

MARATHON

FEEL THE JOY

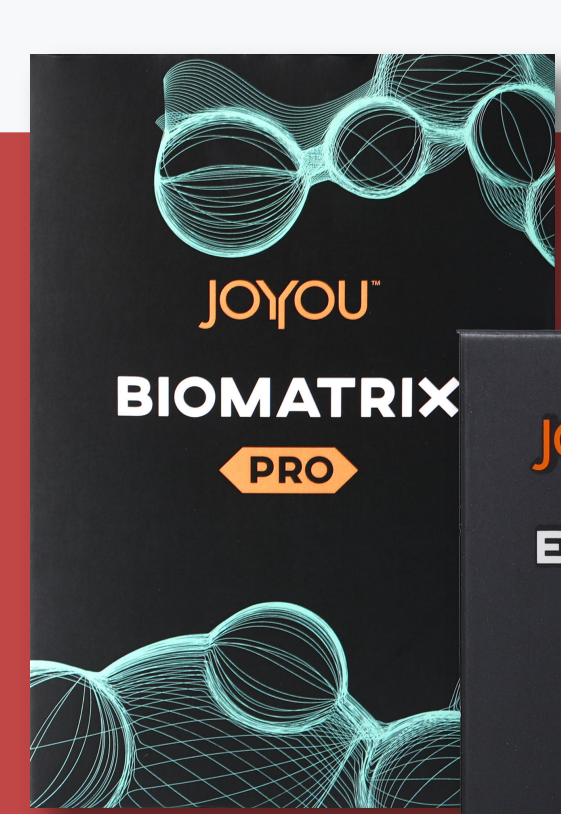
Meal plan
week 1

1800 kcal

JOYOU

DAY 8

BEFORE BREAKFAST



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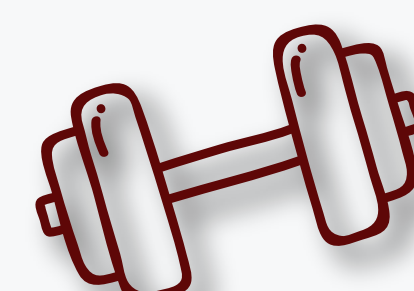


15-20 minutes before breakfast,
1-2 ampoules of BioMatrix Pro per glass of water

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.

Complementary to breakfast:

Drink: BeauTea

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.

**15 MINUTES
BEFORE LUNCH**

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



EasyBlock - 2 capsules, drinking a glass of water.

LUNCH

Brown Rice Risotto with Mushrooms and Chicken

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



- chicken breast - 200 g
- brown rice - 100 g
- mushrooms - 100 g
- onion - 50 g
- olive oil - 1,5 tsp.
- salt, pepper - to taste

Protein - 45 Fats - 30 Carbohydrates - 45 Kcal - 600

Preparation:

1. Cook rice as per package.
2. Dice chicken, slice mushrooms, chop onion.
3. Sauté onion, cook chicken till golden, add mushrooms.
4. Stir in rice.
5. Season and optionally add basil.



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.

+

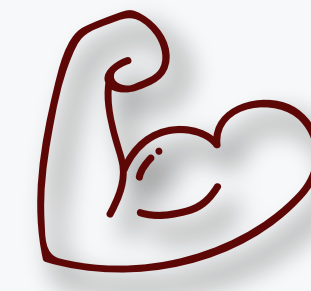
MagneFlow

1 ampoule in the evening after dinner.

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

Preparation:

Follow the instructions on the Smart Go shake packaging.



BEFORE BREAKFAST

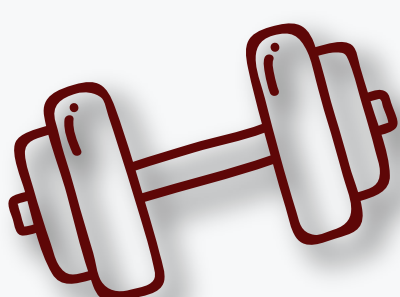


15-20 minutes before breakfast,
1-2 ampoules of BioMatrix Pro per glass of water

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

BREAKFAST

Egg and Tuna Sandwich



- egg - 3 pc.
- canned tuna - 100 g
- whole grain bread - 100 g (4 slices)
- salt, pepper - to taste

Protein - 50 Fats - 20 Carbohydrates - 40 Kcal - 480

Preparation:

- Boil eggs for 10 minutes, cool and peel.
- Mash tuna in a bowl with a fork, season with salt and pepper.
- Slice or mash eggs and mix with tuna.
- Spread on bread, top with another slice.
- Serve with seasonings or veggies.



Drink: BeauTea

Complementary to breakfast:



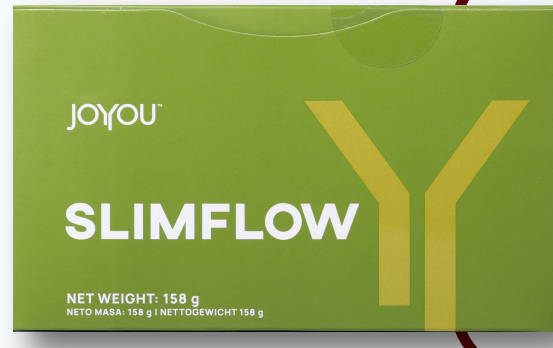
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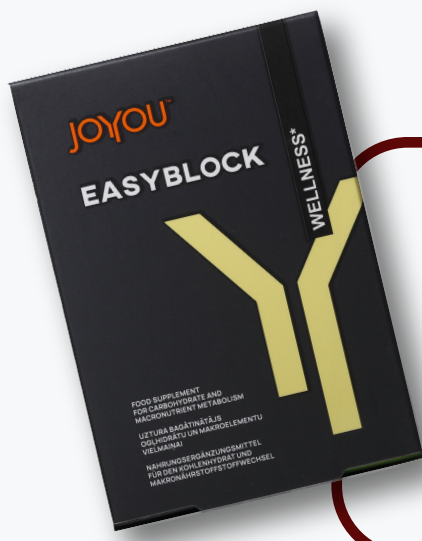
MORNING SNACK



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

15 MINUTES
BEFORE LUNCH



EasyBlock - 2 capsules, drinking a glass of water.

LUNCH

Brown Rice Risotto with Mushrooms and Chicken



- chicken breast - 200 g
- brown rice - 150 g
- mushrooms - 100 g
- onion - 50 g
- olive oil - 1,5 tsp.
- salt, pepper - to taste

Protein - 45 Fats - 30 Carbohydrates - 45 Kcal - 600

Preparation:

- Cook rice as per package.
- Dice chicken, slice mushrooms, chop onion.
- Sauté onion, cook chicken till golden, add mushrooms.
- Stir in rice.
- Season and optionally add basil.



Drink: SlimTea

Extra for lunch:



Beauty Elixir 2.0 - 1 ampoule immediately after lunch.



AFTERNOON SNACK

Healthy chicken Caesar salad

- chicken breast - 80 g
- Romaine lettuce - 100 g
- cherry tomatoes - 50 g
- unflavoured yoghurt - 30 g
- mustard and lemon juice - 1 tsp each
- garlic - 1 clove
- salt and pepper to taste
- dill or parsley - optional



Protein - 28 Fats - 10 Carbohydrates - 15 Kcal - 300

Caesar sauce recipe:

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

Caesar salad recipe:

- Boil or roast chicken, dice into cubes.
- 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.

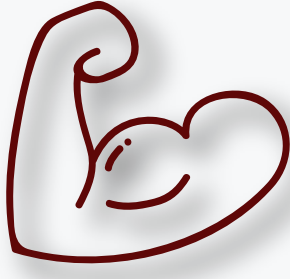
MagneFlow
1 ampoule in the evening after dinner.



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

Preparation:

Follow the instructions on the Smart Go shake packaging.



BEFORE BREAKFAST

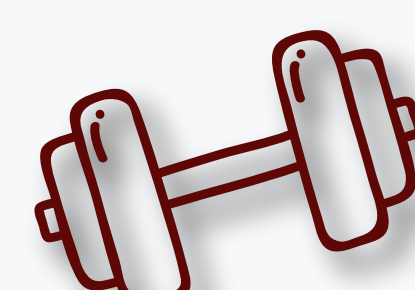


15-20 minutes before breakfast,
1-2 ampoules of BioMatrix Pro per glass of water

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

BREAKFAST

Healthy wrap with chicken, vegetables and sauce



- whole grain lavash - 60 g (1 piece)
- chicken breast (boiled or baked) - 100 g
- cucumber and tomato - 50 g each
- lettuce leaves - 30 g
- sauce - 50 g (Greek yoghurt mustard seasoning)

Protein - 34 Fats - 10 Carbohydrates - 42 Kcal - 420

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.



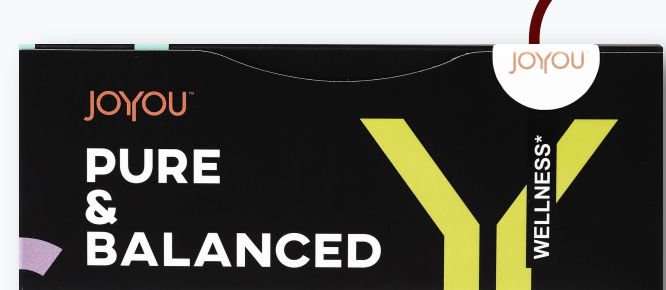
Drink: BeauTea

Complementary to breakfast:



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or



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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

Chicken and Broccoli Casserole

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



- chicken breast - 200 g
- broccoli - 250 g
- kefir (1%) - 100 ml
- egg- 1 pc.
- hard cheese - 40 g
- herbs - to taste
- salt, spices - to taste
- buckwheat - 50 g

Protein - 55 Fats - 30 Carbohydrates - 55 Kcal - 700

Preparation:

1. Season chicken strips, place in dish.
2. Top with broccoli.
3. Mix egg, kefir & spices, pour over.
4. Sprinkle cheese.
5. Bake at 180°C for 30–40 mins.
6. Cook buckwheat separately.



Drink: SlimTea

Extra for lunch:



Beauty Elixir 2.0 - 1 ampoule immediately after lunch.



AFTERNOON SNACK

Curd mass

- 5% cottage cheese - 80 g
- greek yoghurt - 40 g
- berries - 60 g
- nuts - 25 g

Protein - 21 Fats - 15 Carbohydrates - 20 Kcal - 285

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

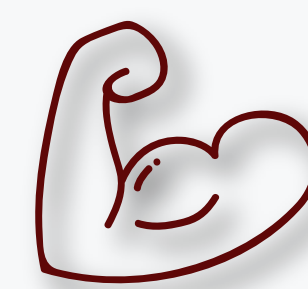
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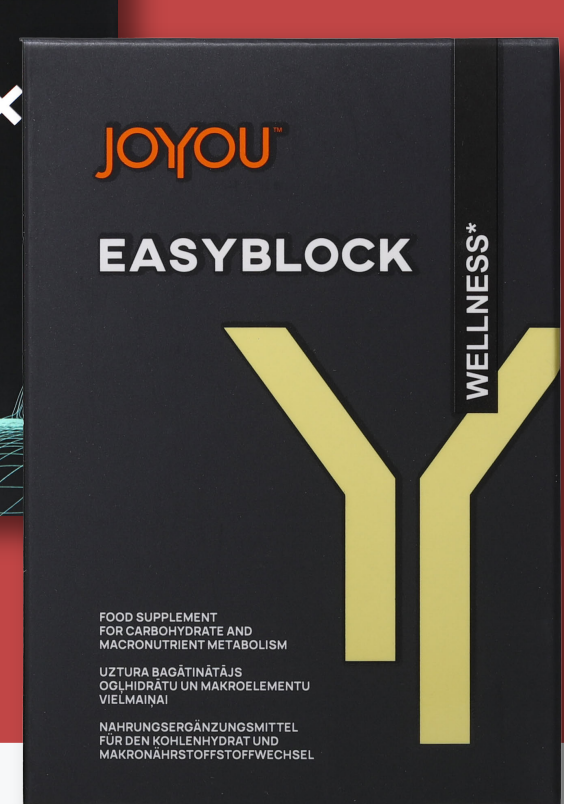
Protein - 17 Fats - 5.2 Carbohydrates - 22 Kcal - 203

Preparation:

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BEFORE BREAKFAST

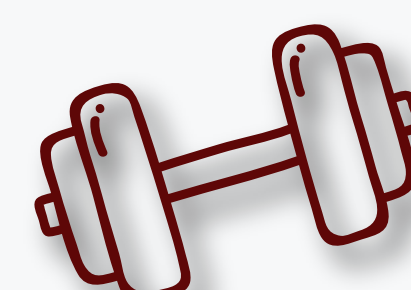


15-20 minutes before breakfast,
1-2 ampoules of BioMatrix Pro per glass of water

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

BREAKFAST

Oatmeal with Banana



- oats - 50 g
- banana - 1 pc.
- milk- 200 ml
- honey or other sweeteners - to taste
- nuts - 10 g

Protein - 12 Fats - 13 Carbohydrates - 72 Kcal - 360

Preparation:

1. Boil milk, cook oats 5–7 mins.
2. Slice banana, chop nuts.
3. Remove from heat, stir in honey.
4. Top with banana and nuts.



Drink: BeauTea

Complementary to breakfast:

or

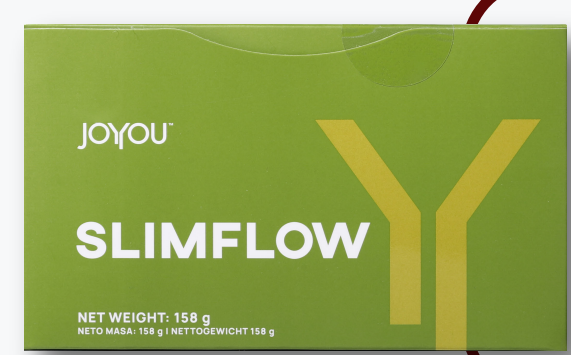


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MORNING SNACK



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

LUNCH

Chicken and Broccoli Casserole



- chicken breast - 200 g
- broccoli - 250 g
- kefir (1%) - 100 ml
- egg- 1 pc.
- hard cheese - 40 g
- herbs - to taste
- salt, spices - to taste
- buckwheat - 50 g

Protein - 55 Fats - 30 Carbohydrates - 55 Kcal - 700

Preparation:

1. Season chicken strips, place in dish.
2. Top with broccoli.
3. Mix egg, kefir & spices, pour over.
4. Sprinkle cheese.
5. Bake at 180°C for 30–40 mins.
6. Cook buckwheat separately.



Drink: SlimTea

Extra for lunch:



Beauty Elixir 2.0 - 1 ampoule immediately after lunch.



AFTERNOON SNACK

Healthy cottage cheese casserole with berries

- cottage cheese - 100 g
- egg - 1 pc
- berries - 50 g
- honey - 1 tsp (or stevia)
- rolled oats - 20 g
- vanilla and salt - to taste

Protein - 18 Fats - 8 Carbohydrates - 30 Kcal - 320

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.



Drink: SlimTea



DINNER



Smart Go

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



MagneFlow

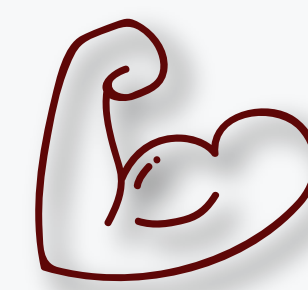
1 ampoule in the evening after dinner.



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

Preparation:

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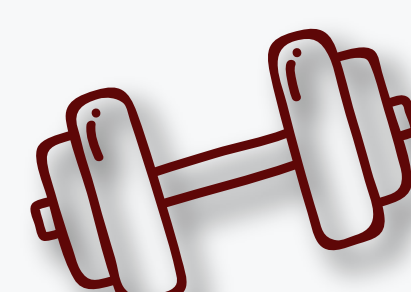
BEFORE BREAKFAST



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



- cottage cheese - 100 g
- egg - 1 pc
- berries - 50 g
- honey - 1 tsp (or stevia)
- rolled oats - 20 g
- salt and vanilla to taste

Protein - 18 Fats - 8 Carbohydrates - 30 Kcal - 320

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.



Drink: BeauTea

Complementary to breakfast:



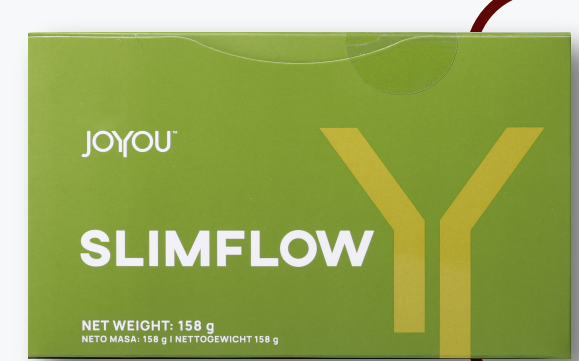
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MORNING SNACK



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

Salmon steak with broccoli and quinoa



- salmon - 150 g
- broccoli - 150 g
- quinoa (dry) - 60 g
- olive oil - 1 tsp.
- salt and pepper to taste

Protein - 45 Fats - 30 Carbohydrates - 45 Kcal - 600

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

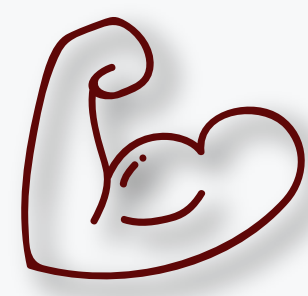
1 ampoule in the evening after dinner.



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.



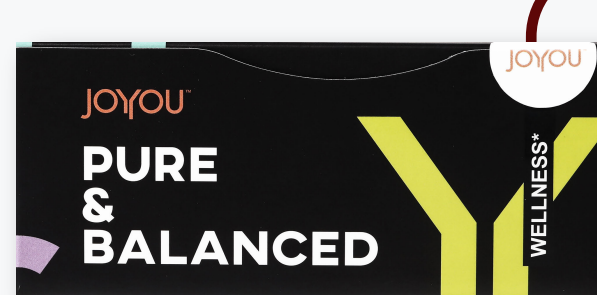
Drink: BeauTea

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MORNING SNACK

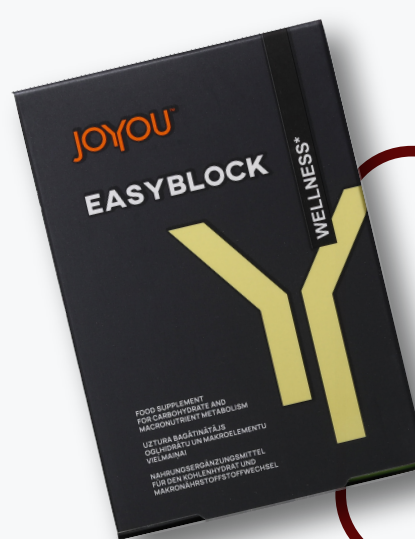


Smart Go

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

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



- chicken fillet - 150 g
- tomato paste - 100 ml
- cheese (mozzarella) - 50 g
- tomato - 50 g
- bran - 3 tbsp.
- basil - to taste
- buckwheat (dry) - 80 g
- vegetable salad - 250 g (cucumber, tomato, pepper)
- feta - 30 g

Protein - 50 Fats - 25 Carbohydrates - 100 Kcal - 690

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) - 150 g
- cucumber - 100 g
- tomato - 100 g
- boiled egg - 1 pc
- olive oil - 1,5 tsp.
- onion (optional) - 1/2 pc

Protein - 25 Fats - 15 Carbohydrates - 10 Kcal - 250



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.

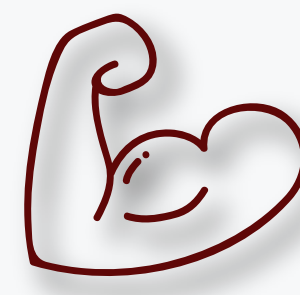
MagneFlow
1 ampoule in the evening after dinner.



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

Preparation:

Follow the instructions on the Smart Go shake packaging.



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 - 90 g
- avocado - 120 g
- egg - 2 pc.
- lemon juice - 1 tsp.
- salt, pepper, paprika - to taste

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

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.

Complementary to breakfast:

Drink: BeauTea

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 - 150 g
- tomato paste - 100 ml
- cheese (mozzarella) - 50 g
- tomato - 50 g
- bran - 3 tbsp.
- basil - to taste
- buckwheat (dry) - 100 g
- vegetable salad - 250 g (cucumber, tomato, pepper)
- feta - 30 g

Protein - 50 Fats - 25 Carbohydrates - 80 Kcal - 610

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

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.

JOYOU™

UPGRADE
YOURSELF

