

RECIPES

You have been given your personal cookbook, a great help for rotation diet planning. Three further explanations for the use of the recipes:

o Information about weight:

In order to calculate the nutritional values of a single recipe, the quantities of the most important ingredients are presented according to weight. The usual labels, such as tablespoon, teaspoon, cup or bunch are indicated in grams or milliliters. The following chart gives an overview on the use of the measurements:

1 Tsp.	Sugar	7 g
1 Tbl.	Sugar	14 g
1 Tsp.	Flour	7 g
1 Tbl.	Flour	14 g
1 Tsp.	Liquid (oil, water, vinegar)	3 ml
1 Tbl.	Liquid (oil, water, vinegar)	7 ml
1 Pkg	Dry yeasts	7 g
1 Pkg	Vanilla sugar	8 g
1 Pkg	Baking powder	16 g
1 Sheet	Gelatin	2 g
1 whole	Vanilla husk	3 g
1 medium	Potato	130 g
1 medium	Onion	100 g
1 medium	Tomato	140 g
1 medium	Garlic	5 g
1 medium	egg	65 g
1 medium	Lemon	100 g
1 medium	Orange	200 g

o Pepper and oil:

Pepper exists in almost every dish. But pepper doesn't necessarily mean pepper - there is a manifold selection of different hot spices. These are black and white pepper, cayenne pepper, red pepper, colorful pepper, chili or pepperoni etc that can be used instead of the others, as desired. Therefore, in this cookbook, you will find pepper in the ingredients list as a generic term. Thus you can use the pepper sorts according to your test reaction and also have the possibility to rotate different pepper sorts.

The same applies to the generic term of "oil" in the list of ingredients. In the instructions for preparation you will find a recommendation for the sort of oil that fits the respective dish. This also applies in many cases to the suitable sort of pepper.

o Gluten free pasta:

Gluten free noodles, lasagna and spaghetti are offered in health food stores or by different suppliers. They contain a mix of different ingredients such as rice, corn, peas or lentils in different quantitative ratios. Before purchasing such products, you should pay attention to their composition in order to exclude the possible occurrence of incompatible ingredients. Based on the abundance of the products, no nutritional value can be given for this.

Now, we wish you luck, enjoy cooking and above all your meals...

Breakfast

Maize muffins

Per serving	Proteins:	1,4g	Directions
	Carbohydrates:	12,5g	
	Bread exchange:	1,0	
	Fats:	3,0g	
	Kcal: KJ	83 345	
Specialty: European			<p>Mix maize flour, tartar baking powder and sea salt using the whisk, add butter and water, beat it all until the dough is smooth.</p> <p>Grease a muffin tin with butter and fill 2/3 of each tin with dough.</p> <p>Bake the muffins at 180° for 40 - 50 minutes in the pre-heated oven.</p>
Meal type: Breakfast			
Servings: 12	Ingredients:		
200 g CORN FLOUR			
20 g MAIZE STARCH			
20 g WINESTONE BAKING POWDER			
30 g CLEARED BUTTER			
SALT			
300 ml MINERAL WATER (CARBONATED)			

Rice pudding with apple and cinnamon

Per serving	Proteins:	1,1g	Directions
	Carbohydrates:	67,4g	
	Bread exchange:	5,6	
	Fats:	3,0g	
	Kcal: KJ	276 1154	
Specialty: European			<p>Heat up the milk in a pot, cut the apples into slices and cook them together with the rice and a pinch of salt. Add the raisins approx. 10 minutes before the end of the cooking time. Dredge the rice pudding with cinnamon and serve it.</p>
Meal type: Breakfast			
Servings: 4	Ingredients:		
1000 ml RICE DRINK (RICE MILK)			
SALT			
125 g MILK RICE			
400 g RAW APPLE			
40 g RAISINS			
CINNAMON			

Carrot Muesli for Breakfast

Per serving	Proteins:	8,0g	Directions
	Carbohydrates:	60,1g	
	Bread exchange:	5,0	
	Fats:	10,9g	
	Kcal:	370	
	KJ	1546	
Specialty: European			<p>Peel and grate the carrots. Add the apple juice. Cut the dates and mix with sunflower seeds and millet flakes. You can also add other fruit or use another allowed sweetener.</p>
Meal type: Breakfast			
Servings: 1			
Ingredients:			
100 g RAW CARROTS			
100 ml CANNED APPLE JUICE			
45 g DRY DATE			
20 g SUNFLOWER SEEDS			
15 g MILLET			

Carrot Muesli Breakfast

Per serving	Proteins:	6,7g	Directions
	Carbohydrates:	70,9g	
	Bread exchange:	5,9	
	Fats:	6,7g	
	Kcal:	371	
	KJ	1552	
Specialty: European			<p>Let 20 g millet soak in water overnight. Next day, mix with 7 g rolled oats. Grate 1 carrot and half an apple and add them, too. Dice the other half of the apple and a banana and add to the mixture. Add 1 tbsp. honey, 1 tbsp. raisins, 1 tbsp. sunflower seeds and 1 tbsp. sesame and mix everything well. In case the muesli is too dry, add 1-2 tbsp of apple juice.</p>
Meal type: Breakfast			
Servings: 1			
Ingredients:			
20 g MILLET			
WATER			
75 g RAW CARROTS			
150 g RAW APPLE			
100 g BANANA			
10 g HONEY			
10 g RAISINS			
10 g SUNFLOWER SEEDS			
CANNED APPLE JUICE			

Rice Flour - Bread Rolls

Per serving	Proteins:	9,4g	Directions
	Carbohydrates:	24,1g	
	Bread exchange:	2,0	
	Fats:	6,0g	
	Kcal:	189	
	KJ	791	
Specialty: European			
Meal type: Breakfast			
Servings: 4		Ingredients:	
120 g RICE FLOUR			
80 g SOY BEAN FLOUR			
7 g SALT			
7 g CORIANDER			
10 g THYME, FINELY CUT			
7 g WINESTONE BAKING POWDER			
200 ml MINERAL WATER (CARBONATED)			
7 ml OIL (DEPENDING ON TOLERANCE)			
Knead everything well. Model the rolls and bake at 180° for 15 minutes.			

Amaranth-Millet-Wafers

Per serving	Proteins:	7,2g	Directions
	Carbohydrates:	59,3g	
	Bread exchange:	4,9	
	Fats:	6,8g	
	Kcal:	360	
	KJ	1508	
Specialty: European			
Meal type: Breakfast			
Servings: 6		Ingredients:	
200 g AMARANTH			
400 g MILLET			
SALT			
7 ml OIL (DEPENDING ON TOLERANCE)			
SODA WATER			
Mix the cooked amaranth and the ground millet with water into a runny dough. Add a dash of salt and 1 spoon of oil. Bake in the wafer iron at high temperature.			

Rice Wafers

Per serving	Proteins:	7,9g	Directions
	Carbohydrates:	90,5g	
	Bread exchange:	7,5	
	Fats:	4,6g	
	Kcal:	436	
	KJ	1826	
Specialty: European			
Meal type: Breakfast			
Servings: 4	Ingredients:		
200 g COOKED WHOLE RICE			
400 g RICE FLOUR			
650 ml SODA WATER			
14 ml OIL (DEPENDING ON TOLERANCE)			
SALT			
<p>Mix all ingredients and let soak overnight. Next morning add some water if necessary. Bake in the wafer iron.</p>			

Amaranth Pop Corn

Per serving	Proteins:	0,3g	Directions
	Carbohydrates:	11,6g	
	Bread exchange:	1,0	
	Fats:	1,8g	
	Kcal:	70	
	KJ	293	
Specialty: European			
Meal type: Breakfast			
Servings: 1	Ingredients:		
20 g AMARANTH			
<p>Put 3 tbsp amaranth seeds into a preheated pot (without oil) and cover. The pot should not be too hot, because the amaranth corns are very small and can burn easily. The seeds should be almost white after cooking . Amaranth can be used in muesli in this form.</p>			

Rice Porridge

Per serving	Proteins:	7g	Directions
	Carbohydrates:	78g	
	Bread exchange:	6,5	
	Fats:	0,8g	
	Kcal:	248	
	KJ	1038	
Specialty: European			
Meal type: Breakfast			
Servings: 2	Ingredients:		
200 g NATURAL RICE			
400 ml WATER			
<p>Add the rice to the boiling water and let soak on low heat for about 30 minutes.</p>			

Millet Porridge

Per serving	Proteins:	5g	Directions
	Carbohydrates:	30g	
	Bread exchange:	2,5	
	Fats:	2g	
	Kcal: KJ	175 732	
Specialty: European			
Meal type: Breakfast			
Servings: 2 Ingredients:			
250 ml WATER			
100 g MILLET			

Add the millet to the boiling water and let soak on low heat for 15 minutes.

Quinoa Porridge

Per serving	Proteins:	6,6g	Directions
	Carbohydrates:	34,5g	
	Bread exchange:	2,9	
	Fats:	2,9g	
	Kcal: KJ	187 782	
Specialty: European			
Meal type: Breakfast			
Servings: 2 Ingredients:			
200 ml WATER			
100 g QUINOA			

Strew the quinoa in cold water and bring to boil. Let soak for 20 minutes on low heat.

Corn Porridge

Per serving	Proteins:	6,6g	Directions
	Carbohydrates:	56,2g	
	Bread exchange:	4,7	
	Fats:	0,9g	
	Kcal: KJ	260 1086	
Specialty: European			
Meal type: Breakfast			
Servings: 2 Ingredients:			
500 ml WATER			
150 g MAIZE GRITS			

Boil water, add the maize grits and let boil while stirring. Let boil for another 15 minutes while stirring often.

Bread spreads

Soy Germ Spread

Per serving	Proteins:	3,4g	Directions
	Carbohydrates:	1,6g	
	Bread exchange:	0,1	
	Fats:	8,1g	
	Kcal: KJ	93 388	
Specialty: European			
Meal type: Bread spreads			
Servings: 2 Ingredients:			
100 g AVOCADO			
100 g CANNED SOY GERMS			
SALT			
75 g SOY YOGURT			

Halve the avocado and remove the stone. Take the fruit flesh with a spoon out of the shell, and mash with a fork or with the blender. Mix the avocado puree immediately with yoghurt in order to preserve its colour. Wash the soy germs in a sieve and blanch in boiling water shortly. Mix the germs with the avocado puree; add cream and season with salt.

Turkish Pumpkin-Garlic- Paste

Per serving	Proteins:	0,1g	Directions
	Carbohydrates:	0,4g	
	Bread exchange:	0,0	
	Fats:	10,8g	
	Kcal: KJ	262 1098	
Specialty: Arabian			
Meal type: Bread spreads			
Servings: 6 Ingredients:			
6 g THYME, FINELY CUT			
6 g COARSELY CUT OLIVES			
HERB SALT			
30 g ONION, FINELY CUT			
2 g CLOVE OF GARLIC, FINELY CHOPPED			
6 g CHERVIL, FINELY CUT			
6 g PARSLEY, FINELY CUT			
PEPPER			
65 ml PUMPKIN SEED OIL			
150 g GROUND PUMPKIN SEEDS			
6 g BORAGE, FINELY CUT			

Mix well all the ingredients except for the oil. Pour oil until soft. Season with salt and pepper.

Tip! The paste tastes especially delicious after a few hours. You may store it in sealed cases in the fridge for about 2 weeks.

Avocado Bread Spread

Per serving	Proteins:	3,5g	Directions
	Carbohydrates:	5,6g	
	Bread exchange:	0,5	
	Fats:	21,4g	
	Kcal: KJ	229 959	
Specialty: European			<p>Mash the avocado with a fork, sprinkle with lemon juice and salt. Add onions and capers and mix everything well with a fork.</p>
Meal type: Bread spreads			
Servings: 1 Ingredients:			
150 g AVOCADO			
60 g RAW ONION			
SALT			
7 ml LEMON JUICE			
3 g CAPERS			

Olive spread (Topenade)

Per serving	Proteins:	1,5g	Directions
	Carbohydrates:	2,8g	
	Bread exchange:	0,2	
	Fats:	17,1g	
	Kcal: KJ	171 716	
Specialty: European			<p>Finely chop the olives and capers. Wash the parsley, pick some leaves and chop them finely.</p> <p>Mix it all with the oil. Peel the garlic and pass it through the press. Season the spread to taste with salt and pepper.</p>
Meal type: Bread spreads			
Servings: 4 Ingredients:			
350 g BLACK OLIVES			
20 g FRESH GARLIC			
20 g RAW PARSLEY			
20 ml OLIVE OIL			
10 g CAPERS			
PEPPER			
SALT			

Avocado Spread

Per serving	Proteins:	4,8g	Directions
	Carbohydrates:	5,7g	
	Bread exchange:	0,5	
	Fats:	28,5g	
	Kcal: KJ	300 1253	
Specialty: European			
Meal type: Bread spreads			
Servings: 2		Ingredients:	
400 g AVOCADO			
10 ml LEMON JUICE			
70 g RAW ONION			
10 g FRESH GARLIC			
SALT			
PEPPER			
20 g RAW PARSLEY			

Halve and remove the pips from the avocados. Take the fruit core with a spoon out of the shell, mash it with a fork and drip with lemon juice.

Peel the onions, chop them finely and add them to the core. Wash the parsley, chop it finely and mix it in. Peel and mash the garlic with a garlic press.

Spice with salt and pepper.

Eggplant Paste (Hummus)

Per serving	Proteins:	1,3g	Directions
	Carbohydrates:	5,0g	
	Bread exchange:	0,4	
	Fats:	0,3g	
	Kcal: KJ	27 112	
Specialty: Asian			
Meal type: Bread spreads			
Servings: 6		Ingredients:	
300 g RAW TOMATOES			
250 g RAW EGGPLANT			
100 g RAW ONION			
20 g FRESH GARLIC			
10 ml LEMON JUICE			
SALT			
TOLERATED HERBS			
SPICES (DEPENDING ON THE TOLERANCE)			

Preheat the oven to 200 degrees Celsius. Roast the eggplant on a grill in the oven (in the middle at 200 °C) for 40 min. until the peel dries and starts to crack finely. Cover the roasted eggplant in a damp cloth and let rest for 5 min.

Then peel the eggplant with a sharp knife and clean it. Cut the eggplant in cubes and drip with lemon juice. Peel the tomatoes, clean and cut them in cubes. Peel the onion and the garlic and cut them in pieces.

Finely mash portions of eggplant, tomatoes, onion and garlic in the blender. Add tolerated herbs and spices to taste.

It goes very well with rice crackers or flat bread.

Drinks

Banana drink

Per serving	Proteins:	2,2g	Directions
	Carbohydrates:	42g	
	Bread exchange:	3,5	
	Fats:	0,6g	
	Kcal:	478	
	KJ	2000	
Specialty: European			
Meal type: Drinks			
Servings: 1			
Ingredients:			
200 g BANANA			
500 ml SOYMILK			

Puree the bananas with a bit of soya milk and add the rest of the milk.

If the soya milk is not sweetened, the banana drink may be seasoned to taste with a compatible sweetener, if required.

Strawberry drink

Per serving	Proteins:	2,4g	Directions
	Carbohydrates:	63,5g	
	Bread exchange:	5,3	
	Fats:	6g	
	Kcal:	313	
	KJ	1310	
Specialty: European			
Meal type: Drinks			
Servings: 1			
Ingredients:			
200 g STRAWBERRY			
500 ml RICE DRINK (RICE MILK)			

Puree the strawberries with a bit of rice drink and add the rest of the milk.

Tasty snack between meals.

Mango Drink

Per serving	Proteins:	5,3g	Directions
	Carbohydrates:	12,4g	
	Bread exchange:	1,0	
	Fats:	3,2g	
	Kcal:	98	
	KJ	410	
Specialty: European			
Meal type: Drinks			
Servings: 2			
Ingredients:			
150 g MANGO			
250 g SOY YOGURT			

Peel the mango and cut into small pieces. Mix in the mixer with sugar and yoghurt.
Add sugar if necessary.

Healthy & Green

Per serving	Proteins:	2,0g	Directions
	Carbohydrates:	15,2g	
	Bread exchange:	1,3	
	Fats:	0,8g	
	Kcal: KJ	74 308	
Specialty: European			Extract the juice of fennel and apples and flavor with lemon and pepper.
Meal type: Drinks			
Servings: 2 Ingredients:			
300 g RAW FENNEL			
200 g RAW APPLE			
7 ml LEMON JUICE			
WHITE PEPPER			
35 ml WATER			

Raspberry Yoghurt Drink

Per serving	Proteins:	6,2g	Directions
	Carbohydrates:	21,8g	
	Bread exchange:	1,8	
	Fats:	3,3g	
	Kcal: KJ	141 589	
Specialty: European			Mash the raspberries and rub through a sieve. Mix raspberry mush with powder sugar and orange juice. Fill yoghurt into a glass and mix well. Add the raspberry mixture. Serve with a straw and an orange slice.
Meal type: Drinks			
Servings: 1 Ingredients:			
100 g RASPBERRY			
150 ml ORANGE JUICE, FRESH			
100 g SOY YOGURT			

Strawberry Punch

Per serving	Proteins:	2,1g	Directions
	Carbohydrates:	35,1g	
	Bread exchange:	2,9	
	Fats:	1,2g	
	Kcal: KJ	166 696	
Specialty: European			
Meal type: Drinks			
Servings: 4		Ingredients:	
800 g STRAWBERRY			
300 g FRESH LEMON			
700 ml CANNED APPLE JUICE			
1000 ml MINERAL WATER (CARBONATED)			
CITRONELLA			

Wash and slice the strawberries, sprinkle with sugar and lemon juice (2-3 lemons). Pour some apple juice over them, add balm leaves and let soak for about 2 hours. Add the remaining apple juice, mineral water and the remaining balm leaves. Chill and serve with ice cubes.

Appetizers

Baked Champignons

Per serving	Proteins:	6,6g	Directions
	Carbohydrates:	8,4g	
	Bread exchange:	0,7	
	Fats:	8,4g	
	Kcal: KJ	135 564	
Specialty: Asian			
Meal type: Appetizers			
Servings: 1		Ingredients:	
250 g RAW CHAMPIGNONS			
100 g RAW ONION			
7 ml LEMON JUICE			
7 ml OIL (DEPENDING ON TOLERANCE)			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			
SALT			

Preheat the oven to 240°C. Clean and wash the champignons, peel the onion and cut it into thin slices. Now put the champignons into an ovenproof dish and add the onion. Add lemon juice, oil, salt, tolerated spices and herbs and mix everything well. Place the mushrooms side by side. Bake for 20-25 minutes. The mushrooms should be soft and most of the liquid should have evaporated.

Marinated Tofu

Per serving	Proteins:	12,1g	Directions
	Carbohydrates:	0,3g	
	Bread exchange:	0,0	
	Fats:	21,5g	
	Kcal:	251	
	KJ	1050	
Specialty: Italian			
Meal type: Appetizers			
Servings: 1 Ingredients:			
14 ml OIL (DEPENDING ON TOLERANCE)			
14 ml LEMON JUICE			
THYME			
CORIANDER			
150 g TOFU			

Marinate the diced tofu for about 20 minutes.
Take out of the marinade and fry in oil with vegetables to taste.

Eggplant with Lamb (I slim Kebab)

Per serving	Proteins:	32,5g	Directions
	Carbohydrates:	7,7g	
	Bread exchange:	0,6	
	Fats:	47,2g	
	Kcal:	584	
	KJ	2444	
Specialty: Arabian			
Meal type: Appetizers			
Servings: 6 Ingredients:			
500 ml WATER			
SALT			
1000 g RAW LEG OF LAMB			
100 g RAW ONION			
500 g RAW TOMATOES			
800 g RAW EGGPLANT			
100 ml OLIVE OIL			
20 g CLEARED BUTTER			
SPICES (DEPENDING ON THE TOLERANCE)			

Wash the eggplant and cut into 1,5 cm thick slices. Soak in salted water for 1 hour then dry with the kitchen towel. Heat up oil and bake the eggplant on both sides until golden-brown. Let drain on a kitchen crepe.

Braise the lamb cubes in margarine for 10 minutes. Finely chop the shallots and add them. Peel and chop the tomatoes too. Add salt, pepper and water. Cook further at low heat until the meat is through.

Put 2 eggplant slices one on top of the other with some meat cubes in the middle and fold the edges. Put the sliced peppers over the meat and fix with toothpicks. Put the eggplant on a baking tray and pour salted water over; simmer at 200 degree for about 30 minutes.

Leek in Olive Oil

Per serving	Proteins:	5,2g	Directions
	Carbohydrates:	31,6g	
	Bread exchange:	2,6	
	Fats:	32,1g	
	Kcal: KJ	437 1827	
Specialty: European			
Meal type: Appetizers			
Servings: 4 Ingredients:			
600 g RAW LEEK			
150 g RAW CARROTS			
200 g RAW ONION			
100 g POLISHED RICE			
SALT			
100 g FRESH LEMON			
125 ml OLIVE OIL			

Halve the 5 leeks length-wise and wash them; use the white part only. Cut the leek into 5 cm long pieces. Wash the carrots and slice them. Peel and finely chop the onions. Heat the oil in a pot and braise the onions lightly. Add the leek and the carrots and stew them for about 10 minutes. Add the rice, sugar and salt and fill with 1 ½ glass of water. Stew for another 15-20 minutes. Fill a bowl and chill. Sprinkle with lemon juice and serve.

Soups

Carrot stew

Per serving	Proteins:	36,9g	Directions
	Carbohydrates:	35g	
	Bread exchange:	2,9	
	Fats:	15,1g	
	Kcal: KJ	461 1929	
Specialty: European			
Meal type: Soups			
Servings: 4 Ingredients:			
800 g BEEF LEG			
750 ml YEAST FREE VEGETABLE BROTH			
500 g BAKED POTATOES			
1000 g RAW CARROTS			
SALT			
PARSLEY, FINELY CUT			

Wash the crosscut shank and bring it to the boil together with the vegetable broth and a bit of salt in a large pot. Cook it for approx. 90 minutes at low heat.

Wash the carrots and peel the potatoes and cut them into equal bite-sized pieces. Add the vegetable to the shank crosscut and cook it all for another 20 minutes.

Take the crosscut shank out of the broth and remove the meat from the bone. Cut the meat into small pieces and put it back into the broth. Add the cut parsley to the soup and fill the soup in plates.

Beef soup

Per serving	Proteins:	33,9g	Directions
	Carbohydrates:	69,9g	
	Bread exchange:	5,8	
	Fats:	11,2g	
	Kcal: KJ	606 2534	
Specialty: European			
Meal type: Soups			
Servings: 2		Ingredients:	
300 g BEEF LEG			
750 ml WATER			
SALT			
180 g POLISHED RICE			
300 g VEGETABLE (FREE CHOICE)			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			
<p>Cook the beef crosscut shank and the rice separately in salt water.</p> <p>In the meantime, cut the compatible vegetables into small pieces. Take the crosscut shank out of the broth and cook the vegetables in it. Dice the meat and add it to the vegetables together with the rice. Bring it all to the boil and season it to taste with compatible herbs and spices.</p>			

Corn Soup with Tomatoes

Per serving	Proteins:	2,8g	Directions
	Carbohydrates:	18,3g	
	Bread exchange:	1,5	
	Fats:	4,8g	
	Kcal: KJ	144 604	
Specialty: European			
Meal type: Soups			
Servings: 4		Ingredients:	
CHIVE			
60 g MAIZE GRITS			
1000 ml WATER			
SALT			
150 g RAW ONION			
500 g RAW TOMATOES			
20 g COMMON MARGARINE			
PEPPER			
NUTMEG			
125 ml SOYMILK			
<p>Heat some vegetable fat, braise the chopped onion lightly and pour water over it. Bring it to boil and cook the corn semolina. Let simmer for 15-20 minutes, add the soy milk and season with salt, nutmeg and pepper. Peel the tomatoes, remove the seeds and chop them in small cubes, distribute on plates together with the leek, pour the soup over.</p>			

Corn Soup with Raisins

Per serving	Proteins:	2,0g	Directions
	Carbohydrates:	27,7g	
	Bread exchange:	2,3	
	Fats:	0,3g	
	Kcal:	137	
	KJ	575	
Specialty: European			<p>Bring the water to a boil, add the corn semolina and stew at low heat for 15-20 minutes. After 10 minutes, add the raisins and let stew. At the end, add the soy milk and season with salt and lemon peel.</p>
Meal type: Soups			
Servings: 4			
Ingredients:			
125 ml SOYMILK			
60 g MAIZE GRITS			
1000 ml WATER			
LEMON PEEL			
SALT			
100 g RAISINS			

Chicken Soup with Vegetables and Rice

Per serving	Proteins:	29,3g	Directions
	Carbohydrates:	44,5g	
	Bread exchange:	3,7	
	Fats:	6,1g	
	Kcal:	315	
	KJ	1318	
Specialty: European			<p>Wash and dry the chicken, salt and bring to boil. Cover and let simmer for 20 minutes.</p> <p>Meanwhile, wash, clean and cut the vegetables into small cubes.</p> <p>Add the rice and continue boiling for 10 minutes. Add the carrots and the cauliflower, after 5 minutes the leek and simmer everything for 15-20 minutes. Take the chicken out of the soup, peel and break loose the meat of the bones. Cut the meat into small cubes and add to the soup. Add the chopped parsley and stir.</p>
Meal type: Soups			
Servings: 2			
Ingredients:			
200 g RAW HEN			
1000 ml YEAST FREE VEGETABLE BROTH			
60 g NATURAL RICE			
200 g RAW CAULIFLOWER			
300 g RAW LEEK			
400 g RAW CARROTS			
SALT			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

Cauliflower Cream

Per serving	Proteins:	5,8g	Directions
	Carbohydrates:	17,0g	
	Bread exchange:	1,4	
	Fats:	7,6g	
	Kcal:	159	
	KJ	665	
Specialty: European			
Meal type: Soups			
Servings: 1 Ingredients:			
80 g BAKED POTATOES			
7 ml OIL (DEPENDING ON TOLERANCE)			
25 g RAW ONION			
150 g RAW CAULIFLOWER			
SALT			
NUTMEG			
250 ml YEAST FREE VEGETABLE BROTH			
<p>Peel and dice the potatoes. Finely chop the onion and braise in oil. Add water. Add the potatoes, the cauliflower and broth. Cover and let simmer for 10 minutes. Puree everything and season with salt and pepper (depending on your tolerances). Sprinkle with some finely chopped parsley.</p>			

Salads

Celery Salad a la Waldorf

Per serving	Proteins:	13,6g	Directions
	Carbohydrates:	27,9g	
	Bread exchange:	2,3	
	Fats:	34,1g	
	Kcal:	470	
	KJ	1965	
Specialty: European			
Meal type: Salads			
Servings: 1 Ingredients:			
3 g SEASALT			
7 g GINGER			
20 ml LEMON JUICE			
30 g CANNED PINEAPPLE			
100 g SOY YOGURT			
100 g RAW CELERY ROOT			
100 g RAW APPLE			
PEPPER			
50 g CHOPPED WALNUTS			
<p>Peel the celery and the apples then rub them roughly. In the end, sprinkle lemon juice over so that they don't get brown.</p> <p>Mix the soy yoghurt with finely grated ginger and season with salt and pepper. Add celery, the finely cut pineapple and the nuts. Season with salt and pepper once more.</p>			

Fruity Asparagus Salad

Per serving	Proteins:	6,2g	Directions
	Carbohydrates:	17,9g	
	Bread exchange:	1,5	
	Fats:	1,2g	
	Kcal:	109	
	KJ	458	
Specialty: Asian			
Meal type: Salads			
Servings: 4 Ingredients:			
800 g ASPARAGUS			
300 g TANGERINE CLEMENTINE			
200 g FRESH PINEAPPLE			
150 g SOY YOGURT			
14 ml LEMON JUICE			
AGAVE SYRUP			
SALT			
<p>Peel the asparagus and boil in saltwater al dente for 10 minutes. Cut the pineapple into bite-sized cubes. Then, mix the pineapple and the tangerines with the asparagus, the yoghurt with lemon juice, season with salt and agaves thick juice and pour over the salad.</p> <p>Serve with toast bread.</p>			

Sprout Salad with Avocado Dressing

Per serving	Proteins:	22,3g	Directions
	Carbohydrates:	11,3g	
	Bread exchange:	0,9	
	Fats:	58,8g	
	Kcal:	663	
	KJ	2775	
Specialty: Italian			
Meal type: Salads			
Servings: 2 Ingredients:			
300 g RAW CHAMPIGNONS			
250 g AVOCADO			
25 ml LEMON JUICE			
SALT			
7 ml SUNFLOWER OIL			
PEPPER			
150 g SUNFLOWER SEEDS			
NUTMEG			
<p>Put the sunflower seeds in a sieve, wash and let drain. Clean the mushrooms. Mash the avocado with 200 ml water, sunflower oil and lemon juice. Season with salt, pepper and mace. Mix the seeds and the mushrooms with the salad sauce.</p>			

Chicory Salad

Per serving	Proteins:	4,3g	Directions
	Carbohydrates:	23,3g	
	Bread exchange:	1,9	
	Fats:	4,1g	
	Kcal: KJ	152 636	
Specialty: European			
Meal type: Salads			
Servings: 2	Ingredients:		
150 g CHICORY			
130 g RAW APPLE			
300 g ORANGE			
100 g FRESH LEMON			
7 ml OIL (DEPENDING ON TOLERANCE)			
<p>Put 1 tbsp. oil (linseed or sunflower oil) and pressed lemon juice (1 lemon) into a bowl; wash the chicory leaves (remove the middle part - it is very bitter), chop and add them; peel and dice the apple and the oranges into small cubes, chop the lettuce and let everything soak for 1 hour.</p>			

Celery Salad

Per serving	Proteins:	10,9g	Directions
	Carbohydrates:	19,6g	
	Bread exchange:	1,6	
	Fats:	19,4g	
	Kcal: KJ	295 1234	
Specialty: European			
Meal type: Salads			
Servings: 1	Ingredients:		
15 ml LEMON JUICE			
14 ml OIL (DEPENDING ON TOLERANCE)			
200 g SOY YOGURT			
200 g RAW CELERY ROOT			
14 g HONEY			
<p>Mix soy yoghurt, oil, honey and lemon juice. Peel the celery and rub it into the sauce. It goes very well with coconut - pay attention to the tolerance.</p>			

Carrot Salad with Sprouts

Per serving	Proteins:	2,8g	Directions
	Carbohydrates:	13,9g	
	Bread exchange:	1,2	
	Fats:	14,7g	
	Kcal:	196	
	KJ	820	
Specialty: European			
Meal type: Salads			
Servings: 1		Ingredients:	
200 g RAW CARROTS			
60 g CANNED SOY GERMS			
14 ml SUNFLOWER OIL			
7 ml WATER			
5 ml LEMON JUICE			
RAW PARSLEY			
SALT			

Wash the carrots, peel, cut into thin sticks and boil in saltwater until done. Wash the sprouts in a sieve with running water and let drain well. For the marinade, mix sunflower oil with water, lemon juice, salt and parsley. Mix the carrots and the sprouts with the marinade. Garnish the salad with parsley.

Sauces

Yoghurt Dressing

Per serving	Proteins:	6,2g	Directions
	Carbohydrates:	4,3g	
	Bread exchange:	0,4	
	Fats:	3,7g	
	Kcal:	76	
	KJ	316	
Specialty: European			
Meal type: Sauces			
Servings: 1		Ingredients:	
150 g SOY YOGURT			
30 g ONION			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			
SALT			

Peel and chop the onion then mix with yoghurt. Season with salt and tolerated spices and herbs to your own taste.

Apple Curry Sauce

Per serving	Proteins:	0,8g	Directions
	Carbohydrates:	12,5g	
	Bread exchange:	1,0	
	Fats:	50,4g	
	Kcal: KJ	505 2114	
Specialty: Asian			<p>Clean and cut the spring onion into rings. Mix with grated apple and oil, season with salt, pepper, curry, ginger powder, sugar and some lemon juice.</p>
Meal type: Sauces			
Servings: 2	Ingredients:		
50 g SPRING ONION			
200 g RAW APPLE			
100 ml OIL (DEPENDING ON TOLERANCE)			
SALT			
PEPPER			
CURRY			
GINGER POWDER			
7 ml LEMON JUICE			

Quickly prepared tomato sauce

Per serving	Proteins:	0g	Directions
	Carbohydrates:	3,2g	
	Bread exchange:	0,3	
	Fats:	2g	
	Kcal: KJ	36 150	
Specialty: European			<p>Heat up the tomato passata, add 1 tbsp. oil and season it to taste with spices and herbs according to your compatibilities.</p> <p>This sauce is prepared quickly, low in calories and is very suitable for stews as well.</p>
Meal type: Sauces			
Servings: 4	Ingredients:		
500 g TOMATO PASSATA			
7 ml OIL (DEPENDING ON TOLERANCE)			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

Tomato sauce with tunafish

Per serving	Proteins:	12,2g	Directions
	Carbohydrates:	8,4g	
	Bread exchange:	0,7	
	Fats:	2,6g	
	Kcal: KJ	107 448	
Specialty: Arabian			<p>Cut the onion into small pieces and steam it with a spoonful of oil. Add the tunafish and sear it a bit, add the cloves of garlic or a bit of pepper according to taste. Add the tomatoes cut into small pieces and continue to cook it all at low heat for approx. 10 minutes.</p>
Meal type: Sauces			
Servings: 4 Ingredients:			
800 g CANNED PEELED TOMATOES			
150 g CANNED TUNA FISH			
100 g RAW ONION			
7 ml OIL (DEPENDING ON TOLERANCE)			
10 g FRESH GARLIC			
PEPPER			

Main meal

Flat meat cake

Per serving	Proteins:	27,4g	Directions
	Carbohydrates:	73,5g	
	Bread exchange:	6,1	
	Fats:	10,0g	
	Kcal: KJ	491 2056	
Specialty: European			<p>Make a meat dough of the mincemeat, onions and herbs. Season it to taste with salt and pepper. Spread the mincemeat in an oiled, flat, heat-resistant tin and press it down. Bake it on the middle rail in the not-preheated oven at 250 °C or fry it in the pan.</p> <p>Cook the rice in salt water. Cut the sweet peppers into small dices and steam them for a moment without fat in a non-stick pan - add them to the rice and serve it with the mincemeat.</p>
Meal type: Main meal			
Servings: 1 Ingredients:			
100 g GROUND BEEF			
50 g RAW ONION			
SALT			
PEPPER			
OREGANO			
80 g POLISHED RICE			
150 g RAW SWEET PEPPER			

Vegetables with Rice Noodles and Salmon

Per serving	Proteins:	33,6g	Directions
	Carbohydrates:	95g	
	Bread exchange:	7,9	
	Fats:	19,2g	
	Kcal: KJ	624 2611	
Specialty: European			<p>Place the rice noodles in boiling salted water and cook for 3 to 5 minutes. Drain, quench and cut the noodles to make them slightly shorter. Wash the broccoli, clean and separate into florets.</p> <p>Wash the peas and clean. Blanch both in boiling water, remove and quench. Heat up the oil and cook the filet of salmon, season, add the vegetables and brown while turning. Mix in the noodles.</p> <p>A fresh salad goes well with this.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
Servings: 1	Ingredients:		
100 g RICE NOODLES			
200 g BROCCOLI			
100 g PEA			
100 g SALMON STEAK			
7 ml OIL (DEPENDING ON TOLERANCE)			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

Broccoli with Roast Beef

Per serving	Proteins:	37,8g	Directions
	Carbohydrates:	71,6g	
	Bread exchange:	6,0	
	Fats:	15,6g	
	Kcal: KJ	583 2438	
Specialty: European			<p>Cook potatoes in salted water. Cut the onions up small and sweat in oil. Separate the broccoli into small florets, add to the onions, briefly steam and pour a little water on top - cook for approx. 10 mins.</p> <p>Place the vegetables and potatoes on a plate, serve with the roast beef on top and sprinkle with sunflower seeds.</p> <p>Dessert: tolerated fruit</p>
Meal type: Main meal			
Servings: 1	Ingredients:		
400 g BAKED POTATOES			
100 g ONION			
250 g BROCCOLI			
10 g SUNFLOWER SEEDS			
60 g ROASTBEEF			
7 ml OIL (DEPENDING ON TOLERANCE)			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

Vegetable Casserole with Salmon

Per serving	Proteins:	30,9g	Directions
	Carbohydrates:	65,6g	
	Bread exchange:	5,5	
	Fats:	19,2g	
	Kcal:	558	
	KJ	2335	
Specialty: European			
Meal type: Main meal			
Servings: 1 Ingredients:			
400 g BAKED POTATOES			
7 ml OIL (DEPENDING ON TOLERANCE)			
100 g YELLOW PEPPER			
100 g RAW CUCUMBER			
100 g SALMON STEAK			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
<p>Leave the potatoes to simmer in salted water for about 15 minutes. Finely slice the pepper. Dice the cucumber into small cubes. Heat up the oil in a pan, sear the salmon in the pan for 2 minutes while turning.</p> <p>Add the pepper and cook for 2 minutes. Add the cucumber and season together. Add a little water (2 tbs) and cook for approx. 10 mins.</p> <p>Sprinkle with tolerated herbs. Serve with the potatoes.</p> <p>Dessert: tolerated fruit.</p>			

Fish Package with Fennel and Orange

Per serving	Proteins:	61,7g	Directions
	Carbohydrates:	14,5g	
	Bread exchange:	1,2	
	Fats:	16,4g	
	Kcal:	458	
	KJ	1916	
Specialty: French			
Meal type: Main meal			
Servings: 0 Ingredients:			
300 g OCEAN PERCH			
180 g FENNEL BULB			
100 g ORANGE, PEELED AND SLICED			
10 g BLACK OLIVES			
6 ml VIRGIN OLIVE OIL			
4 BAY LEAVES			
SALT			
PEPPER			
PARSLEY			
<p>Tear 2 pieces of baking paper or foil (to make parcels)</p> <p>Slice the fennel lengthways as finely as possible and divide between the 2 squares of paper/foil.</p> <p>Place the fish on the sliced fennel and season well with the sea salt and freshly ground pepper. Lay the orange slices, bay leaves and black olives on top of the fish and sprinkle with olive oil and orange juice.</p> <p>Fold the parcels so that the fish is enclosed and bake in a preheated oven for 10-15mins (depending on thickness of fish).</p> <p>Open the parcels carefully as steam escapes and slide on to warm serving plates before sprinkling with parsley</p>			

Fish with anchovies in baking paper

Per serving	Proteins:	33,6g	Directions
	Carbohydrates:	0,5g	
	Bread exchange:	0,0	
	Fats:	3,0g	
	Kcal: KJ	178 744	
Specialty: Asian			<p>Preheat oven to 200°C fan-forced.</p> <p>Place fish fillets on four 30cm x 40cm sheets of baking paper. Sprinkle remaining ingredients over fish. Fold baking paper to enclose fish; place parcels on a baking tray. Bake fish about 12 minutes or until just cooked through. Serve with a fresh salad.</p>
Meal type: Main meal			
Servings: 4	Ingredients:		
800 g POLLACK FILET			
50 g BLACK OLIVES			
5 g CLOVE OF GARLIC, FINELY CHOPPED			
5 ml OIL (DEPENDING ON TOLERANCE)			
ROSEMARY			
LEMON JUICE			
PARSLEY, FINELY CUT			
LEMON PEEL			

Pan-fried fish with spinach and lemon raisin salad

Per serving	Proteins:	174,5g	Directions
	Carbohydrates:	41,6g	
	Bread exchange:	3,5	
	Fats:	41,5g	
	Kcal: KJ	1426 5966	
Specialty: European			<p>Score the skin of the fish three times at the thickest part, Heat half the oil in a large frying pan; cook fish until browned on both sides and just cooked through. Transfer fish to a plate; cover to keep warm. Meanwhile, remove rind from lemon using a zester. Squeeze juice from lemon (you will need about 2 tablespoons). Combine rind, raisins, juice, nuts, parsley and remaining oil in a small bowl; season to taste with salt and freshly ground black pepper. Divide spinach among serving plates, top with fish and lemon raisin salad. Drizzle with any remaining dressing. Serve with lemon wedges.</p>
Meal type: Main meal			
Servings: 0	Ingredients:		
800 g RED SNAPPER			
150 g SPINACH, RAW			
100 g LEMON			
55 g RAISINS			
50 g PINE NUTS			
6 ml OIL (DEPENDING ON TOLERANCE)			
PARSLEY			
PEPPER			
SALT			

Swordfish with Orange Sauce

Per serving	Proteins:	38g	Directions
	Carbohydrates:	11,3g	
	Bread exchange:	0,9	
	Fats:	11,5g	
	Kcal:	310	
	KJ	1299	
Specialty: French			
Meal type: Main meal			
Servings: 2 Ingredients:			
400 g SWORDFISH			
200 ml ORANGE JUICE			
7 ml VIRGIN OLIVE OIL			
SALT			
PEPPER			

Gently heat orange juice in saucepan until slightly thickened and reduced by half.
Sprinkle pepper on swordfish and gently fry one side in enough good quality extra virgin olive oil to scantily coat the base of a fry pan, until lightly golden on one side. Turn fish over and add orange juice to the pan and allow to cook through. Pour remainder of orange sauce over fish when serving.

Cod Filet on Fennel Layer

Per serving	Proteins:	39,5g	Directions
	Carbohydrates:	15,8g	
	Bread exchange:	1,3	
	Fats:	17,6g	
	Kcal:	381	
	KJ	1595	
Specialty: European			
Meal type: Main meal			
Servings: 2 Ingredients:			
100 ml WATER			
30 ml OIL (DEPENDING ON TOLERANCE)			
500 g RAW FENNEL			
250 g RAW ONION			
100 g FRESH LEMON			
400 g COD FILET			
SPICES (DEPENDING ON THE TOLERANCE)			

Drip the fish filets with lemon juice. Peel and slice the onions.
Clean the fennel and mince the verdure. Cut the fennel tubers on lengthwise. Put each half on the cut side and cut it again lengthwise.
Stew the onions and the fennel in oil. Extinguish with 100 ml water, bring to a boil, put the fish filets on the vegetables and let everything steam in a covered bowl at low heat for 15-20 minutes.
Strew the fennel verdure over the fish.

Chicken in Coconut-Curry Sauce

Per serving	Proteins:	30,8g	Directions
	Carbohydrates:	15,8g	
	Bread exchange:	1,3	
	Fats:	35,4g	
	Kcal:	507	
	KJ	2121	
Specialty: Asian			
Meal type: Main meal			
Servings: 2 Ingredients:			
250 g RAW CHICKEN			
250 ml COCONUT MILK			
150 g PEAR			
30 g RAW ONION			
15 ml SESAME OIL			
15 g CURRY			
SALT			
100 g FRESH LEMON			
WHITE PEPPER			

Cut the onions in small cubes and fry them in oil or in coconut fat. Slice the chicken breast and add it to the onions. Fry them till they become light brown. Now add the coconut milk, bring to a boil, and season with salt, pepper and curry. Depending on the reaction, one can also use ginger, lemongrass or chilli.

Cut the pears in cubes and add them with the lemon juice to the sauce.

If the sauce is too thin, bind it with some flour (cereal type of the day or rice flour).

It goes well with basmati rice.

Vegetarian

Potato-Spinach-Casserole with Soy

Per serving	Proteins:	7,7g	Directions
	Carbohydrates:	14,0g	
	Bread exchange:	1,2	
	Fats:	17,9g	
	Kcal:	326	
	KJ	1365	
Specialty: European			
Meal type: Vegetarian			
Servings: 2 Ingredients:			
100 g COOKED SPINACH			
100 g TOFU			
30 g ONION			
SALT			
30 ml OIL (DEPENDING ON TOLERANCE)			
100 g RAW TOMATOES			
150 g BAKED POTATOES			
250 ml SOYMILK			
SPICES (DEPENDING ON THE TOLERANCE)			

Cut off the spinach leaves from the stem and wash them several times in a bowl with fresh water till the water remains clear. Cut the leaves in narrow stripes. Cut the onions and the tofu in cubes.

Briefly stew the onions, the spinach and the tofu. Season with salt and grated nutmeg. Put aside, cover it and let it rest.

Peel and slice the potatoes finely. Arrange the potato slices in the shape of a fan on a greased griddle. Sprinkle some salt. Put the tomato slices on it. Cover everything with the spinach-tofu paste and pour the soy milk over it all.

Baking: In the middle of the preheated oven at 175 °C for ca. 30 minutes.

Corn Noodles with Vegetables and Tofu

Per serving	Proteins:	21,7g	Directions
	Carbohydrates:	78,0g	
	Bread exchange:	6,5	
	Fats:	17,5g	
	Kcal:	581	
	KJ	2430	
Specialty: European			<p>Cook the corn noodles in salted water.</p> <p>Cut the vegetables up small and stew in the oil. Dice the tofu and add to the vegetables - season altogether and serve with the corn noodles.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Vegetarian			
Servings: 1	Ingredients:		
80 g EGG-FREE CORN NOODLES			
200 g RAW SWEET PEPPER			
200 g RAW CHAMPIGNONS			
7 ml OIL (DEPENDING ON TOLERANCE)			
150 g TOFU			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

Corn Noodles with Carrots and Tofu

Per serving	Proteins:	19,7g	Directions
	Carbohydrates:	82,2g	
	Bread exchange:	6,8	
	Fats:	19,0g	
	Kcal:	624	
	KJ	2612	
Specialty: European			<p>Cook the corn noodles in salted water. Cut the carrots into thin slices and stew in the oil.</p> <p>Cut the tofu into small cubes and add the carrots. Briefly cook altogether and season to taste. Add the corn noodles to the pan and mix altogether.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Vegetarian			
Servings: 1	Ingredients:		
80 g EGG-FREE CORN NOODLES			
300 g CARROTS			
7 ml OIL (DEPENDING ON TOLERANCE)			
200 g TOFU			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

Pepper Casserole with Rice and Tofu

Per serving	Proteins:	22,3g	Directions
	Carbohydrates:	96,8g	
	Bread exchange:	8,1	
	Fats:	16,3g	
	Kcal: KJ	628 2625	
Specialty: European			<p>Cook the rice in salted water. Dice the peppers - preferable different coloured peppers - and fry in the oil.</p> <p>Cut the tomatoes up small and add. Season altogether. Cut the tofu into small cubes and mix together. Serve with the rice.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Vegetarian			
Servings: 1	Ingredients:		
100 g POLISHED RICE			
300 g RAW SWEET PEPPER			
100 g RAW TOMATOES			
7 ml OIL (DEPENDING ON TOLERANCE)			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
150 g TOFU			

Roast Polenta with Tofu

Per serving	Proteins:	19,9g	Directions
	Carbohydrates:	67,5g	
	Bread exchange:	5,6	
	Fats:	18,6g	
	Kcal: KJ	526 2200	
Specialty: European			<p>Bring salted water to the boil, add the corn semolina while constantly stirring and leave to boil. Take the pan off the heat and leave the mixture to soak for about 10 minutes. At the same time, rinse a baking tray with water. Then lay the polenta finger-thick on it and leave to cool then cut into 5cm thick rectangles.</p> <p>Heat up the oil in the pan. Lightly brown the polenta slices for 3 minutes on each side.</p> <p>Serve on a plate and sprinkle with the diced tofu. A fresh salad goes well with this.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Vegetarian			
Servings: 1	Ingredients:		
90 g MAIZE GRITS			
250 ml WATER			
10 ml OIL (DEPENDING ON TOLERANCE)			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
150 g TOFU			

Rice in a Tomato and Mushroom Sauce

Per serving	Proteins:	20,6g	Directions
	Carbohydrates:	74,2g	
	Bread exchange:	6,2	
	Fats:	15,3g	
	Kcal:	559	
	KJ	2338	
Specialty: European			<p>Cook the rice in salted water. Fry the button mushrooms in oil and add the tomatoes. The tomatoes can be cut slightly smaller beforehand if required. Season altogether.</p> <p>Dice the tofu, mix up the sauce before serving and serve with the rice.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Vegetarian			
Servings: 1			
Ingredients:			
80 g POLISHED RICE			
350 g CANNED PEELED TOMATOES			
250 g CHAMPIGNONS			
7 ml OIL (DEPENDING ON TOLERANCE)			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
150 g TOFU			

Corn Noodles in a Tomato and Mushroom Sauce

Per serving	Proteins:	18,8g	Directions
	Carbohydrates:	78,6g	
	Bread exchange:	6,5	
	Fats:	16,2g	
	Kcal:	596	
	KJ	2492	
Specialty: European			<p>Cook the corn noodles in salted water. Fry the button mushrooms in oil and add the tomatoes. The tomatoes can be cut slightly smaller beforehand if required. Season altogether.</p> <p>Dice the tofu, mix up the sauce before serving and serve with the corn noodles.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Vegetarian			
Servings: 1			
Ingredients:			
350 g CANNED PEELED TOMATOES			
250 g CHAMPIGNONS			
7 ml OIL (DEPENDING ON TOLERANCE)			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
150 g TOFU			
80 g EGG-FREE CORN NOODLES			

Baked potatoes with tzatziki

Per serving	Proteins:	18,4g	Directions
	Carbohydrates:	61,6g	
	Bread exchange:	5,1	
	Fats:	12,6g	
	Kcal:	440	
	KJ	1842	
Specialty: European			
Meal type: Vegetarian			
Servings: 2		Ingredients:	
200 g TOFU			
HERB SALT			
130 g ONION, FINELY CUT			
20 g CLOVE OF GARLIC, FINELY CHOPPED			
700 g BAKED POTATOES			
250 g RAW CUCUMBER			
PEPPER			
14 ml OLIVE OIL			

Wrap tin foil around the 4 big potatoes and bake them in the preheated oven for 50 - 60 min. at 200 °C.

In the meantime, put the tofu into a bowl and stir it using the whisk until it becomes smooth. Add oil, garlic, onions and herbs (according to taste and compatibility). Finely grate the cucumber and add it to the tofu cream, then mix it all well and season it to taste with salt and pepper.

Cut into the baked potato in the opened foil, slightly pull the parts apart and arrange the tzatziki on it.

Dessert

Raspberry Quark

Per serving	Proteins:	5,1g	Directions
	Carbohydrates:	15,8g	
	Bread exchange:	1,3	
	Fats:	36,8g	
	Kcal:	411	
	KJ	1720	
Specialty: European			
Meal type: Dessert			
Servings: 2		Ingredients:	
400 ml COCONUT MILK			
250 g RASPBERRY			
7 g GUAR FLOUR			

Whisk the coconut milk (1 chilled can) with the thickening agent (guar flour), add chilled raspberries (or other berries) and keep some of them for garnishing. Whisk further until the mixture turns pink. Season with powdered sugar. Fill in a glass bowl or in several glasses, garnish with the remaining raspberries and chill before serving.

Amaranth Fritter

Per serving	Proteins:	2,3g	Directions
	Carbohydrates:	57,5g	
	Bread exchange:	4,8	
	Fats:	25,4g	
	Kcal:	497	
	KJ	2078	
Specialty: Asian			
Meal type: Dessert			
Servings: 2		Ingredients:	
WATER			
SALT			
180 g AMARANTH			
150 g RAW ONION			
14 ml OIL (DEPENDING ON TOLERANCE)			
25 g COMMON MARGARINE			

Braise the onion in margarine until transparent. Mix the amaranth flour with salt. Add the steamed onion and boiling water. Put the dough using a spoon into a pan with hot oil and fry the fritter. Turn over and fry until golden-brown. Serve hot with apple compote or fruits.

Millet Pancake

Per serving	Proteins:	6,2g	Directions
	Carbohydrates:	43,6g	
	Bread exchange:	3,6	
	Fats:	12,2g	
	Kcal:	384	
	KJ	1608	
Specialty: European			
Meal type: Dessert			
Servings: 4		Ingredients:	
500 ml SOYMILK			
250 g MILLET FLOUR			
SALT			
40 ml OIL (DEPENDING ON TOLERANCE)			

Grind the millet finely. Add 4 tbsp oil and 250 ml soy drink, season and fry the pancakes in hot oil.
 You can add 200 g apple slices in order to serve the pancake as an apple millet pancake.
 You can also serve the pancakes spicy with champignons and salad.

Ice lolly

Per serving	Proteins:	0g	Directions
	Carbohydrates:	0g	
	Bread exchange:	0	
	Fats:	0g	
	Kcal: KJ	0 0	
Specialty: European			Simply fill the juice into the "ice lolly tins" and put them into the freezer over night. Very suitable as sweet between meals.
Meal type: Dessert			
Servings: 1	Ingredients:		
FRUIT JUICE 100%			

Cakes

Chocolate truffles

Per serving	Proteins:	0,6g	Directions
	Carbohydrates:	9,6g	
	Bread exchange:	0,8	
	Fats:	9,6g	
	Kcal: KJ	127 530	
Specialty: European			<p>Melt the chocolate in the bain-marie.</p> <p>Whisk clarified butter, honey and 1 tbsp. cocoa to a froth. Add the rum bit by bit to the lukewarm chocolate.</p> <p>Put the chocolate in a cold place for 1 hour.</p> <p>It should not become too firm, but should not remain too soft either.</p> <p>Form small balls, roll them in cocoa.</p> <p>Then keep them in a cool place (not in the refrigerator).</p>
Meal type: Cakes			
Servings: 10	Ingredients:		
60 g CLEARED BUTTER			
120 g CHOCOLATE			
30 g COCOA			
7 ml RUM			
30 g HONEY			

Waffles with millet

Per serving	Proteins:	7,4g	Directions
	Carbohydrates:	30g	
	Bread exchange:	2,5	
	Fats:	15,1g	
	Kcal: KJ	305 1274	
Specialty: European			<p>Finely grind millet and linseed, add salt, oil and water using a whisk.</p> <p>Heat up the waffle iron to the highest level. Put a portion of the dough into the waffle iron, close it, do not open it for 7 - 8 minutes. The cooking time is about 10 minutes.</p>
Meal type: Cakes			
Servings: 2	Ingredients:		
100 g MILLET			
20 g FLAX			
20 ml OIL (DEPENDING ON TOLERANCE)			
SALT			
180 ml MINERAL WATER (CARBONATED)			

Millet muffins

Per serving	Proteins:	4,2g	Directions
	Carbohydrates:	35,4g	
	Bread exchange:	3,0	
	Fats:	6,5g	
	Kcal: KJ	217 907	
Specialty: European			<p>Oil the muffin tins.</p> <p>Mix millet flour, guar flour, tartar baking powder and sea salt well, then add oil, honey and water. Beat the mixture with the whisk until the dough is smooth.</p> <p>Fill the muffin tins 2/3 each with dough, smooth it out. Bake the muffins at 200 °C for 25 minutes in the pre-heated oven.</p> <p>Allow the muffins to cool in the tins.</p>
Meal type: Cakes			
Servings: 6	Ingredients:		
250 g MILLET FLOUR			
7 g GUAR FLOUR			
16 g WINESTONE BAKING POWDER			
SALT			
50 g HONEY			
30 ml OIL (DEPENDING ON TOLERANCE)			
320 ml SODA WATER			
OIL			

Basics

Quinoa Pancake

Per serving	Proteins:	7,2g	Directions
	Carbohydrates:	37,9g	
	Bread exchange:	3,2	
	Fats:	18,2g	
	Kcal:	341	
	KJ	1425	
Specialty: European			
Meal type: Basics			
Servings: 4 Ingredients:			
220 g QUINOA			
SALT			
OREGANO			
PARSLEY, FINELY CUT			
300 ml SODA WATER			
60 ml OIL (DEPENDING ON TOLERANCE)			
<p>Preparation:</p> <p>Grind the quinoa finely.</p> <p>Mix all ingredients well. Heat up some oil or butter in a pan.</p> <p>Put small cakes in the pan, fry on one side then turn it over. Put the baked pancakes on kitchen crepe.</p> <p>It goes well with fresh salad.</p>			

Gluten Free Bread

Per serving	Proteins:	0g	Directions
	Carbohydrates:	66,5g	
	Bread exchange:	5,5	
	Fats:	2,3g	
	Kcal:	308	
	KJ	1289	
Specialty: European			
Meal type: Basics			
Servings: 6 Ingredients:			
400 g GLUTEN FREE FLOUR			
100 g STARCH			
20 g WINESTONE BAKING POWDER			
14 ml OIL (DEPENDING ON TOLERANCE)			
10 g SALT			
28 g EGG SUBSTITUTE			
400 ml WATER			
<p>Mix gluten free flour (depending on your tolerance - quinoa, buckwheat, corn or millet flour) with the other ingredients and fill a baking tin.</p> <p>Bake at 220° for 15 minutes then at 180° for 40 minutes.</p> <p>Please pay attention, the egg quantities may vary. The standard quantity replaces 2 eggs.</p>			

Polenta

Per serving	Proteins:	8,8g	Directions
	Carbohydrates:	75g	
	Bread exchange:	6,2	
	Fats:	1,2g	
	Kcal:	346	
	KJ	1448	
Specialty: European			<p>Bring the water with the spices to boil. Add the polenta (corn flour) and stir well. Put the boilerplate on low heat. Let simmer for 30-40 minutes. Often stir with a wooden spoon. In the end, add the herbs.</p> <p>With wet hands, smooth the remaining polenta on a plate and let chill. Cut into small pieces eventually. Fry in olive oil or in butter (to your own taste or tolerance) until golden-brown.</p> <p>It goes very well with salad, fish, meat and tomatoes.</p>
Meal type: Basics			
Servings: 2	Ingredients:		
200 g MAIZE GRITS			
700 ml WATER			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

Millet Jelly

Per serving	Proteins:	6,6g	Directions
	Carbohydrates:	38,5g	
	Bread exchange:	3,2	
	Fats:	9,4g	
	Kcal:	280	
	KJ	1174	
Specialty: European			<p>Wash and clean the leek. Wash the carrots and slice finely. Cut the vegetables in small cubes and strips.</p> <p>Heat oil in a pan and braise the vegetables at medium heat. Add the millet and the vegetable broth and cook for about 10 minutes. Turn off the heat and let soak for 15 minutes.</p>
Meal type: Basics			
Servings: 2	Ingredients:		
100 g MILLET			
200 g RAW CARROTS			
100 g RAW LEEK			
500 ml YEAST FREE VEGETABLE BROTH			
14 ml OIL (DEPENDING ON TOLERANCE)			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

Potato Cake

Per serving	Proteins:	5,5g	Directions
	Carbohydrates:	46,2g	
	Bread exchange:	3,8	
	Fats:	7,3g	
	Kcal: KJ	274 1147	
Specialty: European			<p>Peel 3 big, boiled potatoes and mash them. Mix with a big, finely grated carrot and 2 tbsp. potato flour. Season with salt and pepper to taste. Heat oil in a pan and add 1 tbsp. dough. Spread the dough and fry at medium heat on both sides until golden.</p>
Meal type: Basics			
Servings: 2 Ingredients:			
450 g BAKED POTATOES			
25 g POTATO FLOUR (STARCH)			
75 g RAW CARROTS			
SALT			
14 ml OIL (DEPENDING ON TOLERANCE)			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

Tortilla

Per serving	Proteins:	6,2g	Directions
	Carbohydrates:	49,7g	
	Bread exchange:	4,1	
	Fats:	5,6g	
	Kcal: KJ	274 1149	
Specialty: European			<p>Make a dough out of corn flour, salt and water (125-250 ml) and fry small patties in hot oil. This is the Mexicans' daily bread and can be found in different variations, such as with meat, vegetables or fish.</p>
Meal type: Basics			
Servings: 2 Ingredients:			
150 g CORN FLOUR			
SALT			
125 ml WATER			
7 ml OIL (DEPENDING ON TOLERANCE)			

Corn Dumplings

Per serving	Proteins:	13,2g	Directions
	Carbohydrates:	112,6g	
	Bread exchange:	9,4	
	Fats:	22,4g	
	Kcal:	705	
	KJ	2950	
Specialty: European			
Meal type: Basics			
Servings: 2 Ingredients:			
1000 ml WATER			
300 g MAIZE GRITS			
50 g COMMON MARGARINE			

Bring the water to a boil, season with salt. Add the corn semolina and stew at low heat for 30-40 minutes. Meanwhile, melt margarine and brown the breadcrumbs.
When the corn semolina mixture is firm, put it on a warm plate with a spoon. Sprinkle with the crumbs.
The balls can be served as a side dish to a spicy dish or also as main course with blueberries or other fruit.

Baking powder

Per serving	Proteins:	0,0g	Directions
	Carbohydrates:	12,3g	
	Bread exchange:	1,0	
	Fats:	0,0g	
	Kcal:	51	
	KJ	213	
Specialty: European			
Meal type: Basics			
Servings: 1 Ingredients:			
7 g NATRON (BAKING SODA)			
14 g MAIZE STARCH			
14 g ASCORBIC ACID (VITAMIN C)			

Mix all ingredients. This quantity replaces a bag of traditional baking powder.

Important: Always mix your baking powder freshly and do not prepare it ahead, otherwise it will clot.

Source: Backen nach Ayurveda by P.& J. Skibbe

Buckwheat noodles

Per serving	Proteins:	13,5g	Directions
	Carbohydrates:	72,6g	
	Bread exchange:	6,1	
	Fats:	13,5g	
	Kcal:	474	
	KJ	1985	
Specialty: European			
Meal type: Basics			
Servings: 2 Ingredients:			
225 g BUCKWHEAT FLOUR			
100 ml WATER			
25 g COMMON MARGARINE			

Mix all ingredients the dough is smooth and elastic. If required, add a bit of water or flour.

Then allow the dough to rest for at least 30 minutes in a covered bowl. Roll out the dough very thin on a floured tray and cut it into thin stripes. Cook the noodles in plenty of water and a dash of oil until they are firm to the bite. Strain the noodles and serve them immediately. A knob of fat or a bit of oil rounds off the taste.

The noodles combine well with various sorts of vegetables.

Millet pancakes (savoury)

Per serving	Proteins:	3g	Directions
	Carbohydrates:	20,9g	
	Bread exchange:	1,7	
	Fats:	3,1g	
	Kcal: KJ	147 616	
Specialty: European			<p>Mix millet flour, millet flakes, sea salt, guar flour, pepper and herbs well using the whisk. Add oil and water.</p> <p>Allow the dough to swell for 10 minutes. Put a bit of oil into a hot pan and fry the pancakes one by one.</p>
Meal type: Basics			
Servings: 4	Ingredients:		
120 g MILLET FLOUR			
30 g MILLET OATS			
5 g GUAR FLOUR			
SALT			
PEPPER			
TOLERATED HERBS			
220 ml MINERAL WATER (CARBONATED)			
7 ml OIL (DEPENDING ON TOLERANCE)			
OIL			

Rösti

Per serving	Proteins:	3,8g	Directions
	Carbohydrates:	45g	
	Bread exchange:	3,8	
	Fats:	5,2g	
	Kcal: KJ	248 1036	
Specialty: European			<p>Boil the potatoes and chill. Grate the peeled potatoes on a coarsely. Heat up grease in a pan and add the potatoes. Fry at low heat for 20 minutes, salt and pepper it and slightly press the potatoes with a frying turner. Put the potatoes on a lid or on a plate, add more oil in the pan and fry the rösti on the other side for another 20 minutes till they become golden-brown. You can improve the rösti by adding bacon cubes and onion or grated cheese such as e.g. pecorino. Cover the pot and let the cheese melt. It goes very well with mixed salad.</p>
Meal type: Basics			
Servings: 4	Ingredients:		
1000 g BOILED POTATOES			
PEPPER			
SALT			
20 ml OIL (DEPENDING ON TOLERANCE)			