



Chinny **1 Months Meal Plan**

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DAY 1

20 min Before Breakfast

Drink options

- 1) 1 cup of warm water 1 tsp Apple Cider.
(Pls Do not take if you have Ulcer)
 - 2) Green Tea
 - 3) 1 Cup Warm water
 - 4) 1/2(Half tsp) cinnamon
- *Plain water with 2 cups with sliced cucumber.

BREAKFAST

1 small Cup Oats

Add water to create a smooth paste
Top oats with any fruit/nuts of choice

Milk Options

- 1) 1/4 Cup Almond milk
- 2) 1/4 Cup Soya Milk
- 3) 1/4 Low Fat milk
- 4) Uriel's choice: Only water.

LUNCH

1 Grilled Skinless Chicken
Uriels choice: Chicken Breast)
(season to taste)

Served with
steamed vegetables

Uriels choice:
Carrot, Onions, Cabbage,
Fresh pepper, Green peas
steamed together.

DINNER

Drink two Glasses of water 20
minutes before Dinner.

1 cup Greek yogurt or
unsweetened Natural yogurt
Top with Honey (1 tbsp)
serve with 2 Chicken Pieces



DAY 2

20 min Before Breakfast

Drink options

**1 cup of warm water 1 tsp Apple cider.
(Pls Do not take if you have Ulcer)**

Green Tea

1 Cup Warm water

1/2(Half tsp) cinnamon

**4) plain water with 2 cups with
sliced cucumber.**

BREAKFAST

1 small Cup Oats

Add water to create a smooth paste

Top oats with any fruit/nuts of choice

Milk Options

1) 1/4 Cup Almond milk

2) 1/4 Cup Soya Milk

3) 1/4 Low Fat milk

4) Uriel's choice: Only water.

LUNCH

Smoothie

1 Cup Spinach or KALE

1 Cup pineapple

1 Banana

Thicken with 1/2 cup

Pick 1 from Below)

1) Greek yogurt or Natural yogurt

2) Oats milk

3) Almond milk

Add 1 tbsp honey

1/4 water to blend

(Aim to have 2 to 3 Glasses)

**serve with 2 small pieces Grilled
or steamed fish**

DINNER

SALAD bowl

Uriels choice:

Lettuce, Cucumber, Carrot

Sweet Bell Pepper, Tomatoes

Sweet Corn

**(You can create your Salad bowl
with what you like)**

season with (options below) pick 1

1) Low fat salad dressing

2) 2 tbsp olive oil.

black pepper or dry red pepper

Salt, Italian herbs



DAY 3

BREAKFAST

Pick 1

- 1) Green Tea With honey**
- 2) Hot water lemon/Lime**
(Pls Dont take if you have ulcer)
- 3) two glasses of water**
- 4) Chamomile Tea**

1 cup of Branflakes or 2 weetabix

Milk Options (Pick 1)

- 1) 1/4 cup Almond**
- 2) 1/4 cup Soya**
- 3) 1/4 cup low fat milk**

enjoy with 1 Apple or 1 Fruit of Choice

LUNCH

Seasoned Fish (2 pieces)

Serve with Steamed vegetables
(Vegetables example)

Cabbage

Carrot

Courgette

Peas

Spinach

etc

Season to taste

DINNER

A Bowl Of Greek yogurt or
unsweetened Natural yogurt
sweeten with Honey
add favourite fruit (1)
Uriels choice: Apple

Serve with 2 boiled Eggs
1/2 Cucumber slices



DAY 4

BREAKFAST

*** 1 GRILLED Chicken piece**

*** Serve with 1 slice of Grilled Bread
you can Top your Bread with
avocado and Tomatoes.**

***Season with black pepper and Salt
Cut 1/2 Cucumber to enjoy on the side**

LUNCH

SALAD BOWL of your choice

Uriels Tip:

**Don't forget to drink 1 to litre of
water today.**

**I love putting fresh Cucumbers
into my water**

DINNER

**A Bowl Of Greek yogurt or
unsweetened Natural yogurt
sweeten with Honey
add favourite fruit (1)
Uriels choice: Apple**

**Serve with 2 boiled Eggs
1/2 Cucumber slices**



DAY 5

20 min Before Breakfast

Drink options

1 cup of warm water 1 tsp Apple cider.
(Pls Do not take if you have Ulcer)

Green Tea

1 Cup Warm water

1/2(Half tsp) cinnamon

4) plain water with 2 cups with sliced cucumber.

BREAKFAST

1 small Cup Oats

Add water to create a smooth paste

Top oats with any fruit/nuts of choice

Milk Options

1) 1/4 cup Almond milk

2) 1/4 cup Soya Milk

3) 1/4 Low Fat milk

4) Uriel choice: Only water.

LUNCH

Grilled Fish (1 or 2 pieces)

Serve with Salad bowl

DINNER

Smoothie

1 Cup of spinach or Kale

**1 Carrot, 1/2 Cucumber, 1 banana
sweeten with 2tbsp honey**

2 Ugu leave (optional)

Add 1/4 water to blend

Serve with choice of Protein

(2 small pieces)

(Pick 1 Option below)

Fish

Turkey,

Chicken

Uriels Tip:

I prefer to Grill/Roast my protein



DAY 6

BREAKFAST

**Bowl Greek yogurt or unsweetened Natural yogurt sweeten with Honey add favourite fruit (1)
Uriels choice: Apple**

**Serve with 2 boiled Eggs
1/2 Cucumber slices**

LUNCH

**Seasoned Plantain
Grilled or boiled 1/2 (half)
Serve with choice of protein
(2 small pieces)
Pick 1 from List
1) Fish
2) Turkey
3) Chicken
Add side vegetables**

**Uriels Tip:
I normally Grill my protein and use stew made with small coconut oil and tomatoes as a dressing.**

DINNER

**Smoothie Gold
Paw Paw 1 Cup
2 Carrots, 1 banana
2tbsp Honey, Small Ginger
Serve with 2 pieces of protein
(Pick 1 Option below)
1) Fish
2) Turkey
3) Chicken**

**Uriels Tip:
Try and get 2 to 3 glasses of your Smoothie Dinner**



DAY 7

BREAKFAST

Omelette
(remove the yoke)

Season Egg white to taste
serve with 1 slice of whole wheat
bread (No Butter)

Cut Cucumber into 1/2
slice half and enjoy with breakfast

LUNCH

SWEET Potato
Season 1 sweet potato to taste
Steamed (boil in small water)
Add greens or spinach
Serve with Grilled fish

Uriels Tip:
I love to add pieces of fish into
the Sweet potato.
I love to use Titus fish or Dry
smoked fish.

DINNER

Salad bowl

Uriel's Tips:
I love using black pepper to
season my salad with a little
drizzle of olive oil (1 tsp)



DAY 8

BREAKFAST

**1 Cup bran flakes
serve with Milk**

Milk Options

- 1) 1/4 cup Almond**
- 2) 1/4 Soya**
- 3) Oats milk**
- 4) plant based Soya milk**
- 5) Low Fat milk**

LUNCH

**Steamed vegetables
serve with 2 pieces of Fish or
Chicken (season to taste).**

Uriels Tips:

**I love Broccoli and Cabbage,
Carrots**

DINNER

**Bowl (small bowl) Greek yogurt or
unsweetened Natural yogurt
sweeten with Honey
add favourite fruit (1)**

Uriels choice: Apple

**Serve with 1 fish &
1/2 Cucumber slices**



DAY 9

BREAKFAST

Smoothie
Red or Green Apples x2
Cucumber 1/2
1 Banana
1/4 cup of Oats
1/2 cup pineapple
add 1/4 to blend
sweeten with honey 2tbsp
(optional)

LUNCH

SALAD bowl
serve with Grilled chicken
or Fish

Please Make sure to Drink a
choice of Tea below

- 1) Green Tea
- 2) Chamomile tea
- 3) Hot water lemon/Lime
(Don't use if you have Ulcer)

DINNER

Nigerian Bean Cake
(moi moi) served with
Steamed or Grilled fish)



DAY 10

BREAKFAST

20 min Before Breakfast

Drink options

1) 1 cup of warm water 1 tsp Apple cider.

(Pls Do not take if you have Ulcer)

2) Green Tea

3) 1 Cup Warm water 1/2 (Half tsp) cinnamon

4) plain water with 2 cups with sliced cucumber.

1 small Cup Oats

Add water to create a smooth paste

Top oats with any fruit/nuts of choice

Milk Options

1) 1/4 cup Almond milk

2) 1/4 cup Soya Milk

3) 1/4 Low Fat milk

4) Uriel choice: Only water.

LUNCH

Black beans Porridge

(you can use Black eye beans)

Parboil 1 Cup of beans set aside

Add Onions Garlic tomatoes and pepper into

3 Tbsp of Oil

add Thyme

Curry

paprika

crayfish (optional)

Add the beans

simmer for a few minutes

Enjoy!!

DINNER

Enjoy a light bowl of SALAD

season to Taste

Uriels Tip:

You can use any low

Fat salad Dressing



DAY 11

BREAKFAST

**2 Boiled eggs (Remove 1 yoke)
Serve with 1 whole wheat Bread
(No Butter)
1 banana**

**Pls Don't forget to Drink from options
below**

- 1) Green Tea**
- 2) Hot water lemon/Lime
(Do not take if you have ulcer)**
- 3) Warm water, 1/4 tsp cinnamon
sweeten with 1 tbsp honey**

LUNCH

**Salad bowl
with Grilled chicken pieces.**

DINNER

**Smoothie
Red or Green Apples x2
Cucumber 1/2
1 Banana
1/4 cup of Oats
1/2 cup pineapple
add 1/4 to blend
sweeten with honey
2tbsp (optional)**



DAY 12

BREAKFAST

Bowl (small bowl) Greek yogurt or unsweetened Natural yogurt sweeten with Honey add favourite fruit (1)

Uriels choice: Apple

**Serve with 1 fish
1/2 Cucumber slices**

LUNCH

Steamed vegetables

1/4 cup of (Check list below)

- 1) Brown Rice**
- 2) Buglur wheat**
- 3) Cous Cous**

**Season to Taste serve with
Grilled Fish**

DINNER

**Salad bowl of choice
serve with 2 boiled eggs
(Remove 1 egg yolk)**

**Please Don't forget to Drink
from options below**

- 1) Green Tea**
- 2) Hot water lemon/Lime
(Do not take if you have ulcer)**
- 3) Warm water
1/4 tsp cinnamon sweeten with
1 tbsp honey**



DAY 13

BREAKFAST

Pick 1

- 1) Green Tea With honey)**
- 2) Hot water lemon/Lime pls Dont t**
- 3) two glasses of water**
- 4) Chamomile Tea**

1 cup of Branflakes
or
2 weetabix

Milk Options (Pick 1)

- 1/4 cup Almond**
- 1/4 cup Soya**
- 1/4 cup low fat milk**

enjoy with 1 Apple
or 1 Fruit of Choice

LUNCH

Bowl (small bowl)Greek yogurt
or unsweetened Natural yogurt
sweeten with Honey
add favourite fruit (1)

Uriels choice: Apple

Serve with 1 fish
1/2 Cucumber slices

DINNER

Salad bowl of choice
serve with 2 piece of
Grilled fish
or
Chicken



DAY 14

BREAKFAST

Smoothie Detox DAY
its very important To Drink at
least 2 litres of water Today

Green Smoothie

1 cup Spinach or kale
1/2 Cucumber
1 Green Apple
or Pear
1/4 Oats
1 Banana

LUNCH

Pls Enjoy a Cup of Green Tea
or Any Herbal Tea of Choice

Bowl (Small bowl) Greek yogurt
or unsweetened Natural yogurt
sweeten with Honey
add favourite fruit (1)

Uriels choice: Apple

DINNER

Fruit Bowl of choice
serve with
pick 1 option

- 1) 2 Grilled Fish small pieces**
- 2) 2 Grilled chicken pieces**

- 3) two Grilled Turkey pieces**



DAY 15

BREAKFAST

20 min Before Breakfast

Drink options

- 1) 1 cup of warm water 1 tsp Apple cider.
(pls Do not take if you have Ulcer)**
- 2) Green Tea**
- 3) 1 Cup Warm water
1/2(Half tsp) cinnamon**
- 4) plain water with 2 cups with sliced
cucumber.**

1 small Cup Oats

**Add water to create a smooth paste
Top oats with any fruit/nuts of choice**

Milk Options

- 1) 1/4 cup Almond milk**
- 2) 1/4 cup Soya Milk**
- 3) 1/4 Low Fat milk**
- 4) Uriel choice: Only water.**

LUNCH

Coconut Sweet Potato porridge

**use 1 small sweet potato
Fry Onions/Garlic in 3tbsp oil
(Uriels choice: Coconut oil)**

***Add Coconut milk**

***Season with Thyme/Curry/
seasoning cubes.**

***Add fresh pepper.**

***Add washed and chopped
potatoes.**

***Cook till well done.**

DINNER

Smoothie

**2 Carrots
1/2 cup paw paw
1 banana
1/4 water to blend**

**Pls Ensure you Drink 1 to 2
litres of water**



DAY 16

BREAKFAST

Smoothie

**1 Cup Spinach or Kale
1/2 tsp cayenne pepper
1/2 Greek or Natural yogurt
1 Apple
1/4 cup Oats
Water to blend**

LUNCH

CABBAGE STIR FRY

RECIPE

***Wash and Slice Cabbage
*Fry Onions/Garlic in 2tbsp oil
*Add Cabbage, Fresh pepper,
Crayfish/smoked fish (optional)
*Add seasoning cubes**

Serve with Grilled Fish of Choice

DINNER

SALAD bowl of choice



DAY 17

BREAKFAST

Fruit Bowl

Uriels Choice:

***Banana**

***Orange**

***Strawberry**

***Kiwi**

***Grapes**

***Pineapple**

***Melon**

***Apples**

**Pick 4 fruits Create a Bowl for
Breakfast**

**Serve with egg white Omelette
2 Eggs (Remove 1 yolk).**

LUNCH

Grilled Protein of Choice

Pick 1 option below

1) 2 pieces Grilled fish

2) 2 pieces Chicken

2) 2 pieces Turkey

Season to Taste

**Serve with 1/2 (divide 1 Plantain
into 2).**

Seasoned boiled Plantain.

DINNER

***Bowl (Small bowl) Greek yogurt
or unsweetened Natural yogurt**

***Sweeten with Honey**

***Add favourite fruit (1)**

Uriels choice: Apple



DAY 18

BREAKFAST

***2 Boiled eggs (remove 1 yolk)**
***Serve with Avocado Salad**
1 tbsp low fat Salad Dressing
Lettuce
Tomatoes
Cucumber
Chopped Carrots
Avocado (optional)

LUNCH

Smoothie
Its very important To Drink at
least 2 litres of water Today

***1 cup Spinach or kale**
***1/2 Cucumber**
***1 Green Apple or Pear**
***1/4 Oats**
***1 Banana**

DINNER

GRILLED chicken (2 pieces)
Serve with Grilled 1/2 Plantain



DAY 19

BREAKFAST

let's Start DAY 19 With
2 warm Glasses of water

- * 1 GRILLED Chicken piece
- * Serve with 1 slice of Grilled Bread you can Top your Bread with Avocado.
- * Tomatoes
- * Season with black pepper and Salt
- * Cut 1/2 Cucumber to enjoy on the side.

LUNCH

Black beans Porridge
(you can use Black eye beans)

Recipe:

- * Parboil 1 Cup of beans set aside
 - * Add Onions Garlic tomatoes and pepper into
 - * 3 Tbsp of Oil
 - * Add Thyme
Curry
Paprika
Crayfish (optional)
 - *Add back the beans simmer for a few minutes
- Enjoy!!

DINNER

Smoothie

- * Red or Green Apples x2
- * Cucumber 1/2
- * 1 Banana
- * 1/4 cup of Oats
- * 1/2 cup pineapple
- * Add 1/4 of water to blend
- * Sweeten with honey
2tbsp (optional)



DAY 20

BREAKFAST

10 More DAYS to Go

BREAKFAST

20 min Before Breakfast

Drink options

- 1) 1 cup of warm water 1 tsp Apple cider.
(pls Do not take if you have Ulcer)
- 2) Green Tea
- 3) 1 Cup Warm water
- 4) 1/2(Half tsp) cinnamon
- 5) plain water with 2 cups with sliced cucumber.

1 small Cup Oats

*** Add water to create a smooth paste.**

*** Top oats with any fruit/nuts of choice.**

Milk Options

- 1) 1/4 cup Almond milk
- 2) 1/4 cup Soya Milk
- 3) 1/4 Low Fat milk
- 4) Uriel's choice: Only water.

LUNCH

*** GRILLED fish of choice
season to Taste**

*** Serve with steamed vegetables**

DINNER

Green Smoothie

- * 1 Cup Spinach or kale**
- * 1/2 Cucumber**
- * 1 Green Apple or Pear**
- * 1/4 Oats**
- * 1 Banana**



DAY 21

BREAKFAST

- * 1 Bowl Greek yogurt
- * Add
 - 1 banana
 - 1 Apple Sliced
- * You can Top with 1 tbsp of Honey

Uriels Tip: I like to use Crushed almond nuts also as topping.

LUNCH

STEAMED VEGETABLES

- * Season to taste
 - * Serve with choice of protein
 - 1) Fish
 - 2) Turkey
 - 3) Chicken
- (Pick One)**

DINNER

- 1/2 a Cup Couscous
- 3 tbsp oil
- 2 Fresh Tomatoes Chopped
- 1 Bulb Onions Diced
- Fresh Pepper, Salt To Taste
- 2 Seasoning Cubes

Recipe

- * Add veg oil to a large pan and heat slightly.
 - * Add in the chopped onions, tomatoes and pepper.
 - * Add Seasoning cube;
 - * Add stock or water
 - * Add Cous Cous
 - * Leave to cook for 3mins (Low heat)
 - * Lightly fluff the cooked couscous with a fork, serve with steamed vegetables
- 1 piece Grilled Chicken**
- OR**
- 1 piece of Fish**



DAY 22

BREAKFAST

- * 2 Eggs (REMOVE 1 EGG YOLK)
- * Add pepper and Seasoning cubes
- * Add chopped spinach
- * Sprinkle black pepper
- * Cook with 3 tbsp of oil

**HAVE YOU HAD YOUR HERBAL
TEA?**

Uriels Choice: Green Tea

LUNCH

1 Bowl Greek yogurt

Add

- * 1 banana
- * 1 Apple Sliced

**you can Top with 1 tbsp of Honey
SERVE WITH GRILLED FISH
(1 PIECE)**

DINNER

Smoothie

- * 1 Cup Paw Paw
- * 1 Apple
- * 1/4 Greek or Natural yogurt
- * Add 1 tbsp honey
- * Blend to paste
- * Serve with 1 piece Grilled Chicken
season to taste



DAY 23

BREAKFAST

20 min Before Breakfast

Drink options

- 1) 1 cup of warm water 1 tsp Apple cider. (Do not take if you have Ulcer)
- 2) Green Tea
- 3) 1 Cup Warm water
1/2(Half tsp) cinnamon
- 4) plain water with 2 cups with sliced cucumber.

1 small Cup Oats

**Add water to create a smooth paste
Top oats with any fruit/nuts of choice**

Milk Options

- 1) 1/4 cup Almond milk
- 2) 1/4 cup Soya Milk
- 3) 1/4 Low Fat milk
- 4) Uriel choice: Only water.

LUNCH

**1 small SWEET potato
steamed and season to taste
Serve with choice of protein**

- 1) 1 piece Fish
 - 2) 1 piece Chicken
 - 2) 1 piece Turkey
(Pick One)
- season to taste.**

DINNER

**SALAD bowl of choice
serve with 2 piece of
Grilled fish
or
Chicken**



DAY 24

BREAKFAST

*** 1 Bowl Greek yogurt**

Add

*** 1 banana**

*** 1 Apple Sliced**

you can Top with 1 tbsp of Honey

SERVE WITH GRILLED FISH

(1 PIECE)

LUNCH

Black beans Porridge

(you can use Black eye beans)

Recipe:

*** Parboil 1 Cup of beans set aside**

*** Add Onions Garlic, tomatoes and pepper into**

*** 3 Tbsp of Oil**

*** Add Thyme**

*** Curry**

*** Paprika**

*** Crayfish (optional)**

*** Add back the beans simmer for a few minutes**

Enjoy!!

DINNER

SALAD bowl of choice

Use Low Fat Dressings to top your Salad



DAY 25

BREAKFAST

SMOOTHIE DAY

- * Red or Green Apples x2
- * Cucumber 1/2
- * 1 Banana
- * 1/4 cup of Oats
- * 1/2 cup pineapple
- * Add 1/4 to blend
sweeten with honey 2tbsp
(optional)

LUNCH

**Steamed vegetables
Serve with Grilled or Steamed Fish**

**Enjoy a Cup of Green Tea
to Aid digestion.**

DINNER

SMOOTHIE DAY

- * Red or Green Apples x2
- * Cucumber 1/2
- * 1 Banana
- * 1/4 cup of Oats
- * 1/2 cup pineapple
- * Add 1/4 to blend
sweeten with honey 2tbsp
(optional)



DAY 26

BREAKFAST

*** 1 Bowl Greek yogurt**

Add

*** 1 banana**

*** 1 Apple Sliced**

you can Top with 1 tbsp of Honey

Uriels Tip: I like to Crushed almond nuts also as topping.

LUNCH

Steamed Vegetables

- **Stir Fry Sausages Season With Onions Cumin, Seasoning Cubes**

Add

Black OR Fresh pepper

- **Add Steamed Vegetables**

DINNER

SALAD bowl

Use low fat salad dressing



DAY 27

BREAKFAST

- * 1 Slice whole wheat bread
- * 2 Boiled eggs (Remove 1 egg yolk)
- * 1 Cup of Greek or Natural yogurt

LUNCH

- * Seasoned Plantain
Grilled or boiled 1/2 (half)
- * Serve with choice of protein
(2 small pieces)

Pick 1 from List

- 1) Fish
- 2) Turkey
- 3) Chicken

- * Add side vegetables

Uriels Tip: I normally Grill my protein and use stew made with small coconut oil and tomatoes as a dressing

DINNER

CARROT SOUP

Recipe:

Bring to boil

- * 5 Carrot
- * 1/4 onions
- * 1 tsp Thyme
- * 2 Garlic cloves
- * 1tbsp crayfish (OPTIONAL)
- * Fresh pepper to Taste

Cook until very soft.

Blend to Create paste.

serve Warm or Hot

Uriels Tip: if you Don't like Carrot soup you can pick from Fish or Chicken pepper soup.
(use a small bowl)



DAY 28

BREAKFAST

20 min Before Breakfast

Drink options

- 1) 1 cup of warm water 1 tsp Apple cider.
(pls Do not take if you have Ulcer)
- 2) Green Tea
- 3) 1 Cup Warm water,
1/2(Half tsp) cinnamon
- 4) plain water with 2 cups with sliced
cucumber.

1 small Cup Oats

Add water to create a smooth paste

Top oats with any fruit/nuts of choice.

Milk Options

- 1) 1/4 cup Almond milk
- 2) 1/4 cup Soya Milk
- 3) 1/4 Low Fat milk
- 4) Uriel choice: Only water.

LUNCH

Salad bowl

Serve with Grilled Fish

**Don't Forget to drink 1 to 2 litres
of water**

DINNER

Smoothie

- * 1 Apple
- * 1 Cup Pineapple
- * 1 Cup Spinach or kale

Thicken with

- * 1/4 Greek or Natural yogurt
- * 1/4 water



DAY 29

BREAKFAST

Bowl Greek yogurt or unsweetened Natural yogurt

- * Sweeten with Honey**
- * Add favourite fruit (1)**

Uriels choice: Apple

- * Serve with 2 boiled Eggs**
- 1/2 Cucumber slices**

LUNCH

Steamed vegetables of choice served with 2 Grilled Fish

Or

2 small pieces of Chicken

DINNER

moothie

- * 1 Apple**
- * 1 Cup Pineapple**
- * 1 Cup Spinach or kale**

Thicken with

- * 1/4 Greek or Natural yogurt**
- * 1/4 water**



DAY 30

BREAKFAST

**WOW Congratulations 30days
I'm So Proud of you**

BREAKFAST Smoothie

- * paw Paw**
- * 1 Apple**
- * 1/4 Greek or Natural yogurt**
- * Add 1 tbsp honey**

**blend to paste
serve with 1 piece Grilled Chicken
season to taste**

LUNCH

**Steamed vegetables
Serve with Grilled or Steamed Fish
Enjoy a Cup of Green Tea
to Aid digestion**

DINNER

- * Bowl Greek yogurt or
unsweetened Natural yogurt**
- * Sweeten with Honey**
- * Add favourite fruit (1)**

Uriels choice: Apple

**Serve with 2 boiled Eggs
1/2 Cucumber slices**