



# DETOX & BALANCE

## TRAVEL PREPARATIONS

Dear guest,

We will soon be welcoming you to the Falkensteiner Spa Resort Mariánské Lázně. We are already looking forward to seeing you and are prepared for your arrival. In order to support you in the best possible way at the start of your programme, we have some tips to share with you in advance. The impact of the programme will be significantly improved if you follow our recommendations.

To this end, we advise you to supplement or partially replace the remaining meals with a portion of oatmeal at least 2 days before departure.

Ingredients contained in oats sustainably regulate your blood sugar levels as well as insulin action. They also improve blood pressure and cholesterol levels and can improve liver function.

These effects are scientifically well studied, will have a positive influence on your health and will make the adjustment of your metabolism for the “BALANCE & DETOX” programme much easier for you.

With these three simple rules you can implement the “Oat Days” in the best possible way:

1. Eat 3 meals a day
2. Include **75 g** of oatmeal in each meal (see recipe suggestions)
3. Take a 5-hour break after each meal, during which you drink only water or tea.

The following recipes are ideal for preparing oatmeal in an appetising and varied way. The ingredients should be readily available, and the preparation is easy even without experienced kitchen skills.

For the trip to the Czech Republic, we advise you to drink plenty of water, not to consume sugary soft drinks and snacks, and – if possible – to pre-order your food on the plane. Ideally, you should eat fish, meat or salad, reduce carbohydrates (bread, potatoes, rice) and replace them with vegetables.

We wish you every success now and look forward to welcoming you soon in Mariánské Lázně!

Your Falkensteiner Team





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### Breakfast recipes

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#### CHOCOLATE CAKE

##### INGREDIENTS, PER SERVING:

75 g oatmeal  
1 ripe banana  
90 ml milk or vegetable milk  
1 egg  
2 tsp baking cocoa  
¼ tsp baking powder  
15 g dark chocolate, grated  
1 tsp butter

##### PREPARATION:

1. Mix all the ingredients with a hand blender or stand mixer.
2. Spread the batter in a small baking dish greased with butter.
3. Bake the chocolate cake at 180° fan oven for 25 minutes.
4. Enjoy lukewarm!

#### SUPERFOOD PORRIDGE

##### INGREDIENTS, PER SERVING:

75 g oat flakes  
300 ml milk or vegetable milk  
1 pinch of salt  
1 tsp linseed or chia seeds  
1 tsp sunflower seeds  
1 tsp hemp seeds  
3 dates, chopped

##### PREPARATION:

1. Cook the date pieces with the oat flakes, milk and salt to make a porridge.
2. Add the remaining ingredients as a topping over the porridge.





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### Recipes for lunch and dinner

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#### ORIENTAL OATMEAL SOUP

##### INGREDIENTS, PER SERVING:

130 g oat flakes  
700 ml vegetable stock  
3 cloves of garlic  
1 bunch coriander  
1 bunch of parsley  
1 bunch mint  
25 ml olive oil  
50 g fenugreek  
1 tbsp turmeric  
2 tbsp paprika powder  
Salt, pepper

##### PREPARATION:

1. Peel the garlic cloves and purée finely with the de-stemmed herbs in a blender.
2. Bring the stock and the remaining ingredients to the boil in a saucepan.
3. Add all the ingredients and simmer the soup for about 20 minutes.

#### OAT WRAPS

##### INGREDIENTS, PER SERVING:

75 g oat flakes  
1 egg  
160 ml milk or vegetable milk  
1 pinch of salt  
2 tsp oil  
50 g minced meat of your choice  
50 g maize  
50 g kidney beans  
½ onion, chopped  
1 tbsp tomato paste  
50 ml water  
50 g natural yoghurt  
1 tsp lemon juice  
½ tsp paprika powder  
½ tsp cumin  
salt, pepper

##### PREPARATION:

1. Mix the oat flakes into flour.
2. Mix the oat flakes with the egg, milk and a little salt.
3. Heat 1 tsp oil in a frying pan and fry 3 wraps with the mixture.
4. Heat 1 tsp oil in the pan and fry the onion with the minced meat, then add the tomato paste, the corn and the beans.
5. Pour in the water and season with salt, pepper, paprika and cumin.
6. Make a dip with the yoghurt and lemon juice and season with salt and pepper.
7. Fill the wraps with the minced meat sauce and the yoghurt dip.





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### Recipes for lunch and dinner

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#### BUDDHA BOWL

##### INGREDIENTS, PER SERVING:

75 g oatmeal  
300 ml vegetable stock  
100 g sweet potatoes, finely diced  
50 g cherry tomatoes, halved  
50 g courgettes, in half slices  
1 spring onion, cut into rings  
50 g feta  
1 handful iceberg lettuce, in strips  
1 tsp olive oil  
½ avocado  
1 tsp lemon juice  
Salt, pepper, chilli

##### PREPARATION:

1. Season the sweet potato cubes with oil, salt and pepper and spread on a baking tray. Bake for 15 minutes at 180°.
2. Heat the vegetable stock, stir in the oat flakes and cook for about 5 minutes.
3. Mash the avocado with the lemon juice, salt, chilli and pepper.
4. Put the porridge in a deep plate. Top with the sweet potatoes, tomatoes, courgettes, spring onions and iceberg lettuce.
5. Crumble the feta over the mixture and spread the guacamole on top.

#### POTATO AND BROCCOLI CASSEROLE

##### INGREDIENTS, PER SERVING:

75 g seeded oats  
125 ml vegetable stock  
150 g broccoli in small florets  
100 g potatoes, peeled and sliced  
100 ml milk  
50 g herb cream cheese  
15 g chopped walnuts  
20 g grated cheese  
½ tsp curry powder  
salt, pepper  
Oil for the casserole dish

##### PREPARATION:

1. Grease a small casserole dish and place the broccoli and potato slices in it.
2. Mix the oats with the milk, cream cheese and walnuts and season with salt, pepper and curry.
3. Pour the cream cheese mixture over the vegetables, pour the vegetable stock over it and mix everything together.
4. Sprinkle the cheese on top and bake at 180° fan oven for 40 minutes.

