



## 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
- **Cuscouis 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

- **Provençal 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