



Wholesome,
light & delicious

The 3-day wellness break

fasting planner

Wholesome, light & delicious:

The Feel-Good Fasting Planner

Fasting does not always mean radical deprivation and starvation; there are other ways! We focus on healthy dishes: wholesome, light and delicious! This will definitely give you a new sense of well-being and allow your body to regain its strength – without completely foregoing food.

When it comes to fasting, many people think only of soups, water and broth. As much as advocates swear by it, it is difficult for some people to stick to it. We have good news: with our fasting plan, fasting is sure to be easy for everyone. It's not about completely abstaining from food, but rather choosing the right food: a beneficial diet that supports our body and doesn't work against it. Light meals that are easy to digest and relieve the intestines. High-fibre dishes that don't cause blood sugar spikes followed by cravings.

The aim is to do something good for the body in the long term. We therefore focus on plant-based and natural foods that provide plenty of vitamins, minerals, fibre, healthy fats and proteins. The advantage: no hunger, no stress for the body and anyone can join in.

Above all, it can be the start of a permanently healthier and more mindful diet. You get to know your body a little better again and perhaps you will continue to largely avoid fast food, sugar and the like because you realise how good a light and natural diet feels.

Light and delicious fasting: Here's how it works
We have created a 3-day fasting plan for you with 3 meals each day. A wholesome breakfast in the morning, a light lunch at midday and our delicious fasting soup in the evening. Healthy, plant-based foods that are easy to digest are the main ingredients. Coffee, alcohol, sugar and dairy products are largely kept out of our intestines. This gives your body time to regenerate from all the 'toxins' and, above all, relieves the intestines.



- Drink at least 2 litres of water and/or herbal tea, ginger tea, etc. Of course, your daily glass of LaVita is also a must.
- Allow at least 4 hours between meals to give your intestines time to digest.
- Get at least 7 hours of sleep.
- Exercise for at least 20 minutes every day – preferably in the fresh air.



- Avoid caffeine, nicotine and alcohol as much as possible. Decaffeinated coffee is a good alternative.
- No dairy products, sugar, artificial additives, white flour, ready-made products, fried foods or fatty meats.



Breakfast

Banana porridge

Ingredients for 1 serving:

- 50 g oat flakes (or spelt flakes, buckwheat flakes)
- 200 ml (almond, oat) milk
- 1 teaspoon honey
- 1 pinch of cinnamon
- 1 pinch of salt
- 1 banana
- 1 handful of blueberries
- 3 walnuts

1

For the porridge, pour milk over the oats and a pinch of salt in a saucepan. Cook everything on low to medium heat until soft and the milk has been absorbed. Then stir in the cinnamon.

2

Peel the banana and cut it in half. Mash one half with a fork and stir it into the porridge, slice the other half.

3

Wash the blueberries and peel the walnuts.

4

Place the porridge in a bowl and top with banana, blueberries, walnuts and honey.



Lunch

Couscous

with vegetables

Ingredients for 1 serving:

- 60 g couscous
- 120 ml vegetable stock
- 150 g mushrooms
- ½ onion
- 1 small clove of garlic
- 100 g (frozen) peas (thawed)
- Soy sauce
- Thyme
- Fresh herbs (e.g. coriander)
- Salt, pepper
- Coconut oil for frying

1

Clean and chop the mushrooms. Peel and finely chop the onion and garlic.

2

Briefly sauté the mushrooms, peas, onions and garlic in a pan with a little oil.

3

Bring the couscous and vegetable stock to the boil and cook for 5 minutes. Turn off the heat and leave to stand for another 5 minutes.

4

Add the couscous to the pan. Wash the herbs and chop them coarsely. Season the vegetable pan with soy sauce, salt, pepper and thyme and garnish with the fresh herbs.



Dinner

Fasting soup

Ingredients for 3 days:

- 4 potatoes
- 3 carrots
- 1 parsnip
- 1 fennel bulb
- ½ celery root
- 1 leek
- 2 onions
- 2 cloves of garlic
- 2.5 litres of water
- 1 sprig of thyme
- 2 sprigs of rosemary
- 1 bunch of parsley
- 2 bay leaves

1

Peel and dice the potatoes, carrots, parsnips, celery and onions. Peel and crush the garlic. Wash and slice the leek, wash the fennel, remove the stalk and dice.

2

Place all ingredients in a large saucepan with 2.5 litres of water, bring to the boil briefly and simmer gently for about 30 minutes.

3

Depending on the type of fast, either strain and purée the vegetables or enjoy the soup with vegetables.



Je nach Art des Fastens entweder das Gemüse pürieren oder die Suppe mit Gemüsestückchen genießen.



Breakfast

Berry and oat crumble

from the oven

Ingredients for 1 serving:

- 50 g oat flakes
- 30 g nuts
- Frozen berry mix
- 1 tbsp honey
- 1 tbsp coconut oil
- 1 pinch of cinnamon
- 1 pinch of salt

1

Preheat the oven to 180 degrees (or 160 degrees for fan-assisted ovens). Put the coconut oil and honey in a small saucepan and melt over a low heat. Stir frequently.

2

Roughly chop the nuts and place them in a bowl together with the oats, cinnamon and salt.

3

Add the honey and coconut oil mixture to the oat-meal mixture. Mix well until everything is moist.

4

Place the berries in an ovenproof dish and spread the granola mixture over them. Bake in a preheated oven for approx. 15 minutes.



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Lunch

Baked vegetables

with dip

Ingredients for 1 serving:

- 1 beetroot
- 150 g potatoes
- 12 carrots
- 1 red onion
- 1 tbsp olive oil
- Salt, pepper
- Rosemary, thyme
- Fresh herbs

For the dip:

- 100 g plant-based yoghurt (e.g. soya, coconut)
- 1 tsp olive oil
- 1 dash of lemon juice
- Freshly chopped herbs (e.g. parsley, chives and dill)
- Salt, pepper

1

Preheat the oven to 200 degrees (or 160 degrees for fan-assisted ovens). Wash the vegetables thoroughly, peel some of them and cut them into wedges or slices. Place everything in a bowl, season with olive oil, thyme, rosemary, salt and pepper, and mix well.

2

Line a baking tray with baking paper, spread the vegetables on it and place in the oven for 20 minutes.

3

For the dip, place all ingredients in a bowl, mix well and season to taste with herbs, salt and pepper.

4

Remove the vegetables from the oven, garnish with fresh herbs and serve with dip.

Breakfast

Smoothie bowl

Ingredients for 1 serving:

- 1 ripe banana
- 250 g (coconut or soy) yoghurt
- 50 g frozen berries
- 1 tbsp honey (agave syrup)
- 50 g soft oat flakes
- 1 tbsp coconut flakes
- 1 handful of blueberries
- 1 tbsp granola, muesli or oat flakes

1

Place the banana, yoghurt, berries (except for one tablespoon), honey and oats in a blender or alternatively blend with a hand blender until smooth and pour into a bowl.

2

Garnish with granola, the remaining berries and coconut flakes.



Lunch

Red lentils *dal*

Ingredients for 1 serving:

- 70 g red lentils
- 200 ml vegetable stock
- 50 ml passata
- 50 ml coconut milk
- ½ red pepper
- ½ onion
- 1 clove of garlic
- ½ tsp ginger
- 1 tsp curry powder
- 1 pinch of turmeric
- 1 pinch of cumin
- 1 teaspoon paprika powder (sweet)
- Salt, pepper, lemon juice
- Fresh herbs (parsley, coriander)
- Coconut oil for frying

1

Heat the coconut oil in a pan. Add the chopped onions and sauté for 2–3 minutes until translucent. Add the garlic and ginger and sauté for another minute until fragrant. Finally, add the spices and sauté for a few seconds.

2

Place the lentils in a fine sieve and rinse under cold water. Then add them to the pan, pour in the vegetable stock, stir and bring to the boil. Cover and simmer for around 8–10 minutes until the liquid has been absorbed.

3

Add coconut milk and tomato purée and simmer for another 5–10 minutes, or until the lentils are cooked. Season to taste with salt, pepper and lemon juice and garnish with freshly chopped parsley or coriander.

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