



Nutrition plan



1600 kcal

Dietitian Patrycja Olzyska

Summary of the menu

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast - 7:00						
Oatmeal with orange Amaranth in milk with strawberries		Sandwiches with egg paste and peppers	Millet with raspberries	Overnight oats with banana and butter nutty	Overnight oats with yogurt and kiwi	Overnight oats with fruit
II Breakfast - 11:00						
Chia pudding with banana and peanut butter	Cottage cheese with vegetables	Sandwiches with cold cuts and vegetables	Cocktail with spinach, cucumber and orange	Caesar salad	Caesar salad	Cocktail with raspberries and blueberries
Lunch - 16:00						
Pancakes with spinach	Turkey and zucchini cutlets with groats	Eggplant stuffed with chicken	Turkey with herbs Vegetable puree Misery	Lecho with shrimps	Baked cod Vegetable puree Coleslaw	Stuffed cabbage rolls without wrapping Tomato sauce
Dinner - 20:00						
Rice noodles with salmon and spinach	Rice noodles with salmon and spinach	Carrot cream soup	Spinach soup	Pumpkin cream soup Pumpkin seeds	Pumpkin cream soup Pumpkin seeds	potato salad
Kcal: 1672 W: 218.2 / B: 63.0 T: 67.9 / Bl: 39.4 yG: 81.9	Kcal: 1664 W: 227.8 / B: 87.1 T: 50.5 / Fl: 27.0 yG: 92.0	Kcal: 1539 W: 223.7 / B: 77.4 T: 45.5 / Fl: 32.2 yG: 100.3	Kcal: 1646 W: 262.5 / B: 70.8 T: 44.6 / Bl: 53.3 yG: 107.7	Kcal: 1502 W: 218.0 / B: 81.8 T: 46.9 / Fl: 37.6 yG: 85.2	Kcal: 1584 W: 224.8 / B: 78.8 T: 51.9 / Bl: 37.1 yG: 96.3	Kcal: 1586 W: 228.9 / B: 77.9 T: 49.3 / Bl: 36.2 yG: 74.9

Legend

Kcal: Energy, W: Carbohydrates, B: Protein, T: Fat, Bl: Fiber, GL: Glycemic load

Monday

BREAKFAST 7:00

Kcal: 459 W: 69.0 B: 14.1 T: 17.8 BI: 16.8 yG: 21.4

Oatmeal with orange

Cinnamon, 0.5 x Teaspoon (2 g)

Cloves, 0.3 x Teaspoon (1.5 g)

Orange, 1 x Piece (240 g)

Chia seeds, 2 x Teaspoon (14 g)

Oat flakes, 4 x Spoon (40 g)

Almond drink (unsweetened), 1 x glass (240 g)

Cook the cereal in milk with cinnamon and cloves.

Peel and cut the orange. Mix all ingredients together.

Almonds, 1 x Spoon (15 g)

II BREAKFAST 11:00

Kcal: 266 W: 35.3 B: 7.1 T: 12.1 BI: 8.0 yG: 14.7

Chia pudding with banana and peanut

butter Chia

seeds, 1 x spoon (12 g) mix the drink with chia seeds, peanut butter, 1 x spoon (10 g) peanut butter, set aside to swell.

Banana, 1 x Piece (120 g)

Peel the banana and cut it into slices, then almond

drink (unsweetened), 1 x glass (240, decorate the prepared dessert. g)

DINNER 16:00

Kcal: 482 W: 45.6 B: 19.1 T: 27.3 BI: 11.1 yG: 13.5

Pancakes with spinach

Egg, 1 x Piece (50 g)

Spinach, 4 x Handful (100 g)

Whole grain spelled flour, 3 x Spoon (45 g)

Milk 2% lactose-free, 0.25 x glass (60 g)

Tomato, 1 x Piece (170 g)

Olive oil, 2 x Tablespoon (20 g)

Add the ingredients for the pancake dough and mix until uniform. Add a teaspoon of oil and heat the other one in a pan. If the dough is too thick, add water. Fry the spinach with chopped tomatoes in olive oil. Then add the stuffing, wrap it up, put it in an ovenproof dish and bake in the oven for 10 minutes at 180 degrees.

DINNER 20:00

Kcal: 465 W: 68.3 B: 22.7 T: 10.7 BI: 3.5 yG: 32.3

Rice noodles with salmon and spinach

Salt, 1 x Pinch (0.5 g)
Black pepper, 1 x Pinch (0.5 g)
Parmesan cheese, 3 x Spoon (24 g)
Olive oil, 1 x teaspoon (5 g)
Rice noodles, 4 x Handful (160 g)
Smoked salmon, 1 x Package (100 g)
Spinach, 1 x Package (200 g)



Recipe for 2 servings

Prepare the pasta according to the instructions on the package.
Fry the salmon and spinach in olive oil and simmer for a few minutes. At the end of cooking, add cheese and mix. Add spices to taste. Mix the sauce with the pasta and serve with grated pasta parmesan cheese.

Eat 1 of 2 servings

TOTAL DAY Kcal: 1672 W: 218.2g B: 63.0g T: 67.9g BI: 39.4g GL: 81.9

Tuesday

BREAKFAST 7:00

Kcal: 447 W: 71.2 B: 19.3 T: 10.6 BI: 7.0 yG: 22.3

Amaranth on milk with strawberries

Amaranth (grains), 0.4 x Cup (80 g)
Milk 2% lactose-free, 1 x glass (240 g)
Strawberries, 2 x Handful (50 g)
Blueberries, 0.5 x Handful (25 g)

Cook the amaranth in milk according to the instructions on the package. Then add blueberries and strawberries (or other berries).

II BREAKFAST 11:00

Kcal: 275 W: 30.1 B: 15.2 T: 12.3 BI: 5.3 yG: 12.2

Cottage cheese with vegetables

Goat cottage cheese, 2 x Spoon (50 g)
Fresh cucumber, 1 x Piece (180 g)
Tomato, 1 x Piece (170 g)
Spelled bread, 1 x Slice (40 g)
Salt, 1 x Pinch (6 g)
Black pepper, 1 x Pinch (4 g)

Cut the cucumber and tomato into cubes and mix with the cottage cheese, season as desired and serve with a slice of bread.

DINNER 16:00

Kcal: 477 W: 58.2 B: 29.9 T: 16.9 Bl: 11.2 yG: 25.2

Turkey and zucchini cutlets with groats

Salt, 1 x Teaspoon (6 g)
 Black pepper, 1 x teaspoon (4 g)
 Cumin (seeds), 1 x teaspoon (5 g)
 Dried oregano, 1 x teaspoon (1 g)
 Minced turkey meat, 0.25 x Portion (25 g)
 Egg, 1 x Piece (50 g)
 Olive oil, 1 x teaspoon (5 g)
 Zucchini, 0.7 x Piece (420 g)
 Millet, 0.3 x cup (54 g)

Cook the groats according to the instructions on the package. Grate the zucchini, add salt and set aside, then squeeze out excess water. Add the egg, 1 tablespoon of groats and zucchini to the minced meat. Season to taste. Form cutlets and bake in the oven at 180 for about 25-30 minutes. Serve the cutlets with the remaining cooked groats.

DINNER 20:00

Kcal: 465 W: 68.3 B: 22.7 T: 10.7 Bl: 3.5 yG: 32.3

Rice noodles with salmon and spinach**Recipe for 2 servings**

The recipe is given above.

Eat 1 of 2 servings

TOTAL DAY Kcal: 1664 W: 227.8g B: 87.1g T: 50.5g Bl: 27.0g GL: 92.0

Wednesday**BREAKFAST 7:00**

Kcal: 484 W: 70.7 B: 30.2 T: 12.4 Bl: 6.4 yG: 33.9

Sandwiches with egg paste and peppers

Salt, 1 x Pinch (0.5 g)
 Black pepper, 0.5 x teaspoon (2 g)
 Red pepper, 0.5 x Piece (115 g)
 Egg, 1 x Piece (50 g)
 Butter lettuce, 1 x Handful (40 g)
 Low-fat cottage cheese, 0.25 x Package (62.5 g)

Hard boil the egg. Then grate them, add yogurt and cottage cheese. Mix everything thoroughly and season to taste. Apply the paste to the bread and add chopped peppers.

Spelled bread, 3 x Slice (120 g)
 Coconut yogurt (vegan), 4 x Spoon (80 g)

II BREAKFAST 11:00

Kcal: 324 W: 41.2 B: 17.9 T: 12.4 Bl: 4.5 yG: 21.3

Sandwiches with cold cuts and vegetables

Turkey meat, 1 x Slice (25 g)
Butter, 1 x teaspoon (5 g)
Fresh cucumber, 0.25 x Piece (45 g)
Radish, 2 x Piece (30 g)
Butter lettuce, 1 x Handful (40 g)
Spelled bread, 1 x Slice (40 g)

Recipe for 1 serving

Spread butter on the sandwiches. Add the meat, lettuce and the rest of the chopped toppings.

Eat 2 servings

DINNER 16:00

Kcal: 422 W: 65.3 B: 22.2 T: 9.0 Bl: 13.1 yG: 26.8

Eggplant stuffed with chicken

Eggplant, 1 x Piece (220 g)
Tomato, 1 x Piece (170 g)
Red pepper, 0.5 x Piece (115 g)
Black pepper, 0.3 x teaspoon (1.2 g)
Brown rice, 0.5 x Portion (50 g)
Olive oil, 0.5 x teaspoon (5 g)
Chicken breast, 0.6 x Portion (60 g)

Cut the eggplant in half and scoop out the center. Fry it with chicken and simmer for about 10 minutes. Cook the rice according to the instructions on the package. Chop the vegetables and add them to the pan, mix with the rice. Add spices to the stuffing. Fill the eggplants with the ready-made stuffing and bake the whole thing in the oven at 180 degrees for 20 minutes.

DINNER 20:00

Kcal: 309 W: 46.5 B: 7.1 T: 11.7 Bl: 8.2 yG: 18.3

Carrot cream soup

Vegetable broth, 1 x glass (240 g)
Carrots, 4 x Piece (180 g)
Rapeseed oil, 1 x Spoon (10 g)
Potato, 2 x Piece (150 g)
Greek yogurt, 1 x spoon (20 g)

Add chopped potato and carrot to the previously prepared broth and cook for about 15 minutes. Blend and serve with yogurt.

TOTAL DAY Kcal: 1539 W: 223.7g B: 77.4g T: 45.5g Bl: 32.2g GL: 100.3

Thursday

BREAKFAST 7:00

Kcal: 483 W: 90.8 B: 16.4 T: 8.2 BI: 16.3 ŷG: 41.8

Millet with raspberries

Millet flakes, 6 x Spoon (60 g) Cook millet flakes in lactose-free milk according to
Raspberry, 3 x Handful (210 g) instructions on the package, add a small amount of cocoa (powder without
added sugar), 1 x teaspoon (5 cocoa. Serve with berries.g)

Milk 2% lactose-free, 1 x glass (240 g)

Use lactose-free milk

II BREAKFAST 11:00

Kcal: 322 W: 72.9 B: 12.5 T: 1.9 BI: 18.9 ŷG: 21.3

Cocktail with spinach, cucumber and orange

Fresh cucumber, 1 x Piece (180 g)
Spinach, 3 x Handful (75 g)
Orange, 1 x Piece (240 g)
Parsley, 3 x Teaspoon (18 g)
Bottled water, 0.5 x Glass (120 g)

Recipe for 1 serving

Cut the orange and cucumber into small pieces and mix with the spinach and a glass of water until you get the right consistency. Garnish the finished cocktail with parsley.

Eat 2 servings

DINNER 16:00

Kcal: 473 W: 31.8 B: 30.2 T: 26.1 BI: 6.0 ŷG: 10.5

Turkey with herbs

Chicken breast, 1 x Portion (100 g)
Olive oil, 1 x Spoon (10 g)
Dark soy sauce, 1 x Spoon (10 g)
Fresh thyme, 1 x Handful (6 g)

Cut the turkey into medium pieces and place in a bowl. Add olive oil, garlic, thyme and soy sauce. Put in the fridge for about 30 minutes. Then bake in the oven for 25 minutes at 180 degrees.

Vegetable puree

Carrot, 1 x Piece (45 g)
Olive oil, 1 x Spoon (10 g)
Potato, 1 x Piece (75 g)

Cook all the vegetables. Then add olive oil to them and blend.

Misery

Salt, 1 x Pinch (0.5 g)
Black pepper, 1 x Pinch (4 g)
Lemon juice, 1 x teaspoon (3 g)
Fresh cucumber, 1 x Piece (180 g)
Natural yogurt, lactose-free, 0.5 x Package (75 g)

Cut the cucumbers. Add yogurt and mix. Season to taste.

Depending on your individual tolerance, you can use lactose-free yogurt.

DINNER 20:00

Kcal: 368 W: 67.0 B: 11.7 T: 8.4 Bl: 12.1 yG: 34.1

Spinach soup

Vegetable broth, 1 x glass (240 g)
Rapeseed oil, 1 x teaspoon (5 g)
Gluten-free pasta, 1 x glass (70 g)
Spinach, 1 x Package (200 g)
Coconut yogurt (vegan), 1 x Spoon (20 g)

Add spinach to the broth and cook for a few more minutes.
Finally, blend. Serve with a spoonful of yogurt
and pasta cooked according to instructions.

TOTAL DAY Kcal: 1646 W: 262.5g B: 70.8g T: 44.6g Bl: 53.3g GL: 107.7

Friday

BREAKFAST 7:00

Kcal: 414 W: 71.8 B: 11.8 T: 11.4 Bl: 7.6 yG: 29.6

Overnight oats with banana and butter

nutty

Banana, 1 x Piece (120 g)
Oat flakes, 6 x Spoon (60 g)
Almond drink (unsweetened), 1.5 x glass (360 g)

Mix oatmeal with almond drink and peanut butter in a jar. Place in the
fridge overnight. In the morning, warm it up and add chopped banana.

Peanut butter, 0.5 x Tablespoon (5 g)

You can also use another plant drink or lactose-free milk.

II BREAKFAST 11:00

Kcal: 334 W: 48.2 B: 20.8 T: 8.9 BI: 7.1 ĳG: 22.5

Caesar salad

Tomato, 1 x Piece (170 g)
Lemon juice, 2 x Teaspoon (6 g)
Dried oregano, 2 x Pinch (0.6 g)
Iceberg lettuce, 4 x Handful (160 g)
Red pepper, 1 x Piece (230 g)
Chicken breast, 1 x Portion (100 g)
Olive oil, 1 x teaspoon (5 g)
Spelled bread, 4 x Slice (160 g)
Sesame (seeds), 2 x Teaspoon (10 g)

Eat 1 of 2 servings



Recipe for 2 servings

Cut the meat, marinate it in olive oil and oregano, and then fry it in a pan. Chop the vegetables and mix with lettuce and meat. Pour a tablespoon of olive oil and lemon juice with sesame seeds.

DINNER 16:00

Kcal: 516 W: 77.2 B: 41.0 T: 10.2 BI: 18.3 ĳG: 23.6

Lecho with shrimps

Shrimps, 5 x Piece (100 g)
Buckwheat groats, 0.7 x Portion (70 g)
Canned tomatoes, 1 x Package (240 g)
Red pepper, 0.5 x Piece (115 g)
Olive oil, 0.5 x Tablespoon (5 g)
Zucchini, 0.5 x Piece (300 g)
Salt, 0.5 x Teaspoon (3 g)
Black pepper, 1 x teaspoon (4 g)

Fry the chopped vegetables in olive oil. Add shrimp. Season to taste. Add tomatoes and simmer for 10 minutes covered. Serve with cooked groats.

DINNER 20:00

Kcal: 238 W: 20.8 B: 8.2 T: 16.4 BI: 4.6 ĳG: 9.5

Pumpkin cream soup

Ground turmeric, 3 x Pinch (15 g)
Dried oregano, 1 x Pinch (0.3 g)
Salt, 1 x Pinch (6 g)
Cayenne pepper, 1 x Pinch (4 g)
Black pepper, 1 x Pinch (4 g)
Vegetable broth, 2 x Glass (480 g)
Canned tomatoes, 1 x Package (240 g)
Pumpkin, 1 x Piece (900 g)
Coconut milk (condensed), 0.7 x
Packaging (175 g)

Eat 1 of 5 servings



Recipe for 5 servings

Cut the pumpkin into pieces, scoop out the seeds with a spoon, then bake in the oven for about 70 minutes at 190°C. Add the peeled pumpkin, tomatoes and coconut milk to the broth and blend everything until smooth. Season to taste and serve with pumpkin seeds.

Products

Pumpkin seeds, 3 x teaspoon (15 g)

TOTAL DAY Kcal: 1502 W: 218.0g B: 81.8g T: 46.9g BI: 37.6g GL: 85.2

Saturday

BREAKFAST 7:00

Kcal: 409 W: 76.1 B: 13.5 T: 9.6 BI: 10.3 yG: 28.5

Overnight oats with yogurt and kiwi

Kiwi, 1 x Piece (75 g)
Chia seeds, 1 x teaspoon (5 g)
Mandarin, 1 x Piece (65 g)
Oat flakes, 6 x Spoon (60 g)
Oat bran, 1 x Spoon (7 g)
Natural yogurt, lactose-free, 0.5 x Package (75 g)

The day before, mix oatmeal with chia seeds and yogurt and leave in the fridge overnight.

In the morning, add peeled and chopped kiwi, tangerine and oat bran.

Depending on individual tolerance, you can use lactose-free yogurt.

II BREAKFAST 11:00

Kcal: 334 W: 48.2 B: 20.8 T: 8.9 BI: 7.1 yG: 22.5

Caesar salad



Recipe for 2 servings

The recipe is given above.

Eat 1 of 2 servings

DINNER 16:00

Kcal: 603 W: 79.7 B: 36.3 T: 17.0 BI: 15.1 yG: 35.8

Baked cod

Black pepper, 0.5 x teaspoon (2 g)
Salt, 1 x Pinch (0.5 g)
Olive oil, 1 x teaspoon (5 g)
Parsley, 1 x teaspoon (6 g)
Cod, 1.5 x Portion (150 g)

Set the oven to 200 degrees. Season the fillet on both sides. Bake for approx. 10 minutes. Sprinkle the finished fish with lemon juice.

Vegetable puree

Olive oil, 1 x teaspoon (5 g)
Potato, 4 x Piece (300 g)
Carrots, 3 x Piece (135 g)

Cook all the vegetables. Then add olive oil and blend.

Coleslaw

Salt, 1 x Pinch (0.5 g)
Linseed oil, 1 x teaspoon (5 g)
White cabbage, 0.6 x glass (66 g)
Carrots, 2 x Piece (90 g)

Grate the carrots, cut the cabbage. Add oil, spices and mix together.

DINNER 20:00

Kcal: 238 W: 20.8 B: 8.2 T: 16.4 Bl: 4.6 yG: 9.5

Pumpkin cream soup



Recipe for 5 servings

The recipe is given above.

Eat 1 of 5 servings

Products

Pumpkin seeds, 3 x teaspoon (15 g)

TOTAL DAY Kcal: 1584 W: 224.8g B: 78.8g T: 51.9g Bl: 37.1g GL: 96.3

Sunday

BREAKFAST 7:00

Kcal: 480 W: 80.5 B: 14.8 T: 14.4 Bl: 8.3 yG: 24.7

Overnight oatmeal with fruit

Natural yogurt, lactose-free, 1 x Package (150 g)

Blueberries, 3 x Handful (150 g)

Desiccated coconut, 2 x Spoon (12 g)

Oat flakes, 6 x Spoon (60 g)

Mix oatmeal with yogurt and shavings coconut in a jar. Place in the fridge overnight. In the morning, add fruit.

Depending on individual tolerance, you can use lactose-free yogurt.

II BREAKFAST 11:00

Kcal: 322 W: 55.2 B: 4.3 T: 12.8 Bl: 11.5 yG: 8.6

Cocktail with raspberries and blueberries

Raspberries, 1 x Handful (70 g)

Blueberries, 1 x Handful (50 g)

Coconut yogurt (vegan), 0.75 x Package (120 g)

Recipe for 1 serving

Mix kefir with fruit.

Eat 2 servings

DINNER 16:00

Kcal: 441 W: 43.3 B: 27.9 T: 19.7 BI: 8.7 yG: 15.3

Stuffed cabbage rolls without wrapping

White cabbage, 0.3 x glass (33 g)
Minced turkey meat, 1 x Portion (100 g)
Salt, 0.3 x Teaspoon (1.8 g)
Black pepper, 0.3 x teaspoon (1.2 g)
Rapeseed oil, 1 x Spoon (10 g)
Buckwheat groats, 0.5 x Portion (50 g)

Cook the groats in salted water according to the instructions on the package. Add oil to the pan. Fry the meat in a pan for about 5 minutes, stirring while doing so. Add chopped cabbage and simmer for about 10 minutes. Season to taste, mix with groats.

Tomato sauce

Canned tomatoes, 0.5 x Package (120 g)
Salt, 0.3 x Teaspoon (1.8 g)
Black pepper, 0.3 x teaspoon (1.2 g)

Blend the tomatoes with chopped chili pepper and spices.

DINNER 20:00

Kcal: 343 W: 49.9 B: 30.9 T: 2.4 BI: 7.7 yG: 26.3

potato salad

Radish, 5 x Piece (75 g)
Chives, 2 x Spoon (10 g)
Lactose-free cottage cheese, 1 x Package (200 g)
Pickled cucumber, 1 x Piece (60 g)
Potato, 3 x Piece (225 g)

Boil the potatoes and cut them into cubes. Add cottage cheese and the rest of the chopped vegetables. Season to taste and mix.

TOTAL DAY Kcal: 1586 W: 228.9g B: 77.9g T: 49.3g BI: 36.2g GL: 74.9

shopping list

PRODUCT	QUANTITY	PRODUCT WEIGHT	QUANTITY	LIBRA
MEAT AND MEAT PRODUCTS				
Ground turkey meat	1.25 x portion	125 g		
Chicken breast	2.6 x portion	260 g		
Turkey meat	2 x slices	50 g		
DAIRY AND EGGS				
Egg	3 x pieces	150 g		
Greek yogurt 1 x spoon		20 g		
Coconut yogurt (vegan) 5 x spoon		100 g		
	1.5 x package	240 g		
Natural yogurt, lactose-free, 2 x 300 g package				
Milk 2% lactose-free 2.25 x glass		540 g		
Goat cottage cheese 2 x spoon		50 g		
Parmesan cheese 3 x spoon		24 g		
Low-fat cottage cheese	0.25x	62.5 g		
	packaging			
Lactose-free cottage cheese	1 x pack of 200 g			
DRINKS				
Almond drink (unsweetened)	3.5 x glass	840 g		
Lemon juice	3 x teaspoons	9 g		
Bottled water	1 x glass	240 g		
NUTS AND SEEDS				
Almonds	1 x spoon	15 g		
Chia seeds	3 x teaspoon	19 g		
	1 x spoon	12 g		
Pumpkin seeds	6 x teaspoon	30 g		
Sesame (seeds)	2 x teaspoon	10 g		
Coconut shrimps	2 x spoon	12 g		
FRUIT				
Banana	2 x pieces	240 g		
blueberry	5.5 x handful	275 g		
Kiwi	1 x piece	75 g		
Raspberries	5 x handful	350 g		
Tangerine	1 x piece	65 g		
Orange	3 x pieces	720 g		
Strawberries	2 x handful	50 g		
PREPARATIONS				
Pickled cucumber	1 x piece	60 g		
Canned tomatoes	1.9 x pack	456 g		
SPICES AND HERBS				
Cinnamon	0.5 x teaspoon	2 g		
Cloves	0.3 x teaspoon	1.5 g		
Cumin (seeds)	1 x teaspoon	5 g		
Ground turmeric	1.2 x pinch 7 x	6 g		
Parsley	teaspoon 1 x	42 g		
Dried oregano	teaspoon 2.4	1 g		
	x pinch 0.4 x	0.7 g		
Cayenne pepper	pinch 1.6 g			
Black pepper	3.4 x pinch 10.1 g			
	3.9 x teaspoon 15.6 g			
Salt	6.4 x pinch 10.9 g			
	2.1 x teaspoon 12.6 g			
Fresh thyme	1 x handful 6 g			
FISH				
Cod	1.5 x portion	150 g		
Shrimp	5 x pieces	100 g		
Smoked salmon	1 x pack of 100 g			
FATS				
Butter	2 x teaspoon	10 g		
Linseed oil	1 x teaspoon	5 g		
Canola oil	2 x spoon	20 g		
	1 x teaspoon	5 g		
olive oil	5.5 x teaspoon 30 g			
	4.5 x spoon 45 g			
VEGETABLES				
Eggplant	1 x piece	220 g		
Zucchini	1.2 x piece	720 g		
Pumpkin	0.4 x piece	360 g		
White cabbage	0.9 x glass 99 g			
Carrot	10 x pieces	450 g		
Fresh cucumber	4.5 x each	810 g		
Red pepper	2.5 x piece	575 g		
Tomato	4 x pieces	680 g		
Radish	9 x pieces	135 g		
Iceberg lettuce	4 x handful	160g		
Butter lettuce	3 x handful	120 g		

Chives	2 x spoon	10 g
Spinach	2 x 400 g pack	
	10 x handful	250 g
Potato	10 x pieces	750 g

CEREAL

Amaranth (grains)	0.4 x glass	80 g
Spelled bread	10 x slice	400 g
Buckwheat groats	1.2 x portion	120 g
Millet groats	0.3 x glass	54 g
Gluten-free pasta	1 x glass	70 g
Rice noodles	4 x handful	160g
Whole grain spelled flour	3 x spoon	45 g
Oat bran	1 x spoon	7 g
Millet flakes	6 x spoon	60 g
Oat flakes	22 x spoon	220 g
Brown rice	0.5 x portion	50 g

OTHER

Vegetable broth	2.8 x glass	672 g
Cocoa (powder without additives sugar)	1 x teaspoon	5 g
Peanut butter	1 x teaspoon	10 g
	0.5 x spoon	5 g
Coconut milk (condensed)	0.28 x packaging	70 g
Dark soy sauce	1 x spoon	10 g