

## RECIPES

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

### o Information about weight:

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

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

### o Pepper and oil:

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

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

### o Gluten free pasta:

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

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

## Breakfast

### Rice pudding with apple and cinnamon

<b>Per serving</b>	Proteins:	0,1g	<b>Directions</b>
	Carbohydrates:	10,7g	
	Bread exchange:	0,9	
	Fats:	0,1g	
	Kcal:	38	
	KJ	160	
Specialty: German			<p>Heat up the milk in a pot, cut the apples into slices and cook them together with the rice and a pinch of salt. Add the raisins approx. 10 minutes before the end of the cooking time. Dredge the rice pudding with cinnamon and serve it.</p>
Meal type: Breakfast			
<b>Servings: 4</b>   <b>Ingredients:</b>			
1000 ml RICE DRINK (RICE MILK)			
SALT			
125 g MILK RICE			
400 g RAW APPLE			
40 g RAISINS			
CINNAMON			

### Carrot Muesli Breakfast

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

### Carrot Muesli for Breakfast

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

### Amaranth Pop Corn

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

### Corn Porridge

<b>Per serving</b>	Proteins:	3,3g	<b>Directions</b>
	Carbohydrates:	28,1g	
	Bread exchange:	2,3	
	Fats:	0,4g	
	Kcal:	130	
	KJ	544	
Specialty: German			<p>Boil water, add the maize grits and let boil while stirring. Let boil for another 15 minutes while stirring often.</p>
Meal type: Breakfast			
Servings: 2			
Ingredients:			
500 ml WATER			
150 g MAIZE GRITS			

### Quinoa Porridge

<b>Per serving</b>	Proteins:	3,3g	<b>Directions</b>
	Carbohydrates:	17,2g	
	Bread exchange:	1,4	
	Fats:	1,5g	
	Kcal:	94	
	KJ	391	Strew the quinoa in cold water and bring to boil. Let soak for 20 minutes on low heat.
Specialty: German			
Meal type: Breakfast			
Servings: 2			
Ingredients:			
200 ml WATER			
100 g QUINOA			

### Millet Porridge

<b>Per serving</b>	Proteins:	2,5g	<b>Directions</b>
	Carbohydrates:	15g	
	Bread exchange:	1,2	
	Fats:	1g	
	Kcal:	88	
	KJ	366	Add the millet to the boiling water and let soak on low heat for 15 minutes.
Specialty: German			
Meal type: Breakfast			
Servings: 2			
Ingredients:			
250 ml WATER			
100 g MILLET			

### Rice Porridge

<b>Per serving</b>	Proteins:	3,5g	<b>Directions</b>
	Carbohydrates:	39g	
	Bread exchange:	3,2	
	Fats:	0,4g	
	Kcal:	124	
	KJ	519	Add the rice to the boiling water and let soak on low heat for about 30 minutes.
Specialty: German			
Meal type: Breakfast			
Servings: 2			
Ingredients:			
200 g NATURAL RICE			
400 ml WATER			

### Rice Wafers

<b>Per serving</b>	Proteins:	2,0g	<b>Directions</b>
	Carbohydrates:	22,6g	
	Bread exchange:	1,9	
	Fats:	1,1g	
	Kcal:	109	
	KJ	457	
Specialty: German			<p>Mix all ingredients and let soak overnight. Next morning add some water if necessary. Bake in the wafer iron.</p>
Meal type: Breakfast			
<b>Servings: 4</b>	<b>Ingredients:</b>		
200 g COOKED WHOLE RICE			
400 g RICE FLOUR			
650 ml SODA WATER			
14 ml OIL			
SALT			

### Amaranth-Millet-Wafers

<b>Per serving</b>	Proteins:	1,2g	<b>Directions</b>
	Carbohydrates:	9,9g	
	Bread exchange:	0,8	
	Fats:	1,1g	
	Kcal:	60	
	KJ	252	
Specialty: German			<p>Mix the cooked amaranth and the ground millet with water into a runny dough. Add a dash of salt and 1 spoon of oil. Bake in the wafer iron at high temperature.</p>
Meal type: Breakfast			
<b>Servings: 6</b>	<b>Ingredients:</b>		
200 g AMARANTH			
400 g MILLET			
SALT			
7 ml OIL			
SODA WATER			

### Quinoa-Millet-Wafers

<b>Per serving</b>	Proteins:	4,1g	<b>Directions</b>
	Carbohydrates:	23,6g	
	Bread exchange:	2,0	
	Fats:	2,2g	
	Kcal:	138	
	KJ	578	
Specialty: German			<p>Mix the cooked quinoa and the ground millet with water into a liquid dough. Add a dash of salt and 1 spoon of oil. Bake in the wafer iron at high temperature.</p>
Meal type: Breakfast			
<b>Servings: 4</b>	<b>Ingredients:</b>		
200 g QUINOA			
400 g MILLET			
WATER			
7 ml OIL			
SALT			

### Quinoa Breads

<b>Per serving</b>	Proteins:	0g	<b>Directions</b>
	Carbohydrates:	4,8g	
	Bread exchange:	0,4	
	Fats:	0,8g	
	Kcal:	30	
	KJ	123	
Specialty: German			<p><b>Preparation:</b></p> <p>Preheat the oven to 200°.</p> <p>Grease a muffin form with butter.</p> <p>Mix well the quinoa flour, the salt and the baking powder in a bowl.</p> <p>Add water and oil and knead on until smooth. Fill 2/3<sup>rd</sup> of the forms with dough and bake for 25 minutes. Let the muffins chill for 15 minutes then take them out of the forms.</p>
Meal type: Breakfast			
<b>Servings: 6</b>	<b>Ingredients:</b>		
250 g QUINOA FLOUR			
SALT			
16 g WINESTONE BAKING POWDER			
14 ml OIL			
400 ml SODA WATER			
CLEARED BUTTER			

## Rice Bread

<b>Per serving</b>	Proteins:	0,6g	<b>Directions</b>
	Carbohydrates:	7,2g	
	Bread exchange:	0,6	
	Fats:	0,1g	
	Kcal: KJ	32 134	
Specialty: German			<p>Mix all ingredients together. The dough should be smooth. Preheat the oven to 220° Celsius. Put the dough into 2 tiny cake tins and bake for 15 minutes. Reduce the heat to 180 °Celsius and continue baking for 50 minutes.</p> <p>Store the bread in the fridge - it goes mildew quickly. Freeze 1 bread.</p>
Meal type: Breakfast			
Servings: 9			
Ingredients:			
900 ml WATER			
7 g NATRON			
SALT			
750 g RICE FLOUR			
30 g WINESTONE BAKING POWDER			

## Bread spreads

### Tapenade

<b>Per serving</b>	Proteins:	0,1g	<b>Directions</b>
	Carbohydrates:	0,4g	
	Bread exchange:	0	
	Fats:	2,1g	
	Kcal: KJ	29 122	
Specialty: German			<p>Mash all the ingredients into a smooth paste- add some oil if necessary.</p> <p>The paste goes very well as bread spread, to noodles or to meat.</p>
Meal type: Bread spreads			
Servings: 4			
Ingredients:			
100 g BLACK OLIVES			
10 g FRESH GARLIC			
100 g DRY TOMATOES IN OIL			
SALT SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

### Carob Cream

<b>Per serving</b>	Proteins:	0,1g	<b>Directions</b>	
	Carbohydrates:	0,4g		
	Bread exchange:	0		
	Fats:	82,5g		
	Kcal:	865		
		KJ	3619	<p>Mix all ingredients.</p> <p>The cream goes very well as bread spread and as cake filling.</p>
Specialty: German				
Meal type: Bread spreads				
<b>Servings: 1</b>	Ingredients:			
100 g COMMON MARGARINE				
30 g CAROB				
30 g FRUIT UGAR				

### Drinks

#### Kiwi Milk

<b>Per serving</b>	Proteins:	2g	<b>Directions</b>	
	Carbohydrates:	24,2g		
	Bread exchange:	2,0		
	Fats:	1,1g		
	Kcal:	264		
		KJ	1105	<p>Put all ingredients into a blender and mix everything well. Pour the milk in a tall glass and serve with drinking straw. You can also use soy milk instead of regular milk, depending on your tolerances.</p>
Specialty: German				
Meal type: Drinks				
<b>Servings: 1</b>	Ingredients:			
250 ml SOYMILK				
200 g KIWI				

#### Strawberry drink

<b>Per serving</b>	Proteins:	1,4g	<b>Directions</b>	
	Carbohydrates:	14g		
	Bread exchange:	1,2		
	Fats:	1g		
	Kcal:	68		
		KJ	285	<p>Puree the strawberries with a bit of rice drink and add the rest of the milk.</p> <p>Tasty snack between meals.</p>
Specialty: German				
Meal type: Drinks				
<b>Servings: 1</b>	Ingredients:			
200 g STRAWBERRY				
500 ml RICE DRINK (RICE MILK)				

## Banana drink

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

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

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

## Soups

### Beef soup

<b>Per serving</b>	Proteins:	16,9g	<b>Directions</b>
	Carbohydrates:	35,0g	
	Bread exchange:	2,9	
	Fats:	5,6g	
	Kcal:	303	
	KJ	1268	
Specialty: German			
Meal type: Soups			
<b>Servings: 2</b>	Ingredients:		
300 g BEEF LEG			
750 ml WATER			
SALT			
180 g POLISHED RICE			
300 VEGETABLE (FREE CHOICE)			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

Cook the beef crosscut shank and the rice separately in salt water.

In the meantime, cut the compatible vegetables into small pieces. Take the crosscut shank out of the broth and cook the vegetables in it. Dice the meat and add it to the vegetables together with the rice. Bring it all to the boil and season it to taste with compatible herbs and spices.

### Corn Soup with Raisins

<b>Per serving</b>	Proteins:	0,5g	<b>Directions</b>
	Carbohydrates:	6,9g	
	Bread exchange:	0,6	
	Fats:	0,1g	
	Kcal:	34	
	KJ	143	
Specialty: German			<p>Bring the water to a boil, add the corn semolina and stew at low heat for 15-20 minutes. After 10 minutes, add the raisins and let stew. At the end, add the soy milk and season with salt and lemon peel.</p>
Meal type: Soups			
Servings: 4			
Ingredients:			
125 ml SOYMILK			
60 g MAIZE GRITS			
1000 ml WATER			
LEMON PEEL			
SALT			
100 g RAISINS			

### Chicken Soup with Vegetables and Rice

<b>Per serving</b>	Proteins:	14,6g	<b>Directions</b>
	Carbohydrates:	22,2g	
	Bread exchange:	1,9	
	Fats:	3,0g	
	Kcal:	158	
	KJ	659	
Specialty: German			<p>Wash and dry the chicken, salt and bring to boil. Cover and let simmer for 20 minutes.</p> <p>Meanwhile, wash, clean and cut the vegetables into small cubes.</p> <p>Add the rice and continue boiling for 10 minutes. Add the carrots and the cauliflower, after 5 minutes the leek and simmer everything for 15-20 minutes. Take the chicken out of the soup, peel and break loose the meat of the bones. Cut the meat into small cubes and add to the soup. Add the chopped parsley and stir.</p>
Meal type: Soups			
Servings: 2			
Ingredients:			
200 g RAW HEN			
1000 ml YEAST FREE VEGETABLE BROTH			
60 g NATURAL RICE			
200 g RAW CAULIFLOWER			
300 g RAW LEEK			
400 g RAW CARROTS			
SALT			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

### Carrots Stew

<b>Per serving</b>	Proteins:	9,2g	<b>Directions</b>
	Carbohydrates:	8,8g	
	Bread exchange:	0,7	
	Fats:	3,8g	
	Kcal:	115	
	KJ	482	
Specialty: German			
Meal type: Soups			
<b>Servings: 4</b>	Ingredients:		
800 g BEEF LEG			
750 ml YEAST FREE VEGETABLE BROTH			
500 g BAKED POTATOES			
1000 g RAW CARROTS			
SALT			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			
			Wash the leg, put it into a large pot, add salted water and bring to boil. Simmer at low heat for 90 minutes.
			Wash the carrots and finely slice the potatoes. Add them to the leg and simmer for another 30 minutes.
			Take the leg out of the soup, and break loose the meat of the bones. Cut the meat into small cubes and add to the soup. Add the chopped parsley and serve.

### Light Vegetable Soup

<b>Per serving</b>	Proteins:	1,1g	<b>Directions</b>
	Carbohydrates:	11,1g	
	Bread exchange:	0,9	
	Fats:	0,7g	
	Kcal:	69	
	KJ	288	
Specialty: German			
Meal type: Soups			
<b>Servings: 4</b>	Ingredients:		
1250 ml WATER			
500 g CARROTS			
300 g LEEK			
150 g PARSLEY ROOT			
SALT			
			Clean the vegetables and cut everything into slices, except the parsley. Put them with the spices into a large pot and add 1250 ml water. Simmer half-covered for 20 minutes. Sieve the soup and freeze it in portions.
			Tip: you may add other vegetables (to your own taste and tolerance) - such as lemon peel, pimento, and turmeric. The well-cleaned peel of the potatoes may also give the soup a special taste.

## Cauliflower Cream

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

## Apple-Rice Soup

<b>Per serving</b>	Proteins:	1,5g	<b>Directions</b>
	Carbohydrates:	36,5g	
	Bread exchange:	3,0	
	Fats:	0,7g	
	Kcal: KJ	141 590	
Specialty: German			<p>Wash and cut the apple into small cubes after having removed the pips and the peel. Put to boil in water for 5 minutes.</p> <p>Meanwhile, grind the rice finely. Sprinkle the rice flour slowly into the apple soup while constantly stirring. Let the soup boil for 2-3 minutes and season with cinnamon and honey.</p>
Meal type: Soups			
Servings: 1			
Ingredients:			
250 ml WATER			
14 g NATURAL RICE			
180 g RAW APPLE			
6 g HONEY			
2 g CINNAMON			

## Salads

### Celery Salad

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

### Carrot Salad with Raisins

<b>Per serving</b>	Proteins:	1,2g	<b>Directions</b>
	Carbohydrates:	12,9g	
	Bread exchange:	1,1	
	Fats:	4,9g	
	Kcal:	98	
	KJ	410	
Specialty: German			<p>Put the raisins and the coconut grates into a bowl. Boil up the water and pour it over the raisins. Cover and let rest for 30 minutes.</p> <p>Meanwhile, wash, clean and grate the carrots. Add the grated carrot and some honey to the raisins and the coconut flakes.</p> <p>It goes well with potato mash.</p>
Meal type: Salads			
<b>Servings: 2</b>	<b>Ingredients:</b>		
30 g COCONUT FLAKES			
250 ml WATER			
250 g RAW CARROTS			
50 g RAISINS			

### Carrot Salad with Sprouts

<b>Per serving</b>	Proteins:	2,8g	<b>Directions</b>
	Carbohydrates:	13,9g	
	Bread exchange:	1,2	
	Fats:	14,7g	
	Kcal:	196	
	KJ	820	
Specialty: German			<p>Wash the carrots, peel, cut into thin sticks and boil in saltwater until done. Wash the sprouts in a sieve with running water and let drain well. For the marinade, mix sunflower oil with water, lemon juice, salt and parsley. Mix the carrots and the sprouts with the marinade. Garnish the salad with parsley.</p>
Meal type: Salads			
Servings: 1			
Ingredients:			
200 g RAW CARROTS			
60 g CANNED SOY GERMS			
14 ml SUNFLOWER OIL			
7 ml WATER			
5 ml LEMON JUICE			
RAW PARSLEY			
SALT			

### Savoury rice salad

<b>Per serving</b>	Proteins:	12,6g	<b>Directions</b>
	Carbohydrates:	36,2g	
	Bread exchange:	3,0	
	Fats:	9,6g	
	Kcal:	245	
	KJ	1025	
Specialty: German			<p>Cook the rice in boiling salt water for about 30 minutes, strain it and allow it to cool. Dice the cucumber, the tomatoes, the sweet pepper and the ham, add it all to the rice. Add salt and spices according to compatibility.</p> <p>Mix a sauce of oil, lemon juice, water, spices and herbs.</p> <p>Mix it all with the sauce and steep it for a while.</p>
Meal type: Salads			
Servings: 2			
Ingredients:			
150 g NATURAL RICE			
SALT			
150 g RAW CUCUMBER			
140 g RAW TOMATOES			
125 g GREEN OR YELLOW PEPPERS			
250 g RED PEPPER			
150 g HAM			
30 ml OIL			
20 ml LEMON JUICE			
30 ml WATER			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

## Sauces

### Quickly prepared tomato sauce

<b>Per serving</b>	Proteins:	0g	<b>Directions</b>
	Carbohydrates:	0,8g	
	Bread exchange:	0,1	
	Fats:	0,5g	
	Kcal: KJ	9 38	
Specialty: German			<p>Heat up the tomato passata, add 1 tbsp. oil and season it to taste with spices and herbs according to your compatibilities.</p> <p>This sauce is prepared quickly, low in calories and is very suitable for stews as well.</p>
Meal type: Sauces			
<b>Servings: 4</b>	<b>Ingredients:</b>		
500 g TOMATO PASSATA			
7 ml OIL			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

### Salad Sauce with Soy Yoghurt

<b>Per serving</b>	Proteins:	2,5g	<b>Directions</b>
	Carbohydrates:	4,0g	
	Bread exchange:	0,3	
	Fats:	5g	
	Kcal: KJ	70 295	
Specialty: German			<p>Mix soy yoghurt, lemon juice and oil (to your own taste and tolerance) and add to the salad.</p>
Meal type: Sauces			
<b>Servings: 2</b>	<b>Ingredients:</b>		
15 ml LEMON JUICE			
14 ml OIL			
250 g SOY YOGURT			
14 g HONEY			

### Salad Sauce with Almond Mush

<b>Per serving</b>	Proteins:	0,7g	<b>Directions</b>
	Carbohydrates:	0,3g	
	Bread exchange:	0	
	Fats:	3,8g	
	Kcal:	38	
		KJ	157
Specialty: German			
Meal type: Sauces			
Servings: 2      Ingredients:			
15 g ALMOND MUSH			
60 ml WATER			
20 ml LEMON JUICE			
7 ml OIL			

Mix the almond mush with water, oil and lemon juice. At the end, add the herbs to your own taste and tolerance. Mix with the salad. Garnish with almond flakes.

### Salad Sauce

<b>Per serving</b>	Proteins:	0g	<b>Directions</b>
	Carbohydrates:	0,2g	
	Bread exchange:	0	
	Fats:	14g	
	Kcal:	126	
		KJ	527
Specialty: German			
Meal type: Sauces			
Servings: 1      Ingredients:			
7 ml LEMON JUICE			
14 ml WATER			
14 ml OIL			
SALT			
HERBS			
HONEY			

Mix oil, water, salt and lemon juice. Add salad herbs to your own taste and tolerance (e.g. parsley, lemon balm, borage, pimpernel, dill, basil, cress, etc). Eventually add ? ts honey.

## Yoghurt Dressing

<b>Per serving</b>	Proteins:	6,2g	<b>Directions</b>
	Carbohydrates:	4,3g	
	Bread exchange:	0,4	
	Fats:	3,7g	
	Kcal: KJ	76 318	
Specialty: German			<p>Peel and chop the onion then mix with yoghurt. Season with salt and pepper to your own taste.</p>
Meal type: Sauces			
<b>Servings: 1</b>	<b>Ingredients:</b>		
SALT			
150 g SOY YOGURT			
30 g ONION			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

## Main meal

### Sweet Millet Casserole

<b>Per serving</b>	Proteins:	4,5g	<b>Directions</b>
	Carbohydrates:	12,2g	
	Bread exchange:	1,0	
	Fats:	7,1g	
	Kcal: KJ	162 679	
Specialty: German			<p>Wash the millet in a sieve with hot water. Let soak in boiling soy milk for about 30 minutes. Mix margarine, cinnamon and nuts with the soy flour and add to the chilled millet stew. Grease an ovenproof dish and put the millet and the fruits layer-wise. The fruits can vary depending on the season and preferences. Put millet as the last layer and sprinkle with breadcrumbs, margarine flakes and sunflower seeds.</p> <p>Bake the casserole in the oven at 180°C for 30 minutes. It goes very well with vanilla sauce.</p>
Meal type: Main meal			
<b>Servings: 4</b>	<b>Ingredients:</b>		
750 ml SOYMILK			
100 g SOY FLOUR			
500 g RAW APPLE			
200 g MILLET			
SALT			
CINNAMON			
50 g ALMOND			
14 g SUNFLOWER SEEDS			
50 g CLEARED BUTTER			

### Rosefish on Cucumber with Potatoes

<b>Per serving</b>	Proteins:	6,1g	<b>Directions</b>
	Carbohydrates:	7,9g	
	Bread exchange:	0,7	
	Fats:	1,2g	
	Kcal: KJ	69 288	
Specialty: German			<p>Clean the potatoes then boil with peel. Brush the rosefish with 1 tbsp. lemon juice. Dice 1 small onion and braise in a pan in butter until transparent. Peel the cucumber, cut into thick slices, add it and braise further. Season with salt and pepper. Add crème fraîche and season again. Salt the fish and add to the vegetables. Cover the bowl and let the fish cook for about 10 min. Chop dill and sprinkle over. Serve with potatoes.</p>
Meal type: Main meal			
<b>Servings: 4</b>   Ingredients:			
800 g BAKED POTATOES			
400 g REDFISH			
LEMON JUICE			
SALT			
60 g ONION			
400 g RAW CUCUMBER			
14 g CLEARED BUTTER			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

### Sky and Earth

<b>Per serving</b>	Proteins:	1,1g	<b>Directions</b>
	Carbohydrates:	11,1g	
	Bread exchange:	0,9	
	Fats:	0,2g	
	Kcal: KJ	50 211	
Specialty: German			<p>Peel and cut the potatoes into cubes. Boil them in salted water for 10 minutes.</p> <p>Meanwhile, cut the apples into quarters, peel them and remove the pips. Distribute the apple pieces on the boiling potatoes. Continue boiling for 10 minutes until cooked.</p> <p>Add honey and mash everything to a puree.</p>
Meal type: Main meal			
<b>Servings: 4</b>   Ingredients:			
SEASALT			
150 ml WATER			
750 g RAW POTATOES			
500 g RAW APPLE			
7 g HONEY			

### Buckwheat Pancake

<b>Per serving</b>	Proteins:	1,6g	<b>Directions</b>
	Carbohydrates:	9,8g	
	Bread exchange:	0,8	
	Fats:	1,2g	
	Kcal: KJ	58 242	
Specialty: German			<p>Mix the potatoes with the buckwheat flour, the olive oil, the spices and some water. Add some mineral water if the dough is too thick.</p> <p>Fry small pies in oil. Let drain on a kitchen crepe.</p> <p>It goes well with fresh salad or steamed vegetables.</p>
Meal type: Main meal			
<b>Servings: 4</b>	<b>Ingredients:</b>		
150 g BOILED POTATOES			
200 g BUCKWHEAT FLOUR			
14 ml OLIVE OIL			
400 ml SODA WATER			
SALT			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

### Spanish Chicken Fillet

<b>Per serving</b>	Proteins:	12,8g	<b>Directions</b>
	Carbohydrates:	10,8g	
	Bread exchange:	0,9	
	Fats:	3,5g	
	Kcal: KJ	126 527	
Specialty: German			<p>Mash the ingredients for the sauce. Season the chicken with salt and chili powder and fry it in oil. Peel and cut the potatoes into cubes and boil for 10 minutes.</p> <p>Put the potatoes and the chicken into an ovenproof dish, pour the sauce over and simmer in the oven at 180°C for about 30 minutes.</p>
Meal type: Main meal			
<b>Servings: 4</b>	<b>Ingredients:</b>		
10 g FRESH GARLIC			
21 ml OLIVE OIL			
600 g CANNED PEELED TOMATOES			
SALT			
THYME			
OREGANO			
800 g RAW CHICKEN			
EXTRA SWEET PAPRIKA			
1000 g RAW POTATOES			

### Pea Risotto with Redfish

<b>Per serving</b>	Proteins:	34,2g	<b>Directions</b>
	Carbohydrates:	83,7g	
	Bread exchange:	7,0	
	Fats:	8,8g	
	Kcal:	559	
	KJ	2339	
Specialty: German			<p>Cook the rice in double the amount of salted water.</p> <p>Cook the peas in salted water. Add the rice and diced tomatoes and heat up. Season and keep warm.</p> <p>Wash the redfish and salt. Heat up a pan and steam the fish in 1 tablespoon oil.</p> <p>Serve the rice on a plate with the fish fillet and garnish with fresh tomatoes and parsley.</p> <p>A fresh salad goes well with this.</p> <p>Dessert: tolerated fruit.</p> <p>It goes well with fresh salad.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
80 g POLISHED RICE			
150 g DEEP-FROZEN PEAS			
100 g REDFISH			
100 g RAW TOMATOES			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Ham and Potatoes with Peppers

<b>Per serving</b>	Proteins:	25,1g	<b>Directions</b>
	Carbohydrates:	63,8g	
	Bread exchange:	5,3	
	Fats:	11,1g	
	Kcal:	462	
	KJ	1933	
Specialty: German			<p>Cook the potatoes in salted water.</p> <p>Cut the pepper, onion and button mushrooms into fine strips and lightly sear in 1 teaspoon of oil. Add the puree and cook together for approx. 5 minutes. Carefully stir occasionally.</p> <p>Cut the ham into strips and, with the potatoes, add to the vegetables and heat up. Allow excess liquid to evaporate. Season, put on a plate and sprinkle with herbs.</p> <p>A fresh salad rounds off this dish.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
300 g BAKED POTATOES			
200 g RED PEPPER			
50 g RAW ONION			
100 g RAW CHAMPIGNONS			
100 g TOMATO PASSATA			
60 g HAM			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Meat and Onions with Rice

<b>Per serving</b>	Proteins:	29,3g	<b>Directions</b>
	Carbohydrates:	83,4g	
	Bread exchange:	7,0	
	Fats:	11g	
	Kcal:	573	
	KJ	2397	
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>		<b>Ingredients:</b>	
100 g BEEF			
100 g ONION			
3 ml OIL			
10 g TOMATO PASTE			
100 g POLISHED RICE			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

Dice the beef and finely slice the peeled onions. Sear the diced meat in oil, then add the onions and stew together for about five minutes. Add the watered down tomato puree, add the spices and cook together for another 20 minutes on a low heat. At the same time cook the rice in salted water and serve with the cooked meat and onions.

A salad rounds off the dish.

Dessert: tolerated fruit.

### Filled Zucchini with Corn

<b>Per serving</b>	Proteins:	32,2g	<b>Directions</b>
	Carbohydrates:	68,1g	
	Bread exchange:	5,7	
	Fats:	20g	
	Kcal:	594	
	KJ	2485	
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>		<b>Ingredients:</b>	
300 g RAW ZUCCHINI			
100 g ONION			
GREEN OLIVES			
80 g GROUND BEEF			
50 g CANNED SWEET CORN			
SALT			
20 g SUNFLOWER SEEDS			
150 g BAKED POTATOES			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

- Preheat the oven at 200°C.
- Wash, clean and halve the zucchini lengthwise. Hollow the pulp with a spoon and cut finely. Peel and cut the onions or the shallots into small cubes. Remove the pips and cut the olives into small pieces.
- Salt the beef tartar a little and mix with the onion cubes, the zucchini pulp, the corn and the olive pieces. Season the mixture with sage to your own taste.
- Put the zucchini halves into an ovenproof dish and fill with the mincemeat mixture. Bake the zucchini in the oven for 20 minutes. Add the sunflower seeds 5 minutes before done.
- Cut the potatoes into small cubes and boil in salted water. Drain and keep the water. Mash the potatoes adding the salted water and the cream until the cream is smooth. Salt if necessary.

## Coalfish with Cellery

<b>Per serving</b>	Proteins:	16,0g	<b>Directions</b>
	Carbohydrates:	6,7g	
	Bread exchange:	0,6	
	Fats:	8,6g	
	Kcal: KJ	168 703	
Specialty: German			<p>Cut the celery in disks.</p> <p>Cut the carrots in sticks as following:</p> <p>First cut the carrots in 4 cm pieces, then cut them lengthwise and then cut the disks into sticks.</p> <p>Fry the vegetables in oil, cover and stew them at middle heat for 10-15 min. Add some extra water if necessary.</p> <p>Drip the fish with lemon juice and fry it in oil at middle heat for 10-15 min. Meanwhile, turn the fish over once onto the other side.</p>
Meal type: Main meal			
<b>Servings: 2</b>	<b>Ingredients:</b>		
100 ml WATER			
10 g SALT			
30 ml OIL			
250 g RAW CARROTS			
500 g RAW CELERIAC			
100 g FRESH LEMON			
300 g REDFISH			

## Ground cakes

<b>Per serving</b>	Proteins:	27,4g	<b>Directions</b>
	Carbohydrates:	73,5g	
	Bread exchange:	6,1	
	Fats:	10,0g	
	Kcal: KJ	491 2056	
Specialty: German			<p>Make a dough of the ground meat, the onions and the herbs. Spice with salt and nutmeg.</p> <p>Spread and press firmly the mixture in a greased baking tin.</p> <p>Bake it in the middle of the not-preheated oven at 250°C for ca. 30 minutes or fry it in a pan.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
150 g RAW SWEET PEPPER			
100 g GROUND BEEF			
80 g POLISHED RICE			
50 g RAW ONION			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			
SALT			
NUTMEG			

### Pork Cutlet with Brussels Sprouts

<b>Per serving</b>	Proteins:	30,3g	<b>Directions</b>
	Carbohydrates:	75,5g	
	Bread exchange:	6,3	
	Fats:	23,3g	
	Kcal:	633	
	KJ	2648	
Specialty: German			<p>Cook the rice and Brussels sprouts separately in salted water. Fry the cutlets in oil and sprinkle with spices. Prepare the rice with the meat and Brussels sprouts.</p> <p>Sprinkle with tolerated herbs according to taste.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
90 g POLISHED RICE			
200 g COOKED BRUSSELS SPROUTS			
100 g RAW PORK CHOP			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Beef Strips with Rice

<b>Per serving</b>	Proteins:	27,5g	<b>Directions</b>
	Carbohydrates:	77,8g	
	Bread exchange:	6,5	
	Fats:	11,8g	
	Kcal:	546	
	KJ	2284	
Specialty: German			<p>Cook the potatoes in salted water.</p> <p>Cut the meat in strips, slice the button mushrooms and cut the carrots into thin strips. Sweat the onions in hot oil. Sear the meat well and season, then keep warm. Firmly fry the mushrooms, add the other vegetables and a little water. Add the strips, season piquantly and leave to simmer for a few minutes. Season to taste and serve on a plate with the potatoes.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
90 g POLISHED RICE			
100 g BEEF FILET			
100 g CHAMPIGNONS			
100 g CARROTS			
30 g ONION, FINELY CUT			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Beef skewers with courgettes

<b>Per serving</b>	Proteins:	14,4g	<b>Directions</b>
	Carbohydrates:	30,6g	
	Bread exchange:	2,6	
	Fats:	7,4g	
	Kcal:	247	
	KJ	1033	
Specialty: German			
Meal type: Main meal			
<b>Servings: 2</b>		<b>Ingredients:</b>	
200 g BEEF FILET			
300 g RAW ZUCCHINI IN SLICES			
20 ml OIL			
150 g POLISHED RICE			
POTATO STARCH			
<p>Dice the meat and pin it on skewers in turns with the courgettes and season it all. Brown the skewers in hot oil and stew them.</p> <p>Cook the rice in salt water.</p> <p>Take the skewers out of the pan and keep them warm. Add a bit of water to the meat juice and thicken it with a bit of potato starch and season it to taste with compatible herbs.</p> <p>Serve this dish with a fresh salad.</p>			

### Stew Rhineland style

<b>Per serving</b>	Proteins:	29,0g	<b>Directions</b>
	Carbohydrates:	59,8g	
	Bread exchange:	5,0	
	Fats:	23,2g	
	Kcal:	566	
	KJ	2368	
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>		<b>Ingredients:</b>	
100 g ROASTED PORK			
7 ml OIL			
50 g ONION			
150 g GREEN BEANS			
150 g RAW TOMATOES			
300 g BAKED POTATOES			
SALT			
PAPRIKA POWDER, MILD			
PARSLEY, FINELY CUT			
<p>Cut the pork into small dices and sear them in the oil. Add the finely cut onions and steam it all for a moment.</p> <p>Add the green beans, the tomatoes cut into quarters and the diced potatoes to the meat and allow it all to cook for about 30 minutes. Season the dish to taste and dredge it with the parsley.</p>			

### Zucchini Vegetables

<b>Per serving</b>	Proteins:	3g	<b>Directions</b>
	Carbohydrates:	4,6g	
	Bread exchange:	0,4	
	Fats:	7,3g	
	Kcal: KJ	96 402	
Specialty: German			<p>Wash and roughly slice the zucchini. Heat the oil and braise the onion until transparent, add the vegetables and season with salt, pepper, oregano and garlic. Eventually add some water and steam until cooked. Season with lemon juice.</p>
Meal type: Main meal			
Servings: 1			
Ingredients:			
150 g RAW ZUCCHINI			
20 g RAW ONION			
10 ml LEMON JUICE			
7 ml OIL			

### Chili con Tofu

<b>Per serving</b>	Proteins:	33,2g	<b>Directions</b>
	Carbohydrates:	65,8g	
	Bread exchange:	5,5	
	Fats:	22,3g	
	Kcal: KJ	607 2540	
Specialty: German			<p>Cook the beans or remove from the tin. Dice the tofu or roughly crumble it, cut the tomatoes into large chunks, finely chop the onion and cloves of garlic and finely cut up the pepper. B</p> <p>rown the tofu with the onions and cloves of garlic in oil, stir in some water and flour after about 5 minutes then add the rest of the ingredients. After about 3 minutes, season again, take off the heat and serve hot.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
Servings: 1			
Ingredients:			
150 g KIDNEY BEANS			
200 g TOFU			
200 g RAW TOMATOES			
100 g ONION			
3 g FRESH GARLIC			
10 ml OIL			
200 g RED PEPPER			
300 ml WATER			
20 g CORN FLOUR			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Fillet of Beef with Courgettes

<b>Per serving</b>	Proteins:	30,7g	<b>Directions</b>
	Carbohydrates:	73,9g	
	Bread exchange:	6,2	
	Fats:	11,9g	
	Kcal:	527	
	KJ	2205	
Specialty: German			<p>Cook the noodles in salted water.</p> <p>Dice the courgette, brown in some oil and season to taste. Remove the vegetables from the pan and keep warm. Cook the beef in hot oil and season. Prepare vegetables, noodles and meat and sprinkle with herbs.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
90 g POLISHED RICE			
200 g RAW ZUCCHINI			
100 g BEEF FILET			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Stewed Chicken Joints

<b>Per serving</b>	Proteins:	31,9g	<b>Directions</b>
	Carbohydrates:	70,4g	
	Bread exchange:	5,9	
	Fats:	24,3g	
	Kcal:	570	
	KJ	2385	
Specialty: German			<p>Wash the chicken joints, pat dry and sear in hot oil. Add some water and peeled clove of garlic and cook both for approx. 45 minutes. Thinly slice the carrots and 10 minutes before the end of the cooking time, add to the joints. Bind the stock with starch if required.</p> <p>Cook the potatoes in salted water.</p> <p>A fresh salad goes well with this.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
150 g CHICKEN LEG			
200 g CARROTS			
400 g BAKED POTATOES			
3 g FRESH GARLIC			
7 ml OIL			
POTATO STARCH			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Chicken Breast with Vegetable Rice

<b>Per serving</b>	Proteins:	27,6g	<b>Directions</b>
	Carbohydrates:	71,8g	
	Bread exchange:	6,0	
	Fats:	14,4g	
	Kcal:	530	
	KJ	2218	
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>		<b>Ingredients:</b>	
80 g POLISHED RICE			
100 g CHICKEN BREAST			
7 ml OIL			
100 g YELLOW PEPPER			
100 g CARROTS			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
<p>Prepare the rice according to the label on the packet.</p> <p>At the same time, fry the chicken in hot fat on both sides until nicely crispy and season, remove from the pan and keep warm. Dice the pepper and carrots and briefly steam in the pan.</p> <p>Leave the rice to strain and mix with the vegetables. Season to taste with spices. Serve the poultry with the vegetable rice.</p> <p>Dessert: tolerated fruit.</p>			

### Chicken Strips with Rice

<b>Per serving</b>	Proteins:	28,3g	<b>Directions</b>
	Carbohydrates:	71,5g	
	Bread exchange:	6,0	
	Fats:	11,8g	
	Kcal:	521	
	KJ	2180	
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>		<b>Ingredients:</b>	
80 g POLISHED RICE			
100 g RAW CHICKEN			
100 g CHAMPIGNONS			
100 g CARROTS			
50 g ONION, FINELY CUT			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
<p>Cook the rice in slated water.</p> <p>Cut the meat into strips, slice the button mushrooms and cut the carrots into thin slices. Sweat the onions in hot oil. Season the meat and sear, then keep warm. Fry the mushrooms until firm and add some water. Add the strips, season to taste piquantly and leave to simmer for a few minutes. Season to taste, sprinkle with herbs and serve on a plate with the rice.</p> <p>A fresh salad goes well with this.</p> <p>Dessert: tolerated fruit.</p>			

### Vegetable Rice with Beef

<b>Per serving</b>	Proteins:	33,0g	<b>Directions</b>
	Carbohydrates:	74,2g	
	Bread exchange:	6,2	
	Fats:	12g	
	Kcal:	544	
	KJ	2276	
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>		<b>Ingredients:</b>	
100 g BEEF FILET			
7 ml OIL			
80 g POLISHED RICE			
50 g DEEP-FROZEN PEAS			
150 g RAW CAULIFLOWER			
50 g CARROTS			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
<p>Wash and clean the vegetables. Dice the carrots, separate the cauliflower into florets and cut the leeks into rings. Cook the rice and leave to strain.</p> <p>Cook the vegetable for 10-12 minutes in salted water then leave to strain.</p> <p>Cut the beef into small cubes, fry in the oil for approx. 10 mins and mix the vegetables together with the rice and season.</p> <p>Dessert: tolerated fruit.</p>			

### Chicken Joints with Beans

<b>Per serving</b>	Proteins:	35,8g	<b>Directions</b>
	Carbohydrates:	35,9g	
	Bread exchange:	3,0	
	Fats:	19,6g	
	Kcal:	391	
	KJ	1636	
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>		<b>Ingredients:</b>	
150 g CHICKEN LEG			
3 ml OIL			
50 g RAW ONION			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
180 g KIDNEY BEANS			
<p>Cook the chicken joints for 45-60 minutes at 200°C. Add some water to the baking tray. Occasionally baste with the cooking fat.</p> <p>Strain the tinned kidney beans. Mix the beans and finely chopped onions, season and add to the joints 10 minutes before the end of cooking time and cook together. Serve on a plate.</p> <p>A fresh salad goes well with this.</p> <p>Dessert: tolerated fruit.</p>			

### Rice with Redfish

<b>Per serving</b>	Proteins:	28,5g	<b>Directions</b>
	Carbohydrates:	77,4g	
	Bread exchange:	6,4	
	Fats:	8,6g	
	Kcal:	502	
		KJ	2100
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>		<b>Ingredients:</b>	
30 g ONION			
7 ml OIL			
50 g DEEP-FROZEN PEAS			
90 g POLISHED RICE			
200 ml WATER			
100 g REDFISH			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

Sweat the finely chopped onion in oil until transparent. Add the peas and briefly steam. Add the rice and vegetable stock. Cook altogether for approx. half an hour on a low heat.

Cook the fish in a little oil and add to the rice.

A fresh salad goes well with this.

Dessert: tolerated fruit.

### Vegetable Casserole with Fillet of Beef

<b>Per serving</b>	Proteins:	34,5g	<b>Directions</b>
	Carbohydrates:	64,3g	
	Bread exchange:	5,4	
	Fats:	12,6g	
	Kcal:	508	
		KJ	2125
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>		<b>Ingredients:</b>	
350 g BAKED POTATOES			
200 g RAW CAULIFLOWER			
100 g BEEF FILET			
7 ml OIL			
100 g YELLOW PEPPER			
50 g RAW ONION			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

Leave the potatoes to simmer in salted water for about 20 minutes. Add the cauliflower to the potatoes for the last 10 minutes and cook. Drain away the remaining water.

Cut the beef and pepper into fine strips. Chop the onions into small cubes. Heat up the oil in a pan sear the filet for 2 minutes, turning constantly. Add the pepper and cook together for approx. 2 minutes. Add the onion and season altogether. Add a little water. Add the cauliflower and potatoes to the pan and heat up, turning constantly.

Dessert: tolerated fruit.

### Mashed potatoes with fillet

<b>Per serving</b>	Proteins:	7,7g	<b>Directions</b>
	Carbohydrates:	7,4g	
	Bread exchange:	0,6	
	Fats:	3,2g	
	Kcal: KJ	102 425	
Specialty: German			<p>Cook the potatoes in salt water. Cut the fillet of pork into thick slices. Heat up 2 tbsp. oil in a pan and fry the medallions in it on both sides at medium heat for approx. 5 minutes, season them only then.</p> <p>Roast the pumpkin seeds in a pan. Take them out of the pan and allow them to cool.</p> <p>Strain the potatoes and mash them using the potato masher. Warm up the broth and add it little by little together with 3 tbsp. oil. Mix it all well. Season the potatoes with salt and other spices. Dredge them with the pumpkin seeds and serve them with the meat.</p> <p>A fresh salad rounds off the dish.</p>
Meal type: Main meal			
<b>Servings: 4</b>	<b>Ingredients:</b>		
800 g BAKED POTATOES			
500 g RAW LEAN PORK FILET			
35 ml OIL			
200 ml YEAST FREE VEGETABLE BROTH			
SALT			
30 g PUMPKIN SEED			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

### Potato Casserole with Feta Cheese

<b>Per serving</b>	Proteins:	19,3g	<b>Directions</b>
	Carbohydrates:	72,7g	
	Bread exchange:	6,1	
	Fats:	13,7g	
	Kcal: KJ	500 2092	
Specialty: German			<p>Cook the potatoes in their skins, peel and slice. Wash the tomatoes and also slice. Peel the onions, chop and fry in some oil until golden on a mild heat.</p> <p>Coat the casserole dish with the rest of the oil. Layer the potatoes, tomatoes and onions alternately in the dish and season well. Crumble the tofu into small pieces and add to the top of the casserole. Bake in a pre-heated oven for approx. 15-20 minutes at 200-220°C.</p> <p>Garnish the casserole with herbs and serve hot in the dish</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
400 g RAW POTATOES			
200 g RAW TOMATOES			
100 g ONION			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
100 g TOFU			

### Potato Goulash

<b>Per serving</b>	Proteins:	33,0g	<b>Directions</b>
	Carbohydrates:	72,2g	
	Bread exchange:	6,0	
	Fats:	12,2g	
	Kcal:	535	
	KJ	2238	
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>		<b>Ingredients:</b>	
100 g BEEF FILET			
100 g ONION			
20 g TOMATO PASTE			
7 ml OIL			
100 g RED PEPPER			
400 g BAKED POTATOES			
200 ml WATER			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
<p>Dice the beef and onion, quarter the potato and cut the peppers into strips. Heat up the oil and sear the beef and onion well. Add the potatoes and pepper, season to taste and cook for another 5 minutes.</p> <p>Drain away the water, stir in the tomato puree and cook for approx. 40 minutes on a medium heat. Season the goulash again piquantly with spices and serve sprinkled with herbs.</p> <p>A green salad goes well with this.</p> <p>Dessert: tolerated fruit.</p>			

### Goulash with Corn Noodles

<b>Per serving</b>	Proteins:	27,9g	<b>Directions</b>
	Carbohydrates:	87,9g	
	Bread exchange:	7,3	
	Fats:	13,3g	
	Kcal:	605	
	KJ	2531	
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>		<b>Ingredients:</b>	
100 g BEEF FILET			
100 g ONION			
20 g TOMATO PASTE			
7 ml OIL			
100 g RED PEPPER			
200 ml WATER			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
90 g EGG-FREE CORN NOODLES			
<p>Cut the beef and onion into small cubes and slice the peppers. Heat up the oil and sear the beef and onion well. Add the pepper, season to taste and cook for another 5 minutes.</p> <p>Drain away the water, stir in the tomato puree and cook for approx. 40 minutes on a medium heat. Season the goulash again piquantly with spices and serve sprinkled with herbs.</p> <p>Cook the corn noodles in salted water, strain and serve together.</p> <p>A green salad goes well with this.</p> <p>Dessert: tolerated fruit.</p>			

### Chicken Fillet with Stewed Apple

<b>Per serving</b>	Proteins:	23,4g	<b>Directions</b>
	Carbohydrates:	91,2g	
	Bread exchange:	7,6	
	Fats:	11,6g	
	Kcal:	495 KJ 2071	
Specialty: German			<p>Cook the noodles in salted water. Wash the chicken, pat dry, season and fry in the oil. Peel the apples, cut into strips and stew together for approx. 5 mins. Strain the noodles and serve with the chicken. Adding tolerated herbs and spices can add something extra to the dish.</p> <p>A fresh salad goes well with this.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
100 g RICE NOODLES			
100 g RAW CHICKEN			
400 g APPLES			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Chicken Fillet with Stewed Cucumber

<b>Per serving</b>	Proteins:	32,8g	<b>Directions</b>
	Carbohydrates:	63,2g	
	Bread exchange:	5,3	
	Fats:	11,6g	
	Kcal:	489 KJ 2046	
Specialty: German			<p>Cook the potatoes in salted water. Season the chicken and fry in the oil. Dice the cucumber and briefly stew together.</p> <p>Season altogether and serve with the potatoes.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
400 g BAKED POTATOES			
100 g RAW CHICKEN			
7 ml OIL			
200 g RAW CUCUMBER			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Chicken Fillet with Stewed Cucumber

<b>Per serving</b>	Proteins:	30,4g	<b>Directions</b>
	Carbohydrates:	81,7g	
	Bread exchange:	6,8	
	Fats:	11,8g	
	Kcal:	552	
	KJ	2310	
Specialty: German			<p>Cook the rice in salted water. Season the chicken and fry in the oil. Dice the cucumber and briefly stew together.</p> <p>Season altogether and serve with the rice.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
100 g POLISHED RICE			
100 g RAW CHICKEN			
7 ml OIL			
200 g RAW CUCUMBER			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Chicken Fillet with Peach

<b>Per serving</b>	Proteins:	28,6g	<b>Directions</b>
	Carbohydrates:	82,2g	
	Bread exchange:	6,8	
	Fats:	11,7g	
	Kcal:	543	
	KJ	2272	
Specialty: German			<p>Cook the rice in salted water. Wash the chicken, fry in hot oil and season. Cut the peach into strips, add to the meat and briefly steam together. Serve altogether on a plate and sprinkle with tolerated herbs.</p> <p>A fresh salad goes well with this.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
80 g POLISHED RICE			
100 g RAW CHICKEN			
7 ml OIL			
200 g PEACH			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Vegetable Casserole with Pork

<b>Per serving</b>	Proteins:	26,6g	<b>Directions</b>
	Carbohydrates:	73g	
	Bread exchange:	6,1	
	Fats:	10,9g	
	Kcal:	511	
	KJ	2138	
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>		<b>Ingredients:</b>	
80 g EGG-FREE CORN NOODLES			
7 ml OIL			
100 g PORK CUTLET			
100 g YELLOW PEPPER			
100 g RAW CUCUMBER			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
<p>Leave the noodles to simmer in salted water for about 15 minutes. Cut the pork schnitzel and pepper into fine strips. Cut the cucumber up into small cubes.</p> <p>Heat up the oil in the pan and sear the schnitzel for 2 minutes while stirring. Add the pepper and cook together for approx. 2 minutes. Add the cucumber and season altogether. Add a little water (2 tbsp) and cook for approx. 10 mins. Add the noodles to the pan and heat up together.</p> <p>Sprinkle with tolerated herbs.</p> <p>Dessert: tolerated fruit.</p>			

### Vegetable Casserole with Pork

<b>Per serving</b>	Proteins:	32,1g	<b>Directions</b>
	Carbohydrates:	65,6g	
	Bread exchange:	5,5	
	Fats:	9,9g	
	Kcal:	480	
	KJ	2008	
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>		<b>Ingredients:</b>	
400 g BAKED POTATOES			
7 ml OIL			
100 g PORK CUTLET			
100 g YELLOW PEPPER			
100 g RAW CUCUMBER			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
<p>Leave the potatoes to simmer in salted water for about 15 minutes. Cut the pork schnitzel and pepper into fine strips. Cut the cucumber up into small cubes.</p> <p>Heat up the oil in the pan and sear the schnitzel for 2 minutes while stirring. Add the pepper and cook together for approx. 2 minutes. Add the cucumber and season altogether. Add a little water (2 tbsp) and cook for approx. 10 mins.</p> <p>Sprinkle with tolerated herbs.</p> <p>Serve with the potatoes.</p> <p>Dessert: tolerated fruit.</p>			

### Vegetable Casserole with Pork

<b>Per serving</b>	Proteins:	29,0g	<b>Directions</b>
	Carbohydrates:	76,3g	
	Bread exchange:	6,4	
	Fats:	10g	
	Kcal:	509	
		KJ	2130
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>		<b>Ingredients:</b>	
90 g POLISHED RICE			
7 ml OIL			
100 g PORK CUTLET			
100 g YELLOW PEPPER			
100 g RAW CUCUMBER			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
<p>Leave the rice to simmer in salted water for about 15 minutes. Cut the pork schnitzel and pepper into fine strips. Cut the cucumber up into small cubes.</p> <p>Heat up the oil in the pan and sear the schnitzel for 2 minutes while stirring. Add the pepper and cook together for approx. 2 minutes. Add the cucumber and season altogether. Add a little water (2 tbsp). Add the rice to the pan and heat up while stirring.</p> <p>Sprinkle the vegetable casserole with herbs.</p> <p>Dessert: tolerated fruit.</p>			

### Turkey Fillet with Carrots

<b>Per serving</b>	Proteins:	33,3g	<b>Directions</b>
	Carbohydrates:	69,6g	
	Bread exchange:	5,8	
	Fats:	8,8g	
	Kcal:	504	
		KJ	2109
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>		<b>Ingredients:</b>	
400 g BAKED POTATOES			
100 g TURKEY BREAST			
7 ml OIL			
200 g CARROTS			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
<p>Cook the potatoes in salted water. Season the turkey and fry in the oil. Cut the carrots into thin slices, add to the meat and cook until al dente.</p> <p>Season altogether and serve with the potatoes.</p> <p>Dessert: tolerated fruit.</p>			

### Chicken Fillet with Stewed Cucumber

<b>Per serving</b>	Proteins:	27,3g	<b>Directions</b>
	Carbohydrates:	70,6g	
	Bread exchange:	5,9	
	Fats:	12,6g	
	Kcal:	520	
	KJ	2176	
Specialty: German			<p>Cook the noodles in salted water. Season the chicken and fry in oil. Dice the cucumber and briefly stew together.</p> <p>Season altogether and serve with the noodles.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
80 g EGG-FREE CORN NOODLES			
100 g RAW CHICKEN			
7 ml OIL			
200 g RAW CUCUMBER			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Pork Fillet on Pepper Rice

<b>Per serving</b>	Proteins:	32,7g	<b>Directions</b>
	Carbohydrates:	75,7g	
	Bread exchange:	6,3	
	Fats:	11,5g	
	Kcal:	541	
	KJ	2264	
Specialty: German			<p>Cook potatoes in salted water. Dice the pepper. Heat up the oil in a pot. Sweat the onions in the pot.</p> <p>Add the tomato puree and 100 ml water, boil once and season, add the pepper cubes and cook altogether for 15-20 minutes.</p> <p>Heat up some oil in the pan and sear the pork on both sides. Reduce the heat and cook for approx. 10 minutes.</p> <p>Season the fillet and serve altogether.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
400 g BAKED POTATOES			
200 g RAW SWEET PEPPER			
50 g ONION, FINELY CUT			
7 ml OIL			
100 g TOMATO PASSATA			
100 g RAW LEAN PORK FILET			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Fillet of Beef with Cabbage Turnip

<b>Per serving</b>	Proteins:	31,1g	<b>Directions</b>
	Carbohydrates:	77,9g	
	Bread exchange:	6,5	
	Fats:	11,5g	
	Kcal:	541	
	KJ	2264	
Specialty: German			<p>Cook the rice and cabbage turnip in salted water. Sear the fillet well on both sides and season.</p> <p>Thicken the cabbage turnip stock with some farina and season if required.</p> <p>Serve together and sprinkle with tolerated herbs.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
90 g POLISHED RICE			
200 g BARGEMAN'S CABBAGE			
100 g BEEF FILET			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
POTATO STARCH			

### Vegetable Casserole with Fillet of Beef

<b>Per serving</b>	Proteins:	31,9g	<b>Directions</b>
	Carbohydrates:	74,7g	
	Bread exchange:	6,2	
	Fats:	12,7g	
	Kcal:	537	
	KJ	2247	
Specialty: German			<p>Leave the rice to simmer in the salted water for about 15 minutes. Add the cauliflower to the rice for the last 10 minutes and cook. Drain away the remaining water.</p> <p>Cut the fillet and pepper into fine strips. Dice the onion into small cubes.</p> <p>Heat up the oil in a pan, sear the fillet for 2 minutes while turning. Add the pepper and cook for 2 minutes.</p> <p>Add the onion and season altogether. Add a little water. Add the cauliflower and rice to the pan and heat up while stirring.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
80 g POLISHED RICE			
200 g RAW CAULIFLOWER			
100 g BEEF FILET			
7 ml OIL			
100 g YELLOW PEPPER			
50 g RAW ONION			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Vegetable Casserole with Fillet of Beef

<b>Per serving</b>	Proteins:	30,1g	<b>Directions</b>	
	Carbohydrates:	79,1g		
	Bread exchange:	6,6		
	Fats:	13,6g		
	Kcal:	574		
		KJ	2402	
Specialty: German				
Meal type: Main meal				
<b>Servings: 1</b>		<b>Ingredients:</b>		
80 g EGG-FREE CORN NOODLES				
200 g RAW CAULIFLOWER				
100 g BEEF FILET				
7 ml OIL				
100 g YELLOW PEPPER				
50 g RAW ONION				
SPICES (DEPENDING ON THE TOLERANCE)				
TOLERATED HERBS				

Leave the noodles to simmer in the salted water for about 15 minutes. Add the cauliflower to the noodles for the last 10 minutes and cook. Drain away the remaining water. Cut the fillet and pepper into fine strips. Cut the onion into small cubes.

Heat up the oil in a pan, sear the fillet for 2 minutes while turning. Add the pepper and cook for 2 minutes. Add the onion and season altogether. Add a little water.

Add the cauliflower and noodles to the pan and heat up while stirring.

Dessert: tolerated fruit.

### Beef Strips with Potatoes

<b>Per serving</b>	Proteins:	30,6g	<b>Directions</b>	
	Carbohydrates:	67,1g		
	Bread exchange:	5,6		
	Fats:	11,7g		
	Kcal:	517		
		KJ	2163	
Specialty: German				
Meal type: Main meal				
<b>Servings: 1</b>		<b>Ingredients:</b>		
400 g BAKED POTATOES				
100 g BEEF FILET				
100 g CHAMPIGNONS				
100 g CARROTS				
30 g ONION, FINELY CUT				
7 ml OIL				
SPICES (DEPENDING ON THE TOLERANCE)				
TOLERATED HERBS				

Cook the potatoes in salted water. Cut the meat into strips, slice the button mushrooms and cut the carrots into thin slices.

Sweat the onions in hot oil. Sear the meat well and season then keep warm. Firmly fry the mushrooms, add the other vegetables and a little water. Add the strips, season piquantly and leave to simmer for a few minutes.

Season to taste and serve on a plate with the potatoes.

Dessert: tolerated fruit.

### Cauliflower in a Tomato Bed

<b>Per serving</b>	Proteins:	28,7g	<b>Directions</b>	
	Carbohydrates:	69,1g		
	Bread exchange:	5,8		
	Fats:	10,7g		
	Kcal:	489		
		KJ	2046	
Specialty: German				
Meal type: Main meal				
<b>Servings: 1</b>		Ingredients:		
400 g BAKED POTATOES				
60 g HAM				
150 g RAW TOMATOES				
7 ml OIL				
200 g RAW CAULIFLOWER				
SPICES (DEPENDING ON THE TOLERANCE)				
TOLERATED HERBS				
<p>Cook the potatoes in salted water. Skin the tomatoes and slice. Heat up in a pot and season with spices.</p> <p>Clean the cauliflower, separate into florets and add to the tomatoes. Cook in a covered pot for 20 minutes on a mild heat. Serve with the potatoes and cooked ham.</p> <p>A fresh salad rounds off the dish.</p> <p>Dessert: tolerated fruit.</p>				

### Cauliflower in a Tomato Bed

<b>Per serving</b>	Proteins:	25,6g	<b>Directions</b>	
	Carbohydrates:	79,8g		
	Bread exchange:	6,6		
	Fats:	10,8g		
	Kcal:	517		
		KJ	2163	
Specialty: German				
Meal type: Main meal				
<b>Servings: 1</b>		Ingredients:		
90 g POLISHED RICE				
60 g HAM				
150 g RAW TOMATOES				
7 ml OIL				
200 g RAW CAULIFLOWER				
SPICES (DEPENDING ON THE TOLERANCE)				
TOLERATED HERBS				
<p>Cook the rice in salted water. Skin the tomatoes and slice. Heat up in a pot and season with spices.</p> <p>Clean the cauliflower, separate into florets and add to the tomatoes. Cook in a pot with a lid for 20 minutes on a mild heat. Serve with the rice and cooked ham.</p> <p>A fresh salad rounds off the dish.</p> <p>Dessert: tolerated fruit.</p>				

### Beef Steak with Stewed Cucumber

<b>Per serving</b>	Proteins:	29,2g	<b>Directions</b>
	Carbohydrates:	75,9g	
	Bread exchange:	6,3	
	Fats:	9,7g	
	Kcal:	512	
	KJ	2142	
Specialty: German			<p>Cook the rice in salted water. Fry the steak in hot fat and lightly season. Slice the cucumber and stew in the cooking fat.</p> <p>Add the rice and briefly turn in the cooking fat.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	Ingredients:		
90 g POLISHED RICE			
100 g BEEFSTEAK			
7 ml OIL			
300 g RAW CUCUMBER			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Pork Fillet with Cauliflower

<b>Per serving</b>	Proteins:	35g	<b>Directions</b>
	Carbohydrates:	63,8g	
	Bread exchange:	5,3	
	Fats:	12g	
	Kcal:	506	
	KJ	2117	
Specialty: German			<p>Cook the potatoes and cauliflower in salted water. Fry the fillet in hot oil and season.</p> <p>Turn the potatoes and cauliflower in the cooking fat and serve with the fillet.</p> <p>A mixed salad rounds off the dish.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	Ingredients:		
400 g BAKED POTATOES			
200 g RAW CAULIFLOWER			
100 g BEEF FILET			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Chicken Strips with Potatoes

<b>Per serving</b>	Proteins:	32,0g	<b>Directions</b>
	Carbohydrates:	68,5g	
	Bread exchange:	5,7	
	Fats:	11,7g	
	Kcal:	527	
	KJ	2205	
Specialty: German			<p>Cook the potatoes in salted water. Cut the meat into strips, slice the button mushrooms and cut the carrots into thin strips. Sweat the onions in hot oil. Season the meat and sear then keep warm.</p> <p>Firmly fry the mushrooms and add some water. Add the strips, season piquantly and leave to simmer for a few minutes.</p> <p>Season to taste, sprinkle with herbs and serve on a plate with the potatoes.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
400 g BAKED POTATOES			
100 g RAW CHICKEN			
100 g CHAMPIGNONS			
100 g CARROTS			
50 g ONION, FINELY CUT			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Lentil Casserole

<b>Per serving</b>	Proteins:	41,3g	<b>Directions</b>
	Carbohydrates:	73g	
	Bread exchange:	6,1	
	Fats:	21,9g	
	Kcal:	678	
	KJ	2837	
Specialty: German			<p>Allow the lentils to soak overnight. Cook the brisket of beef with the spices in the water for approx. 1 hour. At the same time, cook the lentils in the soaking water for approx. 45 mins.</p> <p>Dice the potatoes and add to the lentils 10 mins before the end of the cooking time.</p> <p>Cut the meat up small, with the stock, add to the lentils and season with herbs and spices.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
80 g LENTILS			
250 g BAKED POTATOES			
100 g BEEF BRISKET			
250 ml WATER			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Beef Steak with Stewed Cucumber

<b>Per serving</b>	Proteins:	31,5g	<b>Directions</b>
	Carbohydrates:	66,8g	
	Bread exchange:	5,6	
	Fats:	10g	
	Kcal:	491	
	KJ	2054	
Specialty: German			<p>Cook the potatoes in salted water. Fry the steak in hot fat and lightly season. Slice the cucumbers and stew in the cooking fat.</p> <p>Add the potatoes to this and briefly turn in the cooking fat.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
400 g RAW POTATOES			
100 g BEEFSTEAK			
7 ml OIL			
300 g RAW CUCUMBER			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Pork cutlet with pear

<b>Per serving</b>	Proteins:	28,4g	<b>Directions</b>
	Carbohydrates:	86,6g	
	Bread exchange:	7,2	
	Fats:	10g	
	Kcal:	543	
	KJ	2272	
Specialty: German			<p>Cook the rice in salt water.</p> <p>Fry the pork cutlets in hot fat and dredge them with spices. Cut the pear into halves, add it to the pork and steam it.</p> <p>Serve the rice together with the pork cutlet and the pear.</p> <p>You can serve this dish with compatible vegetables or a salad.</p> <p>Dessert: Fruit as compatible</p>
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
100 g PORK CUTLET			
7 ml OIL			
200 g PEAR			
80 g POLISHED RICE			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Roast Pork with Spinach

<b>Per serving</b>	Proteins:	30,0g	<b>Directions</b>
	Carbohydrates:	60,2g	
	Bread exchange:	5,0	
	Fats:	26,2g	
	Kcal:	623	
	KJ	2607	
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>   Ingredients:			
125 g ROASTED PORK			
7 ml OIL			
200 g DEEP-FROZEN SPINACH			
400 g BAKED POTATOES			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

Sear the pork in hot oil and season. At the same time, cook the potatoes in salted water. Add the spinach to the boiling salted water, steam until cooked and season to taste with spices.

Slice the meat and prepare with the potatoes and spinach.

*Tip: You can cook a large amount of roast pork and then freeze it in slices.  
Dessert: tolerated fruit.*

### Pork Schnitzel with Peaches

<b>Per serving</b>	Proteins:	29,3g	<b>Directions</b>
	Carbohydrates:	89,9g	
	Bread exchange:	7,5	
	Fats:	9,6g	
	Kcal:	560	
	KJ	2343	
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>   Ingredients:			
90 g POLISHED RICE			
100 g PORK CUTLET			
7 ml OIL			
200 g PEACH			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

Cook the rice in salted water. Fry the pork schnitzel in hot oil and season. Cut the peaches into strips, warm up in the cooking fat and serve with the meat and noodles.

A fresh salad goes well with this.

Dessert: tolerated fruit.

### Beef Steak with Roast Potatoes

<b>Per serving</b>	Proteins:	30,2g	<b>Directions</b>
	Carbohydrates:	59,2g	
	Bread exchange:	4,9	
	Fats:	9,3g	
	Kcal:	450	
	KJ	1883	
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
400 g BAKED POTATOES			
100 g BEEFSTEAK			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

Cook the potatoes in salted water. Fry the steak in hot oil and sprinkle with spices. Roughly cut the potatoes up small and lightly brown in cooking fat.

Serve the steak with the roast potatoes and fresh salad.

Dessert: tolerated fruit.

### Chicken Fillet with Stewed Apple

<b>Per serving</b>	Proteins:	29,5g	<b>Directions</b>
	Carbohydrates:	83,1g	
	Bread exchange:	6,9	
	Fats:	11,5g	
	Kcal:	560	
	KJ	2343	
Specialty: German			
Meal type: Main meal			
<b>Servings: 1</b>	<b>Ingredients:</b>		
90 g POLISHED RICE			
100 g RAW CHICKEN			
400 g APPLES			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

Cook the rice in salted water.

Wash the fillet, pat dry, season and fry in oil.

Peel the apples, add to the chicken and stew together for approx. 5 mins.

Serve with rice.

Adding tolerated herbs and spices can add something extra to the dish.

A fresh salad goes well with this.

Dessert: tolerated fruit

## Redfish on Spinach

<b>Per serving</b>	Proteins:	29,9g	<b>Directions</b>	
	Carbohydrates:	70,9g		
	Bread exchange:	5,9		
	Fats:	8,8g		
	Kcal:	501		
		KJ	2096	<p>Cook the rice in salted water. Cook the spinach in boiling water and season to taste with spices. Wash the redfish, pat dry and lightly salt.</p> <p>Cook in hot oil.</p> <p>Serve with the rice, spinach and herbs.</p> <p>Dessert: tolerated fruit.</p>
Specialty: German				
Meal type: Main meal				
Servings: 1				
Ingredients:				
90 g POLISHED RICE				
125 g REDFISH				
200 g DEEP-FROZEN SPINACH				
7 ml OIL				
SPICES (DEPENDING ON THE TOLERANCE)				
TOLERATED HERBS				

## Vegetarian

### Roast Polenta with Tofu

<b>Per serving</b>	Proteins:	19,9g	<b>Directions</b>	
	Carbohydrates:	67,5g		
	Bread exchange:	5,6		
	Fats:	18,6g		
	Kcal:	526		
		KJ	2201	<p>Bring salted water to the boil, add the corn semolina while constantly stirring and leave to boil. Take the pan off the heat and leave the mixture to soak for about 10 minutes. At the same time, rinse a baking tray with water. Then lay the polenta finger-thick on it and leave to cool then cut into 5cm thick rectangles.</p> <p>Heat up the oil in the pan. Lightly brown the polenta slices for 3 minutes on each side.</p> <p>Serve on a plate and sprinkle with the diced tofu. A fresh salad goes well with this.</p> <p>Dessert: tolerated fruit.</p>
Specialty: German				
Meal type: Vegetarian				
Servings: 1				
Ingredients:				
90 g MAIZE GRITS				
250 ml WATER				
10 ml OIL				
SPICES (DEPENDING ON THE TOLERANCE)				
TOLERATED HERBS				
150 g TOFU				

### Pepper Casserole with Rice and Tofu

<b>Per serving</b>	Proteins:	22,3g	<b>Directions</b>
	Carbohydrates:	96,8g	
	Bread exchange:	8,1	
	Fats:	16,3g	
	Kcal:	628	
	KJ	2628	
Specialty: German			<p>Cook the rice in salted water. Dice the peppers - preferable different coloured peppers - and fry in the oil.</p> <p>Cut the tomatoes up small and add. Season altogether. Cut the tofu into small cubes and mix together. Serve with the rice.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Vegetarian			
<b>Servings: 1</b>	<b>Ingredients:</b>		
100 g POLISHED RICE			
300 g RAW SWEET PEPPER			
100 g RAW TOMATOES			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
150 g TOFU			

### Corn Noodles with Carrots and Tofu

<b>Per serving</b>	Proteins:	19,7g	<b>Directions</b>
	Carbohydrates:	82,2g	
	Bread exchange:	6,8	
	Fats:	19g	
	Kcal:	624	
	KJ	2611	
Specialty: German			<p>Cook the corn noodles in salted water. Cut the carrots into thin slices and stew in the oil.</p> <p>Cut the tofu into small cubes and add the carrots. Briefly cook altogether and season to taste. Add the corn noodles to the pan and mix altogether.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Vegetarian			
<b>Servings: 1</b>	<b>Ingredients:</b>		
80 g EGG-FREE CORN NOODLES			
300 g CARROTS			
7 ml OIL			
200 g TOFU			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Corn Noodles with Vegetables and Tofu

<b>Per serving</b>	Proteins:	21,7g	<b>Directions</b>
	Carbohydrates:	78g	
	Bread exchange:	6,5	
	Fats:	17,5g	
	Kcal:	581	
	KJ	2431	
Specialty: German			<p>Cook the corn noodles in salted water.</p> <p>Cut the vegetables up small and stew in the oil. Dice the tofu and add to the vegetables - season altogether and serve with the corn noodles.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Vegetarian			
<b>Servings: 1</b>	<b>Ingredients:</b>		
80 g EGG-FREE CORN NOODLES			
200 g RAW SWEET PEPPER			
200 g RAW CHAMPIGNONS			
7 ml OIL			
150 g TOFU			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Vegetarian Stew

<b>Per serving</b>	Proteins:	21,0g	<b>Directions</b>
	Carbohydrates:	90,9g	
	Bread exchange:	7,6	
	Fats:	11,7g	
	Kcal:	556	
	KJ	2326	
Specialty: German			<p>Cut all the vegetables up small and, with the rice, steam in oil. Add approx. 400 ml water and leave to cook for approx. 15-20 minutes.</p> <p>Season the stew and sprinkle with herbs.</p> <p>Dessert: tolerated fruit.</p> <p><i>Tip: If you want to use brown rice, you should cook it for longer as brown rice has a longer cooking time.</i></p>
Meal type: Vegetarian			
<b>Servings: 1</b>	<b>Ingredients:</b>		
60 g POLISHED RICE			
100 g CARROTS			
150 g KIDNEY BEANS			
100 g RAW TOMATOES			
100 g RAW CAULIFLOWER			
100 g COOKED BRUSSELS SPROUTS			
50 g RAW ONION			
10 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Potatoes in a Tomato and Mushroom Sauce

<b>Per serving</b>	Proteins:	19,6g	<b>Directions</b>
	Carbohydrates:	56,4g	
	Bread exchange:	4,7	
	Fats:	13,7g	
	Kcal:	470	
	KJ	1966	
Specialty: German			<p>Cook the potatoes in salted water. Fry the button mushrooms in the oil and add the tomatoes.</p> <p>The tomatoes can be cut up slightly smaller beforehand if required. Season altogether.</p> <p>Dice the tofu and before serving, mix into the sauce.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Vegetarian			
<b>Servings: 1</b>	<b>Ingredients:</b>		
300 g BAKED POTATOES			
350 g CANNED PEELED TOMATOES			
250 g CHAMPIGNONS			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
120 g TOFU			

### Stewed Lentils

<b>Per serving</b>	Proteins:	28,5g	<b>Directions</b>
	Carbohydrates:	86g	
	Bread exchange:	7,2	
	Fats:	9,2g	
	Kcal:	580	
	KJ	2427	
Specialty: German			<p>Leave the lentils to soak overnight. Cook using the soaking water.</p> <p>Dice the potatoes and carrots, finely chop the onion and garlic and add the lentils 10 mins before the end of the cooking time.</p> <p>Season altogether and sprinkle with herbs.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Vegetarian			
<b>Servings: 1</b>	<b>Ingredients:</b>		
100 g LENTILS			
150 g BAKED POTATOES			
200 g CARROTS			
100 g RAW ONION			
5 g FRESH GARLIC			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Lentil Stew with Tofu

<b>Per serving</b>	Proteins:	32,0g	<b>Directions</b>
	Carbohydrates:	57,1g	
	Bread exchange:	4,8	
	Fats:	13,9g	
	Kcal:	527	
	KJ	2205	
Specialty: German			
Meal type: Vegetarian			
<b>Servings: 1</b>		<b>Ingredients:</b>	
100 g LENTILS			
200 g CARROTS			
20 g TOMATO PASTE			
7 ml OIL			
100 g TOFU			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
<p>Leave the lentils to soak overnight and then cook using the soaking water and spices. Cut the carrots into thin slices and add 10 mins before the end of the cooking time.</p> <p>Dice the tofu, brown briefly in the oil and add to the stew. Season with tomato puree, herbs and spices. If the stew is too thick, add more water.</p> <p>Dessert: tolerated fruit.</p>			

### Lentil Burgers

<b>Per serving</b>	Proteins:	29,7g	<b>Directions</b>
	Carbohydrates:	88,8g	
	Bread exchange:	7,4	
	Fats:	9g	
	Kcal:	587	
	KJ	2456	
Specialty: German			
Meal type: Vegetarian			
<b>Servings: 1</b>		<b>Ingredients:</b>	
100 g LENTILS			
50 g ONION			
5 g FRESH GARLIC			
WATER			
15 g CORN FLOUR			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
200 g POTATOES BOILED IN THEIR JACKET			
<p>Puree the lentils. Clean the onions and garlic, cut up small, add to the lentils and season to taste. Add as much liquid and also some flour, if required, until the paste is firm. Roll 1 tbsp puree in some flour at a time and make the burgers out of this.</p> <p>Heat up some oil in a pan and fry the burgers on both sides until brown.</p> <p>A fresh salad goes well with this.</p> <p>Dessert: tolerated fruit.</p>			

### Cabbage Rolls with Buckwheat Filling

<b>Per serving</b>	Proteins:	2,0g	<b>Directions</b>
	Carbohydrates:	10,0g	
	Bread exchange:	0,8	
	Fats:	1,0g	
	Kcal:	62	
	KJ	259	
Specialty: German			
Meal type: Vegetarian			
<b>Servings: 4</b>		<b>Ingredients:</b>	
1000 g WHITE CABBAGE			
150 g BUCKWHEAT			
400 ml WATER			
SALT			
100 g ONION			
10 ml OIL			
425 g CANNED PEELED TOMATOES			
SPICES (DEPENDING ON THE TOLERANCE)			

Boil the white cabbage in saltwater for ca. 20 minutes. Take the leaves out carefully. Stretch the leaves out for ca. 4-6 rolls. Grind the buckwheat coarsely and simmer with bay leaves, salt, pepper and diced onion for ca. 20-30 minutes, take out the bay leaves, pour the water off. Mix them with vegetarian paste, oil, wholemeal crumbs and spices and distribute onto the cabbage leaves. Roll up and tie with thread.

Brown the rolls in hot vegetable oil, add some water or tomato broth, cover and let them braise for ca. 30-40 minutes. Add the tomatoes and season.

### Buckwheat Porridge with Tofu

<b>Per serving</b>	Proteins:	2,0g	<b>Directions</b>
	Carbohydrates:	11,1g	
	Bread exchange:	0,9	
	Fats:	2,9g	
	Kcal:	79	
	KJ	329	
Specialty: German			
Meal type: Vegetarian			
<b>Servings: 4</b>		<b>Ingredients:</b>	
225 g BUCKWHEAT			
100 g RED PEPPER			
150 g RAW ONION			
6 g FRESH GARLIC			
100 g TOFU			
500 ml WATER			
SALT			
20 ml OIL			
20 g COMMON MARGARINE			
SPICES (DEPENDING ON THE TOLERANCE)			

Grind the buckwheat coarsely and let soak in water for 2-3 hours.

Brown the chopped onion and the paprika lightly in vegetable fat and mix with the buckwheat. Simmer for ca. 20-30 minutes. Add oil and season with pepper, salt and spices. Add different herbs to taste and tolerance. Put the paste in a previously greased ovenproof dish. Sprinkle with some tofu and bake at 200°C for ca 35-45 minutes.

It goes well with tomato salad and onions.

### Millet Potato Fritter

<b>Per serving</b>	Proteins:	2,0g	<b>Directions</b>
	Carbohydrates:	9,8g	
	Bread exchange:	0,8	
	Fats:	1,7g	
	Kcal: KJ	64 267	
Specialty: German			<p>Peel and grate the potatoes and let drain on a sieve. Mix the millet flakes, soy flour, oil and grated onion with the potatoes and season with salt and nutmeg. Heat some oil in a pan, add the mixture with a soup spoon and fry on both sides until golden-brown. Add fat as needed!</p> <p>It goes well with apple sauce.</p>
Meal type: Vegetarian			
Servings: 4			
Ingredients:			
50 g MILLET			
20 g SOY BEAN FLOUR			
SALT			
20 ml OIL			
800 g BAKED POTATOES			
100 g RAW ONION			
NUTMEG			

### Kidney Bean Casserole

<b>Per serving</b>	Proteins:	22,0g	<b>Directions</b>
	Carbohydrates:	75,2g	
	Bread exchange:	6,3	
	Fats:	8g	
	Kcal: KJ	464 1941	
Specialty: German			<p>Leave the kidney beans to drain. Cut the onion and garlic up small and brown in oil. Dice the pepper, add and briefly stew together.</p> <p>Also dice the potatoes, add to the other ingredients with the strained kidney beans and cook for approx. 20 mins.</p> <p>Add some water if required. Season altogether and serve sprinkled with herbs.</p> <p>Dessert: tolerated fruit.</p>
Meal type: Vegetarian			
Servings: 1			
Ingredients:			
200 g KIDNEY BEANS			
50 g ONION			
200 g GREEN OR YELLOW PEPPERS			
5 g FRESH GARLIC			
7 ml OIL			
200 g BAKED POTATOES			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			

### Corn Noodles in a Tomato and Mushroom Sauce

<b>Per serving</b>	Proteins:	18,8g	<b>Directions</b>
	Carbohydrates:	78,6g	
	Bread exchange:	6,6	
	Fats:	16,2g	
	Kcal:	596	
	KJ	2494	
Specialty: German			
Meal type: Vegetarian			
<b>Servings: 1</b>		<b>Ingredients:</b>	
350 g CANNED PEELED TOMATOES			
250 g CHAMPIGNONS			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
150 g TOFU			
80 g EGG-FREE CORN NOODLES			
<p>Cook the corn noodles in salted water. Fry the button mushrooms in oil and add the tomatoes. The tomatoes can be cut slightly smaller beforehand if required. Season altogether.</p> <p>Dice the tofu, mix up the sauce before serving and serve with the corn noodles.</p> <p>Dessert: tolerated fruit.</p>			

### Rice in a Tomato and Mushroom Sauce

<b>Per serving</b>	Proteins:	20,6g	<b>Directions</b>
	Carbohydrates:	74,2g	
	Bread exchange:	6,2	
	Fats:	15,3g	
	Kcal:	559	
	KJ	2339	
Specialty: German			
Meal type: Vegetarian			
<b>Servings: 1</b>		<b>Ingredients:</b>	
80 g POLISHED RICE			
350 g CANNED PEELED TOMATOES			
250 g CHAMPIGNONS			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			
TOLERATED HERBS			
150 g TOFU			
<p>Cook the rice in salted water. Fry the button mushrooms in oil and add the tomatoes. The tomatoes can be cut slightly smaller beforehand if required. Season altogether.</p> <p>Dice the tofu, mix up the sauce before serving and serve with the rice.</p> <p>Dessert: tolerated fruit.</p>			

### Potato-Spinach-Casserole with Soy

<b>Per serving</b>	Proteins:	3,8g	<b>Directions</b>
	Carbohydrates:	6,7g	
	Bread exchange:	0,6	
	Fats:	8,9g	
	Kcal: KJ	167 699	
Specialty: German			<p>Cut off the spinach leaves from the stem and wash them several times in a bowl with fresh water till the water remains clear. Cut the leaves in narrow stripes. Cut the onions and the tofu in cubes.</p> <p>Briefly stew the onions, the spinach and the tofu. Season with salt and grated nutmeg. Put aside, cover it and let it rest.</p> <p>Peel and slice the potatoes finely. Arrange the potato slices in the shape of a fan on a greased griddle. Sprinkle some salt. Put the tomato slices on it. Cover everything with the spinach-tofu paste and pour the soy milk over it all.</p> <p>Baking: In the middle of the preheated oven at 175 °C for ca. 30 minutes.</p>
Meal type: Vegetarian			
<b>Servings: 2</b>	<b>Ingredients:</b>		
100 g COOKED SPINACH			
100 g TOFU			
30 g ONION			
SALT			
30 ml OIL			
100 g RAW TOMATOES			
150 g BAKED POTATOES			
250 ml SOYMILK			
SPICES (DEPENDING ON THE TOLERANCE)			

### Winter Potato Pan

<b>Per serving</b>	Proteins:	4,2g	<b>Directions</b>
	Carbohydrates:	23,6g	
	Bread exchange:	2,0	
	Fats:	0,3g	
	Kcal: KJ	114 479	
Specialty: German			<p>Peel and slice finely the potatoes. Sprinkle with lemon juice. Halve the leek on length and cut into wide strips. Peel and cut the beetroot into quarters, then into strips.</p> <p>First roast the potatoes in oil. Add the remaining vegetables, put them into the pan and continue roasting for about 15 minutes. In the end, you may sprinkle ground nuts over the vegetables.</p>
Meal type: Vegetarian			
<b>Servings: 2</b>	<b>Ingredients:</b>		
LEMON JUICE			
OIL			
500 g BAKED POTATOES			
200 g RAW LEEK			
150 g BEETROOT (TURNIP)			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

### Corn Dish

<b>Per serving</b>	Proteins:	2,3g	<b>Directions</b>
	Carbohydrates:	42,3g	
	Bread exchange:	3,5	
	Fats:	4,2g	
	Kcal:	242	
	KJ	1015	
Specialty: German			<p>Drain off the corn. Take out 2 spoons of it, mash the rest and add the milk. Add the egg replacement, the corn flour, the baking powder and the oil (depending on the rotation and on the tolerance) and stir until smooth.</p> <p>Add the basil and the put-aside the corn, season everything with salt and pepper and let rise. Model small rolls and fry them in the pan. It goes very well with tomato juice.</p>
Meal type: Vegetarian			
<b>Servings: 2</b>	<b>Ingredients:</b>		
SALT			
7 ml OIL			
230 g CANNED SWEET CORN			
7 g EGG SUBSTITUTE			
10 g WINESTONE BAKING POWDER			
30 g CORN FLOUR			
80 ml SOYMILK			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

### Kale-Millet Dish

<b>Per serving</b>	Proteins:	7,7g	<b>Directions</b>
	Carbohydrates:	38,5g	
	Bread exchange:	3,2	
	Fats:	9,5g	
	Kcal:	281	
	KJ	1176	
Specialty: German			<p>Wash kale and pull off the leaves into small pieces. Dice a medium sized onion and slice the carrots.</p> <p>Lightly braise the onion in oil until transparent. Add the kale and the carrot slices and fry at low heat for 10-15 minutes while stirring. Mix in some cooked millet at the end.</p>
Meal type: Vegetarian			
<b>Servings: 1</b>	<b>Ingredients:</b>		
150 g COOKED COLLARD			
100 g RAW ONION			
75 g RAW CARROTS			
40 g MILLET			
7 ml OIL			
SPICES (DEPENDING ON THE TOLERANCE)			

## Baked Potatoes

<b>Per serving</b>	Proteins:	1,5g	<b>Directions</b>
	Carbohydrates:	9,6g	
	Bread exchange:	0,8	
	Fats:	1,0g	
	Kcal:	54	
	KJ	225	
Specialty: German			
Meal type: Vegetarian			
Servings: 4    Ingredients:			
900 g BAKED POTATOES			
300 g RAW ONION			
14 ml OIL			

Peel and slice the potatoes (6). Roughly chop the red onion.  
 Lightly braise the onion in oil for 5 minutes, until transparent.  
 Put the potatoes and the onion layer-like into an ovenproof dish. The top layer consists of onion. Sprinkle some salt over each potato layer.  
 Baking: In the cold oven, at 200°C for about 1 hour, until the potatoes are through. Eventually cover the dish.  
 A tasty side dish to fish.

## Dessert

### Corn Pancake

<b>Per serving</b>	Proteins:	1,3g	<b>Directions</b>
	Carbohydrates:	10,4g	
	Bread exchange:	0,9	
	Fats:	3,0g	
	Kcal:	90	
	KJ	377	
Specialty: German			
Meal type: Dessert			
Servings: 4    Ingredients:			
450 ml SOYMILK			
250 g CORN FLOUR			
SALT			
40 ml OIL			

Make a dough out of corn flour, soy milk (or regular milk) and salt.  
 Heat some oil in a pan and pour the dough into it. Fry the pancake on both sides until golden.  
 It goes well with boiled vegetables

### Ice Lolly

<b>Per serving</b>	Proteins:	0g	<b>Directions</b>
	Carbohydrates:	0,6g	
	Bread exchange:	0,1	
	Fats:	0g	
	Kcal:	3	
	KJ	11	
Specialty: German			<p>Mix juice and jam (to your own taste and tolerance) and distribute it into forms. Leave some space around the filling because it rises while freezing.</p> <p>Put the forms into the freezer and let them there until frozen.</p>
Meal type: Dessert			
<b>Servings: 8</b>	<b>Ingredients:</b>		
20 g JAMS JELLIES			
250 ml FRUIT JUICE 100%			

### Tofu Cream with Fruits

<b>Per serving</b>	Proteins:	0,9g	<b>Directions</b>
	Carbohydrates:	6,2g	
	Bread exchange:	0,5	
	Fats:	0,6g	
	Kcal:	34	
	KJ	140	
Specialty: German			<p>Put the apricots into boiling water, rinse with cold water, peel and cut into quarters.</p> <p>Wash, clean and halve the strawberries. Mix the fruits.</p> <p>Mix the tofu with lemon and apple juice until creamy. Add the grated lemon peel and the honey.</p> <p>Pour the chilled tofu cream on 4 dessert plates and spread the fruits over.</p>
Meal type: Dessert			
<b>Servings: 4</b>	<b>Ingredients:</b>		
150 g FRESH APRICOT			
500 g STRAWBERRY			
125 g TOFU			
6 ml LEMON JUICE			
100 ml CANNED APPLE JUICE			
50 g HONEY			
LEMON PEEL			

### Rice Pudding

<b>Per serving</b>	Proteins:	0,3g	<b>Directions</b>
	Carbohydrates:	7,0g	
	Bread exchange:	0,6	
	Fats:	1,2g	
	Kcal: KJ	36 149	
Specialty: German			<p><b>Preparation:</b></p> <p>Cut the apricots into small pieces. Simmer the milk, the rice, the cinnamon and the lemon peel for about 35 minutes. Let chill. Mix the tofu with water until smooth then add it together with the apricots to the milk rice.</p> <p>Grease a pudding form. Fill with the dough, cover with a lid and let simmer in a water bath for 50-60 minutes. Let the pudding chill, take it out and serve with fruits.</p> <p>Tip! You may replace the apricots with another fruit, depending on your tolerance.</p>
Meal type: Dessert			
Servings: 6			
Ingredients:			
200 g MILK RICE			
450 ml RICE MILK			
CINNAMON			
40 g HONEY			
LEMON PEEL			
SEASALT			
200 g FRESH APRICOT			
100 g TOFU			
120 ml SODA WATER			
30 g CLEARED BUTTER			

### Ice lolly

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

### Millet Cream

<b>Per serving</b>	Proteins:	2,1g	<b>Directions</b>
	Carbohydrates:	8,1g	
	Bread exchange:	0,7	
	Fats:	4,4g	
	Kcal:	122	
		KJ	509
Specialty: German			
Meal type: Dessert			
<b>Servings: 4</b>		Ingredients:	
200 g MILLET			
100 g HAZELNUT			
5 ml LEMON JUICE			
1000 ml SOYMILK			

Bring the soy drink to a boil, add the ground millet and stew at low heat for 5-10 minutes. Let chill, then season with lemon juice and hazelnuts, put in a cold place.

### Grill Banana

<b>Per serving</b>	Proteins:	1,6g	<b>Directions</b>
	Carbohydrates:	31,5g	
	Bread exchange:	2,6	
	Fats:	0,5g	
	Kcal:	134	
		KJ	561
Specialty: German			
Meal type: Dessert			
<b>Servings: 1</b>		Ingredients:	
150 g BANANA			

Cut the banana lengthwise and put it with on the grill. When the peel becomes brown spoon up the pulp. In addition, you may sprinkle, depending on your tolerance, some cinnamon, curry or vanilla over.

## Cakes

### Rice Muffin

<b>Per serving</b>	Proteins:	0,1g	<b>Directions</b>
	Carbohydrates:	1,4g	
	Bread exchange:	0,1	
	Fats:	0,3g	
	Kcal: KJ	8 36	
Specialty: German			<p><b>Preparation:</b></p> <p>Mix the rice flour with baking powder, carob flour and salt in a bowl. Add butter and water and knead everything into a smooth dough.</p> <p>Grease a muffin form with butter and fill 2/3<sup>rd</sup> of it with dough. Press on the dough with a wet spoon then bake in the preheated oven at 200° for about 25 minutes.</p> <p>Let chill in the form.</p> <p>Tip! You can also add some cocoa powder or different nut sorts, depending on your tolerance.</p>
Meal type: Cakes			
Servings: 12			
Ingredients:			
250 g RICE FLOUR			
21 g WINESTONE BAKING POWDER			
7 g CAROB KERNEL FLOUR			
SEASALT			
40 g CLEARED BUTTER			
310 ml SODA WATER			

### Corn Cookies

<b>Per serving</b>	Proteins:	0,4g	<b>Directions</b>
	Carbohydrates:	5,0g	
	Bread exchange:	0,4	
	Fats:	2,1g	
	Kcal: KJ	40 167	
Specialty: German			<p><b>Preparation:</b></p> <p>Mix the corn flour, the cornstarch, the lemon peel and some salt in a bowl. Add the butter in flakes to the mixture. Knead everything with your hands into a dough. Add the honey and some water. Knead everything with your hands into a smooth dough.</p> <p>Wrap the dough in a cling film and form a long roll. Put to chill for at least 2 hours.</p> <p>Cover a baking tray with baking paper. Remove the foil and cut the roll into 1 cm thick slices, put them on a baking tin and bake at 175° for 15 minutes.</p> <p>Store the chilled cookies in a tin box.</p>
Meal type: Cakes			
Servings: 6			
Ingredients:			
150 g CORN FLOUR			
30 g MAIZE STARCH			
LEMON PEEL			
70 g HONEY			
SALT			
70 g CLEARED BUTTER			
21 ml WATER			

### Apricot Balls

<b>Per serving</b>	Proteins:	0,3g	<b>Directions</b>
	Carbohydrates:	1,4g	
	Bread exchange:	0,1	
	Fats:	2,0g	
	Kcal:	25	
		KJ	106
Specialty: German			
Meal type: Cakes			
<b>Servings: 8</b>		Ingredients:	
200 g DRY APRICOT			
200 g COCONUT FLAKES			

Soak the apricots in warm water for 2-3 hours. Drain the water and dry well.  
Chop the apricots. Add half of the grated coconut and puree.  
Put the mixture in a bowl, add the remaining grated coconut and knead everything to a homogenous dough.  
Form balls out of the dough and eventually coat with chocolate. Chill the apricot balls.

### Millet muffins

<b>Per serving</b>	Proteins:	0,7g	<b>Directions</b>
	Carbohydrates:	5,9g	
	Bread exchange:	0,5	
	Fats:	1,1g	
	Kcal:	36	
		KJ	151
Specialty: German			
Meal type: Cakes			
<b>Servings: 6</b>		Ingredients:	
250 g MILLET FLOUR			
7 g GUAR FLOUR			
16 g WINESTONE BAKING POWDER			
SALT			
50 g HONEY			
30 ml OIL			
320 ml SODA WATER			
OIL			

Oil the muffin tins.

Mix millet flour, guar flour, tartar baking powder and sea salt well, then add oil, honey and water. Beat the mixture with the whisk until the dough is smooth.

Fill the muffin tins 2/3 each with dough, smooth it out. Bake the muffins at 200 °C for 25 minutes in the pre-heated oven.

Allow the muffins to cool in the tins.

## Basics

### Buckwheat noodles

<b>Per serving</b>	Proteins:	6,8g	<b>Directions</b>
	Carbohydrates:	36,3g	
	Bread exchange:	3,0	
	Fats:	6,8g	
	Kcal:	237	
	KJ	992	
Specialty: German			
Meal type: Basics			
<b>Servings: 2</b>	<b>Ingredients:</b>		
225 g BUCKWHEAT FLOUR			
100 ml WATER			
25 g COMMON MARGARINE			
<p>Mix all ingredients the dough is smooth and elastic. If required, add a bit of water or flour.</p> <p>Then allow the dough to rest for at least 30 minutes in a covered bowl. Roll out the dough very thin on a floured tray and cut it into thin stripes. Cook the noodles in plenty of water and a dash of oil until they are firm to the bite. Strain the noodles and serve them immediately. A knob of fat or a bit of oil rounds off the taste.</p> <p>The noodles combine well with various sorts of vegetables.</p>			

### Baking powder

<b>Per serving</b>	Proteins:	0g	<b>Directions</b>
	Carbohydrates:	12,3g	
	Bread exchange:	1,0	
	Fats:	0g	
	Kcal:	51	
	KJ	213	
Specialty: German			
Meal type: Basics			
<b>Servings: 1</b>	<b>Ingredients:</b>		
7 g NATRON			
14 g MAIZE STARCH			
14 g ASCORBIC ACID (VITAMIN C)			
<p>Mix all ingredients. This quantity replaces a bag of traditional baking powder.</p> <p>Important: Always mix your baking powder freshly and do not prepare it ahead, otherwise it will clot.</p> <p>Source: Backen nach Ayurveda by P.&amp; J. Skibbe</p>			

### Gluten Free Bread

<b>Per serving</b>	Proteins:	0g	<b>Directions</b>
	Carbohydrates:	11,1g	
	Bread exchange:	0,9	
	Fats:	0,4g	
	Kcal:	51	
	KJ	215	
Specialty: German			<p>Mix gluten free flour (depending on your tolerance - quinoa, buckwheat, corn or millet flour) with the other ingredients and fill a baking tin.</p> <p>Bake at 220° for 15 minutes then at 180° for 40 minutes.</p> <p>Please pay attention, the egg quantities may vary. The standard quantity replaces 2 eggs.</p>
Meal type: Basics			
<b>Servings: 6</b>	<b>Ingredients:</b>		
400 g GLUTEN FREE FLOUR			
100 g STARCH			
20 g WINESTONE BAKING POWDER			
14 ml OIL			
10 g SALT			
28 g EGG SUBSTITUTE			
400 ml WATER			

### Quinoa Pancake

<b>Per serving</b>	Proteins:	1,8g	<b>Directions</b>
	Carbohydrates:	9,5g	
	Bread exchange:	0,8	
	Fats:	4,6g	
	Kcal:	85	
	KJ	357	
Specialty: German			<p><b>Preparation:</b></p> <p>Grind the quinoa finely.</p> <p>Mix all ingredients well. Heat up some oil or butter in a pan.</p> <p>Put small cakes in the pan, fry on one side then turn it over. Put the baked pancakes on kitchen crepe.</p> <p>It goes well with fresh salad.</p>
Meal type: Basics			
<b>Servings: 4</b>	<b>Ingredients:</b>		
220 g QUINOA			
SALT			
OREGANO			
PARSLEY, FINELY CUT			
300 ml SODA WATER			
60 ml OIL			

### Potato Cake

<b>Per serving</b>	Proteins:	2,8g	<b>Directions</b>
	Carbohydrates:	23,1g	
	Bread exchange:	1,9	
	Fats:	3,7g	
	Kcal:	137	
	KJ	573	
Specialty: German			<p>Peel 3 big, boiled potatoes and mash them. Mix with a big, finely grated carrot and 2 tbsp. potato flour. Season with salt and pepper to taste. Heat oil in a pan and add 1 tbsp. dough. Spread the dough and fry at medium heat on both sides until golden.</p>
Meal type: Basics			
Servings: 2			
Ingredients:			
450 g BAKED POTATOES			
25 g POTATO FLOUR (STARCH)			
75 g RAW CARROTS			
SALT			
14 ml OIL			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			

### Corn Dumplings

<b>Per serving</b>	Proteins:	6,6g	<b>Directions</b>
	Carbohydrates:	56,3g	
	Bread exchange:	4,7	
	Fats:	11,2g	
	Kcal:	352	
	KJ	1475	
Specialty: German			<p>Bring the water to a boil, season with salt. Add the corn semolina and stew at low heat for 30-40 minutes. Meanwhile, melt margarine and brown the breadcrumbs. When the corn semolina mixture is firm, put it on a warm plate with a spoon. Sprinkle with the crumbs. The balls can be served as a side dish to a spicy dish or also as main course with blueberries or other fruit.</p>
Meal type: Basics			
Servings: 2			
Ingredients:			
1000 ml WATER			
300 g MAIZE GRITS			
50 g COMMON MARGARINE			

### Tortilla

<b>Per serving</b>	Proteins:	3,1g	<b>Directions</b>
	Carbohydrates:	24,9g	
	Bread exchange:	2,1	
	Fats:	2,8g	
	Kcal: KJ	138 575	
Specialty: German			<p>Make a dough out of corn flour, salt and water (125-250 ml) and fry small patties in hot oil. This is the Mexicans' daily bread and can be found in different variations, such as with meat, vegetables or fish.</p>
Meal type: Basics			
Servings: 2			
Ingredients:			
150 g CORN FLOUR			
SALT			
125 ml WATER			
7 ml OIL			

### Millet Jelly

<b>Per serving</b>	Proteins:	3,3g	<b>Directions</b>
	Carbohydrates:	19,2g	
	Bread exchange:	1,6	
	Fats:	4,8g	
	Kcal: KJ	140 588	
Specialty: German			<p>Wash and clean the leek. Wash the carrots and slice finely. Cut the vegetables in small cubes and strips.</p> <p>Heat oil in a pan and braise the vegetables at medium heat. Add the millet and the vegetable broth and cook for about 10 minutes. Turn off the heat and let soak for 15 minutes.</p>
Meal type: Basics			
Servings: 2			
Ingredients:			
100 g MILLET			
200 g RAW CARROTS			
100 g RAW LEEK			
500 ml YEAST FREE VEGETABLE BROTH			
14 ml OIL			
SPICES AND HERBS (DEPENDING ON THE TOLERANCE)			