



BALANCE 2020 Pioppi diet

Book written by Aseem Malhotra & Donal O Neil buy on Amazon

<https://app.pioppiprotocol.com/>

Overview

- **Starches are out. Eliminate all added sugar and refined carbohydrates, like rice, bread, pasta, and potatoes. You can't cheat with a natural sweetener like honey either. It's banned.**
- **Fruits and vegetables are in. Each day, you should aim to get five to seven servings of fruit and vegetables, with at least five of those coming from low-sugar fruit.**
- **Aim for weekly fish and egg quotas, too. Oily fish like salmon and sardines should be on your plate at least three times each week, and find a way to eat at least 10 eggs weekly, too.**
- **Olive oil remains. Olive oil is a key cornerstone of the Pioppi diet. You should aim for two to four tablespoons of the pressed**

oil each day. Unlike the Mediterranean diet, the Pioppi diet encourages you to eat coconut oil, something the Pioppi people don't do.

- **Treat yourself.** You can also indulge a bit with a glass of wine each day, and you can have up to 30 grams of dark chocolate, too.
- **Fasting weekly.** Once a week, fast for 24 hours. The authors recommend starting after dinner, then skipping breakfast and lunch while only drinking fluids the next day.
- **Get moving. Sleeping plenty.** The Pioppi diet writers encourage at least seven hours of sleep each night.
- **Relaxing more.** You should also adopt breathing or meditation exercises each day, and spend more time with your friends and family.

From starting each day with a tablespoon of apple cider vinegar to eating eggs for breakfast: This 7-day Pioppi diet plan will EXTEND your life by 10 years

Monday

No breakfast: Only coffee with coconut cream

Brunch: Two or three-egg mushroom omelette. Coffee with coconut cream

Afternoon snack: Tinned oysters; full-fat Greek yoghurt with berries; a handful of nuts and cinnamon

Dinner: Picanha steak (a superb Brazilian cut) served with creamed spinach and avocado side salad; two squares of dark chocolate (95 per cent cocoa solids); a cup of Earl Grey tea

Tuesday

No breakfast: Only coffee with coconut cream

Brunch: Halloumi and fried tomato; vegetable soup made using chicken bone broth; a small portion of oily fish (anchovies, sardines, pilchards); coffee with coconut cream

Dinner: Grilled salmon fillet with vegetables and sauerkraut; two squares of dark chocolate (95 per cent cocoa solids), a cup of Earl Grey tea

Wednesday

No breakfast: Only coffee with coconut cream

Brunch: Full-fat Greek yoghurt mixed with coconut cream and berries with a handful of nuts, a sprinkle of cinnamon and a pinch of turmeric; coffee with coconut cream

Afternoon snack: Bacon nut-butter sliders – crispy, grilled bacon strips, topped generously with almond butter and a sprinkle of raw cacao

Dinner: Grilled lamb chops with lots of mixed vegetables and a side salad; two squares of dark chocolate (95 per cent cocoa solids), a cup of Earl Grey tea

Thursday

Breakfast: Two or three eggs any style, with smoked salmon and avocado; coffee with coconut cream

Brunch: Smoothie with kefir and/or coconut milk, berries, a handful of nuts, some avocado; a tablespoon of coconut oil, a sprinkle of ground cinnamon, turmeric and fresh mint

Dinner: Chicken bone broth to start, with one tablespoon of extra virgin olive oil and salt to taste, followed by fresh pan-fried hake and vegetables; cacao nut bombs (raw cacao, cinnamon, coconut oil, cream and nuts heated, blended and frozen into bite-size pieces); a cup of Earl Grey tea

Friday

Breakfast: Bacon and two or three eggs, any style, with avocado (optional); coffee with coconut cream

Brunch: Fish soup (made using chicken broth)

Dinner: Low-carb pizza; cacao nut bombs; a cup of Earl Grey tea

Saturday

Breakfast: Nut-butter omelette; berries and full-fat Greek yoghurt; coffee with coconut cream

Brunch: Greek-style salad

Dinner: Roast chicken with sweet potato and mixed vegetables; cacao nut bombs, a cup of Earl Grey tea

Sunday

Breakfast: Smoked salmon with three scrambled eggs on very high-quality sourdough (the only bread I eat, thanks to the fermentation process and taste), avocado and crème fraiche; coffee with coconut cream

Brunch: Smoothie, as before

Dinner: Baked trout with mixed vegetables; berries, nuts and cream