Sample ID

CTL & Ortholabor GmbH
Anemonenweg 3a
26160 Bad Zwischenahn
Germany

Your personal ImuPro Basic Plus documents

Sample ID: 000000

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

Within the framework of the ImuPro concept, you will find recommendations for a possible form and duration of the dietary change in your diagnostic documents. Please follow the instructions of your therapist first and foremost.

ImuPro shows you the way to a personalised, well-tolerated diet.

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

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

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

With kind regards,

Your ImuPro Team

Individual laboratory result

ImuPro Basic Plus

	Rating	Number of foodstuffs
Specific IgG antibodies	**Not elevated**	**152**
	Elevated	**18**
	Highly elevated	**10**
Total	28 out of 180 tested allergens	

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Laboratory:

CTL & Ortholabor GmbH
Anemonenweg 3a
26160 Bad Zwischenahn
Germany

Sender:

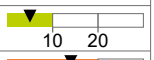
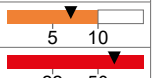
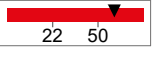
First Medical Diagnostics Pvt. Ltd.
Vikas Surya Shopping Mall

sample type	serum
sample id	405617
examination method	Enzyme-linked immunosorbent assay (ELISA)
date of report	01.04.2025
report authorized by	Siegfried Scholz, specialist for general medicine

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 µg/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.

	µg/ml IgG	Rating
Food 1	5	
Food 2	7	
Food 3	77	

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

The green area: There are no elevated IgG antibodies.
The orange area: IgG antibodies were measured in the "elevated" reaction class.
The red area: IgG antibodies were measured in the "strongly elevated" reaction class.

List 1 - Individual laboratory result

ImuPro Basic Plus

	µg/ml IgG	Rating	Additional exclusions
Grains containing gluten			
Barley	< 2,5	11,2 22,4	
Gluten	17,4	23,8 45,5	
Kamut	12,2	15,9 26,2	
Rye	27,0	24,9 37,9	
Spelt	11,9	11,5 25,4	
Wheat	14,4	16,9 34,3	
Grains w/o gluten and alternatives			
Amaranth	9,5	8,9 17,8	
Arrowroot	< 2,5	4 8	
Buckwheat	3,1	14,6 21,6	
Carob	4,7	16,2 32,3	
Cassava	6,7	14,7 29,4	
Fonio	7,7	14,3 28,6	
Jerusalem artichoke	< 2,5	5,2 10,4	
Lupine	7,1	18,9 37,7	
Maize, sweet corn	12,1	17,5 24,7	
Millet	3,0	9,8 19,6	
Oats (gluten-free)	8,4	18,5 28,1	
Quinoa	2,5	10 14,7	
Rice	< 2,5	9 18	
Sweet chestnut	8,8	8,9 17,8	
Sweet potato	5,9	7,1 14,2	
Tapioca	< 2,5	4 8	
Teff	27,5	29 58	
Eggs			
Chicken egg	21,3	20,6 47,8	
Goose egg	5,2	21 30,8	
Quail egg	7,9	17,7 31,9	

	µg/ml IgG	Rating	Additional exclusions
Meat			
Beef	8,9	21,7 43,5	
Chicken	< 2,5	16,4 32,6	
Duck	< 2,5	12,4 24,8	
Goat	3,1	11,9 23,8	
Goose	< 2,5	8 16	
Hare	< 2,5	12,1 24,2	
Lamb	4,4	19,4 38,7	
Ostrich	3,6	20,2 40,5	
Pork	7,8	14,3 28,5	
Quail	< 2,5	4,3 8,6	
Rabbit	< 2,5	7,6 15,2	
Red deer	< 2,5	10,9 21,8	
Roe deer	< 2,5	13,8 27,6	
Turkey	2,7	20,2 40,3	
Veal	5,3	16,1 32,1	
Wild boar	3,8	16,7 33,3	
Milk products			
Camel's milk	10,9	26,8 36,9	
Goat: milk / cheese	54,9	16,1 30,8	
Halloumi	10,3	7,6 10,5	
Kefir	54,8	22,4 51,7	
Mare's milk	4,4	13,8 20	
Milk (cow)	70,9	12,6 38,8	
Milk (cow, cooked)[1]	60,7	28,3 70,8	
Rennet cheese (cow)	25,1	7 13,1	
Ricotta	35,7	20,3 52,3	
Sheep: milk / cheese	58,7	15,5 36,9	
Sour-milk prod. (cow)	63,9	20,8 54,5	

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

List 1 - Individual laboratory result

ImuPro Basic Plus

	µg/ml IgG	Rating	Additional exclusions
Vegetables			
Artichoke	7,6	8,7 17,4	
Asparagus	4,6	15,2 30,4	
Aubergine	7,4	6,7 13,4	
Beetroot	< 2,5	6,4 12,8	
Broad bean	5,6	17 34	
Broccoli	13,9	22,1 44,1	
Brussel sprouts	6,9	14,6 29,3	
Carrots	13,2	15,6 31,3	
Cauliflower	< 2,5	4 8	
Celeriac, knob celery	14,8	18,3 36,7	
Chard, beet greens	< 2,5	4,3 8,5	
Chickpeas	8,1	18,3 26,3	
Chili Cayenne	3,7	7,7 15,4	
Chinese cabbage	3,4	14,3 28,6	
Courgette	< 2,5	8,8 17,6	
Cucumber	< 2,5	5,4 10,8	
Green bean	3,0	6,3 10,9	
Green pea	13,0	12,7 25,4	
Kale, curled kale	< 2,5	5,2 10,4	
Kohlrabi	5,4	14,2 28,3	
Leek	3,8	8 16	
Lentil	5,5	15,2 22,2	
Mung bean	13,3	17,7 35,4	
Olive	3,4	4 8	
Onion	14,2	11,7 16,9	
Parsnip	7,0	11,9 23,8	
Potato	9,2	15,2 30,4	
Pumpkin	5,0	17,9 35,9	
Radish (red/white)	< 2,5	6,5 13	
Red cabbage	4,8	10,9 21,8	
Rutabaga	2,7	7,9 15,9	
Savoy cabbage	< 2,5	7,5 15	
Soybean	16,2	9,1 18,2	
Spinach	< 2,5	9,3 18,6	

	µg/ml IgG	Rating	Additional exclusions
Vegetables			
Stalk celery	4,3	8 15,9	
Sweet pepper	3,7	18,9 30,9	
Tomato	5,9	13,8 27,5	
White cabbage	< 2,5	10,1 20,2	
Fish and seafood			
Anchovy	< 2,5	7,9 15,8	
Carp	< 2,5	16,5 33	
Cod, codling	< 2,5	17,9 35,9	
Crayfish	< 2,5	5,8 11,6	
Gilthead bream	< 2,5	7,1 14,3	
Haddock	< 2,5	17,3 34,6	
Hake	< 2,5	14,3 28,5	
Halibut	< 2,5	11,8 23,5	
Herring	< 2,5	11,3 22,5	
Mackerel	6,7	16,2 32,4	
Ocean perch	3,8	11,5 23	
Plaice	< 2,5	11,3 22,6	
Pollock	2,6	19 37,9	
Salmon	< 2,5	7,6 15,4	
Sardine	< 2,5	6,3 12,6	
Shark	< 2,5	4,2 8,3	
Sole	< 2,5	5,6 11,1	
Squid, cuttlefish	2,5	9,4 18,8	
Swordfish	< 2,5	5,5 11	
Trout	< 2,5	13,7 27,4	
Tunafish	3,0	24,1 48,3	
Zander	3,3	14,2 28,5	
Teas, coffee and tannin			
Peppermint	3,0	7,9 15,8	
Yeast			
Yeast	18,3	7,8 15,6	
Mushrooms			
Meadow mushrooms	16,5	16,3 32,6	

List 1 - Individual laboratory result

ImuPro Basic Plus

	µg/ml IgG	Rating	Additional exclusions
Fruits			
Apple	13,8	12,6 25,2	
Apricot	5,3	7 13,9	
Avocado	< 2,5	4,6 9,2	
Banana	3,0	10,2 20,4	
Cherry	18,1	20,9 29,5	
Date	< 2,5	5,2 10,4	
Fig	7,1	12,5 25	
Grape / Raisin	5,8	7,7 15,3	
Kiwi	4,5	12,7 17,9	
Lemon	5,5	9,5 19,1	
Lychee	3,3	7,8 15,7	
Mango	4,4	4,1 8,3	
Nectarine	7,4	7,6 15,3	
Orange	13,8	18,3 36,6	
Papaya	2,6	5,7 11,4	
Peach	3,1	6,6 13,2	
Pear	< 2,5	4,3 8,6	
Pineapple	8,8	33,3 52,9	
Plum	8,2	7,7 15,4	
Strawberry	13,8	13,9 27,7	
Watermelon	5,4	18,9 37,8	
Yellow plum	9,6	7 13,9	
Salads			
Butterhead lettuce	2,6	8,4 16,8	
Chicory	2,6	11,1 22,3	
Endive	2,9	10 20	
Iceberg lettuce	3,0	8,7 17,4	
Lamb's lettuce	3,6	10 20	
Lollo rosso	< 2,5	3,8 7,6	
Radicchio	< 2,5	5,2 10,4	
Rocket	6,5	6,7 13,4	
Romaine / Cos lettuce	2,5	8,6 17,1	
Food additives			
Guar flour (E 412)	2,5	10,4 17	

	µg/ml IgG	Rating	Additional exclusions
Spices and herbs			
Basil	3,1	8 16	
Chive	2,8	11,2 22,4	
Cinnamon	< 2,5	8,1 16,1	
Garlic	12,0	23 34,7	
Horseradish	2,7	11,8 16,6	
Mustard seed	< 2,5	8,8 17,7	
Nutmeg	< 2,5	7 13,9	
Oregano	> 200	6,7 13,3	
Paprika, spice	5,4	21,1 42,3	
Parsley	13,8	17,1 34,2	
Pepper, black	15,4	13,2 26,3	
Rosemary	< 2,5	4,2 8,4	
Thyme	< 2,5	4 8	
Vanilla	5,1	51,9 102	
Seeds and nuts			
Almond	130,8	36,8 70,8	
Brazil nut	< 2,5	18,2 35,5	
Cashew kernels	3,5	26 51,3	
Cocoa bean	10,8	13,2 26,5	
Coconut	4,6	5,5 11	
Hazelnut	8,1	26,7 47,7	
Linseeds	22,8	19,5 31,8	
Macadamia nut	8,3	18,3 29,3	
Peanut	7,7	21,2 31,1	
Pine nut	< 2,5	7,7 15,4	
Pistachio	7,6	22,5 37,9	
Poppy seeds	25,2	13,7 20,9	
Pumpkin seeds	3,1	16,3 29,8	
Sesame	9,3	18,6 29,6	
Sunflower seeds	3,8	27,6 45,4	
Walnut	4,7	8,3 16,5	
Sweeteners			
Cane sugar	5,2	11,1 22,1	
Honey (mixture)	6,7	19,5 39	

List 2 - Foods allowed and foods to avoid

Allowed in 4-day rotation

Anchovy	Chard, beet greens	Grape / Raisin	Mackerel	Pork	Stalk celery
Apricot	Cherry	Green bean	Maize, sweet corn	Potato	Strawberry
Arrowroot	Chicken	Guar flour (E 412)	Mare's milk	Pumpkin	Sunflower seeds
Artichoke	Chickpeas	Haddock	Millet	Pumpkin seeds	Sweet chestnut
Asparagus	Chicory	Hake	Mung bean	Quail	Sweet pepper
Avocado	Chili Cayenne	Halibut	Mustard seed	Quail egg	Sweet potato
Banana	Chinese cabbage	Hare	Nectarine	Quinoa	Swordfish
Barley	Chive	Hazelnut	Nutmeg	Rabbit	Tapioca
Basil	Cinnamon	Herring	Oats (gluten-free)	Radicchio	Teff
Beef	Cocoa bean	Honey (mixture)	Ocean perch	Radish (red/white)	Thyme
Beetroot	Coconut	Horseradish	Olive	Red cabbage	Tomato
Brazil nut	Cod, codling	Iceberg lettuce	Orange	Red deer	Trout
Broad bean	Courgette	Jerusalem artichoke	Ostrich	Rice	Tunafish
Broccoli	Crayfish	Kale, curled kale	Papaya	Rocket	Turkey
Brussel sprouts	Cucumber	Kamut	Paprika, spice	Roe deer	Vanilla
Buckwheat	Date	Kiwi	Parsley	Romaine / Cos lettuce	Veal
Butterhead lettuce	Duck	Kohlrabi	Parsnip	Rosemary	Walnut
Camel's milk	Endive	Lamb	Peach	Rutabaga	Watermelon
Cane sugar	Fig	Lamb's lettuce	Peanut	Salmon	Wheat
Carob	Fonio	Leek	Pear	Sardine	White cabbage
Carp	Garlic	Lemon	Peppermint	Savoy cabbage	Wild boar
Carrots	Gilthead bream	Lentil	Pine nut	Sesame	Zander
Cashew kernels	Gluten	Lollo rosso	Pineapple	Shark	
Cassava	Goat	Lupine	Pistachio	Sole	
Cauliflower	Goose	Lychee	Plaice	Spinach	
Celeriac, knob celery	Goose egg	Macadamia nut	Pollock	Squid, cuttlefish	

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

Amaranth	Chicken egg	Linseeds	Milk (cow, cooked)	Plum	Soybean
Apple	Green pea	Mango	Onion	Ricotta	Spelt
Aubergine	Halloumi	Meadow mushrooms	Pepper, black	Rye	Yellow plum

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

Almond	Kefir	Oregano	Rennet cheese (cow)	Sour-milk prod. (cow)
Goat: milk / cheese	Milk (cow)	Poppy seeds	Sheep: milk / cheese	Yeast

Foods that have been additionally excluded from your diet plan

No foods in this category

List 3 - Rotation schedule

Tip: Build your individual rotation schedule

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

	Day 1	Day 2	Day 3	Day 4
Grains and starch				
	Barley	Arrowroot	Buckwheat	Carob
	Kamut	Cassava	Fonio	Jerusalem artichoke
	Wheat	Lupine	Maize, sweet corn	Millet
	Oats (gluten-free)	Quinoa	Rice	Sweet chestnut
	Sweet potato	Tapioca	Teff	
Eggs				
	Goose egg	Quail egg		
Meat				
	Beef	Chicken	Duck	Goat
	Goose	Hare	Lamb	Ostrich
	Pork	Quail	Rabbit	Red deer
	Roe deer	Turkey	Veal	Wild boar
Milk products				
	Camel's milk	Mare's milk		
Vegetables				
	Artichoke	Asparagus	Beetroot	Broad bean
	Broccoli	Brussel sprouts	Carrots	Cauliflower
	Celeriac, knob celery	Chard, beet greens	Chickpeas	Chili Cayenne
	Chinese cabbage	Courgette	Cucumber	Green bean
	Kale, curled kale	Kohlrabi	Leek	Lentil
	Mung bean	Olive	Parsnip	Potato
	Pumpkin	Radish (red/white)	Red cabbage	Rutabaga
	Savoy cabbage	Spinach	Stalk celery	Sweet pepper
	Tomato	White cabbage		
Fish and seafood				
	Anchovy	Carp	Cod, codling	Crayfish
	Gilthead bream	Haddock	Hake	Halibut
	Herring	Mackerel	Ocean perch	Plaice
	Pollock	Salmon	Sardine	Shark
	Sole	Squid, cuttlefish	Swordfish	Trout
	Tunafish	Zander		
Teas, coffee and tannin				
	Peppermint			
Fruits				
	Apricot	Avocado	Banana	Cherry
	Date	Fig	Grape / Raisin	Kiwi
	Lemon	Lychee	Nectarine	Orange
	Papaya	Peach	Pear	Pineapple
	Strawberry	Watermelon		

List 3 - Rotation schedule

	Day 1	Day 2	Day 3	Day 4
Salads				
	Butterhead lettuce	Chicory	Endive	Iceberg lettuce
	Lamb's lettuce	Lollo rosso	Radicchio	Rocket
	Romaine / Cos lettuce			
Spices and herbs				
	Basil	Chive	Cinnamon	Garlic
	Horseradish	Mustard seed	Nutmeg	Paprika, spice
	Parsley	Rosemary	Thyme	Vanilla
Seeds and nuts				
	Brazil nut	Cashew kernels	Cocoa bean	Coconut
	Hazelnut	Macadamia nut	Peanut	Pine nut
	Pistachio	Pumpkin seeds	Sesame	Sunflower seeds
	Walnut			
Sweeteners				
	Cane sugar	Honey (mixture)		

General recommendations

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

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

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

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.

ImuPro
Right Food. Better Health.

Your personal Recipe ideas

RECIPES

Dear,

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

COCONUT QUINOA PORRIDGE WITH FRUIT AND BROWN SUGAR

Ingredients for 6 servings

500 ml	**coconut milk**
300 g	**banana**
200 g	**quinoa**
100 g	**brown sugar**
35 g	**coconut flakes**
1 g	**salt**

Directions

Combine the coconut milk with 1 cup (250ml) water in a jug, then set aside.
Combine the quinoa and salt in a saucepan. Add half the coconut milk mixture, or just enough to cover the grains. Bring to the boil, stirring, over medium-low heat. Reduce the heat to low and simmer, stirring occasionally, for 20-25 mins until the grains are tender and the mixture is a porridge consistency. If it becomes too thick you can add some more water.
Meanwhile, place the brown sugar and 1 cup (250ml) water in another saucepan over low heat. Stir to dissolve sugar, then simmer for about 30 minutes until mixture is thick and syrupy and reduced by half.
To Serve, pour about 1 tablespoon of syrup in the bottom of each bowl or serving glass, spoon over the porridge, then add a little more syrup. Top with sliced banana or fruit of choice and sprinkle with the toasted coconut and serve warm.

Proteins	Carbohydrates	Bread units	Fats	Energy	
6,7 g	36,8 g	3,1	20,7 g	357 Kcal	1494 KJ

BREAKFAST

QUINOA BREADS

Ingredients for 6 servings

250 g	**quinoa flour**
	salt
16 g	**winestone baking powder**
14 ml	**oil (depending on tolerance)**
400 ml	**soda water**
	cleared butter

Directions

Preparation:

Preheat the oven to 200°.

Grease a muffin form with butter.

Mix well the quinoa flour, the salt and the baking powder in a bowl.

Add water and oil and knead on until smooth. Fill 2/3rd of the forms with dough and bake for 25 minutes. Let the muffins chill for 15 minutes then take them out of the forms.

Proteins	Carbohydrates	Bread units	Fats	Energy	
0 g	28,7 g	2,4	4,8 g	177 Kcal	740 KJ

RICE BREAD

Ingredients for 9 servings

900 ml	**water**
7 g	**natron (baking soda)**
	salt
750 g	**rice flour**
30 g	**winestone baking powder**

Directions

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

Store the bread in the fridge – it goes mildew quickly. Freeze 1 bread.

Proteins	Carbohydrates	Bread units	Fats	Energy	
5,6 g	65,2 g	5,4	0,6 g	288 Kcal	1206 KJ

BREAKFAST

JUICE MUESLI

Ingredients for 4 servings

500 ml **orange juice**
150 g **oat flakes**
400 g **orange**

Directions

Mix all ingredients and allow them to swell for a moment.

This muesli can be prepared with other fruit juices and fruits according to compatibility.

Proteins	Carbohydrates	Bread units	Fats	Energy	
6,2 g	48,0 g	4,0	2,6 g	242 Kcal	1014 KJ

MAIZE MUFFINS

Ingredients for 12 servings

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

Directions

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

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

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

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

BREAKFAST

PORRIDGE WITH KIWI AND BANANA

Ingredients for 1 serving

70 g **oat flakes**
100 ml **water**
50 g **banana**
50 g **kiwi**
100 ml **oat milk**
20 g **dry date**

Directions

Heat up rice milk and water and pour into a soup plate. Mix in rolled oats and leave to soak for a few minutes. Mash kiwi, banana and dates with grape juice and fold in.

Proteins	Carbohydrates	Bread units	Fats	Energy	
11,4 g	84,1 g	7,0	6,6 g	457 Kcal	1914 KJ

FLAKE MASH WITH RAISINS

Ingredients for 1 serving

200 ml **oat milk**
14 g **raisins**
150 g **pear**
cinnamon
30 g **oat flakes**

Directions

Bring the flakes and the milk to a boil. Simmer at low heat for ca. 1-2 minutes.
Fill a bowl with the flake mash. Wash, let drip and mix the raisins with the mash.
Roughly grate the fruits into the flake mash.
Season with cinnamon to taste.

Proteins	Carbohydrates	Bread units	Fats	Energy	
5,2 g	60,8 g	5,1	5,5 g	348 Kcal	1454 KJ

BREAKFAST

RICE PORRIDGE

Ingredients for 2 servings

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

Directions

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

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

MILLET PORRIDGE

Ingredients for 2 servings

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

Directions

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

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

QUINOA PORRIDGE

Ingredients for 2 servings

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

Directions

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

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

BREAKFAST

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

OATS MUESLI

Ingredients for 2 servings

120 g **oat**
200 g **banana**
200 g **papaya**
40 g **cashew nut**
200 ml **oat milk**

Directions

Boil oats in the same quantity of water, put aside and let chill for about 20 minutes. Mix in soy or nut milk. Mash one banana with a fork, cut the second banana and the papayas finely and mix everything with the oats. Roast the chopped cashew seeds in a pan without oil and sprinkle over the muesli. Sweeten with canderel to taste.

Proteins	Carbohydrates	Bread units	Fats	Energy	
12,5 g	73,4 g	6,1	15,9 g	510 Kcal	2136 KJ

BREAKFAST

RICE WAFERS

Ingredients for 4 servings

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

Directions

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

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

QUINOA-MILLET-WAFFLES

Ingredients for 4 servings

200 g **quinoa**
400 g **millet**
water
7 ml **oil (depending on tolerance)**
salt

Directions

Mix the cooked quinoa and the ground millet with water into a liquid dough. Add a dash of salt and 1 spoon of oil. Bake in the wafer iron at high temperature.

Proteins	Carbohydrates	Bread units	Fats	Energy	
16,5 g	94,4 g	7,9	8,6 g	553 Kcal	2313 KJ

OAT WAFERS

Ingredients for 10 servings

300 g **oat**
100 g **oat flakes**
650 ml **mineral water (carbonated)**
salt

Directions

Grind the oat finely, mix with the other ingredients and let soak overnight. In the morning, add some more water. Put only a little dough into the wafer iron because this dough is rising very much.

Proteins	Carbohydrates	Bread units	Fats	Energy	
5 g	23,8 g	2,0	2,8 g	143 Kcal	600 KJ

BREAD SPREADS

TAPENADE

Ingredients for 4 servings

100 g **black olives**
10 g **fresh garlic**
100 g **dry tomatoes in oil**
salt
spices and herbs (depending on the tolerance)

Directions

Mash all the ingredients into a smooth paste- add some oil if necessary.

The paste goes very well as bread spread, to noodles or to meat.

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

OLIVE SPREAD (TAPENADE)

Ingredients for 4 servings

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

Directions

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

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

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

DRINKS

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

"OLYMPIC" FITNESS DRINK

Ingredients for 2 servings

200 g **banana**
200 ml **canned carrot juice**
200 ml **freshly squeezed orange juice**
28 g **oat flakes**

Directions

Mash the banana together with the oat flakes and some juice in the mixer. Add the remaining juice and continue mixing. Put the drink into two glasses and garnish with orange slices.

Proteins	Carbohydrates	Bread units	Fats	Energy	
4,5 g	46,8 g	3,9	1,5 g	219 Kcal	915 KJ

PEACH SHAKE

Ingredients for 4 servings

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

Directions

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

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

DRINKS

PAPAYA SMOOTHIE

Ingredients for 1 serving

150 ml **oat milk**
100 g **kiwi**
200 g **papaya**

Directions

Remove the papaya seeds, peel and cut with the kiwi into small pieces. Mash the fruits with oat milk in the blender.

Proteins	Carbohydrates	Bread units	Fats	Energy	
2 g	37,0 g	3,1	3,0 g	211 Kcal	883 KJ

KIWI PINEAPPLE SHAKE

Ingredients for 2 servings

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

Directions

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

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

SOUPS

CHICKEN SOUP WITH VEGETABLES AND RICE

Ingredients for 2 servings

200 g **raw hen**
1000 ml **yeast free vegetable broth**
60 g **natural rice**
200 g **raw cauliflower**
300 g **raw leek**
400 g **raw carrots**
salt
spices and herbs (depending on the tolerance)

Directions

Wash and dry the chicken, salt and bring to boil. Cover and let simmer for 20 minutes.

Meanwhile, wash, clean and cut the vegetables into small cubes.

Add the rice and continue boiling for 10 minutes. Add the carrots and the cauliflower, after 5 minutes the leek and simmer everything for 15-20 minutes. Take the chicken out of the soup, peel and break loose the meat of the bones. Cut the meat into small cubes and add to the soup. Add the chopped parsley and stir.

Proteins	Carbohydrates	Bread units	Fats	Energy	
29,3 g	44,5 g	3,7	6,1 g	315 Kcal	1318 KJ

LIGHT VEGETABLE SOUP

Ingredients for 4 servings

1250 ml **water**
500 g **carrots**
300 g **leek**
150 g **parsley root**
salt

Directions

Clean the vegetables and cut everything into slices, except the parsley. Put them with the spices into a large pot and add 1250 ml water. Simmer half-covered for 20 minutes. Sieve the soup and freeze it in portions.

Tip: you may add other vegetables (to your own taste and tolerance) – such as lemon peel, pimento, and turmeric. The well-cleaned peel of the potatoes may also give the soup a special taste.

Proteins	Carbohydrates	Bread units	Fats	Energy	
1,1 g	11,1 g	0,9	0,7 g	69 Kcal	288 KJ

SOUPS

AVOCADO-SEMOLINA SOUP

Ingredients for 1 serving

1000 ml **water**
salt
60 g **raw semolina**
120 g **avocado**

Directions

Bring the water to boil and salt it. Add the semolina (depending on your tolerance) while stirring. Let simmer until the semolina rises.

Meanwhile, peel the avocado, halve it and remove the pip, then mash the pulp in a soup plate. Pour the boiling soup over.

Proteins	Carbohydrates	Bread units	Fats	Energy	
9,7 g	43,2 g	3,6	17,8 g	377 Kcal	1579 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

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

SALADS

SAVOURY RICE SALAD

Ingredients for 2 servings

150 g	**natural rice**
	salt
150 g	**raw cucumber**
140 g	**raw tomatoes**
125 g	**green or yellow peppers**
250 g	**red pepper**
150 g	**ham**
30 ml	**oil (depending on tolerance)**
20 ml	**lemon juice**
30 ml	**water**
	spices and herbs (depending on the tolerance)

Directions

Cook the rice in boiling salt water for about 30 minutes, strain it and allow it to cool. Dice the cucumber, the tomatoes, the sweet pepper and the ham, add it all to the rice. Add salt and spices according to compatibility.

Mix a sauce of oil, lemon juice, water, spices and herbs.

Mix it all with the sauce and steep it for a while.

Proteins	Carbohydrates	Bread units	Fats	Energy	
25,2 g	72,5 g	6,0	19,3 g	490 Kcal	2052 KJ

CARROT SALAD WITH RAISINS

Ingredients for 2 servings

30 g	**coconut flakes**
250 ml	**water**
250 g	**raw carrots**
50 g	**raisins**

Directions

Put the raisins and the coconut grates into a bowl. Boil up the water and pour it over the raisins. Cover and let rest for 30 minutes.

Meanwhile, wash, clean and grate the carrots. Add the grated carrot and some honey to the raisins and the coconut flakes.

It goes well with potato mash.

Proteins	Carbohydrates	Bread units	Fats	Energy	
2,5 g	25,7 g	2,1	9,8 g	196 Kcal	822 KJ

SAUCES

SALAD SAUCE

Ingredients for 1 serving

7 ml **lemon juice**
14 ml **water**
14 ml **oil (depending on tolerance)**
salt
herbs
honey

Directions

Mix oil, water, salt and lemon juice. Add salad herbs to your own taste and tolerance (e.g. parsley, lemon balm, borage, pimpernel, dill, basil, cress, etc). Eventually add ½ ts honey.

Proteins	Carbohydrates	Bread units	Fats	Energy	
0,0 g	0,2 g	0,0	14 g	126 Kcal	528 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

COD FILET WITH CELERY

Ingredients for 2 servings

100 ml	**water**
	salt
30 ml	**oil (depending on tolerance)**
250 g	**raw carrots**
500 g	**raw celeriac**
100 g	**fresh lemon**
300 g	**cod filet**

Directions

Cut the celery in disks. Cut the carrots in sticks as following:

First cut the carrots in 4 cm long pieces, then cut them lengthwise and then cut the disks into sticks.

Fry the vegetables in oil, cover them and stew them at middle heat for 10-15 min. Add some extra water if necessary.

Drip the fish with lemon juice and fry it in oil at middle heat for 10-15 min. Meanwhile turn the fish over once onto the other side.

Proteins	Carbohydrates	Bread units	Fats	Energy	
29,7 g	13,2 g	1,1	16,8 g	327 Kcal	1367 KJ

REDFISH ON SPINACH

Ingredients for 1 serving

400 g	**baked potatoes**
125 g	**redfish**
400 g	**deep-frozen spinach**
7 ml	**oil (depending on tolerance)**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Cook the potatoes in salted water. Cook the spinach in boiling water and season to taste with spices. Wash the redfish, pat dry and lightly salt. Cook in hot oil.

Serve with the rice, spinach and herbs.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
33,0 g	61,2 g	5,1	8,6 g	500 Kcal	2093 KJ

MAIN MEAL

BEEF STEAK WITH ROAST POTATOES

Ingredients for 1 serving

400 g	**baked potatoes**
100 g	**beefsteak**
7 ml	**oil (depending on tolerance)**
	spices (depending on the tolerance)
	tolerated herbs

Directions

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

Serve the steak with the roast potatoes and fresh salad.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
30,2 g	59,2 g	4,9	9,3 g	450 Kcal	1883 KJ

PORK SCHNITZEL WITH PEACHES

Ingredients for 1 serving

100 g	**pork cutlet**
7 ml	**oil (depending on tolerance)**
70 g	**egg-free wheat noodles**
200 g	**peach**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Fry the pork schnitzel in hot oil and season. At the same time, cook the noodles. Cut the peaches into strips, warm up in the cooking oil and serve with the meat and noodles.

A fresh salad goes well with this.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
30,2 g	72,6 g	6,1	9,9 g	504 Kcal	2110 KJ

MAIN MEAL

ROAST PORK WITH SPINACH

Ingredients for 1 serving

125 g	**roasted pork**
7 ml	**oil (depending on tolerance)**
200 g	**deep-frozen spinach**
400 g	**baked potatoes**
	spices (depending on the tolerance)
	tolerated herbs

Directions

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

Slice the meat and prepare with the potatoes and spinach.

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

Proteins	Carbohydrates	Bread units	Fats	Energy	
30,0 g	60,2 g	5,0	26,1 g	623 Kcal	2606 KJ

PORK CUTLET WITH PEAR

Ingredients for 1 serving

100 g	**pork cutlet**
7 ml	**oil (depending on tolerance)**
200 g	**pear**
350 g	**baked potatoes**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Cook the potatoes in salt water.

Fry the pork cutlets in hot fat and dredge them with compatible spices. Cut the pear into halves and add it to the pork and steam it.

Mash the potatoes together with the cooking water and season them to taste with spices and herbs.

You can serve this dish with compatible vegetables or a salad.

Dessert: Fruit as compatible

Proteins	Carbohydrates	Bread units	Fats	Energy	
31,1 g	76,2 g	6,4	9,9 g	514 Kcal	2151 KJ

MAIN MEAL

BEEF STEAK WITH NOODLES

Ingredients for 2 servings

160 g **egg-free wheat noodles**
200 g **beefsteak**
20 ml **oil (depending on tolerance)**

Directions

Cook the noodles in salt water.

Fry the beef steaks in hot fat, season them with a bit of salt and pepper. Add the noodles and turn them in the dripping for a moment. Serve the meat and the noodles together with compatible vegetables or salads.

Proteins	Carbohydrates	Bread units	Fats	Energy	
29 g	60,2 g	5,0	12,9 g	487 Kcal	2036 KJ

STEWED SALMON WITH RICE

Ingredients for 1 serving

90 g **polished rice**
100 g **salmon steak**
7 ml **oil (depending on tolerance)**
spices (depending on the tolerance)
tolerated herbs

Directions

Cook the rice in salted water. Fry the salmon in hot oil and sprinkle with spices. Serve the salmon with the rice and sprinkle with herbs.

A fresh salad or tolerated vegetables goes well with this.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
27,1 g	69,9 g	5,8	18,7 g	556 Kcal	2325 KJ

MAIN MEAL

LENTIL CASSEROLE

Ingredients for 1 serving

80 g	**lentils**
250 g	**baked potatoes**
100 g	**beef brisket**
250 ml	**water**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Allow the lentils to soak overnight. Cook the brisket of beef with the spices in the water for approx. 1 hour. At the same time, cook the lentils in the soaking water for approx. 45 mins.

Dice the potatoes and add to the lentils 10 mins before the end of the cooking time.

Cut the meat up small, with the stock, add to the lentils and season with herbs and spices.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
41,3 g	73 g	6,1	21,9 g	678 Kcal	2837 KJ

CHICKEN FILLET WITH PEACH

Ingredients for 1 serving

80 g	**egg-free corn noodles**
100 g	**raw chicken**
7 ml	**oil (depending on tolerance)**
200 g	**peach**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Cook the noodles in salted water. Wash the fillet, sear in hot oil and season. Cut the peach into strips, add to the meat and briefly steam together.

Serve altogether on a plate and sprinkle with tolerated herbs.

A fresh salad goes well with this.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
26,9 g	86,6 g	7,2	12,6 g	580 Kcal	2428 KJ

MAIN MEAL

BEEF FILLET WITH CAULIFLOWER

Ingredients for 1 serving

400 g **baked potatoes**
200 g **raw cauliflower**
100 g **beef filet**
7 ml **oil (depending on tolerance)**
tolerated herbs
spices (depending on the tolerance)

Directions

Cook the potatoes and cauliflower in salted water. Fry the fillet in hot oil and season.

Turn the potatoes and cauliflower in the cooking fat and serve with the fillet.

A mixed salad rounds off the dish.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
35 g	63,8 g	5,3	12 g	506 Kcal	2117 KJ

BEEF STEAK WITH STEWED CUCUMBER

Ingredients for 1 serving

90 g **egg-free wheat noodles**
100 g **beefsteak**
7 ml **oil (depending on tolerance)**
300 g **raw cucumber**
spices (depending on the tolerance)
tolerated herbs

Directions

Cook the noodles in salted water. Cook the steak in hot fat and lightly season. Slice the cucumber and stew in the cooking fat.

Add the noodles and briefly turn in the cooking fat.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
32,1 g	73,7 g	6,1	10,3 g	529 Kcal	2212 KJ

MAIN MEAL

CAULIFLOWER IN A TOMATO BED

Ingredients for 1 serving

90 g	**polished rice**
60 g	**ham**
150 g	**raw tomatoes**
7 ml	**oil (depending on tolerance)**
200 g	**raw cauliflower**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Cook the rice in salted water. Skin the tomatoes and slice. Heat up in a pot and season with spices.

Clean the cauliflower, separate into florets and add to the tomatoes. Cook in a pot with a lid for 20 minutes on a mild heat. Serve with the rice and cooked ham.

A fresh salad rounds off the dish.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
25,6 g	79,8 g	6,6	10,8 g	517 Kcal	2164 KJ

CAULIFLOWER IN A TOMATO BED

Ingredients for 1 serving

400 g	**baked potatoes**
60 g	**ham**
150 g	**raw tomatoes**
7 ml	**oil (depending on tolerance)**
200 g	**raw cauliflower**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Cook the potatoes in salted water. Skin the tomatoes and slice. Heat up in a pot and season with spices.

Clean the cauliflower, separate into florets and add to the tomatoes. Cook in a covered pot for 20 minutes on a mild heat. Serve with the potatoes and cooked ham.

A fresh salad rounds off the dish.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
28,7 g	69,1 g	5,8	10,7 g	488 Kcal	2044 KJ

MAIN MEAL

FILLET OF BEEF WITH CABBAGE TURNIP

Ingredients for 1 serving

400 g	**raw potatoes**
200 g	**bargeman's cabbage**
100 g	**beef filet**
7 ml	**oil (depending on tolerance)**
	spices (depending on the tolerance)
	tolerated herbs
	potato starch

Directions

Cook the potatoes and cabbage turnip in salted water. Sear the fillet well on both sides and season.

Thicken the cabbage turnip stock with some farina and season if required.

Serve together and sprinkle with tolerated herbs.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
33,4 g	68,8 g	5,7	11,8 g	520 Kcal	2176 KJ

BEEF RISSOLES

Ingredients for 1 serving

90 g	**egg-free wheat noodles**
100 g	**ground beef**
10 g	**oats flakes, fine**
7 ml	**oil (depending on tolerance)**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Cook the noodles in salted water. Season the beef with oatmeal, 1 tablespoon water, salt, herbs and spices according to tolerance. Make 2 small rissoles and fry in hot oil. Serve with the potatoes.

A fresh salad or tolerated vegetables goes well with this.

Dessert: tolerated fruit

Proteins	Carbohydrates	Bread units	Fats	Energy	
29 g	74,7 g	6,2	17,9 g	585 Kcal	2447 KJ

MAIN MEAL

COURGETTE PANCAKES

Ingredients for 2 servings

500 g **raw potatoes**
300 g **raw zucchini**
salt
20 ml **oil (depending on tolerance)**

Directions

Wash the potatoes and cook them until they become soft. (This is best done already on the day before). Then peel and grate the potatoes. Coarsely grate the courgette as well and mix it with the potatoes. Then salt it.

Heat up oil in a pan, put portions of the potato-courgette mixture in the pan and flatten them with a pancake turner. At medium heat, fry the one side until it becomes golden-brown, then turn them over and fry the other side until it is golden-brown as well.

Serve the dish with a piece of meat or fish as compatible or a salad.

Proteins	Carbohydrates	Bread units	Fats	Energy	
7,9 g	41 g	3,4	10,8 g	296 Kcal	1236 KJ

CUTLETS WITH TOMATOES

Ingredients for 1 serving

80 g **egg-free corn noodles**
125 g **raw pork chop**
7 ml **oil (depending on tolerance)**
200 g **raw tomatoes**
7 g **tomato paste**
fresh garlic
spices (depending on the tolerance)
tolerated herbs

Directions

Cook the noodles in salted water. Season the cutlets and cook in a pan with oil for 5-6 minutes each on both sides, constantly basting with oil.

For the tomato sauce, skin the tomatoes, seed and leave to simmer for 10 minutes on a low heat with the crushed garlic, spice and tomato puree. Add some water if required. Serve together with the noodles.

A fresh salad rounds off the dish.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
29,2 g	74,2 g	6,2	27,7 g	679 Kcal	2842 KJ

CUTLETS WITH TOMATOES

Ingredients for 1 serving

90 g	**polished rice**
125 g	**raw pork chop**
7 ml	**oil (depending on tolerance)**
200 g	**raw tomatoes**
7 g	**tomato paste**
	fresh garlic
	spices (depending on the tolerance)
	tolerated herbs

Directions

Cook rice in salted water. Season the cutlets and fry in a pan with oil for 5-6 minutes each on both sides, constantly basting with oil.

For the tomato sauce, skin the tomatoes, seed and leave to simmer for 10 minutes on a low heat with the crushed garlic, spice and tomato puree. Add some water if required. Serve altogether with the rice.

A fresh salad rounds off the dish.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
31,6 g	77,5 g	6,5	26,9 g	677 Kcal	2832 KJ

CUTLET WITH TOMATOES

Ingredients for 4 servings

600 g	**raw pork chop**
	salt
14 ml	**oil (depending on tolerance)**
500 g	**raw tomatoes**
14 g	**tomato paste**
300 g	**polished rice**
	spices and herbs (depending on the tolerance)

Directions

Cook the rice in salt water.

Season the cutlets and fry them in a pan with oil for 5 – 6 minutes on both sides while continuously pouring oil on them.

For the tomato sauce, skin the tomatoes, seed them and add them to the meat together with spices and tomato puree and cook it all slowly for 10 minutes. If required, add a bit of water. Season the dish to taste and serve it garnished with spices.

Arrange it all on 4 plates. A fresh salad rounds off the dish.

Proteins	Carbohydrates	Bread units	Fats	Energy	
34,7 g	62,9 g	5,2	26,8 g	631 Kcal	2639 KJ

MAIN MEAL

TURKEY FILLET WITH COURGETTES

Ingredients for 1 serving

400 g **baked potatoes**
100 g **turkey breast**
7 ml **oil (depending on tolerance)**
200 g **raw zucchini in slices**
spices (depending on the tolerance)
tolerated herbs

Directions

Cook the potatoes in salted water. Season the turkey and fry in hot oil. Add the courgettes and stew together.

Season altogether and serve with the potatoes.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
36,9 g	63,2 g	5,3	8,8 g	482 Kcal	2017 KJ

SALMON WITH COURGETTES

Ingredients for 1 serving

400 g **baked potatoes**
100 g **salmon steak**
7 ml **oil (depending on tolerance)**
200 g **raw zucchini**
spices (depending on the tolerance)
tolerated herbs

Directions

Cook the potatoes in salted water. Season the salmon and cook in hot oil. Dice the courgettes, add to the fish and cook together.

Season altogether and serve with the potatoes.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
33,8 g	63,2 g	5,3	19 g	561 Kcal	2347 KJ

VEGETABLE CASSEROLE WITH PORK

Ingredients for 1 serving

80 g	**egg-free wheat noodles**
7 ml	**oil (depending on tolerance)**
100 g	**pork cutlet**
100 g	**yellow pepper**
100 g	**raw cucumber**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Leave the noodles to simmer in salted water for about 15 minutes. Cut the pork schnitzel and pepper into fine strips. Cut the cucumber up into small cubes.

Heat up the oil in the pan and sear the schnitzel for 2 minutes while stirring. Add the pepper and cook together for approx. 2 minutes. Add the cucumber and season altogether. Add a little water (2 tbsp) and cook for approx. 10 mins. Add the noodles to the pan and heat up together.

Sprinkle with tolerated herbs.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
30,9 g	66,6 g	5,5	10,5 g	490 Kcal	2048 KJ

VEGETABLE CASSEROLE WITH PORK

Ingredients for 1 serving

90 g	**polished rice**
7 ml	**oil (depending on tolerance)**
100 g	**pork cutlet**
100 g	**yellow pepper**
100 g	**raw cucumber**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Leave the rice to simmer in salted water for about 15 minutes. Cut the pork schnitzel and pepper into fine strips. Cut the cucumber up into small cubes.

Heat up the oil in the pan and sear the schnitzel for 2 minutes while stirring. Add the pepper and cook together for approx. 2 minutes. Add the cucumber and season altogether. Add a little water (2 tbsp). Add the rice to the pan and heat up while stirring.

Sprinkle the vegetable casserole with herbs.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
29,0 g	76,3 g	6,4	10,0 g	509 Kcal	2128 KJ

MAIN MEAL

CHICKEN FILLET WITH STEWED CUCUMBER

Ingredients for 1 serving

100 g	**egg-free wheat noodles**
100 g	**raw chicken**
7 ml	**oil (depending on tolerance)**
200 g	**raw cucumber**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Cook the noodles in salted water. Season the chicken and fry in the oil. Dice the cucumber and briefly stew together.

Season altogether and serve with the noodles.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
33,6 g	79,2 g	6,6	12,4 g	571 Kcal	2389 KJ

SALMON WITH POTATOES

Ingredients for 1 serving

400 g	**baked potatoes**
100 g	**salmon steak**
5 ml	**lemon juice**
7 ml	**oil (depending on tolerance)**
300 g	**raw tomatoes**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Cook the potatoes in salt water.

Squeeze some drops of lemon juice on the salmon, season it and sear it in hot oil. Cut the tomatoes into small pieces, add them to the fish, cook it all for a moment and season it to taste.

Serve the fish with the potatoes and garnish it with herbs.

Dessert: Fruit as compatible

Proteins	Carbohydrates	Bread units	Fats	Energy	
32,6 g	69,8 g	5,8	19,5 g	584 Kcal	2444 KJ

MAIN MEAL

SALMON WITH STEWED CUCUMBER

Ingredients for 1 serving

400 g **baked potatoes**
100 g **salmon steak**
7 ml **oil (depending on tolerance)**
200 g **raw cucumber**
spices (depending on the tolerance)
tolerated herbs

Directions

Cook the potatoes in salt water.

Season the salmon and sear it in hot oil. Dice the cucumber, add it to the salmon and cook it all for a moment – season it all to taste and serve it with the potatoes.

Dessert: Fruit as compatible

Proteins	Carbohydrates	Bread units	Fats	Energy	
31,6 g	63,2 g	5,3	18,8 g	549 Kcal	2297 KJ

BEEF SKEWERS WITH COURGETTES

Ingredients for 2 servings

200 g **beef filet**
300 g **raw zucchini in slices**
20 ml **oil (depending on tolerance)**
150 g **polished rice**
potato starch

Directions

Dice the meat and pin it on skewers in turns with the courgettes and season it all. Brown the skewers in hot oil and stew them.

Cook the rice in salt water.

Take the skewers out of the pan and keep them warm. Add a bit of water to the meat juice and thicken it with a bit of potato starch and season it to taste with compatible herbs.

Serve this dish with a fresh salad.

Proteins	Carbohydrates	Bread units	Fats	Energy	
28,8 g	61,3 g	5,1	14,8 g	494 Kcal	2066 KJ

MAIN MEAL

CAULIFLOWER IN A TOMATO BED

Ingredients for 1 serving

90 g	**egg-free wheat noodles**
60 g	**ham**
150 g	**raw tomatoes**
7 ml	**oil (depending on tolerance)**
200 g	**raw cauliflower**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Cook the noodles in salted water. Skin the tomatoes and slice. Heat up in a pot and season to taste with spices.

Clean the cauliflower, separate into florets and add to the tomatoes. Cook in a covered pan for 20 minutes on a mild heat. Serve with the noodles and cooked ham.

A fresh salad rounds off the dish.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
28,5 g	77,5 g	6,5	11,4 g	534 Kcal	2236 KJ

BEEF WITH VEGETABLES

Ingredients for 1 serving

100 g	**beef**
10 ml	**oil (depending on tolerance)**
100 g	**leek**
150 g	**carrots**
100 g	**broccoli**
300 g	**baked potatoes**
125 ml	**yeast free vegetable broth**
	salt
	parsley, finely cut

Directions

Cut the meat into small dices and sear them in a bit of hot oil. Wash the vegetables and cut them into small pieces, add them to the meat and stew it all, then add the vegetable broth. Stew the dish for approx. 20 minutes. Season the dish to taste and serve it garnished with parsley.

Proteins	Carbohydrates	Bread units	Fats	Energy	
31,2 g	60,9 g	5,1	18,4 g	563 Kcal	2356 KJ

MAIN MEAL

PORK CUTLET WITH BRUSSELS SPROUTS

Ingredients for 1 serving

400 g	**baked potatoes**
200 g	**cooked brussels sprouts**
100 g	**raw pork chop**
7 ml	**oil (depending on tolerance)**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Cook the potatoes and Brussels sprouts separately in salted water. Fry the cutlets in oil and sprinkle with spices. Mash the potatoes with the cooking water, season to taste and serve with the meat and Brussels sprouts.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
33,4 g	64,8 g	5,4	23,2 g	604 Kcal	2527 KJ

REDFISH WITH BROCCOLI

Ingredients for 1 serving

100 g	**redfish**
7 ml	**oil (depending on tolerance)**
200 g	**broccoli**
90 g	**polished rice**
50 g	**tomato passata**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Cook the rice in salted water. Season the filet of redfish and fry in hot oil. Cook for 10 minutes on a low heat. Steam the broccoli florets in a little water for approx. 10 minutes. Add the tomato puree to the rice and stir. Prepare the fish with the broccoli and rice.

Serve sprinkled with herbs.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
31,7 g	76,2 g	6,4	9,0 g	513 Kcal	2145 KJ

MAIN MEAL

STEWED CHICKEN JOINTS

Ingredients for 1 serving

150 g	**chicken leg**
200 g	**carrots**
400 g	**baked potatoes**
3 g	**fresh garlic**
7 ml	**oil (depending on tolerance)**
	potato starch
	spices (depending on the tolerance)
	tolerated herbs

Directions

Wash the chicken joints, pat dry and sear in hot oil. Add some water and peeled clove of garlic and cook both for approx. 45 minutes. Thinly slice the carrots and 10 minutes before the end of the cooking time, add to the joints. Bind the stock with starch if required.

Cook the potatoes in salted water.

A fresh salad goes well with this.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
31,9 g	70,4 g	5,9	24,3 g	570 Kcal	2383 KJ

FILLET OF BEEF WITH COURGETTES

Ingredients for 1 serving

90 g	**polished rice**
200 g	**raw zucchini**
100 g	**beef filet**
7 ml	**oil (depending on tolerance)**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Cook the noodles in salted water.

Dice the courgette, brown in some oil and season to taste. Remove the vegetables from the pan and keep warm. Cook the beef in hot oil and season. Prepare vegetables, noodles and meat and sprinkle with herbs.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
30,7 g	73,9 g	6,2	11,9 g	527 Kcal	2204 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

NOODLES WITH CARROTS AND PORK FILLET

Ingredients for 1 serving

80 g	**egg-free wheat noodles**
100 g	**raw lean pork filet**
200 g	**raw carrots**
7 ml	**oil (depending on tolerance)**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Cook the noodles according to the instructions on the packet.

Cook the fillet in an oiled pan, season and keep warm. Cook the carrots in a little salted water. Serve the filet on the noodles.
Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
30,6 g	73,4 g	6,1	11,8 g	527 Kcal	2207 KJ

MAIN MEAL

MASHED POTATOES WITH FILLET

Ingredients for 4 servings

800 g	**baked potatoes**
500 g	**raw lean pork filet**
35 ml	**oil (depending on tolerance)**
200 ml	**yeast free vegetable broth**
	salt
30 g	**pumpkin seed**
	spices and herbs (depending on the tolerance)

Directions

Cook the potatoes in salt water. Cut the fillet of pork into thick slices. Heat up 2 tbsp. oil in a pan and fry the medallions in it on both sides at medium heat for approx. 5 minutes, season them only then.

Roast the pumpkin seeds in a pan. Take them out of the pan and allow them to cool.

Strain the potatoes and mash them using the potato masher. Warm up the broth and add it little by little together with 3 tbsp. oil. Mix it all well. Season the potatoes with salt and other spices. Dredge them with the pumpkin seeds and serve them with the meat.

A fresh salad rounds off the dish.

Proteins	Carbohydrates	Bread units	Fats	Energy	
30,9 g	29,6 g	2,5	12,9 g	406 Kcal	1697 KJ

CHICKEN BREAST WITH VEGETABLE RICE

Ingredients for 1 serving

80 g	**polished rice**
100 g	**chicken breast**
7 ml	**oil (depending on tolerance)**
100 g	**yellow pepper**
100 g	**carrots**
	spices (depending on the tolerance)
	tolerated herbs

Directions

Prepare the rice according to the label on the packet.

At the same time, fry the chicken in hot fat on both sides until nicely crispy and season, remove from the pan and keep warm. Dice the pepper and carrots and briefly steam in the pan.

Leave the rice to strain and mix with the vegetables. Season to taste with spices. Serve the poultry with the vegetable rice.

Dessert: tolerated fruit.

Proteins	Carbohydrates	Bread units	Fats	Energy	
27,6 g	71,8 g	6,0	14,4 g	530 Kcal	2219 KJ

WINTER POTATO PAN

Ingredients for 2 servings

	lemon juice
	oil (depending on tolerance)
500 g	**baked potatoes**
200 g	**raw leek**
150 g	**beetroot (turnip)**
	spices and herbs (depending on the tolerance)

Directions

Peel and slice finely the potatoes. Sprinkle with lemon juice. Halve the leek on length and cut into wide strips. Peel and cut the beetroot into quarters, then into strips.

First roast the potatoes in oil. Add the remaining vegetables, put them into the pan and continue roasting for about 15 minutes. In the end, you may sprinkle ground nuts over the vegetables.

Proteins	Carbohydrates	Bread units	Fats	Energy	
8,5 g	47,2 g	3,9	0,6 g	229 Kcal	957 KJ

DESSERT

GRILL BANANA

Ingredients for 1 serving

150 g **banana**

Directions

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

Proteins	Carbohydrates	Bread units	Fats	Energy	
1,7 g	31,5 g	2,6	0,5 g	134 Kcal	559 KJ

MILK RICE WITH SWEET CHERRIES

Ingredients for 2 servings

70 g **polished rice**
500 g **cherry stew**
300 ml **rice drink (rice milk)**
salt
20 g **maize starch**
cinnamon

Directions

Simmer the rice, the rice milk and some salt in a bowl for 25 minutes. Drain the cherries and boil up 350 ml of the juice in a bowl. Mix 100 ml of the juice with cornstarch. Add the cherries into the boiling juice, add cornstarch and boil for 1-2 minutes.

Put the milk rice into small bowls and sprinkle with cinnamon. Garnish with the cherries.

Proteins	Carbohydrates	Bread units	Fats	Energy	
4,5 g	99,8 g	8,3	2,2 g	437 Kcal	1830 KJ

CAKES

CASHEW CHOCOLATES

Ingredients for 15 servings

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

Directions

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

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

CHOCOLATES WITH CASHEW KERNELS

Ingredients for 10 servings

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

Directions

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

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

Form chocolates and roll them in the ground cashew kernels.

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

MILLET MUFFINS

Ingredients for 6 servings

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

Directions

Oil the muffin tins.

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

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

Allow the muffins to cool in the tins.

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

POLENTA

Ingredients for 2 servings

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

Directions

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

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

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

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

MILLET JELLY

Ingredients for 2 servings

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

Directions

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

Heat oil in a pan and braise the vegetables at medium heat. Add the millet and the vegetable broth and cook for about 10 minutes. Turn off the heat and let soak for 15 minutes.

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

BASICS

POTATO CAKE

Ingredients for 2 servings

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

Directions

Peel 3 big, boiled potatoes and mash them. Mix with a big, finely grated carrot and 2 tbsp. potato flour. Season with salt and pepper to taste.
Heat oil in a pan and add 1 tbsp. dough. Spread the dough and fry at medium heat on both sides until golden.

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

TORTILLA

Ingredients for 2 servings

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

Directions

Make a dough out of corn flour, salt and water (125-250 ml) and fry small patties in hot oil.
This is the Mexicans' daily bread and can be found in different variations, such as with meat, vegetables or fish.

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

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

ImuPro

Right Food. Better Health.

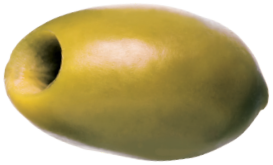
Your Nutritional Guide

imupro.com

Contents

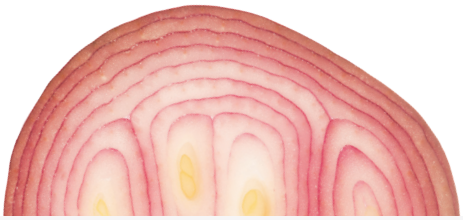
1.

Introduction

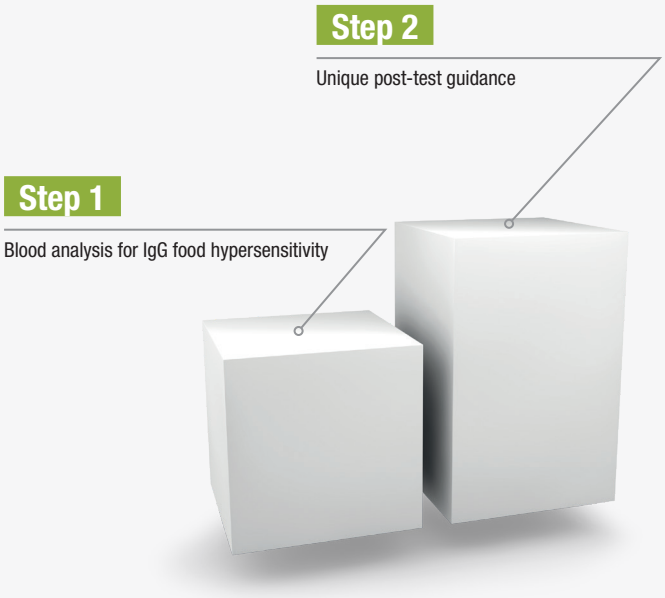


1. Introduction

1.1 ImuPro – Individual Nutritional Analysis and Personalised Guidance



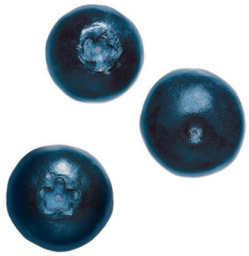
ImuPro is a concept that combines a sophisticated and reliable blood analysis for IgG food hypersensitivity with individualised post-test guidance.



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 personal nutritional guidelines will now help you with an elimination and provocation diet with the aim of reducing inflammatory processes.

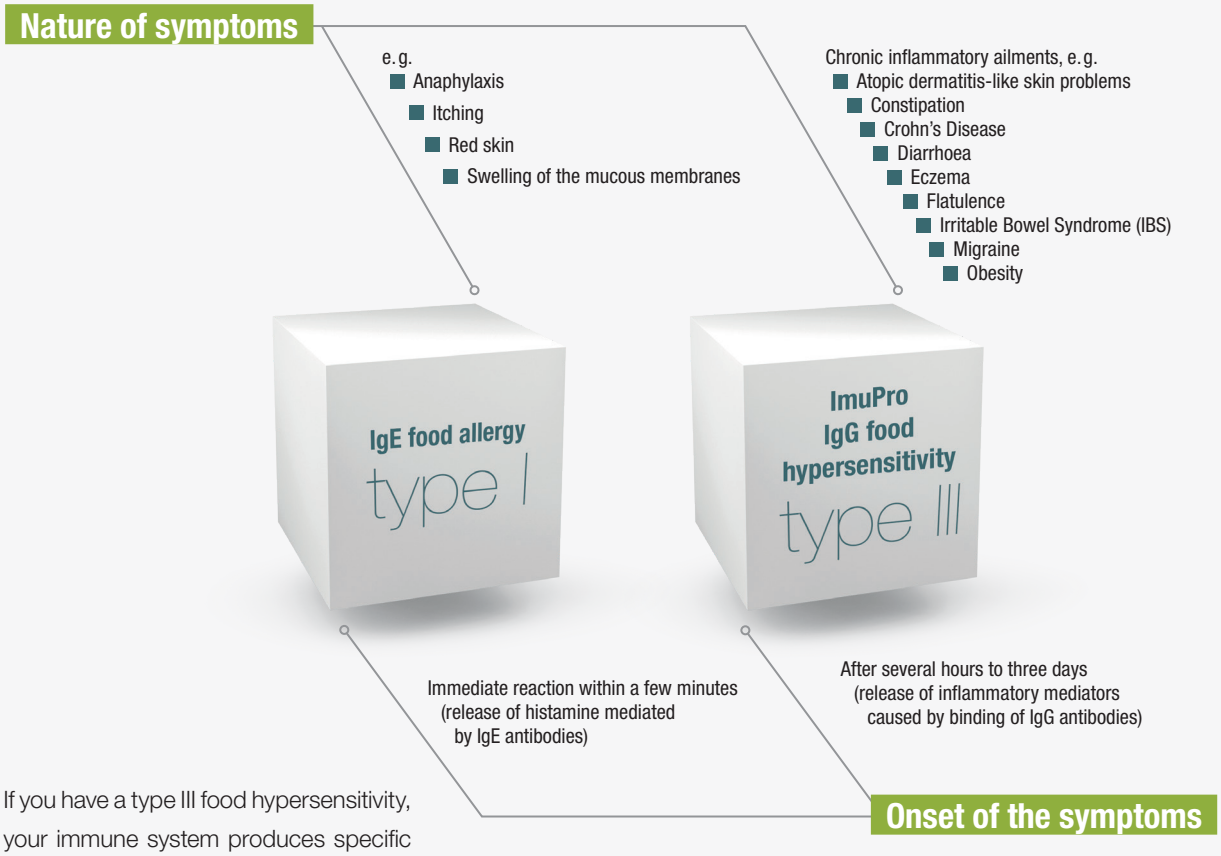
Note: Time plays an important role for the ImuPro process. Your body and intestine need time to heal. You may have to eliminate some foods for more than one year. There may be one or two foods that you will even have to avoid permanently. Therefore, consider ImuPro as your long-term companion and make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



1.2 What is an IgG Food Hypersensitivity?

Type III food hypersensitivities often remain undetected because the symptoms may occur only after a few hours or even days after the consumption of a particular food. This makes them extremely difficult to identify.

The body uses its immune system to fight off invading agents. These invading agents called antigens are usually bacteria, parasites, and viruses. In general, foods are not harmful to us. However, a delayed IgG food hypersensitivity 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 chapter 1.3 “The Intestine”).



If you have a type III food hypersensitivity, your immune system produces specific IgG antibodies against the food proteins. These antibodies can cause **inflammatory processes** which can become chronic. Symptoms may vary. Their **appearance can be delayed** by up to three days after the suspected food was eaten.

Note: **A type III food hypersensitivity 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. The ImuPro test does not detect classic food allergies.**

1.3 The Intestine

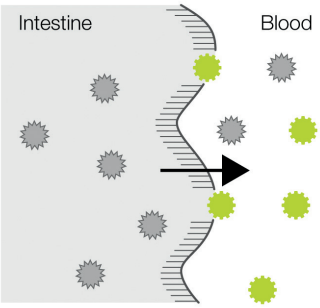
The largest immune system in the entire body is the intestine. Over 80% of the immune system's defensive reactions originate from the intestine. It guarantees an almost invincible barrier from bacteria, viruses and various pathogens as well as a barrier against other foreign proteins from food. Our body 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 over and over again thus allowing food components to slip between the intestinal cells. The immune system may then initiate an immune reaction against these food proteins.

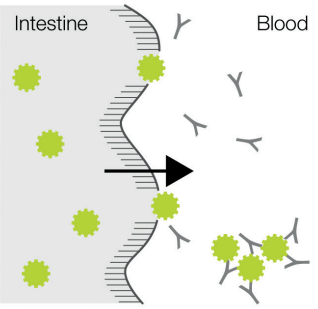
1.4 Cross-reactions

Occasionally a positive reaction is found from a food that the person has never eaten before. This is not a false reading from our test. However, 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.

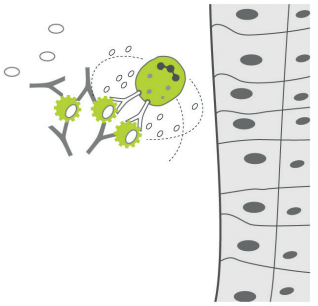
Example: Tropomyosin is the main allergen found in dust mites. This allergen is also found in invertebrates, e.g. mussels, oysters, scampi, squid, shrimps and lobsters. If you have sensitivity to the tropomyosin in dust mites or in one of these foods, then you may have high levels of IgG antibodies against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



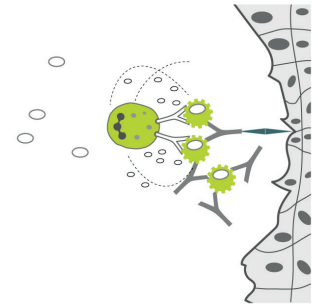
When the intestinal barrier is damaged, food particles can get through the cells into the bloodstream.



The immune system's response is formation of immune complexes



Inflammatory reaction due to destruction of the immune complexes in cases when surrounding tissue would not be damaged, this leads to systemic symptoms (for example: high blood pressure)



Inflammatory reaction due to destruction of the immune complexes: in case surrounding tissue will be damaged, this may cause specific symptoms (for example: irritable bowel syndrome, migraine headaches)

Legend

- Food protein considered as harmful has been detected (not fully digested)
- Food protein, which is NOT considered as harmful has been detected (completely digested)
- Antibodies
- Intestinal wall
- Immune complex
- Immune complex with complement proteins
- Receptor (cellular attachment molecule)
- Immune cell (neutrophils)
- Complement protein
- Tissue

2.

Nutritional Guidelines

2. Nutritional Guidelines

Your nutritional guidelines are based on three important building blocks.

Each tested food runs through the three phases.

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 antibodies levels for. This elimination will help you to recover from your health problems. The second central aspect of the elimination phase is the rotation of the foods you are allowed to eat. You will also use this rotation diet later to reintroduce foodstuffs that you were initially no longer allowed to eat.

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.

3 Stabilisation Phase

Good job, you are nearly done! You have successfully identified your personal “trigger foods” and have learned how to ensure a varied diet without promoting new type III food hypersensitivities. To stabilise your body, you now need to avoid your trigger foods for at least one year, so that the IgG antibodies can degrade. After one year you may start another provocation phase 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: **rotation** and **elimination**.

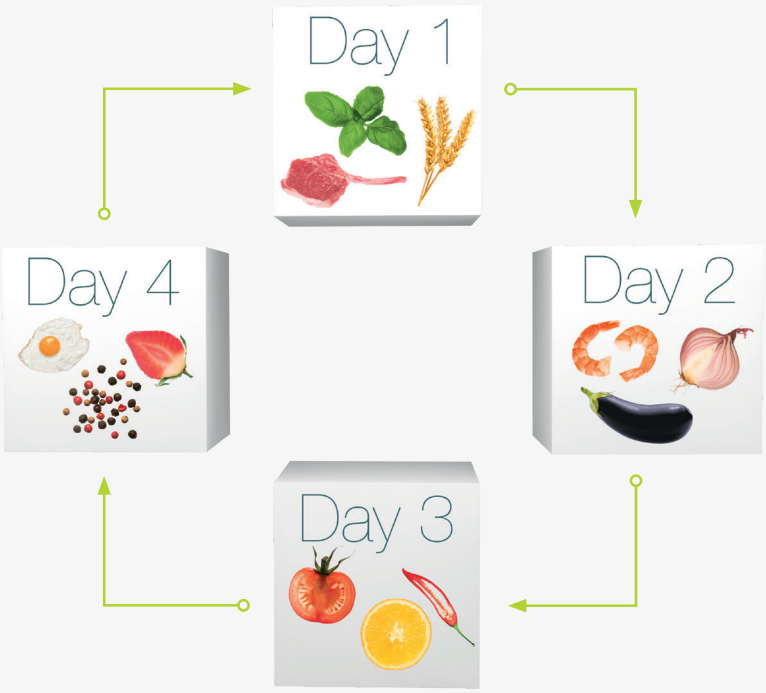
The goal of the elimination phase is to prepare your body for the following provocation phase by helping it to recover from IgG mediated inflammations in your body.

Part 1: Rotation

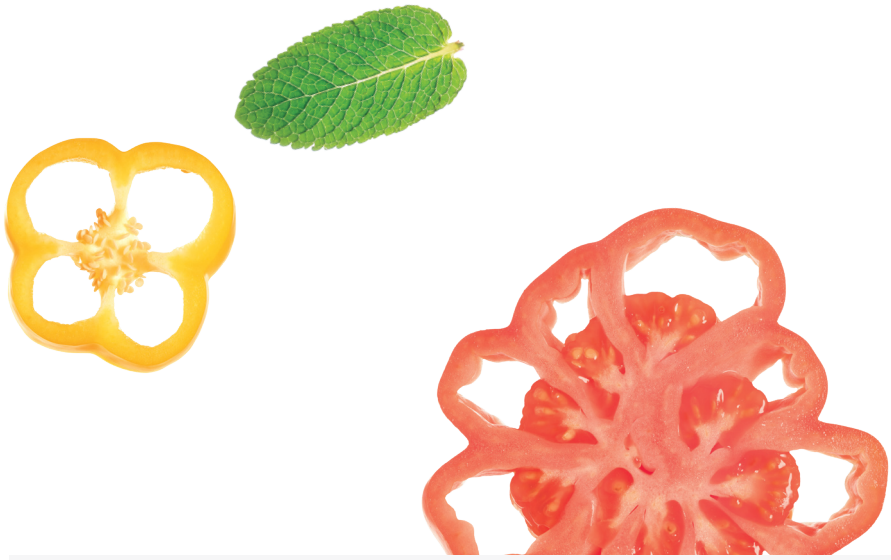
All the foods you are allowed to eat can be used to create your individual diet in a four-day cycle.

When 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 recover from current IgG food hypersensitivities 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 and you will soon find the most suitable approach for you.



"List 2 Permitted foods 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.

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 antibodies in your blood. Whether the IgG antibodies detected is relevant for a symptom or not does not depend on the amount of IgG antibodies. Even low levels of IgG antibodies 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.

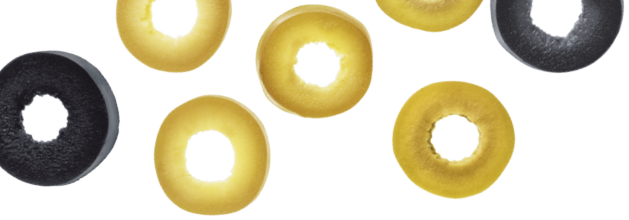
By strictly avoiding the IgG positive foods, inflammation processes could be reduced or even stopped. This is an important preparation for the following provocation phase.

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. In addition, 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.

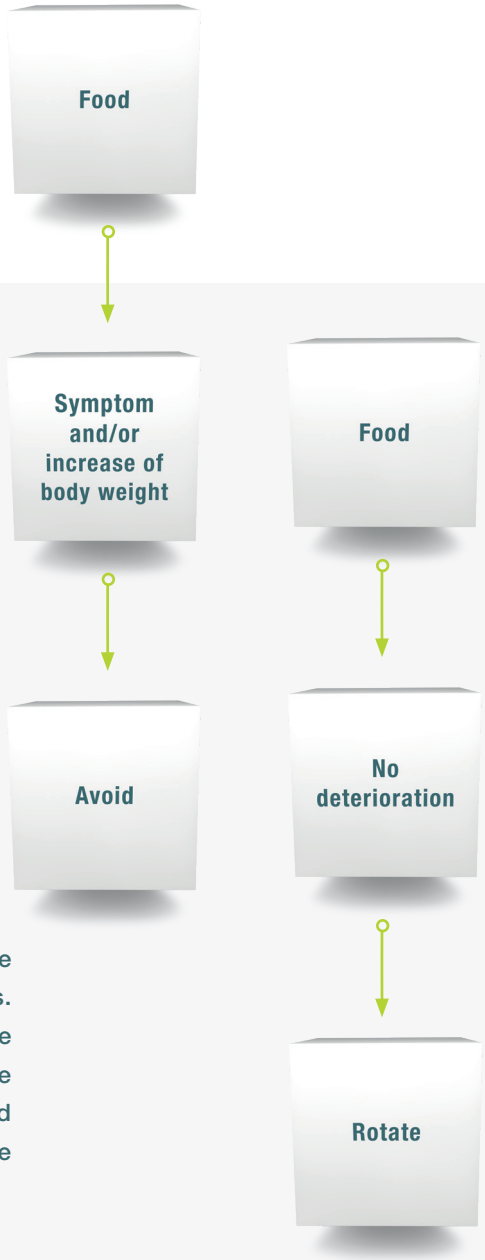
Note: At the beginning of the change in diet you might feel worse than before. This deterioration in how you feel can actually be a good sign. It could be due to your body detoxing. Drink plenty of water to help the process and keep to your new plan. Once the body has rid itself of any harmful substances,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

"List 2 Permitted foods 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.



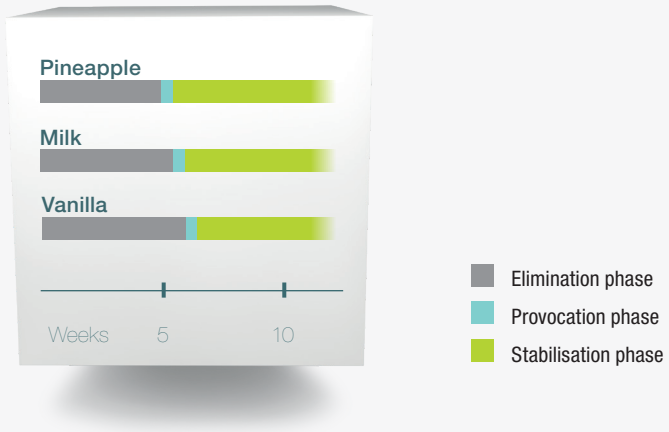
Not all of the identified IgG reactive foods indicate the cause of certain symptoms. The provocation phase helps you to identify your personal trigger foods.

You can now start your provocation diet and gradually reintroduce the previously eliminated foods one by one, back into your diet (see example on the following page) allowing three days in between. Start with the foods which are in the group “elevated” (orange) in your test results. 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 your favourite foods that tested positive for IgG antibodies. This way, you will learn right away if your favourites cause your symptoms to return 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 can proceed with the foods from the “elevated” category as described above.

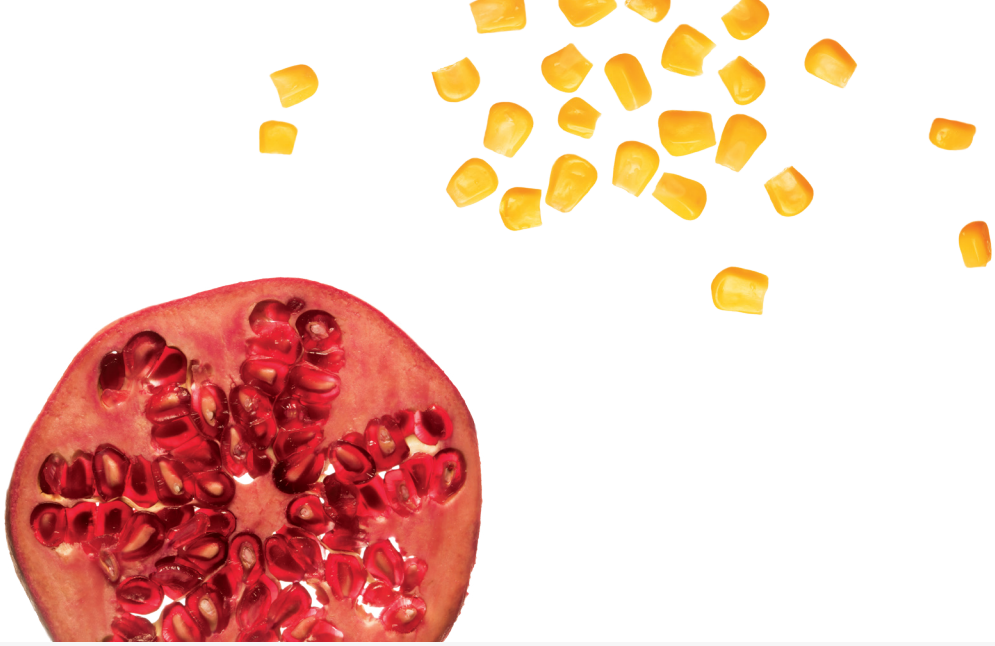
A trigger food may cause a specific symptom or lead to an increase of body weight. The increase of body weight is caused by the retention of water due to the inflammatory response from the consumed food. These foods can lead to potential health risks in the future. Therefore, we recommend the following: 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 tested 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 have 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 "elevated" (orange) category, e. g. pineapple. On the first day you consume pineapple several times throughout the 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's reaction to it. If you notice no deterioration, you may include pineapple back into your diet as described in the stabilisation phase. Then you can introduce the next food, e. g. milk. Within the following three days your migraine returns. Consequently, you have to 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 needed nutrients. This also helps to prevent the development of new delayed food hypersensitivities. A good way to ensure a varied diet is to keep rotating the foods as described in the elimination phase.

"List 2 Permitted foods and foods to avoid" lists the foods with elevated levels of IgG antibodies sorted by reaction class.



Practical tips:

The table on the following page will help you to keep track of the reintroduced foods as well as the foods you need to avoid for one year. Just make some copies of this page and use it as a diary. 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. For example, while reintroducing 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
Pineapple	*01/09/2014*	*No*	*No*	-
Milk (cow)	*05/09/2014*	*Migraine* *1.2 kg*	*Yes*	*09/09/2015*
Vanilla	*09/09/2014*	*No*	*No*	-

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 decompose 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 health professional, a qualified dietician or nutritional expert.**

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 of 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 varied diet a habit to ensure that you get all the vitamins and minerals you need. By rotating food 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 are still complying 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 coffee as you would any other 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. In addition, the high sugar content, artificial colouring 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, however, large quantities of them are required to make one glass of squeezed juice. Therefore, too much of one type of fruit or vegetable protein is being consumed. 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 a side dish of potatoes, 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

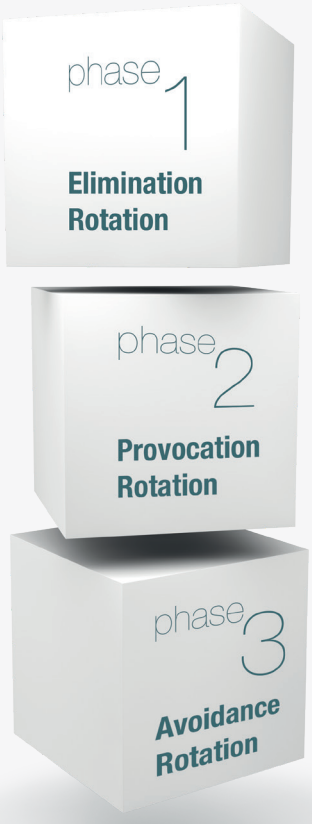
2 Provocation Phase

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

3.

Additional Information on Selected ImuPro Foods

3. Additional Information on Selected ImuPro Foods

Below we have put together some information on gluten, yeast, milk and chicken eggs. In our experience, these are foods that many people react to in the ImuPro test - maybe because they are eaten very frequently by many. This is exactly why it is sometimes difficult at first when you are supposed to stop eating these foods for a certain period of time according to your ImuPro result.

In order to make the ImuPro diet easier for you, we specifically look at where gluten, yeast, milk and chicken eggs may be present. In particular, they can be “hidden” in processed foods and ready made meals.

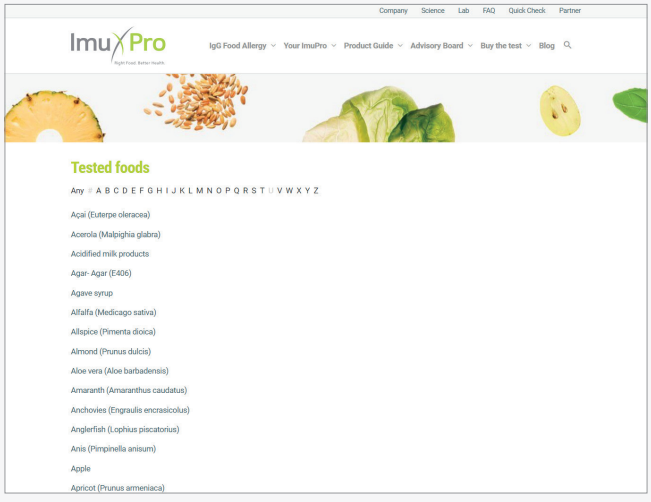
> **Our tip:** Pay close attention to the list of ingredients. The following texts only contain a selection of possible sources. Therefore, it is best to pay attention to every food label.

We also suggest possible alternatives that you can use to replace gluten, yeast, milk or chicken egg if you react to them in your ImuPro test and therefore are not supposed to eat them for a period of time.

> **Note:** Please consider that the foods mentioned here and the respective alternatives are generic and are not related to your personal ImuPro test. The ImuPro test result always takes precedence over general information. Foods to which you have a positive ImuPro test reaction or where there is another known intolerance should be avoided accordingly, even if they are listed here in these general texts as a possible alternative.

Information on all other foods tested in the ImuPro can be found online at:
https://imupro.com/tested-foods/

Please scan here:



3.1. Gluten and Products containing Gluten / Alternatives

Gluten, which is also known as wheat gum, is a protein that is found in grain. It has an effect on the baking properties of flour. It can bind with up to three times its weight in water. When it is moistened, it acquires elastic properties similar to that of rubber, producing a pliable, workable dough.

Health considerations: In recent years, the number of people who suffer from gluten intolerance has increased sharply. There are many reasons for this. Firstly, there is a greater awareness that gluten is not only involved in the causation of the autoimmune disorder celiac disease. Secondly, gluten is being linked to an increasing number of complaints in the absence of celiac disease.

Different allergies and intolerance reactions to gluten:

1. In a **gluten allergy**, the body produces IgE antibodies against gluten. If there is an immediate reaction, itching or swelling of the mucous membranes may occur or even in severe cases anaphylactic shock.

2. In recent years there have been an increasing number of cases, in which people have reacted to products containing gluten (bread, pizza, pasta dishes, cake, baked goods, etc.) with irritable bowel symptoms or with symptoms similar to celiac disease without suffering from celiac disease. This is called **gluten sensitivity** or also **wheat sensitivity**. The exact mechanisms are still unknown. It is assumed that it is essentially a problem of quantities, i.e. when too much gluten is consumed over the course of the day. If the amount of gluten-containing foods is reduced, then, as a rule, the symptoms improve.

3. **Celiac disease** is regarded as a mixture of an allergy and an autoimmune disease that is triggered by gluten. Roughly 1% of the population is affected, and the rates are increasing. A positive result in the IgG test for gluten can be due to celiac disease, but this is not necessarily the case. From the historical standpoint, a diagnosis of celiac disease has only been given in about 1% of all patients. If a positive reaction to gluten is detected, we recommend that your treating practitioners make a differential diagnosis of “celiac disease” before you modify your diet.

Naturally gluten-free foods:

All breads, noodles and etc., are normally not gluten-free. There are special gluten-free products to substitute for these. There is a great array of gluten-free grains or pseudocereals that do not contain gluten. Today these are available in the supermarket.

- Fruit: fresh fruit, deep-frozen fruit, fruit juice/fruit nectar without additives, fruit preserves made from water and sugar
- Eggs
- Vegetables: all types of fresh vegetables, all garden salads, deep-frozen vegetables without additives, preserves with only water and salt, as well as the type of vegetable, in their lists of ingredients
- Vegetable juices without additional ingredients
- Legumes (fresh and dried): peas, beans, lentils, chickpeas, kidney beans, soy, peanuts, snow peas, etc.
- Nuts and seeds: unprocessed almonds and varieties of nuts, as well as sunflower seeds, pumpkin seeds, linseed, sesame seeds, chia seeds and pine nuts
- Potatoes: e.g. potatoes boiled in their skin
- Fish: fresh or deep-frozen fish without breading or spices, fish preserves in their own juice and in oil
- Meat: fresh or deep-frozen without breading or spices, cuts of meat from pork, beef, veal, poultry, lamb, sheep, goat, ostrich, venison, feathered game, rabbit and offal
- Milk and milk products: all unprocessed milk products (e.g. milk, yogurt, buttermilk, sour milk, whey, curdled milk, kefir, cream, spray cream, condensed milk, coffee creamers, milk foam, crème fraîche, sour cream, heavy sour cream), milk substitutes (e.g. almond drink, cashew drink, soy drink)
- Fats and oils (except wheat germ oil): pure vegetable fats, margarine, clarified butter, butter, concentrated butter/ghee and lard
- Gluten-free grains/pseudocereals: non-contaminated oats, buckwheat, amaranth, millet (teff and fonio), quinoa, corn/maize, rice, tempura batter made from rice, chestnut flour, legume flours, mung beans, tapioca, hemp flour, lupine flour and nut flour (almond, coconut)
- Gluten-free beverages: water, tea, wine and freshly squeezed fruit juices

Note: For technical reasons, the IgG antibodies for grain, in and of itself, and those for the gluten contained in grain must each be measured separately. If a positive reaction to gluten is detected with ImuPro testing, then all grains containing gluten must be avoided depending on the reaction to gluten. This is important in order to prevent the persistence of symptoms triggered by gluten. If the value measured for this grain is under the cut-off, then consumption of the grain is allowed as long as it is commercially labeled as "gluten-free."

Important: Even if celiac disease is not diagnosed, you must avoid gluten for at least one year if it triggers symptoms during the ImuPro Diet Provocation Phase.

These types of grain, as well as all products made of them, contain gluten:

- Wheat, rye and barley, tritordeum (a cross between durum and barley), commercially available oats, durum, green spelt, spelt (Rotkorn brand spelt), Einkorn wheat, Urkorn brand wheat, emmer wheat Kamut® (Khorasan wheat), triticale and other wheat derivatives, tempura batter (made from/with wheat flour), sago made from barley or wheat, udon and somen noodles made from wheat, taboule (made from bulgur or couscous), kritharaki (Greek noodles shaped like rice made from wheat), panko (Japanese breading), pot barley (made from barley), couscous, bulgur

Gluten in processed food products:

The situation is even more serious for ready-made products, especially those for vegetarians. In these, gluten is used in its free form and can constitute up to 80 % of the content of the processed food.

These products may contain gluten:

- Vegetables: deep-frozen vegetables with flour (e.g. creamed spinach), vegetable preserves, ready-made potato products (e.g. mashed potatoes, croquettes, potato salad, French fries, potato pancakes) and vegetable stock
- Fruit: fruit preparations and dehydrated preserved fruit
- Dairy products: yogurt, quark (especially types with the added fruit or cereals), cream cheese preparation, low-fat milk products (e.g. cheese, cream cheese), melted cheese, whipped cream, ice cream powder, ice cream ingredients (e.g. cereal flakes) and herb butter
- Beverages: malted barley, coffee, beer and grain alcohol/ spirits
- Sweets: chocolate, chocolate snacks, malt candies, desserts, marzipan and salty snacks
- Meat, sausage and fish products: all types of sausages that do not provide a complete list of ingredients, low-fat sausage, meat preparations (i.e. meatballs, meat fillings, breaded meat, ready-made foods with sauce), fried herring and rolled pickled herring
- Others: ready-made soups, ready-made sauces, salad dressings, ketchup, mustard, ready-made foods, spices and fried onions
- Grain products: soy bread, millet bread, linseed bread, soy noodles, wheat bran products, rice cakes, rice crispy cereal, cornflakes cereal, baking powder, baking additives and glazes, cornflakes, polenta, puffed rice

Note: Examine the list of ingredients of these foods very carefully! This list is only a selection; as a rule you should pay attention to all food labels.

3.2. Yeast and Products containing Yeast / Alternatives

Yeast is used in baked goods to refine the dough. Using oxygen, yeasts turn the substances in flour that contain sugar into water and carbohydrates. This makes dough rise. Many alcoholic beverages are made with yeast, especially wheat beer (“Hefeweizen”). Even for crystal-clear varieties, care must be taken that they do not contain any yeast residues. Check with the manufacturer. Yeast is commercially available either in powder form as dry yeast or as fresh/active yeast (“Pressehefe”).

Yeast naturally contains glutamate. For this reason, yeast, in the form of yeast extract, is also used as a flavor enhancer. Yeast, (e.g., as yeast extract), is contained in almost any ready-made food, (e.g. soup packets or deep-frozen pizza).

Vegetarian spreads also contain yeast. In addition, yeast is processed in many types of bread, baked goods, snacks, soups, sauces and broths, etc.

These foods may contain yeast due to their production process or in their natural state:

- Bread and baked goods: bread, crispbreads, cake, raised bake goods, pretzels, baking mixes, cookies and “Zwieback”
- Specialty foods: mayonnaise, chocolate, commercial salad dressings, ready-made foods, especially for vegetarians (e.g. spreads, soups, etc.)
- Dairy products: buttermilk, kefir and cheese
- Others: mushrooms, horseradish, vinegar, preserves, pepperoni, spices, aromas, pickled cucumbers & tomato sauces
- Beverages: fruit juices, fermented fruit, wine, beer, malt beer and sparkling wine

Alternatives: Sourdough, baking powder or yeast culture for baking (health food shops)

Note: We suggest examining the list of ingredients of these foods very carefully! This list is only a selection; as a rule you should pay attention to all food labels.

Our tip: Bread is often made using yeast. Nevertheless, if you have a type III food hypersensitivity, you do not have to give up eating bread completely (this depends however on your reaction to different types of grain and to gluten). Many bakeries, especially specialised bakeries, as well as health food shops, sell yeast-free bread.

3.3. Cow's Milk and Products containing Milk / Milk Substitutions

Milk and milk products serve as the body's fundamental supply of high-quality proteins, carbohydrates (lactose), fats and important vitamins and minerals.

Some people do not have a good tolerance to milk. In this respect, we must note that there are different ways in which people with sensitivities can react to milk products. There is a significant difference between a milk allergy and lactose intolerance. **Please note that ImuPro indicates only a possible type III food hypersensitivity (also called food intolerance) due to elevated IgG antibody levels. ImuPro is not suited to diagnose lactose intolerance or an IgE-mediated type I allergy to milk.**

Lactose intolerance is due to an enzyme deficiency. In order to digest lactose, the body requires the enzyme lactase. If there is not enough lactase in the body, this can lead to symptoms such as diarrhea, flatulence and stomach pain. Symptoms appear at the earliest 30 minutes after consumption of lactose-containing products. Since milk from other animals also contains lactose, sheep milk, goat milk or mare's milk are also usually poorly tolerated by affected people.

Different allergies and intolerance reactions to milk:

In cases of an **allergy** to milk protein (IgE and IgG), the immune system reacts to the proteins in milk, milk protein. In cases of an allergy to milk protein, all milk products that contain this protein are tolerated poorly. Affected people also tolerate lactose-free products poorly, since they still contain the milk protein. Milk substitutes from other animals (e.g. sheep, goat, etc.) can be tolerated in some cases.

> **Type I milk allergy (IgE)** is the classic and acute form of milk allergy. An immediate reaction when milk is consumed is typical. If symptoms appear within 30 minutes after consumption of milk products, then they are probably triggered by a type I allergy to milk. If symptoms appear later, in most cases they will be due to another cause.

The elevated IgG antibodies, measured by the **ImuPro test**, are the cause of a **type III allergy to milk**. The delayed appearance of symptoms is typical, i.e. symptoms can appear in a period from two hours to up to three days after consumption. Symptoms often occur in the gastrointestinal tract, but they can also be found in completely different areas of the body. In many cases, the symptoms are chronic, because milk products are consumed frequently. Please note that ImuPro is not capable of detecting a lactose intolerance.

These proteins in milk can be classified into three groups: caseins, lactoglobulins and lacalbumins. Depending on how a milk product is processed, its protein composition sometimes differs significantly.

When milk is processed, the caseins are often “thickened,” which means that they are removed in solid form from the milk. This is done, for example, when rennet cheese is made (e.g. Edamer and Gouda). Rennet cheese, and also various soft cheeses, contain a much smaller amount of these caseins.

When these “thickened” caseins are removed, the so-called whey of the milk remains. This contains fewer caseins, but it is rich in lactoglobulins and lacalbumins. The whey that is produced can be consumed directly (e.g. as a whey drink), or it can be processed further, for example, to produce whey cheese (Ricotta).

Some processed milk products, such as sour-milk products (cow) and quark, contain both caseins and whey, since in these cases the caseins are not removed after thickening.

> **Note:** **Hence it might be the case that you react differently to cow's milk and to different cow’s milk products, which depends on the processing of these milk products.**

Besides the main components of milk mentioned above, milk also contains, most importantly, vitamin B2 (riboflavin) and the mineral calcium. Many patients who must avoid milk and milk products are afraid that giving them up can lead to a nutrient deficiency. This fear is normally not justified. A careful, balanced selection of allowed alternative nutrients with a varied diet can successfully prevent nutrient deficiencies.

Foods rich in protein:

- Foods of plant origin: legumes, soybeans and soy products, grains and cereal products, nuts and seeds
- Foods of animal origin: sheep and goat’s milk including products made with these milks, fish and meat

When consuming proteins, it is important to note that quality is more important than quantity. Proteins of animal origin are, in principle, of higher quality than those of plant origin, since they can be absorbed better by the human body.

Foods rich in vitamin B2:

- Foods of plant origin: whole-grain products (bread, rice and noodles), beans, spinach, broccoli, tomatoes, brussels sprouts, mushrooms, sprouts (soy sprouts, cereal sprouts, bean sprouts & lentil sprouts)
- Foods of animal origin: meat and fish

Foods rich in calcium:

- Foods of plant origin: legumes (soybeans, lentils, beans), kale, broccoli, spinach, fennel, herbs, whole-grain products, seeds (sesame) and nettle

Calcium is water-soluble. Therefore, relevant dishes should be cooked in little water with the lid on the pot. If possible, the water can be reused as vegetable broth or as a basis for soups and sauces. If you tolerate them well, you should consume raw vegetables as often as possible.

Note: Please note that the alternatives to foods containing milk that are listed in this text are mentioned for generic cases, i.e. they do not necessarily apply to your individual ImuPro test. Hence you must not consume foods to which you have a positive ImuPro test reaction or where you have another known intolerance even if they are listed here.

Substitutes for cow's milk (these should also be avoided in the event of detection of an intolerance or if they have not been tested):

Goat milk and goat cheese, oat milk, sheep milk and sheep cheese, pine seed milk, soy milk, almond milk, rice milk and coconut milk

Note: Examine the list of ingredients of foods very carefully! Since this list is only a selection, as a rule you should pay attention to all food labels.

The following foods may contain milk or its components:

White bread, scrambled eggs, ready-made dough, bread rolls, chocolate, pudding, baked goods, custards, many liqueurs, cake, yogurt, buttermilk, ready-made salad dressings, ice cream, hamburgers, soups, cheese, meatballs, crispbreads, sausage, margarine, mayonnaise, cocoa, ovaltine, soufflés and mashed potatoes

Terms that might be concealing cow's milk proteins:

Lactoglobulin, lactalbumin, whole milk, whole milk powder, condensed milk, buttermilk, cream, sour cream, casein, milk proteins, butter, yogurt, dry milk, non-fat dry milk, crème fraîche and whey protein

3.4. Chicken Egg: White and Yolk / Substitutions

An egg consists of two parts: the egg white and the egg yolk. The egg white surrounds the egg yolk, also known as the yellow of the egg. When an egg is opened, the egg white is runny, while the yolk is held together by a thin skin. This property is of practical values when it comes to separating the components in order to use them individually.

Both components, the egg white and the yolk, have certain properties that makes them useful for cooking. The lecithin found in egg yolk is useful for making emulsions, such as mayonnaise. The egg yolk is also used to make certain sauces (e.g. hollandaise sauce), desserts and creams. Whipped egg whites are also used especially for thickening and refining many desserts.

Note: **Do you have to modify your diet due to a type III allergy to chicken egg-white? Then please be sure to read the list of ingredients of industrially made products very carefully. Eggs and their components are often used as additives in these, but they are not always listed in the label using the term 'egg'. Some medications and vaccines also include components of eggs. Therefore, you must always check the composition before administration.**

Products that could include eggs:

Gluten-free bread, noodles, pancakes, quiches, gratins, desserts, sauces, sweets, spreads, soups, meat products, pastries, cake, casseroles, fresh pasta, ready-made meals, mayonnaise, ice cream, hamburgers, sausages, mustard and confectionery products

Names that might be concealing eggs:

Yolks, ovalbumin, albumin, globulin, lecithin E322, egg white, livetin, lysozym E1105 and ovomucoid

Egg substitutes:

It is not difficult to meet your need for protein without eating eggs. If you eat protein from different sources, you are sure to consume the necessary amino acids. In addition to various protein sources of animal origin, there are many of plant origin (e.g. soybeans and products made from them, legumes, nuts, seeds, rice, potatoes and grains.) Difficulties arise in the daily practice of cooking when substituting for the properties of the egg. Commercially available egg substitutes can help with this.

To substitute for the thickening effect of an egg, we recommend mixing one spoonful of soybean flour with two spoonfuls of water. In case of soy intolerance, a mixture of rice or corn/maize flour can also be used.

Other choices to substitute for eggs:

- Applesauce: applesauce is often used, when baking cakes or other baked goods, as a substitute for eggs. The flavor of the apples is mostly lost during baking. Approximately three tablespoons of applesauce can be used as a substitute for one egg.
- Aquafaba or water in which chickpeas have been cooked: collect the liquid from the can/jar and then beat with the hand mixer. Aquafaba is a good substitute for beaten egg white.
- Bananas: bananas are well suited to substitute for eggs in baking also. In contrast to applesauce however, bananas do not lose their flavor when used in baking. Roughly one half a ripe banana substitutes for one egg.

Eggs, milk and milk products serve as the body's fundamental supply of high-quality proteins and important vitamins and minerals. Most importantly, they provide vitamin B2 (riboflavin) and the mineral calcium. Many patients who suffer from type III allergies to eggs and/or milk are concerned that giving them up will lead to nutrient deficiencies. As a rule, this fear is not justified. Careful, balanced selection of allowed foods can successfully prevent nutrient deficiencies.

Foods rich in protein:

- Foods of plant origin: legumes, soybeans and soy products, grains and cereal products, nuts and seeds
- Foods of animal origin: sheep and goat milk and products made with these milks, fish and meat

When consuming proteins, it is important to note that quality is more important than quantity. Proteins of animal origin are, in principle, of higher quality than those of plant origin, since they can be absorbed better by the human body. The correct combination and consumption of proteins of both plant and animal origin can ensure that a protein quality equivalent to that of milk is obtained. In order to increase protein intake, we recommend using chopped nuts for salads, dressings, desserts, as well as when baking. Sprinkle sunflower seeds, nuts or almonds on sweet or spicy dishes and for alcohol-free cocktails.

Foods rich in vitamin B2:

- Foods of plant origin: whole-grain products (bread, rice and noodles), beans, spinach, broccoli, tomatoes, brussels sprouts, mushrooms, sprouts (soy sprouts, cereal sprouts, bean sprouts and lentil sprouts)
- Foods of animal origin: meat and fish

Since vitamin B2 is water-soluble, the relevant dishes should be cooked in little water, keeping the lid on the pot. If possible, the water can be reused as broth or as a basis for soups and sauces.

Foods rich in calcium:

- Foods of plant origin: legumes (soybeans, lentils, beans), kale, broccoli, spinach, fennel, herbs, whole-grain products, seeds (sesame) and nettle

Calcium is water-soluble. Therefore, relevant dishes should be cooked in little water with the lid on the pot, if possible, the water can be reused as vegetable broth or as a basis for soups and sauces. If you tolerate them well, you should consume raw vegetables as often as possible. Please note that soybean products, (e.g., soy drink), sometimes contain only a small amount of calcium, since they mainly consist of water.