

Considerations for following the NFI protocol



- ✓ You MUST consume at least a small amount of each ingredient listed. For example, one tablespoon of avocado, three pieces of orange, and so on is enough.
- ✓ Maintain a set order of meals (you must not confuse dinner with lunch or day 2 for day 5), never leave anything out or add anything.
- ✓ If foods such as bell peppers or apples have a colour indicated, please consume this food only in the prescribed colour.
- ✓ There are no calorie restrictions when eating according to the NFI protocol, and if you feel hungry, you can have more snacks or larger portions of main meals. It is possible to consume main meals (lunch or dinner) up to 2 times, but no more than two hours must pass between the first and last bite. If you have your first light dinner at 5:00 p.m. and then go to work out for an hour, it's okay to have dinner at 6:45 p.m. as well.
If you know when preparing a meal that it will be a large portion for you, it is okay if you reduce its size.
- ✓ You can adjust the process of preparing meals and the method of their heat treatment to your liking, it is important to always use all the ingredients listed. For example, you don't have to fill the eggplant, feel free to cut it into cubes.
- ✓ Oils, use in minimal quantities during preparation, ideally not at all. Do not use olive oil if you must, only canola or coconut.
Caramelising the onions without oil: Heat a pot with a metal bottom over medium heat. Test the correct temperature by dropping a large drop of water into the pot every 5-8 seconds. At first, the water forms small bubbles until it begins to bubble violently and forms steam. Then, all of a sudden, it starts splashing and starts circulating around the pan like little balls of mercury. The correct temperature of the pot is when one large circulating ball and only a few small ones are formed. If a large ball breaks up into a number of small balls, the pan is too hot and needs to be cooled.
When the pot has reached the right temperature, wipe the test ball of water with a napkin, as caramelisation will not occur in a humid environment. Add the chopped onion and mix well. A desirable brownish coating will begin to form at the bottom of the pot. Stir until desired coloration is achieved. At this point, add garlic if it is part of the recipe. Stir for just a few seconds and immediately add boiling water or vegetable broth in the amount as if you were roasting only on water. Continue stirring until the bulb is glassy.
- ✓ Use salt, black pepper, vegetable broth, wild garlic, coriander, oregano, vegetable broth to flavour dishes. Do not use bay leaf, turmeric and chili powder.
- ✓ Do not drink coffee and alcoholic beverages while following the protocol. If you really can't give up coffee, please ask us by e-mail so that we can add coffee to your specific NFI protocol. With each new NFI protocol, the days on which you can drink coffee should also be reconsidered.
- ✓ With this 3-day protocol, you can drink sugar-free fruit tea every night if you want. We recommend red teas – forest fruits, strawberry, raspberry. In no case do not use apple pie with cinnamon.

Day 1

Drink at least 2 litres of water throughout the day.

-----Breakfast-----

Oatmeal (or low-sugar cereals)
1 tbsp chia seeds
1 tbsp flax seeds
Soya drink (UNSWEATEN - unsweetened)



----- Snack (1.5 hours and longer after breakfast)-----

A handful of raspberries (10-12 pcs.)
200 ml of water and more (between snack and lunch)



----- Lunch (1.5 hours and longer than 10 p.m.)-----

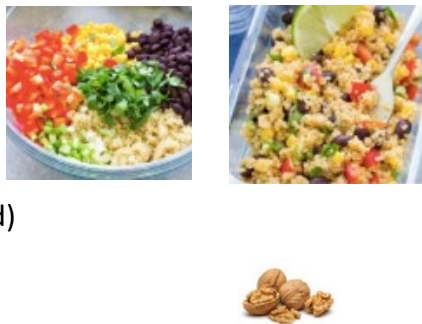
Tomato soup with wholemeal bun

You can find the recipe on our website.
A whole grain bun is optional.



Quinoa salad

Quinoa
Vegetable broth (optional)
Fresh tomatoes
Spring onion
Avocado
1 tbsp corn (frozen or canned)
Red kidney beans
Salt (*optional*)
A handful of walnuts
Apple cider vinegar or fresh lime juice (optional)



Method: Boil quinoa in vegetable broth and let it cool. In a larger container, combine the chopped tomatoes, red beans, corn, spring onions, and avocado pieces. Add a handful of walnuts and season with salt. Drizzle with apple cider vinegar or lime juice if desired.

----- Afternoon snack (1.5 hours and longer after lunch)-----

One red apple



----- Dinner (1.5 hours and longer for an afternoon snack)-----

Mixed sautéed vegetables with salad

Brussels sprouts (kale leaves)
1 sweet potato (sweet potato)
1 potato
1 carrot
Red onion
Broccoli
Red and yellow bell pepper
Garlic (cut into strips)
Salt and black pepper to taste



Method: Mix all of the above ingredients together and you can prepare them either on a wok (with a lid) or sauté in the oven. Do not use oil under any circumstances, instead baste with water or vegetable broth.

Note: if you can't get Brussels sprouts, you can also use kale.

Salad

Light and dark lettuce leaves, spring onions, cucumber, a couple of walnuts
Salt, black pepper, lemon

Over dinner:

A handful of raspberries (10-12 pcs) and one orange.



Day 2

Drink at least 2 litres of water throughout the day.

-----Breakfast-----

Oatmeal (or low-sugar cereals)
1 tbsp chia seeds
1 tbsp flax seeds
Soya drink (UNSWEATEN - unsweetened)



----- Snack (1.5 hours and longer after breakfast)-----

Strips of green bell pepper



----- Lunch (1.5 hours and longer than 10 p.m.)-----

Black beans with tomato sauce

Black beans (even canned)
Onion
Garlic
Tomatoes (can also be sliced canned)
Salt, black pepper, vegetable broth (optional)
1/4 tsp canola oil (optional)
Brown rice (max 80g raw)
50 – 60 g broccoli
50 – 60 g cauliflower



Method: Boil black beans (if using dry). Fry the onion and garlic in a small amount of canola oil (ideally without). Add the sliced tomatoes, black beans, salt and black pepper. Boil.

Serve with cooked brown rice, broccoli, and cauliflower.

Tip: You can mix finely chopped broccoli and cauliflower directly with black beans with tomatoes.

Note: you can buy black beans in health food stores, or via the Internet. If you don't get it, substitute with canned red beans.



Drink one glass of warm water with lemon if desired.

----- Afternoon snack (1.5 hours and longer after lunch)-----

One red apple



----- Dinner (1.5 hours and longer for an afternoon snack)-----

Vegetable soup

Yellow onion
Carrot
Buckwheat
Potato
1/4 tsp canola oil (optional)
Seasoning is optional, e.g. vegetable broth, salt, black pepper



Method: Caramelize the onion. Fry carrots, add potatoes and buckwheat. Season. Cook until the potatoes are tender. Buckwheat will also run out in a set aside soup (20-

Salad with avocado

1/2 avocado
Dark green lettuce leaves
Salad cucumber
Spring onion
Green bell pepper
Fresh spinach
2 walnuts
Lemon juice (optional)



Method: Mix the avocado pieces, dark green lettuce leaves, lettuce cucumber, spring onion, bell pepper strips, fresh spinach and sprinkle with walnuts. Drizzle with lemon juice if desired.

Note: Dark green lettuce leaves are those with red to purple tips.

If you wish, you can drink one glass of warm water with lemon.



Day 3

Drink at least 2 litres of water throughout the day.

----- Throughout the day -----

If you want, you can drink warm water with a squeeze of lemon at any time during this day.

----- Breakfast -----

Oatmeal (or low-sugar cereals)

1 tbsp chia seeds

1 tbsp flax seeds

Soya drink (UNWEATEN – unsweetened)



If you wish, you can drink a glass of warm water with lemon.

----- Snack (1.5 hours and longer after breakfast) -----

Strips of green and yellow bell peppers

At least one glass of warm water with a squeeze of lemon



----- Lunch (1.5 hours and longer than 10 p.m.) -----

Hummus with bell peppers

Hummus of any flavour

Strips of yellow bell pepper

Strips of green bell pepper

Pastry (must not be made of white flour) (optional)

The pastry is only optional, feel free to skip it and have more strips of yellow and green bellpeppers.



About 150 g cooked broccoli (ideally over steam)



----- Afternoon snack (1.5 hours and longer after lunch) -----

A handful of blueberries

and if you have, a handful of red currants (optional)



----- Dinner (1.5 hours and longer for an afternoon snack) -----

Eggplant with chickpeas and brown rice

Eggplant

Red bell pepper

Chickpeas (also from a can - Chick peas)

Parsley

Salt and black pepper

Dried herbs (optional)

Lemon juice (optional)



Brown rice

Max. 250g sweet potatoes (sweet potatoes)



A handful of raspberries (10-12 pcs)



Method: Cut the eggplant and red bell pepper into cubes, salt, pepper and fry in the oven (cover with water or vegetable broth – not oil). Alternatively, fry in a wok. Add boiled chickpeas towards the end. Mix the mixture with fresh parsley and you can drizzle with lemon.

Serve with brown rice and sweet potatoes (you can bake them in the oven, but drizzle them with vegetable broth, do not use oil in any case).

Tip: You can also cut the sweet potatoes into cubes and add them to the eggplant-chickpea mixture.

If you are still hungry, eat strips of green and yellow bell peppers.

