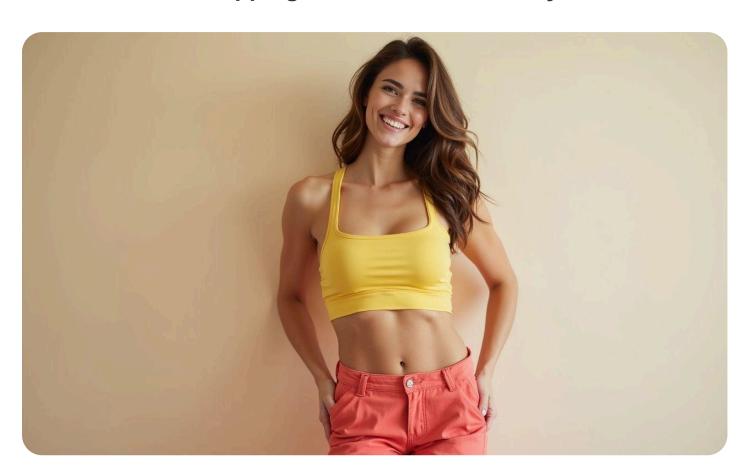


1700 kcal cleansing diet for a better figure Shopping list for the current day



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