

ProVitalDNA



**Genetically personalised recipe
book of**

**Maria Musterfrau
DEMO_DS**

ProGenom
www.progenom.com



Dear Ms. Musterfrau,

Your sample for the analysis arrived on in the laboratory and was evaluated according to the highest laboratory quality standards. The results were evaluated and released by two independent geneticists and molecular biologists. After obtaining the results, your personal report was compiled. We hereby convey the results to you in the format of your choice.

We would like to thank you for your trust and hope that you are satisfied with our service. We are always open to questions and suggestions. Please do not hesitate to contact us. We value your feedback. This is the only way we can continuously improve our services.

We hope the analysis meets your expectations.

Kind regards,

Dr. Daniel Wallerstorfer BSc.
Laboratory Director

Florian Schneebauer, MSc.
Laboratory Manager

Cookbook

Personal analysis results for:
Maria Musterfrau | Date of birth: 01/01/1990

Order number:
DEMO_DS

This report contains personal medical information that is highly confidential. Data protection must be ensured.



INSTRUCTIONS

How to use the recipe book correctly

Daily menus

The daily menus consist of various combinations of foods that you can eat during a day. You can choose from the wide selection of daily specials the ones that you fancy. Begin the losing weight process with the first column and eat at most the amount specified in the "Lose Weight" column. If you follow these guidelines, you will absorb the right amount of fat, carbohydrates and protein, without exceeding your optimal number of calories. Please do not mix the foods from different menus. The foods have been carefully selected and combined based on their ingredients to give the optimal distribution based on your genetic profile.

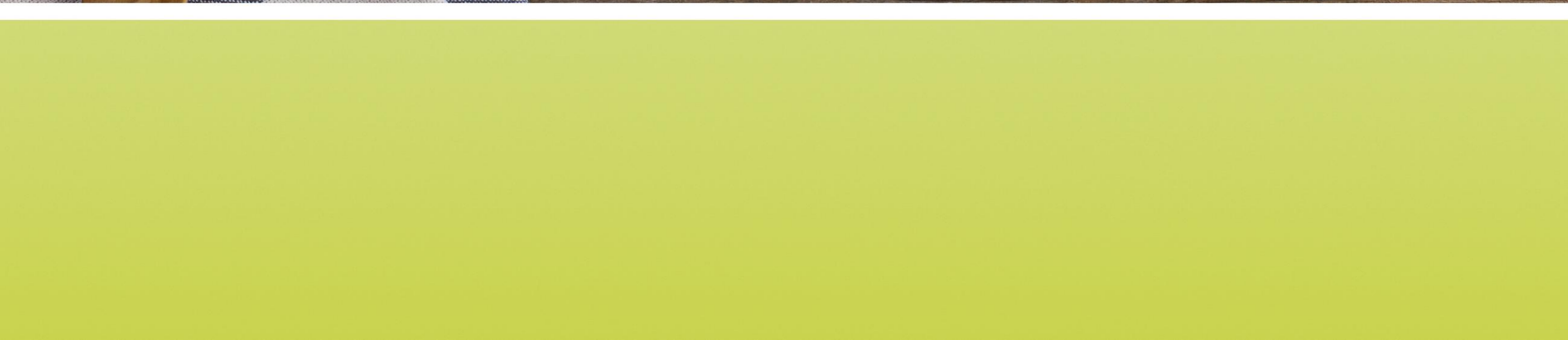
After reaching the desired weight you should follow for one week the values from the "Adjustment Week 1" column, and then for one more week the values from the "Adjustment Week 2" column. This will allow you to slowly acclimatise your body to more calories and prevent the yo-yo effect. Then simply use the column "maintain Weight" to keep your weight constant in the long run.

Number of meals

Through your genetic test you have received recommendations how many meals to eat per day to better cope with the intensity of your feelings of hunger and satiety. Should you wish to eat more than 3 meals per day, simply check the list of available snacks at the end of the daily menu list. These types of food have been chosen due to their low content of calories and can be eaten whenever you want, as often as you want and as much as you want.

Recipes

The last section of this book lists numerous great recipes, whereby the ingredients have been adapted to suit your unique genetic profile. Please make sure that you use the ingredient amount that best suits your current phase of weight management (weight loss/weight maintenance). During the adaptation weeks 1 and 2, simply use the amounts given for the weight maintenance phase.



DAILY MENU

Food selection for 40 days,
specially selected based on your genes

How does it work?

The daily menus consist of various combinations of foods that you can eat during a day. You can choose from the wide selection of daily specials the ones that you fancy.

For losing weight:

Begin the losing weight process with the first column and eat at most the amount specified in the "Lose Weight" column. If you follow these guidelines, you will absorb the right amount of fat, carbohydrates and protein, without exceeding your optimal number of calories. Please do not mix the foods from different menus. The foods have been carefully selected and combined based on their ingredients to give the optimal distribution based on your genetic profile.

To maintain weight:

After reaching the desired weight you should follow for one week the values from the "Adjustment Week 1" column, and then for one more week the values from the "Adjustment Week 2" column. This will allow you to slowly acclimatise your body to more calories and prevent the yo-yo effect. Then simply use the column "maintain Weight" to keep your weight constant in the long run.

Please Note! The following menu suggestions are calculated especially for losing weight, according to your genes. As the correct ratio is established by the combination of food products, the amounts are different from the amounts in the food list. The evaluation of the food products according to the genes (genetically healthy or unhealthy) is not considered here.

Menu plan: Meat, traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Yogurt preamble, 10% fat	138 g	159 g	180 g	212 g
	Berries	83 g	95 g	108 g	127 g
	Sunflower seeds	14 g	16 g	18 g	21 g
	Pumpkin seeds	14 g	16 g	18 g	21 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Turkey breast	83 g	95 g	108 g	127 g
	Wild rice mix (gross weight)	138 g	159 g	180 g	212 g
	Carrot (Eastern carrot, purple carrot)	138 g	159 g	180 g	212 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Calf fricassee	207 g	238 g	270 g	318 g
	Legumes	103 g	119 g	135 g	159 g
	Potato pancakes (standard recipe)	69 g	79 g	90 g	106 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Yogurt preamble, 10% fat	162 g	186 g	211 g	248 g
	Blueberry	162 g	186 g	211 g	248 g
	Banana	216 g	248 g	282 g	331 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
	Snack	Selection from snack list			
Lunch	Turkey breast	70 g	81 g	92 g	108 g
	Vegetable mix peas carrots	40 g	47 g	53 g	62 g
	Leaf lettuce	59 g	68 g	77 g	91 g
	Radicchio	27 g	31 g	35 g	41 g
	Butter biscuits	16 g	19 g	21 g	25 g
	Lemonade	270ml	311ml	352ml	414ml
	Water or mineral water	500ml	500ml	500ml	500ml
	Snack	Selection from snack list			
Dinner	Cooked ribs	189 g	217 g	246 g	290 g
	Sweetcorn	162 g	186 g	211 g	248 g
	Baked Potatoes	216 g	248 g	282 g	331 g
	Sour cream 10% fat	13ml	16ml	18ml	21ml
	Water or mineral water	500ml	500ml	500ml	500ml





Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Muesli	29 g	33 g	37 g	44 g
	Banana	57 g	66 g	75 g	88 g
	Milk	40ml	46ml	52ml	61ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Quinoa	114 g	132 g	149 g	175 g
	Sweet almond	17 g	20 g	22 g	26 g
	Grill and pan cheese (Halloumi)	57 g	66 g	75 g	88 g
	Zucchini	43 g	49 g	56 g	66 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Veal ball / fricandeau	71 g	82 g	93 g	110 g
	Peeled potatoes	400 g	460 g	522 g	614 g
	Tomato sauce	34ml	39ml	45ml	53ml
	Butter	5 g	5 g	6 g	7 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Vegetarian

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Whole wheat bread	109 g	126 g	143 g	168 g
	Emmental	10 g	11 g	13 g	15 g
	Butter	7 g	8 g	9 g	11 g
	Nectarine	298 g	343 g	389 g	457 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Vegetarian ravioli	50 g	57 g	65 g	76 g
	Arugula	50 g	57 g	65 g	76 g
	Romaine lettuce	50 g	57 g	65 g	76 g
	Radicchio	17 g	19 g	22 g	26 g
	Parmesan	44 g	50 g	57 g	67 g
	Cappuccino (beverage)	50ml	57ml	65ml	76ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Mushroom pizza	248 g	286 g	324 g	381 g
	Cabbage lettuce	149 g	171 g	194 g	229 g
	Arugula	50 g	57 g	65 g	76 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Meat, traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Fruit muesli with milk and honey	110 g	126 g	143 g	168 g
	Banana	97 g	112 g	127 g	150 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	White bread	64 g	74 g	84 g	98 g
	Smoked meat	19 g	22 g	25 g	29 g
	Mixed pickles	97 g	112 g	127 g	150 g
	Butter	15 g	18 g	20 g	23 g
	Orange juice	122ml	140ml	159ml	187ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Pork roulade	201 g	232 g	263 g	309 g
	Carrot (Eastern carrot, purple carrot)	171 g	197 g	223 g	262 g
	Peeled potatoes	174 g	200 g	227 g	267 g
	Apple Strudel	152 g	175 g	199 g	234 g
	Water or mineral water	500ml	500ml	500ml	500ml





Menu plan: Spanish

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Omelette	127 g	147 g	166 g	196 g
	whole grain toast	146 g	168 g	190 g	224 g
	Orange	318 g	367 g	416 g	489 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Shrimp	45 g	52 g	59 g	70 g
	Baguette	91 g	105 g	119 g	140 g
	Sweet chilli	5 g	6 g	7 g	8 g
	Garlic	5 g	6 g	7 g	8 g
	Butter	5 g	5 g	6 g	7 g
	Cappuccino (beverage)	91ml	105ml	119ml	140ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Breaded a. fried calamari	91 g	105 g	119 g	140 g
	aioli dip	11 g	13 g	14 g	17 g
	Arugula	91 g	105 g	119 g	140 g
	Lemon	182 g	210 g	238 g	279 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Oriental

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Mango	193 g	223 g	252 g	297 g
	Yogurt preamble, 10% fat	97 g	111 g	126 g	149 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Whole wheat bread	77 g	89 g	101 g	119 g
	Brine cheese made from goat's milk	97 g	111 g	126 g	149 g
	Carrot (Eastern carrot, purple carrot)	193 g	223 g	252 g	297 g
	Cucumber	145 g	167 g	189 g	223 g
	Red sweet peppers	193 g	223 g	252 g	297 g
	Sweet chilli	2 g	2 g	3 g	3 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Monkfish	145 g	167 g	189 g	223 g
	Wild rice mix (gross weight)	87 g	100 g	114 g	134 g
	Curry Sauce	29ml	33ml	38ml	45ml
	Broccoli	48 g	56 g	63 g	74 g
	Tomatoes	77 g	89 g	101 g	119 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Italian

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	White bread	89 g	102 g	116 g	136 g
	Butter	8 g	9 g	10 g	12 g
	Salami	11 g	13 g	14 g	17 g
	Orange juice	389ml	448ml	507ml	597ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Roast chicken, skinless	167 g	192 g	217 g	256 g
	herbal dressing	22ml	26ml	29ml	34ml
	Parmesan	36 g	41 g	46 g	55 g
	Cabbage lettuce	56 g	64 g	72 g	85 g
	Romaine lettuce	56 g	64 g	72 g	85 g
	Tomatoes	133 g	153 g	174 g	205 g
	Water or mineral water	500ml	500ml	500ml	500ml
	Snack	Selection from snack list			
Dinner	Egg-free pasta (gross weight)	78 g	90 g	101 g	119 g
	Tomato sauce	67ml	77ml	87ml	102ml
	Cabbage lettuce	56 g	64 g	72 g	85 g
	Cucumber	56 g	64 g	72 g	85 g
	Radicchio	56 g	64 g	72 g	85 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: French

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Baguette bun	114 g	132 g	149 g	175 g
	Hard cheese 10% fat in dry matter	44 g	51 g	57 g	67 g
	Berries	110 g	127 g	143 g	169 g
	Multi-fruit juice	316ml	364ml	413ml	486ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Broccoli cream soup	264ml	304ml	344ml	405ml
	Whole wheat bread	44 g	51 g	57 g	67 g
	Butter	11 g	13 g	15 g	18 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Cordon bleu of calf	132 g	152 g	172 g	202 g
	Potato pancakes (standard recipe)	132 g	152 g	172 g	202 g
	Vegetable mix	132 g	152 g	172 g	202 g
	Water or mineral water	500ml	500ml	500ml	500ml





Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	whole grain toast	85 g	98 g	111 g	130 g
	Confiture	47 g	54 g	61 g	72 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Mackerel fish cutting	188 g	217 g	246 g	289 g
	Lime	118 g	136 g	154 g	181 g
	Arugula	66 g	76 g	86 g	101 g
	Romaine lettuce	28 g	33 g	37 g	43 g
	Mango	188 g	217 g	246 g	289 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Fish cakes	75 g	87 g	98 g	116 g
	Vegetable mix	66 g	76 g	86 g	101 g
	Fruit tart with berries	113 g	130 g	147 g	173 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Meat, traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Muffins with blueberries	153 g	176 g	200 g	235 g
	Banana	170 g	196 g	222 g	261 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Swabian ravioli	212 g	245 g	277 g	326 g
	Vegetable soup	255ml	294ml	333ml	392ml
	Bouillon potatoes	102 g	117 g	133 g	157 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Beef goulash	85 g	98 g	111 g	131 g
	Green beans	127 g	147 g	166 g	196 g
	Kale	170 g	196 g	222 g	261 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Whole wheat bread	65 g	75 g	85 g	100 g
	Butter	4 g	5 g	6 g	7 g
	Salami	17 g	20 g	23 g	27 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Carrot salad with lemon	139 g	160 g	181 g	213 g
	Ham roll	35 g	40 g	45 g	53 g
	Biscuit cookies	61 g	70 g	79 g	93 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Soup noodles (with eggs) (gross weight)	87 g	100 g	113 g	133 g
	Vegetable soup	304ml	350ml	397ml	467ml
	Chinese broccoli	130 g	150 g	170 g	200 g
	Fruit tart with berries	87 g	100 g	113 g	133 g
	Sweet chilli	2 g	2 g	2 g	3 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Muesli	98 g	113 g	128 g	150 g
	Milk	75ml	87ml	98ml	115ml
	Pear	38 g	43 g	49 g	58 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Crisp bread	34 g	39 g	44 g	52 g
	Cream cheese	11 g	13 g	15 g	17 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Meat ravioli	263 g	303 g	343 g	404 g
	Herb cream sauce	68ml	78ml	88ml	104ml
	Cabbage lettuce	143 g	164 g	186 g	219 g
	Tomatoes	66 g	76 g	86 g	102 g
	Water or mineral water	500ml	500ml	500ml	500ml





Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Rye toast with butter and honey	62 g	71 g	80 g	95 g
	Orange juice	308ml	355ml	402ml	473ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Broccoli cream soup	103ml	118ml	134ml	158ml
	White bread	123 g	142 g	161 g	189 g
	Low-fat margarine	10 g	12 g	13 g	16 g
	Lemonade	205ml	236ml	268ml	315ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Fillet of beef lean	185 g	213 g	241 g	284 g
	Red wine sauce	21ml	24ml	27ml	32ml
	Mushrooms	36 g	41 g	47 g	55 g
	Beef tomato	154 g	177 g	201 g	236 g
	Semi-dry red wine	51ml	59ml	67ml	79ml
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Seafood

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Yogurt preamble, 10% fat	113 g	130 g	147 g	173 g
	Blackberry	143 g	165 g	187 g	220 g
	Pumpkin seeds	20 g	24 g	27 g	31 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Herring cooked in tomato sauce	92 g	106 g	120 g	142 g
	whole grain toast	56 g	65 g	74 g	87 g
	Butter	7 g	8 g	9 g	11 g
	Peach	123 g	142 g	161 g	189 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Spaghetti (with eggs) (gross weight)	133 g	153 g	174 g	205 g
	Mussel	61 g	71 g	80 g	94 g
	White wine sauce	61ml	71ml	80ml	94ml
	Salads	133 g	153 g	174 g	205 g
	Sweet chilli	6 g	7 g	8 g	9 g
	Garlic	6 g	7 g	8 g	9 g
	Dry white wine	61ml	71ml	80ml	94ml
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Seafood

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	whole grain toast	36 g	41 g	46 g	55 g
	Butter	12 g	14 g	15 g	18 g
	Banana	148 g	170 g	193 g	227 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Sushi	118 g	136 g	155 g	182 g
	Vanilla ice cream	237 g	273 g	309 g	364 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Codfish cutting	130 g	150 g	170 g	200 g
	Onions	9 g	10 g	12 g	14 g
	Spinach	266 g	307 g	348 g	409 g
	Peeled potatoes	44 g	51 g	58 g	68 g
	Dry white wine	89ml	102ml	116ml	136ml
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Pumpernickel	107 g	123 g	140 g	164 g
	Butter	10 g	11 g	13 g	15 g
	Hard cheese min. 30% fat.	18 g	21 g	23 g	27 g
	Melon	178 g	206 g	233 g	274 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Roast chicken, skinless	38 g	44 g	50 g	59 g
	Iceberg lettuce	15 g	17 g	20 g	23 g
	Arugula	45 g	51 g	58 g	69 g
	Chinese broccoli	45 g	51 g	58 g	69 g
	Apple	250 g	288 g	326 g	384 g
	Orange juice	268ml	308ml	349ml	411ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Beef roulade lean (ma)	134 g	154 g	175 g	206 g
	White beans in tomato sauce	223 g	257 g	291 g	343 g
	Bok choy	134 g	154 g	175 g	206 g
	Mousse au chocolat (chocolate mousse)	107 g	123 g	140 g	164 g
	Espresso (beverage)	22ml	26ml	29ml	34ml
	Water or mineral water	500ml	500ml	500ml	500ml





Menu plan: Vegetarian

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Fruit muesli with milk and honey	109 g	125 g	142 g	167 g
	Walnut	10 g	12 g	13 g	16 g
	Raspberry	272 g	314 g	355 g	418 g
	Multi-fruit juice	363ml	418ml	474ml	557ml
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Vegetable soup	363ml	418ml	474ml	557ml
	Soup noodles (with eggs) (gross weight)	29 g	33 g	38 g	45 g
	Avocado	58 g	67 g	76 g	89 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Falafel in pita bread	436 g	502 g	569 g	669 g
	Peeled potatoes	73 g	84 g	95 g	111 g
	Sour cream 20% fat	11ml	13ml	14ml	17ml
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	whole grain toast	167 g	192 g	217 g	256 g
	Salmon fish	17 g	19 g	22 g	26 g
	Cream cheese	44 g	51 g	58 g	68 g
	Multi-fruit juice	333ml	384ml	435ml	512ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Goulash soup with beef	194 g	224 g	254 g	298 g
	White bread	67 g	77 g	87 g	102 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Fillet steak	83 g	96 g	109 g	128 g
	French fries	83 g	96 g	109 g	128 g
	Pepper sauce	56 g	64 g	72 g	85 g
	Strawberry	333 g	384 g	435 g	512 g
	Sweet red wine	33ml	38ml	43ml	51ml
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Whole wheat bread	128 g	147 g	167 g	197 g
	Ham	7 g	9 g	10 g	11 g
	Butter	7 g	8 g	9 g	11 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Avocado	80 g	92 g	104 g	123 g
	Blue cheese	11 g	12 g	14 g	16 g
	Spinach	320 g	369 g	418 g	491 g
	Romaine lettuce	160 g	184 g	209 g	246 g
	Walnut	15 g	17 g	19 g	22 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Pasta (with eggs)	160 g	184 g	209 g	246 g
	Parmesan sauce	21ml	25ml	28ml	33ml
	Ham roll	11 g	12 g	14 g	16 g
	Water or mineral water	500ml	500ml	500ml	500ml





Menu plan: Vegetarian

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Yogurt preamble, 1.5% fat	124 g	143 g	162 g	191 g
	Oats	50 g	57 g	65 g	76 g
	Walnut	12 g	14 g	16 g	19 g
	Raspberry	83 g	95 g	108 g	127 g
	Multi-fruit juice	166ml	191ml	216ml	254ml
	Tea (beverage)	250ml	250ml	250ml	250ml
Snack	Selection from snack list				
Lunch	Crisp bread	83 g	95 g	108 g	127 g
	Brine cheese made from goat's milk	25 g	29 g	32 g	38 g
	Arugula	124 g	143 g	162 g	191 g
	Tomato red	66 g	76 g	86 g	102 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Falafel in pita bread	373 g	429 g	486 g	572 g
	Peeled potatoes	83 g	95 g	108 g	127 g
	Shortening (vegetable fat)	12 g	14 g	16 g	19 g
	Sour cream 20% fat	12ml	14ml	16ml	19ml
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Oriental

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Omelette	109 g	126 g	143 g	168 g
	Mushrooms	33 g	38 g	43 g	50 g
	Whole wheat bread	131 g	151 g	171 g	201 g
	Papaya	218 g	251 g	285 g	335 g
	Tea (beverage)	250ml	250ml	250ml	250ml
Snack	Selection from snack list				
Lunch	Roast chicken, skinless	109 g	126 g	143 g	168 g
	Curry Sauce	44ml	50ml	57ml	67ml
	Red sweet peppers	44 g	50 g	57 g	67 g
	Iceberg lettuce	49 g	57 g	64 g	75 g
	Chinese style vegetable mix	44 g	50 g	57 g	67 g
	Lemonade	180ml	207ml	235ml	277ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Lamb skewers	73 g	84 g	95 g	112 g
	Shiitake mushrooms	98 g	113 g	128 g	151 g
	Oyster mushrooms	109 g	126 g	143 g	168 g
	White bread	93 g	107 g	121 g	143 g
	Butter	11 g	13 g	14 g	17 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Scrambled eggs	61 g	70 g	79 g	93 g
	Whole wheat bread	121 g	140 g	158 g	186 g
	Butter	12 g	14 g	16 g	19 g
	Apple	255 g	294 g	333 g	391 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Beef back (roast beef)	109 g	126 g	143 g	168 g
	Romaine lettuce	21 g	24 g	27 g	32 g
	Cucumber	121 g	140 g	158 g	186 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Bohemian Dumplings	182 g	210 g	238 g	280 g
	Cauliflower	243 g	280 g	317 g	373 g
	Butter	12 g	14 g	16 g	19 g
	Butter biscuits	36 g	42 g	48 g	56 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Vegetarian

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	whole grain toast	75 g	86 g	98 g	115 g
	Emmental	12 g	14 g	16 g	19 g
	Butter	2 g	2 g	2 g	3 g
	Nectarine	171 g	198 g	224 g	263 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Vegetarian ravioli	62 g	72 g	81 g	96 g
	Italian dressing	19ml	22ml	24ml	29ml
	Romaine lettuce	94 g	108 g	122 g	144 g
	Parmesan	7 g	9 g	10 g	11 g
	Radicchio	94 g	108 g	122 g	144 g
	Cappuccino (beverage)	281ml	323ml	366ml	431ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Mushroom pizza	312 g	359 g	407 g	479 g
	Arugula	187 g	215 g	244 g	287 g
	Water or mineral water	500ml	500ml	500ml	500ml





Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Corn flakes	78 g	90 g	102 g	120 g
	Milk	84ml	97ml	110ml	129ml
	Banana	180 g	207 g	235 g	276 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Crisp bread	108 g	124 g	141 g	166 g
	Brine cheese made from goat's milk	20 g	23 g	26 g	30 g
	Tomatoes	36 g	41 g	47 g	55 g
	Pecan nut	12 g	14 g	16 g	18 g
	Arugula	180 g	207 g	235 g	276 g
	Cappuccino (beverage)	30ml	35ml	39ml	46ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Beef chops	180 g	207 g	235 g	276 g
	Green beans in tomato sauce	150 g	173 g	196 g	230 g
	Butter	4 g	5 g	5 g	6 g
	Garlic	4 g	4 g	5 g	6 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Poached eggs (eggs Benedict)	57 g	66 g	74 g	88 g
	White bread	100 g	116 g	131 g	154 g
	Low-fat margarine	7 g	8 g	9 g	11 g
	Grapes	411 g	473 g	536 g	631 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Lamb skewers	80 g	92 g	104 g	123 g
	Cucumber salad with yogurt	57 g	66 g	74 g	88 g
	Romaine lettuce	154 g	177 g	201 g	237 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Shrimp	114 g	131 g	149 g	175 g
	Bouillon potatoes	114 g	131 g	149 g	175 g
	Vegetable mix	171 g	197 g	223 g	263 g
	Sweet chilli	2 g	3 g	3 g	4 g
	Garlic	2 g	3 g	3 g	4 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	whole grain toast	104 g	120 g	136 g	160 g
	Butter	2 g	2 g	3 g	3 g
	Confiture	42 g	48 g	54 g	64 g
	Grapefruit	390 g	449 g	509 g	598 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Turkey breast	104 g	120 g	136 g	160 g
	Carrot salad with lemon	208 g	239 g	271 g	319 g
	Romaine lettuce	52 g	60 g	68 g	80 g
	Kiwi	156 g	180 g	203 g	239 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Venison stew with red wine	177 g	203 g	231 g	271 g
	Asparagus	208 g	239 g	271 g	319 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Vegetarian

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Whole wheat bread	115 g	132 g	150 g	176 g
	Honey	12 g	14 g	16 g	19 g
	Passionfruit	307 g	354 g	401 g	472 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Crisp bread	7 g	8 g	9 g	11 g
	Gorgonzola	20 g	24 g	27 g	31 g
	Pear	213 g	246 g	278 g	327 g
	Walnut	11 g	13 g	15 g	18 g
	Spinach	389 g	449 g	508 g	598 g
	Romaine lettuce	123 g	142 g	161 g	189 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Mushroom pizza	98 g	113 g	128 g	151 g
	Italian salad	246 g	283 g	321 g	378 g
	Water or mineral water	500ml	500ml	500ml	500ml





Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Yogurt preamble, 10% fat	69 g	79 g	90 g	106 g
	Honey	31 g	35 g	40 g	47 g
	Banana	153 g	177 g	200 g	236 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Bun with poppy seeds	153 g	177 g	200 g	236 g
	Cream cheese	15 g	18 g	20 g	24 g
	Tomatoes	153 g	177 g	200 g	236 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Herbal pastry	307 g	353 g	400 g	471 g
	Iceberg lettuce	153 g	177 g	200 g	236 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Seafood

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Muffin with butter and honey	81 g	93 g	106 g	125 g
	Nectarine	162 g	187 g	212 g	249 g
	Cappuccino (beverage)	243ml	280ml	318ml	374ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Shrimp	73 g	84 g	95 g	112 g
	Spaghetti (with eggs) (gross weight)	41 g	47 g	53 g	62 g
	Tomatoes	162 g	187 g	212 g	249 g
	Capers	81 g	93 g	106 g	125 g
	Garlic	2 g	2 g	2 g	2 g
	Margarine	12 g	14 g	16 g	19 g
	Water or mineral water	500ml	500ml	500ml	500ml
	Snack	Selection from snack list			
Dinner	Breaded pollock fillet (standard recipe)	146 g	168 g	191 g	224 g
	Vegetable mix peas carrots	122 g	140 g	159 g	187 g
	French fries	122 g	140 g	159 g	187 g
	White bread	24 g	28 g	32 g	37 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Greek

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Scrambled eggs	114 g	131 g	149 g	175 g
	Tomatoes	228 g	263 g	298 g	351 g
	White bread	110 g	126 g	143 g	168 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Escargot	46 g	53 g	60 g	70 g
	Garlic	7 g	8 g	9 g	11 g
	Butter	8 g	9 g	10 g	12 g
	Baguette	108 g	125 g	142 g	166 g
	Cappuccino (beverage)	57ml	66ml	74ml	88ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Lamb skewers	114 g	131 g	149 g	175 g
	Tzatziki	11 g	13 g	15 g	18 g
	Legumes	342 g	394 g	447 g	526 g
	Fruit tart from shortcrust pastry rich in fat	46 g	53 g	60 g	70 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Muffins with blueberries	51 g	59 g	66 g	78 g
	Rye toast with butter and honey	89 g	103 g	116 g	137 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Sausage salad (standard recipe)	85 g	98 g	111 g	130 g
	Crisp bread	25 g	29 g	33 g	39 g
	Clementine	102 g	117 g	133 g	156 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Turkey, skinless	127 g	147 g	166 g	195 g
	Pepper sauce	17 g	20 g	22 g	26 g
	Red currant	255 g	293 g	332 g	391 g
	Knob celery	42 g	49 g	55 g	65 g
	Peeled potatoes	382 g	440 g	498 g	586 g
	Butter	6 g	7 g	8 g	9 g
	Water or mineral water	500ml	500ml	500ml	500ml





Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Pretzels with cheese	48 g	56 g	63 g	74 g
	Unsweetened fruit salad	322 g	370 g	420 g	494 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Salmon fish	161 g	185 g	210 g	247 g
	Spinach	121 g	139 g	157 g	185 g
	Tomato red	161 g	185 g	210 g	247 g
	Cabbage lettuce	68 g	79 g	89 g	105 g
	Whole wheat bread	64 g	74 g	84 g	99 g
	Margarine	8 g	9 g	10 g	12 g
	Vegetable broth	241ml	278ml	315ml	370ml
	Water or mineral water	500ml	500ml	500ml	500ml
	Snack	Selection from snack list			
Dinner	Carrot stew with pork belly	257 g	296 g	336 g	395 g
	Lettuce with dressing	121 g	139 g	157 g	185 g
	Wild rice mix (gross weight)	72 g	83 g	94 g	111 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Muesli	151 g	174 g	198 g	232 g
	Milk	121ml	139ml	158ml	186ml
	Apricot	133 g	153 g	174 g	204 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Chicken salad with pineapple and mushrooms	67 g	77 g	87 g	102 g
	whole grain toast	103 g	119 g	134 g	158 g
	Cappuccino (beverage)	91ml	105ml	119ml	139ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Pork tenderloin	91 g	105 g	119 g	139 g
	Pickled cabbage drained	272 g	314 g	356 g	418 g
	Butter	13 g	15 g	17 g	20 g
	Dry white wine	61ml	70ml	79ml	93ml
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Rye toast with butter and honey	86 g	100 g	113 g	133 g
	Banana	281 g	324 g	367 g	431 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Meat sausage salad	26 g	30 g	34 g	40 g
	Cucumber	130 g	149 g	169 g	199 g
	Arugula	86 g	100 g	113 g	133 g
	Tomatoes	26 g	30 g	34 g	40 g
	Low-fat margarine	5 g	6 g	7 g	8 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Vegetarian ravioli	216 g	249 g	282 g	332 g
	Tomato sauce (standard recipe)	85ml	98ml	111ml	130ml
	Arugula	86 g	100 g	113 g	133 g
	Cabbage lettuce	43 g	50 g	56 g	66 g
	Romaine lettuce	43 g	50 g	56 g	66 g
	Green peppers	130 g	149 g	169 g	199 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Muffin with butter and honey	132 g	152 g	172 g	203 g
	Pineapple	110 g	127 g	144 g	169 g
	Watermelon	110 g	127 g	144 g	169 g
	Orange	165 g	190 g	216 g	254 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Fish cakes	66 g	76 g	86 g	101 g
	Bouillon potatoes	88 g	101 g	115 g	135 g
	Cucumber	55 g	63 g	72 g	85 g
	Shallot	11 g	13 g	14 g	17 g
	Cabbage	55 g	63 g	72 g	85 g
	Vinegar and herb sauce	55ml	63ml	72ml	85ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Shrimp	44 g	51 g	57 g	68 g
	Crisp bread	11 g	13 g	14 g	17 g
	Tomato red	55 g	63 g	72 g	85 g
	China beans	165 g	190 g	216 g	254 g
	Chives	2 g	3 g	3 g	3 g
	Water or mineral water	500ml	500ml	500ml	500ml





Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Unsweetened fruit salad	544 g	627 g	711 g	836 g
	Yogurt preamble, 1.5% fat	54 g	63 g	71 g	84 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
Snack	Selection from snack list				
Lunch	Lamb skewers	76 g	88 g	100 g	117 g
	Red sweet peppers	218 g	251 g	284 g	334 g
	Spinach	44 g	50 g	57 g	67 g
	Tomatoes	109 g	125 g	142 g	167 g
	Pumpernickel	131 g	151 g	171 g	201 g
	Butter	24 g	28 g	31 g	37 g
	Water or mineral water	500ml	500ml	500ml	500ml
	Snack	Selection from snack list			
Dinner	Pork tenderloin	131 g	151 g	171 g	201 g
	White wine sauce	109ml	125ml	142ml	167ml
	Zucchini	65 g	75 g	85 g	100 g
	Champignons	109 g	125 g	142 g	167 g
	Radicchio	60 g	69 g	78 g	92 g
	Cabbage lettuce	54 g	63 g	71 g	84 g
	Endive	54 g	63 g	71 g	84 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Pretzels with cheese	79 g	91 g	103 g	121 g
	Unsweetened fruit salad	315 g	363 g	411 g	484 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Spinach	394 g	454 g	514 g	605 g
	Carrot (Eastern carrot, purple carrot)	79 g	91 g	103 g	121 g
	Tomato red	394 g	454 g	514 g	605 g
	Iceberg lettuce	53 g	61 g	69 g	81 g
	Whole wheat bread	95 g	109 g	123 g	145 g
	Margarine	5 g	5 g	6 g	7 g
	Low-calorie cola drinks	158ml	182ml	206ml	242ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Lasagna with meat (standard recipe)	252 g	290 g	329 g	387 g
	Lettuce with dressing	54 g	62 g	70 g	82 g
	Tomato red	394 g	454 g	514 g	605 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Seafood

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Scrambled eggs	78 g	89 g	101 g	119 g
	whole grain toast	85 g	98 g	111 g	131 g
	Low-fat margarine	8 g	9 g	10 g	12 g
	Watermelon	97 g	112 g	127 g	149 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Shrimp	78 g	89 g	101 g	119 g
	Wild rice mix (gross weight)	47 g	54 g	61 g	71 g
	Sweet chilli	2 g	2 g	2 g	2 g
	Garlic	2 g	2 g	2 g	2 g
	Apple	97 g	112 g	127 g	149 g
	Soy sauce	12ml	13ml	15ml	18ml
	Water or mineral water	500ml	500ml	500ml	500ml
	Snack	Selection from snack list			
Dinner	Pork, lean (ma)	116 g	134 g	152 g	179 g
	Bread dumplings	97 g	112 g	127 g	149 g
	Broccoli	116 g	134 g	152 g	179 g
	Dark sauce	19ml	22ml	25ml	30ml
	Sweet potato	116 g	134 g	152 g	179 g
	Soya sprouts	9 g	11 g	12 g	14 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	White bread	72 g	83 g	94 g	111 g
	Low-fat margarine	9 g	10 g	12 g	14 g
	Honey	16 g	19 g	21 g	25 g
	Orange juice	362ml	417ml	472ml	555ml
	Tea (beverage)	250ml	250ml	250ml	250ml
Snack	Selection from snack list				
Lunch	Turkey, skinless	45 g	52 g	59 g	69 g
	Cucumber salad with yogurt	136 g	156 g	177 g	208 g
	Romaine lettuce	136 g	156 g	177 g	208 g
	Endive	136 g	156 g	177 g	208 g
	herbal dressing	18ml	21ml	24ml	28ml
	Low-calorie cola drinks	61ml	71ml	80ml	94ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	White beans in tomato sauce	633 g	729 g	826 g	972 g
	Turbot fish cutting	165 g	190 g	215 g	253 g
	Lemon	38 g	44 g	50 g	58 g
	Water or mineral water	500ml	500ml	500ml	500ml





Kleine Mahlzeiten, die immer erlaubt sind

Wenn Sie öfter als 3 Mal pro Tag essen wollen oder einfach noch Hunger haben, finden Sie hier eine Liste von Mahlzeiten, die immer und in jeder beliebigen Menge erlaubt sind.

Artikel	Gewicht verleihen	Anpassung Woche 1	Anpassung Woche 2	Gewicht halten
Kaffee mit Milch (Getränk)	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Fruchtsaftgetränke aus Zitrusfrucht, kalorienarm	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Senfsauce Sauerkonserven, abgetropft	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Bohnensalat Sauerkonserven abgetropft	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Grüner Salat ohne Dressing	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Flusskrebs gegart	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Auster gegart	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Rhubarberkompott mit Süßholz	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Wasser und Mineralwasser	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Pflaumen	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Tee (Getränk)	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Suppen klar	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Gurke	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Gemüsepaprika grün	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Tomaten	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Zucchini	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Rettich	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Radisches	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Broccoli	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Röckohl	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Wenikohl	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Blumenkohl	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Spargel	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Aubergine	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Morchel	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Fischsalat	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Aprilose	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Koriander	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Kivi	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Mandarine	beliebig viel	beliebig viel	beliebig viel	beliebig viel
Clementine	beliebig viel	beliebig viel	beliebig viel	beliebig viel

SMALL MEALS

As often and as much as you want

How does it work?

Through your genetic analysis you receive a non-binding recommendation regarding how many meals you should have per day in order to better deal with the intensity of your hunger and satiety feelings.

So if you want more than three meals a day, you will find at the end of the daily menus a list of snacks that you can eat between meals, for which you do not need to pay attention to the amount thanks to their low caloric content.

So eat as often and as much as you like of the individual snacks.

Snacks that can be eaten any time



Clear soup with mushrooms

835 ml vegetable stock
250 g mushrooms
85 g radish sprouts
iodized salt
pepper
Soy sauce
Thyme

Cut the mushrooms into slices. Heat the soup and add the mushrooms. Season the soup with salt, pepper, soy sauce and thyme. Serve on a plate sprinkled with radish sprouts.



Tomato soup with herbs

165 ml vegetable stock
5 Tomatoes
1.5 tsp Balsamic bianco
vinegar
iodized salt
pepper
Basil

Cut the tomatoes into small pieces. Heat the soup and add the tomato pieces. Let it boil for three minutes and then press the mixture through a sieve. Season the soup with salt, pepper, basil and balsamic vinegar. Serve the soup in a bowl sprinkled with sprouts.



Simple vegetable plate

100 g fresh green
asparagus
100 g celery
100 g pumpkin
50 g paprika
100 g zucchini
iodized salt
pepper
Thyme

Wash, peel and cut the vegetables into slices. Boil the celery, pumpkin and asparagus in boiling water for about 8 to 10 minutes. Add the celery and paprika and boil another three minutes. Take the vegetables out of the water and season with lemon, thyme, salt and pepper.



Shirataki noodles with tomato sauce

310 g shirataki noodles
35 g mushrooms
0.5 can(s) diced tomatoes
Lemons
iodized salt
pepper
Basil

Add the diced tomatoes and mushrooms to a frying pan and heat up for 5 minutes. Season with lemon, salt, pepper and basil. Take the noodles out of the packaging and into boiling water for about 1 to 3 minutes. Separate the noodles from the boiling water using a sieve, mix with the sauce and serve on a plate.

Snacks that can be eaten any time



Summer salad with flower heads

215 mixed salad leaves
140 g cucumbers
55 g edible flower heads
1.5 tbsp white wine vinegar
1.5 tbsp raspberry vinegar
1.5 tsp olive oil
iodized salt
pepper

Tear the washed salad leaves into bite-sized pieces. Cut the cucumber into small pieces. Mix the salad and cucumber in a salad bowl with vinegar and oil. Add some salt and pepper for seasoning and sprinkle with the flower heads before serving.



Acerola

Acerola

In any amount



Apricot

Apricot

In any amount



Aubergine

Aubergine

In any amount
We recommend steam cooking



Oyster raw

Oyster raw

In any amount

Snacks that can be eaten any time



Cauliflower

Cauliflower

In any amount
We recommend steam cooking



Broccoli

Broccoli

In any amount
We recommend steam cooking



Clementine

Clementine

In any amount



Fish stock

Fish stock

In any amount



Crayfish cooked

Crayfish cooked

In any amount

Snacks that can be eaten any time



Green peppers

Green peppers

In any amount



Gherkin

Gherkin

In any amount



Green salad without dressing

Green salad without dressing

In any amount



Cucumber

Cucumber

In any amount



Coffee

Coffee (unsweetened)

In any amount

Snacks that can be eaten any time



Kiwi

Kiwi

In any amount



Mandarin

Mandarin

In any amount



Morel mushrooms

Morel mushrooms

In any amount



Plum

Plum

In any amount



Radish

Radish

In any amount

Snacks that can be eaten any time



Radish

Radish

In any amount



Rhubarb compote with sweetener

Rhubarb compote with sweetener

In any amount



Red cabbage

Red cabbage

In any amount



Asparagus

Asparagus

In any amount
We recommend steam cooking



Soups clear

Soups clear

In any amount

Snacks that can be eaten any time



Tea (beverage)

Tea (beverage)

In any amount



Tomatoes

Tomatoes

In any amount



Water or mineral water

Water or mineral water

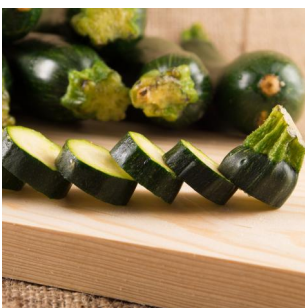
In any amount



White cabbage

White cabbage

In any amount



Zucchini

Zucchini

In any amount

Zubereitungszeit: 30 min
Nährwert: 433 kcal / 658 kcal

Buntes Gemüse aus dem Wok mit Sesam



ZUTATEN

0,5	0,7	kleiner Blumenkohl
1,8	2,7	Möhren(n)
45	70	g Zuckerschoten
45	70	g Champignons
180	275	g weißer Spargel
0,9	1,4	TL Sesam
0,9	1,4	EL Öl
0,9	1,4	Limette(n) (nur der Saft)
0,9	1,4	Sojasauce
0,9	1,4	Messerspitze Sambal Oelek für die Schärfe

ABNEHMEN

GEWICHT HALTEN

BEISPIELBILD - ABWEICHUNGEN MÖGLICH

1. Den Blumenkohl waschen, erst in Röschen, dann in Scheiben schneiden. Die geputzten Möhre(n), Zuckerschoten und Pilze in kleine Stücke schneiden. Den geschälten Spargel schälen in Scheiben schneiden.
2. In einem Wok den Sesam an rösten und dann aus dem Wok nehmen. Etwas Öl erhitzen und die Blumenkohlröschen darin 2 Min. garen. Danach das die Möhren, Zuckerschoten, die Pilze und den Spargel dazu geben. Etwa 10 Min. unter Wenden anbraten. Mit dem Limettensaft, der Sojasauce und dem Sambal oelek verfeinern und den gerösteten Sesam darüber streuen.

Feldsalat mit karamellisierter Zwiebel und Walnüssen

Zubereitungszeit: 30 min
Nährwert: 433 kcal / 658 kcal



ZUTATEN

60	95	g Feldsalat
0,8	1,2	rote Zwiebel(n)
0,8	1,2	EL Walnusskerne
0,8	1,2	EL Weißweinessig
		Salz
0,4	0,6	Pfeffer
2,4	3,7	Prise Zucker
0,8	1,2	EL Walnussöl
		EL neutrales Öl

ABNEHMEN

GEWICHT HALTEN

BEISPIELBILD - ABWEICHUNGEN MÖGLICH

1. Den geputzten und gewaschenen Feldsalat vorsichtig trockenschleudern. Die halbierte(n) rote(n) Zwiebel(n) halbieren und spaltig schneiden. Die grob gehackten Walnusskerne in einer Pfanne ohne Fett rösten.
2. Aus dem Weißweinessig, Salz, Pfeffer und Zucker eine Vinaigrette rühren. Das Walnussöl hinzu geben und kräftig rühren.
3. In einer Pfanne etwas neutrales Öl erhitzen und die Zwiebelspalten 2 Min. braten. Etwas Zucker darüber streuen und 2 Min. weiterbraten. Den Salat mit der Weißweinessig-Vinaigrette betropfen und mit den gehackten Walnüssen und Zwiebeln bestreut servieren.

RECIPES

**Combined individually according to your genes
to replace any main meals**

How does it work?

The last part of this book is a wide range of different recipes; their ingredients have been selected according to your genetic profile.

Replace meals of daily menus with a recipe:

You can replace the breakfast, lunch or dinner of a daily menu with recipes.

For losing weight:

Make sure that you observe the respective amounts that match your respective phase in the program (losing weight/maintaining weight).

Maintaining the weight during the adjustment periods:

You can already follow the "Maintaining weight" quantities from the recipes during the two weeks of adjustment.



Soups, Salads and Simple Menus



Vegetarian quiche

Preparation time: 50 min

Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

21	30	g wheat flour
15	25	g Spelt flour
1	1.5	egg(s)
21	30	g butter
25	40	g low-fat quark
0.4	0.5	bunch of soup greens
0.2	0.3	Pepper(s)
0.2	0.3	Garlic clove(s)
0.2	0.3	tsp oil
		bunch of chives
75	120	g yogurt
		Salt
		pepper

1. Make a dough from the flour, egg(s), butter and quark. Put it in a cold place for about 30 minutes.
2. Dice the vegetables and chop the garlic. Put everything in a pot with hot oil, season to taste and cook for about 5 minutes. Cut the chives into rolls and mix it with the yogurt and the egg(s). Ann the vegetables, mix and season again.
3. Place the rolled dough in a springform pan (ø 26 cm) and spread the vegetables on top. Bake at 392°F (200°C) in the hot oven, for about 40-50 minutes.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Shrimp with Fruity Noodle Salad

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

65	100	g	Fussili
			sea salt
90	140	g	Green asparagus
0.2	0.3	tbsp	broth
			Sugar
18	30	g	tomatoes
0.2	0.3		yellow pepper(s)
0.5	1		fresh apricot(s)
0.2	0.3		bunch of chives
35	55	g	yoghurt 1.5% fat
0.5	1	tbsp	low-fat mayonnaise
			pepper
			paprika powder
			Saffron
90	140	g	shelled prawns
0.2	0.3	tbsp	chili oil
			Juice of half a lime(s)

1. Cook the pasta according to package instructions. Cut off the dry ends of the washed asparagus. Then cut lengthwise and crosswise again. Bring the broth with water and a pinch of sugar to a boil in a saucepan. Add the asparagus pieces and cook about 5 minutes and then drain.
2. Cut the cleaned tomato(es) and pepper(s) into small pieces. Dice the apricots and finely chop the chives. Stir a dressing with yogurt, mayonnaise, salt, pepper, chilli and saffron. Mix with the pasta and the vegetables, season if necessary.
3. Fry the rinsed and dried shrimp about 6 minutes in a pan until crispy. Serve the shrimp with the salad and drizzle the lime juice over it.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Salmon Bagels

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

2	3	bagel (may substitute with rye bread)
0.5	0.5	bunch of chives
2	3	tsp grated horseradish from a jar
1	1.5	tbsp low-fat yogurt
2	3	tbsp cream cheese
3.5	6	thin slice (s) smoked salmon
2	3	tbsp radish sprouts
		Freshly ground black pepper



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Cut the bagel in the middle. Cut the chives into small rings. Mix with horseradish, yogurt and cream cheese in a cream and spread on the bagel.
2. Then add the salmon and pepper.
3. Sprinkle the rinsed and drained sprouts on top of the salmon before serving.

Warm Baguettes with Tuna and Persimmons

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

0.5	1	Whole grain baguette(s)
0.4	0.5	can of tuna in its own juice
0.5	1	spring onion(s)
35	55	g fresh mushrooms
0.4	0.5	red pepper(s)
35	55	g of corn
0.5	1	persimmons
19	30	g mild gorgonzola
35	55	g leaf salad (lamb's lettuce, Lollo bianco, romaine lettuce)

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE



1. Cut the baguettes in half lengthwise. Drain the tuna. Wash and clean the vegetables. Then cut the onion(s) into rings and the mushrooms into slices. Cut the bell pepper(s) into fine dice. Drain the corn in a colander. Mix everything together. Then cut the rinsed persimmons into slices.
2. Cover the lower baguette halves with tuna and vegetables. Then add the persimmon slices on top and sprinkle it with cheese. Close the baguettes with the upper half and bake them for about 10 minutes in the oven at 180 degrees.
3. Shake the washed lettuce dry in the meantime. Get the baguettes from the oven and fill it with salad. Cut through before serving.

Preparation time: 50 min
Nutritional value: 445 kcal / 683 kcal

Redfish with Mussels on Couscous



INGREDIENTS

35	50	g einkorn (health food store)
175	270	ml vegetable stock (glass)
45	65	g couscous
0.4	0.5	Zucchini
130	200	g carrots
35	50	g shiitake mushrooms
0.4	0.5	tbsp olive oil
		iodized salt
65	100	g redfish fillet
4	7	Large mussels
		pepper

1. Soak the einkorn overnight with water. Then drain and cook for about 10 minutes in the broth. Add the couscous and add to swell. Cut the cleaned vegetables into small pieces. Heat some oil in a saucepan and fry the prepared vegetables in it and season to taste. Add the couscous einkorn mix.
2. Pat the rinsed redfish with a dry paper towel and chop. Clean the mussels and sort out the opened. Add the fish and the mussels to the couscous and season to taste. Then cook for another 15 minutes. Sort out the closed mussels after cooking, do not consume those.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Zucchini and Tomato Salad with Arugula

Preparation time: 15 min
Nutritional value: 445 kcal / 683 kcal



1. Clean the zucchini and cherry tomatoes, wash the arugula and spin dry. Arrange the finely chopped zucchini slices on a plate like roof tiles. Cut the cleaned cherry tomatoes in half and place with arugula and crumbled feta cheese to the zucchini.
2. Stir a vinaigrette from the broth, white wine vinegar, olive oil and pressed garlic cloves. Refine it with salt and pepper and trickle over the salad.



INGREDIENTS

305	470	g zucchini
9	14	cherry tomatoes
1	1	bunch of rocket
75	120	g feta cheese
6	9	tbsp vegetable stock
1.5	2.5	tbsp white wine vinegar
1.5	2.5	tbsp olive oil
1	1	Garlic clove(s)
		Salt
		pepper



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

1	1.5	small red onion(s)
110	170	g smoked trout fillet without skin some arugula leaves (substitute lettuce leaves)
2	3.5	Large slice(s) of farmhouse bread
2	3.5	tsp grated horseradish Freshly ground black pepper

Sandwiches with Trout and Arugula



1. Cut the fish into small pieces. Cut the peeled red onion(s) into thin rings. Shake the rinsed rocket dry.
2. Spread the horseradish thin on the bread and add a slice of arugula, the trout and onions. Season with fresh pepper. Put the second slice of bread over it and cut it in half.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Mixed Vegetables with Shrimp and Mango Chutney

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

0.5	1	leek(s)
2	3	tbsp mango chutney
0.5	1	Garlic clove(s)
75	115	g broccoli
0.5	1	chili pepper(s)
		iodized salt
		coriander extract 4:1
0.5	1	tbsp oil
2	3	oven-ready shrimp(s)
0.5	1	Kohlrabi(s)
125	190	ml broth
75	115	g Eibly tender wheat

1. Chop the garlic and the chili. Dab the shrimp. Divide the broccoli into florets. Cut the kohlrabi(s) and the leeks into small pieces.
2. Heat some oil in a pan and fry the garlic, chilli and shrimp. Then take out the shrimp and keep it warm. Fry the wheat and the vegetables in a frying pan, season with salt and add the broth. Cook for 10 to 15 minutes.
3. Sprinkle the coriander to taste over the pan and arrange the prawns on top. Serve with mango chutney.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Preparation time: 15 min
Nutritional value: 445 kcal / 683 kcal

Radish Sprouts Salad with Lemon Marinade



INGREDIENTS

1	1.5	pcs of lettuce
1	1.5	bunch of radish
65	100	g mixed alfalfa sprouts and radish
2	3.5	tbsp lemon juice
1	1.5	tsp liquid honey
		Salt
3	5	tbsp rapeseed oil
		Water

1. Clean and wash the salad leaves, spin dry and tear into bite-sized pieces. Cut the radishes and leave about 2 cm of the radish leaves. Then wash the radishes and cut or slice thinly. Wash the sprouts in a colander and pluck apart a little.
2. Stir a marinade of lemon juice, a little water, honey and salt with a whisk. Then stir in the oil. Mix the salad leaves, radish slices and sprouts with the lemon marinade mix and serve.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Pumpkin Endive Salad with Yofu Dressing

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. Cut the peeled pumpkin into thin slices. Cut the cleaned carrot(s) into long sticks. Pluck the washed lettuce into bite-size pieces.
2. Heat some olive oil in a pan and cook the pumpkin slices in it for about 5 minutes. Allow to cool.
3. To make the dressing stir the yofu until smooth with lemon juice, honey and mustard. Refine with cumin, turmeric, salt and pepper. Mix the pumpkin, carrots and endive salad. Drizzle the yofu dressing on top and serve with the mint leaves.



INGREDIENTS

350	535	g marrow
3.5	5	carrot(s)
1	1.5	pcs endive salad
1.5	2.5	tsp olive oil
215	335	g yofu (soy yogurt)
3.5	5	tbsp lemon juice
1.5	2.5	tsp honey
1	1.5	tsp dijon mustard
		cumin
		turmeric
3.5	5	sprig(s) of mint
		iodized salt
		White pepper



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal

Fruity Spinach Salad with Avocado and Physalis



INGREDIENTS

80	125	g baby spinach
2.5	4	physalis
0.4	0.5	orange(s)
1	1	red pepper(s)
1	1.5	tbsp almonds
0.2	0.3	tbsp rapeseed oil
1	1.5	Small avocado(s)
0.2	0.3	tbsp almond puree
0.5	1	tbsp orange juice
0.2	0.3	tbsp lemon juice
0.2	0.3	tsp grainy mustard
		pinch of sugar
		Salt
0.4	0.5	tbsp walnut oil
		chili powder

1. Drain the washed and sorted spinach. Remove the husk from the physalis and halve the fruit. Peel the orange(s) generously and then fillet.
2. Cut the peeled pepper(s) into small cubes. Then chop the almonds coarsely.
3. Heat some oil in a pan and fry the diced peppers with almonds in it. Chop the peeled avocado(s) coarsely.
4. Stir a dressing from the almond butter, the orange and lemon juice, mustard and spices. Finally, give the oil underneath and stir. Add the spinach on a plate, spread the oranges, the physalis, the avocados on it, then add the steamed peppers and almonds over it. Then, drizzle with dressing and toss gently.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Spicy Tofu Cubes in Salatwrap

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. Cut the tofu into cubes. Heat a little oil in a nonstick frying pan and cook the tofu cubes in it. Then remove from the pan. Cut also the chili, onion(s) and kohlrabi(s) into small cubes. Cook in the pan for 5 minutes.
2. Refine the vegetables with salt, pepper, lemon juice, tarragon, soy sauce and honey. Mix in the tofu cubes. Shake the rinsed salad dry.
3. Make a bed of lettuce from each 2 lettuce leaves and add the tofu vegetables on it, then roll ready to serve.

INGREDIENTS

1.5	2	tsp honey
5	8	Leaves of iceberg lettuce
		Soy sauce
135	205	g tofu
		iodized salt
2.5	4	Onion(s)
1.5	2	Small kohlrabi(s)
		fresh tarragon
		pepper
2.5	4	tsp olive oil
0.5	1	Small red chili(s)
0.5	1	lemon(s) - only the juice

 LOSE WEIGHT



 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Vegetable Stir-Fry with Fish Fillet

Preparation time: 25 min
Nutritional value: 445 kcal / 683 kcal



		INGREDIENTS
14	20	g fresh ginger
275	425	g carrots
0.5	1	bunch of spring onions
0.5	1	tbsp oil
		Salt
		Sugar
105	160	ml vegetable broth
140	215	g Catfish fillet
1.5	2	stalk(s) of parsley

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Cut the peeled ginger into fine dice. Cut the peeled carrot (s) diagonally into thin slices. Cut the polished spring onion(s) into 10 cm long pieces.
2. Heat some oil in a large pot and fry the ginger and carrots in it. Then add the spring onions and sauté briefly. Refine with salt and sugar. Add the broth to boil, cover and cook for 5 minutes.
3. Cut the fish fillets crosswise and add salt. Then put on the vegetables and cook for 5-8 mins. Before serving, sprinkle with a little parsley.

Baguette with Pesto and Asparagus

Preparation time: 25 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

1	1.5	pcs bell pepper(s)
80	125	g Green asparagus
		Salt
0.5	1	bunch of basil
		Lemon thyme
40	65	g feta cheese
1	1.5	tbsp flaked almonds
1.5	2	tbsp olive oil
		pepper
1	1.5	tbsp white wine vinegar
0.3	0.4	pcs baguette bread

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE



1. Preheat the oven grill. Cut the rinsed peppers in half and get rid of the cores. Then put with the cut side down on a baking sheet. Grill the peppers in the oven under the grill for about 10 minutes until the skin starts to bubble.
2. In the meantime, rinse the asparagus and peel the bottom third. Then cut off the ends. Boil some salt water and blanch the asparagus for about 3 minutes. Then remove and rinse with cold water. Then divide the asparagus into pieces. Remove the skin from the peppers and cut it into strips.
3. Briefly rinse and then dry the basil and lemon thyme. Chop the basil coarsely. Then puree with feta cheese, almonds and olive oil. Refine with pepper.
4. Chop the lemon thyme leaves small. Mix the peppers, asparagus, vinegar and lemon thyme and season with salt.
5. Cut the baguette into slices and place on the tray. Drizzle the remaining olive oil over it. Roast the baguette slices under the hot grill until golden brown. Arrange the peppers and asparagus salad and baguette slices on a plate and spread the pesto on it.

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal

Mushrooms and Lamb's Lettuce with Vinaigrette



INGREDIENTS

115	175	g lamb's lettuce
75	115	g king oyster mushrooms
0.5	1	spring onion(s)
7	10	tsp olive oil
0.5	1	tsp honey
1.5	2.5	tsp medium mustard
0.5	1	tsp white wine vinegar
		Salt
		pepper

1. Drain the cleaned and washed lettuce very well. Clean the trumpet mushrooms and cut into pieces. Cut the white and light green from the spring onions in thin rings.
2. Heat 1/3 of the olive oil in a non-stick frying pan. Add the king trumpet mushrooms and fry for around 3-4 minutes, add the spring onions and cook also for a few. Refine with salt and pepper.
3. Stir a vinaigrette from the honey, mustard, white wine vinegar, salt and pepper, as well as 2/3 of the olive oil. Mix the salad, the trumpet mushrooms and vinaigrette gently and serve immediately.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Romaine Lettuce from the Pan

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. Cut or slice the peeled onion(s) into thin rings. Heat some oil in a large frying pan and fry the onions over medium temperature glassy. Clean the romaine lettuce and cut about 3cm streaky.
2. Add the salad to the onions in the pan and fry for 2-3 minutes while turning. Add the balsamic vinegar and the broth, season with salt and pepper. Finally, stir in a little olive oil.



INGREDIENTS

65	100	g red onion(s)
4	6	tbsp olive oil
110	170	g Romaine lettuce
2	3	tbsp balsamic vinegar
3	4	tbsp vegetable stock
		Salt
		pepper



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Basil Cheese on Tomatoes

Preparation time: 10 min

Nutritional value: 445 kcal / 683 kcal

INGREDIENTS

9	14	tbsp Quark (40%)
45	70	cherry tomatoes
		freshly ground pepper
		Salt
30	45	basil leaves



1. Cut the washed tomato(es) in half and cut off the stalks.
2. Then wash the basil and finely chop the leaves. Mix with cottage cheese and salt and pepper. Then give the cottage cheese on the tomato halves.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Vegetable Soup with Celery Sticks

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

0.4	0.5	large can peeled tomatoes
0.4	0.5	Cucumber
0.4	0.5	red pepper(s)
1.5	2	Garlic clove(s)
25	40	g ground almonds
2.5	4	tbsp sherry vinegar
		sea salt
		pepper
2	3.5	tbsp olive oil
1.5	2	sprig(s) of mint
		Celery

1. Cut out the stalk of the canned tomatoes. Dice the peeled cucumber(s) and peppers(s) into small cubes. Peel and crush the garlic.
2. Add all with the ground almonds, salt, pepper, vinegar and oil in a bowl and leave to draw. Then puree coarsely.
3. Chop the mint. Rinse and clean the small light green rods from the celery. Salt and pepper the soup and serve with celery and mint in glasses.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

New Potatoes with Asparagus and Herb Yoghurt

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

		some sugar
		Freshly ground black pepper
1	1.5	tsp mushroom spread (health food store)
0.3	0.5	tsp medium mustard
		iodized salt
0.3	0.5	tsp butter
315	480	g new potatoes
155	240	g low-fat yogurt
90	140	g white asparagus
		some fresh tarragon
0.3	0.5	bunch of fresh chervil



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Peel the asparagus thin. Start about 1.5 cm below the top. Cut the woody ends generously.
2. Cook some water in a pot along with the butter, sugar and salt. Cover the asparagus and cook for about 12 to 15 minutes.
3. Wash the new potatoes with a vegetable brush and rinse thoroughly under running water. Then boil in lightly salted water for about 20 minutes.
4. Chop the rinsed and shaken dry tarragon and chervil very fine.
5. For the herb yoghurt mix yogurt with salt, pepper, mushroom and mustard and add the herbs. Season to taste when required. Drain the potatoes and allow to evaporate.
6. Serve the drained asparagus to the potatoes and herb yoghurt.

Mushroom salad with chilli and herbs

Preparation time: 25 min
Nutritional value: 445 kcal / 683 kcal



1. Finely dice the de-seeded red chilli(es). Cut the chives into thin rolls. Remove the leaves from the smooth parsley. Mix together the lime juice, a little water, a little sugar and salt. Then add and whisk the rapeseed oil. Mix the chives and parsley.
2. Cut the dressed mushrooms into quarters. Fry over a medium heat with a little hot canola oil for about 5 minutes. Add the chilli and the mushrooms with salt for taste. Again roast for 2 minutes. And then mix with the herb sauce.

INGREDIENTS

0.5	1	red chili pepper(s)
0.4	0.5	bunch of chives
3	5	stalk(s) flat-leaf parsley
2	3.5	Tbsp Lime juice
		Salt
		Sugar
3.5	6	tbsp rapeseed oil
185	285	g small mushrooms

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal

Colorful vegetables in the wok with sesame



INGREDIENTS

225	340	g broccoli
2	3	carrot(s)
45	70	g sugar peas
45	70	g mushrooms
185	285	g white asparagus
1	1.5	tsp sesame
1	1.5	tbsp oil
1	1.5	lime(s) (only the juice)
		Soy sauce
1	1.5	Pinch of sambal oelek for sharpness

1. Wash the broccoli, until the florets, then cut into slices. Cut the peeled carrot(s), snow peas and mushrooms into small pieces. Peel the asparagus and cut into slices.
2. Fry the sesame seeds in a wok and then remove. Heat a little oil and cook the broccoli for 2 mins. Then place the carrots, snow peas, mushrooms and asparagus and saute for about 10 minutes. Refine with lime juice, soy sauce and sambal oelek and scatter the toasted sesame.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Corn Salad with Caramelized Onion and Walnuts

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



1. Spin dry the lettuce cleaned and washed carefully. Cut the halved red onion(s) in half and into wedges. Roast the coarsely chopped walnuts in a dry frying pan.
2. Stir a vinaigrette from the white wine vinegar, salt, pepper and sugar. Add the walnut oil and stir vigorously.
3. Heat a little neutral oil in a pan and fry the onion wedges 2 min. Sprinkle some sugar over it and continue to fry for 2 minutes. Drizzle the salad with the white wine vinegar vinaigrette and serve sprinkled with the chopped walnuts and onions.

INGREDIENTS

135	205	g lamb's lettuce
1	1.5	red onion(s)
1	1.5	tbsp walnuts
1	1.5	tbsp white wine vinegar
		Salt
		pepper
0.4	0.5	pinch of sugar
2	3	tbsp walnut oil
1	1.5	tbsp neutral oil

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Stuffed Mushrooms

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

4	7	Large mushroom(s)
1	1.5	Garlic clove(s)
0.5	1	tbsp balsamico vinegar
		sea salt
		Freshly ground black pepper
2	3.5	tbsp olive oil
3	4	Dried tomatoes
2	3.5	stalk(s) of parsley
2	3.5	stalk(s) of basil
30	45	g pine nuts



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SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Remove the stems from the cleaned mushrooms. Then scoop out the mushrooms with a small spoon. Place the mushroom meat aside. Mix the crushed garlic clove(s) with the vinegar, salt, pepper and a little olive oil. Brush the mushrooms with it and place it in a baking dish.
2. Finely chop another garlic clove. Cut the tomato(es) into small pieces. Chop the herbs finely. Mix all together with the remaining oil, salt, pepper, the mushroom flesh, the pine nuts and season it.
3. Pour the mixture into the hollowed-out mushrooms and parch at 131°F (55°C) in the oven for 2-4 hours or cook at 302°F (150°C) for 20 minutes until the mushrooms are soft. Add some basil and some more pepper before serving.

Romaine Lettuce with Strawberries and Balsamic

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

1	1.5	head of romain lettuce
2	3.5	mini cucumber(s)
275	420	g Strawberries
1	1.5	Bunch of mixed herbs
110	165	g whole milk yogurt
2	3.5	tsp mustard
2	3.5	tsp mayonnaise
1	1.5	tbsp light balsamico
1	1.5	tbsp rapeseed oil
5	8	tbsp cranberry juice
		Salt
		pepper
		Sugar



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SAMPLE IMAGE - DEVIATIONS POSSIBLE



1. Pluck the cleaned and washed romaine lettuce into bite size pieces. Cut the peeled cucumber(s) into thin slices. Cut the washed and cleaned strawberries into quarters. Pluck the rinsed herbs.
2. Stir a dressing from the yogurt, mustard, mayonnaise, balsamic, the oil and the juice. Season with pepper, salt and sugar and mix everything together gently.

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal

Lukewarm turnip salad with pumpkin seeds



INGREDIENTS

335	510	g kohlrabi
1.5	2	tbsp oil
		Salt
		pepper
		Sugar
0.5	1	tsp lemon zest (abraded. Undressed)
13	20	g pumpkin or pine nuts
4	6	stalk(s) of parsley
0.5	1	tbsp lemon juice
1.5	2	Tbsp Pumpkin seed oil
0.3	0.5	pcs of oak leaf lettuce
		Water

1. Cut the peeled Kohlrabi into quarters and then cut into approximately 1/2 centimeter thick columns. Heat a little oil in a large pot and saute the Kohlrabi. Refine with salt, pepper, a little sugar and lemon zest. Then add a little water, cover and then braise on a mild temperature for about 8-10 minutes.
2. Fry the pumpkin or pine nuts roast over a medium heat until the seeds start to jump. Then chop the nuts coarsely and pluck the leaves from the parsley and finely chop.
3. Mix the parsley, lemon juice and pumpkin seed oil under the kohlrabi and let cool to a lukewarm temperature in a bowl. Then wash the salad, spin dry and tear into bite-size pieces. Serve the salad with the kohlrabi and garnish with kernels.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Sandwiches with Tomato-Mozzarella and Turkey Breast

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. Stir a cream from the tomato paste and the sour cream and pepper. Then cut the drained mozzarella and tomato(es) into slices. Spread the cream on the bread and top with the tomato slices, mozzarella and turkey breast.
2. Refine with salt and pepper and sprinkle with the chopped basil. Then fold and serve.



INGREDIENTS

1	2	tsp tomato paste
1	2	tsp crème fraîche
1	2	tomato(es)
0.5	1	mozzarella ball
2.5	3.5	small slices of whole wheat bread
		Freshly ground black pepper
1	2	slice(s) smoked turkey breast
2.5	3.5	stalk(s) of basil
		iodized salt



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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal

INGREDIENTS

		iodized salt
6	10	Young carrot(s)
1	1	small kohlrabi(s)
		Freshly ground black pepper
190	295	ml vegetable stock
5	7	tbsp lemon juice
70	110	ml porcini yeast stock (healthfood store)
85	130	g white asparagus
		fresh tarragon

Vegetable Broth with Asparagus



1. Peel the kohlrabi(s) and brush the carrot(s), then cut both into thin sticks. Cut the peeled and cleaned asparagus into small pieces.
2. Heat the vegetable stock and the broth in a saucepan and cook the asparagus for about 8 minutes. Add the kohlrabi and carrots to it and once again cook 5 minutes. Add salt and pepper. Refine with lemon juice. Cut the leaves from the tarragon finely and pour over the vegetables.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Vegetable Sticks with Feta Cheese Dip

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. Stir a dip from the feta cheese, yogurt and pepper and flavor with the chopped olives, finely chopped chilli and grated lemon peel.
2. Cut the washed radishes in the middle. Rinse, peel, clean and cut the celery, the carrot(s) and the cucumber(s) into sticks. Serve with the cheese dip.

INGREDIENTS

85	130	g mild feta cheese
7	11	Green olives without stone
		freshly ground pepper
		chili pepper(s) to taste
7	11	Radish
3.5	5	stalk(s) of celery
5	8	carrot(s)
0.4	0.5	cucumber(s)
		Some lemon zest
7	11	tbsp low-fat yogurt

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Buttermilk soup with figs

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

210	325	ml Buttermilk
8	13	tbsp lime(s) syrup
1.5	2	Tsp Cinnamon
4	6	Grated organic lemon(s)
6	9	fresh fig(s)
		pepper
		iodized salt

1. Finely cut the washed fig(s) into cubes, and then mix with buttermilk, lime syrup and cinnamon. If necessary, add some water and season with some salt and pepper.
2. Add some grated lemon peel and enjoy.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Fennel Soup with Shrimp

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. Peel the cleaned and washed soup greens and cut into julienne strips. Cut the fennel in half and remove the stalk. Then cut it into fine strips. Similarly, cut the lemon(s) into slices.
2. Heat some oil in a saucepan and cook the prepared vegetables, except the lemon. Add the broth and cook for about 15 minutes.
3. After 10 minutes, add the shrimp and the lemon. Refine with salt and pepper and garnish before serving with chopped parsley.

INGREDIENTS

1	1.5	untreated lemon(s)
2	3	bunch of soup greens
		pepper
		Salt
2	3	tbsp olive oil
2	3	Fennel bulb
100	150	ml vegetable broth
16	25	oven-ready shrimp(s)
1	1.5	bunch of parsley

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal

Beetroot Soup with Fennel Puree



INGREDIENTS

335	515	g beetroot
0.5	1	small fennel bulb
140	215	ml broth
		Salt
		Ground anise
1.5	2.5	tbsp cream
		Freshly ground black pepper
0.5	1	slice(s) pumpernickel
85	130	ml low-fat milk

1. Cut the peeled beetroot coarsely. Cook about 20 minutes until soft in a little water. Cut the cleaned fennel small and put the green aside. Cook also the fennel until soft in a little salted water.
2. Then puree the fennel and refine with salt and anise. Puree the beetroot and add the broth. Cook together briefly. Then season with the cream, salt and pepper. Fry the pumpernickel roll crispy in a pan without oil.
3. Beat the heated milk with a whisk to a solid foam. Then fill the beetroot soup in a glass bowl and add some fennel puree. Cover with the milk foam. Garnish with fennel and croutons before serving.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Yellow Pepper Soup with Feta Cheese

Preparation time: 60 min
Nutritional value: 445 kcal / 683 kcal



1. Cut the onion(s) and the garlic clove(s) into fine dice. First quarter the yellow bell pepper(s), then get rid of the seeds and cut into large pieces.
2. Heat the olive oil in a frying pan and fry the prepared vegetables in it. Then add the vegetable stock and the whipping cream to it. Cook for about 20-25 minutes at medium heat. Then puree with a hand blender and pass through a sieve. Then bring to a boil and season with salt and pepper. Pour the soup into soup bowls and drizzle with olive oil. Sprinkle the crumbled feta cheese and some plucked marjoram leaves over it.

INGREDIENTS

0.5	1	Onion(s)
0.5	1	Garlic clove(s)
350	535	g yellow pepper(s)
0.5	1	tbsp olive oil
280	425	ml vegetable broth
70	105	ml whipped cream
		Salt
		pepper
1.5	2	tbsp crumbled feta cheese
		plucked marjoram leaves

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Layer Salad in Glass with Yogurt Dressing

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

155	240	g frozen peas
105	160	g yogurt
1	1.5	tbsp mayonnaise
0.3	0.5	tsp mustard
0.5	1	Garlic clove(s)
0.3	0.5	bunch of herbs (eg. chives, parsley, chervil)
1.5	2	red onion(s)
3	4	tomato(es)
0.3	0.5	head of iceberg lettuce
70	105	g mushrooms
		iodized salt
		pepper



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SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Thaw the peas. Stir a dressing from the yogurt, mayonnaise, mustard, salt and pepper. Add the crushed garlic in the dressing. Then chop the herbs and also stir in the dressing.
2. Cut the onion(s) into thin slices. Cut the cleaned tomato(es), the salad and mushrooms into small pieces. Combine all ingredients in a glass vessel in layers and pour the yogurt dressing.

Cauliflower with Sprout Salad

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

1.5	2.5	cauliflower small
3	5	blood orange(s)
1.5	2.5	tbsp olive oil
		iodized salt
		pepper
0.5	1	romain lettuce
3	5	tbsp alfalfa sprouts
1.5	2.5	tbsp cashews



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SAMPLE IMAGE - DEVIATIONS POSSIBLE



1. Wash the cauliflower and cut into small florets. Bring water with salt to a boil in a saucepan and cook the florets for about 10 minutes. Then drain.
2. Squeeze the half of the orange(s). Stir a dressing from the orange juice, salt, pepper and oil.
3. Then arrange the washed and plucked salad and the sprouts on plates. Fillet the remaining oranges and spread them along with the cashew nuts on the salad and drizzle the dressing over it.

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal

Tortilla with Turkey and Vegetables



INGREDIENTS

		Noble sweet paprika
0.2	0.2	Small red chili(s)
0.5	1	wheat tortilla(s)
50	75	g turkey breast fillet
13	20	g gouda
0.2	0.2	Onion(s)
0.2	0.2	Garlic clove(s)
0.3	0.5	tbsp sunflower oil
		Iceberg lettuce
0.2	0.2	yellow pepper(s)
0.2	0.2	red pepper(s)
		freshly ground pepper
		some salt

1. Cut the bell pepper(s) into strips. Wash the dressed salad and cut into strips. Cut the onion(s) and finely chop the garlic. Cut the deseeded chilli into fine rings.
2. Dab the rinsed meat dry and dice. Heat some oil in a pan and roast the turkey for about 5 min on all sides.
3. Add the vegetables and sauté for about 8 minutes, turn it. Add salt and pepper and refine with the paprika.
4. Then warm the tortillas in a pan. Grate the cheese.
5. Spread all along with the iceberg lettuce on the warm tortilla. Sprinkle the cheese on top and roll the tortillas. Cut through in the middle before serving.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE



Filled Wraps with Chicken, Strawberries and Watercress

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. Wash the arugula and parsley and shake dry. Pluck the arugula into bite size pieces. Then chop the parsley and the onion(s). Mix with cream cheese, mustard and honey. Add salt and pepper. Finely slice the cucumber(s). Then clean the strawberries and cut into slices.
2. Brush the wraps with cream cheese. Add the arugula, the poultry meat, cucumbers, strawberries and watercress on it, then roll up the wraps.

INGREDIENTS

		
30	45	g arugula
		Some flat-leaf parsley
0.4	0.5	spring onion(s)
1.5	2.5	tbsp grainy mustard
1.5	2.5	tbsp low-fat cream cheese
0.4	0.5	tsp honey
		sea salt
0.2	0.3	cucumber(s)
55	85	g Strawberries
1.5	2.5	Tortillas for wraps
95	140	g chicken breast sliced
0.4	0.5	small cress bed
		freshly ground pepper

 LOSE WEIGHT

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Stuffed Pumpkin from the Oven

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

0.5	1	Small hokkaido pumpkin
0.3	0.5	Onion(s)
60	95	g zucchini
15	25	g porcini mushrooms
30	45	g dried tomatoes
30	45	g feta cheese
0.3	0.5	tbsp olive oil
60	95	g ebly (pre-cooked wheat)
90	140	ml broth
0.2	0.2	bunch of parsley
		Salt
		pepper



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Hollow out the halved and cleaned pumpkins. It should remain an approximately 1 cm high rim. Chop the pumpkin flesh finely.
2. Chop the onion(s). Then dice the washed zucchini. Cut the cleaned mushrooms into slices. Cut the dried tomato(es) small and the feta cheese into cubes.
3. Heat a little oil in a pan, fry the pumpkin flesh, onions and zucchini cubes briefly. Add the tomatoes, cheese and ebly to the pumpkin mass. Season with salt and freshly ground pepper. Then place the hollowed-out pumpkin halves in a baking dish. Pour in the pumpkin mixture. Fill to the brim with broth. Add the remaining broth and pumpkin mass into the dish. Place the porcini mushroom slices on the pumpkins and drizzle with olive oil.
4. Bake for about 30 to 40 minutes in the hot oven. Chop the parsley and sprinkle over the pumpkin halves.

Tomato buttermilk soup

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

1	1	Onion(s)
1	1	Knob of ginger
2.5	3.5	carrot(s)
1	1	tbsp olive oil
1	1	Large can of tomatoes (about 500g)
200	310	ml Buttermilk
		cayenne pepper
		Salt
		pepper
		Pumpkin seed oil

1. Cut the onion(s) and the ginger. Cut the peeled carrot(s) into cubes. Fry the onions, ginger and carrot cubes in oil. Then add the tomatoes and cook for 20 mins and then add the puree.
2. Pour the buttermilk into the soup. Add salt and pepper. Refine with a pinch of cayenne pepper. Add a drop of pumpkin seed oil.



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal

Ham-potato soup with wasabi and pumpernickel



INGREDIENTS

0.5	1	corncob
0.5	1	slice(s) of parma ham
0.5	1	tsp wasabi
0.5	1	bunch of soup vegetables
190	290	g potatoes
315	480	ml broth
0.5	1	tbsp oil
0.5	1	slice(s) pumpernickel

1. Cut the peeled potato(es) into cubes. Cut the washed vegetables into small pieces and place in the soup. Then fry the potato cubes in vegetable oil. De-glaze with broth and simmer for 15 minutes.
2. Cut the pumpernickel into cubes. Cut the ham into thin strips. Separate the corn kernels from the cob. Mix the potato soup with a hand blender. Then put the corn in and heat it up briefly. Before serving the soup, refine with wasabi. Serve Together with the ham and diced pumpernickel.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Roast beef sandwich with zucchini slices



Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal

INGREDIENTS

2.5	3.5	Oak leaf/leaves lettuce
30	45	g low-fat cream cheese horseradish
2.5	3.5	slice(s) whole-wheat toast
1	2	Slice(s) roastbeef
0.3	0.4	Zucchini

1. Wash and dry the zucchini and then finely slice lengthwise. Wash the lettuce and tear into bite-size pieces.
2. Toast the bread and marinade with the horseradish cream cheese.
3. Then place the zucchini slices with the lettuce and onto the roast beef. Put the remaining slices on top and cut diagonally.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Beetroot and Orange Casserole

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

3.5	6	Small tubers beetroot
2	3	orange(s)
70	105	g blue cheese (eg gorgonzola)
2	3	brazil nuts without shells
		iodized salt
		freshly ground pepper



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Rinse the beetroot and cook unpeeled for about 30 minutes in salted water. Allow to cool and peel. Cut into thin slices.
2. Squeeze the juice from half the orange(s). Peel the other half and then cut into slices. Place alternating layers of beetroot and orange slices in a greased mold. Pour the orange juice over it and season to taste.
3. Place cheese on beetroot and orange mixture and add the flaked nuts. Bake for approximately 12 min at 392°F (200°C) in the oven.

Cold Cucumber Soup with Pumpkin Seeds

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

2	3	tblsp pumpkin seeds
3.5	6	cucumber(s)
2	3	small piece of fresh ginger
2	3	pinch of sugar
270	415	g low-fat yogurt
		iodized salt
		black pepper
90	140	ml vegetable stock (glass)
3.5	6	tsp olive oil
		fresh dill

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE



1. Roast the pumpkin seeds in a pan without fat. Remove the cores from the peeled cucumber(s). Grate 1/4 of the cucumbers finely, mix the rest with an immersion blender. Chop the ginger and add to the cucumbers. Season with salt, pepper and sugar and freeze briefly.
2. Stir the yogurt and the vegetable stock in the cold soup and season. Serve with dill, oil and pumpkin seeds.

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal

INGREDIENTS

40	65	g Flour
0.5	1	egg(s)
75	120	ml Milk
		Salt
1	1.5	tbsp rapeseed oil
50	80	g brussels sprouts
515	785	ml broth
		Chives to taste

Brussels Sprouts Soup with Pancake Rolls



1. Mix a smooth pancake batter from the flour, egg, milk and salt. Heat a little oil in a pan and bake thin pancakes in succession. Remove these from the pan and shape while still warm into rolls.
2. Cut off the stalks from the washed brussels sprouts and break off the florets.
3. Heat the broth in a saucepan and add the brussels sprouts. Cook for about 5 minutes. Cut the rolled pancakes into thin slices and add to the soup. Heat it up again briefly. Garnish with chives before serving.

LOSE WEIGHT

MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE



MAIN DISHES



Vegetarian pizza

Preparation time: 30 min

Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

2	3	Mushroom(s)
2	3	Green olives without stone
50	80	g jerusalem artichokes
0.3	0.4	red pepper(s)
0.3	0.4	Green pepper(s)
0.5	1	Garlic clove(s)
0.5	1	tsp olive oil
1	1.5	tomato(es)
75	115	g Flour
40	60	g low-fat quark
0.5	1	egg yolk
1	1.5	Tsp Baking powder
		some oil
		Some milk
		iodized salt
		Thyme
		oregano

LOSE WEIGHT

MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Cut the pepper(s) in strips and the mushroom(s), olives and artichoke in slices. Then chop the garlic. Heat some olive oil in a pan, and sauté the garlic with the artichoke. Then remove the mixture from the pan. Dice the tomato(s). Finely chop the herbs.
2. Make a dough from the flour, salt, baking powder, egg yolk, milk, oil and the cottage cheese.
3. Divide the dough into portions, and roll them out on baking paper (about 1/2 cm thick). Spread the vegetables on top and bake for 15 - 20 minutes at 347°F (175°C).

Wrap with Tuna and Arugula

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. Warm up Wrap(s) (eg in a pan) and sprinkle with mayonnaise.
2. Clean the washed arugula. Cut the rinsed cucumber(s) into sticks.
3. Then fill the wraps with arugula, cucumbers sticks and the drained tuna.
4. Refine before serving with parsley, salt and pepper. Fold the lower end, then wrap a roll.



INGREDIENTS

1	1.5	Wrap(s)
1	1.5	tbsp mayonnaise
25	35	g arugula
50	75	g cucumbers
0.5	0.5	can of tuna
0.5	0.5	tbsp chopped parsley
		Salt
		pepper



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Minced meat pizza with pomegranate seeds

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

0.1	0.2	Garlic clove(s)
0.3	0.4	Onion(s)
0.1	0.2	chili pepper(s)
0.1	0.2	Can of tomatoes
25	40	g Minced lamb cardamom
0.1	0.2	tbsp oil
19	30	g yogurt
0.1	0.2	pomegranate
0.1	0.2	Package ready pizza dough
0.3	0.4	tbsp walnuts iodized salt pepper Cinnamon



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Chop the onion(s), the garlic and the chili. Crush the tomato(s).
2. Fry the onions, garlic, chili, minced meat, cardamom and cinnamon in a pan with oil about 4 minutes. Season with salt and pepper.
3. Roll out thinly the finished pastry on a baking sheet. Spread the tomato puree and the ground beef mixture on top. Cook in the oven at 356°F (180°C) for about 20 minutes. Meanwhile, remove the pomegranate seeds from the shell. Finely chop the nuts.
4. Sprinkle the baked pizza with the pomegranate seeds and nuts. Season the yogurt and serve it as a dip.

Quiche of tomatoes and arugula

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

0.5	1	Shallot(s)
18	30	g arugula
55	85	g Cherry tomatoes
18	30	g fresh goat's cheese
35	55	g low-fat quark
0.5	1	Tbsp Low-fat milk
0.4	0.5	egg(s)
		iodized salt
0.2	0.3	Pack shortcrust pastry (refrigerated) pepper



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SAMPLE IMAGE - DEVIATIONS POSSIBLE



1. Cut the shallot(s) into small cubes. Cut the washed arugula into bite size pieces. Cut the tomato(s) in halves. Make a cream from the goat's cheese, cottage cheese, milk and the egg(s); season with and salt and pepper.
2. Brush a quiche dish (about 8 cm in diameter) with a little oil. Roll out the dough until thin.
3. Cover the quiche dish with the dough; the dough margins should exceed the margins of the dish. Pull up the edges and put the vegetables on the dough. Pour the cheese quark mass on top of the vegetables. Bake for approximately 20 minutes at 392°F (200°C) in the preheated oven.

Tarte with grapes and bacon

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

0.5	1	tsp sliced hazelnuts
70	105	g Flour
0.3	0.5	tsp Dry yeast
0.5	1	tsp olive oil
70	105	g low-fat quark
0.5	1	tbsp sour cream
		iodized salt
		pepper
1.5	2	thin slice(s) of bacon
0.3	0.5	Onion(s)
50	80	g Grapes

1. Make a dough from the flour, salt, yeast, some warm water and the oil. Let it rest in a warm place.
2. Mix the curd with some water, sour cream, salt and pepper. Cut the bacon into small pieces, and the onion(s) in rings. Cut the grapes in halves and remove the stones.
3. Roll out the dough on a baking tray lined with baking paper. Add the quark mixture. Add the onions, grapes, nuts and bacon and let it rest again, for a short time. Bake at 250 degrees for about 15 - 20 minutes.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Scalloped Asparagus with Prawns

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. Cut the peeled asparagus into pieces and boil for about 10 minutes in salted water. Brush the potato(es) thoroughly and also cook for about 20 minutes in salted water.
2. Then drain the potatoes and cut into slices. Arrange layers of potato slices, asparagus and crab in an oiled baking dish.
3. Mix the egg with the milk, salt and pepper and pour into the baking dish. Sprinkle the cheese on top. Bake at 347°F (175°C) for 25 minutes. Meanwhile, wash the parsley, chop and garnish the finished gratin.

INGREDIENTS

17	25	g grated Gouda
		iodized salt
45	65	g North Sea crab meat
230	350	g asparagus
0.5	1	egg(s)
		some parsley for garnish
285	435	g potatoes
115	175	ml low-fat milk
		freshly ground pepper

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Crispy Gratin Potatoes

Preparation time: 20 min

Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

370	565	g potatoes
1.5	2.5	Chopped brazil nuts
145	225	ml of broth
145	225	ml low-fat milk
		some rosemary
		iodized salt
		pepper
0.5	1	tsp lemon peel
1.5	2.5	tbsp of grated cheese



1. Plane peeled potato (es) into thin slices.
2. Brush a gratin dish with grease and add potato slices and nuts. Then add salt, pepper, the broth and add the milk. Bake for about 45 min at 392°F (200°C).
3. Add the chopped rosemary, lemon rind and mix with the cheese.
4. Bake until crispy and serve immediately.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Vegetable Wok with Prawns

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. First prepare the rice according to the instructions. Chop the peeled ginger and garlic finely. Heat some oil in a wok and fry the ginger and garlic in it.
2. Cut the carrot(s) and the mushroom(s) into small pieces and cook for about 4 minutes in the pan. Cut the apple in slices and mix it with the shrimp and vegetables. Fry for about 1 min. Then refine with the lime juice, the sambal and soy sauce. Serve with rice.



INGREDIENTS

60	95	g basmati rice
0.5	1	piece of fresh ginger
0.5	1	Garlic clove(s)
1	2	tsp soybean oil
2.5	4	carrot(s)
60	95	g mushrooms
0.5	1	Tart apple
5	8	oven-ready shrimp(s)
		iodized salt
1	2	tbsp soy sauce
		some sambal oelek
0.3	0.5	lime(s) (only the juice)



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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Mussels with Coriander

Preparation time: 30 min

Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

85	135	g glass noodles
110	165	g venus clams
0.2	0.3	yellow pepper(s)
0.2	0.3	red pepper(s)
1.5	2.5	spring onion(s)
0.4	0.5	small zucchini
0.4	0.5	stalk(s) lemon grass
20	35	g bean sprouts
1	1.5	tsp sesame oil
1	1.5	tsp lime juice
1.5	2	stalk(s) of fresh coriander
		iodized salt
		pepper

1. Cook the pasta according to package instructions. Clean the mussel(s) (sort out closed shells) and cook for 10 minutes in salted water. Cut the bell pepper(s), the spring onion(s), the zucchini and lemon grass.
2. Cook the pasta and drain the clams. Cook the prepared vegetables, lemon grass and sprouts in hot sesame oil for about 7 minutes. Add the noodles and clams to cook for a short time. Then refine with the lime juice, salt and pepper. Sprinkle with coriander leaves.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Lentil Stew with Exotic Spices

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. Wash the lentils and cook for about 10 minutes in salted water.
2. Cut the peeled onion(s) into small cubes. Cut the washed and cleaned eggplant(s), tomato(es), red pepper(s) and the cauliflower into small pieces. Add to the lentils in the pot and cook another 12 min.
3. Heat some oil in a pan and add pepper, cumin, coriander, paprika and curry. Add the oil mixture to the vegetables. Season to taste.



INGREDIENTS

90	140	g red lentils
1	1.5	Onion(s)
1	1.5	eggplant(s)
2	3	tomato(es)
		iodized salt
0.2	0.3	Cauliflower
0.2	0.3	yellow pepper(s)
0.2	0.3	red pepper(s)
0.2	0.3	Green pepper(s)
		Oil
		cumin
		paprika powder
		coriander extract 4:1
		Curry
		pepper
225	345	ml water



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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Kohlrabi Stew with Meatballs

Preparation time: 20 min

Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

1	1.5	carrot(s)
165	255	g potatoes
0.4	0.5	Kohlrabi(s)
1	1.5	spring onion(s)
0.4	0.5	Shallot(s)
85	130	g minced meat
0.4	0.5	egg(s)
1	1.5	tbsp breadcrumbs
0.4	0.5	tsp oil
210	320	ml vegetable broth
0.2	0.3	bunch of parsley
		pepper
		Salt

1. Cut the carrot(s), the potato(es), the kohlrabi(s) and spring onion(s) into small pieces. Chop the shallot(s).
2. Mix the minced meat with the shallots, egg, breadcrumbs, salt and pepper and shape with your hands into balls.
3. Heat some oil in a saucepan and fry the vegetables in it. Add salt and pepper. Add the broth and simmer for 25 minutes. After 10 minutes, add the meatballs and cook it in the broth. Before serving the soup, sprinkle with chopped parsley.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Vegetable Stew with Potatoes

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



1. Cut the well-washed not peeled carrot(s) into slices. Peel and dice the potatoes and the celery. Cut the leeks into slices.
2. Heat some rapeseed oil in a large pot and fry the leek slices in it. Deglaze with a splash of white wine and vegetable soup. Boil everything with the rest of the vegetables, dried lentils, bay leaf and cumin. Cover and simmer over low heat until the vegetables are al dente.
3. Season the stew with balsamic vinegar or soy sauce. Add salt and pepper.

INGREDIENTS

1.5	2.5	pcs carrot(s)
1.5	2.5	potato(es)
0.4	0.5	Celeriac
1	1	leek(s)
		some rapeseed oil
1	1	Dash of white wine
390	595	ml vegetable broth
1	1	Handful of sprouts
40	60	g red lentils (dried)
1	1	bay leaf
		balsamic vinegar
		Salt
		pepper
0.4	0.5	tsp cumin

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Buckwheat Noodles with Tofu

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

60	95	g buckwheat noodles (asia shop)
2.5	4	carrot(s)
0.5	1	Onion(s)
0.5	1	Garlic clove(s)
60	95	g oyster mushrooms
25	40	g bean sprouts
60	95	g smoked tofu
0.5	1	tbsp chives
1	2	tsp sesame oil
0.5	1	tsp lemon juice
		Soy sauce
		iodized salt
		pepper



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SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Prepare the buckwheat noodles according to the instructions. Meanwhile, cut the carrot(s), onion(s) and the garlic clove(s) into small pieces. Cut also the cleaned mushrooms into small pieces. Rinse the sprouts and drain the cooked noodles.
2. Heat some oil in a pan and fry the vegetables with the sprouts for about 5 minutes. Add the noodles and tofu. Refine with soy sauce, lemon juice, salt and pepper.

Trout with Parsnips and Oranges on Rice

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

210	325	g parsnips
40	65	g long grain rice
0.4	0.5	orange(s)
1	1.5	pcs fresh trout fillet(s)
0.4	0.5	tsp sunflower oil
1	1.5	Shallot(s)
1	1.5	clove(s)
0.4	0.5	tbsp raisins
		iodized salt
		White pepper
		Thyme



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SAMPLE IMAGE - DEVIATIONS POSSIBLE



1. Cut the peeled parsnips into small pieces, then cook for about 10 minutes in a little salted water. Cook the rice according to instructions.
2. Peel the orange(s) first, then cut into slices. Fry the fish in a pan with oil for about 2 minutes per side. Refine with salt and pepper. Then remove from the pan and keep warm.
3. Sauté the shallot quartered(s) in the dripping. Sauté the drained parsnips, orange slices, the clove(s) and thyme in the pan and swirl it. Mix the raisins to the rice.

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal

Chicken Tortilla with Cream Cheese



INGREDIENTS

2.5	4	Slice(s) of smoked chicken breast
2.5	4	tbsp cream cheese iodized salt
1.5	2	carrot(s)
0.5	1	stalk(s) of basil
1.5	2	Tortilla flat bread
1.5	2	cherry tomato(es) pepper
0.5	1	Tbsp Yogurt
0.5	1	tsp horseradish

1. Rinse the cleaned carrot(s) and tomato(es). Then grate the carrot(s) and cut the halved and cored tomatoes into strips. Rinse the basil and shake dry. Then cut the basil leaves into strips.
2. Stir a cream from the cream cheese, yogurt, horseradish, salt and pepper. Cut the meat into strips.
3. Brush the tortilla flat bread with the cream and spread the vegetables, basil strips and chicken strips on it and then roll up the loaf.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Stir-fry with Rice and Fish

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. Cook the rice. Cut the rinsed and drained fish into small pieces. Chop the garlic finely and grate the horseradish. Then cut the washed vegetables and mushrooms into small pieces.
2. Heat some oil in a pan and fry the garlic and horseradish in it. Then add the fish and fry on all sides. Then take the fish from the pan.
3. Cook the chopped vegetables in the same frying fat for about 7 minutes. Add the cooked rice and the fish and cook for another 5 min. Then refine with soy sauce, lime juice, grated lime zest and pepper.

INGREDIENTS

55	85	g parboiled organic rice
170	260	g redfish fillet
0.5	1	pcs of horse radish
0.5	1	Garlic clove(s)
0.5	1	Zucchini
55	85	g leek
30	45	g button mushroom(s)
0.5	1	Pepper(s)
0.5	1	lime(s)
		iodized salt
		Soy sauce
0.5	1	tbsp oil
		pepper

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Pollock with Rice and Leeks

Preparation time: 20 min

Nutritional value: 445 kcal / 683 kcal

INGREDIENTS

0.5	1	leek(s)
		iodized salt
1	2	carrot(s)
1	2	tbsp lemon juice
0.5	1	Thyme stalk(s)
30	45	ml vegetable broth
		pepper
0.5	1	piece of ginger
60	90	g basmati rice
175	270	g pollock fillet
0.5	1	tsp oil
0.5	1	Kohlrabi(s)



1. Cook the rice according to instructions. Rinse the pollock and dab dry with a paper towel. Season with salt and pepper and drizzle some lemon juice on top.
2. Cut the leek, carrot(s) and kohlrabi(s) into cubes. Cut the ginger finely. Pick the thyme leaves from the stalk.
3. Heat some oil in a pan and sauté the diced vegetables, the ginger and thyme in it. Season with salt, pepper and lemon (s). Pour in the broth and cook for about 10 more minutes. Place the fish on the vegetables and steam for about 10 minutes. Serve with rice.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Colorful Bean and Vegetable Stir Fry



Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal

INGREDIENTS

2	3	tomato(es)
1	1.5	eggplant(s)
1	1.5	yellow pepper(s)
1	1.5	red pepper(s)
155	235	g broad beans
1	1.5	Onion(s)
1	1.5	Garlic clove(s)
0.5	1	chili
1	1.5	Sprig(s) of marjoram
1	1.5	Sprig(s) of basil
2	3	tbsp olive oil
305	470	ml broth
		Some iodized salt pepper

1. Cut the rinsed vegetables into small pieces. Remove the skin from the beans. Then cut the onion(s) and the garlic into cubes. Chop the chili and cut the herbs finely.
2. Heat some oil in a pan and fry the onions, garlic and chilli in it. Cook the prepared vegetables and the beans for 5 min, stir it. Season to taste.
3. Deglaze the pan with the broth and add the marjoram. Cook everything for about 20 minutes in the pan and season to taste again if needed. Garnish on a plate with basil leaves.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Clams with pasta and wine

Preparation time: 20 min

Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

		some dill
		pepper
1	1.5	tomato(es)
0.5	1	fennel bulb
0.5	1	chili
		iodized salt
65	105	g linguine
2	3.5	tbsp white wine
1	1.5	Garlic clove(s)
0.5	1	tbsp oil
11	16	Clam(s)

1. Boil the mussel(s) in water for about 10 mins and then they will be ready to open. Cut the clean fennel into small pieces. Then cut the tomato(es) into halves and then into cubes. Chop and then add the garlic and chilli.
2. Heat a little oil in a saucepan and fry the chopped chilli, garlic, the diced tomatoes and the lumpy fennel. Then add the mussels. Add the wine and pour some water. Refine with salt and pepper and simmer for an additional 10 mins.
3. Cook the pasta according to package instructions. Add the mussels and mix everything together and then season. Sprinkle the chopped dill over.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Laced Loup de Mer Packets with Risotto

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

0.2	0.3	Fennel
145	220	g loup-de-mer fillet
2	3	dried tomato(s)
2.5	4	cherry tomato(es)
0.4	0.5	Garlic clove(s)
0.2	0.3	spring onion(s)
0.4	0.5	tsp olive oil
		sea salt
		freshly ground pepper
2	3	g butter
125	190	ml vegetable broth
0.4	0.5	Shallot(s)
		some chives
40	65	g risotto rice
0.2	0.3	Zucchini
30	50	ml white wine
6	10	g parmesan grated
		Thyme

1. Dab the rinsed fish dry with a paper towel. Cut the dried tomato(es) into strips. Then rinse the tomatoes and cut the fennel into strips. Add the garlic and finely chop the onion(s).
2. Layer two sheets of parchment paper on a backing tin and brush with oil. Arrange the vegetables and the fillets in the center. Refine with salt, pepper and thyme. Then tie up the paper with kitchen string and bake at 356°F (180°C) about 45 minutes in the oven.
3. Heat the broth In a saucepan. Heat some oil in another saucepan and fry the chopped shallot(s) and garlic with the rice in it. Pour about one-sixth of the broth and stir until the broth is cooked, then pour the remaining broth.
4. Cut the zucchini into cubes. After simmering for 15 minutes, add the zucchini , the wine, the cheese , the butter and the chopped chives and cook for another 10 min. Serve the risotto with the baked fish packets.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal

Fried Rice with Tofu and Vegetables



INGREDIENTS

21	30	g tofu
0.4	0.5	tbsp soy sauce
0.4	0.5	spring onion(s)
40	65	g sugar peas
21	30	g shiitake mushrooms
0.4	0.5	tbsp rapeseed oil
40	65	g frozen peas
125	190	g of boiled rice
4	6	cherry tomato(es)
0.4	0.5	egg(s)
0.4	0.5	tbsp peanuts
		curry. chili powder or sauce

1. Pour the soy sauce over the diced tofu. Then clean the spring onion(s) and cut into rings. Drain well the rinsed mangetout. Cut the cleaned shiitake mushrooms into slices.
2. Heat a little oil in a wok or deep frying pan. Sauté the prepared vegetables and the peas for 4 minutes at high temperature. Add the tofu, the rice and the tomatoes. Fry for another 3 minutes and stir.
3. Stir the egg with curry powder and chilli and pour over the rice. Fry for another 5 minutes over high heat. Serve the rice on a plate and sprinkle peanuts over it.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Pita with tofu and vegetables

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. Cut the washed Romanesco into florets. Then finely chop the garlic. Thinly cut the olives and cut the tofu in cubes.
2. Heat a little oil in a non-stick frying pan. Fry all of the ingredients, turning occasionally and then pour a little water. Refine with salt, pepper, chilli and lemon juice. Close with a lid and simmer over a low temperature for 15 minutes. Then remove the lid and cook for a further 10 mins. Wash the rocket, cut the tomato(es) in cubes and put everything together with the tofu-vegetable in the pita bread. Wrap in aluminum foil and enjoy.

INGREDIENTS

55	80	g romanesco
13	20	g arugula
0.5	1	Garlic clove(s)
1	1.5	tbsp olives
105	160	g tofu
1	1.5	tsp oil chili
1	1.5	tomato(es) iodized salt pepper
0.5	1	Lemon(s) (only the juice)
0.5	1	Pita bread

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Mixed curry pan

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

165	250	g potatoes
275	420	g peas in pods
1	1.5	carrot(s)
0.5	1	Lemon(s)
0.5	1	tsp oil
165	250	ml vegetable broth
		iodized salt
		pepper
		Mild curry
		cayenne pepper
1	1.5	Zucchini
25	40	g sour cream
		some fresh coriander

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Peel and cut the potatoes into cubes. Pick the peas out of their pod. Cut the carrot(s) into slices. Then peel the lemon(s) and thinly cut into eighths. Heat a little oil in a pan. Place the prepared vegetables and the lemon(s) into the pan and cook. Refine with curry, salt, pepper and cayenne pepper. Then pour the broth and simmer with the lid closed for about 20 mins.
2. Cut the zucchini into slices and add to the vegetables. Place the flowers on the vegetables and cook for about 5 mins. Then put sour cream on the vegetables and stir. Serve with fresh coriander leaves.

Asparagus cabbage tortillas

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

3.5	5	White asparagus stick(s)
		Salt
0.1	0.1	Pointed cabbage
0.1	0.2	bunch of radish
1	2	Tortilla wraps
60	90	g horseradish cream cheese
		Gomasio (roasted sesame seeds with sea salt)
		freshly ground pepper
1	2	tsp walnut oil
		some sugar

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SAMPLE IMAGE - DEVIATIONS POSSIBLE



1. Cut the ends from the peeled asparagus. Then place in a glass of water with salt and sugar for about 8 minutes. Cook until they are al dente. Then drain the water.
2. Then cut the asparagus lengthwise. Remove the outer leaves from the cabbage and cut the remaining cabbage into thin long strips. Cut the washed and dressed radishes into pins.
3. Moisten and warm the wraps in the oven.
4. Then immediately fill with horseradish, cream cheese and top with plenty of Gomasio. Then put the cut vegetables in the wrap. Season with pepper and dribble a little walnut oil over it. Wrap the roll and cut diagonally and serve.

Vegetarian Dumplings

Preparation time: 20 min

Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

11	17	g Dried tomatoes in oil
0.2	0.3	Zucchini
0.2	0.3	Onion(s)
20	35	g fresh goat's cheese
4	7	g almond flour
		pepper
65	105	g Flour
0.5	1	egg(s)
		sea salt
0.5	1	spring onion(s)
		Some parsley
225	345	ml vegetable broth
11	17	g almonds

1. Let the tomato(es) drain in a colander and set aside the tomato oil. Then chop the tomatoes, the zucchini and the onion(s) finely. Heat the tomato oil in a pan and cook the vegetables for 5 minutes. Then take off the heat. Add the cheese and the almond flour and season.
2. Knead a dough from the flour, the egg(s), the egg whites, salt and some water. Roll out the pastry and cut into large portioned squares (about 10 cm tall). Spread on half of the squares 1 to 2 tsp filling. Then brush the edges with the egg yolk and place the other squares on it.
3. Cut the spring onion(s) and parsley fine. Heat the broth in a saucepan and cook pelmeni in each 6 min. Roast the almonds in a pan without oil. Then fry the onion(s), the parsley and the dumplings in hot tomato oil and turn. Serve with the toasted almonds.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Garlic Steak with Semolina and Bean Seeds

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. Cook the semolina in salt water. Pat the rinsed steaks dry. Husk the beans. Pluck the marjoram leaves and finely chop the garlic.
2. Fry the bean seeds in a pan with a little oil. Then season with marjoram leaves, lemon juice, salt and pepper. Stew for another 15 minutes. Then roast the steaks in a hot pan with a little oil for about 4 minutes per side and season.
3. Then fry the garlic golden and mix with the corn semolina. Season to taste. Serve with the steak and beans seeds.

INGREDIENTS

16	25	g corn semolina
50	75	g fillet steak
		iodized salt
		pepper
0.3	0.5	tbsp lemon juice
		some marjoram
80	120	g broad beans
0.5	0.5	tbsp olive oil
0.3	0.5	Garlic clove(s)
65	100	ml water

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

		pepper
0.4	0.5	red chili pepper(s)
0.4	0.5	rod(s) leek
80	125	g tagliatelle
0.4	0.5	Garlic clove(s)
		Salt
60	95	g fresh goat's cheese
40	65	g mushrooms
20	30	ml vegetable broth
0.4	0.5	tsp oil

Tagliatelle with Leeks and Mushrooms



1. Chop the garlic finely, as the cored chili. Cut the cleaned leeks into rings. Then cut the cleaned mushroom(s) into slices.
2. Heat some oil in a pan and fry the garlic and chilli in it. Add the leek rings and mushrooms. Simmer in pan about 7 minutes. Then pour in the broth and mix the cream cheese underneath.
3. Cook the pasta according to package instructions. Salt and pepper the sauce and mix with the pasta.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Tagliatelle with mangetout and broccoli



Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal

INGREDIENTS

85	130	g spaghetti
1	1.5	small red onion(s)
13	19	g sugar peas
40	65	g broccoli
1	1.5	tbsp olive oil
		iodized salt
20	30	ml vegetable broth
		freshly ground pepper
1	1.5	tbsp grated Parmesan

1. Prepare the pasta according to packet instructions. Cut the peeled onion(s) into thin columns. Cut the washed mangetout and broccoli into small pieces.
2. Heat a little oil in a pan and cook the vegetables for 5 minutes. Then pour in the broth and simmer. Refine with salt and pepper.
3. Drain the noodles and quickly mix with the vegetables. Sprinkle with Parmesan before serving.

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SAMPLE IMAGE - DEVIATIONS POSSIBLE

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal

Mashed Potatoes with Cabbage, Mushrooms, Chicken



INGREDIENTS

100	155	g potatoes
0.1	0.2	small savoy
0.5	1	tbsp olive oil
0.5	1	Chicken fillet
25	40	g oyster mushrooms
16	25	ml low-fat milk
		pepper
		iodized salt
		Nutmeg

1. Boil the washed and peeled potato(es) in salted water. Meanwhile, clean, wash and cut the savoy into thin strips. Heat some oil in a pan and sauté the cabbage for about 10 minutes. Then refine with nutmeg, salt and pepper.
2. Dab the rinsed fillets. Heat some oil in a pan and brown the meat. Then remove from the pan and keep warm.
3. Sauté the cleaned mushrooms in the fat for about 3 minutes, then season. Mash the cooked potatoes and mix in the milk and the cabbage strips. Arrange the mashed potatoes with mushrooms and chicken fillets.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Arugula and Tomato Burger with Beef

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. Peel the onion(s). Chop some of it finely, cut the remaining onions into thin rings. Mix the chopped onions with the mince, the curd cheese with herbs, salt, pepper and paprika.
2. Shake the rinsed rocket dry. Then cut the tomato(es) into slices. Thinly slice the parmesan. Cut open the buns and drizzle with oil. Place the rocket on the lower halves.
3. Heat some oil in a pan. Form flat patties from the mince and fry in the pan each side for about 5 minutes until crisp. Then put on the rocket. Add the tomato slices and the onion rings over it and sprinkle with the shavings of Parmesan cheese. Place the top bun halves on it and enjoy.



INGREDIENTS

45	70	g lean beef mince
0.4	0.5	Onion(s)
9	14	g herb quark
		Salt
		pepper
14	20	g Arugula
0.4	0.5	tomato(es)
0.5	1	Wholemeal bread
9	14	g parmesan
		(optionally old gouda)
		Sweet paprika
0.2	0.3	tbsp olive oil

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Glass Noodles with Miso and Turkey Breast

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

55	85	g of fine glass noodles
110	170	g turkey breast
1.5	2.5	tsp sesame oil
0.5	1	tsp miso paste (asia store)
		lime juice
		fresh ginger
0.5	1	red chili pepper(s)
55	85	g cucumbers
		coriander extract 4:1
15	25	g wheat sprouts
0.5	1	tbsp peanuts



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Cook the glass noodles, drain. Put the chopped turkey breast in a pan with hot oil, then remove from the pan and set aside.
2. Stir in the miso in some hot water and mix with the lime juice. Chop the ginger and the chilli finely and add to the miso dressing. Thinly slice the cucumber(s).
3. Mix everything and let it stand for about 1 hour. Then season again to taste. Before serving, garnish with coriander leaves, sprouts and peanuts.

Filo strudel with mushrooms

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

1	1.5	Onion(s)
1	1.5	Garlic clove(s)
		Salt
0.2	0.4	bunch of parsley
125	190	g mixed mushrooms (button mushrooms, chanterelles, chestnuts)
1	1.5	tbsp oil
1	1.5	tbsp pine nuts
2	3	tbsp dried cranberries
2	3	Small leaves of yufka pastry (from the Turkish greengrocer)
75	115	g low fat cream cheese (16%) pepper



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE



1. Cut the peeled onion(s) and garlic into small cubes. Then finely chop the parsley. Also chop the washed mixed mushrooms. Heat a little oil in a pan and fry the onions and garlic until translucent. Then add the chopped mushrooms and cook for about 5 mins whilst stirring. Then add the pine nuts and cranberries to the pan along with the parsley.
2. Place the yufka dough twice on a baking sheet and brush with cream cheese in the middle. Then add the mushrooms and season with salt and pepper. Put the dough in the oven at 356°F (180°C) for about 20 minutes. Bake. Arrange and place the mushroom strudel on a plate whilst ensuring it is still hot enough.

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal

INGREDIENTS

0.3	0.4	Zucchini
0.3	0.4	tbsp vinegar
0.5	1	tbsp oil
130	200	g floury potatoes
0.3	0.4	parsley root
25	40	ml broth
25	40	ml low-fat milk
		Salt
		pepper
50	80	g thin pork cutlets
0.5	1	stalk(s) of parsley

Potato-Parsnip Puree with Cutlet



1. Thinly slice the washed zucchini. For the marinade mix vinegar with salt, pepper and a little oil.
2. Peel the potato(es) and parsnip root and cut into cubes. Then boil in salt water and drain. Heat the milk and broth in a saucepan and puree with the potatoes and parsnip root.
3. Pat dry the cutlets and season with pepper. Then heat the remaining oil in a pan and fry the cutlets for about 4 minutes on both sides. Season to taste with salt. Serve the steak with mashed potatoes, salad and parsley.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Rabbit with mushrooms and noodles

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

70	105	g Chinese rice noodles
0.5	1	tsp soybean oil
85	130	g rabbit fillet
1.5	2	spring onion(s)
0.3	0.5	Pear(s)
0.3	0.5	red chili pepper(s)
35	50	g chanterelles
		some thyme
		some rosemary
		pepper
		iodized salt

1. Place the pasta in boiling salted water and cook briefly before draining. Heat some oil in wok and fry the meat for about 6 to 8 minutes. Then season with salt and pepper and remove from the wok. Keep warm.
2. Cut the spring onion(s), the pears(s), chilli pepper(s) and the mushrooms into small pieces. Fry everything in the wok with thyme and rosemary for about 8-10 mins. Then cut the tenderloin into slices and add it to the wok along with the noodles and vegetables and stir. Season to taste.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

135	210	g wild boar stew (can be cut from the neck or leg from the butcher in bite-size pieces)
1.5	2	Shallot(s)
0.5	1	carrot(s)
0.5	1	tbsp olive oil
135	210	ml broth
55	85	ml red wine
0.1	0.2	Small tin of tomatoes (about 250g)
14	21	g dried olives
0.5	1	bay leaves
0.5	1	allspice
0.1	0.2	Pinch of Fennel seeds sea salt
0.1	0.2	Pack dumplings to taste Chili

Wild boar stew with dumplings



1. Rinse and then pat the meat dry. If necessary, remove the tendons. Peel the shallot(s), do not intersect. Peel the carrot(s) and cut into large pieces.
2. Heat a little oil in a saucepan, and fry the meat vigorously until done. Then remove it from the pan and add the vegetables to the frying fat. Saute for a short period whilst stirring. Then once again add the meat.
3. Pour the broth and the wine. Put the tomatoes into the pot. If necessary crush and remove the stalks. Add the dried olives, bay leaves, allspice berries and fennel seeds to it and cover the stew and cook for about 1.5 hours whilst stirring occasionally.
4. Cook the dumplings according to package instructions. Season the goulash again for a strong and rich taste and add the dumplings.

LOSE WEIGHT

MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Chicken Noodle Casserole

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

75	115	g chicken breast
40	60	g penne
1	1	tsp olive oil
		iodized salt
0.4	0.5	red pepper(s)
0.4	0.5	Green pepper(s)
0.4	0.5	leek(s)
75	115	ml low-fat milk
0.4	0.5	egg(s)
0.4	0.5	Pinch of sambal oelek
		some oregano
1	1	tbps einkorn flakes (substitute oatmeal)
19	30	g grated appenzeller pepper

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE



1. Pat dry the rinsed chicken fillet with a paper towel. Heat some oil in a pan and brown the meat briefly. Then season with salt and pepper. Remove from the pan.
2. Cook the noodles according to package directions. Cut the bell pepper(s) and the leeks into small pieces and cook for about 3 minutes in the remaining oil. Mix the pasta with the vegetables and place in a baking dish. Then mix the milk with the egg, sambal oelek and the spices. Pour over the vegetables and noodles.
3. Cut the fried fillet in slices and add to the casserole. Mix the einkorn flakes with the cheese and also sprinkle over the casserole. Cook about 30 minutes in the oven at 347°F (175°C).

Bean Stew

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

0.4	0.5	Onion(s)
17	25	g cabanossi
85	130	g carrots
		pepper
		Salt
0.4	0.5	Small tin of tomatoes (about 250g)
20	35	g white beans
0.4	0.5	parsley root
45	65	g runner beans
0.4	0.5	tsp oil
		fresh coriander
45	65	g potatoes
		fresh chili
215	330	ml water



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Soak the beans overnight. Cook in unsalted water for about 60 minutes.
2. Cut the onion(s) into cubes. Also dice the rest of the vegetables. Then heat some oil in a frying pan and fry the onions. Cook the vegetables for 10 min and then add with the tomatoes to the beans in the pot and cook.
3. Cut the sausage into thin slices and warm up with the bean pot. Refine everything with salt, pepper, coriander and chilli.

Potato quarters with pork

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

110	170	g potatoes
0.4	0.5	Pear(s)
0.2	0.3	Onion(s)
0.2	0.3	Garlic clove(s)
		Salt
65	100	g pork fillet
0.4	0.5	tsp mustard
0.2	0.3	tbsp olive oil
11	17	ml white wine
11	17	ml broth
0.4	0.5	tsp honey
0.2	0.3	Thyme stalk(s)
		pepper

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE



1. Drain the boiled potatoes, peel and then cut into quarters. Then cut the pear(s) into eighths. Cut the onion(s) and the garlic into cubes.
2. Dry the pork. Refine with salt and pepper. Heat a little oil in a pan, and fry the fillets for about 10 minutes. Then remove from the pan and keep warm.
3. Fry the onions and garlic in fat. Then add the potato quarters and pears. Add the wine and pour the broth. Refine with the mustard, honey, salt, pepper and thyme. Allow an additional 10 minutes. Braise. Serve the pork with potatoes.

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

200	310	g white asparagus
40	60	g sugar peas
0.4	0.5	lime(s) (only the juice and some peel)
		iodized salt
60	95	g watercress
16	25	g pine nuts
70	110	g tagliatelle White pepper

Pasta with Asparagus and Pesto



1. Cut the peeled asparagus into small pieces and cook in salted water with a little lime juice and lime peel for about 10 minutes. Sauté the cleaned snow peas for about 4 minutes.
2. Take some of the asparagus stock and mash finely with the watercress and pine nuts. Season to taste.
3. Cook the pasta according to the instructions. Mix with the vegetables and serve with the pesto.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Tomato gratin



1. Add the washed tomato(es) to the center of a greased tin baking tray (round shape downwards). Add salt and pepper.
2. Peel and finely chop the garlic, thyme, parsley and cut the chives. Mix them all with Parmesan, breadcrumbs, tapenade and pepper and then place on the tomato(es). Bake for about 8 mins at 392°F (200°C).

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

9	14	pcs tomato(es)
2	3.5	Garlic clove(s)
4	7	tbsp grated Parmesan
1	1.5	bunch of chives
2	3.5	tbsp olive paste or tomato puree
		iodized salt
		pepper
2	3.5	tbsp breadcrumbs
		Thyme
		Parsley



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Chicken fillets on Polenta Vegetables

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

140	215	g chicken breast
0.5	1	clove(s)
0.5	1	star anise
0.3	0.4	Cinnamon stick(s)
1	1.5	cardamom
0.5	1	tbsp maple syrup
55	85	g carrots
165	255	g parsnips
0.3	0.4	tbsp olive oil
110	170	ml vegetable stock (from the glas)
55	85	g polenta
		pepper
		Salt
		Thyme
		some lemon juice
30	45	ml water



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Ground the spices coarsely in a mortar and fry in a pan until they start to fragrant. Rinse the meat with cold water and then pat dry with kitchen paper.
2. Place the fillet(s) into an ovenproof dish. Mix a marinade from the spices, maple syrup, lemon juice, salt and pepper.
3. Pour the marinade over the meat and let stand for at least 1 hour. Cover the meat with aluminum foil and bake at 347°F (175°C) for about 25 minutes in the oven.
4. Cut the peeled carrot(s) and parsnips into equal slices.
5. Briefly sauté the vegetables in oil and season with salt and pepper. Pour a little water and add a little thyme. Cover all and cook for another 20 minutes.
6. Boil up the broth with water in a saucepan and sprinkle in the polenta. Let it soak on low heat for about 10 minutes and then add salt and pepper.
7. Cut the chicken breast into slices and serve with the vegetables, the marinade and the polenta.

Preparation time: 70 min
Nutritional value: 445 kcal / 683 kcal

Ground meat with basmati rice and lentils (Mjaddara)



INGREDIENTS

55	85	g small brown lentils
35	55	g minced meat
35	55	g onions
75	110	g basmati rice
185	280	ml water
4	7	tsp olive oil
		iodized salt
		pepper
		paprika powder
		curry powder

1. Take lentils and soak them in water overnight. Then cook them for approximately 50 minutes until they are tender.
2. Add rice to the lentils and cook alongside until it is tender.
3. Brown ground meat with olive oil, add diced onions, sweet pepper powder, hot pepper powder and salt.
4. Simmer the meat over low heat for about 20 minutes while stirring often. If desired add curry powder for taste.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Spaghetti with bechamel sauce (Macaroni Italieh ma'lahm)

Preparation time: 60 min
Nutritional value: 445 kcal / 683 kcal



1. Fry ground meat in butter until it is partially cooked.
2. Add chopped onions, pine nuts, salt and pepper to the meat and finish cooking it.
3. Boil spaghetti in water and drain.
4. Combine egg with medium white sauce.
5. Prepare a greased baking pan and alternate layers of spaghetti, meat mixture and white sauce. Then sprinkle grated cheese on top and bake everything in an oven at 350°F for 30-45 minutes. On request the dish can be refined with mushrooms.



INGREDIENTS

35	55	g minced meat
18	30	g onions
6	9	g butter
35	55	g spaghetti
1	1.5	Eggs
35	55	ml béchamel sauce
8	12	g toasted pine nuts
16	25	g cheese
105	160	ml water
		iodized salt
		pepper



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Lamb in yogurt sauce (Laban imoo)

Preparation time: 60 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

85	130	g lean lamb
17	25	g onions
5	8	g wheat flour
210	320	g yogurt. 1.5% fat
35	55	g butter
110	170	ml water
0.3	0.5	garlic clove (s)
		some fresh peppermint
		iodized salt
		pepper



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Take cubed lamb meat and simmer in 2/3 of water content for 30 minutes. Then, drain the water and save it as broth to be used later on.
2. Take onions, finely chop them and brown in butter. After the onions are browned add the meat and brown as well.
3. Mix flour with 1/3 of water content together into a smooth paste. Then add yoghurt to this paste and cook on low heat, stirring constantly until the yoghurt mixture thickens. Once it has thickened add the browned meat.
4. Afterwards add minced garlic, dry mint, salt, pepper as well as much broth as desired for seasoning and cook everything to the desired consistency.

Arabic bread salad (Fattoush)

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

135	205	g wholemeal bread
120	185	g tomatoes
120	185	g cucumbers
11	16	g onions
35	55	g leaf salad (lamb's lettuce, Lollo bianco, romaine lettuce)
40	60	g pepper(s)
1	1.5	garlic clove (s)
15	20	g parsley
2	3	tsp olive oil
		some fresh peppermint
		Splash of lemon juice
		iodized salt
		pepper

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE



1. Toast bread and break it into bite size pieces.
2. Peel or trim tomatoes, cucumber, lettuce and peppers.
3. For the dressing: Combine chopped onions, minced garlic, chopped mint, chopped parsley, lemon juice, salt, pepper and olive oil by tossing it lightly.
4. Add the mixture to the bread and toss, serve the salad after ½ hour.

Preparation time: 60 min
Nutritional value: 445 kcal / 683 kcal

Chickpea stew with lamb (Yakhnit bazzela)



INGREDIENTS

105	155	g lean lamb
45	65	g onion(s)
145	225	g canned chickpeas
9	13	ml Sunflower oil
55	85	ml tomato juice
110	170	g tomatoes
340	525	ml water
3.5	5	garlic clove (s)
		iodized salt
		pepper

1. Take sunflower oil and heat it. Then, add lamb cubed, and brown in the hot fat.
2. Add tomato juice, cubed tomatoes, salt, pepper, minced garlic, water and diced onions. Let simmer until the lamb meat is almost tender.
3. Then add shelled chickpeas and cook everything for approximately 20 minutes, until completely tenderness.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Chicken with basmati rice and ground meat (Daja ma'ruz)

Preparation time: 60 min
Nutritional value: 445 kcal / 683 kcal



1. Take chicken and cook in water with salt until the chicken is well done.
2. Then bone the chicken. Brown ground meat in fat. Add salt, ground pepper, cinnamon and chicken broth to the ground meat and bring everything to boil.
3. Cook rice in the broth. Cover everything and cook on low heat for 40 minutes, then remove from the fire but keep covered for another 15 minutes.
4. Brown blanched almonds and pine nuts in butter and sprinkle over the rice. Top everything with pieces of the previously cooked chicken.



INGREDIENTS

70	110	g chicken meat (breast, thigh)
35	55	g minced meat
35	55	g basmati rice
8	12	Almonds
8	12	g toasted pine nuts
3	5	g butter
130	200	ml chicken broth
105	165	ml water
6	10	ml Sunflower oil
		little ground cinnamon
		iodized salt
		pepper



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Lean fish fillet with basmati rice (Siyadieh)

Preparation time: 45 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

75	120	g fillet of fish
50	80	g basmati rice
25	35	g onions
11	16	g walnuts
4	7	g toasted pine nuts
5	7	g margarine
1.5	2.5	tsp olive oil
100	155	ml water
		iodized salt
		pepper



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Pick any lean fish that you like and take it. Fry the fish in olive oil until its well done.
2. Next, slice onions and brown these slices in the remaining fish oil.
3. Arrange the fish and the onions with rice in alternate layers.
4. Mix salt and pepper with boiling Water, add to the fish and cover.
5. Let everything simmer until the rice is well done.
6. Meanwhile brown chopped walnuts and pine nuts in margarine and sprinkle over the fish dish. Serve with B'tehineh sauce.

Lamb with bulgur (Kibbeh)

Preparation time: 90 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

80	120	g lean lamb
85	135	g bulgur
25	40	g onions
5	8	g toasted pine nuts
5	8	g butter
3	4	tsp olive oil
		some cayenne pepper
		iodized salt
		pepper
		paprika powder



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE



1. Take lamb, cubed and add salt and pepper. Pound the lamb with the salt in a mortar until its pasty.
2. Take onions, add salt, pepper, sweet pepper powder, hot pepper powder and butter and pound until everything is reduced to a pulp.
3. Combine the meat and the onion-mixture and grind them again together.
4. Take burghol and wash quickly under running water. Then knead it into the meat mixture with your hands. Then pound it together in a mortar, adding ice water to keep the paste smooth.
5. Pat a 2 cm deep layer of the mixture smoothly and firmly over the bottom of a well-oiled shallow baking pan. Sprinkle pine nuts over the layer of the meat mixture. Then pat a second layer of the meat mixture over the first, this one should be slightly thicker.
6. Score everything into diamond shapes with a sharp knife. Pour olive oil as well as melted margarine over the top and bake everything in a moderately heated oven until everything is well browned, this takes about 1 hour. Serve the dish hot or cold.

Preparation time: 60 min
Nutritional value: 445 kcal / 683 kcal

Eggplant stuffed with ground meat (Sheikh el-Mehshi)



INGREDIENTS

245	380	g eggplant(s)
75	115	g lean ground meat
50	75	g onion(s)
10	15	g toasted pine nuts
35	55	ml tomato juice
1.5	2	tsp olive oil
		some corn starch
		Splash of lemon juice
		iodized salt
		pepper

1. Take eggplant. Clean the eggplant and trim the stems until they are about half an inch in length. Do not remove the hulls! Partially peel the eggplant, leaving strips of alternatively peel and flesh, slit the flesh strips lengthwise creating pockets.
2. Take olive oil and fry the eggplants in the oil. Then drain the oil into a shallow baking pan.
3. Add finely chopped onions, ground meat and pine nuts to the oil and brown. Then add several spoons of this mixture to the slits in the eggplant and season with salt and pepper.
4. Mix salt, pepper, lemon Juice, tomato sauce and corn starch with water and pour the mixture over the eggplants which are placed in a baking dish.
5. Bake in a hot oven for about 15-20 minutes until the tops are browned. Then lower the heat and let simmer for about 30 minutes.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Spinach stew with lamb (Yakhnit sbenikh)

Preparation time: 45 min
Nutritional value: 445 kcal / 683 kcal



1. Take water and bring it to boil. Then take raw spinach and wilt it in the boiling water. Then drain, cool and cut the leaves into large pieces.
2. Next, take sunflower oil and heat, then add lamb, chopped onions and pine nuts and let brown in the hot oil.
3. Season the spinach with salt and pepper and add it to the meat.
4. Then add water and cook everything until tenderness.

INGREDIENTS

0.5	1	kg spinach
115	180	g lean lamb
30	45	g onions
20	30	g toasted pine nuts
185	280	ml water
10	16	ml Sunflower oil
		iodized salt
		pepper

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal

Mince pie in puff pastry (Sambousek b'lahm)



INGREDIENTS

40	60	g ground beef
19	30	g onions
60	90	g Puff pastry from the refrigerated section
6	9	g toasted pine nuts
2.5	4	tsp olive oil
		sunflower oil
		Splash of lemon juice
		iodized salt
		pepper

1. Fry ground beef with onions in olive oil. Add lemon juice, salt, pepper and pine nuts to the ground beef.
2. Take basic pie dough, cut into circles and place about one tablespoon of the meat filling on each circle of dough. Fold them into semicircle shapes and press the edges well together using a fork.
3. Fry the pies in vegetable oil until they are golden.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Spinach pockets (Fatayer)

Preparation time: 30 min
Nutritional value: 445 kcal / 683 kcal



1. Take flour, add salt and sift. Rub olive oil into the flour until its evenly distributed and form small dough pieces about the size of small peas.
2. Dissolve yeast in some warm water and add to the flour mixture. Now sprinkle cold water on the flour mixture and mix lightly until the whole mixture becomes a soft, yet not sticky dough. Set the dough aside covered.
3. Mix salt with chopped onions, lemon juice, pine nuts, oil, pepper and spinach. Cut the dough into small pieces and place a few tablespoons of the spinach mixture on these pieces. Then close them into triangles. Brush oil on a baking tray and arrange the triangles onto there in rows. Then bake them in a moderately hot oven until they are light brown.



INGREDIENTS

0.1	0.1	kg spinach
70	105	g wheat flour
20	35	g onions
4	7	g toasted pine nuts
2.5	4	g Yeast
50	75	ml water
2	3.5	tsp olive oil
7	11	ml Sunflower oil
		Splash of lemon juice
		iodized salt
		pepper



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Lima bean stew (Yakhnet fassulyah)

Preparation time: 60 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

160	245	g lima beans
135	210	g lean lamb
100	155	g onions
225	345	g tomatoes
10	15	g butter
225	345	ml water
		little ground cinnamon
		iodized salt
		pepper



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

1. Cook lima beans in water until they are tender. Brown cubed lamb meat in butter.
2. Add chopped onions and cook them until they are browned too.
3. Add sliced tomatoes, salt, pepper and cinnamon to the lamb meat and cook until the meat is tender.
4. Add the cooked lima beans and continue to cook everything for another 15 minutes.

Bulgur herb salad (Tabbouli)

Preparation time: 45 min
Nutritional value: 445 kcal / 683 kcal



INGREDIENTS

120	185	g bulgur
35	55	g onions
115	180	g tomatoes
18	30	g parsley
6	10	tsp olive oil
		some fresh peppermint
		Splash of lemon juice
		iodized salt
		pepper



LOSE WEIGHT



MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE



1. Soak burghol for 30 minutes in water to cover. Afterwards press the Burghul between the palms of the hands to squeeze them dry.
2. Chop parsley, mint and onions finely and mix them together.
3. Cut tomatoes into very small pieces. Add salt and pepper as well as the parsley mix and the tomatoes to the burghul. Toss everything lightly. Stir lemon juice and olive oil into the mixture.

Preparation time: 60 min
Nutritional value: 445 kcal / 683 kcal

Green beans in tomato sauce (Fassulyah khadra b'zeit)



INGREDIENTS

280	425	g green beans
75	115	g onions
3	4	garlic clove (s)
110	170	ml tomato juice
70	105	ml water
7	11	tsp olive oil
		iodized salt
		pepper

1. Brown chopped onions and garlic in hot olive oil. Add green beans and sauté them for 20 minutes, turning them occasionally.
2. Add salt, pepper, tomato juice and water and cook everything over medium heat for 45 minutes until everything is well done. Serve this dish cold.

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE

Bean spread with bread (Ful moudamas)

Preparation time: 20 min
Nutritional value: 445 kcal / 683 kcal



1. Take broad beans and soak in water with baking soda overnight.
2. Then add water, salt and pepper and cook everything until its tender. Afterwards season with minced garlic, lemon juice and olive oil and serve everything warm or cold best with some white bread.

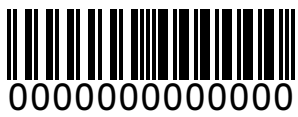
INGREDIENTS

135	205	g wholemeal bread
85	130	g beans
3.5	5	garlic clove (s)
1.5	2	baking powder
1.5	2	tsp olive oil
230	355	ml water
		Splash of lemon juice
		iodized salt
		pepper

 LOSE WEIGHT

 MAINTAIN WEIGHT

SAMPLE IMAGE - DEVIATIONS POSSIBLE





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