

## After-Holidays Non-diet: information and menu plan for the first day

---

We say: Epiphany takes away all holidays ... and tomorrow it will be time to put ourselves back in shape. But how? A week or two of balanced nutrition to clean our bodies and maybe help us to lose some weight: lots of vegetables and fruit, no preserved food, no red meat, alternating fish, legumes and white meat, no alcohol, no sweets, lots of water and lots of physical activity.

Are we able to do it? I think so!

Here below you can find a general scheme, to help achieving a balanced diet. Then, every day I will publish some suggestions and daily menus with recipes and amounts. However, we are not all the same: a six-foot tall man will have to eat more than a five-foot tall women. Use your judgment to increase or decrease the amounts in the recipes.

### **BASE MENU, for one or two weeks**

- breakfast: a cereal, a dairy, half fruit
- snack: one fruit
- lunch: a source of protein, vegetables, wholemeal bread
- snack: one fruit
- dinner: a first course, vegetables
- during the day: 8 glasses of water, in addition to that consumed the meal
- physical activity: 30-60 minute walk every day. Gym, swimming, cycling, dancing, running, etc.. 2-3 times a week.

### **Follow the instructions closely. No exceptions allowed!**

**Eliminate all left over cakes and sweets: panettone, pandoro, panforte, nougat, cream and mascarpone. How? You can invite friends for one last night of partying. Or freeze them. Or give them away to those who have no weight nor cholesterol problems ....**

Every day I will propose a specific menu with recipes.

Start from the first menu, shown below. Starting tomorrow, every day you will find here on the web site, a menu for the next day. Do not worry, it's not required to start on Monday, but once you start do not give up, for at least 7 consecutive days. And then if you want, you may continue for a second week.

**Before starting, measure your weight** (in the morning, on an empty stomach, after emptying your bladder) and take a note of your weight. In one week, repeat this operation, to check if you have lost some weight.

### **Menu and recipes for the first day of "non-diet" (you can print the attached pdf file)**

- when you wake up: 1 glass of water
- breakfast: 125 g natural yoghurt (unsweetened), with half an apple or pear and 40 g of muesli (see recipe on this web site). Tea or coffee (preferably without sugar).
- snack: two slices of fresh pineapple
- lunch: lentil stew, salad with endive, oranges and pine nuts, wholemeal bread 50 g
- snack: an apple
- dinner: wholemeal fusilli with artichokes, grated carrots
- drink 8 glasses of water between meals
- physical activity: 30 minutes of brisk walking

### **Stewed lentils (ingredients for 5 people)**

- onions, 2
- dried lentils, 500 g
- peeled tomatoes, 400 g
- water
- extra virgin olive oil (EV), 10 g + 5 g per portion
- salt, pepper, bay leaves

Chop the onions, put it in the pan with a tablespoon of the olive oil. Sautee for few minutes, then add the dried lentils, the peeled tomatoes or tomato sauce or diced tomatoes, 1 liter water, two bay leaves, a pinch of salt and pepper to taste. Simmer for about 40 minutes over low heat, stirring occasionally and adding water if necessary or taking off the cover to make it evaporate, if it is in excess.

Lentils can be stored in the refrigerator for 2-3 days, or frozen (eg. in one portion containers, for later use). Add one teaspoon of EV olive oil when serving.

**Scarola salad with oranges and pine nuts (for 1 person)**

- lettuce, endive, or other leafy salads, 50 g
- orange, one half
- pine nuts, 1 tablespoon
- vinegar / salt to taste
- extra virgin olive oil, 1 teaspoon

Wash the salad and cut it. Peel the orange and slice it. If it is organic, you can also use the peel. Toast the pine nuts. Mix all ingredients and season.

**Wholemeal Fusilli with artichokes (for 4 people)**

- artichokes, n. 6
- garlic, 2 cloves
- red wine, 1 glass
- extra virgin olive oil, 2 tablespoons
- durum wheat pasta (e.g. fusilli), 320 g

Clean the artichokes and cut into thin slices. Sauté two cloves of chopped garlic in oil 20 g olive oil. Add the artichokes and stir fry adding occasionally a little red wine (one glass in total) and if necessary a bit of water. Cook covered until soft, then uncover and raise the heat to brown the artichokes. '

Cook 320 g of fusilli "al dente", drain and toss with artichokes, adding some Parmesan cheese.

**Grated carrots, with lemon**

- carrots, 150 g
- fresh lemon juice
- extra virgin olive oil, 1 teaspoon

Grate the carrots, season immediately with lemon juice and olive oil and a pinch of salt.