

WELCOME TO THE LOYALTY PROGRAM OF THE DELIVERY SERVICE OF GINZA PROJECT!

We give 500 bonus points after registration on the website or in mobile applications for iOS and Android at the first order! After registration we will return 10 % of cashback from each order in bonus points. You do the order — we give gifts!

Details on ginzadostavka.ru

HEALTHY

FOOD

DELIVERY

THE NEW GINZA DIET SERVICE OPENS THE SECRET OF SUCCESS IS EAT TASTY AND RIGHT

GINZA
Diet



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ginzadostavka.ru



DIET "SLIMMING"

10-days menu / 25 000 P

DAY 1 / 2500 P

- BREAKFAST** _____
Eggs Benedict with salmon
- HAVING A SNACK** _____
Carrot cream-soup with prunes
- LUNCH** _____
Lamb Quenelle
Seasonal vegetables and greens
- HAVING A SNACK** _____
Raspberry jelly
Vegetable straws
- DINNER** _____
Roast beef salad with avocado and chili
- DRINKS** _____
☀ Sagan Dalya
☾ Linden and mint tea

DAY 3 / 2500 P

- BREAKFAST** _____
Homemade cottage cheese with berries
- LUNCH** _____
Thai soup "Tom Yum"
Greek salad
- HAVING A SNACK** _____
Passion fruit jelly
Vegetable straws
- DINNER** _____
Black beans with mini squid and mussels
Steamed vegetables
- DRINKS** _____
☀ Grapefruit and ginger
☾ Herbal tea with roybush and chamomile

DAY 2 / 2500 P

- BREAKFAST** _____
Kvelli* with tomatoes
- LUNCH** _____
Ukha (Fish soup)
Chicken breast salad with peanut paste and sauce
- HAVING A SNACK** _____
Coconut milk pudding with blueberries and almond biscuits
- DINNER** _____
Farmer beef
- DRINKS** _____
☀ Ginger lemonade
☾ Linden and mint tea
- *Kvelli — cottage cheese with tomatoes and greens*

DIET "SLIMMING LIGHT"

10-days menu / 25 000 P

DAY 9 / 2500 P

- BREAKFAST** _____
Eggs Benedict with roast beef
- LUNCH** _____
Carrot cream-soup with prunes
Grilled dorado fillet
Grilled vegetables
- HAVING A SNACK** _____
Fruit salad
Vegetable straws
- DINNER** _____
Muksun with the Greek olives
Georgian vegetable salad with spices
- DRINKS** _____
☀ Detox water with kiwi and strawberries
☾ Camomile tea

DAY 4 / 2500 P

- BREAKFAST** _____
Baked avocado
- LUNCH** _____
Tomato soup
Steamed cod
Fresh seasonal vegetables
- HAVING A SNACK** _____
Fruit salad
Vegetable straws
- DINNER** _____
Chicken thigh shashlik
Grilled vegetables
- DRINKS** _____
☀ Detox water with kiwi and strawberries
☾ Rosehip tea

DAY 6 / 2500 P

- BREAKFAST** _____
Homemade ricotta with berries
- LUNCH** _____
Zucchini cream-soup with mint
Grilled chicken
Steamed vegetables
- HAVING A SNACK** _____
Blueberry yogurt
Vegetable straws
- DINNER** _____
Grilled mackerel
Tomatoes and greens salad with olive oil
- DRINKS** _____
☀ Sagan Dalya
☾ Linden and mint tea

DIET "WEIGHT MAINTENANCE"

10-days menu / 24 000 P

DAY 1 / 2400 P

- BREAKFAST** _____
Kutaby with greens
- LUNCH** _____
Khashlama with beef
Salad with tomatoes and Matzoon
- HAVING A SNACK** _____
Dessert with cottage cheese and raspberry
Vegetable straws
- DINNER** _____
Salmon with pumpkin cream and millet
- DRINKS** _____
☀ Sagan Dalya
☾ Fireweed tea

DAY 3 / 2400 P

- BREAKFAST** _____
Chicken liver pate with crisp bread
- LUNCH** _____
Corn cream soup "Caesar" with chicken
- HAVING A SNACK** _____
Chocolate-coconut chia pudding
Vegetable straws
- DINNER** _____
Fried oyster mushrooms with quinoa and tofu cream
Seasonal vegetables
- DRINKS** _____
☀ Grapefruit and ginger
☾ Herbal tea with roybush and chamomile

DAY 2 / 2400 P

- BREAKFAST** _____
Cottage cheese casserole with dried apricots
- LUNCH** _____
Ukha (Fish soup)
Greek salad
- HAVING A SNACK** _____
Baked apple
Vegetable straws
- DINNER** _____
Lamb Dolma
Seasonal vegetables
- DRINKS** _____
☀ Ginger lemonade
☾ Linden and mint tea

All prices are in rubles, including VAT

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DIET
"PESCETARIAN MENU"

7-days menu / 16 100 P

DAY 1 / 2300 P

BREAKFAST

Homemade cottage cheese with berries
Apple-celery juice

LUNCH

Pumpkin soup
Vegetable salad with Kakhetian oil and tofu

HAVING A SNACK

Vegetarian carrot biscuit with strawberry
Vegetable straws

DINNER

Cauliflower steak

DRINKS

☀ Sagan Dalya
☾ Fireweed tea

DAY 2 / 2300 P

BREAKFAST

Baked avocado
Orange-grapefruit juice

LUNCH

Carrot cream-soup with prunes
Warm salad with oyster mushrooms

HAVING A SNACK

Raspberry Jelly
Vegetable straws

DINNER

Vegetable stuffed cabbage with beans
Grilled dorado fillet

DRINKS

☀ Ginger lemonade
☾ Linden and mint tea

DAY 3 / 2300 P

BREAKFAST

Cheesecakes with strawberry and sour cream
Apple-carrot juice

LUNCH

Tomato soup
Greek salad

HAVING A SNACK

Chocolate-coconut chia pudding
Vegetable straws

DINNER

Polenta with mushrooms
Mackerel with tomatoes and capers

DRINKS

☀ Grapefruit and ginger
☾ Herbal tea with roybush and a camomile

DIET
"PREGNANCY"

10-days menu / 25 000 P

DAY 5 / 2500 P

BREAKFAST

Quinoa Porridge

HAVING A SNACK

Candy with prunes

LUNCH

Lean borscht
Grilled Salmon with Asparagus
Brown rice

HAVING A SNACK

Fruit salad
Vegetable straws

DINNER

Veal tenderloin
Mashed potatoes

DRINKS

☀ Cucumber Sassi water
☾ Hawthorn

DAY 6 / 2500 P

BREAKFAST

Ricotta with berries

HAVING A SNACK

Beet-carrot-celery juice

LUNCH

Zucchini cream soup with mint
Grilled chicken
Batumi Salad

HAVING A SNACK

Chocolate-coconut chia pudding
Vegetable straws

DINNER

Grilled mackerel
Tomatoes and greens salad with olive oil
Rice

DRINKS

☀ Sagan Dalya
☾ Linden and mint tea

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FORGET ABOUT BORING CALORIE COUNTING, EXHAUSTING STARVATION, AND THE ETERNAL SEARCH FOR DIETARY PRODUCTS. ARTMEDIA — AN ANTI-AGING MEDICINE, COSMETOLOGY AND PHLEBOLOGY CLINIC — HAS BEEN PROVIDING FIRST-CLASS ASSISTANCE IN OVERWEIGHT AND ENDOCRINE DISEASES FOR OVER 12 YEARS.

A professional nutritionist, doctor of anti-age ArtMedia Clinic Nadezhda Fetisova has developed 5 ready-to-eat nutrition programs in which there is a balance the content of all substances that are beneficial to the body. Select a diet and place orders home within your program.

— DIET "SLIMMING"

— DIET "SLIMMING LIGHT"

— DIET "WEIGHT MAINTENANCE"

— DIET "PESCETARIAN MENU"

— DIET "PREGNANCY"

All products are delivered quickly and at any convenient time. In addition, if necessary, our specialists will advise you for any questions and will lead throughout the program.



All prices are in rubles, including VAT



Eating right is very simple!
With the new Ginza Diet service, you enjoy good health and a great mood!
Order is today — delivery is tomorrow.



+7 (812) 640-33-73 | +7 (812) 957-45-57

Your opinion is very important for us:
info@spbginzadostavka.ru —
we will answer all of your questions.



#ginzadostavka

Service comments:
+7 (812) 640-16-16

We are looking for coordinators and couriers:
jobs@spbginzadostavka.ru



The prices and the range of dishes specified in this menu can not coincide with the actual prices and the range now. This booklet is an advertizing product. Circulation is from 29.10.2019

GINZA
Diet

☀ Day
☾ Evening

THE FULL VERSION
OF RATIONS FOR ALL
DAYS CAN BE FOUND
ON THE WEBSITE
GINZADOSTAVKA.RU
OR BY PHONE NUMBER
640-33-73

All prices are in rubles, including VAT

