

# Bonus

## One Week of Filling, Under-10-Minutes\*, Tasty, Low-Fat Recipes & Feel-Full-On-Less Techniques

(\* Time for soaking, sprouting, and fermenting is not included)

Before you look at the below table:

The recipes I provide here use many foods I talk about in the eBook. So, the menu is diverse, yet the recipes themselves are simple.

Although you probably won't need such variety in one week, this menu will get you started without too much experimenting on your side. Once you grab the system behind these recipes, you will be able to create your own favourites on the go!

Also, notice, all filling foods and appetite-shrinking techniques are **bolded**.

	Awakening to breakfast	Breakfast (8 am)	Snack (9:30 am)	Lunch (12-1 pm)	Snack (3 pm)	Dinner (5-6 pm)	6-	-8 pm	8 pm to sleep
Mon.	-wake up at 6-7 am  -while drinking <b>mint-holy basil-green tea</b> <b>{optional}</b> -stevia on the balcony/patio do:  -3 min of <b>affirmations, visualisations, gratitude &amp; praying/mediation</b>  -3 min of <b>sun-gazing &amp; conscious breathing</b>	-1 tsp of <b>spirulina</b>  -porridge out of 1 cup of <b>plantain flour + H<sub>2</sub>O</b> +1 tsp of sun-dried raisins + 1 tsp of virgin coconut oil	-1/2 cup of <b>whole tigernuts</b> (skinned or unskinned)  or  -1 large <b>grapefruit</b>	-sweet porridge out of 3/4 cup of <b>tigernut flour</b> + H <sub>2</sub> O + fresh berries {optional} (yes, tigernut flour is tasty just mixed with water!)	- <b>smoothie</b> out of favourite <b>field greens</b> + 1 tbsp of <b>coconut flour</b> (source of fat and fullness) + sun-dried tomatoes {optional}	-1 tsp of <b>spirulina</b>  -blended soup out of 1 cup of <b>sprouted quinoa</b> + lemon+ dill + 1 tsp of virgin coconut oil	-30 min of your favourite <b>outdoor moderate exercise</b> : jogging, biking, hiking  -30 min of <b>doing something that feeds your mind</b> : developing your own business, painting, reading	-do something relaxing <b>that nourishes your soul</b> : play with a pet, listen to music, smile at the cute stuff  -if feeling slightly hungry or to curb an appetite: take a <b>little spirulina/tigernut flour/true cinnamon/ACV/do coconut pulling</b>	- <b>after sunset, limit or eliminate the use of laptop and phone. Or install blue light-blocking apps on your devices</b>  -while drinking <b>chamomile tea</b> do 3 min of <b>affirmations, visualisations, gratitude &amp; praying/mediation</b>  -go to bed at <b>10:30 pm</b>
Tue.	-wake up at 6-7 am  -while drinking <b>mint-holy basil-green tea</b> on the balcony/patio do:  -3 min of <b>affirmations, visualisations, gratitude &amp; praying/mediation</b>  -3 min of <b>sun-gazing &amp; conscious breathing</b>	-3 tbsp of <b>ACV</b> + 3/4 cup of H <sub>2</sub> O (drink through the straw)  -porridge out of 1 cup of <b>soaked steel-cut (or whole) naked oats</b> + small pieces of mango + 1 tsp of virgin coconut oil	- <b>whole tigernuts</b> (skinned or unskinned)  or  -1 large <b>grapefruit</b>	-porridge out of 1 cup of <b>soaked teff flour</b> + blueberries + 1 tsp of virgin coconut oil	-smoothie out of your favourite <b>field greens</b> + 1/3 cup of <b>sprouted quinoa</b> (source of fullness) + cherry-size piece of avocado (source of fat) + Himalayan salt {optional}	-1 tsp of <b>spirulina</b>  -blended soup out of <b>sprouted teff grain</b> + 1 tsp of virgin coconut oil + sun-dried tomatoes	-10-15 min of <b>high-intensity activity on your problem areas (belly, hips)</b>  -30 min of <b>energetic hiking in the park</b>  -30 min of <b>doing something that feeds your mind</b> : developing your own business, painting, reading	-do something relaxing <b>that nourishes your soul</b> : play with a pet, listen to music, smile at the cute funny stuff  -if feeling slightly hungry or to curb an appetite, take a <b>little spirulina/tigernut flour/true cinnamon/ACV/do coconut pulling</b>	- <b>after sunset, limit or eliminate the use of laptop and phone. Or install blue light-blocking apps on your devices</b>  -while drinking <b>chamomile tea</b> do 3 min of <b>affirmations, visualisations, gratitude &amp; praying/mediation</b>  -go to bed at <b>10:30 pm</b>
Wed.	-wake up at 6-7 am  -while drinking <b>mint-holy basil-green tea</b> on the balcony/patio do:  -3 min of <b>affirmations, visualisations, gratitude &amp; praying/mediation</b>  -3 min of <b>sun-gazing &amp; conscious breathing</b>	-1 tsp of <b>spirulina</b>  -shake out of <b>sprouted quinoa</b> + 1 banana + sour berries + 1 tsp of virgin coconut oil	-1 large <b>slightly green banana</b> + 1 tsp of your favourite sprouted nut butter  or  -1 cup of <b>cantaloupe</b>	-porridge out of <b>soaked teff flour</b> + berries + 2 tsp of true cinnamon	-smoothie out of your favourite <b>green veggies</b> + 1/4 cup of <b>fresh or dehydrated coconut</b> (source of fat and fullness) + sun-dried tomatoes {optional}	-blended soup out of <b>sprouted quinoa</b> + lemon + 1 tsp of soaked sunflower seeds + Himalayan salt {optional}	-30 min of your favourite <b>outdoor moderate exercise</b> : jogging, biking, hiking  -30 min of <b>doing something that feeds your mind</b> : developing your own business, painting, reading	-do something relaxing <b>that nourishes your soul</b> : play with a pet, listen to music, smile at the cute funny stuff  -if feeling slightly hungry or to curb an appetite, take a <b>little spirulina/tigernut flour/true cinnamon/ACV/do coconut pulling</b>	- <b>after sunset, limit or eliminate the use of laptop and phone. Or install blue light-blocking apps on your devices</b>  -while drinking <b>hibiscus-lemon balm tea</b> do 3 min of <b>affirmations, visualisations, gratitude &amp; praying/mediation</b>  -go to bed at <b>10:00 pm</b>
Thu.	-wake up at 6-7 am  -while drinking <b>mint-holy basil-</b>	-3 tbsp of <b>ACV</b> + 3/4 cup of H <sub>2</sub> O (drink through the straw)	-1 big <b>black plantain</b>  or	-porridge out of <b>sprouted (and ground) quinoa</b> + lime + pieces of	-smoothie out of your favorite <b>green veggies</b> + 1/2 cup of <b>sprouted quinoa</b>	-blended soup out of <b>fermented coconut flour</b> + sundried tomatoes	-do whatever you wish as long as it's outside, leaves you rested, and in a good mood	-do something relaxing <b>that nourishes your soul</b> : play with a pet, listen to	- <b>after sunset, limit or eliminate the use of laptop and phone. Or</b>

	green tea on the balcony/patio do:  -3 min of <b>affirmations, visualisations, gratitude &amp; praying/mediation</b>  -3 min of <b>sun-gazing &amp; conscious breathing</b>	-porridge out of <b>soaked steel-cut (or whole) naked oats</b> + 1 tbsp of dried mulberries + 1 tsp of virgin coconut oil	-1 large <b>orange</b>	bananas + 1-2 tsp of true cinnamon	(source of fullness) + a tiny piece of avocado (source of fat) + <b>dulse flakes on top</b>	+ your favourite herb		music, smile at the cute stuff  -if feeling slightly hungry or to curb an appetite, take a <b>little spirulina/tigernut flour/true cinnamon/ACV/ do coconut pulling</b>	<b>install blue light-blocking apps on your devices</b>  -while drinking <b>hibiscus-lemon balm tea</b> do 3 min of <b>affirmations, visualisations, gratitude &amp; praying/mediation</b>  <b>-go to bed at 10:00 pm</b>
Fri.	-wake up at 6-7 am  -while drinking <b>rooibos-holy basil</b> -green tea on the balcony/patio do:  -3 min of <b>affirmations, visualisations, gratitude &amp; praying/mediation</b>  -3 min of <b>sun-gazing &amp; conscious breathing</b>	-1 tsp of <b>spirulina</b>  -shake out of <b>soaked or sprouted amaranth</b> + berries + stevia	-1 big <b>black plantain</b>  or  -1 large <b>orange</b>	-porridge out of <b>plantain flour</b> + sun-dried cherries + 1 tsp of favourite sprouted nut butter	-smoothie out of your favourite <b>field greens</b> + 1/4 cup of <b>dehydrated coconut</b> (source of fat and fullness) + Himalayan salt	-soup out of <b>fermented coconut flour</b> + your favourite herb + Himalayan salt	-10-15 min of <b>high-intensity activity on your problem areas (belly, hips)</b>  -30 min of <b>energetic hiking in the park</b>  -30 min of <b>doing something that feeds your mind:</b> developing your own business, painting, reading	-do something relaxing <b>that nourishes your soul:</b> play with a pet, listen to music, smile at the cute stuff  -if feeling slightly hungry or to curb an appetite, take a <b>little spirulina, tigernut flour/true cinnamon/ACV/ do coconut pulling</b>	<b>-after sunset, limit or eliminate the use of laptop and phone. Or install blue light-blocking apps on your devices</b>  -while drinking <b>hibiscus-lemon balm tea</b> do 3 min of <b>affirmations, visualisations, gratitude &amp; praying/mediation</b>  <b>-go to bed at 10:00 pm</b>
Sat.	-wake up between 7 and 9 am  -while drinking <b>rooibos-holy basil</b> -green tea on the balcony/patio do:  -3 min of <b>affirmations, visualisations, gratitude &amp; praying/mediation</b>  -3 min of <b>sun-gazing &amp; conscious breathing</b>	-2-3 tbsp of <b>ACV</b> + a bit of H <sub>2</sub> O (drink through the straw)  -shake out of <b>soaked amaranth</b> + banana + 1/3 lemon	- <b>dehydrated slightly green banana</b> with coconut oil  or  -1 cup of <b>watermelon</b>	-shake out of <b>soaked amaranth</b> + pieces of mango	-smoothie out of <b>wild greens</b> + <b>turmeric</b> + 1 tbsp of <b>coconut flour</b> (source of fat and fullness) + black pepper + tiny bit of onion greens	-blended soup out of <b>fermented brown rice</b> + dill + 1 tsp of coconut oil + dulse flakes on top	-do whatever you wish as long as it's outside, leaves you rested, and in good mood	-do something relaxing <b>that nourishes your soul:</b> play with a pet, listen to music, laugh at the funny stuff  -if feeling slightly hungry or to curb an appetite, take a <b>little spirulina/tigernut flour/true cinnamon/ACV/ do coconut pulling</b>	<b>-after sunset, limit or eliminate the use of laptop and phone. Or install blue light-blocking apps on your devices</b>  -while drinking <b>chamomile tea</b> do 3 min of <b>affirmations, visualisations, gratitude &amp; praying/mediation</b>  <b>-go to bed at 10:00 pm</b>
Sun.	-wake up between 7 and 9 am  -while drinking <b>rooibos-holy basil</b> -green tea on the balcony/patio do:  -3 min of <b>affirmations, visualisations, gratitude &amp; praying/mediation</b>  -3 min of <b>sun-gazing &amp; conscious breathing</b>	-1 tsp of <b>spirulina</b>  -smoothie out of <b>soaked kaniwa</b> + 1 tsp of sun-dried raisins	- <b>dehydrated slightly green banana</b> with coconut oil  or  -1 cup of <b>watermelon</b>	-smoothie out of <b>soaked kaniwa</b> + strawberries + 1 tsp of virgin coconut oil	-any fresh berries high in nutrients: <b>blackcurrants, bilberries or blackberries</b>	-blended soup out of <b>fermented brown rice</b> + dill + 1 tbsp of virgin coconut oil + dulse flakes on top	-2-3 hours of <b>exploring the cultural part of your city:</b> museums, concerts, expos	-do something relaxing <b>that nourishes your soul:</b> play with a pet, listen to music, smile at the cute stuff  -if feeling slightly hungry or to curb an appetite, take a <b>little spirulina, tigernuts/true cinnamon/ACV/ do coconut pulling</b>	<b>-after sunset, limit or eliminate the use of laptop and phone. Or install blue light-blocking apps on your devices</b>  -while drinking <b>chamomile tea</b> do 3 min of <b>affirmations, visualisations, gratitude &amp; praying/mediation</b>  <b>-go to bed at 10:00 pm</b>

**mint-holy basil-green tea {optional}-stevia** - to enjoy drinking stress relief and adrenal herbal teas, combine them with great-tasting herbs like mint, rooibos, hibiscus. If you can find stress relief and adrenal herbal teas in bulk, combine them with mint, rooibos, and hibiscus yourself. If not, then just steep the tea bags together. If you are still not really enjoying your medicinal teas, try adding stevia (whole stevia leaf, crushed or powdered, is better).

**H<sub>2</sub>O** - water

**smoothie** - when making smoothies try to use as less water as possible (aka add just enough to blend the ingredients)

**ACV** - apple cider vinegar

**quinoa** - if you are not a fan of quinoa like me: when making smoothies and soups, blend quinoa with something sour. For sweet meals, use: lemons, limes, or cranberries. For savoury meals, use: lemons, limes, or apple cider vinegar.

tsp - teaspoon

tbsp - tablespoon

\*I provided portions for a moderately active female with weight of 50-60 kg (110-132 lb). If you are a lady over or under 60 kg (132 lb), a man, or relatively more or less active, adjust the portions.

\*\*If it is winter, add a little more fat to your shakes, smoothies, soups, etc. The healthy raw fat includes: extra virgin raw coconut oil, coconut meat, soaked or sprouted nuts/seeds, raw sprouted nut butters, small piece of avocado, cold-pressed flax oil.

However, because majority of fat (including oils) needs to go through over 25 steps in your body to be digested, avoid eating fat at dinnertime.

If you would like to eat some fat in the evening, go with either raw cold-pressed (virgin) coconut oil or virgin palm oil. A large portion of coconut and palm oil is composed of medium-chain triglycerides. Medium-chain triglycerides are a type of fats that get digested quickly (aka they require only 3 steps to be digested!). On top of that, unlike other fats, medium-chain triglycerides are used as an instant source of energy instead of being stored as fat!

\*\*\*When adding whole dried fruits to meals, it is desirable to soak them beforehand (this way they are "more natural" plus they won't stick to your teeth too much and won't cause digestive issues in sensitive people).

\*\*\*\*If you want your savoury soups to be a little salty, add a bit of Himalayan salt (it has 10 times more trace minerals than sea salt). But if you can, it is better to use sun-dried tomatoes or dulse flakes instead - you WILL be satisfied with the saltiness you are looking for.

Myself, I rarely add salt to meals. Only if I feel like I lost lots of electrolytes and need to replenish myself quickly (for example, after exercise). In such cases, I usually take Himalayan salt by itself without anything (i.e. I enjoy the true flavours of foods).