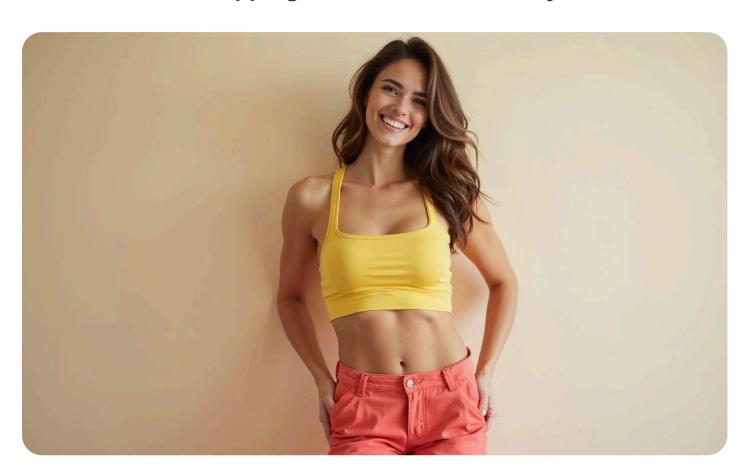


# 1700 kcal cleansing diet for a better figure Shopping list for the current day



#### **Detox Diet – Rebalance Your Body from the Inside Out**

**Feeling tired, low on energy, or simply in need of refreshing your body?** It's time for a change! Our **Detox Diet** is carefully designed to help you regain vitality, restore balance, and improve your overall well-being. With our specially crafted meals supporting detoxification, you'll feel your body regenerate from the inside.

#### Why Choose Our Detox Diet?

- 1. **Detoxification and cleansing** Rid your body of harmful toxins and feel lighter again.
- 2. **Improved well-being** A cleansed body leads to more energy, better concentration, and a stronger immune system.
- 3. **Convenience and simplicity** Our recipes are quick, delicious, and easy to prepare, making the diet a pleasurable experience.
- 4. Full-body support It promotes not only physical but also mental health through targeted detoxification.

**Don't wait any longer!** Take the first step toward more vitality and a refreshed sense of well-being. Start your transformation – feel the difference and invest in your health now!



#### Shopping list for the current day

- Almonds
  - 1 x Tablespoon 15g
- Black pepper
  - 1 x Pinch 0.1g
- Butterhead Lettuce
  - 5 x Leaf 25g
- Carrot
  - 1 x Piece 50g
- · Chicken breast fillet
  - 1 x Portion 100g
- Cinamon
  - 1 x Gram 1g
- Cow's milk 0.5%
  - 100 x Gram 100g
- · Dill fresh or dried
  - 1 x Tablespoon 4g
- Dried dates
  - 5 x Piece 25g
- Dried oregano
  - 1 x Teaspoon 2g
- Garlic
  - 1 x Small piece 3g
  - 1 x Tooth 5g
- · Long grain brown rice
  - 3 x Tablespoon 30g
- Long grain white rice (basmati)
  - 2 x Tablespoon 30g
- · Millet groats
  - 8 x Tablespoon 104g
- Natural Yogurt 2%
  - 3 x Tablespoon 75g
- · Oat bran
  - 2 x Tablespoon 16g
- Onion
  - 1 x Piece 170g
- · Parmesan cheese, grated
  - 1 x Teaspoon 4g



# • Parsley, leaves

1 x Small piece - 30g

# • Parsley, root

1 x Small piece - 50g

#### Pear

1 x Piece - 130g

## Radish

2 x Piece - 30g

# · Salt, white

1 x Teaspoon - 5g

# • Sunflower seeds (shelled)

1 x Tablespoon - 10g

#### Tomato

1 x Small piece - 140g

1 x Piece - 170g

### · Wheat grain, sprouts

1 x Handfull - 20g

#### olive oil

3 x Tablespoon - 30g