

Martina Musterfrau
Am Musterkamp 2
12345 Bad Muster

Your personal ImuPro Complete documents

Sample ID: 333333

Dear Martina Musterfrau,

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

Your report guides you through these phases; it explains how to proceed with your test results. **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 all the best on your way to better health!

With kind regards,

Your ImuPro Team

Martina Musterfrau

date of birth: 12.07.1994 / age: 28 / sex: f / sample id: 333333

Individual laboratory result

ImuPro Complete

	Rating	Number of foodstuffs
Specific IgG antibodies	■ Not elevated	223
	■ Elevated	36
	■ Highly elevated	10
Total	46 out of 269 tested allergens	

Candida albicans: Your test result is negative for Candida.

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.**

Laboratory:

CTL & Ortholabor GmbH
Anemonenweg 3a
26160 Bad Zwischenahn
Germany

Sender:

Herr Ralf Mustermann

sample type	serum
sample id	333333
examination method	Enzyme-linked immunosorbent assay (ELISA)
date of report	22.05.2023
report authorized by	Uwe David, Allergologe

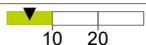
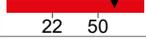
The information in your documents do not replace the medical advice of a trained health professional. The results obtained must always be interpreted in combination with the complete clinical picture. **Dietary changes must be made in consultation with a health professional, a relevant dietician or nutritional 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.

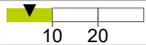
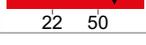
The **red** area: IgG antibodies were measured in the "strongly elevated" reaction class.

Food exclusions applied in addition

As indicated in the laboratory order, the following foods or groups of foods are excluded from the diet plan:

- Nuts (NU)

Within list 1, these foods are identified by corresponding entries in the "Additional Exclusions" column.

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

It is possible that these additional exclusion criteria may affect foods for which you have not been found to have elevated IgG antibodies.

To facilitate an orderly change of your diet, these foods are not included in the recipes and the rotation plan. In List 2 (overview of foods allowed and foods to be avoided), you will find these foods in the category "Foods that have been additionally excluded from your diet plan". All foods with elevated or strongly elevated IgG antibodies are listed in the corresponding reaction class.

List 1 - Individual laboratory result

ImuPro Complete

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
Cereals containing gluten				Meat			
Barley*	7,0			Beef	6,2		
Gluten	33,4			Chicken	2,6		
Kamut	24,6			Deer	< 2,5		
Rye*	14,4			Duck	2,8		
Spelt	30,6			Goat	5,2		
Wheat	30,1			Goose	< 2,5		
Cereals w/o gluten and alternatives				Hare			
Amaranth	< 2,5			Lamb	14,4		
Arrowroot	< 2,5			Ostrich	< 2,5		
Buckwheat	4,1			Pork	7,3		
Carob	7,1			Quail	< 2,5		
Cassava	3,2			Rabbit	< 2,5		
Fonio	11,5			Turkey	< 2,5		
Jerusalem artichoke	2,8			Veal	4,9		
Lupine	4,0			Venison	< 2,5		
Maize, sweet corn	18,2			Wild boar	4,9		
Millet	7,5			Milk products			
Oats	10,2			Camel's milk	35,1		
Quinoa	4,5			Goat: milk / cheese	34,8		
Rice	5,2			Halloumi	11,6		
Sweet chestnut	3,4			Kefir	27,0		
Sweet potato	2,7			Mare's milk	10,2		
Tapioca	< 2,5			Milk (cow)	36,5		
Teff	18,3			Milk (cow, cooked)	29,0		
Eggs				Rennet cheese (cow)			
Chicken egg white	187,5			Ricotta	33,7		
Chicken egg yolk	21,8			Sheep: milk / cheese	31,6		
Goose eggs	30,6			Sour-milk prod. (cow)	32,6		
Quail eggs	34,2						

* 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.

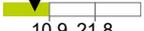
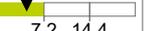
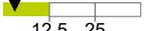
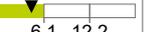
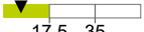
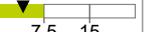
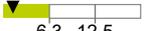
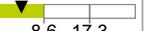
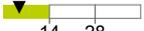
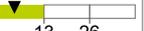
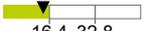
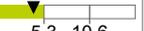
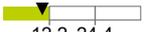
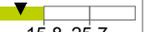
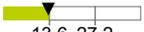
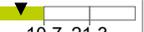
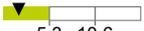
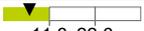
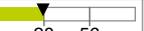
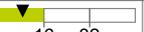
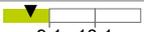
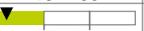
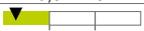
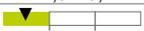
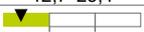
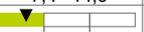
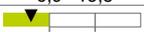
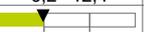
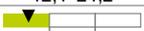
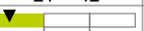
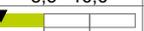
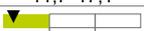
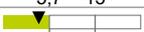
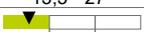
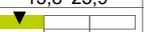
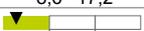
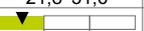
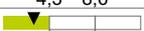
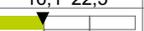
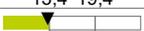
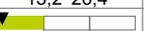
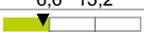
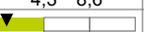
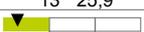
List 1 - Individual laboratory result

ImuPro Complete

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
Fruits				Fruits			
Apple	< 2,5	▼ 3,7 7,4		Rhubarb	7,7	▼ 14,5 29	
Apricot	< 2,5	▼ 4,1 8		Sea buckthorn	5,8	▼ 8,4 16,8	
Avocado	< 2,5	▼ 5,1 10,2		Strawberry	3,7	▼ 7,9 15,8	
Banana	< 2,5	▼ 7,6 15,2		Watermelon	11,7	▼ 19,9 39,8	
Blackberry	3,7	▼ 5,6 11,2		Yellow plum	< 2,5	▼ 8,2 16,4	
Blueberry	< 2,5	▼ 5,2 10,4		Seeds and nuts			
Cherry	10,9	▼ 16,1 22,7		Almond	68,0	▼ 27 51,9	NU
Cranberry	8,3	▼ 8,3 16,6		Brazil nut	4,1	▼ 16,5 32,3	NU
Currant	< 2,5	▼ 8 16		Cashew kernels	10,8	▼ 23,4 46,1	NU
Date	3,8	▼ 4 8		Cocoa bean	11,0	▼ 10,4 20,8	
Fig	12,2	▼ 15,6 31,2		Coconut	4,3	▼ 5 10	
Gooseberry	< 2,5	▼ 3,9 7,8		Hazelnut	5,7	▼ 20,1 35,9	NU
Grape / Raisin	4,4	▼ 8,5 17		Linseed	5,6	▼ 16,4 26,7	
Grapefruit	9,2	▼ 9,5 19		Macadamia nut	10,9	▼ 14,1 22,5	NU
Guava	< 2,5	▼ 4,5 9		Peanut	181,0	▼ 23,4 34,3	NU
Honeydew melon	8,0	▼ 11,7 23,4		Pine nut	< 2,5	▼ 5,5 11	
Kiwi	15,2	▼ 18,9 26,7		Pistachio	19,9	▼ 19,3 32,5	NU
Lemon	3,3	▼ 5,6 11,1		Poppy seeds	3,1	▼ 11,4 17,4	
Lime	8,5	▼ 15,7 21,6		Pumpkin seeds	9,1	▼ 11,2 20,5	
Lingonberry	4,2	▼ 12,5 25		Sesame	7,0	▼ 17,2 27,4	
Lychee	3,3	▼ 8,7 17,4		Sunflower seed	16,6	▼ 25,5 42	
Mandarin	15,4	▼ 11,9 18,4		Walnut	5,7	▼ 7,9 15,8	NU
Mango	< 2,5	▼ 4,6 9,2		Salads			
Nectarine	3,5	▼ 4 8,2		Butterhead lettuce	< 2,5	▼ 5,6 11,2	
Orange	10,5	▼ 15,8 31,5		Chicory	6,4	▼ 5,3 10,6	
Papaya	3,6	▼ 5,7 11,4		Dandelion	7,2	▼ 7,3 14,6	
Peach	3,4	▼ 5,5 11		Endive	4,3	▼ 8 16	
Pear	< 2,5	▼ 4,3 8,6		Iceberg lettuce	3,4	▼ 5,8 11,6	
Pineapple	15,2	▼ 31,9 50,7		Lamb's lettuce	5,4	▼ 9,6 19,1	
Plum	3,5	▼ 7 14		Lollo rosso	< 2,5	▼ 4 8	
Pomegranate	11,5	▼ 22,1 44,2		Radicchio	< 2,5	▼ 6,9 13,8	
Prickly pear	< 2,5	▼ 8,2 16,4		Rocket	3,9	▼ 4,8 9,6	
Quince	< 2,5	▼ 4,3 8,6		Romaine / Cos lettuce	3,4	▼ 5,7 11,4	
Raspberry	12,3	▼ 12,9 25,8					

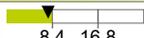
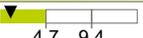
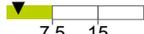
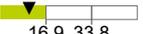
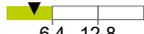
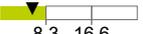
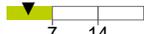
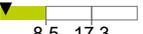
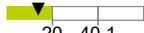
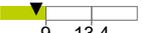
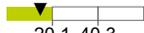
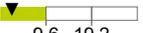
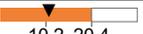
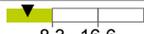
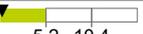
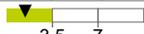
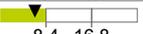
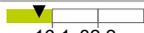
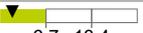
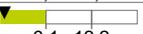
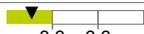
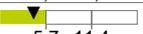
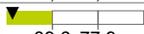
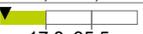
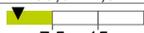
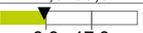
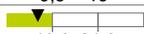
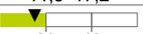
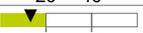
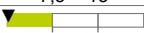
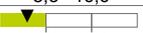
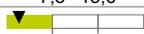
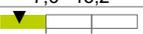
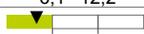
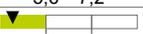
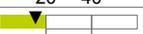
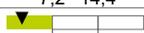
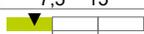
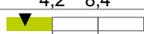
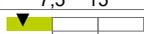
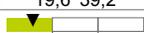
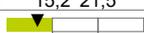
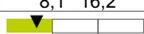
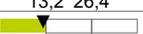
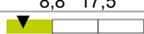
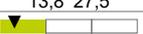
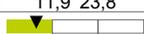
List 1 - Individual laboratory result

ImuPro Complete

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
Vegetables				Vegetables			
Artichoke	7,4			Radish (red/white)	4,4		
Asparagus	3,0			Red cabbage	9,4		
Aubergine	4,2			Rutabaga	4,4		
Bamboo shoots	6,5			Savoy cabbage	4,0		
Beetroot	< 2,5			Soy bean	4,3		
Broad bean	4,7			Spinach	4,5		
Broccoli	14,1			Stalk celery	4,0		
Brussel sprouts	10,2			Sweet pepper	7,7		
Carrots	13,2			Tomato	5,2		
Cauliflower	< 2,5			White cabbage	6,7		
Celeriac, knob celery	6,3			Spices and herbs			
Chard, beet greens	< 2,5			Alfalfa	27,4		
Chickpeas	4,2			Allspice	8,5		
Chili Cayenne	5,3			Aniseed	5,6		
Chili Habanero	4,3			Basil	3,8		
Chili Jalapeno	2,8			Bay leaf	3,2		
Chinese cabbage	8,1			Capers	< 2,5		
Courgette	3,3			Caraway	< 2,5		
Cucumber	< 2,5			Cardamom	11,0		
Fennel	6,8			Chervil	< 2,5		
Green bean	3,1			Chive	3,9		
Green pea	6,0			Cinnamon	3,4		
Kale, curled kale	2,6			Clove	3,7		
Kohlrabi	7,2			Coriander	20,5		
Leek	4,3			Cumin	< 2,5		
Lentil	2,9			Dill	< 2,5		
Molokhia	< 2,5			Garden cress	37,8		
Mung bean	10,3			Garlic	22,7		
Okra, lady's finger	4,7			Ginger	10,0		
Olive	< 2,5			Horseradish	8,4		
Onion	8,8			Juniper berry	12,8		
Parsnip	6,3			Lavender	< 2,5		
Potato	11,1			Lemon balm	< 2,5		
Pumpkin	4,3			Lovage	< 2,5		

List 1 - Individual laboratory result

ImuPro Complete

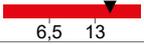
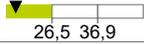
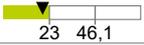
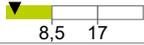
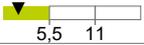
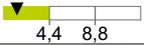
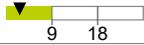
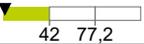
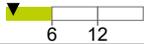
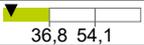
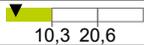
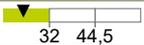
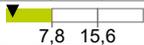
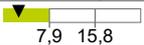
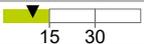
	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
Spices and herbs				Fish and seafood			
Marjoram	7,6			Plaice	< 2,5		
Mustard seed	< 2,5			Pollock	10,6		
Nutmeg	3,8		NU	Red Snapper	5,8		
Oregano	3,3			Salmon	< 2,5		
Paprika, spice	13,7			Sardine	7,0		
Parsley	14,7			Scallop	< 2,5		
Pepper, black	13,2			Sea bass	10,8		
Pepper, white	3,8			Shark	< 2,5		
Rosemary	< 2,5			Shrimp, prawn	6,3		
Saffron	< 2,5			Sole	< 2,5		
Sage	11,4			Squid, cuttlefish	< 2,5		
Savory	53,9			Swordfish	< 2,5		
Thyme	< 2,5			Trout	4,1		
Vanilla	4,9			Tunafish	< 2,5		
Wild garlic	< 2,5			Zander	8,5		
Fish and seafood				Teas, coffee and tannin			
Anchovy	4,7			Camomile	3,0		
Angler, monkfish	5,7			Coffee	12,6		
Blue mussels	7,4			Nettle	15,0		
Carp	9,1			Peppermint	5,5		
Cod, codling	< 2,5			Rooibus tea	4,4		
Crayfish	< 2,5			Rose hip	< 2,5		
Eel	4,1			Tannin	5,4		
Gilthead bream	6,4			Tea, black	3,8		
Haddock	8,4			Tea, green	3,4		
Hake	2,5			Yeast			
Halibut	2,5			Yeast	5,3		
Herring	3,0			Mushrooms			
Iridescent shark	6,8			Bay boletus	14,0		
Lobster	8,6			Cep (boletus)	15,2		
Mackerel	5,4			Chanterelle	15,3		
Ocean perch	5,7			Meadow mushrooms	12,9		
Octopus	4,2			Oyster mushrooms	7,7		
Oysters	11,6			Shiitake	19,9		

Martina Musterfrau

date of birth: 12.07.1994 / age: 28 / sex: f / sample id: 333333

List 1 - Individual laboratory result

ImuPro Complete

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
Specials				Food additives			
Aloe Vera	19,3			Agar-Agar (E 406)	5,4		
Aspergillus Niger	19,5			Benzoic acid (E 210)	< 2,5		
Candied lemon peel	< 2,5			Carrageenan (E 407)	< 2,5		
Vine leaves	< 2,5			Curcumin (E 100)	2,6		
Algae				Guar flour (E 412)			
Red algae (nori)	< 2,5			Pectin (E 440)	< 2,5		
Spirulina	5,9			Sorbic acid (E 200)	< 2,5		
Sweeteners				Tragacanth (E 413)			
Agave nectar	13,7			Xanthan gum (E 415)	< 2,5		
Cane sugar	2,5						
Honey (mixture)	9,5						
Maple syrup	27,5						

List 2 - Foods allowed and foods to avoid

Allowed in 4-day rotation					
Agar-Agar (E 406)	Carrageenan (E 407)	Gooseberry	Maize, sweet corn	Pomegranate	Spinach
Agave nectar	Carrots	Grape / Raisin	Mango	Poppy seeds	Spirulina
Alfalfa	Cassava	Grapefruit	Mare's milk	Pork	Squid, cuttlefish
Allspice	Cauliflower	Green bean	Marjoram	Potato	Stalk celery
Amaranth	Celeriac, knob celery	Green pea	Meadow mushrooms	Prickly pear	Strawberry
Angler, monkfish	Chard, beet greens	Guar flour (E 412)	Millet	Pumpkin	Sunflower seed
Aniseed	Cherry	Guava	Molokhia	Pumpkin seeds	Sweet chestnut
Apple	Chervil	Hake	Mung bean	Quail	Sweet pepper
Apricot	Chicken	Halibut	Mustard seed	Quince	Sweet potato
Arrowroot	Chickpeas	Hare	Nectarine	Quinoa	Swordfish
Artichoke	Chili Cayenne	Herring	Nettle	Rabbit	Tannin
Asparagus	Chili Habanero	Honey (mixture)	Oats	Radicchio	Tapioca
Aspergillus Niger	Chili Jalapeno	Honeydew melon	Ocean perch	Radish (red/white)	Tea, black
Aubergine	Chive	Horseradish	Octopus	Raspberry	Tea, green
Avocado	Cinnamon	Iceberg lettuce	Okra, lady's finger	Red algae (nori)	Teff
Bamboo shoots	Clove	Iridescent shark	Olive	Red Snapper	Thyme
Banana	Coconut	Jerusalem artichoke	Onion	Rhubarb	Tomato
Basil	Cod, codling	Juniper berry	Orange	Rice	Tragacanth (E 413)
Bay leaf	Coriander	Kale, curled kale	Oregano	Rocket	Trout
Beef	Courgette	Kiwi	Ostrich	Romaine / Cos lettuce	Tunafish
Beetroot	Crayfish	Kohlrabi	Oyster mushrooms	Rooibus tea	Turkey
Benzoic acid (E 210)	Cucumber	Lamb	Oysters	Rose hip	Vanilla
Blackberry	Cumin	Lamb's lettuce	Papaya	Rosemary	Veal
Blue mussels	Curcumin (E 100)	Lavender	Paprika, spice	Rutabaga	Venison
Blueberry	Currant	Leek	Parsley	Saffron	Vine leaves
Broad bean	Dandelion	Lemon	Parsnip	Sage	Watermelon
Broccoli	Date	Lemon balm	Peach	Salmon	Wild boar
Brussel sprouts	Deer	Lentil	Pear	Sardine	Wild garlic
Buckwheat	Dill	Lime	Pectin (E 440)	Savoy cabbage	Xanthan gum (E 415)
Butterhead lettuce	Duck	Lingonberry	Pepper, black	Scallop	Yeast
Camomile	Eel	Linseed	Pepper, white	Sea buckthorn	Yellow plum
Candied lemon peel	Endive	Lobster	Peppermint	Sesame	Zander
Cane sugar	Fig	Lollo rosso	Pine nut	Shark	
Capers	Fonio	Lovage	Pineapple	Shrimp, prawn	
Caraway	Ginger	Lupine	Plaice	Sole	
Cardamom	Goat	Lychee	Plum	Sorbic acid (E 200)	
Carob	Goose	Mackerel	Pollock	Soy bean	

Foods with reaction strength 1: Avoid for at least 5 weeks					
Anchovy	Chanterelle	Cranberry	Goat: milk / cheese	Maple syrup	Rye
Barley	Chicken egg yolk	Fennel	Haddock	Milk (cow)	Sea bass
Bay boletus	Chicory	Garden cress	Halloumi	Milk (cow, cooked)	Sheep: milk / cheese
Camel's milk	Chinese cabbage	Garlic	Kamut	Pistachio	Shiitake
Carp	Cocoa bean	Gilthead bream	Kefir	Red cabbage	Sour-milk prod. (cow)
Cep (boletus)	Coffee	Gluten	Mandarin	Ricotta	White cabbage

Foods with reaction strength 2: Avoid for at least 5 weeks					
Almond	Chicken egg white	Peanut	Rennet cheese (cow)	Spelt	
Aloe Vera	Goose eggs	Quail eggs	Savory	Wheat	

Foods that have been additionally excluded from your diet plan					
Brazil nut	Cashew kernels	Hazelnut	Macadamia nut	Nutmeg	Walnut

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			
Meat				
	Beef	Chicken	Deer	Duck
	Goat	Goose	Hare	Lamb
	Ostrich	Pork	Quail	Rabbit
	Turkey	Veal	Venison	Wild boar
Milk products				
		Mare's milk		
Fruits				
	Apple	Apricot	Avocado	Banana
	Blackberry	Blueberry	Cherry	Currant
	Date	Fig	Gooseberry	Grape / Raisin
	Grapefruit	Guava	Honeydew melon	Kiwi
	Lemon	Lime	Lingonberry	Lychee
	Mango	Nectarine	Orange	Papaya
	Peach	Pear	Pineapple	Plum
	Pomegranate	Prickly pear	Quince	Raspberry
	Rhubarb	Sea buckthorn	Strawberry	Watermelon
	Yellow plum			
Seeds and nuts				
	Coconut	Linseed	Pine nut	Poppy seeds
	Pumpkin seeds	Sesame	Sunflower seed	
Salads				
	Butterhead lettuce	Dandelion	Endive	Iceberg lettuce
	Lamb's lettuce	Lollo rosso	Radicchio	Rocket
	Romaine / Cos lettuce			

List 3 - Rotation schedule

	Day 1	Day 2	Day 3	Day 4
Vegetables				
	Artichoke	Asparagus	Aubergine	Bamboo shoots
	Beetroot	Broad bean	Broccoli	Brussel sprouts
	Carrots	Cauliflower	Celeriac, knob celery	Chard, beet greens
	Chickpeas	Chili Cayenne	Chili Habanero	Chili Jalapeno
	Courgette	Cucumber	Green bean	Green pea
	Kale, curled kale	Kohlrabi	Leek	Lentil
	Molokhia	Mung bean	Okra, lady's finger	Olive
	Onion	Parsnip	Potato	Pumpkin
	Radish (red/white)	Rutabaga	Savoy cabbage	Soy bean
	Spinach	Stalk celery	Sweet pepper	Tomato
Spices and herbs				
	Alfalfa	Allspice	Aniseed	Basil
	Bay leaf	Capers	Caraway	Cardamom
	Chervil	Chive	Cinnamon	Clove
	Coriander	Cumin	Dill	Ginger
	Horseradish	Juniper berry	Lavender	Lemon balm
	Lovage	Marjoram	Mustard seed	Oregano
	Paprika, spice	Parsley	Pepper, black	Pepper, white
	Rosemary	Saffron	Sage	Thyme
	Vanilla	Wild garlic		
Fish and seafood				
	Angler, monkfish	Blue mussels	Cod, codling	Crayfish
	Eel	Hake	Halibut	Herring
	Iridescent shark	Lobster	Mackerel	Ocean perch
	Octopus	Oysters	Plaice	Pollock
	Red Snapper	Salmon	Sardine	Scallop
	Shark	Shrimp, prawn	Sole	Squid, cuttlefish
	Swordfish	Trout	Tunafish	Zander
Teas, coffee and tannin				
	Camomile	Nettle	Peppermint	Rooibus tea
	Rose hip	Tannin	Tea, black	Tea, green
Yeast				
	Yeast			
Mushrooms				
	Meadow mushrooms	Oyster mushrooms		
Algae				
	Red algae (nori)	Spirulina		
Sweeteners				
	Agave nectar	Cane sugar	Honey (mixture)	

General recommendations

Your results: The test results show that you have raised IgG antibody titres to food(s). The amount of IgG-positive foods indicates 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.

It is therefore very important to stabilise your immune system by avoiding the foods to which elevated and highly elevated values of IgG antibodies have been found. The high amount of IgG positive foods indicates that your intestinal barrier is strongly impaired and that there might be a so-called hyper-permeability or leaky gut syndrome. Experience shows that simple avoidance of the positively tested foods is not enough and that a diet modification in accordance with the rotation principle is required.

The large number of positive reactions may indicate a compromise of the intestinal flora and / or the intestinal barrier.

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 Musterfrau

date of birth: 12.07.1994 / age: 28 / sex: f / sample id: 333333



Here are the recipes for your individual findings

RECIPES

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333

Dear Martina Musterfrau,

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 Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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

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 Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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

RICE WAFERS

Ingredients for 4 servings

200 g **cooked whole rice**
400 g **rice flour**
650 ml **soda water**
14 ml **oil (depending on tolerance)**
salt

Directions

Mix all ingredients and let soak overnight. Next morning add some water if necessary. Bake in the wafer iron.

Proteins	Carbohydrates	Bread units	Fats	Energy
7,9 g	90,5 g	7,5	4,6 g	436 Kcal 1826 KJ

BREAKFAST

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



CORN BREAD

Ingredients for 8 servings

650 ml **water**
2 g **natron (baking soda)**
7 g **salt**
42 ml **oil (depending on tolerance)**
150 g **boiled potatoes**
28 ml **vinegar**
24 g **winestone baking powder**
500 g **corn flour**

Directions

Mix all the ingredients together. The dough should be quite smooth. Preheat the oven to 220° Celsius. Put the dough into 2 tiny cake tins and bake for 15 minutes. Reduce the heat to 180 °Celsius and continue baking for 50 minutes.

Store the bread in the fridge – it goes mildew quickly. Deep-freeze 1 bread.

Proteins	Carbohydrates	Bread units	Fats	Energy
5,5 g	44,8 g	3,7	7,0 g	265 Kcal 1109 KJ

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

BREAKFAST

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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

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

BREAKFAST

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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

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

BREAD SPREADS

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



STRAWBERRY-RHUBARB-SPREAD

Ingredients for 2 servings

350 g **strawberry**
150 g **raw rhubarb**
ginger powder
30 g **honey**
agar-agar
1 g **vanilla**

Directions

Peel and cut in small cubes the rhubarb. Boil in 2 tbsp. of water until soft.

Wash and clean the strawberries and purée them with the rhubarb. Put everything in a pot and add sweetener, vanilla and ginger. Mix Agar-Agar with fruit puree and mix it in.

Let everything boil at low fire for 2 min.

Fill in prepared glasses.

Proteins	Carbohydrates	Bread units	Fats	Energy
1,7 g	24,4 g	2,0	0,9 g	113 Kcal 472 KJ

SOY GERM SPREAD

Ingredients for 2 servings

100 g **avocado**
100 g **canned soy germs**
salt
75 g **soy yogurt**

Directions

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

Proteins	Carbohydrates	Bread units	Fats	Energy
3,4 g	1,6 g	0,1	8,1 g	93 Kcal 388 KJ

BREAD SPREADS

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



ORANGE-YOGHURT SPREAD

Ingredients for 1 serving

450 g **orange**
100 g **fresh lemon**
28 g **acacian honey**
5 g **vanilla**
100 g **soy yogurt**
39 g **flour (depending on the tolerance)**

Directions

Filet the oranges (take the flesh out by removing the peel). Mix with lemon juice and 1 tbsp. acacia honey. Let soak for 30 minutes. Mash the marinated orange filets and season again with acacia honey. Mix rice flour (or other) with half of the orange puree. Let boil for 2 to 3 minutes. Put aside and chill.
Mix the remaining orange puree and yoghurt with the chilled mixture. Season with vanilla powder.

Proteins	Carbohydrates	Bread units	Fats	Energy
9,1 g	91,4 g	7,6	4,4 g	462 Kcal 1932 KJ

AVOCADO BREAD SPREAD

Ingredients for 1 serving

150 g **avocado**
60 g **raw onion**
salt
7 ml **lemon juice**
3 g **capers**

Directions

Mash the avocado with a fork, sprinkle with lemon juice and salt. Add onions and capers and mix everything well with a fork.

Proteins	Carbohydrates	Bread units	Fats	Energy
3,5 g	5,6 g	0,5	21,4 g	229 Kcal 959 KJ

BREAD SPREADS

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



TOFU-STRAWBERRY-SPREAD

Ingredients for 4 servings

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

TOFU SPREAD

Ingredients for 1 serving

7 ml **soymilk**
50 g **tofu**
15 g **tomato paste**
salt
125 g **red pepper**
15 g **black olives**
vinegar

Directions

Mash the tofu with soy milk and add the tomatoes. Season with paprika and salt, add some red wine. Chop the olives and add them, too. It goes well with baguette or toast bread.

Proteins	Carbohydrates	Bread units	Fats	Energy
5,8 g	9,5 g	0,8	5,1 g	114 Kcal 479 KJ

DRINKS

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



STRAWBERRY PUNCH

Ingredients for 4 servings

800 g **strawberry**
300 g **fresh lemon**
700 ml **canned apple juice**
1000 ml **mineral water (carbonated)**
citronella

Directions

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

Proteins	Carbohydrates	Bread units	Fats	Energy
2,1 g	35,1 g	2,9	1,2 g	166 Kcal 696 KJ

KIWI PINEAPPLE SHAKE

Ingredients for 2 servings

200 g **fresh pineapple**
300 g **kiwi**
200 ml **coconut milk**
200 ml **water**

Directions

Peel the kiwi and mix it with the other ingredients in the blender until creamy. Serve with kiwi slices, pineapple pieces and small umbrellas.

Proteins	Carbohydrates	Bread units	Fats	Energy
3,7 g	33,0 g	2,7	19,0 g	316 Kcal 1320 KJ

DRINKS

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



RASPBERRY YOGHURT DRINK

Ingredients for 1 serving

100 g **raspberry**
150 ml **orange juice, fresh**
100 g **soy yogurt**

Directions

Mash the raspberries and rub through a sieve. Mix raspberry mush with powder sugar and orange juice. Fill yoghurt into a glass and mix well. Add the raspberry mixture. Serve with a straw and an orange slice.

Proteins	Carbohydrates	Bread units	Fats	Energy	
6,2 g	21,8 g	1,8	3,3 g	141 Kcal	589 KJ

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

DRINKS

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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

APPETIZERS

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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

SCAMPI SKEWERS

Ingredients for 1 serving

150 g **scampi**
7 ml **lemon juice**
 salt
 pepper
 oregano
60 g **spring onion**
100 g **raw champignons**
100 g **raw tomatoes**
10 g **coconut oil**

Directions

Wash and dry the scampi. Sprinkle with lemon juice, salt and pepper well, add oregano, cover and chill. Wash and cut 2 spring onions into 2 cm pieces. Clean champignons. Wash tomatoes with cold water then dry. Stick the champignons on 4 skewers with onion, scampi and tomatoes. Salt and pepper and sprinkle the remaining oregano. Heat butter oil in a large pan, then fry the spits on each side for about 8 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy
29,6 g	6,0 g	0,5	12,6 g	265 Kcal 1107 KJ

APPETIZERS

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



BAKED CHAMPIGNONS

Ingredients for 1 serving

250 g raw champignons
100 g raw onion
7 ml lemon juice
7 ml oil (depending on tolerance)
spices and herbs (depending on the tolerance)
salt

Directions

Preheat the oven to 240°C. Clean and wash the champignons, peel the onion and cut it into thin slices.

Now put the champignons into an ovenproof dish and add the onion. Add lemon juice, oil, salt, tolerated spices and herbs and mix everything well. Place the mushrooms side by side. Bake for 20-25 minutes.

The mushrooms should be soft and most of the liquid should have evaporated.

Proteins	Carbohydrates	Bread units	Fats	Energy
6,6 g	8,4 g	0,7	8,4 g	135 Kcal 564 KJ

MARINATED TOFU

Ingredients for 1 serving

14 ml oil (depending on tolerance)
14 ml lemon juice
thyme
coriander
150 g tofu

Directions

Marinate the diced tofu for about 20 minutes.

Take out of the marinade and fry in oil with vegetables to taste.

Proteins	Carbohydrates	Bread units	Fats	Energy
12,1 g	0,3 g	0,0	21,5 g	251 Kcal 1050 KJ

APPETIZERS

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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

SOUPS

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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

POTATO-LEEK SOUP

Ingredients for 4 servings

600 g **baked potatoes**
600 ml **vegetable broth**
300 ml **water**
200 g **raw leek**
100 g **raw onion**
7 ml **oil (depending on tolerance)**
spices and herbs (depending on the tolerance)

Directions

Peel, wash and cut the potatoes into quarters, bring water to a boil and boil the potatoes for about 20 minutes. Wash the leek, clean and cut into thick half-rings, dice the onion and braise with the leek in hot oil. Add vegetables and simmer for about 10 minutes. Mash the potatoes in the boiling water, mix with the vegetable broth, season with cream and spices.

Proteins	Carbohydrates	Bread units	Fats	Energy	
5,0 g	25,8 g	2,2	2,2 g	145 Kcal	608 KJ

SOUPS

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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 ¼ 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

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 Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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

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

SALADS

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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

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 Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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 Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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

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

SALADS

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



POULTRY SALAD

Ingredients for 2 servings

300 g **chicken breast**
6 ml **lemon juice**
100 g **canned pineapple**
150 g **soy yogurt**
100 g **raw celeriac**
100 g **raw apple**
7 g **mustard**
7 ml **sunflower oil**
pepper

Directions

Heat up the oil in a pan. Salt the chicken breast (fillet) and fry it on both sides in the hot fat for 5 – 8 minutes until it is golden-brown. Take the meat out of the pan and allow it to cool a bit. Remove the skin and cut the meat into small pieces.

Strain the pineapple and cut it into small pieces. Wash the apples, remove the hearts and cut them into small pieces. Wash the cutting celery. Remove the outer strings and cut the celery into thin slices. Mix the vegetables and the chicken meat well.

Proteins	Carbohydrates	Bread units	Fats	Energy
37,2 g	15,9 g	1,3	15,1 g	349 Kcal 1459 KJ

SAUCES

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



ASPARAGUS BACON SAUCE

Ingredients for 2 servings

150 g ham
salt
20 ml lemon juice
lemon peel
26 g flour (depending on the tolerance)
250 ml water
30 ml oil (depending on tolerance)
100 g onion
spices and herbs (depending on the tolerance)
200 g cooked asparagus

Directions

Cut the bacon fat into small pieces (cut off the rind first). Melt butter with the bacon fat in a wide pot. Peel and chop onion, garlic, and parsley (put away half of the parsley). Steam in fat until soft. Season with salt, pepper, nutmeg and lemon juice and lemon peel (depending on your tolerances). Sprinkle flour into the pot, then brown while stirring. Pour the asparagus boiling water, stir well, then let boil for ½ hour. Puree the bacon and add, too, then pass everything through a sieve. You can also mix everything in a blender. Mix in the remaining parsley and chervil and serve hot.

Proteins	Carbohydrates	Bread units	Fats	Energy
20,3 g	12,6 g	1,1	18,5 g	301 Kcal 1261 KJ

TOFU MAYONNAISE

Ingredients for 1 serving

115 g tofu
14 ml lemon juice
14 g mustard
14 ml oil (depending on tolerance)
salt
pepper

Directions

Mix all ingredients in the blender and season at the end with pepper and salt, depending on your tolerances.

Proteins	Carbohydrates	Bread units	Fats	Energy
10,0 g	1,1 g	0,1	20,5 g	234 Kcal 980 KJ

SAUCES

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



APPLE CURRY SAUCE

Ingredients for 2 servings

50 g **spring onion**
200 g **raw apple**
100 ml **oil (depending on tolerance)**
salt
pepper
curry
ginger powder
7 ml **lemon juice**

Directions

Clean and cut the spring onion into rings. Mix with grated apple and oil, season with salt, pepper, curry, ginger powder, sugar and some lemon juice.

Proteins	Carbohydrates	Bread units	Fats	Energy
0,8 g	12,5 g	1,0	50,4 g	505 Kcal 2114 KJ

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

MAIN MEAL

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



HAWAII PORK STEAK

Ingredients for 4 servings

80 g **smoked ham**
20 ml **oil (depending on tolerance)**
salt
white pepper
200 g **fresh pineapple**
800 g **raw back of pork**

Directions

Let the thin pineapple slices drip off and wrap them with the raw ham. In order to fill the meat you must cut one pocket in every steak. Put the wrapped pineapple in the pocket and close it with toothpicks. Salt and pepper the steak on both sides and fry it on both sides in heated oil (or coconut fat) for 15 minutes. You can enjoy it warm or cold. It can be served with rice and curry sauce.

Proteins	Carbohydrates	Bread units	Fats	Energy	
40,3 g	5,7 g	0,5	40,6 g	549 Kcal	2296 KJ

MARINATED BEEF

Ingredients for 4 servings

1000 g **beef brisket**
300 g **raw carrots**
200 g **raw onion**
20 g **redcurrant jellies**
20 ml **oil (depending on tolerance)**
water
salt
mustard
vinegar
clove
pepper
bay leaves

Directions

Put the roast beef in a bowl and cover with the marinade. The quantity depends on the bowl's size. The meat should be covered. Add bay leaves, whole pepper and onion (halve it and stud it with cloves). Let rest for 1 week. Take the meat out of the marinade, dab it, rub it with mustard, salt and pepper it. Roast it on all sides until brown. Also braise lightly the carrots sticks and the sliced onions. Add redcurrant jelly and extinguish it with a part of the stock. Braise for 1 hour. Add stock from time to time. Then, bind the sauce (with starch or gluten free flour). It goes very well with potato dumplings and cranberries.

Proteins	Carbohydrates	Bread units	Fats	Energy	
43,3 g	11,9 g	1,0	56,6 g	726 Kcal	3040 KJ

MAIN MEAL

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



CURRY RAGOUT

Ingredients for 4 servings

600 g **rumpsteak**
250 g **raw champignons**
250 g **raw zucchini**
250 g **polished rice**
50 ml **white wine**
40 ml **oil (depending on tolerance)**
30 g **dry date**
5 g **curry**
salt
spices and herbs (depending on the tolerance)

Directions

Remove the pips of the dates and cut the dates in narrow stripes. Wash and clean the mushrooms and the zucchini. Cut the zucchini in stripes and halve the mushrooms. Roast them all in 3 tbsp. of oil, then put aside.

Slice the meat; roast it all over in the remaining oil and season with salt and pepper. Put the rice into the boiling water and let it soak.

Sprinkle the meat with curry, roast it briefly and extinguish with white wine.

Add the zucchini and the mushrooms into the sauce and let everything boil. Stir from time to time. Thicken it and boil it again. Mix the dates in the rice and serve.

Proteins	Carbohydrates	Bread units	Fats	Energy
35,2 g	55,4 g	4,6	31,1 g	649 Kcal 2717 KJ

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

MAIN MEAL

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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

PAN-FRIED FISH WITH SPINACH AND LEMON RAISIN SALAD

Ingredients for 0 servings

800 g **red snapper**
150 g **spinach, raw**
100 g **lemon**
55 g **raisins**
50 g **pine nuts**
6 ml **oil (depending on tolerance)**
parsley
pepper
salt

Directions

Score the skin of the fish three times at the thickest part, Heat half the oil in a large frying pan; cook fish until browned on both sides and just cooked through. Transfer fish to a plate; cover to keep warm. Meanwhile, remove rind from lemon using a zester. Squeeze juice from lemon (you will need about 2 tablespoons). Combine rind, raisins, juice, nuts, parsley and remaining oil in a small bowl; season to taste with salt and freshly ground black pepper. Divide spinach among serving plates, top with fish and lemon raisin salad. Drizzle with any remaining dressing. Serve with lemon wedges.

Proteins	Carbohydrates	Bread units	Fats	Energy
174,5 g	41,6 g	3,5	41,5 g	1426 Kcal 5966 KJ

MAIN MEAL

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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

SALTIMBOCCA ROLLS

Ingredients for 6 servings

5 ml **lemon juice**
salt
20 ml **oil (depending on tolerance)**
1500 g **cooked veal escalope**
100 g **smoked ham**
pepper
sage
vegetable broth

Directions

Drip the meat with lemon juice, salt and pepper it, and add ca. 10-12 sage leaves and put the ham on it; roll and pin the meat with toothpicks. Fry the meat rolls in hot oil on all sides, extinguish with white wine and broth and let boil for several minutes. Ready!

Proteins	Carbohydrates	Bread units	Fats	Energy
80,9 g	0,0 g	0,0	15,4 g	463 Kcal 1936 KJ

MAIN MEAL

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



CHICKEN IN COCONUT-CURRY SAUCE

Ingredients for 2 servings

250 g **raw chicken**
250 ml **coconut milk**
150 g **pear**
30 g **raw onion**
15 ml **sesame oil**
15 g **curry**
salt
100 g **fresh lemon**
white pepper

Directions

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

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

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

It goes well with basmati rice.

Proteins	Carbohydrates	Bread units	Fats	Energy	
30,8 g	15,8 g	1,3	35,4 g	507 Kcal	2121 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

VEGETARIAN

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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

CORN NOODLES WITH VEGETABLES AND TOFU

Ingredients for 1 serving

- 80 g **egg-free corn noodles**
- 200 g **raw sweet pepper**
- 200 g **raw champignons**
- 7 ml **oil (depending on tolerance)**
- 150 g **tofu**
- spices (depending on the tolerance)**
- tolerated herbs**

Directions

Cook the corn noodles in salted water.

Cut the vegetables up small and stew in the oil. Dice the tofu and add to the vegetables – season altogether and serve with the corn noodles.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy
21,7 g	78,0 g	6,5	17,5 g	581 Kcal 2430 KJ

VEGETARIAN

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



CORN NOODLES WITH CARROTS AND TOFU

Ingredients for 1 serving

80 g **egg-free corn noodles**
300 g **carrots**
7 ml **oil (depending on tolerance)**
200 g **tofu**
spices (depending on the tolerance)
tolerated herbs

Directions

Cook the corn noodles in salted water. Cut the carrots into thin slices and stew in the oil.

Cut the tofu into small cubes and add the carrots. Briefly cook altogether and season to taste. Add the corn noodles to the pan and mix altogether.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
19,7 g	82,2 g	6,8	19,0 g	624 Kcal	2612 KJ

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

VEGETARIAN

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



ROAST POLENTA WITH TOFU

Ingredients for 1 serving

90 g **maize grits**
250 ml **water**
10 ml **oil (depending on tolerance)**
spices (depending on the tolerance)
tolerated herbs
150 g **tofu**

Directions

Bring salted water to the boil, add the corn semolina while constantly stirring and leave to boil. Take the pan off the heat and leave the mixture to soak for about 10 minutes. At the same time, rinse a baking tray with water. Then lay the polenta finger-thick on it and leave to cool then cut into 5cm thick rectangles.

Heat up the oil in the pan. Lightly brown the polenta slices for 3 minutes on each side.

Serve on a plate and sprinkle with the diced tofu. A fresh salad goes well with this.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy
19,9 g	67,5 g	5,6	18,6 g	526 Kcal 2200 KJ

RICE IN A TOMATO AND MUSHROOM SAUCE

Ingredients for 1 serving

80 g **polished rice**
350 g **canned peeled tomatoes**
250 g **champignons**
7 ml **oil (depending on tolerance)**
spices (depending on the tolerance)
tolerated herbs
150 g **tofu**

Directions

Cook the rice in salted water. Fry the button mushrooms in oil and add the tomatoes. The tomatoes can be cut slightly smaller beforehand if required. Season altogether.

Dice the tofu, mix up the sauce before serving and serve with the rice.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy
20,6 g	74,2 g	6,2	15,3 g	559 Kcal 2338 KJ

VEGETARIAN

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



CORN NOODLES IN A TOMATO AND MUSHROOM SAUCE

Ingredients for 1 serving

350 g **canned peeled tomatoes**
250 g **champignons**
7 ml **oil (depending on tolerance)**
spices (depending on the tolerance)
tolerated herbs
150 g **tofu**
80 g **egg-free corn noodles**

Directions

Cook the corn noodles in salted water. Fry the button mushrooms in oil and add the tomatoes. The tomatoes can be cut slightly smaller beforehand if required. Season altogether.

Dice the tofu, mix up the sauce before serving and serve with the corn noodles.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy
18,8 g	78,6 g	6,5	16,2 g	596 Kcal 2492 KJ

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

DESSERT

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



RASPBERRY QUARK

Ingredients for 2 servings

400 ml **coconut milk**
250 g **raspberry**
7 g **guar flour**

Directions

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

Proteins	Carbohydrates	Bread units	Fats	Energy
5,1 g	15,8 g	1,3	36,8 g	411 Kcal 1720 KJ

MILLET PANCAKE

Ingredients for 4 servings

500 ml **soymilk**
250 g **millet flour**
salt
40 ml **oil (depending on tolerance)**

Directions

Grind the millet finely. Add 4 tbsp oil and 250 ml soy drink, season and fry the pancakes in hot oil.

You can add 200 g apple slices in order to serve the pancake as an apple millet pancake.

You can also serve the pancakes spicy with champignons and salad.

Proteins	Carbohydrates	Bread units	Fats	Energy
6,2 g	43,6 g	3,6	12,2 g	384 Kcal 1608 KJ

DESSERT

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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

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 Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



WAFFLES WITH MILLET

Ingredients for 2 servings

100 g **millet**
20 g **flax**
20 ml **oil (depending on tolerance)**
salt
180 ml **mineral water (carbonated)**

Directions

Finely grind millet and linseed, add salt, oil and water using a whisk.

Heat up the waffle iron to the highest level. Put a portion of the dough into the waffle iron, close it, do not open it for 7 – 8 minutes. The cooking time is about 10 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy
7,4 g	30 g	2,5	15,1 g	305 Kcal 1274 KJ

APRICOT BALLS

Ingredients for 8 servings

200 g **dry apricot**
200 g **coconut flakes**

Directions

Soak the apricots in warm water for 2-3 hours. Drain the water and dry well.

Chop the apricots. Add half of the grated coconut and puree.

Put the mixture in a bowl, add the remaining grated coconut and knead everything to a homogenous dough.

Form balls out of the dough and eventually coat with chocolate. Chill the apricot balls.

Proteins	Carbohydrates	Bread units	Fats	Energy
2,4 g	11,4 g	1,0	15,6 g	202 Kcal 847 KJ

CAKES

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



MILLET MUFFINS

Ingredients for 6 servings

250 g **millet flour**
7 g **guar flour**
16 g **winestone baking powder**
salt
50 g **honey**
30 ml **oil (depending on tolerance)**
320 ml **soda water**
oil

Directions

Oil the muffin tins.

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

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

Allow the muffins to cool in the tins.

Proteins	Carbohydrates	Bread units	Fats	Energy	
4,2 g	35,4 g	3,0	6,5 g	217 Kcal	907 KJ

BASICS

Martina Musterfrau ■ date of birth: 12.07.1994 ■ sample id: 333333



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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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

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

BASICS

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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

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

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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RÖSTI

Ingredients for 4 servings

1000 g **boiled potatoes**
pepper
salt
20 ml **oil (depending on tolerance)**

Directions

Boil the potatoes and chill. Grate the peeled potatoes on a coarsely. Heat up grease in a pan and add the potatoes. Fry at low heat for 20 minutes, salt and pepper it and slightly press the potatoes with a frying turner. Put the potatoes on a lid or on a plate, add more oil in the pan and fry the rösti on the other side for another 20 minutes till they become golden-brown.

You can improve the rösti by adding bacon cubes and onion or grated cheese such as e.g. pecorino. Cover the pot and let the cheese melt. It goes very well with mixed salad.

Proteins	Carbohydrates	Bread units	Fats	Energy	
3,8 g	45 g	3,8	5,2 g	248 Kcal	1036 KJ