

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 of the foods that I talk about in the eBook. So, the menu is pretty diverse, yet the recipes themselves are simple.

Although you probably won't need such variety in one week, this 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.

	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 mint-holy basil-green tea {optional}- stevia on the balcony/patio do: -3 min of affirmations, visualisations, gratitude & praying/mediation -3 min of sun-gazing & conscious breathing	-1 tsp of spirulina -porridge out of 1 cup of plantain flour + H₂O + 1 tsp of sun-dried raisins + 1 tsp of virgin coconut oil	-1/2 cup of whole tigernuts (skinned or unskinned) or -1 large grapefruit	-sweet porridge out of 3/4 cup of tigernut flour + H ₂ O + fresh berries {optional} (yes, tigernut flour is tasty just mixed with water!)	- smoothie out of your favourite field greens + 1 tbsp of coconut flour (source of fat and fullness) + sun-dried tomatoes {optional}	-1 tsp of spirulina -blended soup out of 1 cup of sprouted quinoa + lemon+ dill + 1 tsp of virgin coconut oil	-30 min of your favourite outdoor moderate exercise : jogging, biking, hiking -30 min of doing something that feeds your mind : developing your own business, painting, reading	-do something relaxing that nourishes your soul : play with a pet, listen to music, smile at the cute stuff -if feeling slightly hungry or to curb an appetite: take a little spirulina/tigernut flour/true cinnamon/ACV/do coconut pulling	- after sunset, limit or eliminate the use of laptop and phone -while drinking chamomile tea do 3 min of affirmations, visualisations, gratitude & praying/mediation -go to bed at 10:30 pm
Tue.	-wake up at 6-7 am -while drinking mint-holy basil-green tea on the balcony/patio do: -3 min of affirmations, visualisations, gratitude & praying/mediation -3 min of sun-gazing & conscious breathing	-3 tbsp of ACV + 3/4 cup of H ₂ O (drink through the straw) -porridge out of 1 cup of soaked steel-cut (or whole) naked oats + small pieces of mango + 1 tsp of virgin coconut oil	- whole tigernuts (skinned or unskinned) or -1 large grapefruit	-porridge out of 1 cup of soaked teff flour + blueberries + 1 tsp of virgin coconut oil	-smoothie out of your favourite field greens + 1/3 cup of sprouted quinoa (source of fullness) + cherry-size piece of avocado (source of fat) + Himalayan salt {optional}	-1 tsp of spirulina -blended soup out of sprouted teff grain + 1 tsp of virgin coconut oil + sun-dried tomatoes	-10-15 min of high-intensity activity on your problem areas (belly, hips) -30 min of energetic hiking in the park -30 min of doing something that feeds your mind : developing your own business, painting, reading	-while preparing to go to sleep (doing the bed, etc.), do 3 min of affirmations, visualisations, gratitude & praying/mediation -if feeling slightly hungry or to curb an appetite, take a little spirulina/tigernut flour/true cinnamon/ACV/do coconut pulling	- after sunset limit or eliminate the use of laptop and phone -drink chamomile tea -do something relaxing that nourishes your soul : play with a pet, listen to music, smile at the cute funny stuff -go to bed at 10:15 pm
Wed.	-wake up at 6-7 am -while drinking mint-holy basil-green tea on the balcony/patio do: -3 min of affirmations, visualisations, gratitude & praying/mediation -3 min of sun-gazing & conscious breathing	-1 tsp of spirulina -shake out of sprouted quinoa + 1 banana + sour berries + 1 tsp of virgin coconut oil	-1 large slightly green banana + 1 tsp of your favourite sprouted nut butter or -1 cup of cantaloupe	-porridge out of soaked teff flour + berries + 2 tsp of true cinnamon	-smoothie out of your favourite green veggies + 1/4 cup of fresh or dehydrated coconut (source of fat and fullness) + sun-dried tomatoes {optional}	-blended soup out of sprouted quinoa + lemon + 1 tsp of soaked sunflower seeds + Himalayan salt {optional}	-30 min of your favourite outdoor moderate exercise : jogging, biking, hiking -30 min of doing something that feeds your mind : developing your own business, painting, reading	-do something relaxing that nourishes your soul : play with a pet, listen to music, smile at the cute funny stuff -if feeling slightly hungry or to curb an appetite, take a little spirulina/tigernut flour/true cinnamon/ACV/do coconut pulling	- after sunset limit or eliminate the use of laptop and phone -drink hibiscus-lemon balm tea -do something relaxing that nourishes your soul : play with a pet, listen to music, laugh at the funny stuff -go to bed at 10:00 pm
Thu.	-wake up at 6-7 am	-3 tbsp of ACV + 3/4 cup of H ₂ O (drink through the straw)	-1 big black plantain or	-porridge out of sprouted (and ground) quinoa + lime + pieces of	-smoothie out of your favourite green veggies + 1/2 of sprouted	-blended soup out of fermented coconut flour + sundried tomatoes	-do whatever you wish as long as it's outside, leaves	-do something relaxing that nourishes your soul : play with a	- after sunset limit or eliminate the

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

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 these teas in bulk, combine them yourself. If not, then combine different bagged teas together. If you are still not really enjoying your teas, try adding stevia (whole stevia leaf, crushed or powdered, is better).

H₂O - water

smoothie - when making smoothies try to use as less water as possible (i.e. 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 physically active female with weight of 50-60 kg (110-132 lb). If you are a lady over 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 coconut oil, coconut meat, soaked or sprouted nuts/seeds, raw sprouted nut butters, tiny 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 closer to an evening, go with either 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 (i.e. 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 - I think 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 a lot of electrolytes and need to replenish myself quickly. In such cases, I usually take Himalayan salt by itself without anything (i.e. I enjoy the true flavours of foods).