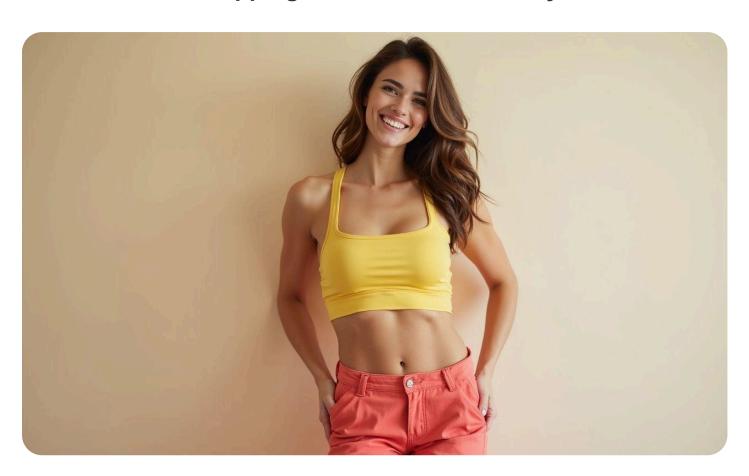


1700 kcal cleansing diet for a better figure Shopping list for the current day



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

Black pepper

1 x Pinch - 0.1g

• Bulgur

3 x Tablespoon - 39g

Carrot

2 x Piece - 100g

Cashew nuts

1 x Handfull - 35g

· Chunky tomatoes

0.5 x Can - 200g

· Cuscous groats

60 x Gram - 60g

Dried basil

1 x Teaspoon - 2g

· Dried oregano

1 x Teaspoon - 2g

• Eggplant

0.5 x Small piece - 130g

· Fig, dried

2 x Piece - 28g

Garlic

2 x Tooth - 10g

• Ginger (powder)

1 x Teaspoon - 4g

Grapes

10 x Piece - 100g

· Ground sweet pepper

1 x Teaspoon - 3g

Ground turkey

100 x Gram - 100g

Kale

2 x Handfull - 40g

· Lemon juice

1 x Tablespoon - 6g

Oat flakes

3 x Tablespoon - 30g

Pineapples



- 2 x Slice 160g
- Provencal herbs
 - 2 x Pinch 0.4g
- Pumpkin seeds
 - 1 x Teaspoon 5g
- Red pepper
 - 0.5 x Piece 100g
- · Salt, white
 - 2 x Pinch 0.2g
- Sunflower seeds (shelled)
 - 1 x Teaspoon 5g
- Tangerines
 - 1 x Piece 65g
- · Thyme, dried
 - 1 x Teaspoon 2g
- Tomato
 - 1 x Big piece 200g
 - 1 x Small piece 140g
- Wheat flour type 550
 - 1 x Tablespoon 15g
- Zucchini
 - 0.25 x Small piece 112.5g
- · olive oil
 - 2 x Tablespoon 20g
 - 1 x Teaspoon 5g