

Martina Muster
Beispielstr. 1
33330 Musterstadt

Your personal ImuPro Basic Plus documents

Sample ID: 222222

Dear Martina Muster,

With this letter, you will receive your personal ImuPro test result as well as general information about food allergies type III and the links with chronic inflammation. This laboratory report contains your results for all the tested foods at a glance.

ImuPro is an extensive IgG food allergy laboratory test. Your blood has been analysed for the presence of specific IgG antibodies to particular foodstuffs. If high levels of these antibodies are present, this might indicate that you have a chronic inflammation caused by a delayed food allergy type III. Your individual ImuPro documents will help you to find out which foods are good for you and to pinpoint your individual "trigger foods". By avoiding the foods that might cause you problems, inflammatory processes can be reduced or even stopped and your body can recover.

The ImuPro concept consists of three phases:

1. Elimination phase
2. Provocation phase
3. Stabilisation phase

Within the framework of the ImuPro concept, you will find recommendations for a possible form and duration of the dietary change in your diagnostic documents. Please follow the instructions of your therapist first and foremost. **ImuPro shows you the way to the right food for you. And your path for better health.**

Important: ImuPro is only testing for elevated IgG antibodies towards foods. If you have an existing type I food allergy (IgE mediated) previously diagnosed either by a positive IgE test or by a skin prick test or if you have any other known food related issues, please do not start eating this particular food even if your ImuPro result does not show a reaction to it. IgE-mediated food allergies can cause severe reactions such as anaphylactic shock, rashes, vomiting, itching etc. **ImuPro identifies raised levels of IgG antibodies to foods and provides advice based on these findings. Based on the ImuPro result, we do not make any statements on IgE related allergies.**

If you have any questions about your ImuPro result or about food allergies type III, please contact us.

We wish you every success on the path to well-being and the restoration of your health.

With kind regards,

Your ImuPro Team

Martina Muster

date of birth: 03.03.1973 / age: 50 / sex: f / sample id: 222222

Individual laboratory result

ImuPro Basic Plus

	Rating	Number of foodstuffs
Specific IgG antibodies	■ Not elevated	165
	■ Elevated	9
	■ Highly elevated	6
Total	15 out of 180 tested allergens	

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Laboratory:

CTL & Ortholabor GmbH
Anemonenweg 3a
26160 Bad Zwischenahn
Germany

Sender:

Herr Ralf Mustermann

sample type	serum
sample id	222222
examination method	Enzyme-linked immunosorbent assay (ELISA)
date of report	27.01.2023
report authorized by	Uwe David, Allergologe

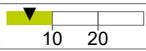
The information in your documents do not replace the medical advice of a trained health professional. The results obtained must always be interpreted in combination with the complete clinical picture. **Dietary changes must be made in consultation with a health professional, a relevant dietician or nutritional expert.** Please immediately consult your practitioner in case of any health-related concerns.

The specific IgG concentrations determined by this test offer the basis for an elimination and provocation diet. We do not claim that the determined IgG concentrations reflect the occurrence or the severity of serious clinical symptoms.

How to read your report

Notes on the individual laboratory results

List 1 shows the measurement results of the tested foods. The value in the $\mu\text{g/ml}$ column shows the measured concentration of IgG antibodies. The bar graph reports your concentration of IgG in three classes. Your personal measured value is represented by the black indicator above the coloured bar.

	$\mu\text{g/ml}$ IgG	Rating
Food 1	5	
Food 2	7	
Food 3	77	

The two numbers below the bar graph are the threshold values between the three reaction classes. The first number describes the analytical cut-off, i.e. the concentration above which we speak of "elevated" IgG antibodies. The second number is the threshold value above which the reaction class is referred as "strongly elevated".

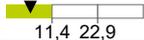
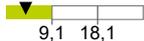
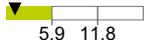
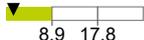
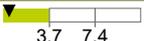
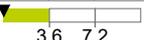
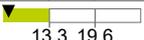
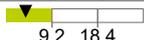
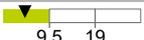
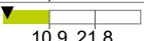
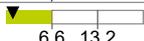
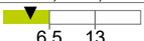
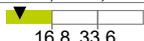
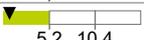
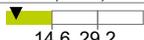
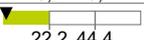
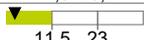
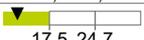
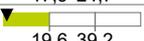
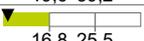
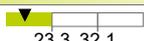
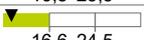
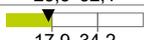
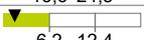
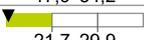
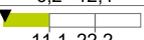
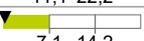
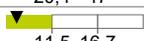
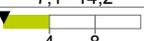
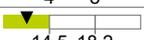
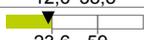
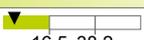
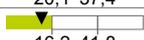
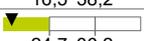
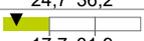
The **green** area: There are no elevated IgG antibodies.

The **orange** area: IgG antibodies were measured in the "elevated" reaction class.

The **red** area: IgG antibodies were measured in the "strongly elevated" reaction class.

List 1 - Individual laboratory result

ImuPro Basic Plus

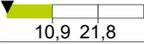
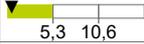
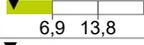
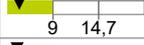
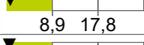
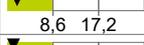
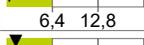
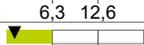
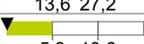
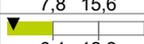
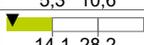
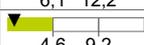
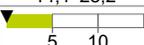
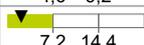
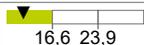
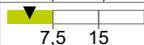
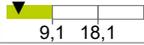
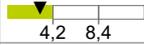
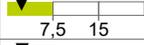
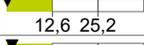
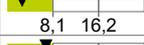
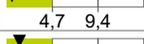
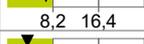
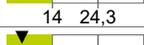
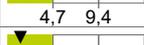
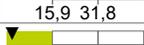
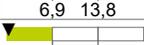
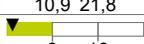
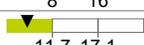
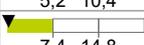
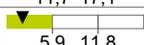
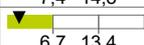
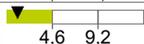
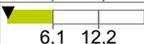
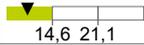
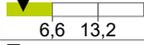
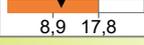
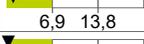
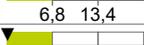
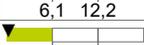
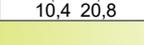
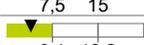
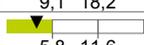
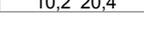
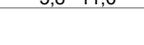
	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
Cereals containing gluten				Meat			
Barley*	< 2,5			Beef	6,0		
Gluten	35,6			Chicken	3,8		
Kamut*	< 2,5			Deer	< 2,5		
Rye*	6,4			Duck	< 2,5		
Spelt*	6,6			Goat	< 2,5		
Wheat*	5,4			Goose	< 2,5		
Cereals w/o gluten and alternatives				Hare			
Amaranth	< 2,5			Lamb	3,5		
Arrowroot	< 2,5			Ostrich	3,3		
Buckwheat	< 2,5			Pork	3,8		
Carob	4,4			Quail	< 2,5		
Cassava	< 2,5			Rabbit	< 2,5		
Fonio	3,7			Turkey	4,9		
Jerusalem artichoke	< 2,5			Veal	3,0		
Lupine	< 2,5			Venison	< 2,5		
Maize, sweet corn	5,2			Wild boar	3,2		
Millet	< 2,5			Milk products			
Oats	< 2,5			Camel's milk	9,4		
Quinoa	2,7			Goat: milk / cheese	16,4		
Rice	< 2,5			Halloumi	< 2,5		
Sweet chestnut	< 2,5			Kefir	21,2		
Sweet potato	< 2,5			Mare's milk	2,5		
Tapioca	< 2,5			Milk (cow)	31,3		
Teff	7,3			Milk (cow, cooked) ¹	21,6		
Eggs				Rennet cheese (cow)			
Chicken egg	3,8			Ricotta	12,4		
Goose eggs	4,2			Sheep: milk / cheese	19,7		
Quail eggs	4,8			Sour-milk prod. (cow)	26,5		

¹ The tested cow's milk was boiled for 30 min, cooled and the resulting skin was skimmed off.

* This type of cereal normally contains gluten. As the measured value for gluten exceeds the limit, the grain is excluded from the list of permitted foods. It may only be consumed in the form of "certified gluten-free" products. For technical reasons, the IgG antibodies against gluten and other species-specific grain antigens must be measured separately.

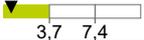
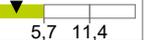
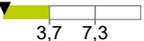
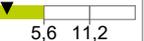
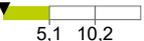
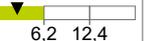
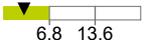
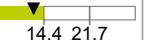
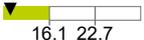
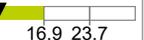
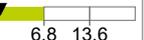
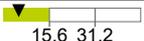
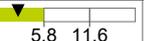
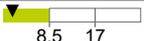
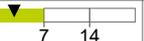
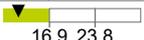
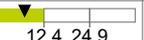
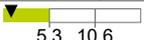
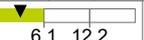
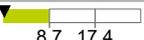
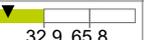
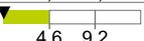
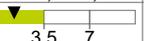
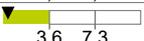
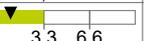
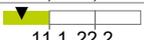
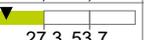
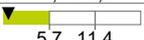
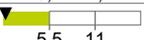
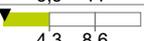
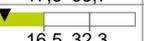
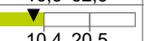
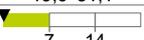
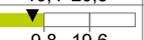
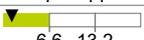
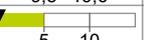
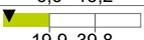
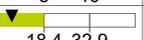
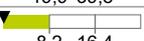
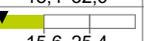
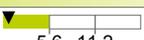
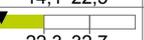
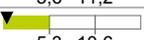
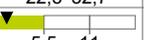
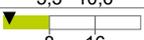
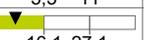
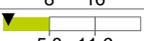
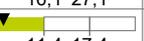
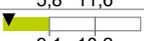
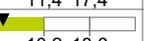
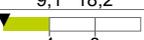
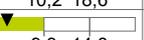
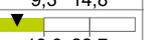
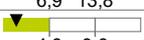
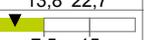
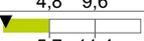
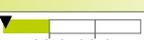
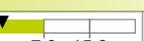
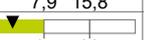
List 1 - Individual laboratory result

ImuPro Basic Plus

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
Vegetables				Vegetables			
Artichoke	< 2,5			Stalk celery	< 2,5		
Asparagus	< 2,5			Sweet pepper	< 2,5		
Aubergine	< 2,5			Tomato	< 2,5		
Beetroot	< 2,5			White cabbage	< 2,5		
Broad bean	< 2,5			Fish and seafood			
Broccoli	4,1			Anchovy	< 2,5		
Brussel sprouts	< 2,5			Carp	12,3		
Carrots	4,0			Cod, codling	< 2,5		
Cauliflower	< 2,5			Crayfish	< 2,5		
Celeriac, knob celery	< 2,5			Gilthead bream	< 2,5		
Chard, beet greens	< 2,5			Haddock	< 2,5		
Chickpeas	6,0			Hake	3,6		
Chili Cayenne	< 2,5			Halibut	3,0		
Chinese cabbage	< 2,5			Herring	< 2,5		
Courgette	< 2,5			Mackerel	2,6		
Cucumber	< 2,5			Ocean perch	6,9		
Green bean	3,8			Plaice	< 2,5		
Green pea	5,2			Pollock	4,5		
Kale, curled kale	< 2,5			Salmon	3,2		
Kohlrabi	< 2,5			Sardine	5,0		
Leek	< 2,5			Shark	< 2,5		
Lentil	5,2			Sole	< 2,5		
Mung bean	< 2,5			Squid, cuttlefish	< 2,5		
Olive	< 2,5			Swordfish	< 2,5		
Onion	6,6			Trout	4,0		
Parsnip	< 2,5			Tunafish	7,2		
Potato	< 2,5			Zander	10,5		
Pumpkin	< 2,5			Teas, coffee and tannin			
Radish (red/white)	< 2,5			Peppermint	< 2,5		
Red cabbage	< 2,5			Yeast			
Rutabaga	< 2,5			Yeast	4,2		
Savoy cabbage	< 2,5			Mushrooms			
Soy bean	4,8			Meadow mushrooms	11,3		
Spinach	3,7						

List 1 - Individual laboratory result

ImuPro Basic Plus

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
Fruits				Spices and herbs			
Apple	< 2,5			Basil	< 2,5		
Apricot	< 2,5			Chive	< 2,5		
Avocado	< 2,5			Cinnamon	2,5		
Banana	3,0			Garlic	11,1		
Cherry	< 2,5			Horseradish	< 2,5		
Date	< 2,5			Mustard seed	< 2,5		
Fig	5,0			Nutmeg	2,5		
Grape / Raisin	< 2,5			Oregano	< 2,5		
Kiwi	5,4			Paprika, spice	7,1		
Lemon	< 2,5			Parsley	2,9		
Lychee	< 2,5			Pepper, black	6,9		
Mango	< 2,5			Rosemary	< 2,5		
Nectarine	< 2,5			Thyme	< 2,5		
Orange	4,3			Vanilla	4,6		
Papaya	< 2,5			Seeds and nuts			
Peach	< 2,5			Almond	20,7		
Pear	< 2,5			Brazil nut	< 2,5		
Pineapple	23,3			Cashew kernels	8,0		
Plum	< 2,5			Cocoa bean	7,3		
Strawberry	< 2,5			Coconut	< 2,5		
Watermelon	< 2,5			Hazelnut	5,4		
Yellow plum	< 2,5			Linseed	< 2,5		
Salads				Macadamia nut			
Butterhead lettuce	< 2,5			Peanut	< 2,5		
Chicory	< 2,5			Pine nut	< 2,5		
Endive	< 2,5			Pistachio	6,0		
Iceberg lettuce	< 2,5			Poppy seeds	< 2,5		
Lamb's lettuce	< 2,5			Pumpkin seeds	< 2,5		
Lollo rosso	< 2,5			Sesame	< 2,5		
Radicchio	< 2,5			Sunflower seed	5,6		
Rocket	< 2,5			Walnut	2,7		
Romaine / Cos lettuce	< 2,5			Sweeteners			
Food additives				Cane sugar			
Guar flour (E 412)	< 2,5			Cane sugar	< 2,5		
				Honey (mixture)	4,6		

List 2 - Foods allowed and foods to avoid

Allowed in 4-day rotation					
Amaranth	Cherry	Green bean	Maize, sweet corn	Plum	Spinach
Anchovy	Chicken	Green pea	Mango	Pollock	Squid, cuttlefish
Apple	Chicken egg	Guar flour (E 412)	Mare's milk	Poppy seeds	Stalk celery
Apricot	Chickpeas	Haddock	Milk (cow, cooked)	Pork	Strawberry
Arrowroot	Chicory	Hake	Millet	Potato	Sunflower seed
Artichoke	Chili Cayenne	Halibut	Mung bean	Pumpkin	Sweet chestnut
Asparagus	Chinese cabbage	Halloumi	Mustard seed	Pumpkin seeds	Sweet pepper
Aubergine	Chive	Hare	Nectarine	Quail	Sweet potato
Avocado	Cinnamon	Hazelnut	Nutmeg	Quail eggs	Swordfish
Banana	Cocoa bean	Herring	Oats	Quinoa	Tapioca
Basil	Coconut	Honey (mixture)	Ocean perch	Rabbit	Teff
Beef	Cod, codling	Horseradish	Olive	Radicchio	Thyme
Beetroot	Courgette	Iceberg lettuce	Onion	Radish (red/white)	Tomato
Brazil nut	Crayfish	Jerusalem artichoke	Orange	Red cabbage	Trout
Broad bean	Cucumber	Kale, curled kale	Oregano	Rennet cheese (cow)	Tunafish
Broccoli	Date	Kiwi	Ostrich	Rice	Turkey
Brussel sprouts	Deer	Kohlrabi	Papaya	Ricotta	Vanilla
Buckwheat	Duck	Lamb	Paprika, spice	Rocket	Veal
Butterhead lettuce	Endive	Lamb's lettuce	Parsley	Romaine / Cos lettuce	Venison
Camel's milk	Fig	Leek	Parsnip	Rosemary	Walnut
Cane sugar	Fonio	Lemon	Peach	Rutabaga	Watermelon
Carob	Garlic	Lentil	Peanut	Salmon	White cabbage
Carrots	Gilthead bream	Linseed	Pear	Sardine	Wild boar
Cashew kernels	Goat	Lollo rosso	Pepper, black	Savoy cabbage	Yeast
Cassava	Goat: milk / cheese	Lupine	Peppermint	Sesame	Yellow plum
Cauliflower	Goose	Lychee	Pine nut	Shark	
Celeriac, knob celery	Goose eggs	Macadamia nut	Pistachio	Sole	
Chard, beet greens	Grape / Raisin	Mackerel	Plaice	Soy bean	
Foods with reaction strength 1: Avoid for at least 5 weeks					
Almond	Kefir	Milk (cow)	Sheep: milk / cheese	Zander	
Carp	Meadow mushrooms	Pineapple	Sour-milk prod. (cow)		
Foods with reaction strength 2: Avoid for at least 5 weeks					
Barley	Gluten	Kamut	Rye	Spelt	Wheat
Foods that have been additionally excluded from your diet plan					
No foods in this category					

List 3 - Rotation schedule

Tip: Build your individual rotation schedule

The rotation diet plan shown here is an example of how the rotation diet can be designed. You may like to choose your own selection of allowed foods for that day. What is most important is that each allowed food only appears once in the 4 day rotation plan.

	Day 1	Day 2	Day 3	Day 4
Cereals and starch				
	Amaranth	Arrowroot	Buckwheat	Carob
	Cassava	Fonio	Jerusalem artichoke	Lupine
	Maize, sweet corn	Millet	Oats	Quinoa
	Rice	Sweet chestnut	Sweet potato	Tapioca
	Teff			
Eggs				
	Chicken egg	Goose eggs	Quail eggs	
Meat				
	Beef	Chicken	Deer	Duck
	Goat	Goose	Hare	Lamb
	Ostrich	Pork	Quail	Rabbit
	Turkey	Veal	Venison	Wild boar
Milk products				
		Camel's milk		Goat: milk / cheese
		Halloumi		Mare's milk
		Milk (cow, cooked)		Rennet cheese (cow)
		Ricotta		
Vegetables				
	Artichoke	Asparagus	Aubergine	Beetroot
	Broad bean	Broccoli	Brussel sprouts	Carrots
	Cauliflower	Celeriac, knob celery	Chard, beet greens	Chickpeas
	Chili Cayenne	Chinese cabbage	Courgette	Cucumber
	Green bean	Green pea	Kale, curled kale	Kohlrabi
	Leek	Lentil	Mung bean	Olive
	Onion	Parsnip	Potato	Pumpkin
	Radish (red/white)	Red cabbage	Rutabaga	Savoy cabbage
	Soy bean	Spinach	Stalk celery	Sweet pepper
	Tomato	White cabbage		
Fish and seafood				
	Anchovy	Cod, codling	Crayfish	Gilthead bream
	Haddock	Hake	Halibut	Herring
	Mackerel	Ocean perch	Plaice	Pollock
	Salmon	Sardine	Shark	Sole
	Squid, cuttlefish	Swordfish	Trout	Tunafish
Teas, coffee and tannin				
	Peppermint			
Yeast				
	Yeast			

Martina Muster

date of birth: 03.03.1973 / age: 50 / sex: f / sample id: 222222

List 3 - Rotation schedule

	Day 1	Day 2	Day 3	Day 4
Fruits				
	Apple	Apricot	Avocado	Banana
	Cherry	Date	Fig	Grape / Raisin
	Kiwi	Lemon	Lychee	Mango
	Nectarine	Orange	Papaya	Peach
	Pear	Plum	Strawberry	Watermelon
	Yellow plum			
Salads				
	Butterhead lettuce	Chicory	Endive	Iceberg lettuce
	Lamb's lettuce	Lollo rosso	Radicchio	Rocket
	Romaine / Cos lettuce			
Spices and herbs				
	Basil	Chive	Cinnamon	Garlic
	Horseradish	Mustard seed	Nutmeg	Oregano
	Paprika, spice	Parsley	Pepper, black	Rosemary
	Thyme	Vanilla		
Seeds and nuts				
	Brazil nut	Cashew kernels	Cocoa bean	Coconut
	Hazelnut	Linseed	Macadamia nut	Peanut
	Pine nut	Pistachio	Poppy seeds	Pumpkin seeds
	Sesame	Sunflower seed	Walnut	
Sweeteners				
	Cane sugar	Honey (mixture)		

General recommendations

Your results: The test results show that you have raised IgG antibody titres to food(s). A monotonous diet, together with an increased permeability of the intestine, is assumed to be the reason for an IgG food allergy (type III). The amount of IgG-positive foods indicates that your gut permeability might be increased and that your immune system responds with an adverse reaction to foods which normally should not be recognised by your immune system. Every time the IgG positive foods are consumed, an inflammatory reaction occurs. This might weaken your entire body. Experience shows that the simple avoidance of the positively tested foods is not enough and a diet modification in accordance with the rotation principle is required.

The amount of IgG positive foods indicates that you suffer from an intestinal permeability (leakiness). Furthermore a disorder of the intestinal flora and / or the intestinal barrier may be present. It may be helpful to analyse the composition of your intestinal flora and the functionality of your intestinal barrier by means of a specialised stool analysis.

Diagnostics of the intestinal flora: IgG-mediated food allergy is commonly triggered or aggravated by disorders of the intestinal barrier. Therefore, intestinal diagnostics with subsequent recovery of the intestinal flora (colon cleansing) is essential. It may be helpful to analyse the composition of your intestinal flora and the functionality of your intestinal barrier by means of a specialised stool analysis. Please ask your physician or therapist.

Gluten: Elevated levels of IgG against gluten were detected.

Raised levels of IgG antibodies to gluten may be an indication of Coeliac disease which should be further investigated by way of the following tests: Anti-gliadin IgG, Anti-gliadin IgA, Anti-transglutaminase IgG, Anti-transglutaminase IgA, Anti-endomysium.

Even if coeliac disease can be ruled out, you may still suffer from a Non Coeliac Gluten Sensitivity (NCGS) in which case you may also have to eliminate gluten from your diet.

Sensitivity to gluten not only leads to intestinal inflammation but is suspected to actively increase gut permeability which can also lead to several deficiencies, like iron, vitamin D and folic acid deficiencies as well as other adverse reactions to food and associated ailments, particularly outside of the gut.

Note on oats: Oats are gluten-free by nature however as oats are usually grown in proximity to other cereals and processed in the same facilities, contamination with gluten cannot be ruled out. As your test result shows no IgG reaction towards oats, but an elevated IgG value towards gluten, please take care to only consume oats that are clearly labelled "gluten-free".

Other causes: In addition to a delayed IgG food allergy, there may be a non-immune related digestive disorder or poor utilisation of nutrients which can have numerous causes. You should discuss this with your attending physician or health professional. Possible causes include a diminished degradation of carbohydrates (e.g. lactose, fructose) due to an enzyme deficiency or an inadequate activity of the pancreas and thus insufficient secretion of digestive enzymes.

Furthermore an intestinal mycosis or parasitosis or an impaired intestinal flora may play a role. If the diet modification in accordance with ImuPro shows no improvement at all, you should take further diagnostic steps.

Martina Muster

date of birth: 03.03.1973 / age: 50 / sex: f / sample id: 222222



Here are the recipes for your individual findings

RECIPES

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222

Dear Martina Muster,

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

■ **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 amounts are indicated in grams or millilitres, not in tablespoon, teaspoon, cup or bunch as usual. The following chart gives an overview of the use of the measurements:

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

■ **Pepper and oil:**

Pepper is used for a lot of different dishes. But pepper doesn't necessarily mean pepper – there are many different kinds of spice. For example, there is black pepper or white pepper, cayenne pepper, red pepper or chili pepper. One can replace the other, if necessary. Therefore you will find the word “pepper” used in the ingredients' list as a generic term. Thus you can use the kind(s) of pepper that you are allowed to eat according to your ImuPro test result. You also have the possibility to rotate different kind of peppers.

The same applies to the generic term “oil” in the list of ingredients. In the list, you will find a recommendation for the kind of oil that fits this dish best. If you are not allowed to consume the food which the oil is made of, you can replace it by another kind of oil (e.g. take olive oil instead of sunflower oil).

■ **Gluten free pasta:**

Gluten free noodles and lasagne are offered in health food stores and even in quite a number of supermarkets by now. They contain a mix of several ingredients such as rice, corn, peas or lentils in different proportions. Before purchasing such products, you should pay attention to their composition, in order to avoid ingredients that you are not allowed to consume according to your ImuPro test results.

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

BREAKFAST

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



MAIZE MUFFINS

Ingredients for 12 servings

200 g **corn flour**
20 g **maize starch**
20 g **winestone baking powder**
30 g **cleared butter**
salt
300 ml **mineral water (carbonated)**

Directions

Mix maize flour, tartar baking powder and sea salt using the whisk, add butter and water, beat it all until the dough is smooth.

Grease a muffin tin with butter and fill 2/3 of each tin with dough.

Bake the muffins at 180° for 40 – 50 minutes in the pre-heated oven.

Proteins	Carbohydrates	Bread units	Fats	Energy
1,4 g	12,5 g	1,0	3,0 g	83 Kcal 345 KJ

RICE PUDDING WITH APPLE AND CINNAMON

Ingredients for 4 servings

1000 ml **rice drink (rice milk)**
salt
125 g **milk rice**
400 g **raw apple**
40 g **raisins**
cinnamon

Directions

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.

Proteins	Carbohydrates	Bread units	Fats	Energy
1,1 g	67,4 g	5,6	3,0 g	276 Kcal 1154 KJ

BREAKFAST

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



AMARANTH POP CORN

Ingredients for 1 serving

20 g **amaranth**

Directions

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.

Proteins	Carbohydrates	Bread units	Fats	Energy
0,3 g	11,6 g	1,0	1,8 g	70 Kcal 293 KJ

BUCKWHEAT-CORN-BREAD ROLLS

Ingredients for 8 servings

250 ml **water**
5 g **salt**
35 ml **oil (depending on tolerance)**
130 g **eggs**
200 g **buckwheat flour**
24 g **winestone baking powder**
250 g **corn flour**

Directions

Mix and knead well all ingredients, fill a cake tin with it and let soak for 20 minutes. Bake at 200° C for about 50 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy
6,6 g	36,9 g	3,1	6,8 g	237 Kcal 992 KJ

BREAKFAST

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



RICE PORRIDGE

Ingredients for 2 servings

200 g **natural rice**
400 ml **water**

Directions

Add the rice to the boiling water and let soak on low heat for about 30 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy	
7 g	78 g	6,5	0,8 g	248 Kcal	1038 KJ

MILLET PORRIDGE

Ingredients for 2 servings

250 ml **water**
100 g **millet**

Directions

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

Proteins	Carbohydrates	Bread units	Fats	Energy	
5 g	30 g	2,5	2 g	175 Kcal	732 KJ

QUINOA PORRIDGE

Ingredients for 2 servings

200 ml **water**
100 g **quinoa**

Directions

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

Proteins	Carbohydrates	Bread units	Fats	Energy	
6,6 g	34,5 g	2,9	2,9 g	187 Kcal	782 KJ

BREAKFAST

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



CORN PORRIDGE

Ingredients for 2 servings

500 ml **water**
150 g **maize grits**

Directions

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

Proteins	Carbohydrates	Bread units	Fats	Energy
6,6 g	56,2 g	4,7	0,9 g	260 Kcal 1086 KJ

CARROT MUESLI BREAKFAST

Ingredients for 1 serving

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

Directions

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.

Proteins	Carbohydrates	Bread units	Fats	Energy
6,7 g	70,9 g	5,9	6,7 g	371 Kcal 1552 KJ

BREAKFAST

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



CARROT MUESLI FOR BREAKFAST

Ingredients for 1 serving

100 g **raw carrots**
100 ml **canned apple juice**
45 g **dry date**
20 g **sunflower seeds**
15 g **millet**

Directions

Peel and grate the carrots. Add the apple juice. Cut the dates and mix with sunflower seeds and millet flakes. You can also add other fruit or use another allowed sweetener.

Proteins	Carbohydrates	Bread units	Fats	Energy
8,0 g	60,1 g	5,0	10,9 g	370 Kcal 1546 KJ

BREAD SPREADS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



GOAT CHEESE BALLS

Ingredients for 4 servings

- 10 g poppy seed
- 10 g mustard granulate
- 10 g paprika powder, mild
- 500 g fresh goat cheese
- 10 g toasted salted pistachio
- 10 g dry sesame seeds

Directions

For 10-12 portions:
Mash the fresh goat cheese with a fork and put in the refrigerator for 30 minutes.
Form 12 balls out of the cheese and put in the refrigerator. Put sesame, poppy seeds, ground pistachio, mustard seeds and paprika powder on separate plates.
Roll the cheese balls in the spices and serve on a plate.

Proteins	Carbohydrates	Bread units	Fats	Energy
7,3 g	2,4 g	0,2	11,2 g	140 Kcal 585 KJ

TOFU-STRAWBERRY-SPREAD

Ingredients for 4 servings

- 200 g tofu
- 200 g strawberry
- 14 g honey
- 3 ml lemon juice
- 2 g vanilla
- 2 g cinnamon

Directions

Roughly mash the tofu, mix with honey and strawberries until creamy. Spice with lemon juice and spices. It goes very well as a filling for wholemeal cookies.

Proteins	Carbohydrates	Bread units	Fats	Energy
4,4 g	6,2 g	0,5	2,8 g	69 Kcal 290 KJ

BREAD SPREADS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



TAPENADE

Ingredients for 4 servings

100 g **black olives**
10 g **fresh garlic**
100 g **dry tomatoes in oil**
salt
pepper
sweet basil
raw parsley

Directions

Cut the ingredients into very small pieces or puree them and season them to taste.

Tapenade is very tasty as bread spread or with noodles.

Proteins	Carbohydrates	Bread units	Fats	Energy
0,4 g	1,8 g	0,2	8,5 g	117 Kcal 490 KJ

EGGPLANT PASTE (HUMMUS)

Ingredients for 6 servings

300 g **raw tomatoes**
250 g **raw eggplant**
100 g **raw onion**
20 g **fresh garlic**
10 ml **lemon juice**
salt
tolerated herbs
spices (depending on the tolerance)

Directions

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

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

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

It goes very well with rice crackers or flat bread.

Proteins	Carbohydrates	Bread units	Fats	Energy
1,3 g	5,0 g	0,4	0,3 g	27 Kcal 112 KJ

BREAD SPREADS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



AVOCADO SPREAD

Ingredients for 2 servings

400 g **avocado**
10 ml **lemon juice**
70 g **raw onion**
10 g **fresh garlic**
salt
pepper
20 g **raw parsley**

Directions

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

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

Spice with salt and pepper.

Proteins	Carbohydrates	Bread units	Fats	Energy
4,8 g	5,7 g	0,5	28,5 g	300 Kcal 1253 KJ

OLIVE SPREAD (TAPENADE)

Ingredients for 4 servings

350 g **black olives**
salt
20 g **fresh garlic**
20 ml **olive oil**
spices and herbs (depending on the tolerance)

Directions

Chop olives and capers finely. Wash the parsley, pull off the leaves and chop them finely.

Mix everything with oil. Peel and mash the garlic with a garlic press. Spice with cayenne pepper, salt and pepper.

Proteins	Carbohydrates	Bread units	Fats	Energy
1,3 g	2,7 g	0,2	17,1 g	170 Kcal 711 KJ

DRINKS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



MANGO DRINK

Ingredients for 2 servings

150 g **mango**
250 g **soy yogurt**

Directions

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

Proteins	Carbohydrates	Bread units	Fats	Energy
5,3 g	12,4 g	1,0	3,2 g	98 Kcal 410 KJ

BANANA DRINK

Ingredients for 1 serving

200 g **banana**
500 ml **soymilk**

Directions

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.

Proteins	Carbohydrates	Bread units	Fats	Energy
2,2 g	42 g	3,5	0,6 g	478 Kcal 2000 KJ

STRAWBERRY DRINK

Ingredients for 1 serving

200 g **strawberry**
500 ml **rice drink (rice milk)**

Directions

Puree the strawberries with a bit of rice drink and add the rest of the milk.
Tasty snack between meals.

Proteins	Carbohydrates	Bread units	Fats	Energy
2,4 g	63,5 g	5,3	6 g	313 Kcal 1310 KJ

DRINKS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



AVOCADO BANANA APPLE COCKTAIL

Ingredients for 1 serving

40 g **avocado**
25 g **banana**
160 ml **canned apple juice**

Directions

Whisk all ingredients with 2 ice cubes in the blender. Pour into a pre-chilled glass.
Place 1 apple slice with peel on the glass edge.

Proteins	Carbohydrates	Bread units	Fats	Energy	
1,2 g	23,2 g	1,9	5,8 g	150 Kcal	627 KJ

PEACH SHAKE

Ingredients for 4 servings

600 g **peach**
cinnamon
500 ml **rice drink (rice milk)**

Directions

Peel the fresh peaches (or let canned ones drain), and put into a shaker with cinnamon, milk (or soy milk), and sugar. Crush. Fill the glasses and garnish with peach slices. Ready to serve.

Proteins	Carbohydrates	Bread units	Fats	Energy	
1 g	27,4 g	2,3	1,4 g	123 Kcal	514 KJ

KIWI MILK

Ingredients for 1 serving

250 ml **soymilk**
200 g **kiwi**

Directions

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.

Proteins	Carbohydrates	Bread units	Fats	Energy	
2 g	24,2 g	2,0	1,1 g	264 Kcal	1105 KJ

APPETIZERS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



GRILLED TOMATOES

Ingredients for 1 serving

150 g **raw tomatoes**
20 g **raw onion**
10 g **fresh garlic**
3 ml **oil (depending on tolerance)**
sweet basil

Directions

Wash and halve the tomatoes, then season with salt and pepper. Add the finely chopped onions, the garlic and the basil. Put into an ovenproof dish or aluminum foil and sprinkle with oil (olive oil). Bake in the oven for about 20 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy
2,1 g	9,4 g	0,8	3,5 g	76 Kcal 317 KJ

LEEK IN OLIVE OIL

Ingredients for 4 servings

600 g **raw leek**
150 g **raw carrots**
200 g **raw onion**
100 g **polished rice**
salt
100 g **fresh lemon**
125 ml **olive oil**

Directions

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

Proteins	Carbohydrates	Bread units	Fats	Energy
5,2 g	31,6 g	2,6	32,1 g	437 Kcal 1827 KJ

APPETIZERS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



PICKLED ZUCCHINI

Ingredients for 4 servings

600 g **raw zucchini**
15 g **fresh garlic**
20 ml **oil (depending on tolerance)**
salt
vinegar

Directions

Peel, finely slice and salt the zucchini. Leave for 15 minutes and dry with a paper towel. Peel the garlic cloves, mash and mix them with 3 tbsp. olive oil. Brush a pan with oil (olive oil) and heat up. Brown the zucchini slices on both sides until light brown, put into a bowl, sprinkle with balsamic vinegar, put the next layer until all zucchini slices are done. Chill.

Proteins	Carbohydrates	Bread units	Fats	Energy
2,9 g	4,0 g	0,3	5,3 g	76 Kcal 316 KJ

EGGPLANT WITH LAMB (ISLIM KEBAB)

Ingredients for 6 servings

500 ml **water**
salt
1000 g **raw leg of lamb**
100 g **raw onion**
500 g **raw tomatoes**
800 g **raw eggplant**
100 ml **olive oil**
20 g **cleared butter**
spices (depending on the tolerance)

Directions

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

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

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

Proteins	Carbohydrates	Bread units	Fats	Energy
32,5 g	7,7 g	0,6	47,2 g	584 Kcal 2444 KJ

SOUPS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



CORN SOUP WITH RAISINS

Ingredients for 4 servings

125 ml **soymilk**
60 g **maize grits**
1000 ml **water**
lemon peel
salt
100 g **raisins**

Directions

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.

Proteins	Carbohydrates	Bread units	Fats	Energy	
2,0 g	27,7 g	2,3	0,3 g	137 Kcal	575 KJ

CORN SOUP WITH TOMATOES

Ingredients for 4 servings

chive
60 g **maize grits**
1000 ml **water**
salt
150 g **raw onion**
500 g **raw tomatoes**
20 g **common margarine**
pepper
nutmeg
125 ml **soymilk**

Directions

Heat some vegetable fat, braise the chopped onion lightly and pour water over it. Bring it to boil and cook the corn semolina. Let simmer for 15-20 minutes, add the soy milk and season with salt, nutmeg and pepper. Peel the tomatoes, remove the seeds and chop them in small cubes, distribute on plates together with the leek, pour the soup over.

Proteins	Carbohydrates	Bread units	Fats	Energy	
2,8 g	18,3 g	1,5	4,8 g	144 Kcal	604 KJ

SOUPS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



BEEF SOUP

Ingredients for 2 servings

300 g **beef leg**
750 ml **water**
salt
180 g **polished rice**
300 g **vegetable (free choice)**
spices and herbs (depending on the tolerance)

Directions

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.

Proteins	Carbohydrates	Bread units	Fats	Energy	
33,9 g	69,9 g	5,8	11,2 g	606 Kcal	2534 KJ

CARROT STEW

Ingredients for 4 servings

800 g **beef leg**
750 ml **yeast free vegetable broth**
500 g **baked potatoes**
1000 g **raw carrots**
salt
parsley, finely cut

Directions

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

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

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

Proteins	Carbohydrates	Bread units	Fats	Energy	
36,9 g	35 g	2,9	15,1 g	461 Kcal	1929 KJ

SOUPS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



CARROT PUREE

Ingredients for 2 servings

500 g **raw carrots**
salt
parsley, finely cut
300 ml **vegetable broth**

Directions

Wash the carrots, peel them and cut them into small dices. Bring the carrots to the boil with the vegetable broth in a large pot with well closing lid. Cook them for approx. 20 minutes at low heat.

Finely crush the carrots using an immersion blender. Season the soup to taste and add a bit of salt, if necessary. Add the finely cut parsley and fill the soup in plates.

Proteins	Carbohydrates	Bread units	Fats	Energy
2,5 g	16,5 g	1,4	0,9 g	82 Kcal 343 KJ

ORANGE SOUP

Ingredients for 4 servings

salt
14 ml **oil (depending on tolerance)**
1000 g **raw carrots**
450 g **orange**
7 g **honey**
pepper
260 g **onion**
1000 ml **vegetable broth**

Directions

Cut the carrots and the onions into small dices. Heat up the oil and steam the dices of carrot and onion in it for approx. 4 min. Add the broth and cook it all at medium heat for approx. 25 min.

Fillet 2 oranges, collect the juice. Squeeze another orange. Take $\frac{1}{4}$ of the carrot dices out of the broth, puree the rest of the carrot dices in the broth. Add the orange juice and season the soup to taste with salt, pepper and a bit of honey.

Add the carrot dices again to the soup together with the orange fillets and warm it all up. Arrange the soup on preheated plates.

Proteins	Carbohydrates	Bread units	Fats	Energy
4,7 g	30,7 g	2,6	4,9 g	187 Kcal 784 KJ

SALADS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



SAVOURY LAMB'S LETTUCE

Ingredients for 2 servings

300 g **lamb's lettuce**
pepper
salt
20 ml **virgin olive oil**
100 g **raw onion**
100 g **bread**

Directions

Thoroughly clean the lamb's lettuce, cut off withered leaves and roots, but do not divide the rosette. Thoroughly wash it and spin-dry it. Peel and finely dice the onion. Mix it well with the lettuce in a bowl.

Cut the bread (according to compatibility) into very small dices. Melt the fat in a small pan and quickly roast the bread dices in it. Mix the oil with a pinch of pepper and salt and whisk it.

Pour the marinade over the lettuce, mix it all, dredge it with warm bread dices and serve the salad immediately.

Proteins	Carbohydrates	Bread units	Fats	Energy
7,3 g	32,5 g	2,7	11,2 g	263 Kcal 1102 KJ

SMOKED SALMON WITH GREEN SALAD

Ingredients for 2 servings

10 g **sunflower seeds**
200 g **smoked salmon**
300 g **raw lettuce**
pepper
14 ml **virgin olive oil**
20 g **pine nuts**
20 ml **balsamic vinegar**
salt
21 ml **oil (depending on tolerance)**

Directions

Wash, mix and pick the salad leaves to pieces.

Mix walnut oil with balsamic vinegar, season with salt and pepper and dribble over the salad.

Fry the pine and sunflower seeds with olive oil in a pan until golden.

Serve with bread (gluten free).

Proteins	Carbohydrates	Bread units	Fats	Energy
26,0 g	3,0 g	0,2	33,9 g	421 Kcal 1763 KJ

SALADS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



AVOCADO SALAD WITH SHRIMPS

Ingredients for 2 servings

200 g	avocado
400 g	cooked common prawn
40 ml	lemon juice
100 g	raw tomatoes
100 g	lamb's lettuce
50 g	alfalfa sprouts
	salt
	pepper
	honey
20 ml	vinegar
55 ml	oil (depending on tolerance)

Directions

Halve, stone and slice the avocados. Drip them with lemon juice in order to preserve their colour. Wash, clean and dry the lamb's lettuce and the alfalfa sprouts.

Mix 6 tbsp. oil with vinegar (white wine vinegar) and honey, season with salt and pepper.

Peel and cut the tomatoes in small cubes. Remove the stalks. Add the tomatoes to the marinade.

Remove the innards of the shrimps, wash and dry them. Heat the remaining oil in a pan.

Fry the shrimps while turning them over for ca. 3 minutes. Arrange the avocados with the lamb's lettuce and the sprouts on 4 plates.

Add the still warm shrimps and drip with marinade.

Proteins	Carbohydrates	Bread units	Fats	Energy
52,2 g	3,5 g	0,3	45,8 g	634 Kcal 2653 KJ

SALADS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



AVOCADO-PAPAYA SALAD

Ingredients for 2 servings

250 g **papaya**
200 g **avocado**
60 ml **lemon juice**
25 g **mustard**
20 ml **vinegar**
20 ml **oil (depending on tolerance)**
pepper
salt
raw parsley

Directions

Stir the white wine vinegar, oil, mustard, salt and pepper until creamy.

Halve the papayas lengthwise. Remove the seeds with a spoon. Remove the fruit flesh from the peel.

Halve the avocado lengthwise and remove the seeds. Remove the fruit flesh from each half.

Arrange the papaya and the avocado and drip them immediately with the dressing.

Sprinkle some parsley over the whole.

This dish is very popular in the Caribbean. In Santa Lucia one can serve, e.g., a salad of papayas, oil, green pepper, peppers, onion and garlic.

In St. Maarten one can eat avocado with cucumber and in Puerto Rico avocado with orange, onion and olives.

Proteins	Carbohydrates	Bread units	Fats	Energy
3,3 g	11,8 g	1,0	25,0 g	282 Kcal 1178 KJ

SALADS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



MIXED SALAD

Ingredients for 1 serving

lettuce
50 g radish
50 g raw cucumber
100 g raw tomatoes
7 ml vinegar
7 ml oil (depending on tolerance)
salt
spices and herbs (depending on the tolerance)

Directions

Wash some leaves of butterhead lettuce, the red radishes, a piece of cucumber and a tomato and cut it all into bite-sizes pieces. Mix the ingredients for the dressing, season it to taste and pour it over the vegetables.

Proteins	Carbohydrates	Bread units	Fats	Energy
1,7 g	5,3 g	0,4	7,4 g	95 Kcal 397 KJ

BEAN SALAD

Ingredients for 2 servings

500 g green beans
60 ml pumpkin seed oil
35 g egg yolk
30 g pumpkin seed
spices and herbs (depending on the tolerance)
lemon juice
salt

Directions

Clean, wash and, eventually, halve the beans. Simmer the beans in some saltwater at low heat for about 15 minutes; add some savory to the boiling water.

Drain the beans in a sieve and cool.

Whisk yolk, little lemon juice, salt and tolerated spices and herbs in a bowl. Whisk both oil types in until creamy.

Serve the beans with mayonnaise on a plate. Wash, dry and finely chop the parsley. Lightly chop the pumpkin seeds. Sprinkle both of them on the salad.

Proteins	Carbohydrates	Bread units	Fats	Energy
6,6 g	12,8 g	1,1	31,6 g	483 Kcal 2021 KJ

SAUCES

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



SPICY GRILL SAUCE

Ingredients for 5 servings

100 g onion
15 g fresh garlic
20 ml oil (depending on tolerance)
50 g raw celeriac
200 g canned peeled tomatoes
15 ml balsamic vinegar
5 g mustard
150 ml water
30 g tomato paste

Directions

Brown the shallots (2 pieces or 1 onion) and the garlic (3 cloves) in oil, add the finely chopped celery and brown, add the remaining ingredients, season and simmer for another 15 minutes; you can add some thyme and basil to your own taste.

Proteins	Carbohydrates	Bread units	Fats	Energy
1,1 g	3,7 g	0,3	4,2 g	58 Kcal 242 KJ

CHESTNUT-EGGPLANT FILLING

Ingredients for 4 servings

200 g sweet chestnut
200 g raw eggplant
100 g raw onion
20 ml virgin olive oil
5 g fresh garlic
raw parsley
sweet basil
provence herbs
spices (depending on the tolerance)

Directions

Steam the chestnuts for 12 minutes.

Heat the olive oil (2 tbsp). Finely chop the onion and press the garlic; brown them. Add the eggplant cubes and provence herbs and brown them. Spice with salt and tolerated spices. Add vegetable broth for tempering. Cover and steam for 5 to 8 minutes until soft. Let it get cold. Mash 3 chestnuts and eggplants. Mix with olive oil. Season with tolerated spices and salt. Add the fresh herbs.

Tip! With this mixture, you can fill hollowed tomatoes, cucumbers or endive leaves. Serve as an appetizer.

Proteins	Carbohydrates	Bread units	Fats	Energy
2,5 g	21,6 g	1,8	6,5 g	151 Kcal 630 KJ

SAUCES

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



QUICKLY PREPARED TOMATO SAUCE

Ingredients for 4 servings

500 g **tomato passata**
7 ml **oil (depending on tolerance)**
spices and herbs (depending on the tolerance)

Directions

Heat up the tomato passata, add 1 tbsp. oil and season it to taste with spices and herbs according to your compatibilities.

This sauce is prepared quickly, low in calories and is very suitable for stews as well.

Proteins	Carbohydrates	Bread units	Fats	Energy
0 g	3,2 g	0,3	2 g	36 Kcal 150 KJ

TOMATO SAUCE WITH TUNAFISH

Ingredients for 4 servings

800 g **canned peeled tomatoes**
150 g **canned tuna fish**
100 g **raw onion**
7 ml **oil (depending on tolerance)**
10 g **fresh garlic**
pepper

Directions

Cut the onion into small pieces and steam it with a spoonful of oil. Add the tunafish and sear it a bit, add the cloves of garlic or a bit of pepper according to taste. Add the tomatoes cut into small pieces and continue to cook it all at low heat for approx. 10 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy
12,2 g	8,4 g	0,7	2,6 g	107 Kcal 448 KJ

MAIN MEAL

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



STEW RHINELAND STYLE

Ingredients for 1 serving

100 g **roasted pork**
7 ml **oil (depending on tolerance)**
50 g **onion**
150 g **green beans**
150 g **raw tomatoes**
300 g **baked potatoes**
salt
paprika powder, mild
parsley, finely cut

Directions

Cut the pork into small dices and sear them in the oil. Add the finely cut onions and steam it all for a moment.

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.

Proteins	Carbohydrates	Bread units	Fats	Energy
29,0 g	59,8 g	5,0	23,2 g	566 Kcal 2370 KJ

LEEK AND CARROTS

Ingredients for 1 serving

120 g **raw leek**
200 g **raw carrots**
20 ml **olive oil**
salt
pepper
125 ml **vegetable broth**
raw parsley

Directions

Remove the roots from the leeks (3 medium-sized leeks), cut them lengthwise into halves, wash them thoroughly in running water and cut them into pieces as thick as your finger. Wash the carrots (3 medium-sized carrots), peel them and cut them lengthwise into slices, then into narrow stripes of a length of approx. 5 cm.

Heat up the oil (3 tbsp) in a large casserole and brown the leeks in it at medium heat. Spice it with salt and pepper, add vegetable broth and steam it at low heat for approx. 10 min. covered by the lid.

Add the carrot stripes and cook it all for 15 to 20 minutes. Season the vegetables with salt and pepper and garnish the dish with parsley.

Proteins	Carbohydrates	Bread units	Fats	Energy
3,9 g	17,6 g	1,5	21,1 g	273 Kcal 1144 KJ

MAIN MEAL

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



FRENCH TOAST

Ingredients for 4 servings

500 g **gluten free bread**
300 ml **soymilk**
325 g **eggs**
50 ml **oil (depending on tolerance)**
sugar
cinnamon

Directions

Put the slices of bread on a plate. Whisk the eggs with the soya milk and pour it over the slices of bread and allow it to soak for a moment.

Heat up the oil in the pan and fry the slices in it. Take the slices out of the pan, put them on a plate and dredge them with sugar and cinnamon.

This combines nicely with baked apples or apple puree. Please respect your compatibilities.

Proteins	Carbohydrates	Bread units	Fats	Energy
5,1 g	0,1 g	0,0	16,8 g	542 Kcal 2266 KJ

PAN-FRIED VEGETABLES

Ingredients for 4 servings

600 g **boiled potatoes**
400 g **raw tomatoes**
800 g **raw zucchini**
400 g **eggs**
30 ml **oil (depending on tolerance)**
spices and herbs (depending on the tolerance)

Directions

Cut the potatoes, the tomatoes and the courgettes into slices.

Heat up the oil in the pan and steam the vegetables in it.

Whisk the eggs with the spices and herbs, add them to the vegetables and allow it to harden at low heat.

Proteins	Carbohydrates	Bread units	Fats	Energy
12,9 g	34,7 g	2,9	13,6 g	315 Kcal 1317 KJ

MAIN MEAL

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



VEGETABLES WITH RICE NOODLES AND SALMON

Ingredients for 1 serving

100 g **rice noodles**
200 g **broccoli**
100 g **pea**
100 g **salmon steak**
7 ml **oil (depending on tolerance)**
spices (depending on the tolerance)
tolerated herbs

Directions

Place the rice noodles in boiling salted water and cook for 3 to 5 minutes. Drain, quench and cut the noodles to make them slightly shorter. Wash the broccoli, clean and separate into florets.

Wash the peas and clean. Blanch both in boiling water, remove and quench. Heat up the oil and cook the filet of salmon, season, add the vegetables and brown while turning. Mix in the noodles.

A fresh salad goes well with this.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy
33,6 g	95 g	7,9	19,2 g	624 Kcal 2611 KJ

BROCCOLI WITH ROAST BEEF

Ingredients for 1 serving

400 g **baked potatoes**
100 g **onion**
250 g **broccoli**
10 g **sunflower seeds**
60 g **roastbeef**
7 ml **oil (depending on tolerance)**
spices (depending on the tolerance)
tolerated herbs

Directions

Cook potatoes in salted water. Cut the onions up small and sweat in oil. Separate the broccoli into small florets, add to the onions, briefly steam and pour a little water on top – cook for approx. 10 mins.

Place the vegetables and potatoes on a plate, serve with the roast beef on top and sprinkle with sunflower seeds.

Dessert: tolerated fruit

Proteins	Carbohydrates	Bread units	Fats	Energy
37,8 g	71,6 g	6,0	15,6 g	583 Kcal 2438 KJ

MAIN MEAL

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



QUICK MEDITERRANEAN FISH

Ingredients for 2 servings

300 g **salmon steak**
100 g **cherry tomatoes**
40 g **fresh lemon**
30 g **red onion**
20 g **black olives**
20 g **canned anchovy**
10 ml **olive oil**
3 ml **balsamic vinegar**
parsley
pepper

Directions

Line a baking dish with foil or baking paper. (this makes it easy to clean and serve). Add the onions, cherry tomatoes, lemon and olives to the dish and sprinkle on the oil and balsamic vinegar.
Bake in a preheated 220 deg oven for 15mins.
Place the anchovies on top of each fish fillet and then brush with oil from the anchovy jar.
Add the fish to the baking dish on top of the other ingredients and bake again for a further 10 minutes or until cooked as desired.
Sprinkle with parsley and pepper and then drizzle some extra balsamic vinegar before serving.

Proteins	Carbohydrates	Bread units	Fats	Energy
34,1 g	2,7 g	0,2	24,6 g	376 Kcal 1572 KJ

FISH WITH ANCHOVIES IN BAKING PAPER

Ingredients for 4 servings

800 g **pollack filet**
50 g **black olives**
5 g **clove of garlic, finely chopped**
5 ml **oil (depending on tolerance)**
rosemary
lemon juice
parsley, finely cut
lemon peel

Directions

Preheat oven to 200°C fan-forced.
Place fish fillets on four 30cm x 40cm sheets of baking paper. Sprinkle remaining ingredients over fish. Fold baking paper to enclose fish; place parcels on a baking tray. Bake fish about 12 minutes or until just cooked through. Serve with a fresh salad.

Proteins	Carbohydrates	Bread units	Fats	Energy
33,6 g	0,5 g	0,0	3,0 g	178 Kcal 744 KJ

MAIN MEAL

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



SWORDFISH WITH ORANGE SAUCE

Ingredients for 2 servings

400 g swordfish
200 ml orange juice
7 ml virgin olive oil
salt
pepper

Directions

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

Proteins	Carbohydrates	Bread units	Fats	Energy
38 g	11,3 g	0,9	11,5 g	310 Kcal 1299 KJ

SPICY MEATBALLS

Ingredients for 4 servings

600 g ground beef
salt
paprika powder, mild
10 ml oil (depending on tolerance)
120 g eggs
raw onion
raw parsley
pepper
200 g red pepper
50 g dry goat cheese

Directions

Cut the onion and the parsley finely, cook them in oil and then put aside. Cut the washed paprika and the cheese finely. Mix the ground meat with all the other ingredients, and spice them well. Make meatballs and fry them in heated oil. Little meatballs are quite fantastic for a party or picnic. They taste wonderful cold.

Proteins	Carbohydrates	Bread units	Fats	Energy
35,8 g	3,2 g	0,3	19,4 g	360 Kcal 1508 KJ

VEGETARIAN

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



POTATO-SPINACH-CASSEROLE WITH SOY

Ingredients for 2 servings

100 g **cooked spinach**
100 g **tofu**
30 g **onion**
salt
30 ml **oil (depending on tolerance)**
100 g **raw tomatoes**
150 g **baked potatoes**
250 ml **soymilk**
spices (depending on the tolerance)

Directions

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

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

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

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

Proteins	Carbohydrates	Bread units	Fats	Energy
7,7 g	14,0 g	1,2	17,9 g	326 Kcal 1365 KJ

MAIZE DISH

Ingredients for 2 servings

80 ml **soymilk**
salt
7 ml **oil (depending on tolerance)**
230 g **canned sweet corn**
basil, finely chopped
pepper
7 g **egg substitute**
10 g **winestone baking powder**
30 g **corn flour**

Directions

Strain the maize. Take 2 tablespoons of it and put them aside, puree the rest and add the milk (according to rotation and compatibility). Add the egg substitute, the maize starch, the tartar baking powder and the oil (according to rotation and compatibility) and mix it all until the dough is smooth.

Add the basil and the maize put aside to the dough, season it all with pepper and salt and allow it to swell for approx. 10 min. Form small cakes using a tablespoon and fry them in the pan.

Serve this dish with a fresh salad.

Proteins	Carbohydrates	Bread units	Fats	Energy
4,7 g	84,7 g	7,1	8,3 g	485 Kcal 2028 KJ

VEGETARIAN

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



TOFU BURGERS

Ingredients for 2 servings

300 g **tofu**
150 g **raw carrots**
120 g **raw onion**
raw parsley
30 g **hazelnut**
14 ml **oil (depending on tolerance)**

Directions

Knead all ingredients including the spices according to taste. The dough should be easily formable, it must not crumble; add lemon juice and salt to taste.

(If you have a food processor, it is simple: first mince the nuts, then puree the tofu together with the vegetables, add the onion dices and the herbs.)

Use your hands or – what is easier – 2 tablespoons to form the burgers and put them directly into the heated oil. Flatten the burgers a bit and fry them on both sides until they are golden-brown.

Proteins	Carbohydrates	Bread units	Fats	Energy	
15,3 g	10,6 g	0,9	24,1 g	328 Kcal	1373 KJ

BAKED POTATOES WITH TZATZIKI

Ingredients for 2 servings

200 g **tofu**
herb salt
130 g **onion, finely cut**
20 g **clove of garlic, finely chopped**
700 g **baked potatoes**
250 g **raw cucumber**
pepper
14 ml **olive oil**

Directions

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

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

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

Proteins	Carbohydrates	Bread units	Fats	Energy	
18,4 g	61,6 g	5,1	12,6 g	440 Kcal	1842 KJ

VEGETARIAN

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



RISOTTO OF PEAS WITH FRIED EGG

Ingredients for 1 serving

60 g **polished rice**
100 g **deep-frozen peas**
150 g **raw tomatoes**
salt
pepper
7 ml **lemon juice**
65 g **eggs**

Directions

Cook the rice and the peas in approx. 200 ml vegetable broth. Cut the tomato into small pieces and add it to the rice. Fry the egg in oil or clarified butter, put it on top of the risotto and dredge it with compatible herbs.

This risotto can be made of various sorts of vegetables.

Proteins	Carbohydrates	Bread units	Fats	Energy
15,4 g	64,1 g	5,3	4,2 g	363 Kcal 1519 KJ

CORN NOODLES WITH BROCCOLI

Ingredients for 1 serving

100 g **egg-free corn noodles**
50 g **dry goat cheese**
300 g **broccoli**
10 g **sunflower seeds**
spices (depending on the tolerance)
tolerated herbs

Directions

Cook the noodles and broccoli separately in salted water. Place both on a plate.

Cut the goat's cheese into thin slices and place over the noodles and broccoli. Briefly brown under the grill. Roast the sunflower seed in the pan without any fat and sprinkle over the dish. A fresh salad goes well with this.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy
30,5 g	91,9 g	7,7	13,7 g	758 Kcal 3169 KJ

VEGETARIAN

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



PEPPER CASSEROLE WITH RICE AND TOFU

Ingredients for 1 serving

100 g polished rice
300 g raw sweet pepper
100 g raw tomatoes
7 ml oil (depending on tolerance)
spices (depending on the tolerance)
tolerated herbs
150 g tofu

Directions

Cook the rice in salted water. Dice the peppers – preferable different coloured peppers – and fry in the oil.

Cut the tomatoes up small and add. Season altogether. Cut the tofu into small cubes and mix together. Serve with the rice.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy
22,3 g	96,8 g	8,1	16,3 g	628 Kcal 2625 KJ

VEGETABLE SALAD WITH BASIL AND GOAT'S CHEESE

Ingredients for 1 serving

60 g polished rice
200 g broccoli
200 g raw cauliflower
200 g carrots
100 g lamb's lettuce
40 g dry goat cheese
10 g sunflower seeds
14 ml lemon juice
50 g raw onion
7 ml oil (depending on tolerance)
spices (depending on the tolerance)
sweet basil

Directions

Cook the rice in salted water. For the dressing, mix together lemon juice, oil and spices and season to taste. Finely chop the onion and add. Cook the broccoli and cauliflower in salted water for 10 mins. Finely grate the carrots.

Serve altogether on a corn salad, cut the goat's cheese into small cubes, sprinkle sunflower seeds over the top and pour over the dressing. Sprinkle with basil.

Serve with the rice.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy
31,3 g	72,4 g	6,0	19,4 g	694 Kcal 2905 KJ

DESSERT

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



PANCAKE

Ingredients for 4 servings

220 g **eggs**
500 ml **rice drink (rice milk)**
salt
100 ml **oil (depending on tolerance)**
250 g **rice flour**

Directions

Mix the gluten free flour and the salt in a bowl. Form a hollow and add the eggs as well as some milk in the middle. Mix well with the hand blender. Add the remaining milk and mix further. Then let the dough rest for 5 minutes.

Heat up the oil in a pan. If it is very hot pour it into a cup.
Now put a tenth of the dough into the pan. When the edge lifts turn the pancake over.

Place it on a warmed plate and repeat the procedure with the remaining three quarters of the dough.

Spread it with, for example, icing sugar, according to taste.

Ready!

Ingredients for approx. 10 pancakes!

Proteins	Carbohydrates	Bread units	Fats	Energy
7,9 g	61,3 g	5,1	29,6 g	543 Kcal 2270 KJ

CORN CAKE

Ingredients for 2 servings

sweet basil
5 ml **lemon juice**
salt
20 ml **oil (depending on tolerance)**
150 g **soy flour**
200 g **dry corn**

Directions

Soak the dry corn grains 3 times in water for 12 hours.

Stew in fresh water in a pressure cooker for about 45 minutes.

Drain and puree the grains with 150 ml soymilk. Mix in basil, salt and lemon juice to taste.

Heat some oil and fry 1 tbsp dough for each cake. Spread the dough and fry on both sides until golden.

Proteins	Carbohydrates	Bread units	Fats	Energy
36,5 g	74,5 g	6,2	28,8 g	703 Kcal 2941 KJ

DESSERT

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



CHESTNUT-CHERRY CAKE

Ingredients for 8 servings

10 ml **oil (depending on tolerance)**
400 g **whole eggs**
300 g **cherry**
500 g **sweet chestnut**
40 g **honey**
lemon juice

Directions

Cut the chestnuts crosswise and boil them in water. Peel and mash them. Separate the eggs. Mix the puree well with the egg yolk and honey. Beat the egg white until stiff and add it, too.

Fill half of the paste in a greased and flour-sprinkled spring form. Sprinkle the cored cherries over, add the remaining chestnut paste and smooth it. Bake it in the preheated oven at 200 °C for 25 minutes. Let chill and brush it with a mixture of honey and lemon juice.

Proteins	Carbohydrates	Bread units	Fats	Energy	
8,6 g	32,4 g	2,7	8,4 g	233 Kcal	976 KJ

ICE LOLLY

Ingredients for 1 serving

fruit juice 100%

Directions

Simply fill the juice into the "ice lolly tins" and put them into the freezer over night. Very suitable as sweet between meals.

Proteins	Carbohydrates	Bread units	Fats	Energy	
0 g	0 g	0	0 g	0 Kcal	0 KJ

CAKES

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



CASHEW CHOCOLATES

Ingredients for 15 servings

150 g **cashew nut**
8 g **cocoa**
40 g **honey**
10 ml **water**

Directions

Roast the cashew kernels and grind them finely. Mix 100 g ground kernels with cocoa powder, honey and water in the food processor and knead until the dough is smooth. Put the dough in a cold place for 1 hour. Form small balls and roll them in the roasted, ground cashew kernels.

Proteins	Carbohydrates	Bread units	Fats	Energy
1,9 g	4,1 g	0,3	4,9 g	68 Kcal 284 KJ

CHOCOLATES WITH CASHEW KERNELS

Ingredients for 10 servings

150 g **cashew nut**
honey
7 **cherry**
10 g **cocoa**

Directions

Put 100 g nuts and the other ingredients in the blender.

Mix it all until the dough is smooth. Wrap cling foil around it. Let the dough harden for at least 1 hour in the refrigerator.

Form chocolates and roll them in the ground cashew kernels.

Proteins	Carbohydrates	Bread units	Fats	Energy
2,8 g	3,1 g	0,3	7,4 g	90 Kcal 375 KJ

CAKES

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



MILLET CAKE WITH WALNUTS

Ingredients for 15 servings

300 g	millet flour
180 g	honey
140 g	cleared butter
50 g	nut
	salt
	cinnamon
20 g	winestone baking powder
150 g	egg yolk
175 g	egg white
	lemon peel
14 ml	lemon juice
	clarified butter

Directions

Finely grind the walnuts. Grease a ring cake tin with clarified butter. Beat the clarified butter with the honey to a froth, add 5 yolks one by one while stirring continuously. Add cinnamon, lemon peel and juice. Mix millet flour, walnuts and baking powder and fold it in the yolk dough bit by bit. Beat 5 egg-whites and sea salt to a firm froth. Gently mix 1/3 with the dough, then add the other 2/3. Fill the dough into the form and bake the cake for approx. 60 minutes. During the first 25 minutes, place a bowl with hot water into the oven.

Proteins	Carbohydrates	Bread units	Fats	Energy	
3,3 g	23,5 g	2,0	12,7 g	221 Kcal	927 KJ

BASICS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 222222



QUINOA PANCAKE

Ingredients for 4 servings

220 g quinoa
salt
oregano
parsley, finely cut
300 ml soda water
60 ml oil (depending on tolerance)

Directions

Preparation:

Grind the quinoa finely.

Mix all ingredients well. Heat up some oil or butter in a pan.

Put small cakes in the pan, fry on one side then turn it over. Put the baked pancakes on kitchen crepe.

It goes well with fresh salad.

Proteins	Carbohydrates	Bread units	Fats	Energy
7,2 g	37,9 g	3,2	18,2 g	341 Kcal 1425 KJ

GLUTEN FREE BREAD

Ingredients for 6 servings

400 g gluten free flour
100 g starch
20 g winestone baking powder
14 ml oil (depending on tolerance)
10 g salt
28 g egg substitute
400 ml water

Directions

Mix gluten free flour (depending on your tolerance – quinoa, buckwheat, corn or millet flour) with the other ingredients and fill a baking tin.

Bake at 220° for 15 minutes then at 180° for 40 minutes.

Please pay attention, the egg quantities may vary. The standard quantity replaces 2 eggs.

Proteins	Carbohydrates	Bread units	Fats	Energy
0 g	66,5 g	5,5	2,3 g	308 Kcal 1289 KJ

BASICS

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POLENTA

Ingredients for 2 servings

200 g **maize grits**
700 ml **water**
spices and herbs (depending on the tolerance)

Directions

Bring the water with the spices to boil. Add the polenta (corn flour) and stir well. Put the boilerplate on low heat. Let simmer for 30-40 minutes. Often stir with a wooden spoon. In the end, add the herbs.

With wet hands, smooth the remaining polenta on a plate and let chill. Cut into small pieces eventually. Fry in olive oil or in butter (to your own taste or tolerance) until golden-brown.

It goes very well with salad, fish, meat and tomatoes.

Proteins	Carbohydrates	Bread units	Fats	Energy	
8,8 g	75 g	6,2	1,2 g	346 Kcal	1448 KJ

MILLET JELLY

Ingredients for 2 servings

100 g **millet**
200 g **raw carrots**
100 g **raw leek**
500 ml **yeast free vegetable broth**
14 ml **oil (depending on tolerance)**
spices and herbs (depending on the tolerance)

Directions

Wash and clean the leek. Wash the carrots and slice finely. Cut the vegetables in small cubes and strips.

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.

Proteins	Carbohydrates	Bread units	Fats	Energy	
6,6 g	38,5 g	3,2	9,4 g	280 Kcal	1174 KJ

BASICS

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SHORT PASTRY

Ingredients for 6 servings

	water
125 g	potato flour (starch)
2 g	salt
75 g	eggs
125 g	corn flour
125 g	cleared butter

Directions

Mix everything well. The dough is enough for 1 cake tin (26 cm diameter). The water quantity depends on the composition of the dough.

Add fruits to your liking and bake at 180 °for 20 minutes. For spicy and sweet fillings, roll out the dough and cut it with a glass. Add the filling and fold over the dough. Press the edges with a fork. Bake the rolls in the oven at 180 °C for 20 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy
2,8 g	31,3 g	2,6	22,1 g	334 Kcal 1397 KJ

POTATO CAKE

Ingredients for 2 servings

450 g	baked potatoes
25 g	potato flour (starch)
75 g	raw carrots
	salt
14 ml	oil (depending on tolerance)
	spices and herbs (depending on the tolerance)

Directions

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.

Proteins	Carbohydrates	Bread units	Fats	Energy
5,5 g	46,2 g	3,8	7,3 g	274 Kcal 1147 KJ

BASICS

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TORTILLA

Ingredients for 2 servings

150 g **corn flour**
salt
125 ml **water**
7 ml **oil (depending on tolerance)**

Directions

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.

Proteins	Carbohydrates	Bread units	Fats	Energy	
6,2 g	49,7 g	4,1	5,6 g	274 Kcal	1149 KJ

CORN DUMPLINGS

Ingredients for 2 servings

1000 ml **water**
300 g **maize grits**
50 g **common margarine**

Directions

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.

Proteins	Carbohydrates	Bread units	Fats	Energy	
13,2 g	112,6 g	9,4	22,4 g	705 Kcal	2950 KJ

BASICS

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BAKING POWDER

Ingredients for 1 serving

- 7 g **natron (baking soda)**
- 14 g **maize starch**
- 14 g **ascorbic acid (vitamin c)**

Directions

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

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

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

Proteins	Carbohydrates	Bread units	Fats	Energy
0,0 g	12,3 g	1,0	0,0 g	51 Kcal 213 KJ

COOKED POTATO DOUGH FOR PIZZA

Ingredients for 4 servings

- 75 g **potato flour (starch)**
- salt**
- 30 g **raw egg yolk**
- 600 g **baked potatoes**
- pepper**
- 1 g **oregano**
- 40 ml **olive oil**

Directions

Ingredients (for a tin of a diameter of 28 cm):

Cook the potatoes with peel in a bit of water until they are firm to the bite. Strain them, rinse them with cold water and peel them. Press them through the potato crusher. Mix them with potato starch, yolk, ½ teaspoon of oregano and ½ tablespoon of oil and season it all to taste with salt and pepper.

Oil the tin. Spread the potato dough in it, form a high rim about as thick of your finger. Preheat the oven to 200 °C.

Prepare the topping for the pizza (according to your compatibilities), put it on the pizza and bake it in the oven for approx. 40 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy
4,8 g	37,8 g	3,1	12,5 g	284 Kcal 1190 KJ

BASICS

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BUCKWHEAT NOODLES

Ingredients for 2 servings

225 g **buckwheat flour**
100 ml **water**
25 g **common margarine**

Directions

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

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

The noodles combine well with various sorts of vegetables.

Proteins	Carbohydrates	Bread units	Fats	Energy
13,5 g	72,6 g	6,1	13,5 g	474 Kcal 1985 KJ

MILLET PANCAKES (SAVOURY)

Ingredients for 4 servings

120 g **millet flour**
30 g **millet oats**
5 g **guar flour**
salt
pepper
tolerated herbs
220 ml **mineral water (carbonated)**
7 ml **oil (depending on tolerance)**
oil

Directions

Mix millet flour, millet flakes, sea salt, guar flour, pepper and herbs well using the whisk. Add oil and water.

Allow the dough to swell for 10 minutes. Put a bit of oil into a hot pan and fry the pancakes one by one.

Proteins	Carbohydrates	Bread units	Fats	Energy
3 g	20,9 g	1,7	3,1 g	147 Kcal 616 KJ

BASICS

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SWABIAN SPAETZLE

Ingredients for 4 servings

200 g **gluten free flour**
50 g **maize grits**
water
salt
10 ml **oil (depending on tolerance)**
170 g **eggs**

Directions

Make a firm dough (it must have the consistence of a sponge mixture) out of the ingredients (170 g, corresponds to 3 eggs), let it rest for 20 minutes in order to absorb the corn gries. Meanwhile, bring saltwater to a boil in a large pot. Press the dough portion wise through a spaetzle press, boil for a short time and put them in a sieve with a skimmer. You can also spread the dough on a board and chop it into water using a wide knife.
Spaetzle freeze very well.

Proteins	Carbohydrates	Bread units	Fats	Energy
3,8 g	48,4 g	4,0	4,9 g	265 Kcal 1108 KJ