



## 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

- **Apple**  
1 x Small piece - 100g
- **Avocado**  
1.5 x Piece - 210g
- **Banana**  
1 x Small piece - 80g
- **Black pepper**  
1 x Pinch - 0.1g
- **Bulgur**  
1 x Tablespoon - 13g
- **Celery**  
1 x Stem - 45g
- **Cow's milk 3.2%**  
1 x Cup - 240ml
- **Cucumber, greenhouse**  
0.5 x Piece - 90g
- **Dried apricots**  
6 x Piece - 36g
- **Dried oregano**  
1 x Teaspoon - 2g
- **Edible buttermilk, 0.5% fat**  
1 x Cup - 240g
- **Garlic**  
1 x Tooth - 5g
- **Kefir, 2% fat**  
1 x Package - 500g
- **Kiwi**  
1 x Piece - 75g
- **Lemon juice**  
1 x Tablespoon - 6g
- **Lemon peel, fresh**  
1 x Teaspoon - 3g
- **Natural Yogurt 2%**  
4 x Tablespoon - 100g
- **Oat flakes**  
2 x Tablespoon - 20g
- **Onion**



1 x Piece - 170g

- **Parsley, leaves**

1 x Tablespoon - 6g

- **Parsley, root**

1 x Small piece - 50g

- **Pear**

1 x Piece - 130g

- **Potatoes**

1 x Piece - 75g

- **Salt, white**

1 x Pinch - 0.1g

- **Spinach**

1 x Handfull - 25g

- **Turmeric**

1 x Teaspoon - 2g

- **Wheat bran**

1 x Tablespoon - 7g

- **Zucchini**

1 x Small piece - 450g

- **olive oil**

1 x Tablespoon - 10g