

John Smith

Heigh: 188 cm
Weight: 95.00 kg

Daily Menu *

One week/ three fasting days

Day 1 (25 July) **1730Cal**

Breakfast

* <i>Rice and Fruit</i>	1 serving
Honey	1 tablespoon
Herbal Tea	1 cup
Wheat Bread, Toasted	1 slice

Morning Snack

Herbal tea	1 cup
Boiled Egg	1 item
Honey	1 tablespoon
Pumpemickel Bread	1 slice

Lunch

* <i>Minestrone Soup</i>	1 serving
Red Tomato	1 item
Mozzarella Cheese	3 oz.
Pumpemickel Bread	2 slices
Herbal Tea	1 cup

Afternoon Snack

Banana	1 item
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Dinner

* <i>Seasonal Stewed Vegetables</i>	1 serving
Pumpemickel Bread	1 slice
Herbal Tea	1 cup

Evening Snack

Apple	1 item
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* *Menu can be changed according to doctor's advice*

Day 2 (26 July) *0Cal*

Day 3 (27 July) *0Cal*

Day 4 (28 July) *0Cal*

Day 5 (29 July) *680Cal*

Breakfast

Herbal Tea	1 cup
Dried prunes	5 item
Apple baked or grated	1 item

Morning Snack

Banana	1 item
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Lunch

Spinach, Chopped, Boiled, Drained	1 cup
Red Tomato, Stewed	3-4 item
Garlic Stewed	3-5 cloves
Rye Bread, Toasted	1 slices
Herbal Tea	1 cup

Dinner

Carrot, grated	1 item
Apple, grated	2 items
Cabbage shredded	½ cup
Fresh Squeezed Orange Juice	1 cup
Rye Bread, Toasted	1 slices

Day 6 (30 July)

1020Cal

Breakfast

Orange Sections	1 cup
Cucumber, Sliced	1 cup
Pineapple Sliced	1/2 cup
Herbal Tea	1 cup

Morning Snack

Banana	1 item
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Lunch

* <i>Broccoli Cream Soup</i>	350 g
Carrot, grated	1 item
Apple, grated	2 items
Rye Bread, Toasted	1 slices

Afternoon Snack

Herbal Tea, Prepared	1 cup
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Dinner

Avocado, sliced	1/2 item
Red Tomato, sliced	1 item
Rye Bread, Toasted	1 slices

Evening Snack

Non-fat fruit Youghurt, Sweetened with Low-calorie Sweetener	125 g
Pumpemickel Bread	1 slice
Herbal Tea	1 cup

Day 7 (31 July)

1780Cal

Breakfast

Low Fat Fruit Yogurt	1 g
Wheat Bread, Toasted	1 slice
Herbal Tea	1 cup

Morning Snack

Seasonal Berries	1 -2 cup
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Lunch

* <i>Thin Spaghetti Ala Pesto</i>	400 g
Cabbage, shredded	1 cup
Carrots, grated	1 item
Red Tomato, sliced	1 item
Mineral Water	2 cups

Afternoon Snack

Dried Nuts (Pistachio/walnut)	40 g
Fresh Squeezed Orange Juice	1 cup

Dinner

Oatmeal, (Made With	2 cup
5 T. s. rolled oats + 2/3 boiled water)	
Raisins, Seedless	2 Tablespoons
Herbal Tea	1 cup

Evening Snack

Pear	1 item
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Day 8 (1 August)

1960Cal

Breakfast

Egg Omelet	(from 2 egg)
Pumpemickel Bread	1 slice
Fresh Squeezed Orange Juice	1 cup
Fruit Cocktail, Canned in Water	1/2 cup

Lunch

* <i>Fish Soup</i>	400 g
Rye Bread	1 slice
* <i>Vegetable Risotto</i>	1 serving
Fresh Squeezed Orange Juice	1 cup

Dinner

Summer Squash, All Varieties, Sliced, Boiled, Drained	2 cups
Potato boiled	1 item
Dill, chopped	1 tablespoon
Olive Oil	1 tablespoon
Rye Bread	1 slice

Evening Snack

Low-fat fruit Yogurt	125 g
Low Salt Whole Wheat Crackers	5 items
Herbal Tea	1 cup