

After-Holidays Non-diet 6: menu plan for the sixth day

or this sixth day of "non-diet" I propose a typical dish from the Puglie region (southern Italy): fava beans (broad beans) and chicory. The season is perfect, you should easily find the chicory. Actually, if you find a bunch of "puntarelle", the chicory sprouts, you will be all set with the salad for day 7: puntarelle with garlic and anchovies. For lunch you could have a "piadina". And do not forget to save time for a long walk, or a short walk plus some intense activity.

Menus and recipes for the sixth day of "non-diet" (you can print the attached pdf)

- when you wake up: 1 glass of water
 - breakfast: fresh fruit and nuts salad. Tea or coffee (preferably without sugar).
 - snack: 1 kiwi
 - lunch: two raw carrots, "piadina" with mozzarella and arugola
 - snack: 1 glass of freshly squeezed orange juice
 - dinner: broad beans with chicory, whole wheat bread
 - drink 8 glasses of water between meals
- physical activity: 30 minutes of brisk walking and one hour of activity in the gym or other intense activity (swimming, biking, running, dancing, etc.). Or a two hours long walk.

Fresh fruit salad (serves 4)

- an apple
- a pear
- a banana
- juice of two oranges
- walnuts, almonds, hazelnuts, ... 80 g
- dried apricots, 40 g

Wash the fruit and cut it into cubes. Add the orange juice, the chopped nuts and the dried fruit. Consume immediately, not to lose the vitamins. If needed, store in the refrigerator in a tightly closed container for up to a day.

Piadina (serves 1)

- 1 piadina/flat bread
- mozzarella, 60 g
- rucola (arugola), 30 g
- olives, 10 g
- EV olive oil, 1 teaspoon 5 g

Piadina is a sort of flat bread, like pita, or bread used for wraps. Choose a brand made with olive oil, or with no fat, and avoid the traditional piadina based on lard.

Heat the piadina in a pan, just a couple of minutes are enough (do not add any fat). Slice or dice the mozzarella cheese. Wash the rucola. Cut the olive in pieces.

Fill the piadina, add some olive oil, wrap or close the piadina in half, whatever is most convenient.

Broad beans with chicory (serves 4)

- dried, split broad beans, 400 g
- chicory leaves, 800 g
- EV olive oil, 4 cucchiari
- garlic
- hot chili pepper
- salt

Soak the broad beans for a few hours. Boil them in non salted water (double volume of water with respect to the beans) until very soft. In the mean time wash and clean the chicory, blanch it in hot water for a few minutes. then drain, keeping some on the water. In a large pan, heat the oil, garlic and hot pepper. Sauté the chicory, adding some water if moisture is needed. Put the broad beans in the blender, to obtain a dense puré, add a pinch salt and serve hot, with two slices of roasted whole wheat bread.