaline PH for values above 7). To distinguish acidic from alkaline foods, it is necessary to measure their PH level after digestion. Assuming that the blood PH level is slightly acidic, to maintain our acid-base balance at an optimal level, it is advisable to favor alkaline foods.

According to what principles can foods be considered acid-based or alkaline-based?

To determine the basic acidity level of foods, the ash that remains after digestion of the food is analyzed.

It is important to note that there are foods that are classified as acid base but that actually, after a series of chemical reactions that activate digestion, are transformed into alkaline base. This is what normally happens in healthy individuals. The best known indicator for measuring the PH level of a food is the Potential Renal Acid Load, also known as the PRAL index. This index divides foods into two categories:

- foods with PRAL + have an acidifying effect (such as dairy products, fish, eggs, meat and fish).
- foods with PRAL - are alkalizing (fruits and vegetables).

An alkaline diet, which is highly valued in alternative medicine, prefers mainly basic foods (also called "alkaline" foods), including different varieties of vegetables and fruits that should be eaten raw if possible to maintain the large amounts of basic minerals they contain (calcium, magnesium and potassium).

Scientific studies have shown how beneficial alkaline foods are on both our metabolism and gut health due to their power to rebalance the gut microbiota.

Wanting to choose to drastically lower our body's acidity level, it is possible to practice alkaline fasting, which is an extreme form of this diet. In this case, only alkaline foods are consumed, and as for drinks, only water and herbal infusions should be drunk. However, some nutritionists advise against following this practice in the long term, as it could generate major nutritional deficiencies.

How important is the acid-base balance in our body?

Now we begin to approach the crucial point: understanding why many people choose to follow an alkaline diet. The reason is simple: this diet affects our acid-base balance. Those who follow this kind of diet, therefore, avoid reaching excessive levels of acidity in the body.

But what exactly is meant by acid-base balance?

Briefly defined, it is the relationship between acidity and alkalinity within the body.

In fact, our body is provided with a mechanism called the "buffer system," which tries to regulate the body's proper acid-base balance, preventing dangerous imbalances and variations in acidity and alkalinity from being generated.

However, if we follow a diet that consists mainly of acidic foods, the buffering system may lose efficiency and hyperacidity occurs.

In this case, various illnesses and diseases such as fatigue, digestive problems, migraines, and muscle or joint pain can occur.

Therefore, while it is true that our buffer system functions autonomously, it is also true that it should not be put under too much pressure and, at least occasionally, it also needs to be regenerated.

A diet that strengthens the immune system

The immune system is the body's first defense line, the rapid response mechanism against the attack of pathogens. Having weak immune defenses, therefore, means being more exposed to disease and infection.

This defense mechanism is most influenced by the gut: consider that 80 percent of the cells responsible for the functioning of the immune system are located in the gut.

In its interior, the gut is populated by entire colonies of microorganisms that form the microbiota. A balanced microbiota ensures us against the dangerous and latent general inflammatory state that puts us at greater risk of getting sick.

A number of studies have shown how an alkaline, anti-inflammatory diet, such as a plant-based diet, affects the overall efficiency of our immune system.

What micronutrients must the food we eat contain to keep the immune system efficient?

- Fatty acids: these are the backbone of the cell, that is, its outer layer. Viruses need a host cell to enter and multiply. For this reason, a diet rich in healthy fatty acids-such as those in avocados, nuts, olive oil and other vegetable oils-helps strengthen the outer layer of cells, making it more difficult for viruses to enter.
- Antioxidants are molecules that help the body defend itself against the attack of harmful agents and the state of oxidative stress.
- **The most important?**

Glutathione: produced by our bodies, is found in some vegetables such as avocados, spinach, peaches, and apples. There are also foods that can stimulate the production of glutathione that include those rich in selenium such as garlic, onions, fruits, and red vegetables.

Vitamin C: Contained in a high concentration in all green vegetables, berries, and citrus fruits; it is advisable to intake this vitamin directly from fresh foods rather than from supplements because it has greater bioavailability.

Vitamin D: A deficiency of this vitamin is directly linked to an inefficient immune system; recent surveys have found vitamin D deficiency in more than 70 percent of the world's population. Plant foods and particularly mushrooms are rich in it.

B-Carotene (precursor to vitamin A): found mainly in carrots, pumpkin, parsley, ripe tomatoes, broccoli, and kale."

Other micronutrients useful for keeping the immune system efficient and ready to react to external "aggressions," are:

Selenium, Zinc and Copper, important metals for their antioxidant activity, found in legumes, mushrooms, and, almonds.

Probiotics and prebiotics contained in all fruit and vegetables keep the microbiota healthy as they are rich in fiber.

As you may have noticed, all these elements are precisely what make up the alkaline and anti-inflammatory diet.

MAKING A PLANT-BASED DIET PART OF YOUR LIFESTYLE IS EASY

How to correctly balance meals during the day

It's easy because a plant based diet is varied and rich in foods that provide the nutrients the body needs to function at its best:

- fibers such as whole grains better if naturally poor in gluten
- proteins mostly coming from legumes
- healthy fats deriving from dried fruit
- vitamins and minerals from the many varieties of fruits and vegetables that nature offers us.

The Academy of Nutrition and Dietetics Journal, in 2014 published the Vegan Plate, a very useful guide that enables you to properly plan your plant-based nutrition in order to take all the nutrients necessary to keep us healthy. This association of nutritionists is one of the largest and most prestigious in the world and has more than 25000 members. The article is freely downloadable by anyone.

The Vegan Plate is a great graphic representation based on only vegetable foods that can ensure the correct balance of all the essential nutritional elements that our body needs. These nutritional elements are divided into six main food groups: fruits, vegetables, nuts, oilseeds, fats and proteins.

At the center of the plate, to emphasize the importance that these two vitamins have in a properly balanced plant-based diet, we have the nutritional elements rich in vitamin B12 and vitamin D.

It is necessary to start by quantifying one's daily caloric requirements. These requirements can change depending on if you are a male or a female, type of work and the intensity of physical activity practiced.

Once the daily caloric requirements are quantified the vegan plate must be simply equally divided into the six food categories mentioned above.

Therefore, to know what to put on your plate without having to use scales or calorie calculations, just follow the simple and valuable directions of the vegan plate.

In order to correctly distribute meals during the day, it is necessary to divide them in the three main meals adding 1 or 2 snacks in-between them.

An old saying says: have breakfast like a rich person, lunch like a middle-class person and dinner like a pauper.

For breakfast it is advisable to drink a good herbal tea, vegetable milk or coffee. You can prepare a porridge with whole cereal flakes, vegetable yogurt, dried fruit and chia seeds adding bitter cocoa or dark chocolate crumbles if you like. You can finish your breakfast by eating a fruit.

Snacks should include fruit – berries, having low fructose content, are excellent - or dried fruit or slices of dried coconut or high quality dark chocolate.

Lunch and dinner, to provide the right nutrients, should include, first of all, a good amount of vegetables preferably raw but also cooked or freshly blanched. If you start the meal with vegetables you will be able to take in all the enzymes needed to cope better with digestion; moreover, since vegetables have satiating properties, you will tend to continue the meal without caloric exaggeration.

Lunch can also be followed by a plate of gluten-free grains-preferably whole grains-or a plate of plant-based proteins such as those found in legumes.

Below there is a list of grains that do not contain gluten or contain a very digestible kind such as spelt:

- Amaranth

- Black rice
- Kamut
- Quinoa
- Rya
- Emmer
- Wild rice

During the day it is recommended to drink herbal teas made by using the herbs below:

- Alvaca
- Clove
- Chamomille
- Anice
- Fennel
- Ginger
- Raspberry red
- Sea moss tea
- Lemongrass

It is also highly recommended to use spices as an ingredient to all one's dishes.

Here is a list of healthy spices and their properties:

- Curcumin - supports brain, cardiovascular and joint health, antioxidant
- Dandelion - purifier of blood and liver
- Elderberry (Sambucus nigra) - strengthens the body against colds
- Burdock root - blood and liver cleanser, diuretic,
- Bladderwrack (seaweed) - vitamins and mineral supplements
- Bromelain and papain: dissolve proteins in the small intestine
- Chlorella (seaweed) - proteins, vitamins and mineral supplements, detoxifiers
- Irish Moss (seaweed) - vitamins and mineral supplements
- Oregano oil - antiviral

- Sarsaparilla - blood purifier, antibacterial, anti-inflammatory, diuretic
- Wormwood leaf - kills parasites
- Kelp (seaweed) - vitamins and mineral supplements
- Flaxseed - fights heart disease, cancer, diabetes, high essential fatty acids

Examples of a healthy and tasty ...breakfast

1) A cappuccino made with soy milk

Two slices of whole-wheat spelt bread coated with cream made from dried fruits, such as hazelnuts, almonds, or pistachios, along with thin slices of fresh fruit, such as a banana.

2) A cup of coffee

A cup of white vegetable yogurt with cereal flakes, dried fruit such as chopped nuts and sliced fresh fruit. You can add a sprinkle of flax or chia seeds which very rich in omega 3 fatty acids.

...lunch

Pitas topped with chickpea hummus, olives and leafy green vegetables. These vegetables are particularly rich in calcium and help those on a plant-based diet meet their needs for this mineral even without consuming dairy products.

Apple slices topped with almond cream and cinnamon.

...dinner

Quinoa with thinly sliced zucchini and boiled peas.

Salad with avocado and walnuts dressed with flax seed oil.

Plant based diet and sport

Sport activity doesn't just help you lose weight and sculpt your body. It's first and foremost a choice to keep us healthy.

In order to carry out proper sports activities, it is necessary to know how to feed our bodies with "clean" foods that provide us with the energy we need and promote the body's recovery after playing sports.

Many famous athletes, such as Carl Lewis, have been shown to be able to achieve high-level sports performance by following a plant-based diet.

Those who follow a vegetable-based diet perform well in sports and, more importantly, recover very quickly after sports activity.

What contributes to the feeling of fatigue when playing sports is the lactic acid that the body produces.

By following a vegetable-based diet, the body produces less lactic acid, and the lactic acid produced by the body under stress is "buffered" and disposed of more quickly because the tissues are already alkaline.

For those who practice sports, it is best to choose high-protein plant foods, such as legumes. The most protein-rich legumes are:

- soybeans
- broad beans
- lupins

Even among cereals, it is best to choose those with a higher protein content:

- oats
- amaranth

- spelt
- quinoa
- buckwheat

Finally, oilseeds and dried fruits are a real concentration of proteins: among the most protein-rich ones there are: pumpkin seeds,

- linseeds
- sesame seeds
- pine nuts
- almonds

The most famous "doping" for athletes who eat vegetables is spirulina, because it is rich in protein and iron.

There are, therefore, some tricks to increase sports performance-just get to know them!

High-Protein Vegan Weekly Menu Ideal for Athletes – Easy, Healthy and Tasty

These recipes are suitable for all phases of the life cycle, including pregnancy, breastfeeding, early and late childhood, adolescence, adulthood, for the elderly, and athletes."

There is adequate protein in the menu I have prepared for those who exercise daily and want to follow a proper diet, but it is not suitable for competitive athletes who need a targeted and specific food plan based on their sport activities.

The nutritional values refer to an average serving of about 200 grams.

MONDAY

Breakfast

Blueberry Smoothie

Ingredients: x1:

200 gr soy yogurt

100 gr of fresh blueberries

1 tbsp chia seeds

dark chocolate chips to taste

Preparation:

Blend the soy yogurt with the chia seeds and blueberries, keeping some aside for decoration. Serve in a small cup and add dark chocolate chips to taste.

Notes:

Soy yogurt provides quality plant protein. Blueberries are rich in anthocyanins, which plays an antioxidant role, as well as promoting the proper functioning of microcirculation. Chia seeds, an excellent alternative to flax seeds, are used to provide the right amount of omega 3.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	39	11,9	5,6	232

Lunch

Chickpea Pasta Flour with Creamed Peppers

Ingredients x1:

100 g chickpea pasta

half a bell pepper

2 tbsp soy milk

parsley to taste

Preparation:

Blanch the bell pepper for a few minutes to soften it and to make it easier to remove the skin.

Blend the bell pepper with the soy milk and a pinch of salt to create a smooth, flavorful cream.

Separately cook the pasta for as long as needed and toss it with the creamy sauce.

Add a sprinkle of parsley and serve.

Notes:

Chickpeas are a good source of vegetable protein, rich in iron that we also find in the form of pasta. Bell pepper is a typical summer vegetable which is suitable for various preparations. It is rich in vitamin C and it should not be overcooked to avoid losing this vitamin in the cooking water. Parsley completes this recipe giving it color and flavor, providing vitamins and antioxidants with an anti-cancer action.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	52,1	24,2	28,1	524

Dinner

Beet Burger

Burgers are an excellent all-vegetable main course and can be eaten accompanied by grilled, steamed or pan-fried vegetables. Lentils are legumes rich in protein and have a good supply of iron, ideal for those suffering from anemia. The breadcrumbs in this case are made from rice cakes as they are gluten-free. Cashews are rich in plant protein and omega 6, they contain anacetic acid which controls sugar absorption making this food suitable for diabetics. Beet is good for its circulatory, gut-friendly properties and is rich in folic acid; it is not recommended for those with kidney stones because it contains many oxalates.

Ingredients x4:

400 g cooked lentils
beets
2 tbsp whole-wheat breadcrumbs
2 cloves of garlic
4-5 cashews
¼ paprika powder optional
1 tbsp lemon juice
chopped parsley to taste
2 tbsp extra virgin olive oil
salt and pepper to taste

Preparation:

Boil the peeled and cut beets. (To avoid this step, you can buy pre-cooked vacuum-packed beets.)

Blend the lentils and beets in a food processor and add the bread crumbs, cashews, and garlic. (If the mixture does not seem firm enough, add more bread crumbs.)

Add salt, pepper, drizzle oil, a sprinkling of chopped parsley and lemon juice.

Let the mixture rest in the refrigerator for about 30 minutes, covered with a cloth or a layer of plastic wrap.

Form about 5 burgers, helping yourself with your hands or a hamburger mold.

Heat a nonstick skillet with a drizzle of oil and cook for a few minutes on each side.

Serve preferably hot.

Tips:

I love eating burgers in a fresh bun, with vegan mayonnaise, salad and a side of baked potatoes.

Great served with a mustard sauce and toasted pine nuts.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	24	14,9	23,1	498

TUESDAY

Breakfast

Oatmeal Porridge with Mango and Raspberry Mousse

Ingredients x1:

30 g raspberries

For the mousse

½ mango

1 tbsp maple syrup

For the porridge

85 g oatmeal

175 ml almond milk

coconut slices

Preparation:

To prepare the mousse you need to blend the mango with the maple syrup.

To prepare the porridge you need to add all the ingredients in a saucepan and cook for 5 minutes that is until the almond milk is absorbed.

Pour the porridge into a bowl and garnish with the mousse, a few raspberries and coconut slices.

Notes:

Oats are an excellent cereal that is low in gluten, rich in fiber and low on the glycemic index and therefore very suitable for people who practice sport or diabetics. Mango is a fruit with remarkable diuretic and laxative properties, an excellent source of vitamin A, potassium and calcium.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	24.5	11,9	4,2	181

Lunch

Curry Rice with Cashews

Ingredients x4:

*250 g brown rice
100 g of soybean sprouts
125 g chopped peanuts
red bell pepper
2 carrots
1 celery stalk
garlic and onion to taste
2 tbsp extra virgin olive oil
a pinch of curry and ginger*

Preparation:

Sauté the onion and garlic in a saucepan, then add diced carrots, bell pepper, celery and a pinch of ginger. Cook the vegetables for a few minutes to leave them crispy. Add salt.

Separately cook the brown rice for as long as needed.

Serve the rice with the vegetables, then add the soybean sprouts, chopped peanuts and a pinch of curry.

Notes:

Brown rice is an excellent source of fiber, ideal for those who are gluten intolerant. It has a good amount of vitamin B, magnesium and potassium. Bell peppers, are a good source of vitamin C. Soybean sprouts are rich in vitamin C and lecithin, a substance that helps regulate cholesterol.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	51,6	19,1	4,5	365

Dinner

Sandwich with Mushrooms and Tempeh

Ingredients x1:

slices of rye bread with sourdough

10 mushrooms

2-3 slices of tempeh

half an avocado

1 handful of spinach

1 tbsp extra virgin olive oil

1 tbsp lemon juice

a pinch of salt and pepper

Preparation:

Slice the mushrooms after washing them well under running water, meanwhile blanch the tempeh and heat the bread slices in a toaster.

Stuff the bread with a few slices of avocado, mushrooms, tempeh and spinach. Add the olive oil, salt pepper and lemon to taste.

Notes:

Bread made with sourdough is more easily digested than traditional bread made with brewer's yeast, which tends to bloat because it ferments; moreover, rye is a low-glycemic index cereal. Button mushrooms are excellent anti-cancer agents and should be eaten once a week. Tempeh is a naturally fermented food derived from soybeans, its an excellent source of plant protein and calcium.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	42	11,2	6,5	506

WEDNESDAY

Breakfast

Basmati Rice, Apple and Cinnamon Pudding

Basmati rice is well suited for many preparations; rich in vitamins and minerals, it is also ideal for those who do not tolerate gluten. Apple is a superb fruit with astringent and healing properties, great for those with gastrointestinal problems. Raisins provide ready-to-use simple sugars, excellent for those who exercise. Cinnamon is an excellent muscle soother, fights nausea and relieves flu problems such as sore throats and colds.

Ingredients x 2:

240 ml vegetable milk

180 g whole-wheat basmati rice, cooked

40 ml maple syrup

1 apple

40 g raisins

40 g fresh coconut

5 ml coconut oil, melted

1 pinch of cinnamon

Preparation:

Peel and dice the apple, then place it in a saucepan along with the maple syrup, cinnamon, and coconut oil and cook over medium heat while stirring.

Incorporate the milk and pre-cooked rice, stir and bring to a simmer, then lower the heat and cook for another 15 minutes or until the apple has become soft.

Transfer to the plates and add fresh shredded coconut and raisins to taste. Let stand in the refrigerator for about 30 minutes and serve.

Tips:

Add chocolate chips or seasonal fruit of your choice.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	56	10,2	2,4	251

Lunch

Venus rice salad

Black rice is an excellent alternative to classic polished rice because it preserves all its nutritional properties and is very fragrant. It is used a lot in summer to make rice salads that can be enjoyed away from home. Cashews are a source of plant protein, omega 6, calcium and iron; we can use them as a snack or, as in this dish, to accompany cereals. Mango is particularly rich in vitamin A and is excellent against constipation.

Ingredients x4:

200 g venus rice

1 carrot

½ lemon

1 mango

½ red onion

70 g Cashews

fresh coriander and mint to taste

2 tbsp extra virgin olive oil

salt to taste

Preparation:

Rinse the rice in cold water so that some of the starch it contains is washed away.

Boil salted water in a pot and pour in the rice, boil until fully cooked.

Cut the carrot into round slices.

Peel the mango and cut it into cubes.

Peel the onion and chop it.

Coarsely chop the cashews.

When the rice is cooked, drain it and run it under cold running water.

Transfer the rice to a bowl and add the previously chopped ingredients.

Chop some mint and cilantro leaves and add them to the rice.

Season with oil, a pinch of salt, and the lemon juice and mix everything together.

Allow to rest in the refrigerator for about half an hour.

Serve cold.

Tips:

You can add green apples or your favorite vegetables to the rice.

You can also store it in the refrigerator for a couple of days.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	106	26.8	46.4	954

Dinner

Vegan sausages with peppers and potatoes

Fennel seeds have excellent digestive, anti-inflammatory and anticancer properties, as well as great flavor.

Ingredients x1:

200 g smoked tofu

70 g cooked lentils

1 tbsp tomato concentrate

75 g cornstarch

20 g mustard

1 clove garlic

¼ tsp chili pepper

½ tsp fennel seeds

spices to taste

Preparation:

To make the sausages all you need is a blender in which you put all the ingredients and blend. I only added chopped fennel seeds for flavoring but you can put what you have or like. The important thing is that you give it a nice boost of flavor.

Take the blended dough out of the blender and with your hands make 5 equal parts to which you will give the classic shape.

Wrap them individually in baking paper and boil them in boiling water for 20 minutes.

Once cooked you can freeze them or cook them. This is how I prepare them with peppers and potatoes: peel the potatoes and cut them into chunks about an inch thick. Wash the peppers, remove the stem and seeds and cut them into strips. Put both in a pan with a drizzle of oil and if you like some thinly sliced onion. Season with salt and pepper, add a dash of water and bring to a simmer.

Finally, add the sausages cut into round slices and let them season for a

few minutes. Serve the whole thing hot.

Tip: Try enjoying them grilled inside a sandwich with a little ketchup and mustard sauce.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids(g)	Energy (Kcal)
	18	23,9	9,8	509

THURSDAY

Breakfast

Dessert with chia seeds and peaches

Ingredients x1:

200 g coconut yogurt

100 g peach

1 tbsp chia seeds

Preparation:

Add the chia seeds and the peach to the coconut yogurt and enjoy.

Coconut yogurt is a great alternative to soy yogurt; it contains lauric acid, which is a great ally for the gut. Peach is rich in water, vitamins, minerals and it has a low glycemic index therefore it is also suitable for diabetics. Chia seeds, an excellent alternative to flax seeds, used to provide the right amount of omega 3.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	9.1	11,5	15	142

Lunch

Millet with Chickpeas and Eggplant

Ingredients x1:

100 g of millet

80 g chickpeas

1 small eggplant

1 tomato for sauce

½ onion

1 tbsp extra virgin olive oil

Preparation:

Sauté shallot in olive oil, add diced tomato and eggplant and let cook for as long as needed. When cooked, add a few basil leaves.

Separately cook millet until absorbed, calculating according to package directions the correct amount of water to add.

In another pot cook the chickpeas previously left to soak.

Then combine the millet with the eggplant sauce and chickpeas.

Notes:

Millet is a gluten-free grain with excellent digestive properties, rich in magnesium and vitamin B. Chickpeas, contain calcium, zinc and vitamins such as C, K and those of the B group. Eggplants have good diuretic abilities, excellent source of antioxidants. They also promote intestinal transit.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	51	20,4	8,6	360

Dinner

Zucchini and rice burger

Ingredients x 4:

*300 g zucchini
250 g cooked basmati rice
60 g oatmeal
40 g chopped Walnuts
10 g flaxseed flour
1 red onion
1 clove of garlic
15 g fresh basil
10 g fresh parsley
2 tbsp extra virgin olive oil
a pinch of salt and pepper*

Preparation:

In a skillet, heat a drizzle of oil and "sauté" the chopped onion and garlic until golden brown, then incorporate the sliced zucchini, salt to taste and cook for about 10 minutes or until the zucchini has softened.

In a kitchen blender, place the zucchini with onion and garlic, drained of excess cooking liquid, rice, 45 g of Oatmeal, walnuts, flaxseed flour, basil, parsley, salt to taste, and blend until moist and fairly smooth. Transfer the dough to a bowl and incorporate the remaining 45 g of oatmeal so that the mixture is easy to work with your hands and let it rest in the refrigerator for 30 minutes, covered with plastic wrap. (If the dough is still too soft, incorporate more Oatmeal).

At this point, form 4 burgers with your hands and cook them in a preheated skillet with a drizzle of oil for about 5 minutes per side and then serve.

Notes:

You can also bake the burgers in the oven if you prefer.

Serve them with sandwiches, along with lettuce and tomatoes, or as a main dish with a side of seasonal vegetables.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	56	15,4	3,6	495

FRIDAY

Breakfast **Raw Brownies**

Cocoa, which contains excellent antioxidants, is rich in serotonin, which can improve your mood. Nuts give you energy, almonds are rich in calcium and cashews in magnesium. Chia seeds, are an excellent alternative to flax seeds, and are useful in providing the right amount of omega-3.

Ingredients for about 6 pieces:

50 g almonds

50 g cashews

30 g hazelnuts

250 g dates

50 g of bitter cocoa powder

50 g coconut flour

1 tbsp chia seeds

1 pinch of salt

almonds to garnish

Preparation:

Place all the ingredients in a kitchen blender (almonds, cashews, hazelnuts, dates, cocoa, coconut, Chia seeds and salt) and blend until moist and moldable.

Transfer the mixture to a baking sheet covered with baking paper and shape it with your hands so the surface becomes smooth and even.

Garnish with almonds.

Let stand in the freezer for 20 minutes.

Serve.

Tips:

If you have of time, let them rest in the refrigerator for a couple of hours (instead of in the freezer for 20 minutes)

You can store them in the refrigerator for a few days.

	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
Cocoa	58	20	15,2	228

Lunch

Millet with beans and green bell peppers

Ingredients x1:

100 g millet

80 g beans

1 green bell pepper

½ onion

Preparation:

Sauté onion in Extravirgin Olive Oil, add diced peppers and let cook for as long as needed.

Separately cook millet until absorbed, calculating according to package directions the correct amount of water to add.

In another pot cook the beans previously left to soak.

Then combine the millet with the beans and green bell pepper.

Note:

Millet is a gluten-free grain with excellent digestive properties, rich in magnesium and B vitamins.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	61	16	3.4	402

Dinner

Pea frittata with sun-dried tomatoes

Ingredients x 1:

100 g of pea flour

150 ml of water

chopped sun-dried tomatoes

½ onion

fresh basil leaves

a pinch of salt and pepper

Preparation:

Fry the onion in olive oil, add the previously prepared mixture by combining the water with the flour and sun-dried tomatoes, mix well with a whisk. Add basil, sal and pepper. Cook for about 10 minutes on both sides.

Notes:

Pea flour is an excellent alternative to chickpea flour for making omelets, rich in protein, vitamins and minerals. Dried tomatoes provide flavor and are rich in lycopene, an anticancer agent that works on the prostate.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	46	15,6	2,8	398

SATURDAY

Breakfast **Energy Balls**

Dates are excellent natural sweeteners with high energy power, therefore they are excellent for those who practice sports activities. Almonds, rich in calcium, ensure the well-being of muscles and bones. Chia seeds, an excellent alternative to flax seeds, used to provide the right amount of omega 3.

Ingredients for about 20 balls:

200 g pitted dates
100 g coconut flour
150 g ground almonds
1 tbsp chia seeds
1 tbsp peanut butter
2 tbsp coconut oil
1 tbsp cocoa powder

Preparation:

Place all the ingredients in a blender, and blend the mixture
Place the mixture in a bowl and knead the ingredients by hand, it will be ready when it is smooth
Let the dough rest in the refrigerator for about 1 hour
Form into balls and enjoy them

Tips:

You can store them in a container with a lid in the refrigerator for about a week.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	51	16,1	4,5	498

Lunch

Pasta with Vegan Pesto

Ingredients x1:

100 g of pasta

For the vegan pesto

30 g cashews or walnuts

100 g basil

70 g yeast

1 tbsp extra virgin olive oil

A pinch of salt

Preparation:

Add the basil leaves, cashews, baking powder, salt and gradually the olive oil to the blender starting to blend at low speed, when the basil is evenly blended with the rest of the ingredients you can increase the speed of the blender until smooth.

Add the pesto to the cooked pasta and serve.

Basil is an aromatic herb rich in iron and antioxidants. Cashews known for their protein and essential fatty acid levels, in addition to their calcium and magnesium content.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	68	12,9	4,6	398

Dinner

Chickpea Burger

Chickpeas contain a good amount of plant protein, iron and vitamin B. Brazil nuts are rich in vitamin E and selenium both with antioxidant properties. Peppers are a source of vitamin C.

Ingredients x4:

*200g cooked chickpeas
1 red onion, chopped
1 bell pepper cut into small pieces
50 g chopped Brazil nuts
1 chopped carrot
whole-wheat breadcrumbs to taste
a pinch of salt and pepper
2 tbsp extra virgin olive oil*

Preparation:

Put all the ingredients in a blender and then add as much wholemeal breadcrumbs as will be needed to thicken it.

Blender until you get a grainy mass.

With the obtained mixture you can form about 8 burgers that you will then go and cook in a pan with a little oil for about 3-4 min. per side.

I serve the burgers with a drizzle of oil, tomato and avocado sauce, but you can unleash your creativity by adding or subtracting ingredients as you like.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	56	15,1	3,9	401

SUNDAY

Breakfast

Crepes with Blueberry Cream and Spirulina

Oatmeal is good for baking because it has a low glycemic index and therefore does not cause the same blood sugar spikes given by refined flours; it also has a very low gluten content and a good amount of fiber. Blueberries are rich in antioxidants, which reduce capillary fragility and improve visual acuity. Spirulina is an algae with many beneficial properties as a source of essential amino acids, vitamins, minerals and powerful antioxidants such as chlorophylls. Coconut milk is rich in minerals such as potassium useful for physical recovery and is an excellent natural remedy for gastritis.

Ingredients x 4:

For the Crepes:

250 ml sparkling water

200 g oat flour

60 g potato starch

1 tsp brown sugar

25 ml Coconut Oil

a pinch of salt

For the Filling:

1 can coconut milk

1 tsp brown sugar

5-6 blueberries

½ tsp spirulina powder

Preparation:

In a bowl, place the oat flour, potato starch, sugar and salt, then start incorporating the water and coconut oil, stirring with a whisk and avoiding lumps, until the mixture is thick and smooth. (Caution: if it turns out too liquid, incorporate more flour and if not, more water.)

Heat a nonstick frying pan and with the help of a ladle pour in the

mixture, just enough to evenly coat the base of the pan with a thin layer. (Warning: if you prefer, you can grease the pan with a little coconut oil to prevent sticking.)

Cook for about 2 minutes over medium-low heat or until the bottom surface has browned, then with the help of a spatula turn the crepe over and cook it for another 2 minutes and repeat the process until you run out of dough and get 4 crepes.

In a kitchen blender, place the solid and creamy part of the can of coconut milk, add the brown sugar, blueberries and spirulina and then blend until thick and homogenous.

Let the cream rest in the freezer for about 5 to 10 minutes or store it in the refrigerator, if you don't use it immediately, so that it becomes firmer.

Stuff the crepes with the cream and serve.

Tips:

Decorate with blueberries, powdered sugar or vegan chocolate frosting.

You can substitute blueberry cream with vegan Nutella or jam.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	56	14,5	3,9	401

Lunch

Rice with Lentils and Vegetables

Ingredients x1:

100 g of rice

80 g of lentils

1 carrot

1 zucchini

40 g of soybean sprouts

½ onion

a pinch of salt and pepper

Preparation:

Sauté onion in olive oil, add diced vegetables, salt and pepper. Cook for as long as needed, leaving them slightly crispy. In another pot cook the lentils previously left to soak. Separately cook the rice for about 15 minutes, then add the lentils and vegetables and finish cooking. If desired, herbs can be added to give fragrance to the dish.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	68	14	3,6	398

Dinner

Millet and Lentil Meatballs

Ingredients x2:

80 g millet
100 g red lentils, previously cooked
100 ml water
1 onion
cloves of garlic
20 g oats
15 g chopped parsley
15 ml tomato concentrate
20 g cornmeal
A pinch of salt and pepper
2 tbsp extra virgin olive oil

Preparation:

Peel and coarsely chop the onion and garlic.

In a kitchen blender, chop the oats until they become flour and set aside.

In a pot, boil salted water and cook the millet.

When the millet is ready, transfer it to a kitchen blender, add the lentils, onion, garlic, parsley, tomato paste, pepper and salt to taste.

Blend, until smooth.

Transfer the mixture to a bowl and combine with the oats, stirring with a wooden spoon until smooth, slightly sticky, and moldable with your hands. (Caution: if it is still too wet, add more oats, and if not, incorporate water.)

Cover the bowl with foil and let it rest in the refrigerator for at least an hour.

After the required time has passed, take the dough back and form about 15 balls with your hands. (Note: the number will vary depending on the size).

Place the cornmeal on a plate or clean surface.

Roll each ball in the cornmeal so that it covers the entire surface.

In a skillet, heat a little oil and cook the patties for about 5 minutes or until the surface becomes brown. If you prefer bake them in the oven.

Let cool slightly and serve.

Nutrition	Carbohydrates (g)	Protein (g)	Lipids (g)	Energy (Kcal)
	65	14	4,1	428

HOW TO MAKE A PLANT-BASED DIET AN EMPOWERING DIET

Step number one

DAILY INCLUDE THOSE FOODS THAT THE MEDICAL-SCIENTIFIC LITERATURE HAS CLASSIFIED AS SUPERFOODS.

Avocado:

A true concentration of healthy nutrients. It is rich in potassium and magnesium, mineral salts that intervene in all cellular exchanges: rich in fiber and fatty acids. The latter are easily used by our body to produce energy, avoiding insulin peaks that lead to the accumulation of body fat. Recent studies have shown how useful avocado is to prevent cancer, especially stomach and pancreatic cancer, to combat osteoporosis and to reduce the symptoms of depression.

Blueberries and red fruits:

Like all very colorful vegetables, these fruits are very rich in antioxidants that slow down cellular aging; they also have a detoxifying and anti-inflammatory function and help lower blood sugar levels; they promote the increase of healthy HDL cholesterol thus strengthening the entire cardiovascular system. Although low in sugar, they are full of flavor that should not be missing in smoothies, salads....

Cumin:

A spice with a very intense aroma that comes from a herbaceous plant from which its seeds are extracted and dried; rich in calcium, magnesium, phosphorus, vitamin A, vitamin E; great for strengthening the immune system and helps keep pathogenic viruses away.

Cinnamon:

Known all over the world for more than 2000 years; rich in phenols that slow down the putrefaction of certain foods; it is known for its aphrodisiac effect and for its ability to enhance flavors in the kitchen; regulates cholesterol levels, facilitates digestion, reduces blood glucose levels, enhances energy and it also has beneficial effects on the mood.

Cabbage and broccoli:

Crucifers are very resistant to cold climates and are very rich in antioxidants such as vitamin K, vitamin A, vitamin E, magnesium, omega-3 fiber, iron, and potassium. A hundred grams of broccoli contain 150% of our average daily requirement of vitamin C; medical literature recognizes these vegetables as having strong anticarcinogenic power; they prevent diseases such as diabetes, and osteoporosis, fortify the immune system and promote weight loss because they have the ability to satiate. They are rich in fiber, which allows food to move faster through the intestinal tract and thus assimilate less simple sugars. They are best consumed raw or blanched in a pan.

Coconut oil:

Extracted from the fruit. Rich in MCT medium-chain triglycerides, which are more easily used by our body to produce energy than animal fats defined as long-chain; for this reason, when coconut is eaten, its fats are immediately oxidized by the liver, providing energy immediately; it is therefore very suitable for those who practice sports, but it is also suitable for those who want to lose weight because on the one hand it prevents the accumulation of body fat and on the other hand it has strong satiating properties.

It also has a strong antibacterial, viral and fungal capacity due to the lauric acid it contains.

Turmeric:

It is an antioxidant spice with strong anti-free radical and anticancer potencies, recognized as very important by holistic and Ayurvedic medicine. Its active ingredient, curcumin, has anti-inflammatory effects, which is why it is used to treat arthritis, inflammation, osteoarthritis, and joint pain. An additional benefit of turmeric is that it protects the immune system.

Chocolate:

It should have a high percentage of cocoa, so at least 80 percent, and should be raw if possible.

It is good to consume no more than 30 grams per day.

Chocolate is referred to as the "food of the gods."

Rich in:

- magnesium
- antioxidants
- tryptophan that is an essential amino acid able to relax the nervous system and increase the quality of your sleep
- polyphenols that improves brain functioning and slows down cognitive decay.
- flavonoids that protect the internal wall of blood vessels, regulates blood pressure and cholesterol.

In the recipe section, you will find some tasty chocolate desserts!

Step number two

INSERT DIETARY SUPPLEMENTS DAILY OR IN CYCLES

To strengthen the beneficial effects of the plant-based diet, it may be advisable to supplement it with some dietary supplements.

Vitamin B-12

Vitamin B-12 is essential for healthy blood and neurological cells and for DNA production.

In general, people who follow vegan or vegetarian dietary plans, as well as the elderly, are at risk of developing B-12 deficiency.

Symptoms of B-12 deficiency include fatigue, depression, tingling in the hands and feet, and anemia.

Omega-3 Essential Fatty Acids

Fundamentally, omega-3 essential fatty acids are composed of the various components of cell membranes. They aid the following areas:

- brain functioning and visual health energy
- maintaining good heart health and a good cardio circulatory system

Vitamin C or Ascorbic Acid

Although a plant-based diet is rich in foods that contain vitamins, it can still be important to supplement this vitamin because today's growing soils are less fertile than those of the past, and as a result fruits may not have the high concentrations of vitamin C that they once did.

We are also talking about a vitamin that is easily degraded by heat, so we may not always be able to assimilate it in the right amounts.

It is one of the most important vitamins because it is involved in many metabolic and enzymatic processes:

- It strengthens the immune defenses, increasing the ability of immune cells to produce antibodies; it increases the body's ability to better resist all diseases.

- It has a detoxifying effect on the body (toxins from smoking or pollution).

- It protects and repairs tissues by acting on collagen production; the latter safeguards the functioning of cartilage, bones, skin, capillaries and gums.

- It is an antioxidant because it counteracts the negative effects of free radicals, i.e., those molecules that push our bodies toward premature aging.

- It is useful in cases of anemia because it improves the assimilation of iron, an important mineral for the production of red blood cells.

- It helps reduce stress by promoting the synthesis of molecules that maintain stable nerve impulse transmission; it also regulates the synthesis of the stress hormone.

Vitamin D

Our bodies are only able to synthesize vitamin D when we expose ourselves to the sun.

For those who rarely expose themselves to the sun or only at certain times of the year, it may be helpful to supplement this vitamin in their diet.

This vitamin is very important:

- For the proper mineralization of bones and teeth because it helps maintain an optimal level of calcium in the blood

- To help keep our kidneys, arteries and body tissues healthy

- To strengthen the system against infections and immune viruses

- To maintain the functionality of the heart and cardiovascular system.

Step number three

CHOOSE HIGH-QUALITY FOOD AND DON'T CONSUME FOOD THAT HAS BEEN GENETICALLY MODIFIED.

To maximize effectiveness, since this is a detox diet, it is best to buy organic or sustainable bio foods and therefore not contaminated with chemicals and heavy metals.

Step number four

DRINK LOTS OF WATER, BETTER IF IT IS SPRING WATER.

Drinking plenty of water a day is important, because water is essential for a healthy and functional body; furthermore, water helps the absorption of nutrients.

It would be ideal to consume spring water.

Spring water is water that flows from rocks or from deep soils, therefore making it become a dynamic, lively and vital element.

For this reason, spring water has a full and nice taste. It quenches and refreshes us better than running water that comes out of the tap or other types of water.

In particular, if the source is alpine, the water is filtered by earthy and sandy layers which act as a filter preventing heavy pollutants from entering the water; we are therefore talking about waters that generally have excellent levels of purity.

It is also 'dynamized water', that is, water that has the ability to vitalize the body's cells and to be therapeutic for the excretory organs such as the kidneys and liver.

It is important when buying spring water to make sure that the name and location of the source, as well as the declaration of bottling at the source, are written on the bottle label.

FOOD: FIRST CURE AGAINST DISEASES

Plant based diet and losing weight

We have seen how plant-based nutrition can provide health benefits, prevent serious diseases and cure them.

But does it also make you lose weight?

As far as losing weight is concerned, even for this type of diet, the principle of calorie deficit cannot be missing: no deficit no pounds lost. While this is not the motto of any diet, it is the "hidden" principle behind all weight loss diet plans.

A plant-based diet was not born as a weight-loss diet, but in any case, following it, weight loss is the natural consequence because the foods it includes are low in calories and satiating as they are rich in water and dietary fiber,

Accumulated body fat, in particular the fat concentrated in the abdomen, is an early symptom of the development of other diseases such as diabetes, autoimmune diseases, and oncological diseases.

It is therefore important not to underestimate this first clue that the body gives us and to act immediately to make the metabolic system work well.

For this purpose, a plant-based diet helps us because:

- contains a lot of fiber that has a satiating and satisfying effect, so it will take time before you feel hungry again after eating
- it contains little saturated fats

Plant-based diet and neurodegenerative disease

Food, besides being a pleasure, is also composed of chemical and biochemical molecules that interact with our cells, including neurons, and can generate a favorable or unfavorable effect depending on the quality of the food we eat.

If all cells reproduce and regenerate, neurons are unable to do so. They are only able to regenerate and not reproduce themselves. Therefore, it is best to protect them as much as possible, especially after a certain age.

Some elements that are toxic to the environment, such as mercury, lead, and heavy metals, accumulate right in the fat tissue and the nerve tissue which has a fat component.

When inflammation becomes chronic, it can lead to the onset and development of neurodegenerative diseases such as Alzheimer's and dementia, which are becoming increasingly common. The central nervous system is made up of neurons that, when inflamed, lead to nervous system involution.

The good thing is that nature always offers us its remedies. We can choose to eat those strictly plant-based foods, known as the "Magnificent Seven," that nourish and support the central nervous system.

Let's learn to use them all daily:

1. Green tea better if in the morning at breakfast
2. Ginger and turmeric better if used in the form of fresh roots
3. Dark chocolate better if processed raw, that means that cocoa beans processed to obtain chocolate must not have been submitted to a higher than 42 degree temperature.
4. Berries which give a very abundant intake of vitamins, mineral salts and polyphenols

5. Dried fruits, except for peanuts, which are instead allergic and pro-inflammatory. Walnuts are to be preferred as they are rich in omega 3 and are anti-inflammatory.

6. Oil seeds, especially flax seeds, chia seeds and hemp seeds.

7. Chlorella tea which is a freshwater alga with strong detoxifying power.

Conclusion

Maintaining a diet over time and making it sustainable seems to be much harder than starting a diet. While most people adhere to a diet for a short period of time, that is, until they reach their goals, what everyone finds extremely difficult is to turn the diet into a new eating regime that they can integrate into their lifestyle.

One way to induce us to eat healthy meals is a strategy known as "crowding out." It is very simple: instead of eliminating negative elements from the diet, healthier foods can be included in the diet. For example:

- you could start the meal with a certain amount of raw vegetables: this will increase satiety and alkalize the meal more;
- you can gradually incorporate new healthy eating habits: the more often you eat healthy meals, the more likely you are to get used to them and eventually start preferring them to harmful ones. It only takes a couple of weeks to turn a new habit into a habit;
- it is better to go shopping when you are not hungry: buying food when you are not full leads us to make impulse purchases and therefore not very rational purchases;
- remember that making a choice of vegetable food means making an ethical and eco-sustainable choice.

Whether our health conditions are good or whether we already have pathologies, starting a plant-based diet can bring great benefits.

We must remember that our bodies are gifted with a great ability: the ability of self-healing.

Numerous scientific studies have led to the belief that a proper diet can prevent many diseases and in many cases be curative to their total remission.

However, many people are not ready to put a healthy lifestyle at the heart of their daily lives. Often those who suffer from chronic diseases are those

who usually eat foods that inflame their bodies, do not devote quality time to exercise, and live in a state of constant stress without being able to clear their negative thoughts with just a few minutes a day of meditation or deep relaxation.

I would like to cover all these topics in more detail in another forthcoming book.

For now, I am happy to share with you the knowledge I have gained about clean, green, anti-inflammatory and healing nutrition.

I sincerely hope that I have succeeded in making you more aware of how much we can increase the quality of our lives simply by "eating" not only what is readily available, but also what we have consciously and carefully chosen.

Enjoy your personal journey towards an increasingly "conscious" diet!

RECIPES

The following recipes are a selection of dishes easy to prepare demonstrating that healthy food can be good and also be very tasty.

Nutritional values refer to an average serving size of 200 grams.

And now..... Bon appetite!

Sweet and Savory Breakfasts

CHOCOLATE PANCAKES

Time required for preparation: 10 minutes

Cooking time: 15 minutes

Serving: 2

Ingredients:

5 cups all purpose flour

½ cup cocoa powder

1/2 cup sugar

3 tablespoons baking powder

a pinch of salt

5 cups soy milk

A teaspoon pure vanilla extract

1 cup water

1/2 cup melted coconut oil

1 tablespoon non-dairy chocolate chips, for serving

Instructions:

In a bowl, whisk together the flour, cocoa powder, baking powder, sugar and salt.

Then, after adding the soy milk, water, oil and vanilla mix with a large spoon until everything is combined,

Heat a greased pan with olive oil over medium-high heat. Drop about 1/3 cup of batter into the center of the pan. Cook until bubbles form and then flip and cook 1-2 minutes on the other side.

Tips:

Serve with chocolate chips.

Nutrition:

Calories 418

protein 11.7g

carbohydrates 59.2g

fat 17.2g

SALTY PROTEIN PANCAKES

Time required for preparation: 10 minutes

Cooking time: 15 minutes

Serving: 4

Ingredients:

250 g of chickpea flour

350 ml of warm water

1 courgette

1 bell pepper

1 onion

4 tablespoons of extravirgin olive oil
aromatic herbs of your choice to taste

salt to taste

Instructions:

In a bowl, place the chickpea flour and salt to taste; drizzle in the water and oil and start mixing until a thick, smooth, homogeneous batter forms. Incorporate the chopped onion, zucchini and bell pepper cut into thin strips, chosen herbs, and more salt if needed, then mix well to evenly distribute the ingredients. (If the batter is too runny, incorporate more flour and if not, more water.)

At this point you can cook the pancakes, frying them in hot oil for 3-4 minutes, helping yourself with the help of a spoon to place the batter in the pan. You can also bake them in a preheated oven at 180° for about 15 minutes or until golden brown, using a spoon to place the batter on a baking sheet covered with parchment paper. Serve warm.

Notes:

You can use your favorite seasonal vegetables.

Nutrition

Calories in a serving: 298

Fat: 7.2 g

Carbohydrates: 12.5 g

Protein:12,1 g

APPLE OATMEAL MUFFINS

Time required for preparation: 10 minutes

Cooking time: 20 minutes

Serving: 4

Ingredients:

1 apple, peeled and chopped into cubes

1 tsp cinnamon

1 tablespoon light brown sugar

For the batter:

$\frac{1}{4}$ cup whole wheat flour

1 cup oat flour

$\frac{1}{2}$ cup rolled oats

$\frac{1}{3}$ cup light brown sugar

A pinch of salt

2 tsps baking powder

$\frac{1}{2}$ tsp baking soda

$\frac{1}{2}$ cup unsweetened applesauce

$\frac{1}{3}$ cup refined coconut oil, melted

$\frac{1}{3}$ cup apple cider

Instructions:

Preheat oven to 190 degrees.

Line muffin cups with muffin liners.

In a saucepan, sauté the apples over medium heat for 4 minutes. Add the sugar and cinnamon. When apples are soft remove from heat and set aside.

Mix the oats, flour, sugar, salt, baking powder and baking soda in a bowl. Then add the applesauce, vegetable oil and cider.

Stir and add the chopped apple.

Fill muffin cups $\frac{3}{4}$ full.

Bake for about 16 minutes in the preheated oven, or until a toothpick comes out clean.

Nutrition

Calories in a serving: 256

Fat: 5.2 g

Carbohydrates: 14.5 g

Protein: 12,1 g

VANILLA PANCAKES

Time required for preparation: 10 minutes

Cooking time: 15 minutes

Serving: 4

Ingredients:

1 ¼ cups all-purpose flour
2 teaspoons baking powder
2 tablespoons sugar
1 ¼ cups water
1 tablespoon oil
a pinch of salt

Preparation:

In a large bowl sift the flour, baking powder the sugar and salt; form a well in the center.

In a bowl whisk together the water and oil, then pour everything into the flour mixture. Stir just until everything is blended.

Heat an oiled griddle over medium-high heat.

Drop the batter by large spoonfuls onto the griddle. Cook until bubbles form in the center; then flip, then cook for 1 to 2 minutes more. Repeat with remaining batter.

Nutrition:

Calories: 264

Protein 5.4 g

Carbohydrates 48.9 g

Fat 5.1 g

ONE MINUTE CHOCOLATE MUG CAKE

Time required for preparation: 5 minutes

Cooking time: 1 minutes

Serving: 1

Ingredients:

1 tbsp cocoa powder

3 tbsps oat or spelt flour

1 tsp sugar

1/4 tsp baking powder

2-3 tpsps coconut or vegetable oil

3 tbsps almond milk

1/2 tsp vanilla extract

a pinch of salt

Instructions

Combine the dry ingredients and mix well.

Add the liquid, stir and transfer to a saucer, ramekin or coffee cup.

Bake in microwave oven for 30-40 seconds

Nutrition:

Calories: 180 with oil

Fat: 8g

Carbs: 28g

Protein: 5.5g

AVOCADO TOAST

Time required for preparation: 2 minutes

Cooking time: 3 minutes

Serving: 2

Ingredients:

2 slices bread toasted
1/2 – 3/4 ripe avocado
1-2 tbsps vegan cheese
1 pinch red pepper flake
1 pinch sesame seeds
1 tbsp extra vergin olive oil

Instructions

Toast bread in the oven or toaster.

Top with ripe avocado and use a fork to smash and garnish with vegan cheese, red pepper flake, sesame seeds and olive oil.

Nutrition:

Serving: 1 two-slice servings

Calories: 293

Carbohydrates: 30.3 g

Protein: 6.2 g

Fat: 1.9 g

SIMPLE VEGAN OMELETTE

Time required for preparation: 5 minutes

Cooking time: 15 minutes

Serving: 2

Ingredients:

3 cups firm silken tofu

2 tbsps hummus

2 tbsps nutritional yeast

2 cloves garlic (chopped)

a pinch of salt and pepper

1/4 tsp paprika

1 tsp cornstarch or arrowroot powder

Filling:

1 heaping cup veggies of choice (onion, spinach, tomato, mushroom)

Toppings:

Fresh herbs

Instructions

Preheat the oven to 190 C.

Prepare the vegetables, drain and dry the tofu.

Heat a skillet, suitable for the oven, over medium heat. Once hot, add the olive oil and garlic and cook for 1-2 minutes.

Transfer the garlic to the food processor, along with the other omelet ingredients (tofu - cornstarch) and blend.

Add 2 tablespoons of water to fluidify and set aside.

In the still hot skillet over medium heat, cook the vegetables with a little olive oil and add salt and pepper.

I like to start with the onions and mushrooms, then add the tomatoes and finally the spinach. Set aside.

Remove the pan from the heat and make sure it is covered with enough oil so the omelet does not stick.

Add back 1/4 of the vegetables and pour in the omelet batter, spreading it

gently with a spoon. The batter should be thin and even.

Cook over medium heat on the stove for 5 minutes, until the edges begin to dry out. Then place in the oven and bake about 10 to 12 minutes.

In the last few minutes of baking, carefully add the remaining vegetables on top of the omelet and bake 1-2 more minutes to warm through.

Gently remove from the oven and gently fold in with a spatula.

Serve with desired toppings.

Nutrition

Calories: 232

Carbohydrates: 22 g

Protein: 22 g

Fat: 7.8 g

Fat: 1.2 g

One-Dish Meals

VEGAN MEATBALLS

Time required for preparation: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

6 tablespoons chopped almonds

1 cup water

6 cups drained and rinsed chickpeas,

1 cup breadcrumbs

0.5 cup nutritional yeast

a pinch of garlic and onion powder

1 tsp oregano

1/2 tsp salt

For serving:

400 g spaghetti noodles

2 jar your favorite sauce

Instructions:

Preheat the oven to 190 degrees.

In a small bowl, mix together the ground almonds and water.

Let stand for a few minutes.

In a food processor, blend the chickpeas.

Pour the almond/water mixture, bread crumbs, nutritional yeast, garlic powder, onion powder, oregano, and salt into a bowl. Mix with a large spoon until well combined.

Form into balls (about a large spoonful each) and place them on a baking sheet lined with baking paper.

Place in the oven and bake for 30 minutes, turning once halfway through baking.

While the meatballs are cooking, prepare the spaghetti according to

package instructions. Heat the sauce in a large skillet, enough to add the vegan meatballs.

When the meatballs are cooked, carefully place them in the sauce and stir gently.

Serve over cooked noodles with optional vegan cheese, if desired. Enjoy!

Nutrition

Calories in a serving: 445

12 g of fat

Carbohydrates: 48,9 g

16 g of protein

CHICKPEA BURGER

Time required for preparation: 10 minutes

Cooking time: 10 minutes

Serve: 4

Ingredients:

200g cooked chickpeas
1 red onion, chopped
1 bell pepper cut into small pieces
50 g chopped almonds
1 chopped carrot
whole-wheat breadcrumbs to taste
a pinch of salt and pepper
2 tbsp extra virgin olive oil

Preparation:

Put all the ingredients in a blender and then add as much wholemeal breadcrumbs as will be needed to thicken it.

Blender until you get a grainy mass.

With the obtained mixture you can form about 8 burgers that you will then go and cook in a pan with a little oil for about 3-4 min. per side.

I serve the burgers with a drizzle of oil, tomato and avocado sauce, but you can unleash your creativity by adding or subtracting ingredients as you like.

Nutrition:

Calories in a serving: 401

4,9 g of fat

Carbohydrates: 56 g

16 g of protein

SANDWICH WITH MUSHROOMS, AVOCADO AND TEMPEH

Time required for preparation: 10 minutes

Cooking time: 5 minutes

Serve: 1

Ingredients:

slices of rye bread with sourdough

10 mushrooms

2-3 slices of tempeh

half an avocado

1 handful of spinach

1 tbsp extra virgin olive oil

1 tbsp lemon juice

a pinch of salt and pepper

Preparation:

Slice the mushrooms after washing them well under running water, meanwhile blanch the tempeh and heat the bread slices in a toaster.

Stuff the bread with a few slices of avocado, mushrooms, tempeh and spinach. Add the olive oil, salt pepper and lemon to taste.

Nutrition:

Calories in a serving: 420

6,5 g of fat

Carbohydrates: 42 g

14 g of protein

Avocado, tofu and asparagus tartare

Time required for preparation: 20 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

250 g asparagus

80 g tofu cut into cubes

1 lime

4 tbsp extra virgin olive oil

a handful of toasted pine nuts

a pinch of ground mustard

salt and pepper

a pinch of garlic powder

fresh basil

Preparation:

1. Cook the asparagus for 10 minutes.
2. Emulsify oil, garlic, juice of half a lime, basil and mustard powder.
3. Dice the avocado and drizzle the remaining lime juice over it so it doesn't darken.
4. Season chopped asparagus, avocado and tofu in a large bowl with the oil emulsion.
5. Prepare the tartare by pouring half of the compost into a ramekin previously placed in the center of the plate.
6. **Garnish with toasted pine nuts.**

Nutrition:

Calories in a serving: 440

35 g of fat

Carbohydrates: 5,9 g

16 g of protein

Pizza with Basil and Olives

Time required for preparation: 10 minutes

Cooking preparation: 30 minutes

Servings: 4

Ingredients:

For the pizza sauce

- 1 can of diced tomatoes
- 1 tbsp extra-virgin olive oil
- 1/2 cup fresh basil leaves, rinsed thoroughly
- 2 garlic cloves, peeled and chopped
- 1 tsp onion powder
- 1/4 teaspoon dried sage
- Red chili flakes (1/4 teaspoon) (optional)
- 1/2 tsp salt

For the pizza base

- 4 pitas bread
- 200 g of shredded vegan mozzarella
- Rinse and thinly slice 1 cup mixed vegetables of your choice (tomatoes; eggplant; onion; green pepper; mushroom)
- 1/3 cup pitted olives, finely chopped
- 1 tbsp extra-virgin olive oil
- 5 basil leaves, washed and split into tiny pieces

Intructions:

To prepare the sauce, follow these steps:

1. In a blender, blend on low speed until the basil and garlic are very tiny bits, then add the olive oil and blend until smooth.
2. Put diced tomatoes, the onion powder, the salt and cook for about 20 minutes, or until the sauce has reduced somewhat and thickened

in a saucepan.

To prepare the pizza, follow these steps:

1. Set the oven to 500 degrees Fahrenheit. Prepare a baking sheet by lining it with parchment paper and setting it aside.
2. Spread the pizza sauce over the pitas in a uniform layer. Place the vegan mozzarella on top and sprinkle the cut vegetables and olives, the basil and garlic emulsion and dried sage.
3. Bake for about 8 minutes.
4. Drizzle the pizzas with olive oil and sprinkle the basil leaves on top of them to finish. For about three weeks, you can store leftovers in the freezer in an airtight container.

Nutrition:

Calories in a serving: 400

10 g of total fat

Carbohydrates: 64 g

5 g of dietary fiber

10 g of protein

Cabbage Roll Casserole

Time required for preparation: 10 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

1 cup cooked quinoa
One and a half red onions
2 finely chopped garlic cloves
Four minced white mushrooms
One and a half cans of diced tomatoes
Vegetable stock or homemade vegetable broth
1 cup fresh basil leaves, minced
8 green cabbage leaves, whole
2 tbsp extra virgin olive oil

Instructions:

1. Turn on the oven and set it to 350 degrees Fahrenheit.
2. In a non-stick pan, add the extra virgin olive oil, the onion, quinoa, garlic clove, and the chopped onion, quinoa, garlic clove, and chopped mushrooms. Cook for 5 minutes. Add the tomato sauce, vegetable stock, and basil. Mix well. Continue to cook for another 10 minutes.
3. Place 2 cabbage leaves on top of the baking sheet. Put a quarter of the filling on top, close the cabbage leaves with kitchen twine. Repeat to make the other three rolls.
4. Bake in the oven for 40 minutes covered with aluminum foil.
5. Allow for a 10-minute resting period before serving.

Nutrition:

Calories in a serving: 261

2 g of fat

Carbohydrates: 51 g

11 g of protein

CASSEROLE WITH MANGO, QUINOA AND BLACK BEANS

Time required for preparation: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

2 cups coconut milk
1 cup vegetable stock
2 cups cooked quinoa
2 cups drain and rinse black beans
1/4 cup minced fresh mint
1 mango peeled and cut
1 avocado peeled and cut
A pinch of salt
2 tbsp extra virgin olive oil

Instructions:

1. Preheat the oven to 425 degrees Fahrenheit.
2. Place the stock, milk, and quinoa in a casserole dish and mix well.
3. Bake for 25 minutes, covered with aluminum foil.
4. Turn the oven off and remove the baking dish. Combine the beans, mango, avocado and fresh mint in a large mixing bowl.
5. Finish by seasoning with salt and oil.

Nutrition:

573 calories in a serving

23 g of fat

Carbohydrates: 75 g

11 g of protein

Lentils in a variety of colors

Time required for preparation: 15 minutes

Cooking preparation: 30 minutes

Servings: 4

Ingredients:

2 tbsp coconut oil

1 onion, peeled

2 carrots peeled and chopped

2 celery stalks, washed and chopped

1 sweet potato, washed and chopped

1 cup cooked lentils

5 cups vegetable stock

a pinch salt

Instructions:

1. Over medium heat, heat the coconut oil until it shimmers. Add the onion and cook for 3 minutes.
2. Add the carrots, celery and sweet potato to the remaining ingredients and continue cooking for another 2 minutes.
3. Pour in the lentils and the vegetable stock. Stir constantly until the lentils are tender, about 25 minutes.
4. Season to taste with salt before serving.

Nutrition:

Calories in a serving: 330

Carbs: 49 g

Fat: 10 g

20 g of fiber

12 g of protein

Crispy Green Tomatoes on a Stick

Time required for preparation: 14 minutes

Cooking time: 16 minutes

Servings: 2

Ingredients:

1/4 cup coconut flour

4 sliced green tomatoes

1 cup applesauce

1/2 cup almond flour

4 tbsp extra-virgin olive oil

A pinch of salt

Instructions:

1. To begin, combine the coconut flour, salt in a large mixing basin. Toss the tomatoes together. Toss until everything is thoroughly covered.
2. Pour the apple sauce into a separate mixing dish. Toss in the almond flour. Combine until everything is well-combined.
3. Bring the oil to a boil. Dip the tomatoes into the apple sauce mixture. Repeat with the remaining tomatoes. Using batches, fry the tomatoes for about 3 minutes each until golden brown. Serve.

Nutrition:

Calories in a serving: 113

Fat: 4.2 g

Carbohydrates: 22.5 g

Fiber: 6.3 g

Protein: 9.2 g

Fruit salad in cider

Time required for preparation: 10 minutes

Cooking time: 16 minutes

Servings: 4

Ingredients:

1 small apple, cubed

1 small apricot, cubed

Grapefruit pulp, shredded into bite-sized pieces

1/4 cup jicama, cubed

2 tbsp apple cider vinegar

1 tbsp cider sauce

A pinch of cinnamon powder

Instructions:

1. Whisk together the apple cider vinegar and cinnamon powder in a small mixing basin.
2. The salad ingredients should be combined in a large mixing bowl with the cider sauce, the apple cider vinegar and cinnamon. Toss everything together well; divide the mixture among the dishes in equal quantities. Serve as soon as possible.

Nutrition:

123 calories per serving

Fats: 14.2 g

Carbohydrates: 22.5 g

6.3 g of dietary fiber

9.2 g of protein

Stir-Fry with Zucchini and Broccoli

Time required for preparation: 15 minutes

Cooking time: 15 minutes

Serving: 4

Ingredients:

Coconut oil and sesame oil, 2 tablespoons each
1 piece of fresh ginger, peeled and finely chopped
4 garlic cloves, peeled and minced
2 onions (rinsed and chopped)
1 broccoli head, washed and split into florets
1-cup steamed zucchini, washed and sliced
3-scallions peeled and finely chopped
1 tbsp finely chopped fresh basil leaves

Instructions:

1. Heat the coconut and sesame oils in a wok or big pan over medium heat. Add the ginger and garlic. Cook for 5 minutes.
2. Add the onions and broccoli to the pan and simmer for 3 minutes, or until the onion begins to soften a little.
3. Combine the zucchini, scallions, and basil. Toss everything together and cook for 4 minutes until the veggies are soft.
4. Turn off the heat, and transfer to a serving platter.

Nutrition:

Calories in a serving: 180

14 g of total fat

Carbohydrates: 13 g

3 g of dietary fiber

3 g of protein

Kamut Noodles with Pesto

Time required for preparation: 5 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

1 bunch of freshly picked basil leaves

6 cups cooked kamut noodles

1 bunch of fresh parsley

1 bunch of fresh cilantro

3 tbsp extra-virgin olive oil

A pinch of salt

Instructions:

1. Combine the olive oil, basil, parsley, and cilantro in a blender until well combined. Blend until the mixture is smooth.
2. Combine the cooked noodles and the sauce in a large mixing basin. Toss to combine flavours.

Nutrition

Calories in a serving: 355

Total fat: 21

Carbohydrates: 36 g

Dietary fiber: 1 g

Protein: 9 g

Quinoa Bowl

Time required for preparation: 10 minutes

Time required for cooking: 10 minutes

Servings: 4

Ingredients:

1 cup quinoa, well washed
1 cup water brought to a boil
1 can rinsed black beans
1 tbsp cumin seeds,
2 minced garlic cloves,
2 limes (squeezed)
avocado thinly sliced
fresh cilantro (about one handful)

Instructions:

1. Pour the quinoa inside the boiling water and mix. Cook it for about 8 minutes.
2. While that's happening, in a small skillet combine the black beans, scallions, garlic, cumin and lime juice.
3. Simmer for 10 minutes.
4. Combine the quinoa and warmed beans in a large mixing basin until well combined. Place the avocado and cilantro over the top and serve immediately.

Nutrition:

420 calories per serving

9 g of total fat

Carbohydrates: 70 g

18 g of dietary fiber

10 g of protein

KALE Salad

Time required for preparation: 10 minutes

Cooking time: 5 minutes

Serving: 2

Ingredients:

1 avocado cut into slices
1 head of kale, washed, dried and thinly sliced
1 medium tomato

For Dressings

2 tbsp extra-virgin olive oil
1 tsp dijon mustard (optional)
1 tsp liquid stevia extract
1 tbsp lemon juice

Garnishes include:

A few pumpkin seeds
A few pieces of tempeh that have been seared

Instructions:

1. In a bowl, mix together all the dressing ingredients and use them to dress the kale.
2. Put in a salad bowl the avocado and the kale.
3. Season and serve with garnishes.

Nutrition:

Calories in a serving: 248

Fat: 4.2 g

Saturated fat: 2.8 g

Carbohydrates: 13.5 g

Fiber: 3.3 g

Protein: 5,1 g

Fresh Salad

Preparation time: 5 minutes

Servings: 2

Ingredients:

half a cucumber cut into slices
2 cups watercress, torn into pieces
1 lime zest and 2 tablespoons lime juice
4 cutlery nuts into small pieces
4 fresh basil leaves
1/2 tsp turmeric powder
2 tbspeextra-virgin olive oil
A pinch salt

Instructions:

1. Combine the olive oil and key lime juice in a large salad bowl. Mix them thoroughly to ensure that they are well-combined.
2. Add the thinly sliced vegetables, walnuts, turmeric, lime zest, salt and herbs.
3. Make sure everything is thoroughly mixed.
4. Dish up and enjoy your quick and easy Fresh Salad!

Nutrition

- Calories in a serving: 92
- Fat: 2.4 g
- Carbohydrates: 11.3 g
- Protein: 4,1 g
- Fiber: 6.5 g

Mango salad

Preparation time: 15 minutes

Srving: 2

Ingredients:

6 plum tomatoes
1/2 cup of mango chunks (diced)
1 tomatillo (tomatillos are a type of tomato).
1/2 cup red onions (diced)
1/4 cup chopped green bell peppers
1/2 cup cilantro leaves
A pinch of salt
A pinch of onion powder
2 tsp lime juice
2 tbsp extra virgin olive oil

Instructions:

1. Cut all the vegetables thin and put them in a salad bowl.
2. Add the mango, lime juice and seasonings
3. Enjoy your Quick Mango Salad!

Tip

- You may serve our Tortilla Chips

Nutrition:

Calories in a serving: 110

Fat: 1.4 g

- Carbohydrates: 15.3 g
- Fiber: 2.5 g
- Protein: 5,4 g

Salad de chickpeas

Preparation time: 10 minutes plus 30 minutes in the refrigerator

Serving: 4

Ingredients

2 cups chickpeas - cooked

1/2 cup vegan mayonnaise

1/4 cup red onions, roughly chopped

1/2 cup chopped Green Bell Peppers

1 tsp dill

A pinch of onion powder

A pinch of salt

Instructions:

1. In a large bowl, combine chickpeas and vegan mayonnaise. Mix.
2. Blend all remaining ingredients and pour them into the salad bowl with the chickpeas. Mix up.
3. Refrigerate it for 30 minutes before serving.
4. Toss the Chickpea Salad together and serve.

Nutrition:

Calories in a serving: 110

Fat: 5.4 g

Carbohydrates: 11.3 g

Fiber: 4.5 g

Protein: 6,4 g

sweet POTATOES Salad "

Preparation time: 10 minutes plus 30 minutes in the refrigerator

Servings: 4

Ingredients

2 sweet potatoes

2 zucchini

1 carrot

1 cup of Brazil Nuts that have been soaked (overnight or at least 4 hours)

1/4 cup of sliced green bell peppers

1/2 onion

1 tbsp lime juice

2 tbsp extra vergin olive oil

A pinch of salt

A pinch of ginger powder

1/2 cup of water

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Instructions:

1. In a blender, combine the Brazil Nuts, Avocado Oil, Lime Juice, spices, and 1/2 cup of water until smooth. 1 minute of vigorous blending later, you have a smooth paste.
2. Boil carrot, sweet potatoes, zucchinis, and onion: let them cool and cut them into slices.
3. Combine everything in a salad bowl and mix.
4. Allow 30 minutes of cooling time in the refrigerator before serving.
5. Plate your "Potato" Salad and enjoy it immediately!

Nutrition:

Calories in a serving: 274

Fat: 5.4 g

Carbohydrates: 19.3 g

Fiber: 4.5 g

Protein: 9,2

Pickle Salad

Preparation time: 15 minutes

Serving: 2

Ingredients:

1 cup cucumbers, cut thinly
4 tbsplime juice,
½ cup apple cider vinegar
1 tbsp fresh dill
1 tsp coriander
A pinch of salt
Red pepper crushed to taste

Instructions:

1. Crush the coriander using a pestle and mortar.
2. Combine the cucumber slices, coriander, and the remaining ingredients in a jar with a tight-fitting cover. Shake it up thoroughly.
3. Allow it to infuse for 6–8 hours.
4. Serve.

Nutrition:

Calories in a serving: 110

Fat: 2.4 g

Carbohydrates: 16.3 g

Fiber: 3.6 g

Protein: 6,4

Chocolate Desserts

Chocolate cream

Preparation time: 5 minutes

Serving: 2

Ingredients:

100 g agave syrup
40 g of cocoa powder
5 g of vanilla powder
50 g almond or soy milk
a pinch of cinnamon

Instructions:

Mix all ingredients except cinnamon vigorously.

Sprinkle cinnamon to taste.

You can add more milk and heat it up to obtain a delicious hot drink.

Pumpkin Tiramisu

Preparation time: 30 minutes

Serving: 4

Ingredients:

4 whole wheat spelt toasts or 4 dry spelt cookies

1 cup pumpkin puree

2 tbsp agave syrup

4 tbsp soy milk

2 cups coffee

bitter cocoa

Instructions:

Blend the pumpkin with soy milk and agave syrup

Place the rusks on the bottom of a mug a -single portion.

Pour over the cups of coffee.

Cover with the pumpkin cream and level off well.

Sprinkle with unsweetened cocoa powder.

Origins of the recipe:

Tiramisu', which means adds life, is a typical Italian dessert created in the mid-1800s in the city of Trevis. It seems that this dessert was created by a mistress of a pleasure house so she could offer it to her customers. She considered this dessert to be an aphrodisiac.

Chocolate salami

Preparation time: 30 minutes

Serving: 4

Ingredients:

300 g dark chocolate min 85 %.

150 g rice crackers

200 g soy milk

200 g dried fruit

1 tsp cinnamon powder

1 tsp turmeric powder

Instructions:

Chop the galettes and the dried fruit together. Melt the chocolate in the microwave and let it cool off. Add the soy milk and the chopped biscuits and dried fruit. Mix well and pour everything on a sheet of baking paper.

Wrap the baking paper into a cylinder and roll up the ends to close it.

Chill the roll in the fridge for at least 2 hours.

Unroll and cut the chocolate salami into slices.

Deepening:

Typical Italian dessert prepared especially after the Easter holidays in order to reuse the leftover Easter egg chocolate.

Chocolate cream and beans

Preparation time: 30 minutes

Serving: 4

Ingredients:

400 g cooked black beans
1/2 cup beloved cocoa
3 cups almond milk
a tbsp agave syrup
1 tsp of cinnamon powder
1 tbsp crumbled dried fruit
garnish with sliced strawberries

Preparation:

Place all ingredients in a large bowl and blend with an immersion blender

Divide the cream into 4 cups and chill them in the refrigerator for an hour.

Garnish with slices of strawberries.

Chocolate and yogurt cake

Preparation time: 20 minutes

Serving: 4

Ingredients:

1 jar vegetable yogurt 125 g
1 jar sunflower oil
1/2 a jar agave syrup
1 jar almond or soy milk
1 jar spelt flour
1 jar rice flour
1 tbsp unsweetened cocoa
1 sachet baking powder

Preparation:

Empty the yogurt jar into a large bowl.

Add all the other ingredients except for the cocoa and mix well until you get a creamy mixture.

Divide the dough into two bowls and in one add the bitter cocoa and stir well.

Line a cake tin with baking paper and pour the dough of the first bowl in it then pour the other cacao dough in the center of the cake tin.

Bake at 180 degrees for 25 minutes.

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