

Day 1

Day 2

Day 3

Breakfast

Yoghurt, low fat	1	bowl
Strawberry	50	g
Almond	25	g
Cocoa powder	1	g
Coffee	1	cup

Lunch

Bread, whole grain	3	piece
Lettuce	50	g
Egg	50	g
Cheese, matured	30	g
Tea, green	1	cup

Dinner

Rice, whole grain	100	g
Salmon	100	g
Oil, olive	10	ml
Broccoli	1	tablespoon
Asparagus, green	1	cup
Onion, spring	20	g
Soy sauce	50	ml
Milk, low fat	1	glass

Snacks

Apple	135	g
Banana	1	piece
Water, tap	1	glass

Day 1

Day 2

Day 3

Breakfast

Yoghurt, low fat	1	bowl
Cranberry	50	g
Oat	25	g
Linseed	15	g
Coffee	1	cup

Lunch

Cracker, spelt	5	piece
Cucumber	50	g
Hummus	25	g
Chicken fillet	25	g
Tea, green	1	cup

Dinner

Potato, peeled	100	g
Meatball	100	g
Brussels sprout	1	cup
Broad bean	125	tablespoon
Garlic	20	g
Curry powder	1	g
Gravy	50	ml
Kefir	1	glass

Snacks

Cinnamon	1	g
Pear	1	piece
Water, tap	1	glass



**INNER
BUDDIES**

THE
UNIVERSE
INSIDE
YOU

Day 1

Day 2

Day 3

Breakfast

Yoghurt, low fat	1	bowl
Blackberry	50	g
Granola	25	g
Chiaseed	15	g
Coffee	1	cup

Lunch

Bun, whole grain	2	piece
Tomato, cherry	50	g
Tuna, in water	50	g
Mayonnaise, light	20	g
Tea, green	1	cup

Dinner

Pasta, whole grain	100	g
Chicken, breast	100	g
Spinach	1	tablespoon
Mushroom	10	piece
Leek	20	g
Turmeric	1	g
Pasta sauce	50	ml
Kombucha	1	glass

Snacks

Peanut butter	20	g
Rice waffle	2	piece
Water, tap	1	glass

