

MARATHON

FEEL THE JOY

Meal plan week 1

2000 kcal

DAY 1

BEFORE BREAKFAST



+



15-20 minutes before breakfast,
1-2 ampoules of BioMatrix Pro per glass of water

15 minutes before breakfast,
2 EasyBlock capsules with a glass of water

BREAKFAST

Tortilla with egg and cheese



- wholemeal flatbreads - 90 g
- oil - 1 tbsp.
- chopped red pepper - 150 g
- egg - 1 pc.
- egg whites - 2 pcs.
- hard cheese - 30 g.

Protein - 20 Fats - 25 Carbohydrates - 45 Kcal - 500

Preparation:

1. Heat the oil in a frying pan.
2. Roast the red peppers until soft.
3. In a separate bowl, whisk together the egg and egg whites and season with a little salt and pepper.
4. Pour the egg mixture into the pan with the peppers and stir until cooked through.
5. Place the filling on a wholemeal flatbread, top with grated cheese and wrap.



Drink: BeauTea

Complementary to breakfast:

or



DrainBooster - dissolve one ampoule in 1.5 litres of water and drink it during the day. Or dissolve one ampoule in a glass of water and drink at least 1.5 litres of water during the day.

or



Pure&Balanced - 1 bottle per day after breakfast. Dilute it in a glass of water or drink it directly from the bottle.



SlimFlow - 1 sachet 1-2 times a day, preferably in the morning after meals. Dissolve the contents in a glass of water and stir.

MORNING SNACK



Smart Go

Mix 30 g of powder (1 scoop) with 200 ml of low-fat milk.

Protein - 17 Fats - 5.2 Carbohydrates - 22 Kcal - 203

15 MINUTES BEFORE LUNCH



EasyBlock - 2 capsules, drinking a glass of water.

LUNCH

Dietary "French-style meat" made of chicken fillet



If cooking for 2 days at once, double the amount of food.

- chicken fillet - 200 g
- tomato - 1/2
- onion - 1/4
- egg - 1 pc.
- hard cheese - 20 g
- natural yoghurt - 1 tbsp.
- wholemeal pasta - 60 g (dry)



- cucumber - 100 g
- tomato - 100 g
- herbs - to taste
- olive oil - 1 tsp.

Protein - 60 Fats - 20 Carbohydrates - 65 Kcal - 700

Preparation:

1. Cut the chicken breast into chunks and baste.
2. Coat the chicken in the beaten egg.
3. Smear one side with yoghurt.
4. Place the sliced onions and tomatoes on top.
5. Sprinkle with grated low-fat cheese to form a "cap".
6. Bake in the oven at 180°C for about 30 minutes.
7. Boil the pasta according to the instructions on the packaging.
8. For the salad, chop the vegetables, add the herbs and dress with olive oil.



Drink: SlimTea

Extra for lunch:



Beauty Elixir 2.0 - 1 ampoule immediately after lunch.

AFTERNOON SNACK

Curd mass

- 5% cottage cheese - 100 g
- greek yoghurt - 60 g
- berries - 80 g
- nuts - 30 g

Protein - 25 Fats - 20 Carbohydrates - 30 Kcal - 380

Preparation:

1. Mix the cottage cheese and yoghurt in a bowl.
2. Add the berries and stir to combine.
3. Sprinkle with nuts before serving.



Drink: SlimTea



DINNER



Smart Go

Mix 30 g of powder (1 scoop) with 200 ml of low-fat milk.

+

MagneFlow

1 ampoule in the evening after dinner.

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Protein - 17 Fats - 5.2 Carbohydrates - 22 Kcal - 203

Preparation:

Follow the instructions on the Smart Go shake packaging.



BEFORE BREAKFAST



15-20 minutes before breakfast,
1-2 ampoules of BioMatrix Pro per glass of water

15 minutes before breakfast,
2 EasyBlock capsules with a glass of water

BREAKFAST

Wholemeal bread toast with avocado and egg



- wholemeal bread - 90 g
- avocado - 120 g
- egg - 2 pc.
- lemon juice - a few drops
- salt and pepper to taste

Protein - 19 Fats - 35 Carbohydrates - 40 Kcal - 500

Preparation:

1. Boil the egg or fry it in a pan without oil.
2. Mash the avocado with a fork, add lemon juice, salt and pepper.
3. Place the avocado on the toast and top with an egg.



Drink: BeauTea

Complementary to breakfast:



DrainBooster - dissolve one ampoule in 1.5 litres of water and drink it during the day. Or dissolve one ampoule in a glass of water and drink at least 1.5 litres of water during the day.

or



Pure&Balanced - 1 bottle per day after breakfast. Dilute it in a glass of water or drink it directly from the bottle.

or



SlimFlow - 1 sachet 1-2 times a day, preferably in the morning after meals. Dissolve the contents in a glass of water and stir.



MORNING SNACK



Smart Go

Mix 30 g of powder (1 scoop) with 200 ml of low-fat milk.

15 MINUTES
BEFORE LUNCH

Protein - 17 Fats - 5.2 Carbohydrates - 22 Kcal - 203



EasyBlock - 2 capsules, drinking a glass of water.

LUNCH

Dietary "French-style" chicken fillet meat



- chicken fillet - 200 g
- tomato - 1/2
- onion - 1/4
- egg - 2 pc.
- hard cheese - 30 g
- natural yoghurt - 2 tbsp.
- buckwheat - 60 g (dry)



- lettuce leaves, arugula - 50 g each
- asparagus - 100 g
- cucumbers, tomatoes - 100 g each
- olive oil - 1 tsp.
- salt, pepper - to taste

Protein - 75 Fats - 30 Carbohydrates - 60 Kcal - 700

Preparation:

1. Cut the chicken breast into chunks and baste.
2. Coat the chicken in the beaten egg.
3. Smear one side with yoghurt.
4. Place sliced onions, tomatoes on top.
5. Sprinkle with grated cheese and bake in the oven at 180°C for about 30 minutes.
6. Cook the buckwheat according to the instructions on the packaging.
7. For the salad, slice the cucumbers and tomatoes, add the lettuce leaves, arugula and boiled asparagus, olive oil, salt and pepper.



Drink: SlimTea

Extra for lunch:



Beauty Elixir 2.0 - 1 ampoule immediately after lunch.



AFTERNOON SNACK

Prawn and grapefruit salad

- prawns - 200 g
- grapefruit - 1 pc.
- spinach or salad leaves - 50 g
- unsweetened yoghurt - 50 g
- lemon juice - to taste

Protein - 60 Fats - 5 Carbohydrates - 30 Kcal - 400

Preparation:

1. Boil and peel the prawns.
2. Divide the grapefruit into slices and peel off the membranes.
3. Add green spinach or lettuce leaves.
4. Dress with a mixture of yoghurt and lemon juice.



Drink: SlimTea



DINNER



Smart Go

Mix 30 g of powder (1 scoop) with 200 ml of low-fat milk.

MagneFlow

1 ampoule in the evening after dinner.

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Protein - 17 Fats - 5.2 Carbohydrates - 22 Kcal - 203

Preparation:

Follow the instructions on the Smart Go shake packaging.



BEFORE BREAKFAST



15-20 minutes before breakfast,
1-2 ampoules of BioMatrix Pro per glass of water

15 minutes before breakfast,
2 EasyBlock capsules with a glass of water

BREAKFAST

Scramble with toast and greens



- eggs - 2 pcs
- milk - 30 ml
- wholemeal bread - 60 g (2 slices)
- herbs (parsley, dill) - to taste
- salt and pepper to taste

Protein - 24 Fats - 22 Carbohydrates - 30 Kcal - 400

Preparation:

1. Whisk eggs with milk, salt and pepper.
2. Heat a frying pan and pour in the egg mixture, stirring until hot.
3. Serve the scramble on toast and sprinkle with herbs.



Drink: BeauTea

Complementary to breakfast:



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or



Pure&Balanced - 1 bottle per day after breakfast. Dilute it in a glass of water or drink it directly from the bottle.

or



SlimFlow - 1 sachet 1-2 times a day, preferably in the morning after meals. Dissolve the contents in a glass of water and stir.



MORNING SNACK



Smart Go

Mix 30 g of powder (1 scoop) with 200 ml of low-fat milk.

Protein - 17 Fats - 5.2 Carbohydrates - 22 Kcal - 203

15 MINUTES
BEFORE LUNCH



EasyBlock - 2 capsules, drinking a glass of water.

LUNCH

Salmon steak with broccoli and quinoa



- salmon - 200 g
- broccoli - 150 g
- quinoa (dry) - 70 g
- olive oil - 1,5 tsp.
- salt and pepper to taste

Protein - 60 Fats - 35 Carbohydrates - 60 Kcal - 800

Preparation:

1. Season the salmon with salt and pepper, wrap in foil and bake in the oven at 180°C for about 20-25 minutes.
2. Boil the quinoa according to the instructions on the packaging.
3. Boil the broccoli in boiling water for 3-4 minutes or until soft.
4. Serve the salmon with broccoli and quinoa drizzled with olive oil.



Drink: SlimTea

Extra for lunch:



Beauty Elixir 2.0 - 1 ampoule immediately after lunch.



AFTERNOON SNACK

Caprese with mozzarella and tomatoes

- mozzarella - 100 g
- tomatoes - 150 g
- basil - to taste
- olive oil - 1 tsp.
- salt and pepper to taste

Protein - 20 Fats - 28 Carbohydrates - 12 Kcal - 400



Preparation:

1. Slice the tomatoes and mozzarella.
2. Arrange them in layers, add basil, drizzle with olive oil and salt.

Drink: SlimTea



DINNER



Smart Go

Mix 30 g of powder (1 scoop) with 200 ml of low-fat milk.

+

MagneFlow

1 ampoule in the evening after dinner.

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Protein - 17 Fats - 5.2 Carbohydrates - 22 Kcal - 203

Preparation:

Follow the instructions on the Smart Go shake packaging.



BEFORE BREAKFAST



15-20 minutes before breakfast,
1-2 ampoules of BioMatrix Pro per glass of water

15 minutes before breakfast,
2 EasyBlock capsules with a glass of water

BREAKFAST

Avocado and egg sandwich



- wholemeal bread - 60 g (2 slices)
- avocado - 70 g (1/2 pc)
- egg - 1 pc.
- lemon juice - 1 tsp.
- salt, pepper, paprika - to taste

Protein - 12 Fats - 23.6 Carbohydrates - 36 Kcal - 404

Preparation:

1. Boil the eggs hard-boiled (about 10-12 minutes).
2. Place the avocado in a bowl, add the boiled eggs, lemon juice, salt, pepper and paprika. Mash everything together until smooth.
3. Brown the slices of wholemeal bread on a frying pan or grill until golden.
4. Spread the mixture on two slices of browned bread.



Drink: BeauTea

Complementary to breakfast:



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or



Pure&Balanced - 1 bottle per day after breakfast. Dilute it in a glass of water or drink it directly from the bottle.

or



SlimFlow - 1 sachet 1-2 times a day, preferably in the morning after meals. Dissolve the contents in a glass of water and stir.



MORNING SNACK



Smart Go

Mix 30 g of powder (1 scoop) with 200 ml of low-fat milk.

15 MINUTES BEFORE LUNCH

Protein - 17 Fats - 5.2 Carbohydrates - 22 Kcal - 203



EasyBlock - 2 capsules, drinking a glass of water.

LUNCH

Healthy Pasta Bolognese with vegetable salad

If cooking for 2 days at once, double the amount of food.



- wholemeal pasta - 100 g (dry)
- minced beef (lean) - 150 g
- tomato paste - 4 tbsp.
- onion - 1/2 pc
- garlic - 2 clove
- olive oil - 1 tsp.
- salt, pepper, Italian herbs - to taste

- cucumber and tomatoes - 100 g each
- carrots - 50 g (grated)
- pepper - 75 g
- cabbage (peking cabbage) - 50 g
- olive oil - 1 tsp.
- salt and pepper - to taste

Protein - 55 Fats - 38 Carbohydrates - 87 Kcal - 925

Preparation:

1. Boil the wholemeal pasta in salted water until al dente.
2. Meanwhile, chop the onion and garlic and fry them in a pan with olive oil until transparent.
3. Add the ground beef and fry until cooked through.
4. Add tomato paste, salt, pepper and Italian herbs. Simmer for 5-7 minutes.
5. Mix the pasta and sauce together before serving.



Drink: SlimTea

Extra for lunch:



Beauty Elixir 2.0 - 1 ampoule immediately after lunch.



AFTERNOON SNACK

Chicken egg baked in peppers

- egg - 2 pc
- sweet pepper - 1 pc
- salt, pepper, spices - to taste



Protein - 20 Fats - 16 Carbohydrates - 20 Kcal - 300

Preparation:

1. Cut the peppers in half and remove the seeds.
2. Place eggs in half of each pepper. Season with salt and pepper to taste.
3. Bake in the oven at 180°C for 15-20 minutes or until the eggs are cooked.

Drink: SlimTea



DINNER



Smart Go

Mix 30 g of powder (1 scoop) with 200 ml of low-fat milk.

+

MagneFlow

1 ampoule in the evening after dinner.



Protein - 17 Fats - 5.2 Carbohydrates - 22 Kcal - 203

Preparation:

Follow the instructions on the Smart Go shake packaging.



BEFORE BREAKFAST



15-20 minutes before breakfast,
1-2 ampoules of BioMatrix Pro per glass of water

15 minutes before breakfast,
2 EasyBlock capsules with a glass of water

BREAKFAST

Healthy cottage cheese casserole with berries



If cooking for 2 days at once, double the amount of food.

- cottage cheese - 150 g
- egg - 1 pc
- berries - 100 g
- honey - 1 tsp (or stevia)
- rolled oats - 30 g
- salt and vanilla to taste

Protein - 24 Fats - 8 Carbohydrates - 46 Kcal - 400

Preparation:

1. Wheap cottage cheese and egg, add honey or stevia and vanilla.
2. Add the rolled oats and gently stir in the berries.
3. Place in a mould and bake at 180 °C for about 25-30 minutes.

Complementary to breakfast:



Drink: BeauTea



DrainBooster - dissolve one ampoule in 1.5 litres of water and drink it during the day. Or dissolve one ampoule in a glass of water and drink at least 1.5 litres of water during the day.

or



or

Pure&Balanced - 1 bottle per day after breakfast. Dilute it in a glass of water or drink it directly from the bottle.



SlimFlow - 1 sachet 1-2 times a day, preferably in the morning after meals. Dissolve the contents in a glass of water and stir.



MORNING SNACK



Smart Go

Mix 30 g of powder (1 scoop) with 200 ml of low-fat milk.

15 MINUTES BEFORE LUNCH

Protein - 17 Fats - 5.2 Carbohydrates - 22 Kcal - 203



EasyBlock - 2 capsules, drinking a glass of water.

LUNCH

Healthy Pasta Bolognese with vegetable salad



- wholemeal pasta - 100 g (dry)
- minced beef (lean) - 125 g
- tomato paste - 4 tbsp.
- onion - 1/2 pc
- garlic - 1 clove
- olive oil - 1 tsp.
- salt, pepper, Italian herbs - to taste

- cucumber and tomatoes - 100 g each
- carrots - 50 g (grated)
- pepper - 75 g
- cabbage (peking cabbage) - 50 g
- olive oil - 1 tsp.
- salt and pepper to taste

Protein - 44 Fats - 28 Carbohydrates - 87 Kcal - 800

Preparation:

1. Boil the wholemeal pasta in salted water until al dente.
2. Meanwhile, chop the onion and garlic and fry them in a pan with olive oil until transparent.
3. Add the ground beef and fry until cooked through.
4. Add tomato paste, salt, pepper and Italian herbs. Simmer for 5-7 minutes.
5. Mix the pasta and sauce together before serving.



Drink: SlimTea

Extra for lunch:



Beauty Elixir 2.0 - 1 ampoule immediately after lunch.



AFTERNOON SNACK

Healthy chicken Caesar salad

- chicken breast - 100 g
- Romaine lettuce - 100 g
- cherry tomatoes - 100 g
- unflavoured yoghurt - 45 g
- mustard and lemon juice - 1 tsp each
- garlic - 1 clove
- salt and pepper to taste
- dill or parsley - optional



Protein - 30 Fats - 20 Carbohydrates - 15 Kcal - 400

Caesar sauce recipe:

1. Mix yoghurt, mustard, garlic, lemon juice, salt and pepper until smooth. Add herbs if desired.

Caesar salad recipe:

1. Boil or roast chicken, dice into cubes.
2. Mix all ingredients, top with Healthy Caesar dressing.

Drink: SlimTea



DINNER



Smart Go

Mix 30 g of powder (1 scoop) with 200 ml of low-fat milk.

MagneFlow

1 ampoule in the evening after dinner.

JOYOU MAGNEFLOW

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Protein - 17 Fats - 5.2 Carbohydrates - 22 Kcal - 203

Preparation:

Follow the instructions on the Smart Go shake packaging.



BEFORE BREAKFAST



15-20 minutes before breakfast,
1-2 ampoules of BioMatrix Pro per glass of water

15 minutes before breakfast,
2 EasyBlock capsules with a glass of water

BREAKFAST



Healthy wrap with chicken, vegetables and sauce



- wholemeal pita - 80 g (1 piece)
- chicken breast (boiled or baked) - 120 g
- cucumber and tomato - 70 g each
- lettuce leaves - 50 g
- sauce - 60 g (Greek yoghurt mustard seasoning)

Protein - 38 Fats - 12 Carbohydrates - 45 Kcal - 500

Preparation:

1. Boil or bake the chicken breast until cooked, cool and dice.
2. Spread the lavash on a flat surface.
3. Place lettuce leaves, tomato and cucumber slices on the pita.
4. Place chicken breast on top and drizzle with sauce (Greek yoghurt, mustard and your favourite seasonings).
5. Wrap the lavash by twisting tightly at one end.



Drink: BeauTea

Complementary to breakfast:



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or



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SlimFlow - 1 sachet 1-2 times a day, preferably in the morning after meals. Dissolve the contents in a glass of water and stir.



MORNING SNACK



Smart Go

Mix 30 g of powder (1 scoop) with 200 ml of low-fat milk.

Protein - 17 Fats - 5.2 Carbohydrates - 22 Kcal - 203

15 MINUTES
BEFORE LUNCH



EasyBlock - 2 capsules, drinking a glass of water.

LUNCH

Italian-style Healthy chop with garnish

If cooking for 2 days at once, double the amount of food.



- chicken fillet - 200 g
- tomato paste - 150 ml
- cheese (mozzarella) - 70 g
- tomato - 70 g
- bran - 3 tbsp.
- basil - to taste
- buckwheat (dry) - 80 g
- vegetable salad - 200 g (cucumber, tomato, pepper)
- feta - 50 g

Protein - 80 Fats - 30 Carbohydrates - 80 Kcal - 790

Preparation:

1. Preheat the oven to 200 °C. Rinse the chicken fillets, dry, salt and coat them in the bran. Place on a baking tray and bake for 20 minutes.
2. Take out of the oven and drizzle with tomato paste.
3. Add the chopped basil and grated mozzarella. Top with the sliced tomatoes.
4. Bake for a further 5-10 minutes until the cheese is melted.
5. Boil the buckwheat according to the instructions on the packaging.
6. For the vegetable salad, slice the cucumber, tomatoes and bell peppers, add the feta and dress to taste.



Drink: SlimTea

Extra for lunch:



Beauty Elixir 2.0 - 1 ampoule immediately after lunch.



AFTERNOON SNACK

Healthy cottage cheese casserole with berries

- cottage cheese - 150 g
- egg - 1 pc
- berries - 50 g
- honey - 1 tsp (or stevia)
- rolled oats - 30 g
- vanilla and salt - to taste

Protein - 24 Fats - 8 Carbohydrates - 46 Kcal - 400

Preparation:

1. Whisp cottage cheese and egg, add honey or stevia and vanilla.
2. Add the rolled oats and gently stir in the berries.
3. Place in a mould and bake at 180 °C for about 25-30 minutes.

Drink: SlimTea



DINNER



Smart Go

Mix 30 g of powder (1 scoop) with 200 ml of low-fat milk.

+

MagneFlow

1 ampoule in the evening after dinner.

Protein - 17 Fats - 5.2 Carbohydrates - 22 Kcal - 203

Preparation:

Follow the instructions on the Smart Go shake packaging.



BEFORE BREAKFAST



15-20 minutes before breakfast,
1-2 ampoules of BioMatrix Pro per glass of water

15 minutes before breakfast,
2 EasyBlock capsules with a glass of water

BREAKFAST



SmartGo pancakes



- egg - 1 pc
- SmartGo (powder) - 30 g
- milk (1.5% fat content) - 200 ml
- flour - 12 g

Protein - 25 Fats - 10 Carbohydrates - 50 Kcal - 380

Preparation:

1. Place all ingredients in a SmartGo shaker and shake until smooth.
2. On a non-stick pan, bake thin pancakes until golden on both sides.



Drink: BeauTea

Complementary to breakfast:



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or



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MORNING SNACK



Smart Go

Mix 30 g of powder (1 scoop) with 200 ml of low-fat milk.

Protein - 17 Fats - 5.2 Carbohydrates - 22 Kcal - 203

15 MINUTES BEFORE LUNCH



EasyBlock - 2 capsules, drinking a glass of water.

LUNCH

Italian-style Healthy chop with garnish



- chicken fillet - 200 g
- tomato paste - 150 ml
- cheese (mozzarella) - 70 g
- tomato - 70 g
- bran - 3 tbsp.
- basil - to taste
- buckwheat (dry) - 100 g
- vegetable salad - 200 g (cucumber, tomato, pepper)
- feta - 50 g

Protein - 80 Fats - 30 Carbohydrates - 100 Kcal - 870

Preparation:

1. Preheat the oven to 200 °C. Rinse the chicken fillets, dry, salt and coat them in the bran. Place on a baking tray and bake for 20 minutes.
2. Take out of the oven and drizzle with tomato paste.
3. Add the chopped basil and grated mozzarella. Top with the sliced tomatoes.
4. Bake for a further 5-10 minutes until the cheese is melted.
5. Boil the buckwheat according to the instructions on the packaging.
6. For the vegetable salad, slice the cucumber, tomatoes and bell peppers, add the feta and dress to taste.



Drink: SlimTea

Extra for lunch:



Beauty Elixir 2.0 - 1 ampoule immediately after lunch.



AFTERNOON SNACK

Tuna salad

- tinned tuna (in its own juice) - 200 g
- cucumber - 100 g
- tomato - 100 g
- boiled egg - 1 pc
- olive oil - 1,5 tsp.
- onion (optional) - 1/2 pc

Protein - 35 Fats - 20 Carbohydrates - 10 Kcal - 400



Preparation:

1. In a deep bowl, mix the tuna, sliced cucumber, tomatoes and eggs.
2. Add the olive oil and stir to combine.

Drink: SlimTea



DINNER



Smart Go
Mix 30 g of powder (1 scoop) with 200 ml of low-fat milk.

MagneFlow
1 ampoule in the evening after dinner.



Protein - 17 Fats - 5.2 Carbohydrates - 22 Kcal - 203

Preparation:

Follow the instructions on the Smart Go shake packaging.

