

4 WEEK PLAN FOR **HEALTHY & SUSTAINABLE LIFESTYLE**



**Funded by
the European Union**

WELCOME TO OUR PROJECT



ELVIS BINDERS-ČODERS

INTERNATIONAL PROJECT MANAGER OF
VENTSPILS VOCATIONAL TECHNICAL SCHOOL

We are Vocational Education and Training centre "Ventspils tehnikums" located in northwestern Latvia in the historical Courland region. Aside of providing our youth with formal education and technical skills in our every day work, we focus also on life skills, on personal growth, on well-being of our students and staff.

Example of this is our Erasmus+ project "Plant-Based Nutrition and Sports: Is That a Key for Sustainable Future and Well-Being?" which focus on life skills from three perspectives: personal, social, and environmental. The project which was implemented together with Sports Institute of Barcelona (Spain) and Alfa-college (Netherlands) emphasizes the impact of our everyday choices, such as diet and physical activity, in enhancing mental and physical health. It promotes equality, and addresses climate issues.

We are proud of our non-stigmatized approach to tackle stigmatized topics like mental health, plant-based nutrition and climate issues. We are proud of our team, and its success in changing behaviours and mindsets of our students through their active involvement.

This award* is a recognition of our work – it highlights our team work and dedication. Also it helps us to raise awareness about topics we truly believe are globally important and reflect human values.

Having a growth mindset or in other words a will to change for better – is a journey of self-discovery for a better future. By making conscious choices about our diet, physical activity, and overall lifestyle, we can positively impact not only our health and personal well-being but also the well-being of others, including our planet.

* EUROPEAN INNOVATIVE TEACHING AWARD 2024 RECEIVER

BACKGROUND

COVID-19 affected the health of society, including the new generation, both directly and indirectly. The indirect effects, due to various restrictions on contact and remote learning, were associated with less physical activity and generally with a more unhealthy lifestyle. The project raises awareness of human needs at individual level and links it very directly with processes that are of global importance. The main objectives of the project are three: encouraging young people to socialize and do sports more; educate young people and educators on nutrition (with a focus on plant-based nutrition), the importance of physical and mental health; introduction of sustainable and eco-friendly lifestyles.

OBJECTIVES

In our project, we had two main goals. First off, we wanted to get young people interested in taking care of themselves better. That meant teaching them about sports, healthy eating, and being environmentally friendly. We believed that by doing this, we could help them lead healthier and more informed lives.

The second goal was to bring people together. We used sports and eco-friendly activities to create a sense of unity among diverse communities. By doing activities that are good for both people and the environment, we aimed to build connections and shared responsibility.

To sum it up, our project aimed to help young people live healthier lives by teaching them about sports and good habits, and at the same time, foster a sense of togetherness through activities that benefit both people and the environment.

IMPLEMENTATION

The project had two main parts: Management and Implementation. In the Management part, there were organizational activities implemented, like the project kick-off and team meetings. Also project updates and results were disseminated through partner webpages and press releases.

On the other hand, the Implementation work package had two work directions: theory and practice. For the theory part, a conference was organized and a handbook was created to introduce target groups about the project topics. We also did a survey to see how interested people were and how much they learned.

For the practical side of Implementation, the project did things that directly involved young people. This included workshops and mobilities to other countries where participants engaged in various sports activities and included plant-based diets in their menus. These activities were meant to put into practice what the project was all about and give tangible benefits to the participants. Overall, the project aimed to balance theory and hands-on experiences to make sure the project had a meaningful impact.

The project, spanning May 1, 2022, to October 31, 2023, included 14 management and 9 implementation activities. Management involved technical/admin functions, like Project Team Meetings and Web page updates. Implementation covered practical and theoretical aspects, including learning, networking, and experience-sharing mobilities.

Management Activities (Results: 14/14): WEB PAGE UPDATES (3): Partners published content to raise awareness about the project. PROJECT KICK-OFF (1): Held in Ventspils gathered 6 participants. PROJECT TEAM MEETINGS (5): Conducted online. PRESS RELEASES (5).

Implementation Activities (Results: 9/9): SEMINAR/CONFERENCE (1): Held on October 5th in Ventspils with 500 live attendees and 100,000 online viewers. MOBILITIES (3): Organized in October 2022 (Latvia), April 2023 (Spain), and October 2023 (Netherlands). WORKSHOPS (2): Organized during mobilities in Spain and Netherlands. DIGITAL HANDBOOK (1): Developed a 4-week nutrition and sports plan, distributed to partner organization students and teachers. SURVEYS (2): Two surveys conducted at the beginning and end of the project.

WATCH VIDEO HERE:



MORE INFORMATION ABOUT PROJECT HERE:



WATCH VIDEO FROM CONFERENCE HERE:



PROJECT PARTNERS:



Ventspils Vocational Technical school



Institut d'Ensenyaments Esportius de Barcelona



Stichting Christelijk Regionaal Opleidingen Centrum Noord- en Oost Nederland

MEALS

BREAKFAST. OAT PORRIDGE WITH CARAMELIZED BANANAS



INGREDIENTS

100 g of whole grain oatmeal
400 ml plant milk of your choice
1 tbsp. of coconut oil
2 tbsp. of maple syrup
2 bananas
2 tbsp. of almond butter
Blueberries

PREPARATION

Boil milk in a pot.
Add oatmeal. Cook on low heat for 15 min.
Leave to swell under the lid.
Heat the pan, melt the coconut oil.
Fry bananas cut lengthwise, pour syrup over them and let them caramelize. When one side is ready, turn the bananas to the other side.
Porridge is served with caramelized bananas, almond butter and blueberries.

LUNCH. BEET GRUBOTTO



INGREDIENTS (2 PORTIONS)

400 g of fresh, peeled beets
120 g of pearl groats
1 onion
½ tsp. of thyme
½ tsp. of rosemary
1 tsp. of Santa Maria Pizza Spices
500 ml üdens (+ 200 ml + 100 ml)

PREPARATION

Grate the beets on a fine grater. Chop the onion.
On a pan, fry the onion in oil until it remains transparent. Then add the grated beets and fry for another few minutes.
Meanwhile, grind all the spices in a pestle. You can skip this step, but it will make the food more enjoyable.
Add the groats and spices rinsed in cold water, mix.
Pour 500 ml of water, cover and let it simmer on medium heat. After that, simmer until the groats are ready, and if necessary, add additional water to prevent the groats from burning: 200 ml after ~ 15 min and 100 ml after another 5 min. At the end, let it simmer for another ~ 5 min.
Remove from heat, leave to infuse for another 5-10 minutes. Serve.

DINNER. CRISPY TOFU



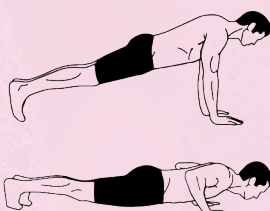
INGREDIENTS (2 PORTIONS)

180 g of tofu
(regular or with flavor of your choice)
1-1½ tbsp. of oil

PREPARATION

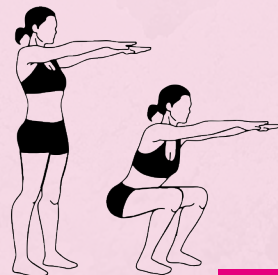
Dry the tofu by wrapping it in a paper towel or a clean kitchen towel and gently squeezing it in your hands.
Tear the tofu into pieces - first in half, then each side in half again and so 2-3 more times, until you get pieces of tofu about 1-2 cm in size.
Heat 1 tbsp of oil in a pan. and add the tofu pieces. Bake ~ 5 min, stirring occasionally, until the pieces are golden brown on all sides. If necessary, add another ½ tbsp. of oil.
When the tofu pieces have become golden, remove the pan from the stove and add the soy sauce. Stir continuously until the sauce is absorbed. The crispy tofu is ready! Served with optional side dishes such as fries and salad.

EXERCISES



2 x 10

Arms in width of shoulders.
Keep body tight and straight.



2 x 10

Feet in width of shoulders or a little wider.
When doing a squat, knees move in the same
in the direction as fingertips.



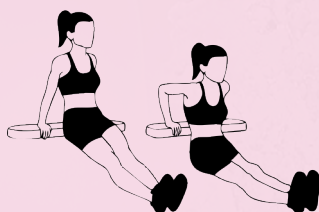
2 x 30s

Keep the body straight and
in one level.



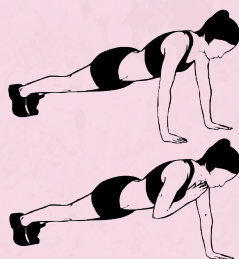
2 x 10

The weight should be put through heels,
when in top hold for 1 second.



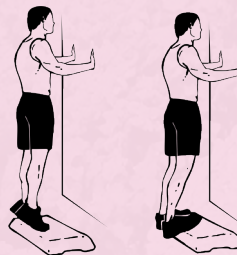
2 x 10

Controlled movement.



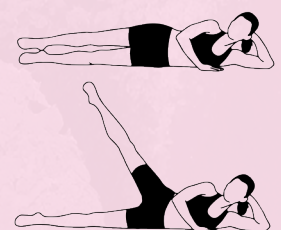
2 x 10 each arm

Hold the body tight and in one level.
Legs in width of shoulders or a little wider.
Do not move hips.



2 x 10

Full amplitude,
controlled movement.



2 x 10

Upper legs fingertips pointed inwards.
Movement is slow and controlled.

DAY 2

MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. DAIRY FREE PANCAKE



INGREDIENTS

150 g of tofu
1 ripe banana
1 tsp. sugar
½ tsp. lemon juice
A pinch of salt
A little flour for coating
Oil for frying

PREPARATION

Finely grate the tofu.
Mash the banana with a fork and mix the two masses together.
Add sugar, lemon juice, salt and mix everything thoroughly until a homogeneous consistency.
The mass should not stick to your fingers.
Make pancakes from the mass in the palm of your hand and coat them in flour on both sides.
Fry in heated oil on low heat.
Serve with jam or berries.

LUNCH. WOK WITH TOFU



INGREDIENTS

70 g of rice noodles
½ onion
½ broccoli
2 garlic cloves
½ bell pepper
150 g of tofu
1 carrot
Half a jar of wok sauce of your choice

PREPARATION

Cut the vegetables and tofu into pieces.
Fry everything in a wok over high heat until the vegetables are soft, stirring constantly.
When the vegetables are soft and the tofu is fried, add the sauce and cook a little more until the sauce is caramelized.

DINNER. FRIED ONION SOUP



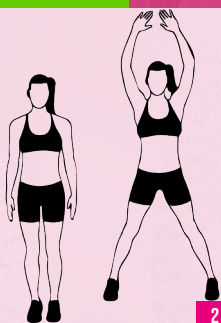
INGREDIENTS (4 PORTIONS)

1 kg of onions
200 ml of dry white wine
10 thyme sprigs
2 tbsp. brown sugar
1.2 l of vegetable bouillon

PREPARATION

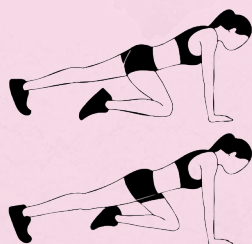
Cut the onions into the thinnest slices possible.
Put the onions in a baking dish, add a little olive oil, a pinch of salt, a pinch of black pepper and brown sugar. Mix well.
Cover the baking dish with foil and place in the oven at 220 °C for ~ 20 min.
Remove the foil and continue baking for another 10 min.
Add thyme and continue to cook, stirring occasionally, for another 20 minutes.
Add white wine and continue to cook, stirring occasionally, for another 3 minutes.
Add the onions to the pot, add the bouillon and cook for 10 minutes on low heat. Add salt to taste. Can be served with toast or toast.

EXERCISES



Jumps in one rhythm.
Legs and arms move at the same time.

2 x 20s



In the plank position,
pull up the knees (switching sides).

2 x 20s



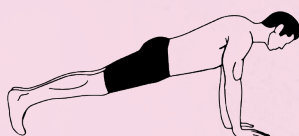
While lying down,
touch the opposite knee (switching sides)
with the elbow.

2 x 15s



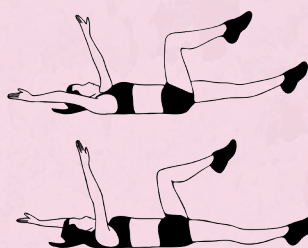
The legs are lifted from the ground.
Rotation with the arms from one side
to the other.

2 x 20s



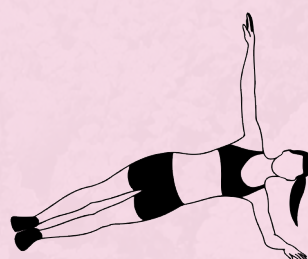
Plank with straight elbows.
Feet together.

3 x 30s



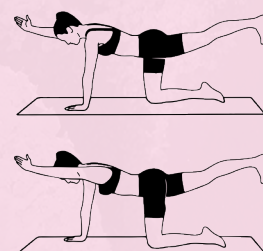
Lying on your back. Hip and knee bent 90°,
opposite arm up. Lower the opposite arm and leg
to the ground and switch sides.

2 x 5 each side



The support elbow is positioned under the
shoulder. The other arm should be straight up and
the hip should be kept in line with the body.

2 x 20s



Starting position on all fours. We straighten the
opposite arm and leg. We fix this position for a
second and then lower it back.

2 x 5 each side



Funded by
the European Union



MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. NON-TUNA SALAD



INGREDIENTS

400 g of Turkish peas	1 tbsp. mustard
Some scallions	1 tsp. lemon juice
5 pcs. small pickled cucumber	Salt and pepper
2 tbsp. vegetable mayonnaise	½ stalk of celery

PREPARATION

Mash the Turkish peas in a bowl to a puree consistency.

Add finely chopped celery and pickled cucumbers, onions, mayonnaise, mustard and lemon juice. Add salt and pepper to taste.

Mix everything well and it's ready!

LUNCH. "GRIKOTTO"



INGREDIENTS (6 PORTIONS)

1 onion	1½ l of water
3 cloves of garlic	400 g of buckwheat
1 paprika	1 tsp. curry
2 carrots	2 garlic cloves
½ medium cauliflower	150 g of tofu
2 cubes of vegetable bouillon	A little oil for frying
150-200 g of canned sweet corn	
1 small kohlrabi or other root vegetable	
Salt, pepper and other spices of your choice	
A can of green peas or your favorite beans	
Half a jar of wok sauce of your choice	

PREPARATION

In a pan, fry finely chopped onion, garlic and paprika in a small amount of oil.

Add finely chopped carrots, cauliflower and kohlrabi (or other vegetable of your choice). Add a little water to prevent the vegetables from burning, put the lid on and let it simmer until the vegetables are soft (~ 20 min), stirring occasionally.

Meanwhile, heat 1.5 l of water in a large pot and dissolve the vegetable bouillon cubes in it.

Add buckwheat to the pot and cook until the buckwheat is ready. Stir from time to time, being careful not to burn the buckwheat to the bottom of the pot. If it seems that the water is not enough, you can add a little more.

When the buckwheat is swollen, add curry and other spices, if used. Simmered vegetables, sweet corn and green peas/beans are also added. Mix well. Then put the lid on and let all the flavors infuse for 5-10 minutes on low heat.

Serve immediately or store in a sealed container in the refrigerator for a delicious meal over the next few days.

DINNER. MAC'N'CHEESE



INGREDIENTS

½ garlic powder	½ onion
Half a cup of cashews	1 carrot
2 tbsp. yeast flakes	2 potatoes
Pasta for serving	
½ tsp. onion powder (optional)	
1 tsp. salt and ½ tsp. black pepper	

PREPARATION

Cut the peeled potatoes into small pieces and boil for 2 min.

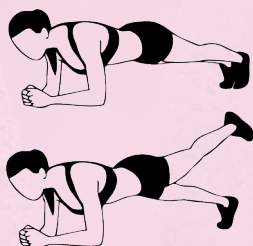
Add the carrot cut into pieces and cook for another 5 minutes, then add the chopped onion.

Cook for another ~ 7 min until all the vegetables are soft.

Boil the pasta of your choice in a separate pot and in the meantime blend the cooked vegetables with one and a half cups of liquid (from cooking the vegetables), half a cup of cashews, spices and yeast flakes.

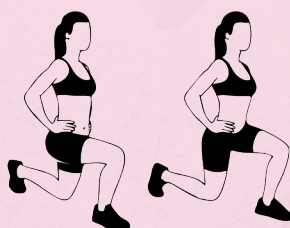
Pour over the prepared pasta with the blended mass and mix thoroughly.

EXERCISES



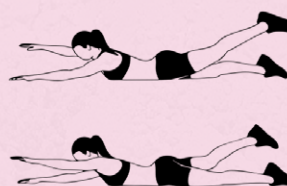
2 x 5 each leg

Plank position with legs raised (switching legs). When raising the leg, it should be fixed for a second. Then lower in a controlled manner.



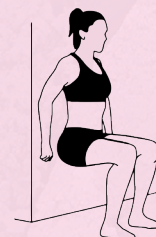
2 x 5 each leg

Back lunge. Controlled backward step, as soon as the knee minimally touches the ground, rise back to the starting position.



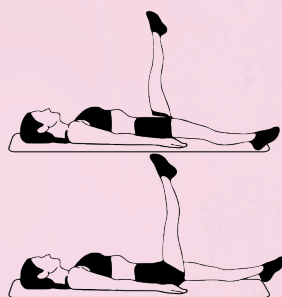
2 x 10 each side

Lying on your stomach. Lift the opposite arm and leg, fix it for a second, lower it. The head remains on the ground.



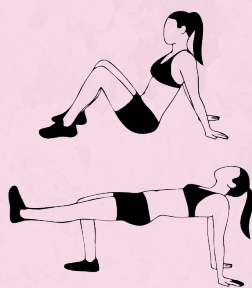
2 x 30s

Lean against the wall. 90° angle in hip and knee joints. Hands on hips or straight in front.



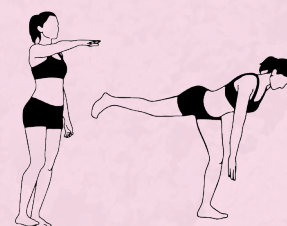
2 x 5 each leg

Lying on your back. In the starting position, both legs are straight up. One leg is lowered in a controlled manner, minimally touching the ground with the heel, lift the leg back. Switch legs.



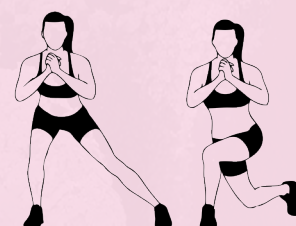
2 x 5 each leg

Raise the hip on one leg, the other leg remains straight. Hold at the top for 1 second, then slowly lower. Switch legs.



2 x 5 each leg

Landing on one leg. Try to touch the ground with hands. The back should be kept straight throughout the movement.



2 x 5 each side

Lateral lunge.



Funded by
the European Union



MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. SMOOTHIE "GREEN MELON"



INGREDIENTS (2 PORTIONS)

200 g of melon pulp
1 kiwi
1 banana
A handful of spinach leaves
100 ml of water

PREPARATION

Cut the melon, kiwi and banana into cubes. Before making the smoothie, the cut fruit can be put in the freezer for 4 hours. If there is no time for this, fresh fruit can also be used.
Place the cut fruit in a blender jar.
Add a handful of spinach and water to the fruit in the jar.
Blend for 30-60 seconds.
Pour the smoothie into glasses and serve.

LUNCH. COTTAGE PIE WITH MUSHROOMS AND TOFU



INGREDIENTS (2 PORTIONS)

1 kg of floury potatoes
120 g vegetable mayonnaise
150 ml plant milk
Salt
50 ml of frying oil
2 medium onions
2 medium carrots
3 stalks of celery
150 g of frozen peas
1 tbsp. dried herbs
Salt, pepper
200 g of champignons
150 g of tofu
1 tbsp. flour
1 tbsp. tomato paste
1 cube of mushroom bouillon

PREPARATION

Peel the potatoes, cut them into pieces of the same size, boil them in salted water until they are completely soft. Rub through a sieve, mix with mayonnaise and milk. Add salt to taste.
Chop onions, carrots and celery into small pieces, grate champignons. Simmer vegetables in a hot pan with oil for 6-8 minutes, add champignons, crushed tofu, simmer for another 3 minutes. Add spices, tomato paste and flour. Stir-fry for another 1-2 minutes, add about 150 ml of water or mushroom bouillon dissolved in vegetable milk.
Put everything in a baking dish. Cover with mashed potatoes. Bake at 180 °C for ~30 min until a golden crust forms.

DINNER. OVEN BAKED VEGETABLES WITH LEGUMES



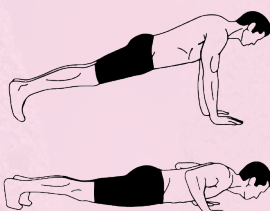
INGREDIENTS

Baking pumpkin
Carrots
Sweet potato
Beet
Lentils
Turkish peas
Spices of choice
Olive oil

PREPARATION

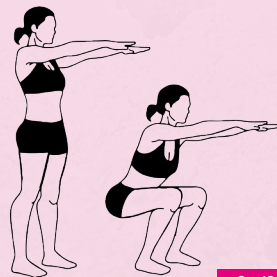
Peel the vegetables, cut into pieces.
Heat the oven. Pour olive oil on a plate or baking dish.
Beets are the first to be fried on a plate or in a baking dish, because they take the longest time to cook. When the beetroot is partially cooked, add the rest of the vegetables, the selected spices and olive oil. Bake until the vegetables are soft. If you want the beet to be crispy, you can fry it with all the vegetables together.
While the vegetables are baking, boil the lentils and peas. Ready-made peas and lentils can be used, or other legumes found at home can be used.
When the vegetables are almost ready, add the ready-made legumes and bake everything in the oven a little more.

EXERCISES



2 x 10

Arms in width of shoulders.
Keep body tight and straight.



2 x 10

Feet in width of shoulders or a little wider.
When doing a squat, knees move in the same
in the direction as fingertips.



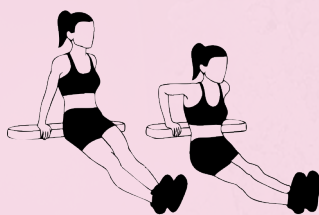
2 x 30s

Keep the body straight and
in one level.



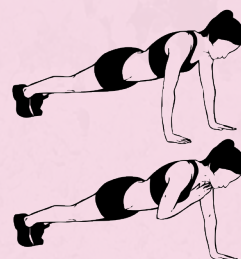
2 x 10

The weight should be put through heels,
when in top hold for 1 second.



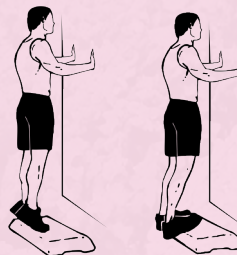
2 x 10

Controlled movement.



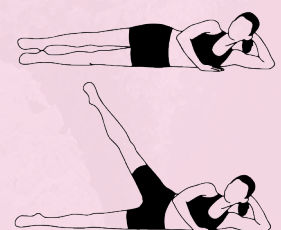
2 x 10 each arm

Hold the body tight and in one level.
Legs in width of shoulders or a little wider.
Do not move hips.



2 x 10

Full amplitude,
controlled movement.



2 x 10

Upper legs fingertips pointed inwards.
Movement is slow and controlled.

MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. SCRAMBLED TOFU WITH VEGETABLES



INGREDIENTS

300 g of tofu
1-2 tbsp. olive oils
¼ red onion
½ red bell pepper
2 cups chopped kale or spinach
½ tsp. salt
½ tsp. garlic powder

PREPARATION

Cut the pepper, onion and kale.
Pour oil on a hot pan, put onion and pepper in it. Add salt and pepper. Cook until the onion becomes transparent (~ 5 min).
Meanwhile, prepare the sauce by adding the spices to the water.
Add kale, a little more salt and pepper to the pan, cover and cook for another 2 minutes.
Meanwhile, mash the tofu with a fork. Spread the vegetables on one side of the pan and put the tofu on the other.
Fry for 2 minutes, then add the sauce, pouring it over the tofu. Mix everything. Cook for another 5-7 minutes until the tofu is browned.
Serve hot with fresh herbs and bread.

LUNCH. LIGHT TOMATO CURRY WITH TURKISH PEAS



INGREDIENTS

400 g of tomato puree
250 g of Turkish peas
150 g of coconut milk
1 onion
2 cloves of garlic
Fresh coriander
Curry

PREPARATION

Fry finely chopped onion and garlic cloves in a pan, add tomato puree, several spoons of curry and a little fresh coriander.
After a while, add the Turkish peas and coconut milk.
Served with rice and avocado.

DINNER. DOUBLE PROTEIN BOLOGNA SAUCE



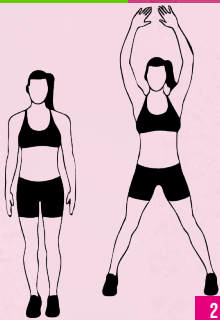
INGREDIENTS (2 PORTIONS)

400 g canned beans
200 g of spaghetti pasta
30 g of soy or pea pellets
1 onion
3 tbsp. tomato paste
1 bouillon cube
1 tsp. of balsamic vinegar
Oil for frying
Add spices or other vegetables of your choice

PREPARATION

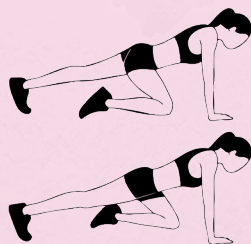
Chop onions and other vegetables.
Boil water in a pot - a little more than the pasta needs, so that part can be used later in cooking. Boil the pasta.
Pour oil into the pan and fry the onion until translucent. If other vegetables are used, they should also be fried immediately.
Add soy (or pea) pellets, fry on medium heat, stirring often so that the soy does not burn (~ 3-5 min).
Add a bouillon cube, kneading it in with your fingers, and other seasonings to taste.
When the granules are fried golden, turn the heat down very low and add tomato paste and 1 glass of water from the pasta pot. Stir and add another glass of pasta water and balsamic vinegar.
Add the beans to the sauce (drain the liquid first) and leave on low heat while the pasta cooks.
When the pasta is ready, drain it and add it to the sauce in the pan. Mix carefully and the meal is ready!

EXERCISES



Jumps in one rhythm.
Legs and arms move at the same time.

2 x 20s



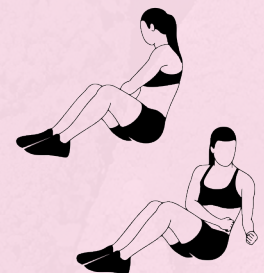
In the plank position,
pull up the knees (switching sides).

2 x 20s



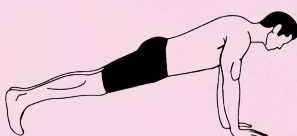
While lying down,
touch the opposite knee (switching sides)
with the elbow.

2 x 15s



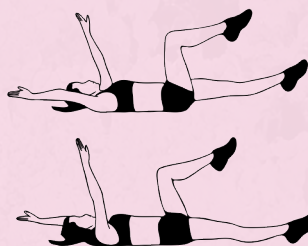
The legs are lifted from the ground.
Rotation with the arms from one side
to the other.

2 x 20s



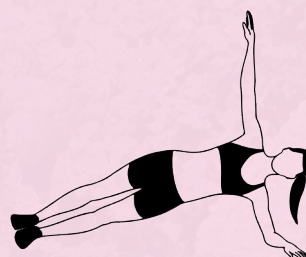
Plank with straight elbows.
Feet together.

3 x 30s



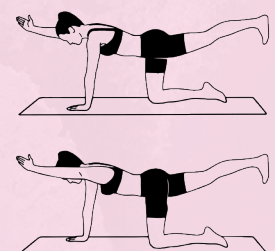
Lying on your back. Hip and knee bent 90°,
opposite arm up. Lower the opposite arm and leg
to the ground and switch sides.

2 x 5 each side



The support elbow is positioned under the
shoulder. The other arm should be straight up and
the hip should be kept in line with the body.

2 x 20s



Starting position on all fours. We straighten the
opposite arm and leg. We fix this position for a
second and then lower it back.

2 x 5 each side

MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. TEMPTING WAFFLES



INGREDIENTS (2 PORTIONS)

2 cups of vegetable milk
1 tbsp. apple cider vinegar
2 cups wheat flour
1 tbsp. baking powder
1 tsp. cinnamon
¼ tsp. salt (optional)
¼ cup applesauce
3 tbsp. maple syrup or other sweetener
2 tsp. vanilla extract (optional)

PREPARATION

Mix plant milk with apple cider vinegar and set aside.
Mix the dry ingredients in a bowl: flour, baking powder, cinnamon and salt. Mix well.
Apple puree, maple syrup and vanilla extract are added to the vegetable milk and apple vinegar mixture, mix.
Add the wet ingredients to the dry ingredients and mix well.
Grease the waffle pan, if necessary, and bake the waffles according to the instructions for the waffle pan.
Serve with berries, fruit, jam, vegetable cream or nut butter.
Can be stored in a sealed container in the refrigerator for up to 5 days.

LUNCH. VEGETABLE AND BEAN STEW



INGREDIENTS (4 PORTIONS)

500 g of potatoes
400 g of a mixture of four types of beans
2 carrots
1 turnip
1 onion
1 clove of garlic
Salt (to taste)
Oil for frying
Black pepper (to taste)
Spices (to taste)

PREPARATION

Clean the vegetables and cut them into large equal pieces.
Fry carrots and onions in oil on moderate heat. Add potatoes and garlic, continue to simmer.
If necessary, add a little water, but just enough so that it does not burn.
It is best to simmer in a pot with a lid. Simmer for 15 minutes, then add the turnip and continue to simmer for another 10 minutes.
At the end, add beans, salt and pepper to taste.
Serve warm, preferably with fresh herbs and, for example, plant-based yoghurt without additives.

DINNER. GRAY PEAS FALAFEL



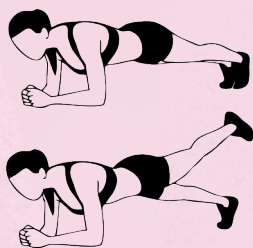
INGREDIENTS (2-4 PORTIONS)

400 g of boiled gray peas
350 g of onions
2 tbsp. cumin
40 g of wheat flour
300 ml of refined rapeseed oil
200 ml of vegetable yoghurt for serving (optional)

PREPARATION

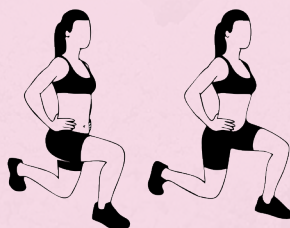
Onions are cut into fine cubes and fried on a pan until they are brown.
Grind the gray peas in a meat grinder, food processor or press with a fork.
Add fried onions, cumin and flour to the gray pea mass.
Add salt and pepper to taste. Knead everything thoroughly and make balls weighing 20 g.
Heat the rapeseed oil in a saucepan to a temperature of 190 °C.
Fry the balls in the oil one by one until they are fried brown and crispy. Dry in a kitchen towel.
Before serving, the balls can be heated in the oven at 180 °C for 5 min.

EXERCISES



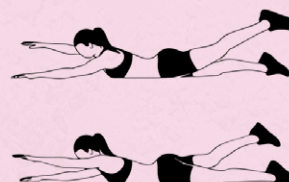
2 x 5 each leg

Plank position with legs raised (switching legs). When raising the leg, it should be fixed for a second. Then lower in a controlled manner.



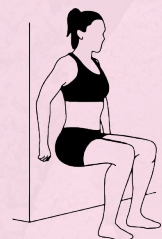
2 x 5 each leg

Back lunge. Controlled backward step, as soon as the knee minimally touches the ground, rise back to the starting position.



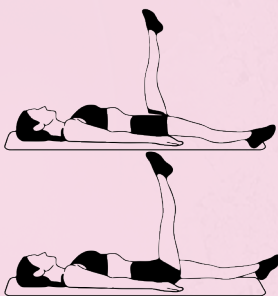
2 x 10 each side

Lying on your stomach. Lift the opposite arm and leg, fix it for a second, lower it. The head remains on the ground.



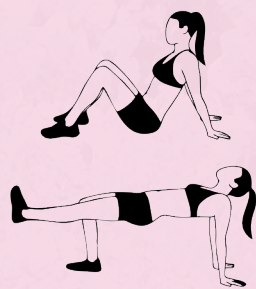
2 x 30s

Lean against the wall. 90° angle in hip and knee joints. Hands on hips or straight in front.



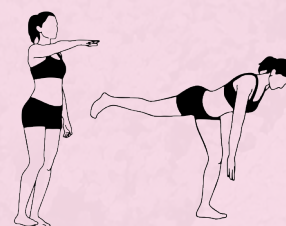
2 x 5 each leg

Lying on your back. In the starting position, both legs are straight up. One leg is lowered in a controlled manner, minimally touching the ground with the heel, lift the leg back. Switch legs.



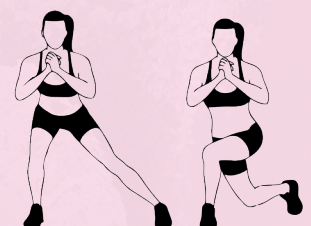
2 x 5 each leg

Raise the hip on one leg, the other leg remains straight. Hold at the top for 1 second, then slowly lower. Switch legs.



2 x 5 each leg

Landing on one leg. Try to touch the ground with hands. The back should be kept straight throughout the movement.



2 x 5 each side

Lateral lunge.



Funded by
the European Union



MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. PB&J BUNS



INGREDIENTS

Peanut butter
Jam of choice
Banana
Slices of bread

PREPARATION

Bread is toasted.
Spread peanut butter, jam on it and arrange a sliced banana on top.

LUNCH. FIERY CHILI SIN CARNE



INGREDIENTS

2 tbsp. of oil
1 red onion
1 red pepper
2 carrots
2 stalks of celery
½ tsp. salt
4 cloves of garlic
2 tbsp. chili powder
2 tsp. ground cumin
1½ tsp. smoked paprika (optional)
1 tsp. dried oregano
850 g of canned tomatoes in their own juice
850 g of red beans (boiled or canned)
430 g of white beans
2 cups of vegetable bouillon
1 laurel leaf

PREPARATION

Heat the oil in a heavy-bottomed pot over medium heat. Add chopped onion, bell pepper, carrot, celery and ¼ tsp. salt. Mix everything and fry until the vegetables are soft and the onions are transparent (~ 7-10 min).
Add garlic, chili powder, cumin, smoked paprika and oregano. Fry, stirring constantly, until the mixture is fragrant - about 1 min.
Add tomato chunks with all their juice, red and white beans, bouillon and one laurel leaf. Mix everything and heat until the mixture bubbles.
Continue to heat for 30 min, stirring occasionally and reducing the heat as needed to bring the mixture to a simmer. Then remove the chili from the heat.
For better texture and flavor, put one and a half cups of chili into a blender and grind, then pour into the pot.
Add chopped coriander, mix, then add vinegar and salt to taste. Serve with rice.

DINNER. RICE SALAD



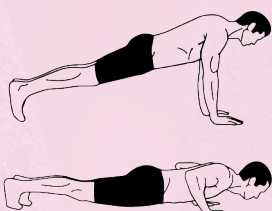
INGREDIENTS (4 PORTIONS)

400g of white rice
1 fresh cucumber
1 paprika
200g canned sweet corn
1 nori leaf (optional)
1 teaspoon black salt
½ teaspoon pepper
A handful of fresh dill
200g vegetable mayonnaise

PREPARATION

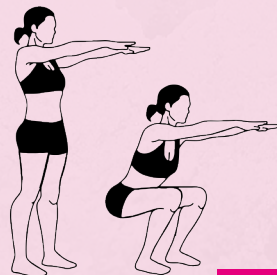
Boil the rice and leave it to cool. To keep the rice loose, rinse it several times before cooking until the water is no longer white. The ratio of rice to water is 1:2.
When the rice has cooled, pour it into a bowl. Add sliced cucumber and pepper. Add sweet corn, finely chopped nori leaf (if using) and dill, as well as pepper and black salt (this will give the salad the taste and smell of eggs, but black salt can also be replaced with regular salt or sea salt).
Add vegetable mayonnaise and stir until everything is evenly mixed. If necessary, add more spices.

EXERCISES



3 x 10

Arms in width of shoulders.
Keep body tight and straight.



3 x 10

Feet in width of shoulders or a little wider.
When doing a squat, knees move in the same in the direction as fingertips.



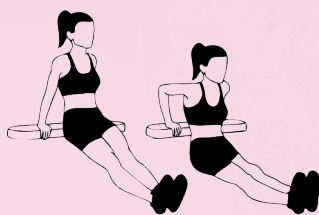
3 x 30s

Keep the body straight and in one level.



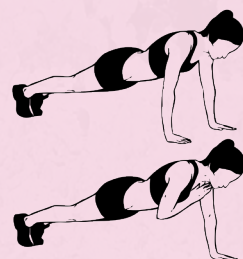
3 x 10

The weight should be put through heels, when in top hold for 1 second.



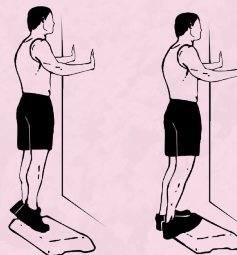
3 x 10

Controlled movement.



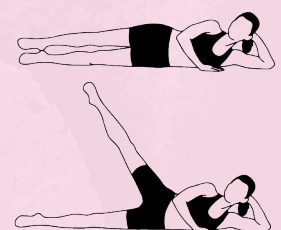
3 x 10 each arm

Hold the body tight and in one level.
Legs in width of shoulders or a little wider.
Do not move hips.



3 x 10

Full amplitude, controlled movement.



3 x 10

Upper legs fingertips pointed inwards.
Movement is slow and controlled.

MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. PEANUT SMOOTHIE



INGREDIENTS

1 cup almond milk
2 bananas
4-5 pitted dates
2 tbsp. peanut butter
¼-½ cup ice

PREPARATION

Put all the ingredients in a blender and blend.
If you need more liquid, add a little more vegetable milk.

LUNCH. BALLS WITH RICE IN TOMATO SAUCE



INGREDIENTS

150 g of rice
4 V-EGO burgers (2 packs)
2 onions, chopped
100 g carrots (1-1.5 pieces), grated
100 g of tomato sauce
1 tbsp. flour
Spices and herbs
Oil for frying

PREPARATION

Boil the rice. Meanwhile, prepare the sauce.
Fry one of the onions and carrots in oil in a pan. Add flour dissolved in 300 ml of water, as well as tomato sauce. Add spices and herbs as desired. Bake a little more.
Knead the burger patties into a homogeneous mass and add the cooked rice, another onion, spices and herbs. Mix everything.
Make balls and place in a baking pan. Pour over the prepared sauce.
Put in the oven and bake for about 30-35 min at 180 °C.

DINNER. SOY CHEBUREK



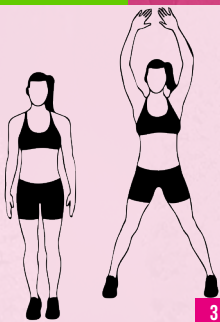
INGREDIENTS (4-6 PCS.)

100 g of soy or pea pellets
1 vegetable bouillon cube
300 g of wheat flour
A pinch of salt
1 tsp. of oil
1 cup of hot water
4 cloves of garlic
1 onion
Spices of choice

PREPARATION

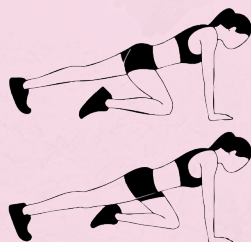
Pour hot water over the soy (or pea) granules and add a cube of vegetable bouillon. Stir well to dissolve the cube. Leave for 10 minutes, then pour off the excess water.
Making the dough. A little salt, oil and hot water are added to the flour. Mix everything very carefully, because the dough will be hot. The dough should be smooth and not stick to your hands. Wrap in film or a closed bag and leave for 20 min.
Finely chop the onion and garlic cloves and add them to the previously prepared soy (or pea) granules. Add spices as desired and mix.
Take the dough, for one cheburek ~ 70-80 g. Roll out thinly. Add filling: ~ 3 tbsp. Fold over like a huge dumpling and seal the edges. You have to make sure that the air does not stay inside.
Heat a pan with oil and fry on both sides until browned.

EXERCISES



Jumps in one rhythm.
Legs and arms move at the same time.

3 x 20s



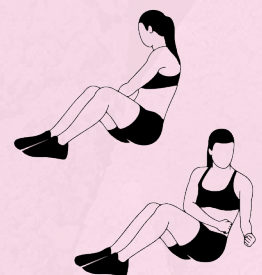
In the plank position,
pull up the knees (switching sides).

3 x 20s



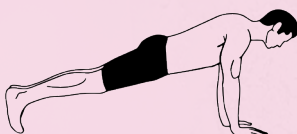
While lying down,
touch the opposite knee (switching sides)
with the elbow.

3 x 15s



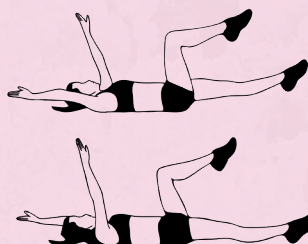
The legs are lifted from the ground.
Rotation with the arms from one side
to the other.

3 x 20s



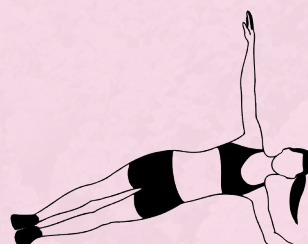
Plank with straight elbows.
Feet together.

3 x 30s



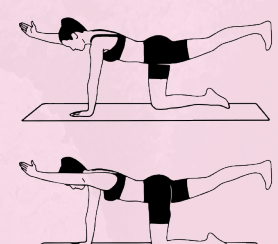
Lying on your back. Hip and knee bent 90°,
opposite arm up. Lower the opposite arm and leg
to the ground and switch sides.

3 x 5 each side



The support elbow is positioned under the
shoulder. The other arm should be straight up and
the hip should be kept in line with the body.

3 x 20s



Starting position on all fours. We straighten the
opposite arm and leg. We fix this position for a
second and then lower it back.

3 x 5 each side

MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. TURKISH PEA SALAD WITH GRILLED AVOCADO



INGREDIENTS (2 PORTIONS)

2 ripe avocados	½ shallot
400 g of boiled Turkish peas	Bunch of dill
2 tbsp. vegetable mayonnaise	1 stalk of celery
½ fresh cucumber	Juice of ½ lemon
2 tsp. whole grain mustard	
A pinch of chili flakes	

PREPARATION

Put the Turkish peas in a small bowl. Add mayonnaise and slightly press everything with a fork into a uneven mass.

Chop the cucumber, celery stalk, onion and dill as finely as possible. Add all the Turkish peas mixture.

Add salt, chili flakes, lemon juice and mustard. Mix everything thoroughly and taste. Add more spices if needed.

Cut the avocado in half lengthwise and remove the pit. Rub the avocado with a little olive oil, sprinkle with salt and pepper. Grill the avocados, inside-side down, until they are streaked with black and warmed through and softened (~5 min).

LUNCH. 10-MINUTE TOFU



INGREDIENTS (2 PORTIONS)

400 g of tofu, dried in a towel	Hot sauce (optional)
2 tbsp. cornstarch	1 tsp. garlic powder
4 tbsp. soy sauces	1 tsp. ground ginger
¼ cup or 30 ml of water	2 tsp. corn starch
2 tbsp. white wine vinegar or balsamic vinegar	Salt (to taste)
2 tbsp. agave or maple syrup	

PREPARATION

Tofu is torn into pieces and boiled in cornstarch and salt.

Fry in oil until the tofu becomes crispy, or bake at 180 °C for 20 min.

Remove the tofu from the pan.

Mix all the ingredients of the sauce, add to the pan. Stirring continuously, heat until the sauce thickens - this will happen quickly. Stir in the tofu and cook for another half minute or minute.

Serve with boiled rice or other side dishes.

DINNER. SOY GOULASH



INGREDIENTS

200 g pieces of soy	3 carrots
3 tbsp. tomato paste	5 cloves of garlic
1 can of canned tomatoes	5 tbsp. soy sauces
1 chopped chili pepper	100 g of red lentils
Salt and pepper to taste	1 onion
Vegetable bouillon	
½ tsp. cumin, smoked paprika, curry, oregano	

PREPARATION

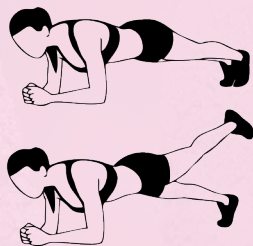
Boil the soy pieces in the bouillon for at least 20 minutes (do not pour out the bouillon). Leave to soak and squeeze out a little excess water.

Pour oil on a hot pan and fry the soy pieces until they are crispy (~ 3 min on each side). Soy pieces can also be put in a marinade (garlic, vegetable mayonnaise, vinegar and spices).

Fry onions and garlic. Add tomato paste.

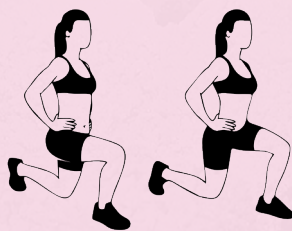
Add sliced carrots, canned tomatoes, chillies, spices, and ~1 cup of the stock you used earlier. Water is added until the right consistency is obtained. Add lentils and let everything simmer. When the lentils are soft, add chopped soy pieces and simmer for another ~ 20 min.

EXERCISES



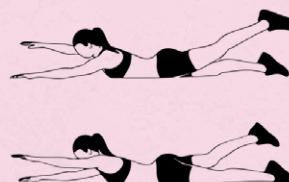
3 x 5 each leg

Plank position with legs raised (switching legs). When raising the leg, it should be fixed for a second. Then lower in a controlled manner.



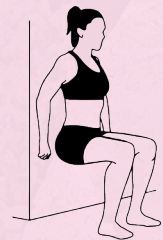
3 x 5 each leg

Back lunge. Controlled backward step, as soon as the knee minimally touches the ground, rise back to the starting position.



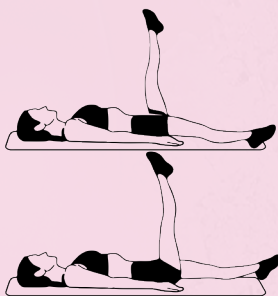
3 x 10 each side

Lying on your stomach. Lift the opposite arm and leg, fix it for a second, lower it. The head remains on the ground.



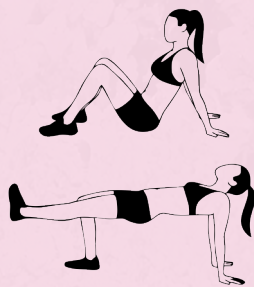
3 x 30s

Lean against the wall. 90° angle in hip and knee joints. Hands on hips or straight in front.



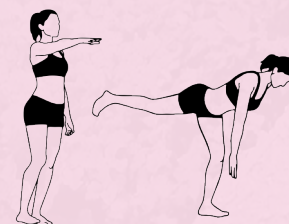
3 x 5 each leg

Lying on your back. In the starting position, both legs are straight up. One leg is lowered in a controlled manner, minimally touching the ground with the heel, lift the leg back. Switch legs.



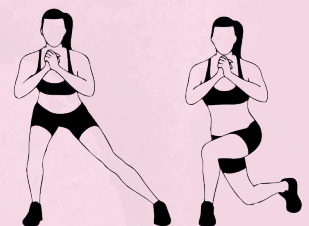
3 x 5 each leg

Raise the hip on one leg, the other leg remains straight. Hold at the top for 1 second, then slowly lower. Switch legs.



3 x 5 each leg

Landing on one leg. Try to touch the ground with hands. The back should be kept straight throughout the movement.



3 x 5 each side

Lateral lunge.



Funded by
the European Union



MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. SUPER LIGHT AND TASTY CHIA PUDDING



INGREDIENTS

1 piece. Alpro chocolate pudding
2 tbsp. chia seeds
Berries (strawberries, blueberries) or fruit

PREPARATION

In a bowl, thoroughly mix the chia seeds with the pudding.
Put in the refrigerator for half an hour.
Serve with berries or fruit.

LUNCH. TOMATO RISOTTO



INGREDIENTS (4PORTIONS)

2 large tomatoes
5 thyme sprigs
2 tbsp. sugar
1 shallot
3 cloves of garlic
200 g arborio rice
100 ml of white wine
800 ml of vegetable bouillon
50 ml of vegetable sweet cream
1 tbsp. yeast flakes
A handful of fresh basil
1 tbsp. basil oil

PREPARATION

Cut out the core of the tomatoes and gently cut a cross into the skin with a knife. Pour boiling water over the tomatoes and cool them under cold running water after 1 minute.
Peel the tomatoes and cut them into large cubes. Heat oil in a pan and add tomatoes, sugar, thyme and a pinch of salt. Fry the tomatoes on medium heat for a couple of minutes until the tomatoes are slightly dissolved. Set aside.
Cut the shallot into cubes and grate the garlic.
Heat the oil in a pan and simmer the onions until they are transparent, then add the garlic, rice and, stirring often, simmer for another 2-3 minutes.
Add white wine, a little bouillon and, stirring occasionally, simmer the rice over low heat until the liquid has almost evaporated, then add a little more bouillon and continue to simmer. Repeat this process until all the bouillon has boiled away and the rice is ready.
Add vegetable sweet cream, yeast flakes and pre-fried tomatoes. Mix everything thoroughly and add salt to taste.
Serve with fresh basil and basil oil.

DINNER. GOLDEN CAULIFLOWER PANGAKES



INGREDIENTS

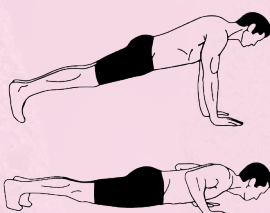
½ cauliflower
¼ cup Turkish pea flour
A small onion
1 tbsp. cornstarch
½ tsp. garlic powder
½ tsp. salt

2 tbsp. water (as needed)
1 tbsp. of oil (optional)
Other spices (optional)

PREPARATION

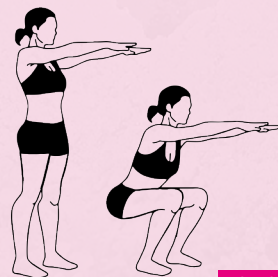
Grind cauliflower and onion in a blender. If there is no blender or food processor, grate the cauliflower and finely chop the onion.
Add the rest of the ingredients to the cauliflower and onion mixture in a bowl and mix.
Make patties the size of a small palm from the mixture and place them on a pan lined with baking paper lightly coated with oil.
Bake at a temperature of 205 °C for 40 minutes, turning the scones on the other side.
Allow to cool before removing from the pan, as the scones will firm up.

EXERCISES



3 x 10

Arms in width of shoulders.
Keep body tight and straight.



3 x 10

Feet in width of shoulders or a little wider.
When doing a squat, knees move in the same
in the direction as fingertips.



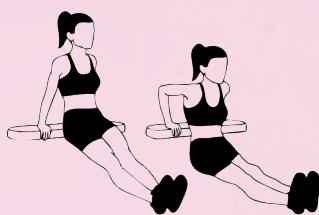
3 x 30s

Keep the body straight and
in one level.



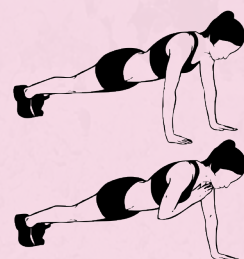
3 x 10

The weight should be put through heels,
when in top hold for 1 second.



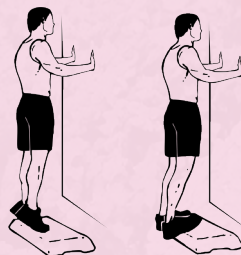
3 x 10

Controlled movement.



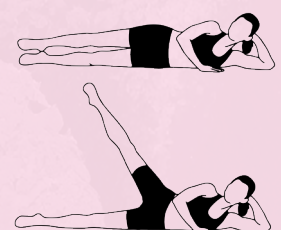
3 x 10 each arm

Hold the body tight and in one level.
Legs in width of shoulders or a little wider.
Do not move hips.



3 x 10

Full amplitude,
controlled movement.



3 x 10

Upper legs fingertips pointed inwards.
Movement is slow and controlled.

MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. GRANOLA



INGREDIENTS

½ cup tahini
1 cup pitted dates
2 handfuls of oatmeal
3 tbsp. a mixture of seeds and nuts
2-3 tbsp. dried cranberries
½ tsp. cinnamon
Optionally - coconut flakes, chia seeds, goji berries.

PREPARATION

Mix the dates and tahini, add a couple of tablespoons of water and grind in a powerful blender until a thick syrup-like mass is formed. You can also use a hand blender.

Oatmeal, a mixture of seeds and nuts, dried cranberries, cinnamon and other optional ingredients are added to the mass.

Put the mass in a baking pan and bake for 30-40 minutes at 150 °C in the roasting mode, stirring occasionally. Eat chilled.

LUNCH. FAST PIZZA



INGREDIENTS (4 PORTIONS)

500 g of puff pastry without yeast
2-4 tbsp. vegetable mayonnaise
Tomato paste (~ 200 g)
Olives (handful or ~ 90 g)
Pickled cucumbers (~ 100 g)
Champignons or other mushrooms, cut into pieces and fried in oil with salt
1 large tomato or 2 medium ones

1-2 red onions
1 paprika
Yeast flakes
Spinach or other greens

PREPARATION

Releases puff pastry. When it softens, knead all the plates into one ball and roll into the desired shape (sprinkle a little wheat flour so that the dough does not stick to the table or roll).

Spread baking paper on a baking sheet and place the rolled dough on top.

Spread mayonnaise and tomato paste evenly on the dough.

Evenly arrange all the other ingredients (chopped or sliced first if necessary) that you want on the pizza.

Bake at 180 °C ~ 15 min until you can see that the edges of the pizza are ready and have become crispy.

DINNER. PINEAPPLE-VEGETABLE CURRY



INGREDIENTS

565 g canned pineapple (or fresh)
750 ml refrigerated coconut milk from a can (solids + a little liquid)
1 onion
1 tsp. turmeric
1½ tsp. curry
Greens - dill, onions, spinach

1-2 cloves of garlic ½ tsp. peppers
Salt and ground pepper
1 tbsp. lime juice
3 tbsp. soy sauces
150-200 g of broccoli
Oil for frying

PREPARATION

Boil the rice. Meanwhile, prepare the curry.

Heat the oil and fry the onion in a large wok or regular pan until translucent.

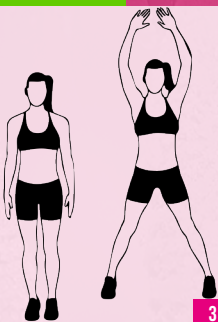
Add all the spices, garlic and pineapple without the liquid. Bake until fragrant.

Add coconut milk, lime juice and soy sauce.

Finely chop the broccoli, add it to the pan and cook it in coconut milk for ~15 min until it is soft.

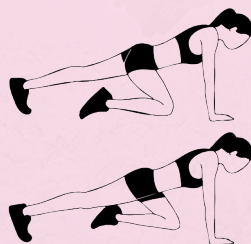
Serve with rice and beans (you can add them already in the pan and heat them up).

EXERCISES



3 x 20s

Jumps in one rhythm. Legs and arms move at the same time.



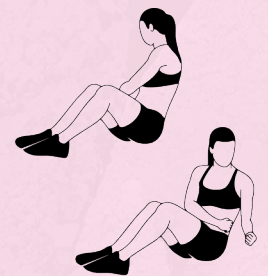
3 x 20s

In the plank position, pull up the knees (switching sides).



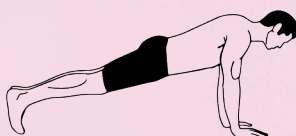
3 x 15s

While lying down, touch the opposite knee (switching sides) with the elbow.



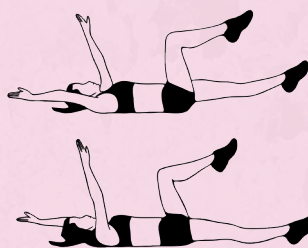
3 x 20s

The legs are lifted from the ground. Rotation with the arms from one side to the other.



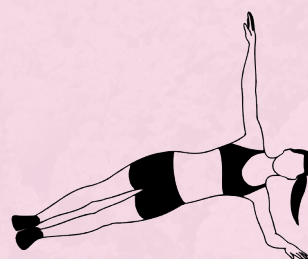
3 x 30s

Plank with straight elbows. Feet together.



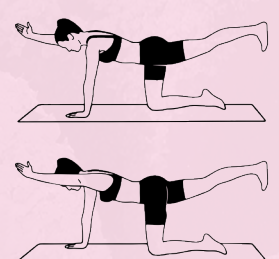
3 x 5 each side

Lying on your back. Hip and knee bent 90°, opposite arm up. Lower the opposite arm and leg to the ground and switch sides.



3 x 20s

The support elbow is positioned under the shoulder. The other arm should be straight up and the hip should be kept in line with the body.



3 x 5 each side

Starting position on all fours. We straighten the opposite arm and leg. We fix this position for a second and then lower it back.



Funded by
the European Union



MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. SNICKERS OVERNIGHT OATUM



INGREDIENTS

1 tbsp. peanut butter	1 cup plant milk
3-4 dates	½ cup oatmeal
1-2 tbsp. water	3-4 dates
Some roasted peanuts	1-2 tbsp. water
2 pieces of dark chocolate	

PREPARATION

In a bowl or tall glass, mix vegetable milk with oatmeal and stir in peanut butter. Put a lid on the container or cover it with film and put it in the refrigerator. The next day, mash the dates in a bowl with a small amount of hot water until a caramel mass forms. Arrange it on top of the "porridge" mass, sprinkle with peanuts. Melt the dark chocolate and pour over everything.

LUNCH. FRENCH LENTIL SOUP



INGREDIENTS

3 tsp. of oil	Balsamic vinegar
200 g of onions	Salt and pepper
2 cloves of garlic	Toasted bread
300 g of carrots	
150 g celery stalks	
400 g of canned tomatoes	
1200 ml of vegetable bouillon	
250 g of lentils	

PREPARATION

Onions and garlic are peeled and chopped. Celery stalks are cut into pieces, leaves are chopped. Peel the carrots and cut them into pieces. Rinse and drain the lentils. Heat oil in a pot, fry carrots, celery stalks, onions and garlic, fry ~ 15 min until the vegetables start to brown. Add the bouillon, lentils, tomatoes and simmer for about 35 minutes until the lentils are soft. If the soup seems too thick, add more water or bouillon. Add salt, pepper, balsamic vinegar and bring to a boil. Pour into bowls, sprinkle with celery leaves and serve with slices of toasted bread.

DINNER. EGGPLANT CURRY



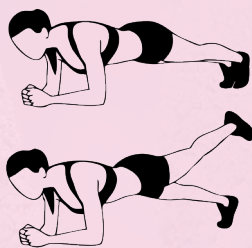
INGREDIENTS (2-3 PORTIONS)

1 large eggplant (500 g)	Salt, sugar
1-1½ tsp. ground cumin	Oil for frying
1-1½ tsp. ground coriander	½-1 tsp. turmeric
½ green or red chili (or chili powder)	
A small piece of ginger (~2 cm)	
Onions, coriander, parsley for decoration (optional)	
2 tbsp. tomato puree	

PREPARATION

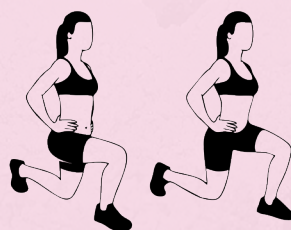
Cut the eggplant into rounds (1 cm thick). So that the eggplant does not become bitter, its rings are smeared with salt on both sides and allowed to soak for 5 minutes. Then remove the released juice and salt with a knife. Mix the dry spices. Both sides of the eggplant roll are lightly cut with a knife or poked with a fork and rubbed with a mixture of spices. In the bowl where the spices were mixed, pour 150 ml of water, tomato puree, add chopped chili, grated ginger, salt and sugar to taste. Fry the eggplant slices in heated oil until golden brown on both sides. Pour over the prepared seasoning liquid and simmer slowly for 10-15 minutes until soft. Add water as needed. When ready, sprinkle with chopped greens, serve with rice.

EXERCISES



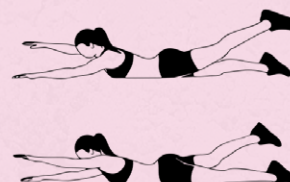
3 x 5 each leg

Plank position with legs raised (switching legs). When raising the leg, it should be fixed for a second. Then lower in a controlled manner.



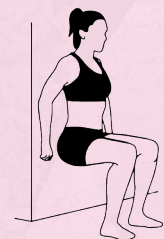
3 x 5 each leg

Back lunge. Controlled backward step, as soon as the knee minimally touches the ground, rise back to the starting position.



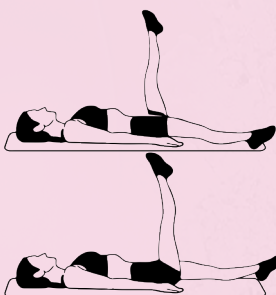
3 x 10 each side

Lying on your stomach. Lift the opposite arm and leg, fix it for a second, lower it. The head remains on the ground.



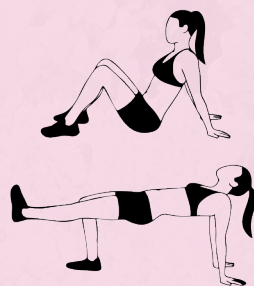
3 x 30s

Lean against the wall. 90° angle in hip and knee joints. Hands on hips or straight in front.



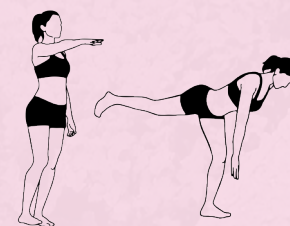
3 x 5 each leg

Lying on your back. In the starting position, both legs are straight up. One leg is lowered in a controlled manner, minimally touching the ground with the heel, lift the leg back. Switch legs.



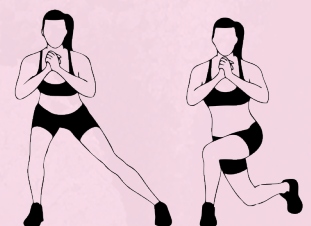
3 x 5 each leg

Raise the hip on one leg, the other leg remains straight. Hold at the top for 1 second, then slowly lower. Switch legs.



3 x 5 each leg

Landing on one leg. Try to touch the ground with hands. The back should be kept straight throughout the movement.



3 x 5 each side

Lateral lunge.

MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. CHOCOLATE TOAFFEE OATMEAL



INGREDIENTS

1 part oatmeal ½ banana
2 parts water 4 juicy dates
1 tbsp. of cocoa
2 pcs. dark chocolate
1 tbsp. peanut butter

PREPARATION

Boil your favorite oatmeal in a pot, when the porridge is half ready, add cocoa, mix.
Squeeze the dates with a small amount of hot water and mix with melted or chopped chocolate pieces.
Put the porridge in a bowl, add date-chocolate caramel, peanut butter and banana.
If you wish, you can also add some berries or even solid pieces of chocolate - it will be a triple pleasure!

LUNCH. KEBABS WITH FALAFEL



INGREDIENTS (2 PORTIONS)

1 lavash
8 Naturlī falafel pieces
4 tbsp. Spicy bacon burger sauces
1 tomato
½ red onion
A little fresh cabbage
2 tbsp. pickled onion
2 tbsp. pickled jalapeño pepper

PREPARATION

Bake falafel pieces for 10 minutes in an oven or hot air oven at 200 °C.
Meanwhile, cut the tomato, red onion, fresh cabbage into thin slices.
When the falafel is ready, remove it from the oven.
Fold the lavash plate in half. On one side, put the sauce in the middle of the plate, then arrange the rest of the ingredients - tomatoes, onion, cabbage, pickled onions and jalapeño peppers, fried falafel pieces and, finally, the sauce again.
Fold the edges of the lavash and roll it like a wrap. Fry on a pan or grill until the lavash is brown and crispy.

DINNER. CAULIFLOWER IN SINGAPORE TASTE



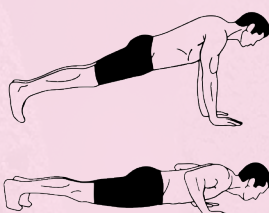
INGREDIENTS

1 cauliflower 1 tbsp. soy sauces
2 tbsp. potato starch 2-3 cloves of garlic
4 tbsp. wheat flour Oil for frying
1 tsp. baking powder
120 g or 1 packet of Blue Dragon sweet and sour sauce
2 tbsp. Exotic Food mango sauces
A small piece of fresh ginger

PREPARATION

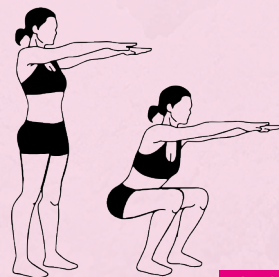
Cut the cauliflower into small pieces.
Mix baking powder, flour, potato starch in a bowl and add water. The consistency of the batter should resemble pancake batter.
Add cauliflower pieces to the dough and mix well.
Take a deep frying pan, heat the oil and place the cauliflower in parts.
When they are boiled in oil, take them out.
While the cauliflower is baking, fry the garlic and grated ginger in another pan.
Add soy, mango and sweet and sour sauce. When the sauce is bubbling, add the cauliflower.
Serve with scallions or other greens. Eat immediately.

EXERCISES



3 x 10

Arms in width of shoulders.
Keep body tight and straight.



3 x 10

Feet in width of shoulders or a little wider.
When doing a squat, knees move in the same in the direction as fingertips.



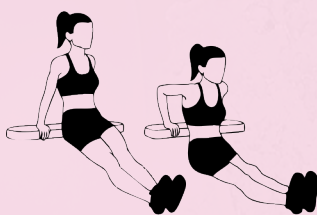
3 x 30s

Keep the body straight and in one level.



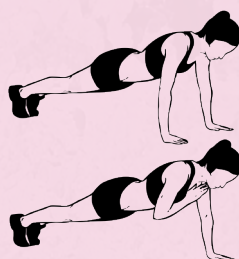
3 x 10

The weight should be put through heels, when in top hold for 1 second.



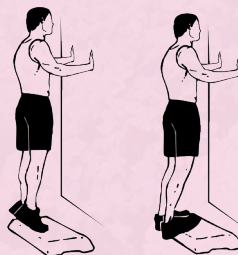
3 x 10

Controlled movement.



3 x 10 each arm

Hold the body tight and in one level.
Legs in width of shoulders or a little wider.
Do not move hips.



3 x 10

Full amplitude, controlled movement.



3 x 10

Upper legs fingertips pointed inwards.
Movement is slow and controlled.

MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. FERMENTED BREAKFAST MUZZLE



INGREDIENTS

1 ch. vegetable milk or berry smoothie
2 tbsp. Fermentful green buckwheat kefir
4 tbsp. oatmeal
1 tbsp. chia seeds
1 tbsp. linseed
1 handful of dried berries and fruits
1 handful of nuts, e.g. walnut

PREPARATION

Mix all the ingredients in a container with a lid, mix well and close.
Leave to ferment overnight at room temperature (8 h is enough).
If the porridge is too thick, add vegetable milk or kefir. Mix before serving.
Decorate with fresh berries and fruits!
Fermented porridge is stored in the refrigerator and used within 3 days.

LUNCH. BURGER COTTLES



INGREDIENTS

200 g of green lentils
1 onion
150 g of champignons
2 cloves of garlic
2 tbsp. ground linseed
150 g of boiled beetroot
Salt and pepper
2 tbsp. soy sauces
2 tsp. ground cumin
1 tsp. oregano
½ tsp. chili powder
3 tbsp. breadcrumbs

PREPARATION

Put the ground linseeds in a small dish, add a little water, mix and leave to swell.
Let the lentils boil.
Fry sliced onion and champignons in a pan, when they are fried, add chopped garlic cloves and fry for another minute.
Put the contents of the pan in a food processor, add boiled lentils, beets, a pinch of salt, pepper, soy sauce, cumin, oregano, chili pepper, flaxseeds and breadcrumbs. Grind until the mass becomes "mush-like", but still with pieces.
Put the burger meat mass in the refrigerator for 30 minutes.
Make meatballs, fry in a small amount of oil and put in burgers with your favorite ingredients.

DINNER. GNOCCHI WITH LEEK AND DILLE SAUCE



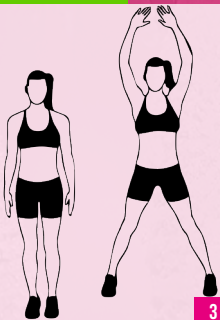
INGREDIENTS (2-4 PORTIONS)

3 cloves of garlic
3 thyme sprigs
A bunch of fresh dill
500 ml of vegetable sweet cream
500 g of potato dumplings or gnocchi
½ lemon
1 onion
1 leek

PREPARATION

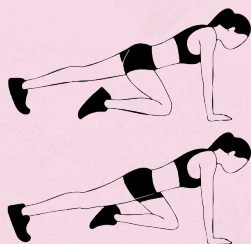
Onion and leek are cut into finer pieces, garlic cloves are grated on a fine grater.
Heat a little oil in a pan and simmer the onions for 2-3 minutes until they are soft.
Add leeks, garlic and thyme and simmer for another 2 minutes.
Add sweet cream, a little water, lemon juice and chopped dill. Simmer the sauce over low heat for 4-5 minutes until it thickens a little. Add salt to taste.
In the meantime, boil the quinoa as directed on the package and serve with the sauce.

EXCERCISES



3 x 20s

Jumps in one rhythm.
Legs and arms move at the same time.



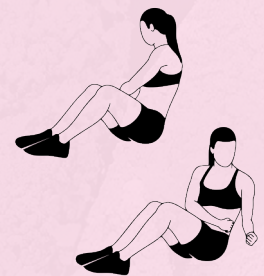
3 x 20s

In the plank position,
pull up the knees (switching sides).



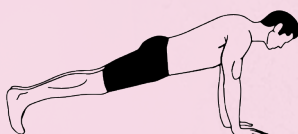
3 x 15s

While lying down,
touch the opposite knee (switching sides)
with the elbow.



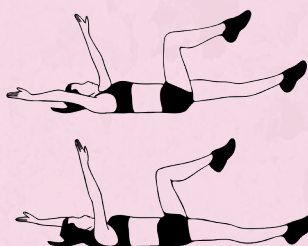
3 x 20s

The legs are lifted from the ground.
Rotation with the arms from one side
to the other.



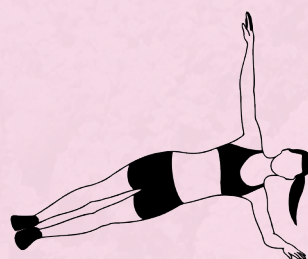
3 x 30s

Plank with straight elbows.
Feet together.



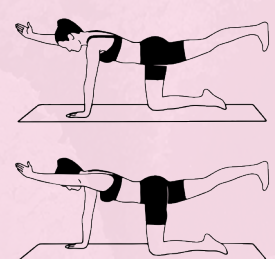
3 x 5 each side

Lying on your back. Hip and knee bent 90°,
opposite arm up. Lower the opposite arm and leg
to the ground and switch sides.



3 x 20s

The support elbow is positioned under the
shoulder. The other arm should be straight up and
the hip should be kept in line with the body.



3 x 5 each side

Starting position on all fours. We straighten the
opposite arm and leg. We fix this position for a
second and then lower it back.

MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. MUSHROOM BUNS



INGREDIENTS (1 PORTION)

Buns
6 small champignons
Salad mix
Hummus (optional flavor)

PREPARATION

Cut the champignons and fry them in a pan (you can add salt and pepper to taste). Spread the buns with hummus, put the fried mushrooms on top, then the salad mixture. Fresh vegetables such as tomatoes or peppers can also be added.

LUNCH. COLORED KOLESLAV



INGREDIENTS (4 PORTIONS)

1 carrot
1 apple
½ red cabbage (400g)
1 tbsp. apple cider vinegar
70-100g vegetable mayonnaise

½ teaspoon salt
½ teaspoon pepper
½ lemon juice

PREPARATION

Grate the red cabbage and put it in a bowl. Add finely grated carrot and apple. Pour over the grated vegetables with lemon juice, apple vinegar and sprinkle with salt and pepper. Stir until everything is evenly mixed. If using, add the vegetable mayonnaise last and mix again so that the mayonnaise is evenly incorporated into the salad.

DINNER. CUBAN BLACK BEAN SOUP



INGREDIENTS (4-6 PORTIONS)

450g fresh black beans or 750g tin canned black beans
2 medium sized carrots
1 medium bell pepper
2 laurel leaves
1-2 tsp. cumin powder (or ground cumin in a blender)
1-2 tsp. smoked or regular paprika powder
3 cups water or vegetable bouillon (2 cups if using canned beans)
1 orange
Salt and pepper to taste

1 large onion
4 cloves of garlic
2 stalks of celery

PREPARATION

If you use fresh beans, rinse them with cold, running water the night before and let them soak overnight in a large bowl. The next day, rinse again and let it boil in the pot for 1 hour. Then rinse again in running water. If you use canned beans, drain the liquid before cooking.

Cut the onion, garlic cloves, celery, carrots, paprika into pieces. Squeeze the juice from the orange, keeping both the juice and the peel.

If using canned beans, you can lightly fry the vegetables (onions, celery, carrots and peppers) in a small amount of oil beforehand, but this is not necessary.

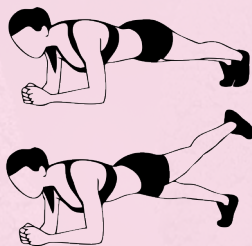
Put all the ingredients in the pot, except for the orange juice: beans, laurel leaves, garlic, cumin powder, paprika powder, onion, celery, carrots, paprika, water or vegetable bouillon, salt, pepper, and orange peel. Simmer for 40-60 min or until beans and vegetables are tender, stirring occasionally. Add additional water if needed.

When the beans and vegetables are soft, remove the orange peel and laurel leaves from the pot.

Blend the soup to the desired consistency, leaving a few pieces.

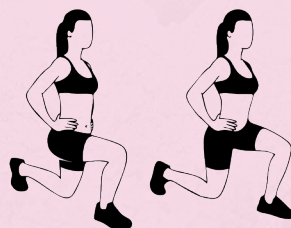
Add orange juice to the soup and cook for another 5-10 minutes. Serve.

EXERCISES



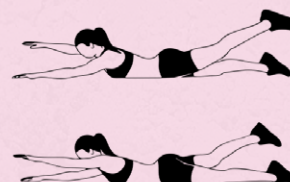
3 x 5 each leg

Plank position with legs raised (switching legs). When raising the leg, it should be fixed for a second. Then lower in a controlled manner.



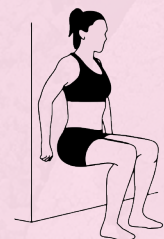
3 x 5 each leg

Back lunge. Controlled backward step, as soon as the knee minimally touches the ground, rise back to the starting position.



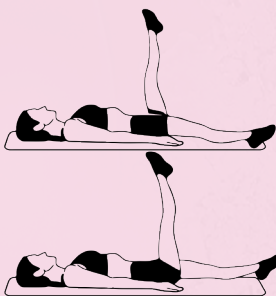
3 x 10 each side

Lying on your stomach. Lift the opposite arm and leg, fix it for a second, lower it. The head remains on the ground.



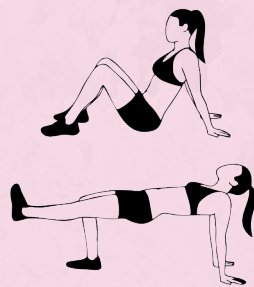
3 x 30s

Lean against the wall. 90° angle in hip and knee joints. Hands on hips or straight in front.



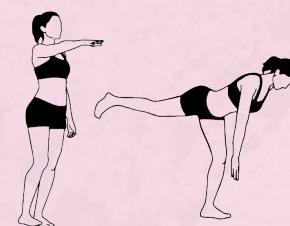
3 x 5 each leg

Lying on your back. In the starting position, both legs are straight up. One leg is lowered in a controlled manner, minimally touching the ground with the heel, lift the leg back. Switch legs.



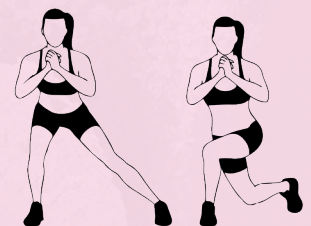
3 x 5 each leg

Raise the hip on one leg, the other leg remains straight. Hold at the top for 1 second, then slowly lower. Switch legs.



3 x 5 each leg

Landing on one leg. Try to touch the ground with hands. The back should be kept straight throughout the movement.



3 x 5 each side

Lateral lunge.



Funded by
the European Union



MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. GREEN ENERGY SMOOTHIE



INGREDIENTS (2 PORTIONS)

2 leaves of kale 1 carrot
1 banana ½ avocado
Freshly squeezed juice of
3 apples or ~ 250 ml of
apple juice

PREPARATION

Put all the ingredients in a blender cup and grind into a delicious smoothie.
(tip: use grated carrot or juice it with apples.)

LUNCH. "FUR WITHOUT HERRING"



INGREDIENTS

400 g of boiled potatoes 1 eggplant
400 g of boiled carrots 2 nori leaves
400 g of boiled beetroot 50 ml of soy sauce
Vegetable mayonnaise

PREPARATION

Eggplants are cut into cubes and fried. When they become golden, add finely cut nori leaves, soy sauce and fry for 1 minute.

Grate potatoes, beets, carrots.

In order: potatoes, mayonnaise, eggplant, carrots, mayonnaise, beets, mayonnaise, potatoes, eggplant, mayonnaise, carrots, mayonnaise, beets.

DINNER. QUINOA WITH MARINED TOFU, BRUSSELS SPROUTS AND MANGO



INGREDIENTS

100 g of quinoa (or rice)
200 g of Brussels sprouts
1 tbsp. sesame seeds
½ mango
200 g of tofu
5 tbsp. soy sauces
3 tbsp. of olive oil
½ red chili
2 cloves of garlic
juice of ½ lime
Olive oil for frying

PREPARATION

Heat the oven to 200 °C.

Peel off the outer, frayed leaves of Brussels sprouts, cut off the small stem and cut the sprout itself in half. Place in a small baking dish, drizzle with olive oil, add sesame seeds. Bake in the oven for 25 minutes.

Put the quinoa in a saucepan, add 200 ml of water and boil. When the water starts to boil, turn the heat to low and let the quinoa cook under the lid until all the water has been absorbed (~ 15 min).

While the cabbage is roasting and the quinoa is cooking, remove the tofu from the package, wrap it in paper towels and place a weight (such as a book or a bowl) on top. This is necessary to squeeze out excess water from the tofu.

Prepare the marinade - mix soy sauce with olive oil in a bowl. Add chopped chili, garlic and lime juice.

Unwrap the tofu from the paper and cut into small cubes. Put the cubes in the marinade, mix and leave to marinate while the cabbage is baking in the oven.

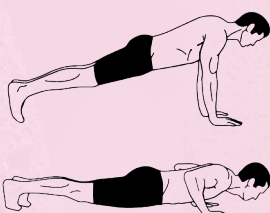
When the cabbage is cooked, heat the pan and fry the tofu pieces until golden brown on all sides.

Add diced mango and roasted Brussels sprouts. Fry everything while stirring for another 3 minutes.

Add the remaining marinade. Allow everything to rest for another 5 minutes.

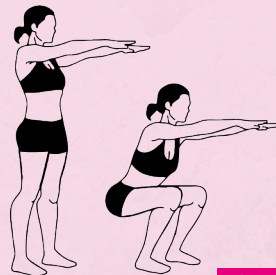
Put the quinoa in two bowls and serve with tofu, mango and Brussels sprouts.

EXERCISES



3 x 15

Arms in width of shoulders.
Keep body tight and straight.



3 x 15

Feet in width of shoulders or a little wider.
When doing a squat, knees move in the same
in the direction as fingertips.



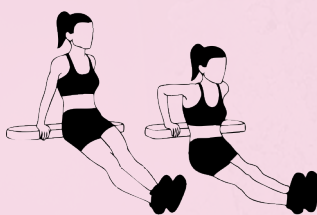
3 x 40s

Keep the body straight and
in one level.



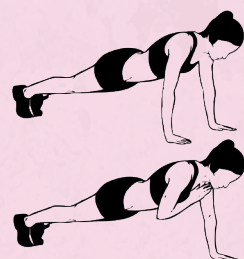
2 x 10

The weight should be put through heels,
when in top hold for 1 second.



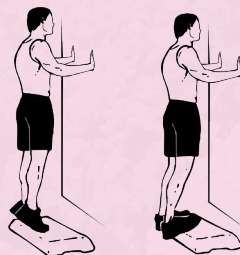
3 x 15

Controlled movement.



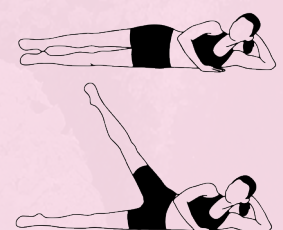
2 x 15 each arm

Hold the body tight and in one level.
Legs in width of shoulders or a little wider.
Do not move hips.



3 x 15

Full amplitude,
controlled movement.



3 x 15

Upper legs fingertips pointed inwards.
Movement is slow and controlled.

MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. TOFU COTTAGE CHEESE



INGREDIENTS

1 package of tofu
Vegetable mayonnaise
Dill
Toppings optional

PREPARATION

Break the tofu into small pieces.
Mix with vegetable mayonnaise and finely chopped dill. You can add salt and turmeric for a more pronounced taste.
Served on a bun with toppings of your choice.

LUNCH. LAYER DOUGH STREUDE



INGREDIENTS (4-6 PORTIONS)

½ onion
2 carrots
1 eggplant
150 g of smoked tofu
70 g of baby spinach
4 thyme sprigs
4 sheets of unleavened dough
300 g of various mushrooms
½ onion
3 cloves of garlic
5 thyme sprigs
200 ml oat sweet cream
½ lemon

PREPARATION

Thaw the puff pastry in the refrigerator. Heat the oven to 200 °C.
Cut all vegetables and tofu into finer pieces.
Simmer the onions and carrots in a pan over medium heat until the carrots are soft. Add eggplant, tofu, spinach and thyme. Add salt and pepper to taste and simmer everything for a few minutes.
Place the filling in a fine sieve and leave to drain the excess liquid.
Two sheets of puff pastry are joined with the longer side together and rolled out thinner.
Put the filling in the middle, roll it up, close the edges and turn it with the seam down. The same is done with the second two sheets.
Both strudels are baked at a temperature of 200 °C for 15-20 min, until the dough is baked brown.
Cut the onion into fine cubes, grate the garlic, cut the mushrooms into large pieces.
Heat a little oil in a saucepan and simmer the onions until they are soft. Add garlic, thyme and mushrooms.
Simmer everything on medium heat ~ 10 min, then add sweet cream and lemon juice.
Add salt and pepper to taste.

DINNER. CREAMY MUSHROOM SAUCE



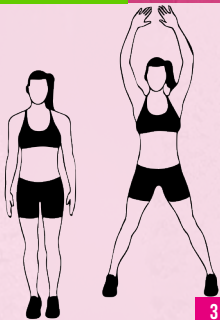
INGREDIENTS (3 PORTIONS)

400 g of champignons
½ cup herbal sweet cream
2 tbsp. of soy sauce
Salt and pepper
2 packets of rice, for serving

PREPARATION

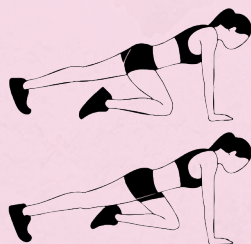
Cut the champignons, fry them in olive oil on medium heat for ~ 5 min.
Chop onion and garlic, add to champignons. Fry for another five minutes.
Add vegetable cream, salt and pepper, parsley, soy sauce. Bring to a boil, then reduce the heat and simmer for another 5 minutes. Serve with rice.

EXERCISES



3 x 30s

Jumps in one rhythm.
Legs and arms move at the same time.



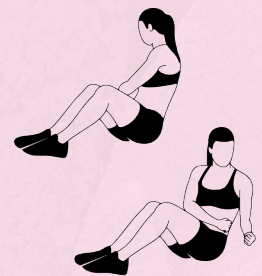
3 x 30s

In the plank position,
pull up the knees (switching sides).



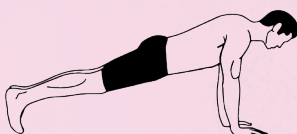
3 x 20s

While lying down,
touch the opposite knee (switching sides)
with the elbow.



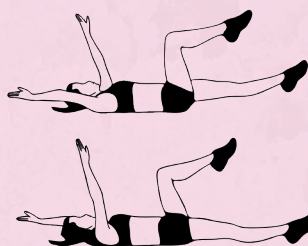
3 x 30s

The legs are lifted from the ground.
Rotation with the arms from one side
to the other.



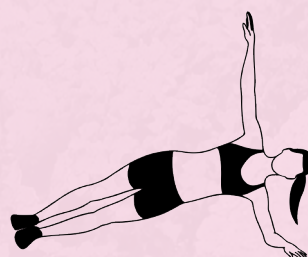
3 x 40s

Plank with straight elbows.
Feet together.



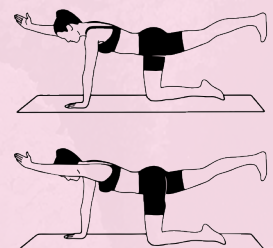
3 x 10 each side

Lying on your back. Hip and knee bent 90°,
opposite arm up. Lower the opposite arm and leg
to the ground and switch sides.



3 x 30s

The support elbow is positioned under the
shoulder. The other arm should be straight up and
the hip should be kept in line with the body.



3 x 10 each side

Starting position on all fours. We straighten the
opposite arm and leg. We fix this position for a
second and then lower it back.



Funded by
the European Union



MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. PERFECT THIN PANCAKES



INGREDIENTS

12 tbsp. of flour
1 cup plant milk
1 cup cold water
A pinch of salt
1 tsp. of olive oil
1-2 tsp. sugar (can be replaced with mashed banana)

PREPARATION

Heat a pan on medium heat.
While the pan is heating, sift flour into a bowl, add salt, sugar, vegetable milk and oil.
While stirring slowly with a whisk, gradually add cold water until a homogeneous dough is obtained. The consistency of the finished dough should be slightly more liquid than kefir.
Pour the batter onto the pan with a ladle - if the batter spreads slowly, it is too thick and a little water should be added. Drizzle a little more oil before each pancake.
Fill the finished pancakes with your favorite filling.

LUNCH. SOY GROUND "MEAT" SAUCE



INGREDIENTS

80 g of soy or pea pellets
1/2 vegetable bouillon cube
Seasonings of your choice - minced meat seasoning, paprika, oregano
1 tsp. liquid smoke or smoked paprika (optional)
1 large onion
3 tbsp. soy sauces
100 g of tomato sauce
Pasta or rice to serve

PREPARATION

Boil water in a pot and add half a bouillon cube. Add soy (or pea) granules and cook for ~ 5 min. Then drain, wait until the soy cools down a little, and squeeze out as much excess water as possible.
Fry finely chopped onion on a pan. Add pressed soy and mix.
Add soy sauce, spices and liquid smoke or smoked paprika (if using). Fry the soy until browned and add the tomato sauce. Mixing everything, fry for another 1 min.
Serve with rice or pasta.

DINNER. POTATOES WITH MUSHROOMS AND NATURLI SCHNITZEL



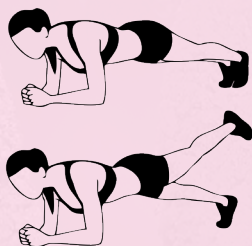
INGREDIENTS

2 cloves of garlic
Naturli vegetable butter
2 tbsp. soy sauces
Naturli oat cream
Naturli schnitzels or balls
Salt, pepper and chili (to taste)
2 large sweet potatoes or sweet potatoes
Portobello and shimeji mushrooms (or other fresh mushrooms)
1 onion
Lemon
Olive oil
Pea sprouts

PREPARATION

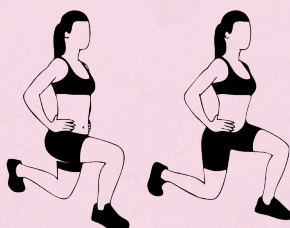
Finely chop the onion and garlic. Fry in vegetable butter on a pan.
Meanwhile, roughly chop the Portobello mushrooms and split the Shimeji mushrooms with your fingers, cutting off the stem ends.
When the onions turn golden brown, mushrooms, soy sauce are added to them and fried on high heat. Squeeze lemon juice into the pan and add Naturli oat cream. Add salt and pepper to taste.
Cut the sweet potatoes into round discs, one and a half centimeters thick.
Grease a baking pan with olive oil and place the sweet potato slices on it. Sprinkle with salt and pepper to taste. Place Naturli balls or schnitzel on the same or another baking sheet. Bake at 180 °C.
When ready, serve everything with fresh pea sprouts.

EXERCISES



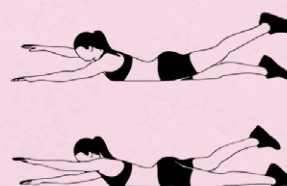
3 x 10 each leg

Plank position with legs raised (switching legs). When raising the leg, it should be fixed for a second. Then lower in a controlled manner.



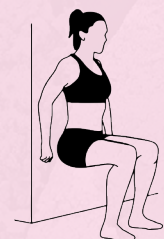
3 x 10 each leg

Back lunge. Controlled backward step, as soon as the knee minimally touches the ground, rise back to the starting position.



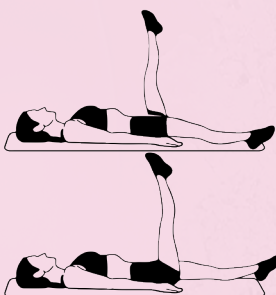
3 x 15 each side

Lying on your stomach. Lift the opposite arm and leg, fix it for a second, lower it. The head remains on the ground.



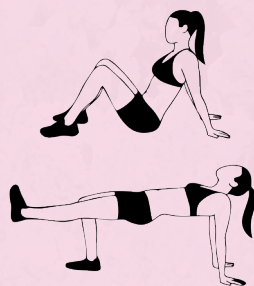
3 x 40s

Lean against the wall. 90° angle in hip and knee joints. Hands on hips or straight in front.



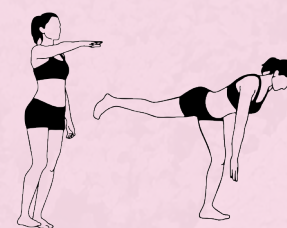
3 x 10 each leg

Lying on your back. In the starting position, both legs are straight up. One leg is lowered in a controlled manner, minimally touching the ground with the heel, lift the leg back. Switch legs.



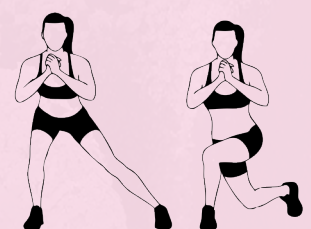
3 x 10 each leg

Raise the hip on one leg, the other leg remains straight. Hold at the top for 1 second, then slowly lower. Switch legs.



3 x 10 each leg

Landing on one leg. Try to touch the ground with hands. The back should be kept straight throughout the movement.



3 x 10 each side

Lateral lunge.



Funded by
the European Union



MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. CHIA PUDDING



INGREDIENTS

1 cup plant milk
4 tbsp. chia seeds
¾ tsp. vanilla or regular sugar

PREPARATION

Put the chia seeds and sugar in a bowl, then add the vegetable milk.
Mix well, taking care not to leave unmixed seeds at the bottom of the bowl.
Put in the refrigerator, preferably overnight (but not less than an hour).
Serve with fruit, berries, jam or chocolate cream.

LUNCH. BUDDHA'S BOWL



INGREDIENTS

1 cube of vegetable bouillon
A handful of spinach
1 clove of garlic
Sauce of your choice
A pinch of smoked paprika (optional)
Yeast flakes (optional)

1 package of tofu
1 can of Turkish peas
Oil for frying
1 avocado
Soy sauce
Salt

PREPARATION

Rinse the quinoa, put it in boiling water with a bouillon cube added, and cook for 10-15 minutes.
Tofu is cut into squares, fried on a pan. When browned, add a little soy sauce.
Separately fry the Turkish peas with garlic, add salt, pepper and smoked paprika. Before the end of baking, yeast flakes or other spices are added.
Cut the avocado, sprinkle salt on it.
Arrange quinoa, tofu, Turkish peas, avocado, spinach on a plate and pour the sauce over it.

DINNER. TURKISH PEAS AND CAULIFLOWER MASALA CURRY



INGREDIENTS

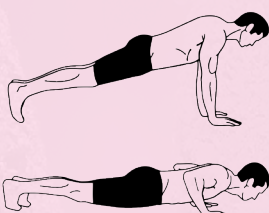
2 tbsp. Garam masala spice mix
½ tsp. smoked paprika powder
¼ tsp. Cayenne pepper
Fresh ground pepper (optional)
½ tbsp. grated fresh ginger
340 g of cauliflower divided into rosettes
400 g of Turkish peas
400 g canned, chopped tomatoes
70-80g coconut milk solids

1 onion
½ tsp. cumin
½ tsp. turmeric
3 cloves of garlic
2 tbsp. of olive oil
60 ml of water
Salt to taste

PREPARATION

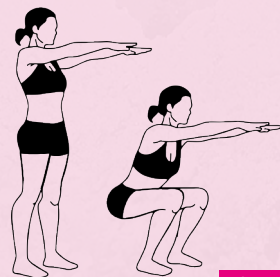
Mix all the spices in a small bowl.
Cut the onion into small pieces, squeeze the garlic through a garlic press and grate the ginger.
Heat olive oil in a large pan over medium heat, saute until the onions are translucent. Add the spice mixture and saute for another minute.
Add the cauliflower and stir-fry for about 5 minutes, until the cauliflower is coated with the spices.
Drain the liquid from the Turkish peas, add them together with the chopped tomatoes to the contents of the pan, mix thoroughly and let it heat up on medium-low heat for about 15 minutes, stirring occasionally. This is important to neutralize the acidity of the tomatoes and to infuse the spices into the ingredients. If necessary, add a few tbsp. water.
When 15 minutes have passed, turn off the heat and stir in the coconut milk. Add salt or other spices to taste. Serve with bread or rice.

EXERCISES



3 x 15

Arms in width of shoulders.
Keep body tight and straight.



3 x 15

Feet in width of shoulders or a little wider.
When doing a squat, knees move in the same in the direction as fingertips.



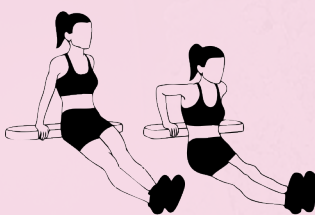
3 x 40s

Keep the body straight and in one level.



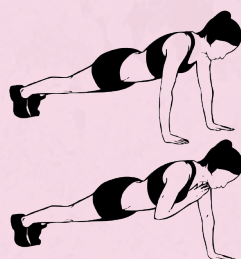
3 x 15

The weight should be put through heels, when in top hold for 1 second.



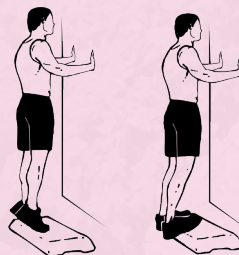
3 x 15

Controlled movement.



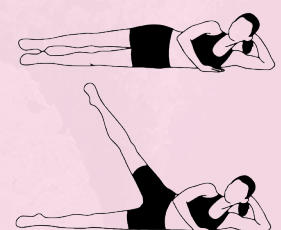
3 x 15 each arm

Hold the body tight and in one level.
Legs in width of shoulders or a little wider.
Do not move hips.



3 x 15

Full amplitude, controlled movement.



3 x 15

Upper legs fingertips pointed inwards.
Movement is slow and controlled.

MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. TORTILLA WITH BEANS



INGREDIENTS

4 tortillas
8 cherry tomatoes
1 can of canned red beans
Spilva Cucumber-mustard salad (optional)
Spices - salt, pepper, lemon pepper, oregano
Dressing of your choice, such as vegetable mayonnaise
1 packet of salad (optional - partridges, spinach, Mediterranean mix)

1 cucumber
2 avocados
1 red onion

PREPARATION

Drain and rinse the canned beans.
Cut the avocado and sprinkle a little salt on it. Chop the rest of the vegetables.
Spread sauces on the tortilla (a very tasty sauce is obtained by mixing mayonnaise with cucumber-mustard salad) and put lettuce, chopped vegetables and beans on top. Sprinkle spices.
Roll up the tortilla and serve.

LUNCH. BEET/LENTIL SOUP



INGREDIENTS (2 PORTIONS)

½ cup red, split lentils
A medium-sized onion
2 cloves of garlic
1 tbsp. freshly squeezed lemon juice
Plant State plain yoghurt (optional)
Spices: salt, ground black pepper, turmeric, ground cumin
Greens for sprinkling: dill, parsley

Fresh beet
Oil for frying

PREPARATION

Peel the beets, cut them into small cubes and boil them. Add salt to the water. The amount of water is determined "by eye" - approximately enough to boil both beets and lentils in it.
When the beet is cooked, add the rinsed lentils and cook until everything is ready. If necessary, you can add a little more water.
Fry chopped onion.
Add the fried onion, spices, lemon juice and pressed or finely chopped garlic cloves to the pot. Everything is blended.
You can add a spoonful of plain yoghurt when serving. Decorate with greens.

DINNER. FRIED SPAGHETTI



INGREDIENTS (4 PORTIONS)

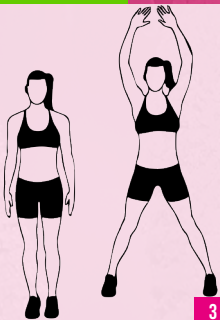
500 g of spaghetti
(other types of pasta can be used)
1 tbsp. of olive oil (optional)
2 cups of kale or kale
½ cup diced sun-dried tomatoes
½ cup chopped onion (1 medium onion)
1 cup diced zucchini (~ ½ zucchini)
2¼ cups or ~ 400 g of tomato sauce

2½ cups of water
½ tsp. salt
½ tsp. pepper
½ tsp. garlic powder
½ tsp. dried basil
Fresh basil to serve

PREPARATION

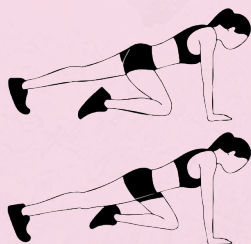
Place the spaghetti in a ~ 20 × 30 cm baking dish. Add a little olive oil and stir so that all the pasta is evenly coated.
Pour water and tomato sauce on top. Mix evenly.
Add onion, zucchini, kale, sun-dried tomatoes, salt, pepper, garlic powder, dried basil. Stir gently to combine all ingredients.
Make sure the pasta is completely covered in the liquid. Add additional ½ cup water if necessary.
Bake at 190 °C for 30 min or until the water is absorbed.
Serve with fresh basil.

EXERCISES



3 x 30s

Jumps in one rhythm.
Legs and arms move at the same time.



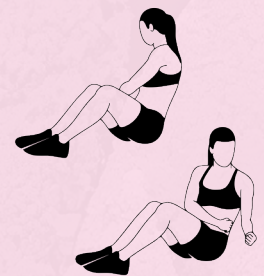
3 x 30s

In the plank position,
pull up the knees (switching sides).



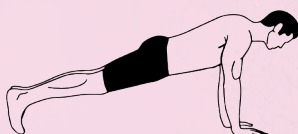
3 x 20s

While lying down,
touch the opposite knee (switching sides)
with the elbow.



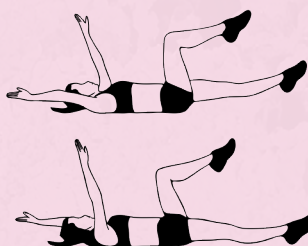
3 x 30s

The legs are lifted from the ground.
Rotation with the arms from one side
to the other.



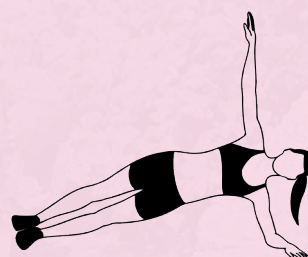
3 x 40s

Plank with straight elbows.
Feet together.



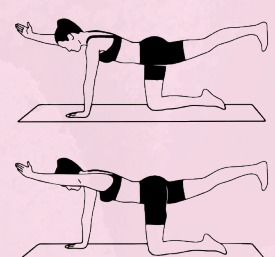
3 x 10 each side

Lying on your back. Hip and knee bent 90°,
opposite arm up. Lower the opposite arm and leg
to the ground and switch sides.



3 x 30s

The support elbow is positioned under the
shoulder. The other arm should be straight up and
the hip should be kept in line with the body.



3 x 10 each side

Starting position on all fours. We straighten the
opposite arm and leg. We fix this position for a
second and then lower it back.



Funded by
the European Union



MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. TROPICAL SMOOTHIE BOWL



INGREDIENTS

1 sliced mango	1 cup chopped pineapple
1 frozen banana	1 avocado
1/3 cup coconut milk	

PREPARATION

Blend all ingredients.
Serve with granola, coconut flakes or other toppings.

LUNCH. DUMPLING STEW



INGREDIENTS (4 PORTIONS)

1 cup or 125 g of flour	1 can or 1 1/2 cups of beans
1 tsp. baking powder	3/4 tsp. salt
1 medium onion, chopped	2 glasses of water
1 tsp. Italian seasoning blend	2 tbsp. coconut milk
1/2 tsp. smoked paprika powder	
3 stalks of celery, cut into pieces	
3 medium carrots, cut into pieces	
1/4-1/2 cup or 60-80 ml coconut milk	
1/3-1/2 cup or 80-125 ml of warm water	
3-4 (or more, as desired) garlic cloves, finely chopped	
1 cup or 70 g of champignons or other mushrooms	
1 cup or 30 g of spinach or other green leafy vegetables	
4 glasses or 1 liter of vegetable bouillon	

PREPARATION

Mix flour, baking powder and salt in a bowl. With a spoon, create a well from the mass into which coconut milk and warm water are poured. Mix until a sticky dough is formed. If it crumbles, add a little more warm water. If it is very wet, add a little more flour. Cover the bowl with a kitchen towel and set aside.

Heat a large pan. Fry the onion, carrots, celery in a small amount of oil or water for 3-4 minutes until the onions become transparent. Add the garlic and fry for another 1 min. Then add spices and stir continuously for another minute until fragrant.

Add mushrooms, vegetable bouillon, water, beans and boil.

Make dumplings from the dough with a spoon - they will puff up, so make them smaller than you think is necessary. Carefully add the dumplings to the pan with the vegetable bouillon, making sure they don't touch each other for the first 30 seconds after adding them.

Boil the dumplings for 10-12 min. If the dumplings are large, they may take longer. Taste one by cutting it in half to understand if the dumplings are ready. Try not to overcook, as the dumplings will become hard.

When the dumplings are ready, add the spinach and coconut milk. Cook until the spinach is wilted and the soup is creamy. Serve.

DINNER. JAMBALAYA



INGREDIENTS (4 PORTIONS)

1 cup rice (e.g. jasmine)	Olive oil
2 stalks of celery	1 1/2 cups of water
2 tbsp. tomato paste	2 peppers
Vegetable bouillon cube	1 large onion
V-EGO smoked and boiled sausage	
Optional spices (salt, pepper, laurel leaves, thyme, red pepper powder, etc.)	

PREPARATION

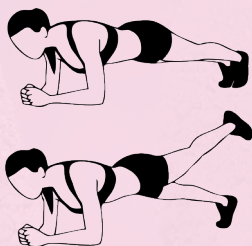
The vegan sausage is cut into small cubes and fried for a short time on high heat until the edges are crispy. When ready, set aside.

Fry finely chopped onion and celery on a pan. After ~ 2 min, add finely chopped paprika, tomato paste and spices. Fry until lightly caramelized.

Add rice, fry for 2 min. Add water, stock cube and mix thoroughly. Put a lid on top and let everything simmer for 15-20 minutes on low heat (the duration of simmering depends on the selected rice).

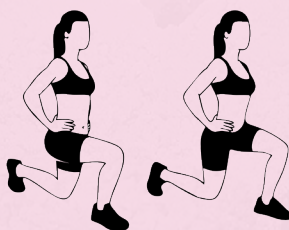
Before serving, add pre-cooked sausages, mix thoroughly and enjoy!

EXERCISES



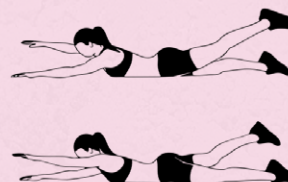
3 x 10 each leg

Plank position with legs raised (switching legs). When raising the leg, it should be fixed for a second. Then lower in a controlled manner.



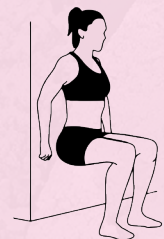
3 x 10 each leg

Back lunge. Controlled backward step, as soon as the knee minimally touches the ground, rise back to the starting position.



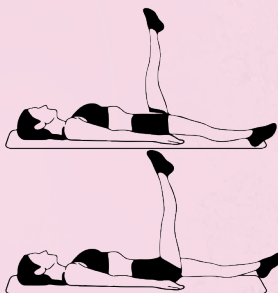
3 x 15 each side

Lying on your stomach. Lift the opposite arm and leg, fix it for a second, lower it. The head remains on the ground.



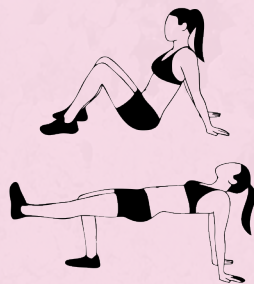
3 x 40s

Lean against the wall. 90° angle in hip and knee joints. Hands on hips or straight in front.



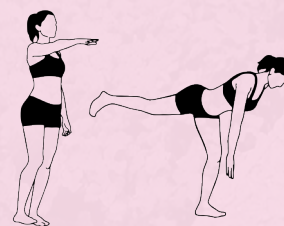
3 x 10 each leg

Lying on your back. In the starting position, both legs are straight up. One leg is lowered in a controlled manner, minimally touching the ground with the heel, lift the leg back. Switch legs.



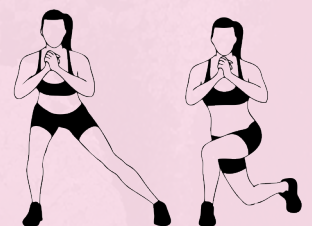
3 x 10 each leg

Raise the hip on one leg, the other leg remains straight. Hold at the top for 1 second, then slowly lower. Switch legs.



3 x 10 each leg

Landing on one leg. Try to touch the ground with hands. The back should be kept straight throughout the movement.



3 x 10 each side

Lateral lunge.



Funded by
the European Union



MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

DAY 22

BREAKFAST. YEAST PANCAKES



INGREDIENTS (3 PORTIONS)

2 tsp. or 8 g of dry yeast
3 tbsp. sugar
1 ½ cups or ~ 300 ml plant-based milk or water
3 tbsp. of oil
3 cups or ~ 330 g of flour
A pinch of salt
Oil for frying

PREPARATION

Plant milk or water is heated so that it is warm but not hot.
Yeast and 1 tbsp. sugar mixed in half a glass (~ 100 ml) of warm vegetable milk or water. Allows the yeast to activate.
Meanwhile, pour the remaining vegetable milk or water and oil into a large bowl, add the remaining 2 tbsp. sugar and salt and mix. Sift in 1 cup of flour, mix.
Add the yeast liquid.
Sift in the remaining 2 cups of flour and mix well.
Cover the bowl with a towel and put it in a warm place (e.g. near a radiator) to rise for ~ 1 h.
Fry pancakes in heated oil. The easiest way to work with the dough will be with your hands, first moistening them in water.

LUNCH. POTATO PANCAKES



INGREDIENTS

Potatoes
Oil
Salt

PREPARATION

Grate potatoes on a coarse grater, salt, leave for 10 minutes.
After 10 minutes, thoroughly coat the pan with oil (the hotter the oil, the less it will be absorbed into the pancake). Take the grated potatoes a little at a time, squeeze out the juice, make pancakes and fry on a hot pan until brown.

DINNER. PASTA & PESTO SALAD



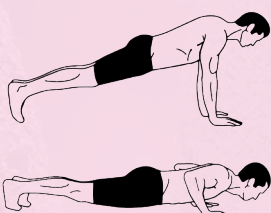
INGREDIENTS (4 PORTIONS)

200g pasta
Salt to taste
3 tbsp. + 50 ml of olive oil
Fresh basil for garnish
50g of sunflower seeds
1 teaspoon salt and ½ tsp. pepper
Juice of ½ lemon and zest of ½ lemon
1 tbsp. maple syrup or other liquid sweetener

PREPARATION

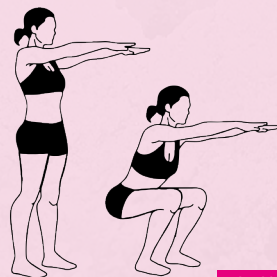
Cut the broccoli into pieces and place in a pan lined with baking paper. Sprinkle with salt and pepper and drizzle with olive oil. Bake in the oven at 200 °C for 20 minutes.
While the broccoli is baking, boil water in a pot, add salt and boil the pasta. Boil them for about 8-10 minutes (or as indicated on the package) until the pasta is soft. Then drain the water, rinse the pasta and leave to cool.
Prepare the pesto. All the intended ingredients are blended in a food processor until a homogeneous mass is obtained. If necessary, stop blending from time to time and scrape off everything that has accumulated on the inner sides of the container.
Once the broccoli pieces and pasta have cooled, place them in a large bowl. Add the previously prepared pesto and stir until everything is evenly mixed.
Garnish with fresh basil and serve cold, but if desired, this salad can also be served warm.

EXERCISES



3 x 20

Arms in width of shoulders.
Keep body tight and straight.



3 x 20

Feet in width of shoulders or a little wider.
When doing a squat, knees move in the same in the direction as fingertips.



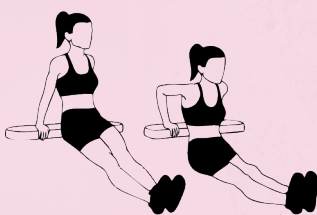
3 x 50s

Keep the body straight and in one level.



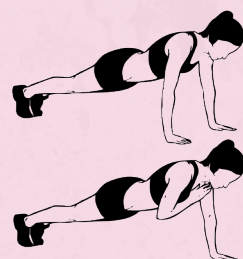
3 x 20

The weight should be put through heels, when in top hold for 1 second.



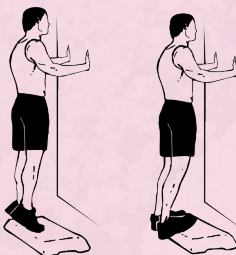
3 x 20

Controlled movement.



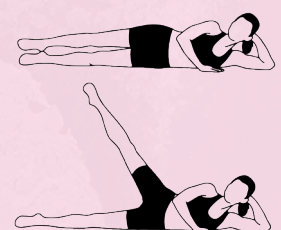
3 x 15 each arm

Hold the body tight and in one level.
Legs in width of shoulders or a little wider.
Do not move hips.



3 x 20

Full amplitude, controlled movement.



3 x 15

Upper legs fingertips pointed inwards.
Movement is slow and controlled.



Funded by
the European Union



MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. FRESH STRAWBERRY SMOOTHIE



INGREDIENTS

1 banana
250 ml of almond milk
250 g of strawberries
100 g pineapple
1 tbsp. almond
1 tsp. linseed

PREPARATION

Cut the strawberries and pineapple.
Blend all ingredients until a homogeneous mass is achieved.

LUNCH. BEET FALAFELS



INGREDIENTS

3 cloves of garlic
1/2 lemon juice
A pinch of salt
200 g of Turkish peas
4 tbsp. Turkish pea flour
2 medium-sized fresh beets
2 onions
1 tbsp. tahini
Oil for frying

PREPARATION

Heat oil in a pan, add sliced onions and fry until they become slightly transparent.
Add 3 chopped cloves of garlic, fry for less than a minute and put in a food processor.
Peel the beets and cut them into pieces, rinse the peas and leave them to dry.
Put the beets and peas in a food processor with the fried onions and garlic. Chop for a few seconds, add lemon juice, salt, tahini and Turkish pea flour. Grind until everything is in small pieces, but not quite to a even mass. If it seems that the mass is too wet, you can add a little more flour.
Form patties or balls from the falafel mass, place on a baking tray and bake at 200 °C for 25-30 min. Serve in salads, burgers, tortillas or as an appetizer.

DINNER. FAST "SOLYANKA"



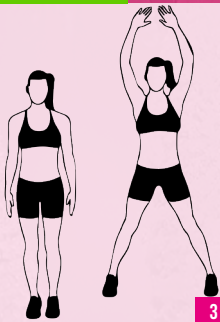
INGREDIENTS

1 onion
1 large carrot
2 cloves of garlic
1 tbsp. tomato paste
2 small pickled cucumbers
2-3 medium sized potatoes
1 can of beans
Salt, pepper, bay leaves, olives, lemon

PREPARATION

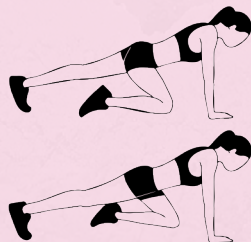
Heat oil on a hot pan, add chopped onions.
When they become golden, add grated carrot and chopped cloves of garlic, fry at lower heat, stirring occasionally.
At the same time, boil 1-1.5 l of water in a pot.
After ~ 5 min of frying, add the vegetables to the water.
Put a tablespoon of tomato paste in a heated pan, stir rapidly for ~ 2 min. Add it to the water along with the potatoes cut into small cubes.
Boil for about 10-15 minutes, add spices, pour in rinsed beans and sliced cucumbers.
Turn off the heat, cover and leave for ~ 5 min. Serve with olives and thinly sliced lemon slices.

EXERCISES



Jumps in one rhythm.
Legs and arms move at the same time.

3 x 40s



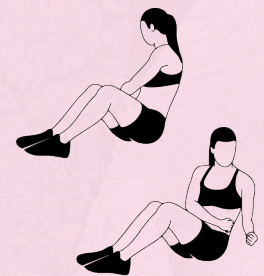
In the plank position,
pull up the knees (switching sides).

3 x 40s



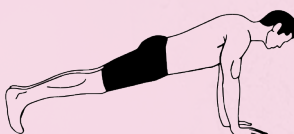
While lying down,
touch the opposite knee (switching sides)
with the elbow.

3 x 25s



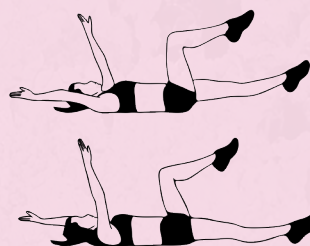
The legs are lifted from the ground.
Rotation with the arms from one side
to the other.

3 x 40s



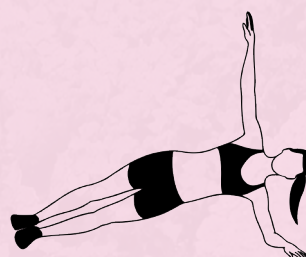
Plank with straight elbows.
Feet together.

3 x 50s



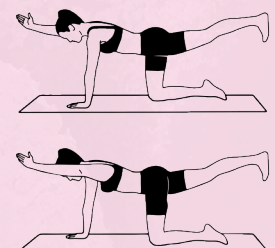
Lying on your back. Hip and knee bent 90°,
opposite arm up. Lower the opposite arm and leg
to the ground and switch sides.

3 x 15 each side



The support elbow is positioned under the
shoulder. The other arm should be straight up and
the hip should be kept in line with the body.

3 x 40s



Starting position on all fours. We straighten the
opposite arm and leg. We fix this position for a
second and then lower it back.

3 x 15 each side

MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. SWEET ZUCCHINI PANCAKES



INGREDIENTS (~25 PCS.)

300 g of zucchini
80 g of Turkish pea flour
40 g of fructose or other sweetener
½ tsp. food soda
15 g of cocoa
60 g of rice flour
100-120 g of water
Fat for frying

PREPARATION

Grate the zucchini.
Add all other ingredients, mix well.
Bake on a heated pan and serve with toppings of your choice.

LUNCH. ZUCCHINI SOUP



INGREDIENTS

1 onion
4 potatoes
1 paprika
5 tomatoes
Vegetable oil
3 cloves of garlic
1 medium-sized zucchini
½ medium-sized celery root
Spices - salt, pepper, chili powder

PREPARATION

Prepare the vegetables - chop the onion and garlic, remove the seeds from the zucchini, cut all the vegetables into cubes.
Pour oil into the pot and add the chopped onion.
When the onion is fried, add garlic and diced vegetables. Add water to cover the vegetables. Cook until the vegetables are soft.
When the soup is ready, blend it and add spices.
When serving, you can add greens, toast or seeds.

DINNER. "SOYSHLIK" BBQ



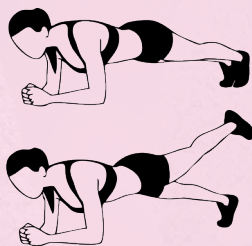
INGREDIENTS (3 PORTIONS)

120 g of dry soy slices
100 ml of soy sauce
30 g of sugar
50 g of your favorite BBQ sauce

PREPARATION

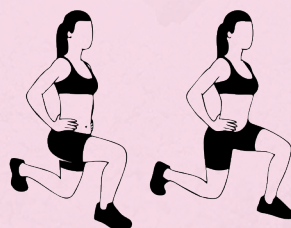
Pour 500 ml of water into the pot, add soy sauce and sugar.
Add pieces of soy meat and boil. Remove from the heat and leave the meat in the liquid until it cools.
Drain and squeeze the excess liquid from the pieces of soy meat with your hands.
Heat a little oil in a pan and fry the pieces of soy meat until they become brown and crispy on both sides.
Add BBQ sauce to the pan. Continue cooking, turning the pieces frequently and basting them in the sauce, until the BBQ sauce has caramelized and a glaze forms around the meat (the meat can burn very quickly at this stage).
Thread onto skewers and bake on the grill or in the oven at 200 °C for 5-10 min.

EXERCISES



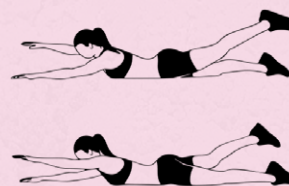
3 x 10 each leg

Plank position with legs raised (switching legs).
When raising the leg, it should be fixed for a second. Then lower in a controlled manner.



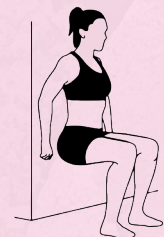
3 x 10 each leg

Back lunge. Controlled backward step, as soon as the knee minimally touches the ground, rise back to the starting position.



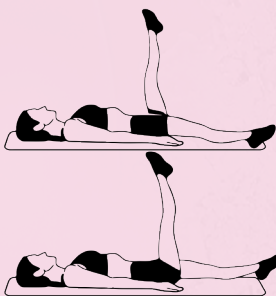
3 x 15 each side

Lying on your stomach. Lift the opposite arm and leg, fix it for a second, lower it. The head remains on the ground.



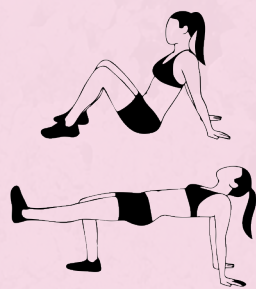
3 x 50s

Lean against the wall. 90° angle in hip and knee joints. Hands on hips or straight in front.



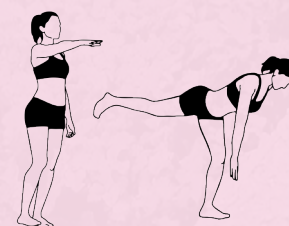
3 x 15 each leg

Lying on your back. In the starting position, both legs are straight up. One leg is lowered in a controlled manner, minimally touching the ground with the heel, lift the leg back. Switch legs.



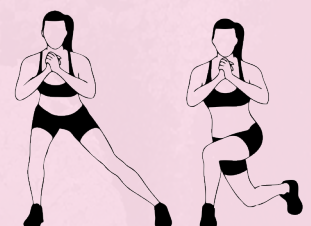
3 x 10 each leg

Raise the hip on one leg, the other leg remains straight. Hold at the top for 1 second, then slowly lower. Switch legs.



3 x 10 each leg

Landing on one leg. Try to touch the ground with hands. The back should be kept straight throughout the movement.



3 x 10 each side

Lateral lunge.



Funded by
the European Union



MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. LIGHT SALAD



INGREDIENTS

½ can of Turkish peas	2-3 cups spinach	1 tbsp. lemon juice
½ cup walnuts	1 small cucumber	Salt and black pepper
⅓ cup rinsed dried cranberries	1 tbsp. of olive oil	

PREPARATION

Cut the cucumber, mix all the salad ingredients and mix.
Mix olive oil, lemon juice, salt and pepper, stir into the salad.

LUNCH. TURKISH PEA DAL



INGREDIENTS

1 onion
3-5 cloves of garlic
A thumb-sized piece of ginger
½ tsp. curry
½ tsp. turmeric
½ tsp. chili
Salt, pepper, spices of choice
1 handful of spinach
400 g of lentils
400 g peas (boiled or canned)
400 g of sliced tomatoes in their juice
1 can of coconut milk

PREPARATION

Heat the pan to a medium temperature and in the meantime finely chop the onion, grate the ginger and let it fry, pressing the garlic cloves.
Boil lentils and peas (canned ones can be used), put them in a sieve and rinse them thoroughly.
When the onion becomes transparent, put the lentils and the Turkish peas on the pan, allowing it to fry gently for a few minutes.
Then add tomatoes and coconut milk. It is recommended to add the solid part of the coconut milk at the beginning, leaving the liquid for the end.
Mix everything, add the spices, put the lid on and reduce the heat to start a slow, bubbling process without the dal burning.
Leave the dal to bubble for at least 40 minutes, stirring it from time to time, so that the lentils and peas become completely soft.
In the meantime, you can cook rice, potatoes or other side dishes.
After the expected time, add the remaining coconut milk liquid and spinach to the dal, stir and leave for a few more minutes.
When everything is ready, put it on a plate, cover it with some greens and squeeze a little lime juice!

DINNER. "SOYSHLIK" IN MAYONNAISE MARINADE



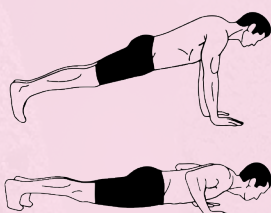
INGREDIENTS (2-4 PORTIONS)

20 g of dry soy slices
100 ml of soy sauce
30 g of sugar
450 g vegetable mayonnaise
1 onion
1 lemon
Bunch of fresh dill

PREPARATION

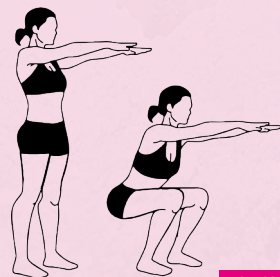
Pour 500 ml of water into the pot, add soy sauce and sugar.
Add pieces of soy meat and boil. Remove from the heat and leave the meat in the liquid until it cools.
Drain and squeeze out the excess liquid from the soy chunks with your hands.
Heat a little oil in a pan and fry the pieces of soy meat until they become brown and crispy on both sides.
Cut the onion and lemon into slices. Put in a bowl and add mayonnaise, finely chopped dill, salt and pepper to taste and soy meat. Mix everything thoroughly and leave to marinate overnight.
Thread onto skewers and bake on the grill or in the oven at 200 °C for 10 min.

EXERCISES



3 x 20

Arms in width of shoulders.
Keep body tight and straight.



3 x 20

Feet in width of shoulders or a little wider.
When doing a squat, knees move in the same
in the direction as fingertips.



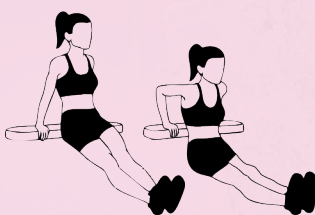
3 x 50s

Keep the body straight and
in one level.



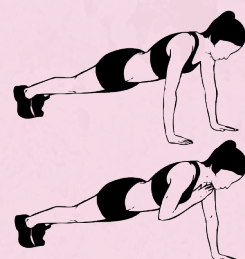
3 x 20

The weight should be put through heels,
when in top hold for 1 second.



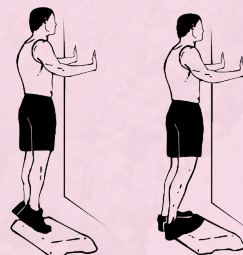
3 x 20

Controlled movement.



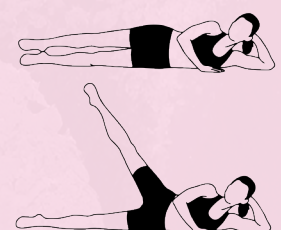
3 x 15 each arm

Hold the body tight and in one level.
Legs in width of shoulders or a little wider.
Do not move hips.



3 x 20

Full amplitude,
controlled movement.



3 x 15

Upper legs fingertips pointed inwards.
Movement is slow and controlled.

MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. GOURMET SMOOTHIE BOWL



INGREDIENTS

1 large banana	A pinch of salt
½-1 cup plant milk	½ cup oatmeal
2 tbsp. peanut butter	A handful of mixed nuts
1 tbsp. cocoa	Cinnamon

PREPARATION

Start with the toppings - put the mixture of oatmeal and nuts in a heated pan (without oil), add a little cinnamon, toast until the flakes and other toppings turn golden.

While the toppings are roasting, put all the smoothie ingredients in a blender. Blend until you get a smooth, thick smoothie mass.

Serve in a bowl - first put the smoothie, then the toasted oatmeal and nuts. Dry fruits can also be added.

LUNCH. VEGETABLE/ COCONUT CURRY SOUP



INGREDIENTS

½ tsp. cumin	1 onion
½ tsp. paprika powder	2 small carrots
½ tsp. turmeric	Oil for frying
½ tsp. curry powder	1 small sweet potato
1.8 l of vegetable bouillon	2 potatoes
150 g of green lentils	Salt
2 tbsp. peanut butter	
Juice of ½ lemon and a handful of spinach	

PREPARATION

Chop the onion, peel and grate the carrot and fry in heated oil in a pot. Stir fry for about 7 minutes.

Cut the sweet potato and potatoes into small cubes and add them to the pot along with all the spices. Fry for another 2 minutes while stirring.

Add bouillon and lentils to the pot. Reduce the heat to low and let everything boil for 25 minutes, until the lentils and potatoes are ready.

Remove the pot from the heat. Pour ⅓ of the soup into a blender, add peanut butter and blend a little - so that a little more texture remains.

Add the blended soup back to the pot, add lemon juice, a handful of spinach (if the leaves are large, cut them into smaller pieces) and salt. Mix everything and hold for a few minutes. Serve with fresh greens or salted peanuts.

DINNER. PILAF



INGREDIENTS

250 g of tomato sauce	1½ l of water
2 vegetable bouillon cubes	500 g of rice
Chicken or meat seasoning	1 onion
7 black peppercorns	3 cloves of garlic
2 laurel leaves	1 carrot
3 cloves	soy sauce
3 allspice	1 tsp. salt
1 package of large soy chunks	1 tsp. sugar

PREPARATION

Pour 1½ l of water into the baking dish, add spices, heat on the stove. Turn on the oven to heat up to 210 °C.

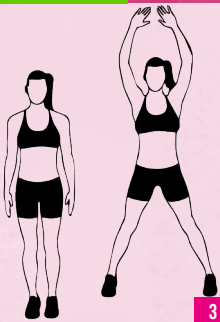
Pour boiling water over the soy chunks and add vegetable stock cubes to flavor the soy. Place a plate over the bowl and let the soy soak.

Fry sliced onions, garlic and grated carrots in a pan. When fried, add tomato sauce and let it fry for another 5 minutes. Put the fried vegetables in a pot (in boiling water), add rice.

Drain and press the water into the soy pieces. Add soy sauce, spices, stir and fry on a pan (to get a crispy crust). When the soy is fried, put it in the baking dish. Mix all the ingredients and put in the oven for 45-50 minutes.

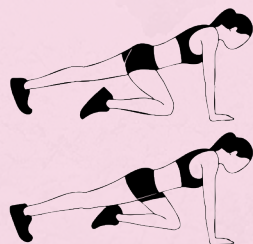
When the pilaf is ready, you can stir it, as the soy will have remained on top.

EXERCISES



3 x 40s

Jumps in one rhythm. Legs and arms move at the same time.



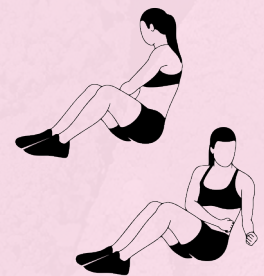
3 x 40s

In the plank position, pull up the knees (switching sides).



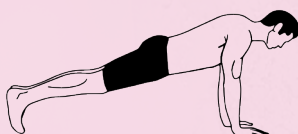
3 x 25s

While lying down, touch the opposite knee (switching sides) with the elbow.



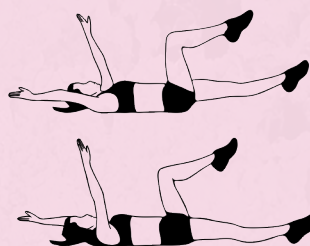
3 x 40s

The legs are lifted from the ground. Rotation with the arms from one side to the other.



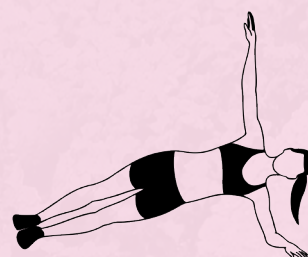
3 x 50s

Plank with straight elbows. Feet together.



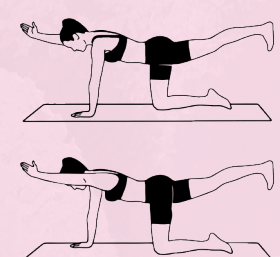
2 x 15 each side

Lying on your back. Hip and knee bent 90°, opposite arm up. Lower the opposite arm and leg to the ground and switch sides.



2 x 40s

The support elbow is positioned under the shoulder. The other arm should be straight up and the hip should be kept in line with the body.



2 x 15 each side

Starting position on all fours. We straighten the opposite arm and leg. We fix this position for a second and then lower it back.



Funded by
the European Union



MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. PINA COLADA SMOOTHIE



INGREDIENTS

1 piece. Alpro vanilla pudding 60 ml of coconut milk
50 g of oatmeal 1 frozen banana
50 ml of pineapple or orange juice

PREPARATION

Put everything in a blender and blend until a homogeneous mass is obtained.

LUNCH. OVEN ROASTED VEGETABLE COUSCOUS



INGREDIENTS (8 PORTIONS)

4 tomatoes
2 zucchini
1 bell pepper
1 red onion
4 cloves of garlic
2 tbsp. of olive oil
2 pinches of salt and pepper
2 cups of couscous
3 cups of vegetable bouillon
¼ bunch parsley

PREPARATION

Wash and cut the tomatoes, zucchini, pepper and onion into 2.5-3.5 cm pieces. Peel the garlic cloves, but do not cut them.

Cover the chopped vegetables and garlic with 2 tbsp. olive oil, placed on a baking sheet in one layer. Sprinkle with a few pinches of salt and pepper.

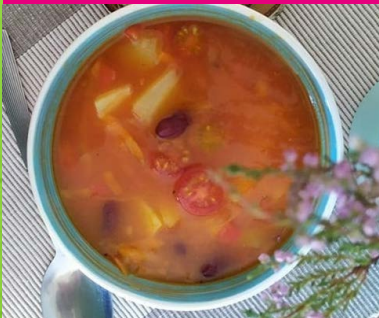
Bake at 205 °C for ~ 45 minutes, removing the pan from the oven twice and stirring the vegetables until they turn brown around the edges.

While the vegetables are baking, prepare the couscous. Heat vegetable bouillon in a pot. When it boils, add the couscous, turn off the flame, cover the pot and let the couscous steep undisturbed for 10 minutes. Then stir the couscous with a fork to avoid lumps.

When the vegetables are ready, chop the garlic cloves (they will be quite soft). Also chop parsley.

Add and mix couscous, vegetables and parsley in a bowl. Season with salt and pepper as desired. Serve the meal warm or cold!

DINNER. WARMING BEAN SOUP



INGREDIENTS

400 g canned beans 1 paprika
4 tomatoes (1 can) 2 onions
3 cherry tomatoes 3 carrots
Salt and black pepper 5 potatoes
Laurel leaf Oil
1 tsp. ground hot peppers

PREPARATION

Heat oil in a pot.

Cut the onions and peppers, grate the carrots, put them to fry in a pot.

Peel and cut the potatoes.

When the carrots, paprika and onions are fried, add all the spices and fry for half a minute so that the spices are more pronounced.

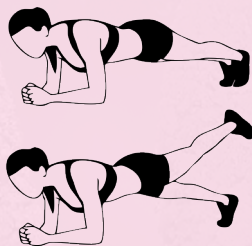
Pour hot water and add the cut potatoes.

Put the tomatoes in a blender, add a little water and blend.

The blended mass is poured into the pot. Cook until the potatoes are soft, add the beans and cook for another minute.

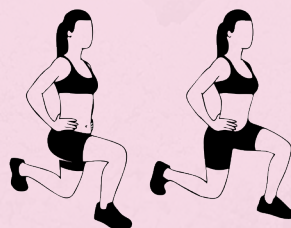
Serve with halved cherry tomatoes.

EXERCISES



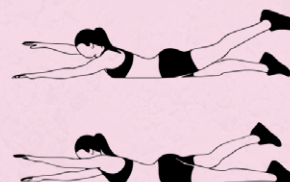
3 x 10 each leg

Plank position with legs raised (switching legs). When raising the leg, it should be fixed for a second. Then lower in a controlled manner.



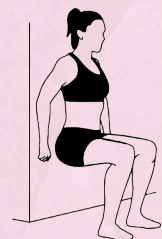
3 x 10 each leg

Back lunge. Controlled backward step, as soon as the knee minimally touches the ground, rise back to the starting position.



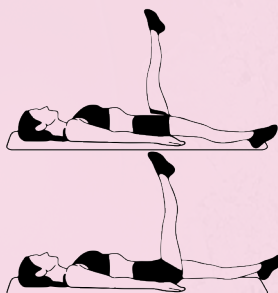
3 x 15 each side

Lying on your stomach. Lift the opposite arm and leg, fix it for a second, lower it. The head remains on the ground.



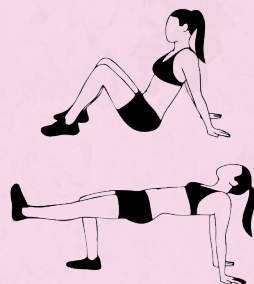
3 x 50s

Lean against the wall. 90° angle in hip and knee joints. Hands on hips or straight in front.



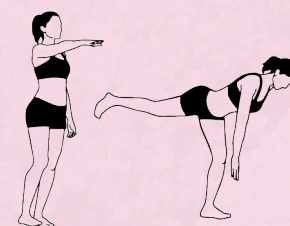
3 x 15 each leg

Lying on your back. In the starting position, both legs are straight up. One leg is lowered in a controlled manner, minimally touching the ground with the heel, lift the leg back. Switch legs.



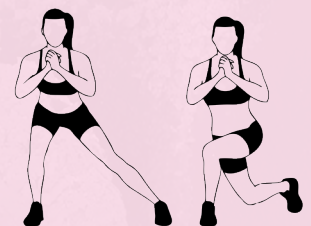
3 x 10 each leg

Raise the hip on one leg, the other leg remains straight. Hold at the top for 1 second, then slowly lower. Switch legs.



3 x 10 each leg

Landing on one leg. Try to touch the ground with hands. The back should be kept straight throughout the movement.



3 x 10 each side

Lateral lunge.



Funded by
the European Union



MEALS

Meal recipes and photos provided by <https://neapedzemeslodi.lv>

BREAKFAST. BANANA PANCAKES



INGREDIENTS (8-12 PCS.)

1 medium banana (~80 g) 90 g oat flour
160 ml plant milk 1 tsp. baking powder
1 tsp. vanilla sugar for sweetness (optional) Cinnamon (optional)

PREPARATION

Put the banana in a bowl, squeeze it well with a fork.
Add the rest of the ingredients - flour, baking powder, vegetable milk. Mix everything thoroughly. It's okay if there are still pieces of banana in the dough - it will be delicious when eaten!
Bake on a preheated pan.
Eat as is or with blended or fresh berries, jam, nut butter.

LUNCH. HEALTHY SALAD BOWL WITH NATURLI FALAFEL



INGREDIENTS

Favorite salad Hummus
Steamed beets Naturli falafel pieces
Cooked quinoa Oil for frying
Cucumber, tomatoes Sprouts (optional)
Red onion, avocado Pomegranate seeds (optional)

PREPARATION

Grate beets, cut cucumber, tomatoes, onion and avocado.
Prepare the falafel following the instructions on the package.
Put all the ingredients in a bowl and sprinkle with pomegranate seeds.

DINNER. SPLIT PEA PANCAKES



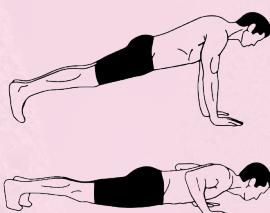
INGREDIENTS

500 g split peas
100 g of breadcrumbs
1 clove of garlic
1½ tbsp. soy sauces
Bunch of parsley or ~ 75 g
2 tbsp. Turkish pea flour
1 tbsp. tomato sauces
1 tbsp. olive oils
2 tsp. curry
2 tsp. salt

PREPARATION

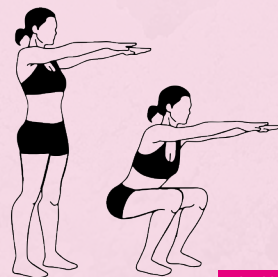
Soak split peas in cold water for 4 hours.
The soaked peas are thoroughly rinsed and boiled in cold water at a high temperature.
When the water boils, reduce the temperature to medium and skim the foam, if any. Leave the peas to boil until they are ready (~ 20 min).
When the peas are cooked, drain them and set them aside.
Heat a little olive oil in a pan and fry finely chopped onion and garlic at a low temperature, at the very end add 1 tsp. soy sauce.
Place half of the split peas in a food processor along with the fried onions and garlic, parsley, remaining soy sauce, olive oil, tomato sauce, salt and curry. Grind until a mass of homogeneous consistency is obtained.
Put the resulting mass in a large bowl, add the remaining peas, Turkish pea flour, breadcrumbs and mix thoroughly.
Put the scone mass in the freezer for 15 minutes.
Heat the oven to 200 °C, put baking paper in the pan. Form small scones (~ 5 cm in diameter and 1 cm thick), place on baking paper. Brush the scones with olive oil or coconut oil.
The scones are baked for ~ 10 min, then they are turned upside down and coated with oil again. Bake for another 10 minutes, take out of the oven and eat.

EXERCISES



3 x 20

Arms in width of shoulders.
Keep body tight and straight.



3 x 20

Feet in width of shoulders or a little wider.
When doing a squat, knees move in the same in the direction as fingertips.



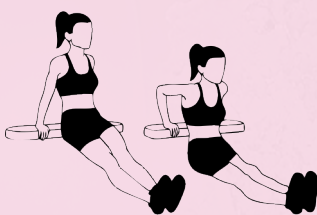
3 x 50s

Keep the body straight and in one level.



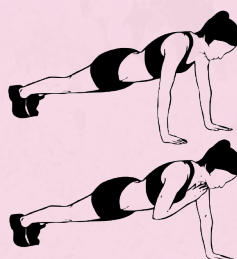
3 x 20

The weight should be put through heels, when in top hold for 1 second.



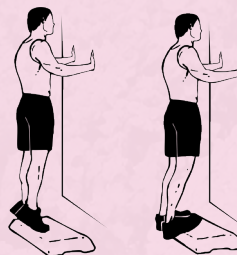
3 x 20

Controlled movement.



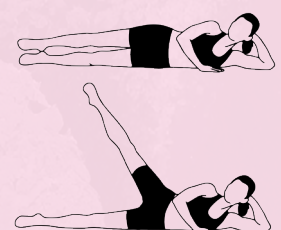
3 x 15 each arm

Hold the body tight and in one level.
Legs in width of shoulders or a little wider.
Do not move hips.



3 x 20

Full amplitude, controlled movement.



3 x 15

Upper legs fingertips pointed inwards.
Movement is slow and controlled.

INFORMATION RESOURCES

WATCH

TEDEX SPEECH “ELEPHANT IN THE ROOM: A LOOK AT ANIMAL RIGHTS”



WATCH

MOVIE MOVIE “THE GAME CHANGERS”



READ

PLANT-BASED DIETS IMPROVE HEALTH AND ENVIRONMENT, SAYS TOP EU SCIENTIFIC ADVISOR



This document is developed with EU funds. Content of this document is the responsibility of the project partner and does not reflect the opinion of EU.



**Funded by
the European Union**