



## 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