

Your personal ImuPro Complete documents

Sample ID:

Dear,

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

Sample Report

Individual laboratory result

ImuPro Complete

	Rating	Number of foodstuffs
Specific IgG antibodies	■ Not elevated	238
	■ Elevated	10
	■ Highly elevated	21
Total	31 out of 269 tested allergens	

Candida albicans: Your test result is negative for Candida.

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Laboratory:

CTL & Ortholabor GmbH
Anemonenweg 3a
26160 Bad Zwischenahn
Germany

Sender:

First Medical Diagnostics Pvt. Ltd.

sample type	serum
sample id	351864
examination method	Enzyme-linked immunosorbent assay (ELISA)
date of report	31.03.2023
report authorized by	Uwe David, Allergologe

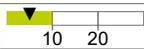
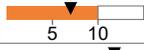
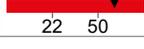
The information in your documents do not replace the medical advice of a trained health professional. The results obtained must always be interpreted in combination with the complete clinical picture. **Dietary changes must be made in consultation with a health professional, a relevant dietician or nutritional 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	 10 20
Food 2	7	 5 10
Food 3	77	 22 50

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.

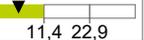
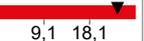
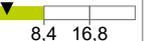
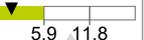
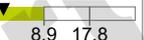
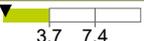
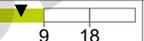
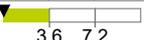
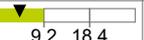
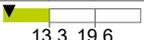
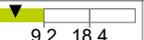
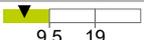
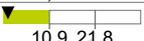
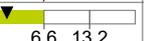
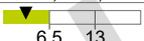
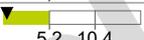
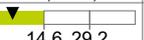
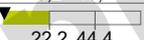
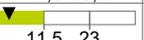
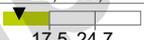
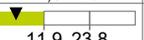
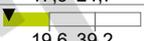
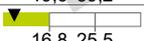
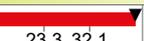
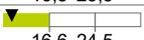
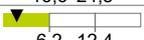
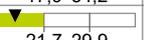
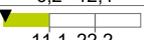
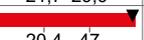
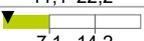
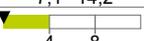
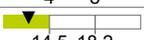
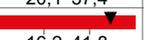
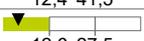
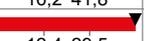
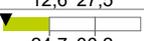
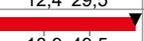
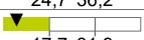
The **orange** area: IgG antibodies were measured in the "elevated" reaction class.

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

Sample Report

List 1 - Individual laboratory result

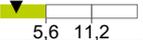
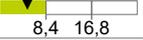
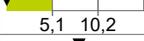
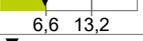
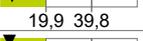
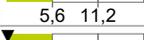
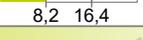
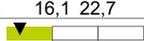
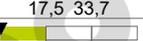
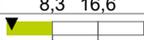
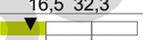
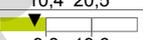
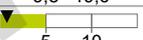
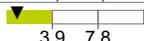
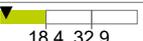
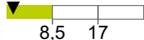
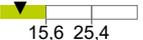
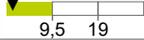
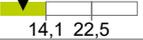
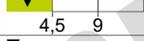
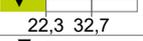
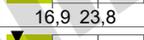
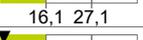
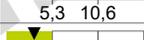
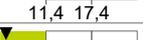
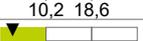
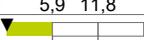
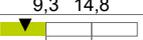
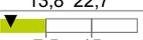
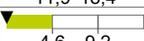
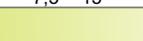
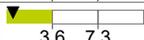
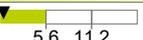
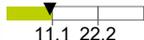
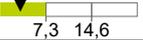
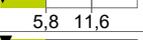
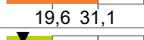
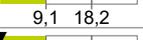
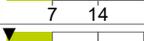
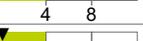
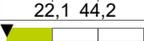
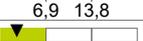
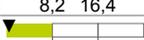
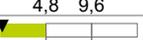
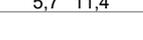
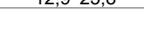
ImuPro Complete

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
Cereals containing gluten				Meat			
Barley*	< 2,5			Beef	5,0		
Gluten	34,0			Chicken	34,6		
Kamut*	< 2,5			Deer	< 2,5		
Rye*	8,8			Duck	< 2,5		
Spelt*	< 2,5			Goat meat	< 2,5		
Wheat*	< 2,5			Goose	< 2,5		
Cereals w/o gluten and alternatives				Hare			
Amaranth	< 2,5			Lamb	4,4		
Arrowroot	< 2,5			Ostrich meat	4,2		
Buckwheat	< 2,5			Pork	3,4		
Carob	4,2			Quail	17,0		
Cassava	< 2,5			Rabbit	< 2,5		
Fonio	3,1			Turkey hen	32,6		
Jerusalem artichoke	< 2,5			Veal	4,5		
Lupine	< 2,5			Venison	2,6		
Maize, sweet corn	5,8			Wild boar	4,5		
Millet	< 2,5			Milk products			
Oats	3,8			Camel's milk	86,4		
Quinoa	2,9			Goat: milk / cheese	79,1		
Rice	< 2,5			Halloumi	7,9		
Sweet chestnut	< 2,5			Kefir	113,3		
Sweet potato	< 2,5			Mare's milk	19,4		
Tapioca	< 2,5			Milk (cow)	111,0		
Teff	7,8			Milk, cooked	99,7		
Eggs				Rennet cheese (cow)			
Chicken egg white	< 2,5			Ricotta	70,3		
Chicken egg yolk	3,9			Sheep: milk / cheese	82,2		
Goose eggs	< 2,5			Sour-milk prod. (cow)	126,3		
Quail eggs	4,9						

* 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.

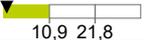
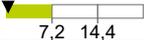
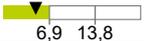
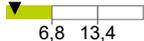
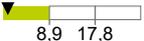
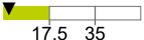
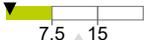
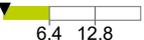
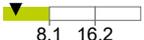
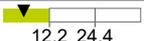
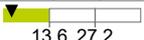
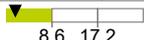
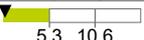
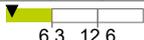
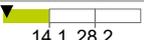
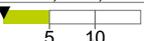
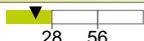
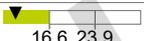
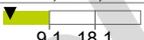
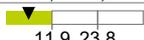
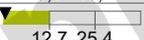
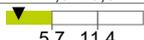
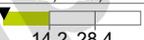
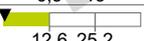
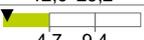
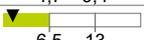
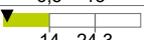
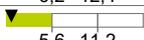
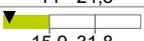
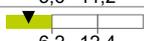
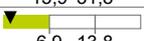
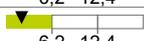
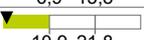
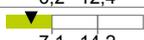
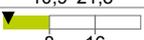
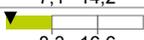
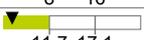
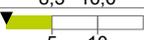
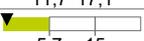
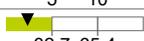
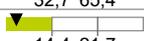
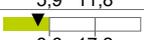
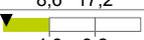
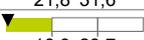
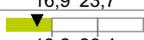
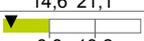
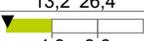
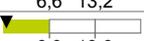
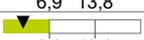
List 1 - Individual laboratory result

ImuPro Complete

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
Fruits				Fruits			
Apple	< 2,5			Rhubarb	< 2,5		
Apricot	< 2,5			Sea buckthorn	4,9		
Avocado	< 2,5			Strawberry	6,4		
Banana	10,7			Watermelon	5,1		
Blackberry	< 2,5			Yellow plum	< 2,5		
Blueberry	< 2,5			Seeds and nuts			
Cherry	3,0			Almond	5,8		
Cranberry	< 2,5			Brazil nut	< 2,5		
Currant	< 2,5			Cashew kernels	6,8		
Date	< 2,5			Cocoa bean	7,3		
Fig	< 2,5			Coconut	< 2,5		
Gooseberry	< 2,5			Hazelnut	< 2,5		
Grape / Raisin	< 2,5			Linseed	6,8		
Grapefruit	< 2,5			Macadamia nut	7,0		
Guava	< 2,5			Peanut	9,2		
Honeydew melon	< 2,5			Pine nut	2,9		
Kiwi	8,1			Pistachio	8,3		
Lemon	< 2,5			Poppy seeds	< 2,5		
Lime	9,4			Pumpkin seeds	< 2,5		
Lingonberry	< 2,5			Sesame	2,5		
Lychee	< 2,5			Sunflower seed	7,5		
Mandarin	3,5			Walnut	< 2,5		
Mango	< 2,5			Salads			
Nectarine	< 2,5			Butterhead lettuce	< 2,5		
Orange	10,4			Chicory	< 2,5		
Papaya	< 2,5			Dandelion	3,2		
Peach	< 2,5			Endive	< 2,5		
Pear	< 2,5			Iceberg lettuce	< 2,5		
Pineapple	30,3			Lamb's lettuce	< 2,5		
Plum	< 2,5			Lollo rosso	< 2,5		
Pomegranate	< 2,5			Radicchio	< 2,5		
Prickly pear	< 2,5			Rocket	< 2,5		
Quince	< 2,5			Romaine / Cos lettuce	< 2,5		
Raspberry	11,2						

List 1 - Individual laboratory result

ImuPro Complete

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
Vegetables				Vegetables			
Artichoke	< 2,5			Radish (red/white)	< 2,5		
Asparagus	4,8			Red cabbage	< 2,5		
Aubergine	< 2,5			Rutabaga	< 2,5		
Bamboo shoots	< 2,5			Savoy cabbage	< 2,5		
Beetroot	< 2,5			Soy bean	6,1		
Broad bean	< 2,5			Spinach	< 2,5		
Broccoli	9,6			Stalk celery	< 2,5		
Brussel sprouts	5,3			Sweet pepper	< 2,5		
Carrots	< 2,5			Tomato	< 2,5		
Cauliflower	< 2,5			White cabbage	< 2,5		
Celeriac, knob celery	< 2,5			Spices and herbs			
Chard, beet greens	< 2,5			Alfalfa	17,9		
Chickpeas	4,2			Allspice	5,6		
Chili Cayenne	< 2,5			Aniseed	5,7		
Chili Habanero	< 2,5			Basil	< 2,5		
Chili Jalapeno	< 2,5			Bay leaf	< 2,5		
Chinese cabbage	< 2,5			Capers	< 2,5		
Courgette	< 2,5			Caraway	< 2,5		
Cucumber	< 2,5			Cardamom	4,5		
Fennel	< 2,5			Chervil	< 2,5		
Green bean	< 2,5			Chive	< 2,5		
Green pea	< 2,5			Cinnamon	3,0		
Kale, curled kale	< 2,5			Clove	< 2,5		
Kohlrabi	< 2,5			Coriander	3,8		
Leek	< 2,5			Cumin	< 2,5		
Lentil	< 2,5			Dill	< 2,5		
Molokhia	< 2,5			Garden cress	15,1		
Mung bean	11,0			Garlic	3,1		
Okra, lady's finger	6,4			Ginger	23,6		
Olive	< 2,5			Horseradish	< 2,5		
Onion	4,8			Juniper berry	8,8		
Parsnip	< 2,5			Lavender	< 2,5		
Potato	< 2,5			Lemon balm	< 2,5		
Pumpkin	2,9			Lovage	< 2,5		

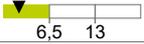
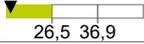
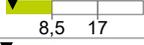
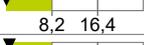
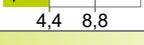
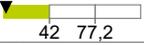
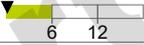
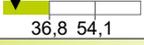
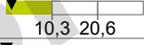
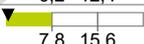
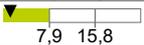
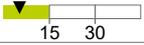
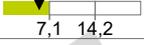
List 1 - Individual laboratory result

ImuPro Complete

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
Spices and herbs				Fish and seafood			
Marjoram	4,4	▼ 8,4 16,8		Plaice	< 2,5	▼ 4,7 9,4	
Mustard seed	< 2,5	▼ 6,8 13,6		Pollock	3,4	▼ 15,8 31,6	
Nutmeg	3,4	▼ 5,8 11,6		Red Snapper	4,9	▼ 8,3 16,6	
Oregano	< 2,5	▼ 7 14		Salmon	< 2,5	▼ 3,7 7,5	
Paprika, spice	8,9	▼ 12,4 24,9		Sardine	< 2,5	▼ 9 13,4	
Parsley	2,8	▼ 6,1 12,2		Scallop	< 2,5	▼ 9,6 19,2	
Pepper, black	5,4	▼ 32,9 65,8		Sea bass	5,1	▼ 10,2 20,4	
Pepper, white	< 2,5	▼ 8,3 16,6		Shark	< 2,5	▼ 5,2 10,4	
Rosemary	< 2,5	▼ 3,5 7		Shrimp, prawn	3,9	▼ 8,4 16,8	
Saffron	< 2,5	▼ 6,7 13,4		Sole	2,5	▼ 7,4 14,8	
Sage	5,9	▼ 16,1 32,2		Squid, cuttlefish	< 2,5	▼ 6,7 13,4	
Savory	16,9	▼ 14,2 28,4		Swordfish	< 2,5	▼ 6,1 12,2	
Thyme	< 2,5	▼ 3,3 6,6		Trout	4,4	▼ 5,7 11,4	
Vanilla	60,9	▼ 27,3 53,7		Tunafish	12,2	▼ 14,2 28,4	
Wild garlic	< 2,5	▼ 7,5 15		Zander	2,5	▼ 8,9 17,8	
Fish and seafood				Teas, coffee and tannin			
Anchovy	4,9	▼ 4,5 9		Camomile	< 2,5	▼ 10,3 20,6	
Angler, monkfish	9,3	▼ 9,5 19		Coffee	< 2,5	▼ 11,3 17,2	
Blue mussels	57,6	▼ 10,9 21,8		Nettle	6,0	▼ 8,2 16,4	
Carp	5,8	▼ 7,5 15		Peppermint	2,6	▼ 8,3 16,6	
Cod, codling	< 2,5	▼ 7,8 15,6		Rooibus tea	< 2,5	▼ 7,6 15,2	
Crayfish	< 2,5	▼ 6,1 12,2		Rose hip	< 2,5	▼ 3,6 7,2	
Eel	< 2,5	▼ 6,4 12,8		Tannin	3,2	▼ 6,9 13,8	
Gilthead bream	< 2,5	▼ 4,6 9,2		Tea, black	< 2,5	▼ 5 10	
Haddock	< 2,5	▼ 7,2 14,4		Tea, green	< 2,5	▼ 4,4 8,8	
Hake	17,0	▼ 7,5 15		Yeast			
Halibut	< 2,5	▼ 4,2 8,4		Yeast	< 2,5	▼ 10,4 20,8	
Herring	3,8	▼ 7,5 15		Mushrooms			
Iridescent shark	11,2	▼ 19,6 39,2		Bay boletus	2,6	▼ 10,6 21,2	
Lobster	3,7	▼ 15,2 21,5		Cep (boletus)	3,1	▼ 8,6 17,2	
Mackerel	4,5	▼ 8,1 16,2		Chanterelle	3,2	▼ 13,2 26,4	
Ocean perch	< 2,5	▼ 8,2 16,4		Meadow mushrooms	< 2,5	▼ 10,2 20,4	
Octopus	11,5	▼ 11,9 23,8		Oyster mushrooms	< 2,5	▼ 4,9 9,8	
Oysters	38,3	▼ 7 14		Shiitake	< 2,5	▼ 10,8 21,6	

List 1 - Individual laboratory result

ImuPro Complete

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
Specials				Food additives			
Aloe Vera	< 2,5			Agar-Agar (E406)	< 2,5		
Aspergillus Niger	15,0			Benzoic acid (E210)	< 2,5		
Candied lemon peel	< 2,5			Carrageenan (E407)	< 2,5		
Vine leaves	< 2,5			Curcumin (E100)	< 2,5		
Algae				Guar flour (E412)			
Red algae(nori)	< 2,5			Pectin (E440)	< 2,5		
Spirulina	9,4			Sorbic acid (E200)	< 2,5		
Sweeteners				Tragacanth (E413)			
Agave nectar	17,6			Xanthan gum	< 2,5		
Cane sugar	< 2,5						
Honey (Mixture)	5,1						
Maple syrup	5,5						

Sample Report

List 2 - Foods allowed and foods to avoid

Allowed in 4-day rotation					
Agar-Agar (E406)	Cassava	Fonio	Lobster	Pine nut	Shark
Alfalfa	Cauliflower	Garden cress	Lollo rosso	Pistachio	Shiitake
Allspice	Celeriac, knob celery	Garlic	Lovage	Plaice	Shrimp, prawn
Almond	Cep (boletus)	Gilthead bream	Lupine	Plum	Sole
Aloe Vera	Chanterelle	Goat meat	Lychee	Pollock	Sorbic acid (E200)
Amaranth	Chard, beet greens	Goose	Macadamia nut	Pomegranate	Soy bean
Angler, monkfish	Cherry	Goose eggs	Mackerel	Poppy seeds	Spinach
Aniseed	Chervil	Gooseberry	Maize, sweet corn	Pork	Spirulina
Apple	Chicken egg white	Grape / Raisin	Mandarin	Potato	Squid, cuttlefish
Apricot	Chicken egg yolk	Grapefruit	Mango	Prickly pear	Stalk celery
Arrowroot	Chickpeas	Green bean	Maple syrup	Pumpkin	Strawberry
Artichoke	Chicory	Green pea	Marjoram	Pumpkin seeds	Sunflower seed
Asparagus	Chili Cayenne	Guar flour (E412)	Meadow mushrooms	Quail eggs	Sweet chestnut
Aubergine	Chili Habanero	Guava	Millet	Quince	Sweet pepper
Avocado	Chili Jalapeno	Haddock	Molokhia	Quinoa	Sweet potato
Bamboo shoots	Chinese cabbage	Halibut	Mustard seed	Rabbit	Swordfish
Basil	Chive	Halloumi	Nectarine	Radicchio	Tannin
Bay boletus	Cinnamon	Hare	Nettle	Radish (red/white)	Tapioca
Bay leaf	Clove	Hazelnut	Nutmeg	Raspberry	Tea, black
Beef	Cocoa bean	Herring	Oats	Red algae(nori)	Tea, green
Beetroot	Coconut	Honey (Mixture)	Ocean perch	Red cabbage	Teff
Benzoic acid (E210)	Cod, codling	Honeydew melon	Octopus	Red Snapper	Thyme
Blackberry	Coffee	Horseradish	Okra, lady's finger	Rennet cheese (cow)	Tomato
Blueberry	Coriander	Iceberg lettuce	Olive	Rhubarb	Tragacanth (E413)
Brazil nut	Courgette	Iridescent shark	Onion	Rice	Trout
Broad bean	Cranberry	Jerusalem artichoke	Orange	Rocket	Tunafish
Brussel sprouts	Crayfish	Juniper berry	Oregano	Romaine / Cos lettuce	Veal
Buckwheat	Cucumber	Kale, curled kale	Ostrich meat	Rooibus tea	Venison
Butterhead lettuce	Cumin	Kiwi	Oyster mushrooms	Rose hip	Vine leaves
Camomile	Curcumin (E100)	Kohlrabi	Papaya	Rosemary	Walnut
Candied lemon peel	Currant	Lamb	Paprika, spice	Rutabaga	Watermelon
Cane sugar	Dandelion	Lamb's lettuce	Parsley	Saffron	White cabbage
Capers	Date	Lavender	Parsnip	Sage	Wild boar
Caraway	Deer	Leek	Peach	Salmon	Wild garlic
Cardamom	Dill	Lemon	Peanut	Sardine	Xanthan gum
Carob	Duck	Lemon balm	Pear	Savoy cabbage	Yeast
Carp	Eel	Lentil	Pectin (E440)	Scallop	Yellow plum
Carrageenan (E407)	Endive	Lime	Pepper, black	Sea bass	Zander
Carrots	Fennel	Lingonberry	Pepper, white	Sea buckthorn	
Cashew kernels	Fig	Linseed	Peppermint	Sesame	

Foods with reaction strength 1: Avoid for at least 5 weeks

Agave nectar	Aspergillus Niger	Broccoli	Mung bean	Savory
Anchovy	Banana	Ginger	Pineapple	Turkey hen

Foods with reaction strength 2: Avoid for at least 5 weeks

Barley	Gluten	Kefir	Oysters	Sheep: milk / cheese	Wheat
Blue mussels	Goat: milk / cheese	Mare's milk	Quail	Sour-milk prod. (cow)	
Camel's milk	Hake	Milk (cow)	Ricotta	Spelt	
Chicken	Kamut	Milk, cooked	Rye	Vanilla	

Foods that have been additionally excluded from your diet plan

No foods in this category

Sample Report

List 3 - Rotation schedule

Tip: Build your individual rotation schedule

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

	Day 1	Day 2	Day 3	Day 4
Cereals and starch				
	Amaranth	Arrowroot	Buckwheat	Carob
	Cassava	Fonio	Jerusalem artichoke	Lupine
	Maize, sweet corn	Millet	Oats	Quinoa
	Rice	Sweet chestnut	Sweet potato	Tapioca
	Teff			
Eggs				
	Goose eggs	Quail eggs		
Meat				
	Beef	Deer	Duck	Goat meat
	Goose	Hare	Lamb	Ostrich meat
	Pork	Rabbit	Veal	Venison
	Wild boar			
Milk products				
		Halloumi		Rennet cheese (cow)
Fruits				
	Apple	Apricot	Avocado	Blackberry
	Blueberry	Cherry	Cranberry	Currant
	Date	Fig	Gooseberry	Grape / Raisin
	Grapefruit	Guava	Honeydew melon	Kiwi
	Lemon	Lime	Lingonberry	Lychee
	Mandarin	Mango	Nectarine	Orange
	Papaya	Peach	Pear	Plum
	Pomegranate	Prickly pear	Quince	Raspberry
	Rhubarb	Sea buckthorn	Strawberry	Watermelon
	Yellow plum			
Seeds and nuts				
	Almond	Brazil nut	Cashew kernels	Cocoa bean
	Coconut	Hazelnut	Linseed	Macadamia nut
	Peanut	Pine nut	Pistachio	Poppy seeds
	Pumpkin seeds	Sesame	Sunflower seed	Walnut
Salads				
	Butterhead lettuce	Chicory	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	Brussel sprouts	Carrots
	Cauliflower	Celeriac, knob celery	Chard, beet greens	Chickpeas
	Chili Cayenne	Chili Habanero	Chili Jalapeno	Chinese cabbage
	Courgette	Cucumber	Fennel	Green bean
	Green pea	Kale, curled kale	Kohlrabi	Leek
	Lentil	Molokhia	Okra, lady's finger	Olive
	Onion	Parsnip	Potato	Pumpkin
	Radish (red/white)	Red cabbage	Rutabaga	Savoy cabbage
	Soy bean	Spinach	Stalk celery	Sweet pepper
	Tomato	White cabbage		
Spices and herbs				
	Alfalfa	Allspice	Aniseed	Basil
	Bay leaf	Capers	Caraway	Cardamom
	Chervil	Chive	Cinnamon	Clove
	Coriander	Cumin	Dill	Garden cress
	Garlic	Horseradish	Juniper berry	Lavender
	Lemon balm	Lovage	Marjoram	Mustard seed
	Nutmeg	Oregano	Paprika, spice	Parsley
	Pepper, black	Pepper, white	Rosemary	Saffron
	Sage	Thyme	Wild garlic	
Fish and seafood				
	Angler, monkfish	Carp	Cod, codling	Crayfish
	Eel	Gilthead bream	Haddock	Halibut
	Herring	Iridescent shark	Lobster	Mackerel
	Ocean perch	Octopus	Plaice	Pollock
	Red Snapper	Salmon	Sardine	Scallop
	Sea bass	Shark	Shrimp, prawn	Sole
	Squid, cuttlefish	Swordfish	Trout	Tunafish
	Zander			
Teas, coffee and tannin				
	Camomile	Coffee	Nettle	Peppermint
	Rooibus tea	Rose hip	Tannin	Tea, black
	Tea, green			
Yeast				
	Yeast			
Mushrooms				
	Bay boletus	Cep (boletus)	Chanterelle	Meadow mushrooms
	Oyster mushrooms	Shiitake		
Algae				
	Red algae(nori)	Spirulina		
Sweeteners				
	Cane sugar	Honey (Mixture)	Maple syrup	

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.

Sample Report

Here are the recipes for your individual findings

Sample Report

Sample Report

RECIPES

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



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

RICE PUDDING WITH APPLE AND CINNAMON

Ingredients for 4 servings

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

Directions

Heat up the milk in a pot, cut the apples into slices and cook them together with the rice and a pinch of salt. Add the raisins approx. 10 minutes before the end of the cooking time. Dredge the rice pudding with cinnamon and serve it.

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

BREAKFAST



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

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

BREAKFAST



BUCKWHEAT-CORN-BREAD ROLLS

Ingredients for 8 servings

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

Directions

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

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

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



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



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

Sample Report

BREAD SPREADS



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

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



OLIVE SPREAD (TAPENADE)

Ingredients for 4 servings

350 g **black olives**
20 g **fresh garlic**
20 g **raw parsley**
20 ml **olive oil**
10 g **capers**
pepper
salt

Directions

Finely chop the olives and capers. Wash the parsley, pick some leaves and chop them finely.

Mix it all with the oil. Peel the garlic and pass it through the press. Season the spread to taste with salt and pepper.

Proteins	Carbohydrates	Bread units	Fats	Energy
1,5 g	2,8 g	0,2	17,1 g	171 Kcal 716 KJ

TAPENADE

Ingredients for 4 servings

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

Directions

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

Tapenade is very tasty as bread spread or with noodles.

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

BREAD SPREADS



AVOCADO SPREAD

Ingredients for 2 servings

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

Directions

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

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

Spice with salt and pepper.

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

EGGPLANT PASTE (HUMMUS)

Ingredients for 6 servings

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

Directions

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

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

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

It goes very well with rice crackers or flat bread.

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

DRINKS



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

STRAWBERRY DRINK

Ingredients for 1 serving

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

Directions

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

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

DRINKS



HEALTHY & GREEN

Ingredients for 2 servings

300 g **raw fennel**
200 g **raw apple**
7 ml **lemon juice**
white pepper
35 ml **water**

Directions

Extract the juice of fennel and apples and flavor with lemon and pepper.

Proteins	Carbohydrates	Bread units	Fats	Energy
2,0 g	15,2 g	1,3	0,8 g	74 Kcal 308 KJ

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

DRINKS



KIWI DRINK

Ingredients for 1 serving

200 ml **grapefruit juice**
100 g **kiwi**

Directions

Peel the kiwi, cut it into small pieces and puree them in the blender. Pour chilled grapefruit juice over.

Proteins	Carbohydrates	Bread units	Fats	Energy
1 g	30,1 g	2,5	0,5 g	147 Kcal 615 KJ

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

APPETIZERS



MARINATED CHAMPIGNONS

Ingredients for 4 servings

400 g raw champignons
7 g provence herbs
10 g parsley, finely cut
pepper
30 ml olive oil
balsamic vinegar
15 g clove of garlic, finely chopped
salt

Directions

Roast the champignons and the herbs in a pan with olive oil, season with salt and pepper. Add garlic and parsley and braise for 2 minutes. Put everything into a bowl, add 1-2 spoons of balsamico vinegar and serve at room temperature.

Proteins	Carbohydrates	Bread units	Fats	Energy
2,3 g	1,5 g	0,1	8,0 g	88 Kcal 366 KJ

GRILLED TOMATOES

Ingredients for 1 serving

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

Directions

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

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

APPETIZERS



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

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

APPETIZERS



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

LEEK IN OLIVE OIL

Ingredients for 4 servings

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

Directions

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

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

APPETIZERS



PICKLED ZUCCHINI

Ingredients for 4 servings

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

Directions

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

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

EGGPLANT WITH LAMB (ISLIM KEBAB)

Ingredients for 6 servings

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

Directions

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

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

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

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

SOUPS



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

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

SOUPS



ORANGE SOUP

Ingredients for 4 servings

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

Directions

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

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

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

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

CORN SOUP WITH TOMATOES

Ingredients for 4 servings

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

Directions

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

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

SOUPS



PUMPKIN SOUP WITH ALMONDS

Ingredients for 6 servings

1200 g **gourd**
375 ml **vegetable broth**
150 g **almond**
125 ml **coconut milk**
20 g **cleared butter**
salt
spices and herbs (depending on the tolerance)

Directions

Peel and dice the pumpkin. Braise in half of the butter, add sherry and boil down. Add hot broth and let the pumpkin stew while covered for about 30 minutes until soft.
Add 100 g finely ground, lightly roasted almonds and let simmer for 15 minutes. Sieve the soup, pour it back into the bowl and boil.
Add bit by bit the remaining butter while stirring. Season with salt, pepper, nutmeg and pimento. Sprinkle 50 g roasted almond leaves before serving.

Proteins	Carbohydrates	Bread units	Fats	Energy
7,3 g	11,9 g	1,0	20,5 g	262 Kcal 1096 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



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



BAVARIAN COLESLAW

Ingredients for 4 servings

600 g **white cabbage**
125 g **raw bacon**
50 g **onion**
30 ml **vinegar**
20 ml **oil (depending on tolerance)**
caraway
spices (depending on the tolerance)
salt

Directions

Clean the white cabbage, halve it and cut out the stalk. Cut the cabbage into quarters and cut the leaves into strips.

You can also grate the cabbage.

Dip the cabbage for 3 minutes in boiling water, chill with cold water and sieve it immediately.

Cut the smoked bacon in small cubes and fry them in a pan without grease or oil till they become crispy.

Peel and grate the onion half. Mix the onions with vinegar (white wine vinegar), some sugar, caraway, salt and tolerated spices and herbs.

Mix the cabbage with the smoked bacon and the vinegar sauce and let everything soak for ca. 2 hours.

Mix in 2 tbsp. oil shortly before serving and eventually season.

The more you let it soak, the softer the salad will be. You can cut, blanch and marinate the cabbage 2-3 days before preparing. It is important that the cabbage is pressed well and is stored in the fridge.

Proteins	Carbohydrates	Bread units	Fats	Energy
3,2 g	6,8 g	0,6	33,1 g	339 Kcal 1420 KJ

SALADS



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



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

SAUCES



SPICY GRILL SAUCE

Ingredients for 5 servings

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

Directions

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

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

CHESTNUT-EGGPLANT FILLING

Ingredients for 4 servings

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

Directions

Steam the chestnuts for 12 minutes.

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

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

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

SAUCES



TOMATO SAUCE WITH TUNAFISH

Ingredients for 4 servings

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

Directions

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

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

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



FISH WITH ANCHOVIES IN BAKING PAPER

Ingredients for 4 servings

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

Directions

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

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

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



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

PISTACHIO-CRUSTED SALMON

Ingredients for 2 servings

300 g salmon steak
80 g pistachios
15 g mustard, dijon
10 g cumin seeds

Directions

1. Preheat the oven to 180 deg C. Grind the cumin seeds and pistachios in a mortar and pestle or spice grinder until the pistachios are coarsely ground into mixed small and medium-size pieces.
2. Arrange the salmon fillets in a lightly oiled baking dish, skin side down. Season with salt and pepper. Spread the Dijon evenly over the salmon fillets, then press the pistachio and cumin seed mixture firmly onto the mustard to coat evenly. Drizzle with oil and bake until fish is barely translucent in the centre, aprox 20-25 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy
37,9 g	5,2 g	0,4	38,0 g	515 Kcal 2153 KJ

MAIN MEAL



FISH PACKAGE WITH FENNEL AND ORANGE

Ingredients for 0 servings

300 g **ocean perch**
180 g **fennel bulb**
100 g **orange, peeled and sliced**
10 g **black olives**
6 ml **virgin olive oil**
4 **bay leaves**
salt
pepper
parsley

Directions

Tear 2 pieces of baking paper or foil (to make parcels)
Slice the fennel lengthways as finely as possible and divide between the 2 squares of paper/foil.
Place the fish on the sliced fennel and season well with the sea salt and freshly ground pepper. Lay the orange slices, bay leaves and black olives on top of the fish and sprinkle with olive oil and orange juice.
Fold the parcels so that the fish is enclosed and bake in a preheated oven for 10-15mins (depending on thickness of fish).
Open the parcels carefully as steam escapes and slide on to warm serving plates before sprinkling with parsley

Proteins	Carbohydrates	Bread units	Fats	Energy
61,7 g	14,5 g	1,2	16,4 g	458 Kcal 1916 KJ

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

MAIN MEAL



INSTANT LENTILS WITH PAPRIKA

Ingredients for 2 servings

400 g **cooked lentils**
100 g **raw onion**
200 g **red pepper**
50 g **raw bacon**
200 g **salami**
fresh garlic
salt
pepper
vinegar
5 g **potato flour (starch)**
20 ml **oil (depending on tolerance)**
bay leaves

Directions

Mix cornstarch in water, add it to the lentils and heat it lightly. Add some balsamic vinegar and red wine. Sear the onion cubes and the paprika with the bacon cubes in oil, add the laurel leaves and let it simmer shortly. Add everything to the lentils, let simmer for 10 minutes and season with salt, pepper and flavour. Add the salami cut in small pieces and let simmer for several minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy
30,7 g	36,7 g	3,1	80,9 g	997 Kcal 4170 KJ

MAIN MEAL



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

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



COD FILET ON FENNEL LAYER

Ingredients for 2 servings

100 ml **water**
30 ml **oil (depending on tolerance)**
500 g **raw fennel**
250 g **raw onion**
100 g **fresh lemon**
400 g **cod filet**
spices (depending on the tolerance)

Directions

Drip the fish filets with lemon juice. Peel and slice the onions.

Clean the fennel and mince the verdure. Cut the fennel tubers on lengthwise. Put each half on the cut side and cut it again lengthwise.

Stew the onions and the fennel in oil. Extinguish with 100 ml water, bring to a boil, put the fish filets on the vegetables and let everything steam in a covered bowl at low heat for 15-20 minutes.

Strew the fennel verdure over the fish.

Proteins	Carbohydrates	Bread units	Fats	Energy
39,5 g	15,8 g	1,3	17,6 g	381 Kcal 1595 KJ

Sample Report

VEGETARIAN



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

BAKED POTATOES WITH TZATZIKI

Ingredients for 2 servings

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

Directions

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

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

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

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

VEGETARIAN



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

TOFU BURGERS

Ingredients for 2 servings

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

Directions

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

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

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

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

VEGETARIAN



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



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

RISOTTO OF PEAS WITH FRIED EGG

Ingredients for 1 serving

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

Directions

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

This risotto can be made of various sorts of vegetables.

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

DESSERT



CHESTNUT-CHERRY CAKE

Ingredients for 8 servings

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

Directions

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

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

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

PANCAKE

Ingredients for 4 servings

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

Directions

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

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

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

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

Ready!

Ingredients for approx. 10 pancakes!

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

DESSERT



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



CINNAMON BISCUITS MADE OF POTATO DOUGH

Ingredients for 30 servings

300 g	boiled potatoes
80 g	rice flour
40 g	potato starch
	lemon peel
150 g	honey
20 g	winestone baking powder
10 g	cinnamon
100 g	ground almond
50 ml	water

Directions

Mix rice flour, starch, baking powder, almond powder and 1 heaped teaspoon of cinnamon.

Grate the potatoes. Mix the honey with the water in a bowl, add the grated peel of a lemon. Add the flour mixture and the potatoes in turns using the whisk. Beat the dough for ½ minute.

Cover the dough and allow it to rest for 20 minutes at room temperature.

Preheat the oven to 175°. Grease the heart tins with clarified butter. Fill them with the dough one half each, smooth the dough out and bake them in the oven for 20-25 minutes.

Allow the biscuits to cool for 10 minutes before you take them out of the tins.

Variation: Form small biscuits of the dough using 2 teaspoons and bake them for 10 – 15 min.

Proteins

0,4 g

Carbohydrates

8,9 g

Bread units

0,7

Fats

1,8 g

Energy

56 Kcal

236 KJ

CAKES



CHOCOLATE TRUFFLES

Ingredients for 10 servings

60 g **cleared butter**
120 g **chocolate**
30 g **cocoa**
7 ml **rum**
30 g **honey**

Directions

Melt the chocolate in the bain-marie.

Whisk clarified butter, honey and 1 tbsp. cocoa to a froth. Add the rum bit by bit to the lukewarm chocolate.

Put the chocolate in a cold place for 1 hour.

It should not become too firm, but should not remain too soft either.

Form small balls, roll them in cocoa.

Then keep them in a cool place (not in the refrigerator).

Proteins	Carbohydrates	Bread units	Fats	Energy
0,6 g	9,6 g	0,8	9,6 g	127 Kcal 530 KJ

Sample Report

CAKES



MILLET CAKE WITH WALNUTS

Ingredients for 15 servings

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

Directions

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

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

Sample Report

BASICS



TORTILLA

Ingredients for 2 servings

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

Directions

Make a dough out of corn flour, salt and water (125-250 ml) and fry small patties in hot oil.

This is the Mexicans' daily bread and can be found in different variations, such as with meat, vegetables or fish.

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

CORN DUMPLINGS

Ingredients for 2 servings

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

Directions

Bring the water to a boil, season with salt. Add the corn semolina and stew at low heat for 30-40 minutes. Meanwhile, melt margarine and brown the breadcrumbs.

When the corn semolina mixture is firm, put it on a warm plate with a spoon. Sprinkle with the crumbs.

The balls can be served as a side dish to a spicy dish or also as main course with blueberries or other fruit.

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

BASICS



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

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



RECIPE FOR BREAD

Ingredients for 1 serving

400 ml **water**
40 g **yeast**
15 g **fruit sugar**
420 g **maize starch**
80 g **corn flour**
200 g **ground almond**
10 g **salt**
200 g **raw zucchini**

Directions

Mix the yeast with 4 tbsp. warm water and the fruit sugar and allow the dough to rise for 20 min.

Add maize starch, maize flour, almonds, salt and the rest of the water and mix it all. Grate the courgettes and add them to the dough. Put the dough in a loaf tin lined with baking parchment and allow it to rise for approx. 20 min.

The cooking time is approx. 80 min. at 180 °C. After half the cooking time, tip the tin to take out the bread, remove the baking parchment and continue to cook it on the grill.

This recipe has been created by a patient.

Hint: The ingredients may be varied just as you like, e.g. you can replace the almonds by other compatible nuts.

Proteins	Carbohydrates	Bread units	Fats	Energy
15,9 g	434,0 g	36,2	110,7 g	3157 Kcal 13208 KJ

BASICS



COOKED POTATO DOUGH FOR PIZZA

Ingredients for 4 servings

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

Directions

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

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

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

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

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

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

BASICS



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

SWABIAN SPAETZLE

Ingredients for 4 servings

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

Directions

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

Spaetzle freeze very well.

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

Sample Report

Sample Report

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2. Nutritional guidelines

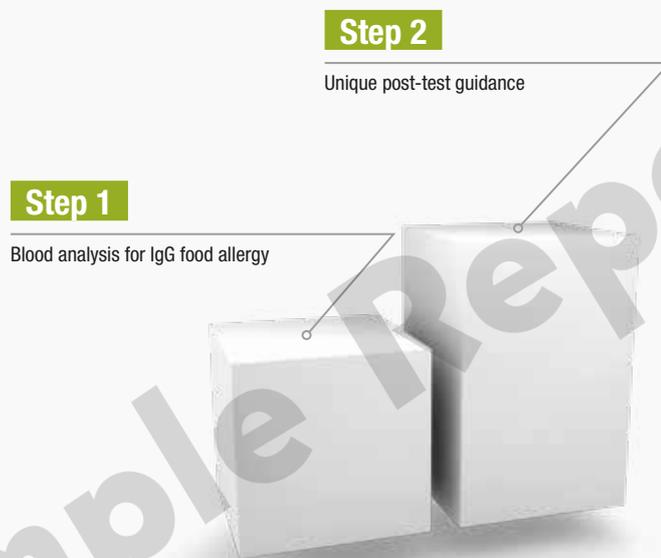
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1. Introduction

1.1 ImuPro – Individual nutritional analysis and personalised guidance

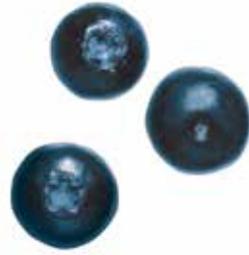
ImuPro is a concept that combines a sophisticated and reliable blood analysis for IgG food allergy with individual post-test guidance.



Your blood sample has been analysed by a specialised laboratory which determined the presence of antibodies against a broad variety of foodstuffs. These antibodies are detected by their ability to bind to specific proteins from the analysed foods.

Along with your test results, you have also received your individual nutritional concept. Your test results and your personal nutritional guidelines will now help you with an elimination and provocation diet with the aim of reducing inflammatory processes.

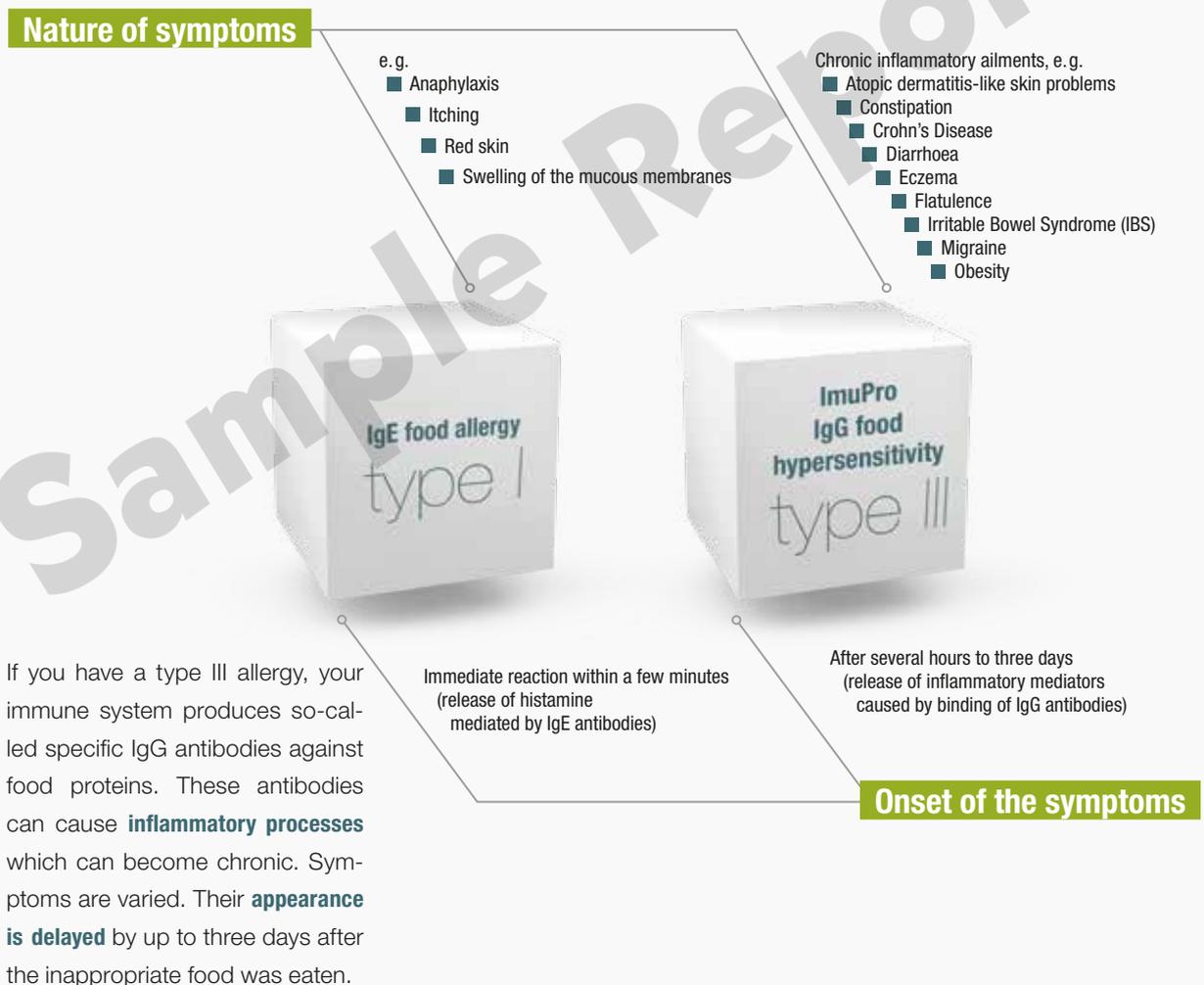
Note: Time plays an important role for the ImuPro process. Your body and your intestine need time to heal. You may have to eliminate some foods for more than one year. There may be one or two foods that you will even have to avoid permanently. Therefore, consider ImuPro as your long-term companion and make your change of diet into a new habit.



1.2 What is an IgG food allergy?

These type III food allergies often remain undetected because the symptoms may occur only after a few hours or even days after the consumption of a particular food, making them extremely difficult to identify.

The body uses its immune system to fight off invading agents. These invading agents are usually bacteria, parasites, and viruses; they are called antigens. Generally, foods are not harmful to us. However, a delayed IgG food allergy is caused by the body treating a harmless food protein as if it were harmful. If our body deems a food harmful, antibodies are produced to fight against these proteins. (See also “The intestine”)



Note: A type III allergy should not be mistaken for a classic food allergy (type I). If you have a type I allergy, your immune system produces so-called IgE antibodies. These antibodies lead to an immediate allergic reaction. The symptoms appear within seconds or minutes. ImuPro does not detect classic food allergies.

1.3 The intestine

The immune system of the intestine is the largest in the entire body. Over 80% of the immune defence reactions originate from the intestine. It guarantees an almost invincible barrier for bacteria, viruses and other pathogens and a barrier against other foreign proteins from food. Our body has an extraordinary tolerance to foods, on the condition they are correctly digested and pass the intact intestinal barrier in the intended manner, namely through the intestinal cells.

However, due to medicines, infections, mycosis, stress and environmental poisons the integrity of the intestinal wall can become damaged again and again and food components can slip between the intestinal cells. The immune system may then initiate an immune reaction against these food proteins.

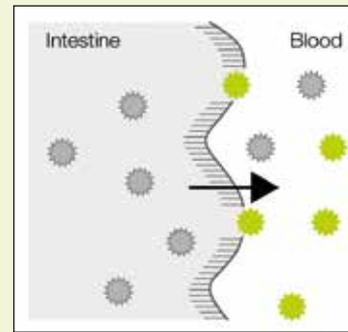
1.4 Cross-reactions

Occasionally a reaction is found to a food that the person has never eaten before. This is not a false reading from our test. This may be due to 'cross-reactions', i.e. the antibody that the body has produced not only recognises the antigen for which it was originally formed but also other antigens which belong to other foodstuffs. Some molecules or parts of molecules which make up a food can be identical, even if the foods are not directly related.

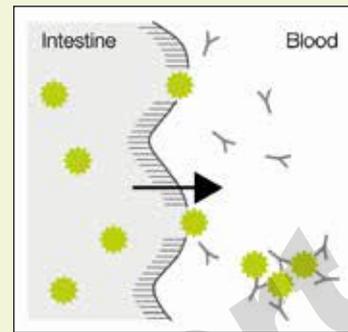
Example: Tropomyosin is the main allergen found in dust mites. This allergen is also found in invertebrates, e.g. mussels, oysters, scampi, squid, shrimps and lobsters. If you have sensitivity to the tropomyosin in dust mites or in one of these foods, then you may have high levels of IgG antibodies against any of them even if you have never eaten one before.

Legend

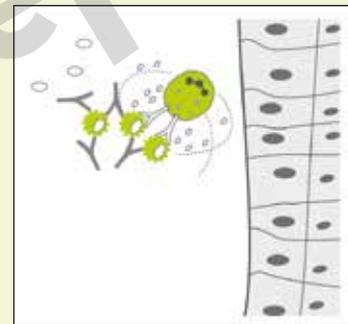
	Food protein recognised as being harmful (not digested correctly)		Immune complex with complement proteins
	Food protein <u>not</u> recognised as being harmful (digested correctly)		Receptor (cellular adhesion molecule)
	Antibody		Immune cell (neutrophils)
	Intestinal wall		Complement protein
	Immune complex		Tissue



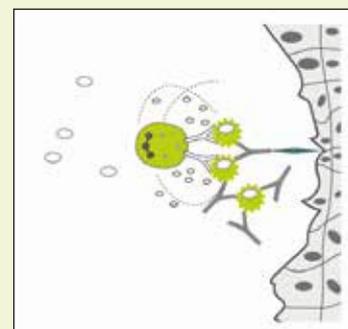
Intestinal wall is damaged: food components can slip between intestinal cells



Immune system starts immune response: formation of immune complexes



Immune complexes are destroyed: inflammatory process without tissue damage may result in systemic symptoms (e. g. hypertension, metabolic disorders)



Immune complexes are destroyed: inflammatory process with tissue damage may result in specific symptoms (e. g. IBS, migraine)

2. Nutritional Guidelines



Your nutritional guidelines are based on three important building blocks.

Each tested food runs through the three phases.

2 Provocation phase

Once your symptoms are significantly reduced, you are welcome to gradually reintroduce foodstuffs which you avoided in the elimination phase. This step will help you to identify the food which really caused your problems and eventually enables you to start eating the foods you enjoy again.



1 Elimination phase

This phase consists of two parts. As the name suggests, one part of the elimination phase is the strict elimination of all the foodstuffs you have elevated IgG levels for. This elimination will help you to recover from your health problems. One other central aspect of the elimination phase, however, is the rotation of the foods you are allowed to eat. You will also use the rotation later to reintroduce foodstuffs that you were initially no longer allowed to eat.

3 Stabilisation phase

Good job, you are nearly done! You successfully identified your personal "trigger foods"; you also learned how to ensure a varied diet without promoting new type III food allergies. To stabilise your body, you now avoid your trigger foods for at least one year, so that the IgG antibodies can degrade. After one year you may start another provocation and reintroduce the foods you are still avoiding one by one.

On the following pages you will find detailed information on every phase.



2.1. Elimination Phase

As we briefly explained to you already, the elimination phase consists of two parts: the **rotation** and the **elimination**.

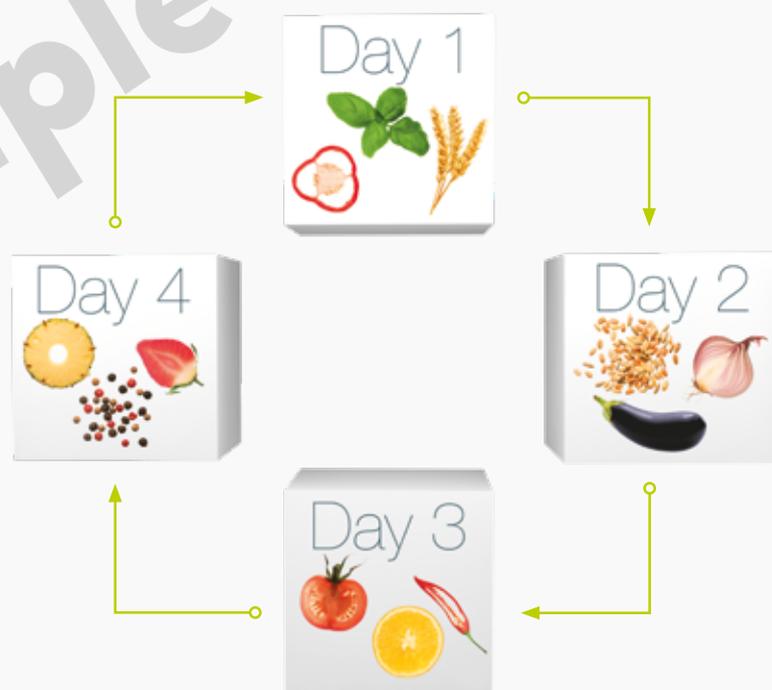
The goal is to prepare your body for the following provocation phase by helping it to recover from IgG mediated inflammations in your body.

Part 1: Rotation

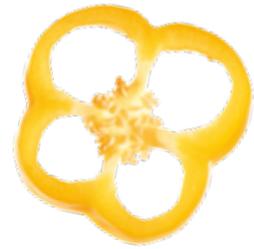
All the foods you are allowed to eat can be used to create your individual diet in a four-day cycle.

If you eat a certain selection of foods on the first day, you should avoid eating these for the next three days. This helps your body to heal from current IgG food allergies while reducing the possibility of forming new ones. It also ensures that you get all the vitamins and minerals you would expect from a varied diet.

Make up your individual “menu” of the allowed foods according to the 4-day rotation. It is up to you whether you plan your menu as you go or for the whole week. Just try it – you will soon find the most suitable approach for you.



“List 2 - Foods allowed and foods to avoid” shows you your personal selection of foods without elevated levels of IgG antibodies that can be eaten in rotation.



Practical tips:

- Rotating these new groups of foods means that the selection you eat today should be avoided for the next three days. This means you may have less variety on one day but more variety over the week. Similar foods could be included for lunch and supper over a day, either raw or cooked.
- Use the rotation plan provided to help plan your meals in advance. Write down all ingredients that make up your snacks, drinks and meals. Note how you feel each day and monitor your weight. The important information recorded here will help you if you have any problems during your change in diet.
- If you make a mistake, don't worry. An isolated incident won't set you back too much. You may feel a bit worse for a couple of days but continue to avoid all suggested foods and you will get back to normal quickly.
- Drink plenty of water. It helps your circulation and to detoxify.

Sample Report



Note: A good way to monitor your new diet in addition to keeping the rotation food diary is to weigh yourself every day at the same time under the same conditions. An increase in body weight of approximately 1 kg or more overnight is a significant indicator of an inflammatory process. In this case you probably unknowingly ate a possible trigger food.

A suggestion for your rotation diet plan can be found in your individual report. Your suggested foods are allocated to four days, so that you can choose from a variety of foods on each day.



Part 2: Elimination

The foods with elevated and highly elevated values of IgG antibodies are strictly avoided during this phase. The initial elimination phase takes five to eight weeks. Please consult your health professional, a qualified dietician or nutritional expert to define the timeframe in your individual case.

Important: The level of IgG reflects the amount of IgG in your blood. Whether the IgG detected is relevant for a symptom or not does not depend on the amount of IgG. Even low levels of IgG to a food might cause severe symptoms, while high levels of IgG might not be responsible for a symptom. This means that elevated levels of IgG are as important as highly elevated levels.

By strictly avoiding the IgG positive foods, inflammation processes could be reduced or even stopped. This is an important preparation for the following provocation phase.

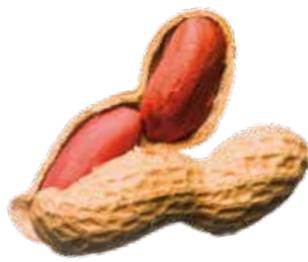
Practical tips:



- Read all labels on foods to make sure that you know what you are eating. Some foods can hide behind alternative names or can be contained in processed foods. Eggs, for instance, are used in many processed foods, such as cakes, meringues, ice cream or mayonnaise. They can be found under ingredient names like albumin, lysozyme, ovalbumin or ovoglobulin. Remember to check medications, beauty products, household products and your environment as well.
- Try to choose unprocessed foods whenever possible. There are a lot of additives in processed foods.
- Avoid products derived from IgG reactive foods. For example, if you have a reaction to cereals and yeast, also avoid beer. If you have a problem with grapes, then avoid wine, grape juice and raisins. The same applies to oils.
- Avoid the problem foods as strictly as possible. Your wellbeing will depend on your compliance during the elimination phase.

Note: At the beginning of the change in diet you might feel worse than before. This deterioration in how you feel can actually be a good sign. It could be due to your body detoxing. Drink plenty of fluids to help the process and keep to your new plan. Once the body has rid itself of any harmful substances, you will feel much better for it. The longest amount of time that this should last for is ten days. If the deterioration in your condition is extreme or goes on for longer than ten days, please consult your doctor.

“List 2 - Foods allowed and foods to avoid” indicates which foods you need to eliminate.



2.2 Provocation Phase

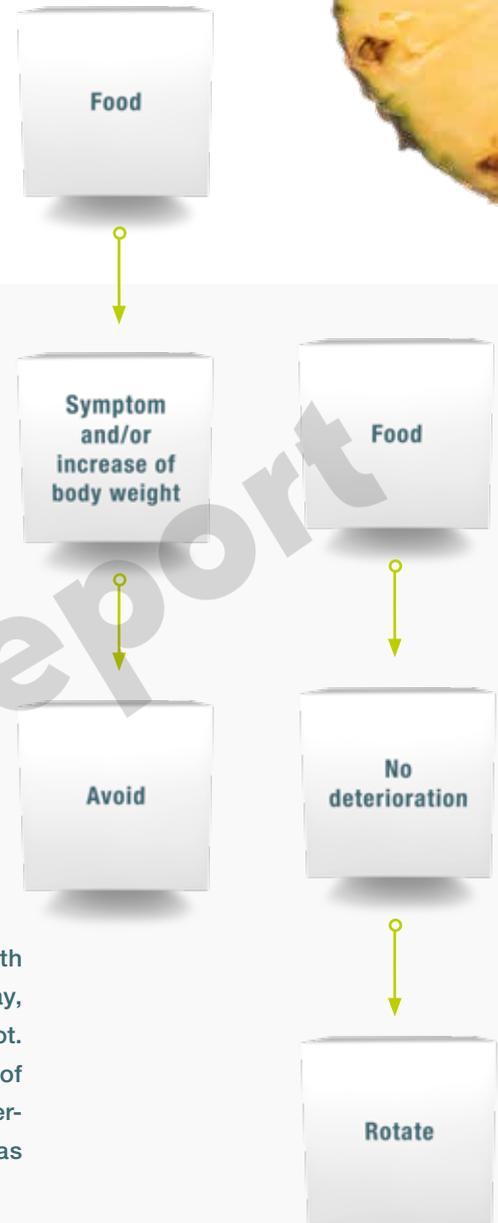
Important: If you have an existing classic IgE allergy (type I) or any other known food intolerances, please do not start eating that particular food again. These foods must be excluded from the provocation phase.

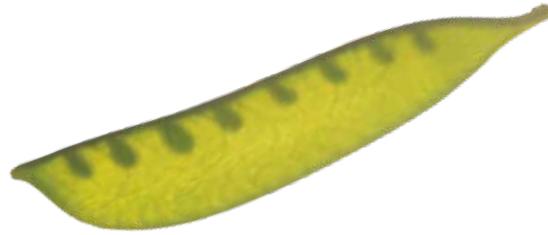
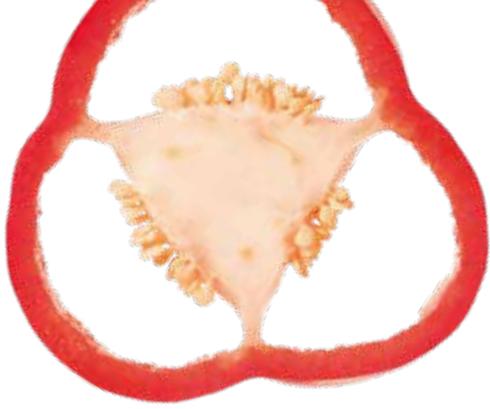
Not all of the identified IgG reactive foods indicate the cause of certain symptoms. The provocation phase helps you to identify your personal trigger foods.

You now start your provocation diet and gradually reintroduce the previously eliminated foods one by one, with three days in between, back into your diet (see example on the following page). Start with the foods which are in the group “elevated” in your test results (orange). After completing the orange category, move on to the foods which are in the group “highly elevated” (red).

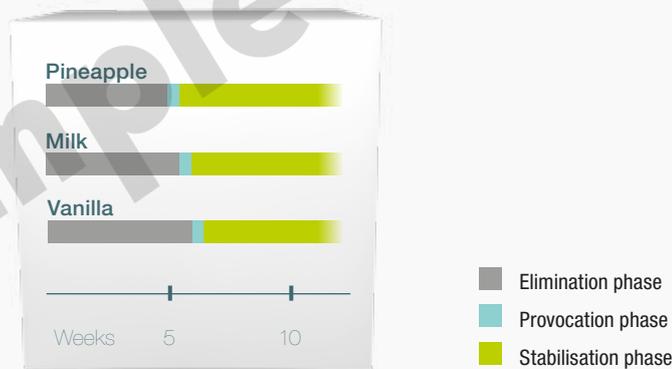
Note: You might find it easier to start the provocation phase with some of your favourite foods that were tested positive. This way, you will learn right away if your favourites cause symptoms or not. Please keep in mind that if these foods caused a reappearance of your symptoms you have to avoid them for at least one year. Afterwards you proceed with the foods from the category “elevated” as described above.

A trigger food may cause a specific symptom or lead to an increase in body weight. The increase of body weight is caused by the retention of water due to the inflammatory response to the food eaten. This food can lead to potential health risk in the future. Therefore, we recommend the following: If a reintroduced food causes returning symptoms or leads to an increase in body weight of approximately 1 kg or more overnight, then it must be left out of your diet for at least one year. If the food does not cause symptoms to return or an increase in body weight, it can be included in your diet again (we will come back to this when we talk about the stabilisation phase).





Example: You consulted your health practitioner and agreed on an initial elimination phase of five weeks, for instance. After five weeks you introduce the first food from the orange category, e.g. pineapple. On the first day you consume pineapple several times a day to guarantee that the amount ingested is enough to possibly induce a symptom. Then you avoid it for the following three days and observe your body. You notice no deterioration. Thus, you may include pineapple back into your diet as described in the stabilisation phase. Then you introduce the next food, e.g. milk. Within the following three days your migraine returns. Consequently, you avoid milk for at least one year.



Note: Try to eat as varied a diet as possible during the provocation phase to supply your body with all the nutrients needed. This also helps to prevent the development of new delayed food allergies. A good way to ensure a varied diet is to keep rotating the foods as described in the elimination phase.

“List 2 - Foods allowed and foods to avoid” lists the foods with elevated levels of IgG antibodies sorted by reaction class.



Practical tips:

A provocation diary will help you to keep track of the reintroduced foods as well as the foods you need to avoid for one year. Just download the table and print it or make your own handwritten one. Below you will find an example of how to use the table.

- Start with the foods with elevated levels (orange).
- Pick one food from this category to include in a meal. Make sure that you eat a sufficient amount of the food and that it is the pure form of the food rather than a processed form, e.g. for hazelnuts you would start with the whole nut and not with a hazelnut cake. Note this food and the date of the reintroduction in the table.
- Note your health over the following three days and take your body weight daily. Do not reintroduce any new food yet.
- Have you had any adverse symptoms? Did any symptom that disappeared during the elimination phase reoccur? Did your body weight increase overnight as mentioned? If not, then you may continue to eat this food once a week. Fill in "No" in the columns "Symptom / increase in body weight" and "Avoid 1 year".
- If any symptoms have reappeared or new ones have developed, then you need to avoid this food for at least one year. Note the symptoms in the column "Symptom / increase in body weight" and fill in "Yes" in the column "Avoid 1 year". Then note the date one year from now in the column "Date of next provocation".
- Repeat these steps again for the other foods from this category with three days in between reintroductions. Then start on the foods with highly elevated levels (red).

Example "Provocation Diary"

Reintroduced food	Date of first provocation	Symptom / increase of body weight	Avoid 1 year	Date of next provocation
<i>Pineapple</i>	<i>01/09/2014</i>	<i>No</i>	<i>No</i>	-
<i>Milk (cow)</i>	<i>05/09/2014</i>	<i>Migraine 1.2 kg</i>	<i>Yes</i>	<i>09/09/2015</i>
<i>Vanilla</i>	<i>09/09/2014</i>	<i>No</i>	<i>No</i>	-

Note: You can download your individual provocation diary here:
<https://imupro.com/provocation-diary>



2.3 Stabilisation phase

The provocation phase helped you to find your personal **trigger foods**. During the stabilisation phase these foods are now avoided for at least one year, so that the IgG antibodies can be degraded and your body can recover.

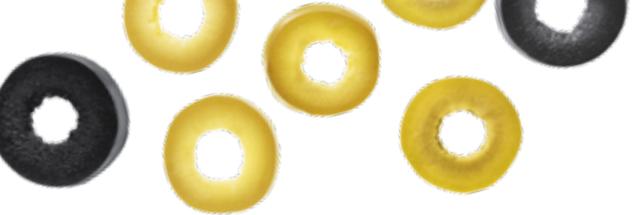
The foods that do not cause any symptoms or gain in body weight overnight during the provocation phase may be reintroduced into your diet. This doesn't mean that it was a false positive result for this food. It means that this food does not induce a symptom yet, but still represents a potential threat to your health. To enable your body to eliminate IgG antibodies against this food we recommend eating it only once a week.

Note: If old symptoms or new symptoms appear during the stabilisation phase, one or more of the previously IgG positive foods could be the cause. In this case, repeat the elimination phase for five weeks for these foods. If your symptom disappears, one of the avoided foods is responsible for it. To identify the food(s), repeat the provocation phase with these foods, as described above. If your symptom does not disappear, either you have developed a reaction to a new food or food is not responsible for it. In this case we recommend consulting your therapist or physician.

After one year you can then start another provocation with the foods that you are still avoiding and reintroduce them one by one. You may find that there are one or two foods that you will even have to avoid permanently. If the food doesn't cause a return in symptoms or an increase in body weight after this second provocation, it can be included in your diet.

Practical tips:

- If you make a mistake, don't worry. An isolated incident won't set you back too much. You may feel a bit worse for a couple of days but continue to avoid all problem foods and you will get back to normal quickly.
- Try not to eat a food that was positive to IgG antibodies too often. If you manage to eat these foods only once a week you may tolerate them again.
- Make a habit of a varied diet to ensure that you get all the vitamins and minerals you need. By rotating the foods you may have less variety in one day but more variety over the week.
- Keep a record of your body weight, even if you don't have weight problems. An increase in body weight overnight of approximately 1 kg or more is an indication that you consumed a non-tolerated food the day before.
- If a new symptom which might be related to chronic inflammation occurs within or after 12 months and you still comply with your diet, then a new trigger food might be present. This could be an indication for a new ImuPro test.



2.4 Additional tips to help your change in diet

- You may find that some of your favourite breakfast foods are now off the list. Don't panic! Use a little imagination and look at all the other foods which can make very tasty alternatives. All you have to do is find four different breakfasts. People are putting more and more recipes online. Why not spend a few minutes searching for some ideas?
- Alcoholic beverages should be avoided initially to allow your immune system to stabilise. This will also help you to detox.
- Even if you have had a negative result for coffee (if tested), caffeine can irritate the intestinal lining. This increases the permeability of the intestine to foodstuffs, allowing more partially undigested food particles to cross this barrier into the bloodstream setting off more immunological reactions. Rotate this as you would any food.
 - Some colas and carbonated beverages also contain caffeine. The high phosphate content of some of these beverages can bind to calcium stopping the body from being able to use it. The high sugar content, colourings and additives also make it best to avoid these drinks.
 - Fruit and vegetable smoothies are liquid foods rather than drinks. The fiber is very important for digestion, but too much of one type of vegetable or fruit protein is consumed because large quantities of them are required to make one glass of squeezed juice. If you want to consume smoothies, then dilute the juice with some water.
 - In a restaurant or canteen, sauces can often hide ingredients you may need to avoid. Grilled meat or fish with potatoes or rice, vegetables or salad are normally unproblematic. You could order the salad without dressing and then use a dressing you brought along with you.



2.5 Summary



2 Provocation Phase

Avoided foods

- 1-day reintroduction
- 3-day observation

Allowed foods

- rotation

1 Elimination Phase

Foods to avoid

- strict 5-8 week elimination

Allowed foods

- 4-day rotation

3 Stabilisation Phase

Trigger foods

- 1-year avoidance

Allowed foods

- rotation