



Pampering
programme
for a healthy
metabolism

7 days - Metabolism retreat

7-day metabolic retreat:

Pampering programme for a healthy metabolism

If our metabolism is healthy, we feel good. Those who adopt routines that support their metabolism reap multiple benefits: increased energy, well-being and longevity.

7-day metabolism retreat: how it works

Unhealthy eating and lack of exercise are the main factors that put strain on our metabolism and slow it down. With this 7-day treatment and these six daily habits, you can reactivate your energy reserves and boost your metabolism.

Tick here

Day



Morning walk

Our metabolism loves exercise after a long night. Put on your jacket and off you go – whether it's 5 minutes or 30 minutes.

Day



Staircase challenge

From now on, take the stairs instead of the lift. For the next 7 days, take the stairs instead of the lift every time and also walk up the escalators.

Day



The healthy plate

Cook one meal a day based on the healthy plate principle: 50 per cent of the plate should consist of vegetables and fruit, 25 per cent protein, 25 per cent whole grains, rounded off with good sources of vegetable fat. You will find a recipe suggestion on the next page.

Day



Sleep like a baby

Set your bedtime so that you get enough sleep to wake up feeling refreshed the next morning. And then stick to it: go to bed at the same time for the next 7 days.

Day



Snack break

Avoiding snacks between main meals can give you more energy than the snacks themselves and prevent blood sugar fluctuations. If you get hungry, you can reach for sugar-free oat bars, nuts or fruit.

Day



The LaVita glass

Our cells love LaVita. Not only does it contain over 70 different nutrient-rich foods, it also contains all the important vitamins and trace elements. Drink your tablespoon a day and pamper your cells.



Breakfast

Healthy *protein shake*

Ingredients for 2 servings:

- 200 ml oat milk
- 80 g quark
- 80 g fine oat flakes
- 1 large banana
- 1 handful of spinach
- 1 piece of seasonal fruit (apple, berries, peach, etc.)
- 2 teaspoons hemp seeds (alternatively: flax or chia seeds)
- Ice cubes

1

Peel the banana and place all ingredients in a blender and blend until the desired consistency is achieved.

2

Pour into two glasses and enjoy.



Lunch

healthy *Quinoa vegetable bowl*

Ingredients for 2 servings:

- 100 g quinoa
- 6 cocktail tomatoes
- 250 g chicken (or substitute)
- 2 carrots
- ½ cucumber
- 2 radishes
- 1 avocado
- 1 handful of fresh herbs (parsley, coriander, chives)
- A little oil for frying

For the dressing:

- ½ lime (juice)
- 1 small clove of garlic, peeled
- 1 ½ tbsp tahini (alternatively: yoghurt)
- 1 tbsp maple syrup
- 1 tbsp (light) balsamic vinegar
- 1 pinch of salt, pepper

1

Prepare the quinoa according to the instructions on the packet. Meanwhile, wash the vegetables, peel if necessary and chop into small pieces: cut the carrot into fine strips, the cucumber and radishes into thin slices and the tomatoes into cubes. Halve the avocado lengthways, remove the stone, scoop out the flesh with a spoon and slice the halves.

2

Fry the chicken (or chicken substitute) in a pan with a little oil on both sides until golden brown, then slice.

3

For the dressing, place all the ingredients in a small bowl and mix well.

4

Arrange the quinoa with the vegetables, chicken (substitute) and dressing in a bowl and sprinkle with the chopped herbs and a little salt and pepper.



Dinner

Metabolism

soup

Ingredients for 4 servings:

- 1 onion
- 1 clove of garlic
- 500 g broccoli
- 400 g potatoes
- 1 teaspoon butter
- 1 litre vegetable stock
- 50 ml cream
- Salt, pepper, nutmeg
- Optional: chilli flakes for sprinkling

1

Peel and finely chop the onion and garlic. Wash the broccoli and divide into florets. Cut the stalk into cubes. Peel the potatoes and cut into small pieces.

2

Heat the butter in a saucepan and sauté the onions and garlic.

3

Add the vegetable stock, broccoli and potatoes and simmer for 20 minutes.

4

Once the vegetables are cooked, purée the soup. Stir in the cream and season with salt, pepper and nutmeg to taste. Sprinkle with chilli flakes if desired.



Tip: Remove individual broccoli florets before puréeing and use them to garnish the soup when serving.

And after the 7 days?

What happens next

The 7 days were your starting point for a fitter life. Do you want to pamper yourself and your metabolism even after the 7 days and supply yourself with new energy? Then we have lots of ideas for you on how you can support your metabolism every day. With habits like these, you can create a healthy lifestyle and automatically get your metabolism up to speed. Choose a few of them and incorporate them into your daily routine – one or two will certainly make a difference. Try out what works best for you, what makes the biggest difference and what you can best implement in your everyday life.

Don't forget: these routines are only suggestions and not all of them will give you the same feeling of well-being. So see them as inspiration and ideas for how you can make your everyday life healthier with small changes.

Small habits your metabolism will love:

Eat your main meals at least
four hours apart

Take a morning walk

Drink a large glass of water in the morning

Take a long walk
after work

Do not eat snacks between
your main meals

Stretch for five minutes in the morning

Stand up every 60–90 minutes and go
for a short walk

Switch off all electronic devices
after 9 p.m.

Get your pulse racing with a
20-minute workout

Serve two portions of fruit for breakfast

To switch off and fall asleep in the evening, observe
your breathing for five minutes

Go to bed at the same time every evening

Cook one meal a day with three different types of
vegetables

Cook a meal according to the healthy plate
(see recipe suggestion)

Eat at least one type of green vegetable every day

Add a tablespoon of flaxseed to one of your
meals each day.

Drink your daily glass of LaVita

A good day starts with LaVita.

Every morning a glass of LaVita, every day complete support.
For more energy¹ and a support of the immune system.²



LaVita.
The micronutrient concentrate.

lavita.com
info@lavita.com



¹ **Energy:** LaVita provides ample iron, folic acid, magnesium, niacin, vitamin C, vitamin B2, B12 and B6, which help reduce tiredness and fatigue. ² **Immune system:** With iron, vitamins C, A, D, B6, B12, folic acid, copper, selenium and zinc, LaVita contains all the relevant micronutrients that support the normal functioning of the immune system.

Imprint

Publisher:
LaVita GmbH, Ziegelfeldstr. 10, 84036 Kumhausen

Note: The texts in this e-book are based on current nutritional science principles. The publisher and its agents accept no liability for personal injury, property damage or financial loss. Reproduction is only permitted with the publisher's consent. Use or distribution by unauthorised third parties in any printed, audiovisual, acoustic or other media is prohibited.