Sample ID

CTL & Ortholabor GmbH
Anemonenweg 3a
26160 Bad Zwischenahn
Germany

Your personal ImuPro Complete 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 Complete

	Rating	Number of foodstuffs
Specific IgG antibodies	**Not elevated**	**236**
	Elevated	**27**
	Highly elevated	**6**
Total	33 out of 269 tested allergens	

Candida albicans: Your test result is negative for Candida.

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

Laboratory:

CTL & Ortholabor GmbH
Anemonenweg 3a
26160 Bad Zwischenahn
Germany

Sender:

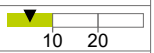
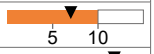
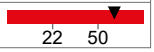
First Medical Diagnostics Pvt. Ltd.
Vikas Surya Shopping Mall

sample type	serum
sample id	405618
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 Complete

	µg/ml IgG	Rating	Additional exclusions
Grains containing gluten			
Barley	34,3	11,2 22,4	
Gluten	44,2	23,8 45,5	
Kamut*	< 2,5	15,9 26,2	
Rye	26,1	24,9 37,9	
Spelt*	11,2	11,5 25,4	
Wheat*	10,2	16,9 34,3	
Grains w/o gluten and alternatives			
Amaranth	3,0	8,9 17,8	
Arrowroot	< 2,5	4 8	
Buckwheat	< 2,5	14,6 21,6	
Carob	14,5	16,2 32,3	
Cassava	2,7	14,7 29,4	
Fonio	5,0	14,3 28,6	
Jerusalem artichoke	3,0	5,2 10,4	
Lupine	7,8	18,9 37,7	
Maize, sweet corn	3,7	17,5 24,7	
Millet	< 2,5	9,8 19,6	
Oats (gluten-free)	33,4	18,5 28,1	
Quinoa	8,9	10 14,7	
Rice	< 2,5	9 18	
Sweet chestnut	< 2,5	8,9 17,8	
Sweet potato	9,2	7,1 14,2	
Tapioca	< 2,5	4 8	
Teff	7,6	29 58	
Eggs			
Chicken egg white	3,5	11,8 39,4	
Chicken egg yolk	5,3	10,7 23,4	
Goose egg	4,7	21 30,8	
Quail egg	3,7	17,7 31,9	

	µg/ml IgG	Rating	Additional exclusions
Meat			
Beef	27,9	21,7 43,5	
Chicken	4,8	16,4 32,6	
Duck	8,1	12,4 24,8	
Goat	17,9	11,9 23,8	
Goose	3,0	8 16	
Hare	22,3	12,1 24,2	
Lamb	26,2	19,4 38,7	
Ostrich	4,9	20,2 40,5	
Pork	11,7	14,3 28,5	
Quail	< 2,5	4,3 8,6	
Rabbit	5,3	7,6 15,2	
Red deer	14,7	10,9 21,8	
Roe deer	23,1	13,8 27,6	
Turkey	5,7	20,2 40,3	
Veal	32,4	16,1 32,1	
Wild boar	24,2	16,7 33,3	
Milk products			
Camel's milk	2,7	26,8 36,9	
Goat: milk / cheese	13,2	16,1 30,8	
Halloumi	< 2,5	7,6 10,5	
Kefir	16,5	22,4 51,7	
Mare's milk	4,1	13,8 20	
Milk (cow)	10,8	12,6 38,8	
Milk (cow, cooked)[1]	15,5	28,3 70,8	
Rennet cheese (cow)	4,0	7 13,1	
Ricotta	4,9	20,3 52,3	
Sheep: milk / cheese	17,7	15,5 36,9	
Sour-milk prod. (cow)	14,2	20,8 54,5	

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

* This cereal naturally contains gluten. The reaction class is therefore raised to that of gluten. For technical reasons, the IgG antibodies against gluten and other cereal-specific antigens must be measured separately.

List 1 - Individual laboratory result

ImuPro Complete

	µg/ml IgG	Rating	Additional exclusions
Fruits			
Apple	13,4	12,6 25,2	
Apricot	< 2,5	7 13,9	
Avocado	< 2,5	4,6 9,2	
Banana	5,2	10,2 20,4	
Blackberry	< 2,5	8,4 16,8	
Blueberry	< 2,5	4,7 9,4	
Cherry	13,7	20,9 29,5	
Cranberry	35,8	12,5 24,9	
Currant	2,8	4,4 8,8	
Date	< 2,5	5,2 10,4	
Fig	4,8	12,5 25	
Gooseberry	< 2,5	4,7 9,4	
Grape / Raisin	4,4	7,7 15,3	
Grapefruit	12,6	11,9 23,8	
Guava	< 2,5	4,5 9	
Honeydew melon	5,9	17,6 35,1	
Kiwi	3,4	12,7 17,9	
Lemon	6,9	9,5 19,1	
Lime	10,6	25,1 34,6	
Lingonberry	5,6	12,4 24,8	
Lychee	2,6	7,8 15,7	
Mandarin	14,2	20,2 31,3	
Mango	< 2,5	4,1 8,3	
Nectarine	2,9	7,6 15,3	
Orange	11,9	18,3 36,6	
Papaya	3,0	5,7 11,4	
Peach	< 2,5	6,6 13,2	
Pear	< 2,5	4,3 8,6	
Pineapple	9,9	33,3 52,9	
Plum	< 2,5	7,7 15,4	
Pomegranate	4,7	38,7 77,4	
Prickly pear	< 2,5	5,7 11,5	
Quince	< 2,5	4,3 8,6	
Raspberry	4,4	18,1 36,1	

	µg/ml IgG	Rating	Additional exclusions
Fruits			
Rhubarb	< 2,5	16,2 32,5	
Sea buckthorn	< 2,5	6,7 13,4	
Strawberry	12,2	13,9 27,7	
Watermelon	4,3	18,9 37,8	
Yellow plum	< 2,5	7 13,9	
Seeds and nuts			
Almond	21,1	36,8 70,8	
Brazil nut	< 2,5	18,2 35,5	
Cashew kernels	7,3	26 51,3	
Cocoa bean	9,4	13,2 26,5	
Coconut	< 2,5	5,5 11	
Hazelnut	4,4	26,7 47,7	
Linseeds	5,3	19,5 31,8	
Macadamia nut	3,7	18,3 29,3	
Peanut	5,5	21,2 31,1	
Pine nut	11,0	7,7 15,4	
Pistachio	8,9	22,5 37,9	
Poppy seeds	< 2,5	13,7 20,9	
Pumpkin seeds	7,9	16,3 29,8	
Sesame	4,0	18,6 29,6	
Sunflower seeds	6,8	27,6 45,4	
Walnut	9,0	8,3 16,5	
Salads			
Butterhead lettuce	< 2,5	8,4 16,8	
Chicory	3,1	11,1 22,3	
Dandelion	4,1	9,9 19,7	
Endive	4,9	10 20	
Iceberg lettuce	4,6	8,7 17,4	
Lamb's lettuce	< 2,5	10 20	
Lollo rosso	< 2,5	3,8 7,6	
Radicchio	< 2,5	5,2 10,4	
Rocket	2,6	6,7 13,4	
Romaine / Cos lettuce	3,4	8,6 17,1	

List 1 - Individual laboratory result

ImuPro Complete

	µg/ml IgG	Rating	Additional exclusions
Vegetables			
Artichoke	< 2,5	8,7 17,4	
Asparagus	18,2	15,2 30,4	
Aubergine	< 2,5	6,7 13,4	
Bamboo shoots	22,2	12,3 24,5	
Beetroot	< 2,5	6,4 12,8	
Broad bean	19,8	17 34	
Broccoli	7,7	22,1 44,1	
Brussel sprouts	7,2	14,6 29,3	
Carrots	6,0	15,6 31,3	
Cauliflower	< 2,5	4 8	
Celeriac, knob celery	18,8	18,3 36,7	
Chard, beet greens	< 2,5	4,3 8,5	
Chickpeas	5,2	18,3 26,3	
Chili Cayenne	< 2,5	7,7 15,4	
Chili Habanero	< 2,5	12,7 25,4	
Chili Jalapeno	< 2,5	12,8 25,6	
Chinese cabbage	3,2	14,3 28,6	
Courgette	< 2,5	8,8 17,6	
Cucumber	< 2,5	5,4 10,8	
Fennel	< 2,5	10,4 20,8	
Green bean	< 2,5	6,3 10,9	
Green pea	4,9	12,7 25,4	
Kale, curled kale	2,5	5,2 10,4	
Kohlrabi	4,7	14,2 28,3	
Leek	< 2,5	8 16	
Lentil	< 2,5	15,2 22,2	
Molokhia	3,8	9 18	
Mung bean	7,1	17,7 35,4	
Okra, lady's finger	16,5	14,6 29,2	
Olive	< 2,5	4 8	
Onion	5,7	11,7 16,9	
Parsnip	5,3	11,9 23,8	
Potato	4,6	15,2 30,4	
Pumpkin	< 2,5	17,9 35,9	

	µg/ml IgG	Rating	Additional exclusions
Vegetables			
Radish (red/white)	2,7	6,5 13	
Red cabbage	3,5	10,9 21,8	
Rutabaga	< 2,5	7,9 15,9	
Savoy cabbage	2,7	7,5 15	
Soybean	3,3	9,1 18,2	
Spinach	3,1	9,3 18,6	
Stalk celery	3,2	8 15,9	
Sweet pepper	2,7	18,9 30,9	
Tomato	9,0	13,8 27,5	
White cabbage	4,1	10,1 20,2	
Spices and herbs			
Alfalfa	10,9	25,2 50,4	
Allspice	22,9	29,8 59,6	
Aniseed	6,4	10,7 21,4	
Basil	< 2,5	8 16	
Bay leaf	18,4	11,6 23,2	
Capers	< 2,5	4 8	
Caraway	< 2,5	5 10	
Cardamom	4,9	16,3 32,7	
Chervil	2,6	5,3 10,5	
Chive	5,5	11,2 22,4	
Cinnamon	12,8	8,1 16,1	
Clove	18,4	21,7 43,4	
Coriander	< 2,5	24,1 48,3	
Cumin	< 2,5	6,6 13,3	
Dill	< 2,5	5,3 10,5	
Garden cress	11,1	47,4 94,8	
Garlic	9,8	23 34,7	
Ginger	11,0	24 34,8	
Horseradish	2,9	11,8 16,6	
Juniper berry	23,7	23,8 47,5	
Lavender	< 2,5	4,1 8,2	
Lemon balm	< 2,5	4,1 8,1	
Lovage	< 2,5	6,3 12,6	

List 1 - Individual laboratory result

ImuPro Complete

	µg/ml IgG	Rating	Additional exclusions
Spices and herbs			
Marjoram	4,7	9,7 19,3	
Mustard seed	< 2,5	8,8 17,7	
Nutmeg	14,2	7 13,9	
Oregano	2,8	6,7 13,3	
Paprika, spice	3,3	21,1 42,3	
Parsley	2,7	17,1 34,2	
Pepper, black	5,2	13,2 26,3	
Pepper, white	< 2,5	6,2 12,5	
Rosemary	< 2,5	4,2 8,4	
Saffron	< 2,5	6 12,1	
Sage	4,5	14,5 29	
Savory	7,3	27 54	
Thyme	< 2,5	4 8	
Vanilla	23,1	51,9 102	
Wild garlic	< 2,5	5,6 11,3	
Fish and seafood			
Anchovy	< 2,5	7,9 15,8	
Angler, monkfish	6,7	16,2 32,3	
Blue mussels	6,5	20,7 41,4	
Carp	2,8	16,5 33	
Cod, codling	< 2,5	17,9 35,9	
Crayfish	< 2,5	5,8 11,6	
Eel	< 2,5	12,2 24,3	
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	2,8	11,3 22,5	
Iridescent shark	3,7	21,6 43,1	
Lobster	3,1	18,2 25,8	
Mackerel	11,2	16,2 32,4	
Ocean perch	5,1	11,5 23	
Octopus	9,7	17,9 35,7	
Oysters	4,6	18,9 37,8	

	µg/ml IgG	Rating	Additional exclusions
Fish and seafood			
Plaice	< 2,5	11,3 22,6	
Pollock	4,4	19 37,9	
Red Snapper	< 2,5	7,9 15,8	
Salmon	2,6	7,6 15,4	
Sardine	3,3	6,3 12,6	
Scallop	< 2,5	8,6 17,3	
Sea bass	6,3	18,4 36,7	
Shark	2,6	4,2 8,3	
Shrimp, prawn	< 2,5	11,8 23,5	
Sole	< 2,5	5,6 11,1	
Squid, cuttlefish	4,4	9,4 18,8	
Swordfish	4,6	5,5 11	
Trout	< 2,5	13,7 27,4	
Tunafish	6,4	24,1 48,3	
Zander	5,3	14,2 28,5	
Teas, coffee and tannin			
Camomile	3,1	10,3 20,6	
Coffee	8,4	14,1 21,5	
Nettle	5,9	17,2 34,4	
Peppermint	4,2	7,9 15,8	
Rooibus tea	4,3	9,9 19,8	
Rose hip	< 2,5	5,4 10,8	
Tannin	26,3	31,1 62,1	
Tea, black	17,8	19 38	
Tea, green	8,9	8,8 17,6	
Yeast			
Yeast	3,2	7,8 15,6	
Mushrooms			
Bay boletus	< 2,5	18 36	
Cep (boletus)	< 2,5	11,2 22,4	
Chanterelle	12,5	23,8 47,5	
Meadow mushrooms	3,0	16,3 32,6	
Oyster mushrooms	< 2,5	20,1 40,2	
Shiitake	7,6	18,4 36,7	

List 1 - Individual laboratory result

ImuPro Complete

	µg/ml IgG	Rating	Additional exclusions
Specials			
Aloe vera	< 2,5	6,8 13,7	
Aspergillus niger	15,9	21,4 42,9	
Candied lemon peel	< 2,5	5,5 11	
Vine leaves	14,1	11,4 22,9	
Algae			
Red algae (Nori)	< 2,5	25,2 46,3	
Spirulina	5,6	27,6 40,6	
Sweeteners			
Agave nectar	23,0	36,8 51	
Cane sugar	< 2,5	11,1 22,1	
Honey (mixture)	6,1	19,5 39	
Maple syrup	21,0	41,2 82,4	

	µg/ml IgG	Rating	Additional exclusions
Food additives			
Agar-agar (E406)	13,0	17,2 24	
Benzoic acid (E 210)	< 2,5	7,7 15,3	
Carrageenan (E 407)	< 2,5	5,3 10,7	
Curcumin (E 100)	3,1	7,7 15,3	
Guar flour (E 412)	51,6	10,4 17	
Pectin (E 440)	< 2,5	4,8 9,6	
Sorbic acid (E 200)	< 2,5	9,3 18,5	
Tragacanth (E 413)	< 2,5	9,9 19,8	
Xanthan gum (E 415)	6,4	10,9 21,8	

List 2 - Foods allowed and foods to avoid

Allowed in 4-day rotation					
Agar-agar (E406)	Cassava	Gilthead bream	Lychee	Plaice	Sesame
Agave nectar	Cauliflower	Ginger	Macadamia nut	Plum	Shark
Alfalfa	Cep (boletus)	Goat: milk / cheese	Mackerel	Pollock	Shiitake
Allspice	Chanterelle	Goose	Maize, sweet corn	Pomegranate	Shrimp, prawn
Almond	Chard, beet greens	Goose egg	Mandarin	Poppy seeds	Sole
Aloe vera	Cherry	Gooseberry	Mango	Pork	Sorbic acid (E 200)
Amaranth	Chervil	Grape / Raisin	Maple syrup	Potato	Sour-milk prod. (cow)
Anchovy	Chicken	Green bean	Mare's milk	Prickly pear	Soybean
Angler, monkfish	Chicken egg white	Green pea	Marjoram	Pumpkin	Spinach
Aniseed	Chicken egg yolk	Guava	Meadow mushrooms	Pumpkin seeds	Spirulina
Apricot	Chickpeas	Haddock	Milk (cow)	Quail	Squid, cuttlefish
Arrowroot	Chicory	Hake	Milk (cow, cooked)	Quail egg	Stalk celery
Artichoke	Chili Cayenne	Halibut	Millet	Quince	Strawberry
Aubergine	Chili Habanero	Halloumi	Molokhia	Quinoa	Sunflower seeds
Avocado	Chili Jalapeno	Hazelnut	Mung bean	Rabbit	Sweet chestnut
Banana	Chinese cabbage	Herring	Mustard seed	Radicchio	Sweet pepper
Basil	Chive	Honey (mixture)	Nectarine	Radish (red/white)	Swordfish
Bay boletus	Clove	Honeydew melon	Nettle	Raspberry	Tannin
Beetroot	Cocoa bean	Horseradish	Ocean perch	Red algae (Nori)	Tapioca
Benzoic acid (E 210)	Coconut	Iceberg lettuce	Octopus	Red cabbage	Tea, black
Blackberry	Cod, codling	Iridescent shark	Olive	Red Snapper	Teff
Blue mussels	Coffee	Jerusalem artichoke	Onion	Rennet cheese (cow)	Thyme
Blueberry	Coriander	Juniper berry	Orange	Rhubarb	Tomato
Brazil nut	Courgette	Kale, curled kale	Oregano	Rice	Tragacanth (E 413)
Broccoli	Crayfish	Kefir	Ostrich	Ricotta	Trout
Brussel sprouts	Cucumber	Kiwi	Oyster mushrooms	Rocket	Tunafish
Buckwheat	Cumin	Kohlrabi	Oysters	Romaine / Cos lettuce	Turkey
Butterhead lettuce	Curcumin (E 100)	Lamb's lettuce	Papaya	Rooibus tea	Vanilla
Camel's milk	Currant	Lavender	Paprika, spice	Rose hip	Watermelon
Camomile	Dandelion	Leek	Parsley	Rosemary	White cabbage
Candied lemon peel	Date	Lemon	Parsnip	Rutabaga	Wild garlic
Cane sugar	Dill	Lemon balm	Peach	Saffron	Xanthan gum (E 415)
Capers	Duck	Lentil	Peanut	Sage	Yeast
Caraway	Eel	Lime	Pear	Salmon	Yellow plum
Cardamom	Endive	Lingonberry	Pectin (E 440)	Sardine	Zander
Carob	Fennel	Linseeds	Pepper, black	Savory	
Carp	Fig	Lobster	Pepper, white	Savoy cabbage	
Carrageenan (E 407)	Fonio	Lollo rosso	Peppermint	Scallop	
Carrots	Garden cress	Lovage	Pineapple	Sea bass	
Cashew kernels	Garlic	Lupine	Pistachio	Sea buckthorn	

Foods with reaction strength 1: Avoid for at least 5 weeks					
Apple	Broad bean	Grapefruit	Pine nut	Spelt	Wheat
Asparagus	Celeriac, knob celery	Hare	Red deer	Sweet potato	Wild boar
Bamboo shoots	Cinnamon	Kamut	Roe deer	Tea, green	
Bay leaf	Gluten	Lamb	Rye	Vine leaves	
Beef	Goat	Okra, lady's finger	Sheep: milk / cheese	Walnut	

Foods with reaction strength 2: Avoid for at least 5 weeks					
Barley	Cranberry	Guar flour (E 412)	Nutmeg	Oats (gluten-free)	Veal

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				
	Amaranth	Arrowroot	Buckwheat	Carob
	Cassava	Fonio	Jerusalem artichoke	Lupine
	Maize, sweet corn	Millet	Quinoa	Rice
	Sweet chestnut	Tapioca	Teff	
Eggs				
	Chicken egg white	Goose egg	Quail egg	
	Chicken egg yolk			
Meat				
	Chicken	Duck	Goose	Ostrich
	Pork	Quail	Rabbit	Turkey
Milk products				
	Kefir	Goat: milk / cheese	Camel's milk	Mare's milk
	Milk (cow)			
	Milk (cow, cooked)			
	Rennet cheese (cow)			
	Ricotta			
	Sour-milk prod. (cow)			
Fruits				
	Apricot	Avocado	Banana	Blackberry
	Blueberry	Cherry	Currant	Date
	Fig	Gooseberry	Grape / Raisin	Guava
	Honeydew melon	Kiwi	Lemon	Lime
	Lingonberry	Lychee	Mandarin	Mango
	Nectarine	Orange	Papaya	Peach
	Pear	Pineapple	Plum	Pomegranate
	Prickly pear	Quince	Raspberry	Rhubarb
	Sea buckthorn	Strawberry	Watermelon	Yellow plum
Seeds and nuts				
	Almond	Brazil nut	Cashew kernels	Cocoa bean
	Coconut	Hazelnut	Linseeds	Macadamia nut
	Peanut	Pistachio	Poppy seeds	Pumpkin seeds
	Sesame	Sunflower seeds		
Salads				
	Butterhead lettuce	Chicory	Dandelion	Endive
	Iceberg lettuce	Lamb's lettuce	Lollo rosso	Radicchio
	Rocket	Romaine / Cos lettuce		

List 3 - Rotation schedule

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

General recommendations

Your results: The test results show that you have raised IgG antibody titres to food(s). The amount of IgG-positive foods indicates that your immune system responds with an adverse reaction to foods which normally should not be recognised by your immune system. Every time the IgG positive foods are consumed, an inflammatory reaction occurs. This might weaken your entire body.

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

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

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

Gluten: Elevated levels of IgG against gluten were detected.

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

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

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

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.

ImuXPro
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

SUMMER PASSION SMOOTHIE

Ingredients for 1 serving

200 g	**banana**
150 ml	**rice drink (rice milk)**
100 g	**peach**
15 ml	**lime juice**
3	**mint leaves**

Directions

The fruits should be ripe. Blend all ingredients until smooth. Have a taste and adjust if necessary.

Proteins	Carbohydrates	Bread units	Fats	Energy	
3 g	66,8 g	5,6	2,2 g	292 Kcal	1224 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

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

CORN BREAD

Ingredients for 8 servings

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

Directions

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

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

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

BREAKFAST

AMARANTH PASTE

Ingredients for 2 servings

350 ml **water**
160 g **amaranth**

Directions

Add the amaranth to the boiling water ad let soak on low heat for 25 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy	
1,2 g	46,4 g	3,9	7,0 g	280 Kcal	1172 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

BREAKFAST

AMARANTH-MILLET-WAFERS

Ingredients for 6 servings

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

Directions

Mix the cooked amaranth and the ground millet with water into a runny 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	
7,2 g	59,3 g	4,9	6,8 g	360 Kcal	1508 KJ

RICE FLOUR – BREAD ROLLS

Ingredients for 4 servings

120 g	**rice flour**
80 g	**soy bean flour**
7 g	**salt**
7 g	**coriander**
10 g	**thyme, finely cut**
7 g	**winestone baking powder**
200 ml	**mineral water (carbonated)**
7 ml	**oil (depending on tolerance)**

Directions

Knead everything well. Model the rolls and bake at 180° for 15 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy	
9,4 g	24,1 g	2,0	6,0 g	189 Kcal	791 KJ

RICE WAFERS

Ingredients for 4 servings

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

Directions

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

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

BREAD SPREADS

STRAWBERRY-RHUBARB-SPREAD

Ingredients for 2 servings

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

Directions

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

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

Let everything boil at low fire for 2 min.
Fill in prepared glasses.

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

STRAWBERRY BUTTER

Ingredients for 8 servings

100 g	**strawberry**
60 g	**soft butter**
12 g	**honey**
12 ml	**lemon juice**
	pepper

Directions

Mix the butter with honey, lemon juice and pepper. Wash the strawberries and pass through a sift.

You can preserve the strawberry butter in the refrigerator for about 1 week.

Proteins	Carbohydrates	Bread units	Fats	Energy	
0,2 g	2,1 g	0,2	6,3 g	65 Kcal	273 KJ

BREAD SPREADS

CARROT BUTTER

Ingredients for 2 servings

	ginger
12 ml	**lemon juice**
100 g	**raw carrots**
50 g	**almond**
40 g	**soft butter**
12 g	**honey**

Directions

Mix the butter with almond, honey, lemon juice and ginger powder.

Peel and wash the carrots. Ground finely and mix well with butter.

You can preserve the spread in the refrigerator for up to 1 week.

Proteins	Carbohydrates	Bread units	Fats	Energy	
5,3 g	9,2 g	0,8	30,1 g	328 Kcal	1374 KJ

AVOCADO SPREAD

Ingredients for 2 servings

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

Directions

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

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

Spice with salt and pepper.

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

BREAD SPREADS

EGGPLANT PASTE (HUMMUS)

Ingredients for 6 servings

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

Directions

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

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

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

It goes very well with rice crackers or flat bread.

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

OLIVE SPREAD (TAPENADE)

Ingredients for 4 servings

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

Directions

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

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

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

DRINKS

MILK WITH BANANAS AND ALMONDS

Ingredients for 2 servings

40 g	**ground almond**
30 ml	**milk 3.5%**
300 g	**banana**
30 g	**honey**
	vanillin sugar
200 g	**whole natural yogurt**

Directions

Put the almonds, the milk, the peeled banana, the honey, 1 tsp. vanillin sugar and the yoghurt into a blender and mix it all until it is a smooth mixture.

Put the mixture into two glasses and fill them up with ice cubes, if desired. When preparing this recipe, please take into account our general recommendation to limit the consumption of cow's milk products.

Proteins	Carbohydrates	Bread units	Fats	Energy	
6,8 g	50,1 g	4,2	16,2 g	387 Kcal	1621 KJ

BANANA DRINK

Ingredients for 1 serving

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

Directions

Puree the bananas with a bit of soya milk and add the rest of the milk.

If the soya milk is not sweetened, the banana drink may be seasoned to taste with a compatible sweetener, if required.

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

DRINKS

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

MANGO DRINK

Ingredients for 2 servings

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

Directions

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

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

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

RASPBERRY YOGHURT DRINK

Ingredients for 1 serving

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

Directions

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

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

APPETIZERS

LEEK IN OLIVE OIL

Ingredients for 4 servings

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

Directions

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

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

PICKLED ZUCCHINI

Ingredients for 4 servings

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

Directions

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

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

APPETIZERS

BAKED CHAMPIGNONS

Ingredients for 1 serving

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

Directions

Preheat the oven to 240°C. Clean and wash the champignons, peel the onion and cut it into thin slices.
Now put the champignons into an ovenproof dish and add the onion. Add lemon juice, oil, salt, tolerated spices and herbs and mix everything well. Place the mushrooms side by side. Bake for 20-25 minutes.
The mushrooms should be soft and most of the liquid should have evaporated.

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

MARINATED TOFU

Ingredients for 1 serving

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

Directions

Marinate the diced tofu for about 20 minutes.
Take out of the marinade and fry in oil with vegetables to taste.

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

APPETIZERS

GRILLED TOMATOES

Ingredients for 1 serving

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

Directions

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

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

CORN ON THE COB WITH HERBS BUTTER

Ingredients for 8 servings

14 g **seasalt**
1200 g **raw sweetcorn on cob**
2000 ml **water**
100 g **soft butter**
tolerated herbs

Directions

Remove the leaves and the strings of the 4 corncobs. Bring the salt water to boil. Cook the corncobs for 30-60 minutes until soft.

Meanwhile, mix the butter with salt and different herbs (to your own taste and tolerance) and put to chill. Drain off the cooked corncobs and serve with the butter mixture.

Proteins	Carbohydrates	Bread units	Fats	Energy	
4,6 g	23,8 g	2,0	12,2 g	223 Kcal	933 KJ

SCAMPI SKEWERS

Ingredients for 1 serving

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

Directions

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

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

SOUPS

ORANGE SOUP

Ingredients for 4 servings

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

Directions

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

Fillet 2 oranges, collect the juice. Squeeze another orange. Take ¼ of the carrot dices out of the broth, puree the rest of the carrot dices in the broth. Add the orange juice and season the soup to taste with salt, pepper and a bit of honey.

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

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

INDIAN BANANA SOUP

Ingredients for 4 servings

	curcumin
80 g	**soft butter**
150 g	**raw onion**
600 g	**banana**
	curry
750 ml	**vegetable broth**
	salt
28 g	**flour (depending on the tolerance)**
	white pepper

Directions

Put the butter in a pot. Braise the onion (or shallot) in butter until transparent. Add the bananas, sprinkle with flour, braise lightly while mashing the bananas. Add curry and broth. Let boil until thickened, then season well with pepper and salt. Season the soup to taste with cream or with crème fraîche and sprinkle with almonds.

Proteins	Carbohydrates	Bread units	Fats	Energy	
2,8 g	38,8 g	3,2	17,5 g	323 Kcal	1353 KJ

SOUPS

CORN SOUP WITH RAISINS

Ingredients for 4 servings

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

Directions

Bring the water to a boil, add the corn semolina and stew at low heat for 15-20 minutes. After 10 minutes, add the raisins and let stew. At the end, add the soy milk and season with salt and lemon peel.

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

PUMPKIN SOUP WITH ALMONDS

Ingredients for 6 servings

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

Directions

Peel and dice the pumpkin. Braise in half of the butter, add sherry and boil down. Add hot broth and let the pumkin stew while covered for about 30 minutes until soft.

Add 100 g finely ground, lightly roasted almonds and let simmer for 15 minutes. Sieve the soup, pour it back into the bowl and boil.

Add bit by bit the remaining butter while stirring. Season with salt, pepper, nutmeg and pimento. Sprinkle 50 g roasted almond leaves before serving.

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

SOUPS

POTATO SOUP WITH SOUR CREAM

Ingredients for 2 servings

500 ml	**vegetable broth**
150 g	**baked potatoes**
100 g	**raw leek**
70 g	**raw carrots**
	spices and herbs (depending on the tolerance)
	salt
50 ml	**sour cream**

Directions

Clean, wash and cut the leek, the carrots and the potatoes in small pieces. Put them in the vegetable broth and bring to a boil. Boil at low heat for ca. 20 minutes. Then purée the soup in the blender and mix it with sour cream. Season and sprinkle with chopped leek before serving.

Proteins	Carbohydrates	Bread units	Fats	Energy	
4,3 g	16,1 g	1,3	3,1 g	111 Kcal	465 KJ

CARROT PUREE

Ingredients for 2 servings

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

Directions

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

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

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

SALADS

SAVOURY LAMB'S LETTUCE

Ingredients for 2 servings

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

Directions

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

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

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

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

BEAN SALAD

Ingredients for 2 servings

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

Directions

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

Drain the beans in a sieve and cool.

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

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

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

BAVARIAN COLESLAW

Ingredients for 4 servings

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

Directions

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

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

Cut the smoked bacon in small cubes and fry them in a pan without grease or oil till they become crispy.
Peel and grate the onion half. Mix the onions with vinegar (white wine vinegar), some sugar, caraway, salt and tolerated spices and herbs.

Mix the cabbage with the smoked bacon and the vinegar sauce and let everything soak for ca. 2 hours.
Mix in 2 tbsp. oil shortly before serving and eventually season.

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

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

AVOCADO SALAD WITH SHRIMPS

Ingredients for 2 servings

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

Directions

Halve, stone and slice the avocados. Drip them with lemon juice in order to preserve their colour. Wash, clean and dry the lamb's lettuce and the alfalfa sprouts.
Mix 6 tbsp. oil with vinegar (white wine vinegar) and honey, season with salt and pepper.
Peel and cut the tomatoes in small cubes. Remove the stalks. Add the tomatoes to the marinade.

Remove the innards of the shrimps, wash and dry them. Heat the remaining oil in a pan.
Fry the shrimps while turning them over for ca. 3 minutes. Arrange the avocados with the lamb's lettuce and the sprouts on 4 plates.
Add the still warm shrimps and drip with marinade.

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

AVOCADO-PAPAYA SALAD

Ingredients for 2 servings

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

Directions

Stir the white wine vinegar, oil, mustard, salt and pepper until creamy.
Halve the papayas lengthwise. Remove the seeds with a spoon. Remove the fruit flesh from the peel.

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

Arrange the papaya and the avocado and drip them immediately with the dressing.
Sprinkle some parsley over the whole.
This dish is very popular in the Caribbean. In Santa Lucia one can serve, e.g., a salad of papayas, oil, green pepper, peppers, onion and garlic.
In St. Maarten one can eat avocado with cucumber and in Puerto Rico avocado with orange, onion and olives.

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

SALADS

MIXED SALAD

Ingredients for 1 serving

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

Directions

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

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

SAUCES

CREAM-MUSHROOM SAUCE

Ingredients for 2 servings

250 g **cooked champignons**
14 g **soft butter**
20 g **ham**
raw parsley
salt
pepper
200 ml **cream 30%**

Directions

Clean and slice the champignons.
Melt butter and braise the champignons until through. Heat cream (depending on your tolerances), let simmer for 5 minutes, add ham and the champignons. Add chopped parsley and season with salt and pepper.

Proteins	Carbohydrates	Bread units	Fats	Energy	
7,4 g	3,4 g	0,3	38,3 g	389 Kcal	1628 KJ

TOFU MAYONNAISE

Ingredients for 1 serving

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

Directions

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

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

SAUCES

TOMATO SAUCE WITH TUNAFISH

Ingredients for 4 servings

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

Directions

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

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

QUICKLY PREPARED TOMATO SAUCE

Ingredients for 4 servings

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

Directions

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

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

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

MAIN MEAL

FISH FILLET WITH MOZZARELLA

Ingredients for 4 servings

600 g	**pollack filet**
150 g	**fresh lemon**
	salt
	pepper
7 ml	**olive oil**
	tolerated herbs
500 g	**tomato passata**
150 g	**mozzarella**

Directions

Squeeze a few drops of lemon juice on the fillet of ocean perch, add salt and pepper. Paint an oven dish with olive oil, put the fish in it. Season the tomato passata and spread it over the fish. Cut the mozzarella into small dices, spread it on top of the tomato sauce and dredge it with the herbs. Preheat the oven to 200 °, bake the fish for 20 – 25 min.

When preparing this recipe, please take into account our general recommendation to limit the consumption of cow's milk products.

Proteins	Carbohydrates	Bread units	Fats	Energy	
33,6 g	5,1 g	0,4	11,9 g	281 Kcal	1176 KJ

PAN-FRIED VEGETABLES

Ingredients for 4 servings

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

Directions

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

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

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

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

HAWAII PORK STEAK

Ingredients for 4 servings

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

Directions

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

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

MILLET BURGERS AU GRATIN

Ingredients for 4 servings

80 g	**onion, finely cut**
100 g	**millet**
200 ml	**yeast free vegetable broth**
100 g	**carrots**
100 g	**low fat content <10% quark**
40 g	**millet oats**
	salt
	pepper
	tolerated herbs
30 ml	**oil (depending on tolerance)**
200 g	**raw tomatoes**
100 g	**gouda**

Directions

Cook the millet and the onions in the broth for 10 min. and allow it to swell for another 20 min.

Finely grate the carrot. Mix the curd, the grated carrot and the millet flakes with the cooled millet. Season the dough to taste with the spices and add the herbs. Form 4 burgers with wet hands and fry the burgers in hot oil.

Put a tomato slice and a slice of cheese on each millet burger and bake them in the oven.

A fresh green salad combines well with this dish.

Hint: Put a millet burger, a leaf of lettuce, a slice of tomato and ketchup (please check the ingredient list and respect your compatibilities) on gluten-free rolls and you have a tasty burger.

When preparing this recipe, please take into account our general recommendation to limit the consumption of cow’s milk products.

Proteins	Carbohydrates	Bread units	Fats	Energy	
12,8 g	20,5 g	1,7	16,0 g	317 Kcal	1325 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

COD FILET ON FENNEL LAYER

Ingredients for 2 servings

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

Directions

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

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

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

Strew the fennel verdure over the fish.

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

MAIN MEAL

VEGETABLES WITH RICE NOODLES AND SALMON

Ingredients for 1 serving

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

Directions

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

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

A fresh salad goes well with this.

Dessert: tolerated fruit.

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

PISTACHIO-CRUSTED SALMON

Ingredients for 2 servings

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

Directions

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

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

MAIN MEAL

QUICK MEDITERRIANEAN FISH

Ingredients for 2 servings

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

Directions

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

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

CHICKEN IN COCONUT-CURRY SAUCE

Ingredients for 2 servings

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

Directions

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

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

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

It goes well with basmati rice.

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

VEGETARIAN

POTATO-SPINACH-CASSEROLE WITH SOY

Ingredients for 2 servings

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

Directions

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

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

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

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

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

RISOTTO OF PEAS WITH FRIED EGG

Ingredients for 1 serving

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

Directions

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

This risotto can be made of various sorts of vegetables.

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

BAKED POTATOES WITH TZATZIKI

Ingredients for 2 servings

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

Directions

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

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

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

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

MAIZE DISH

Ingredients for 2 servings

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

Directions

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

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

Serve this dish with a fresh salad.

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

TOFU BURGERS

Ingredients for 2 servings

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

Directions

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

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

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

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

ROAST POLENTA WITH TOFU

Ingredients for 1 serving

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

Directions

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

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

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

Dessert: tolerated fruit.

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

RICE IN A TOMATO AND MUSHROOM SAUCE

Ingredients for 1 serving

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

Directions

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

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

Dessert: tolerated fruit.

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

CORN NOODLES IN A TOMATO AND MUSHROOM SAUCE

Ingredients for 1 serving

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

Directions

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

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

Dessert: tolerated fruit.

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

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

HOT BANANA IN CARAMEL

Ingredients for 1 serving

250 g **banana**
20 g **soft butter**
30 g **honey**

Directions

Heat up the honey in the pan until it is slightly brown. Add the butter. Fry the banana on all sides until it becomes transparent – serve hot.

Hint: This delicacy can be made of various sorts of fruit. Nuts also combine nicely with this dessert.

Proteins	Carbohydrates	Bread units	Fats	Energy	
3,0 g	75,4 g	6,3	17,4 g	465 Kcal	1944 KJ

DESSERT

MILLET CUSTARD

Ingredients for 2 servings

100 g **millet flour**
300 ml **water**
50 g **dry fruits**
30 g **almond**
100 ml **cream 30%**

Directions

Mix the millet flour with the water and bring it to the boil while stirring. Cook it slowly for approx. 5 min. and allow it to swell.

Coarsely chop the almonds.

Soak the dried fruits, puree them and add them to the mash together with the chopped almonds. Whip the cream and add it. Fill the custard into dessert bowls and garnish it.

When preparing this recipe, please take into account our general recommendation to limit the consumption of cow's milk products.

Proteins	Carbohydrates	Bread units	Fats	Energy	
9,8 g	52,8 g	4,4	25,8 g	483 Kcal	2019 KJ

BAKED BANANAS

Ingredients for 1 serving

200 g **banana**
50 g **soft butter**
vanillin sugar

Directions

Cut the bananas length-wise, garnish with butter flakes and bake in the oven at 200°C sprinkled with vanilla sugar. Ready!

Proteins	Carbohydrates	Bread units	Fats	Energy	
2,5 g	42,2 g	3,5	42,1 g	554 Kcal	2318 KJ

CAKES

CHEESE BISCUITS

Ingredients for 30 servings

120 g	**rice flour**
80 g	**buckwheat flour**
100 g	**gouda**
3 g	**salt**
	extra sweet paprika
	curry
80 g	**soft butter**
	cream 30%
	sesame seeds
	poppy seed

Directions

Knead rice and buckwheat flour, butter, ground cheese, ½ tsp. salt, a pinch of paprika powder and curry and 6 tbsp. water until the dough is smooth. Form a roll, wrap cling film around it and let it rest for 1 hour in the refrigerator.

Line a baking tray with baking parchment and heat the oven to 200 °C.

Cut the dough roll into thin slices and put them on the tray. Paint the biscuits with cream and dredge them with poppy seed or sesame. Bake them for 10 - 15 minutes until they are crisp.

Proteins	Carbohydrates	Bread units	Fats	Energy	
1,4 g	4,9 g	0,4	3,2 g	54 Kcal	228 KJ

MADEIRA CAKE

Ingredients for 12 servings

180 g	**sugar**
200 g	**maize starch**
250 g	**soft butter**
280 g	**eggs**
10 g	**vanillin sugar**
14 g	**winestone baking powder**

Directions

Preheat the oven to 160 °C.
Separate yolk and egg-white.
Whisk the yolk to a froth together with the sugar and the vanillin sugar.
Melt the butter and add it in turns with the maize starch.
Beat the egg-whites until stiff and fold them gently in the dough.
Grease a tin and dredge it with flour.
Bake the Madeira cake for 45 min. at approx. 160 °C.

Proteins	Carbohydrates	Bread units	Fats	Energy	
1,7 g	30,6 g	2,6	18,5 g	298 Kcal	1245 KJ

VANILLA CRESCENTS WITH BUCKWHEAT FLOUR

Ingredients for 20 servings

125 g	**buckwheat flour**
50 g	**ground almond**
5 g	**vanilla**
60 g	**cleared butter**
50 g	**honey**
20 ml	**water**

Directions

Mix buckwheat flour, almond powder and vanilla in a bowl. Add the butter cut into small pieces to the flour mixture, make crumbles using your hands. Add honey and water and quickly knead the dough until it is smooth.

Cover the dough and let it rest for 1 hour in the refrigerator. Preheat the oven to 175°. Line a baking tray with baking paper. Form a roll of the dough. Cut off a piece and form a crescent in the palm of your hand. Repeat this process until the dough is used up.

Bake the crescents for approx. 8 minutes in the oven. Allow the crescents to cool a bit before you put them on a cooling rack.

Proteins	Carbohydrates	Bread units	Fats	Energy	
0,8 g	6,0 g	0,5	4,5 g	70 Kcal	294 KJ

BASICS

QUINOA PANCAKE

Ingredients for 4 servings

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

Directions

Preparation:

Grind the quinoa finely.

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

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

It goes well with fresh salad.

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

GLUTEN FREE BREAD

Ingredients for 6 servings

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

Directions

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

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

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

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

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

SHORT PASTRY

Ingredients for 6 servings

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

Directions

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

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

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

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

CLEARED BUTTER

Ingredients for 40 servings

1000 g **sour cream butter**

Directions

Put the butter into a steel bowl and cut into rough pieces. Heat up and stir until foamy. After 45 minutes, you can see the whey detaching from the fat. The whey must not turn brown. To prevent that, you have to stir on the bottom of the bowl. Put a clean cloth on a sieve and pass the butter through.

In the end, fill some sealed glasses and let chill. Store the glasses in a dark place. Don’t put the butter into the fridge. You can store the cleared butter for maximum 2 months.

Proteins	Carbohydrates	Bread units	Fats	Energy	
0,2 g	0,2 g	0,0	20,8 g	188 Kcal	789 KJ

POTATO CAKE

Ingredients for 2 servings

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

Directions

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

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

TORTILLA

Ingredients for 2 servings

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

Directions

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

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

BASICS

CORN DUMPLINGS

Ingredients for 2 servings

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

Directions

Bring the water to a boil, season with salt. Add the corn semolina and stew at low heat for 30-40 minutes. Meanwhile, melt margarine and brown the breadcrumbs. When the corn semolina mixture is firm, put it on a warm plate with a spoon. Sprinkle with the crumbs.
The balls can be served as a side dish to a spicy dish or also as main course with blueberries or other fruit.

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

SWABIAN SPAETZLE

Ingredients for 4 servings

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

Directions

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

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

ImuPro

Right Food. Better Health.

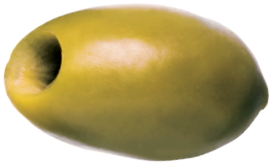
Your Nutritional Guide

imupro.com

Contents

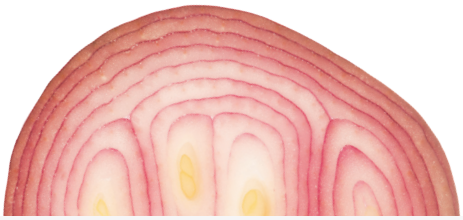
1.

Introduction

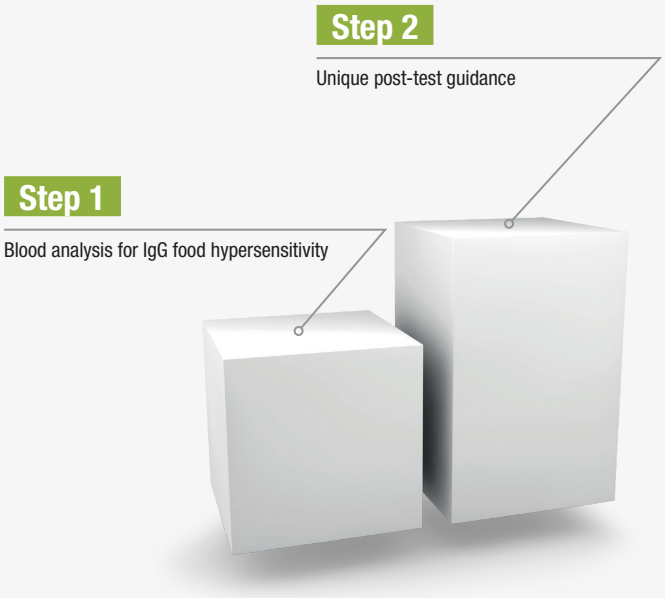


1. Introduction

1.1 ImuPro – Individual Nutritional Analysis and Personalised Guidance



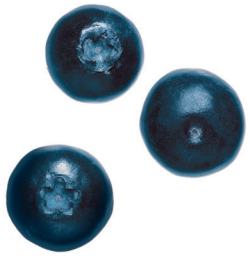
ImuPro is a concept that combines a sophisticated and reliable blood analysis for IgG food hypersensitivity with individualised post-test guidance.



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.

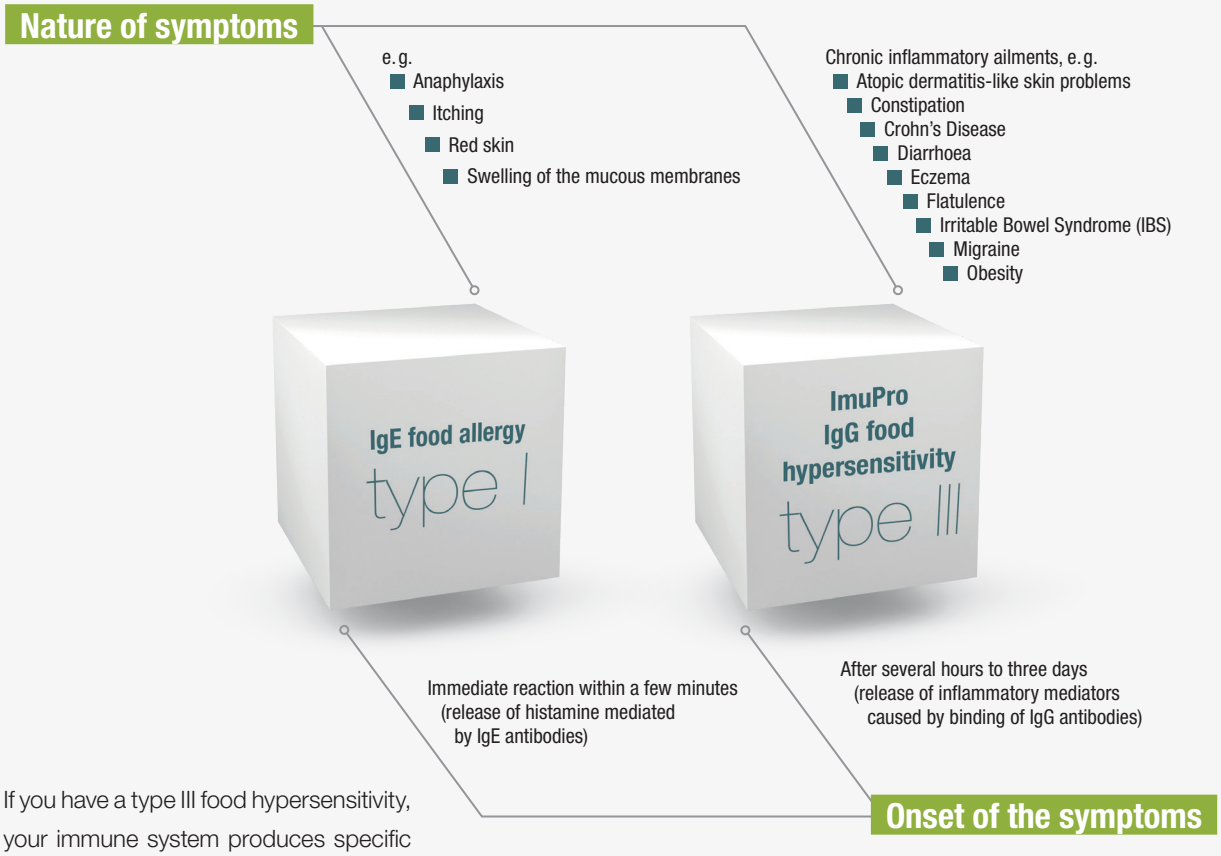
Note: Time plays an important role for the ImuPro process. Your body and intestine need time to heal. You may have to eliminate some foods for more than one year. There may be one or two foods that you will even have to avoid permanently. Therefore, consider ImuPro as your long-term companion and make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

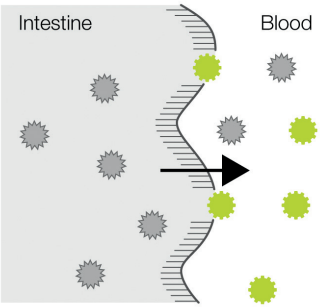
The largest immune system in the entire body is the intestine. Over 80% of the immune system's defensive reactions originate from the intestine. It guarantees an almost invincible barrier from bacteria, viruses and various pathogens as well as a barrier against other foreign proteins from food. Our body 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.

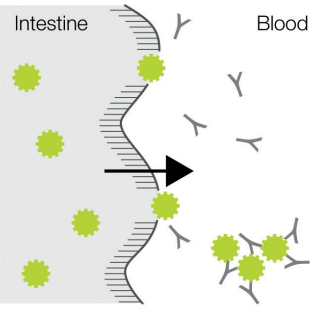
1.4 Cross-reactions

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.

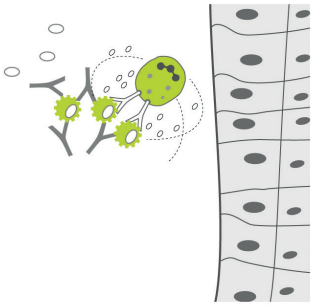
Example: Tropomyosin is the main allergen found in dust mites. This allergen is also found in invertebrates, e.g. mussels, oysters, scampi, squid, shrimps and lobsters. If you have sensitivity to the tropomyosin in dust mites or in one of these foods, then you may have high levels of IgG antibodies against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



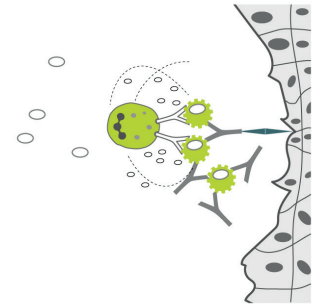
When the intestinal barrier is damaged, food particles can get through the cells into the bloodstream.



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**.

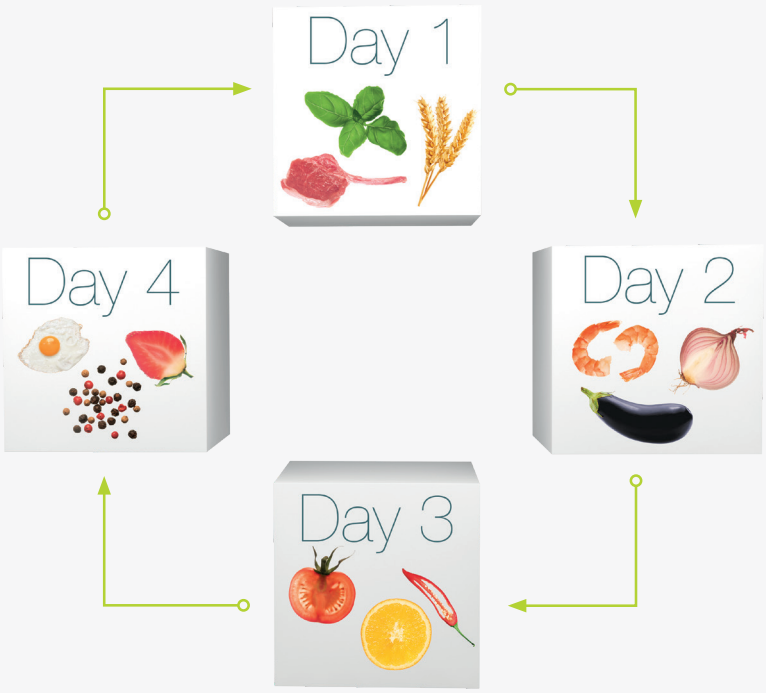
The goal of the elimination phase is to prepare your body for the following provocation phase by helping it to recover from IgG mediated inflammations in your body.

Part 1: Rotation

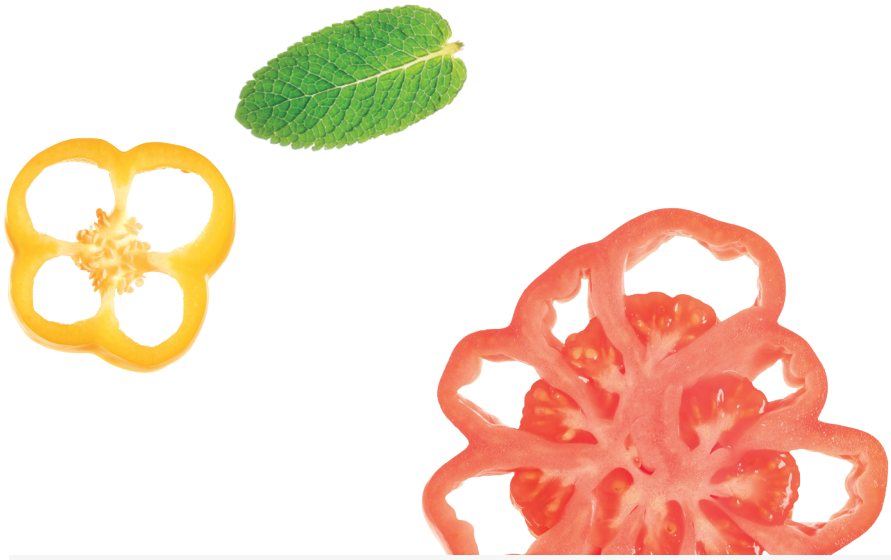
All the foods you are allowed to eat can be used to create your individual diet in a four-day cycle.

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.

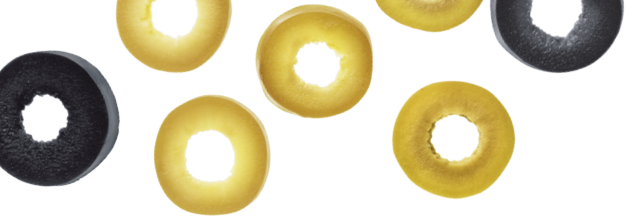
By strictly avoiding the IgG positive foods, inflammation processes could be reduced or even stopped. This is an important preparation for the following provocation phase.

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.

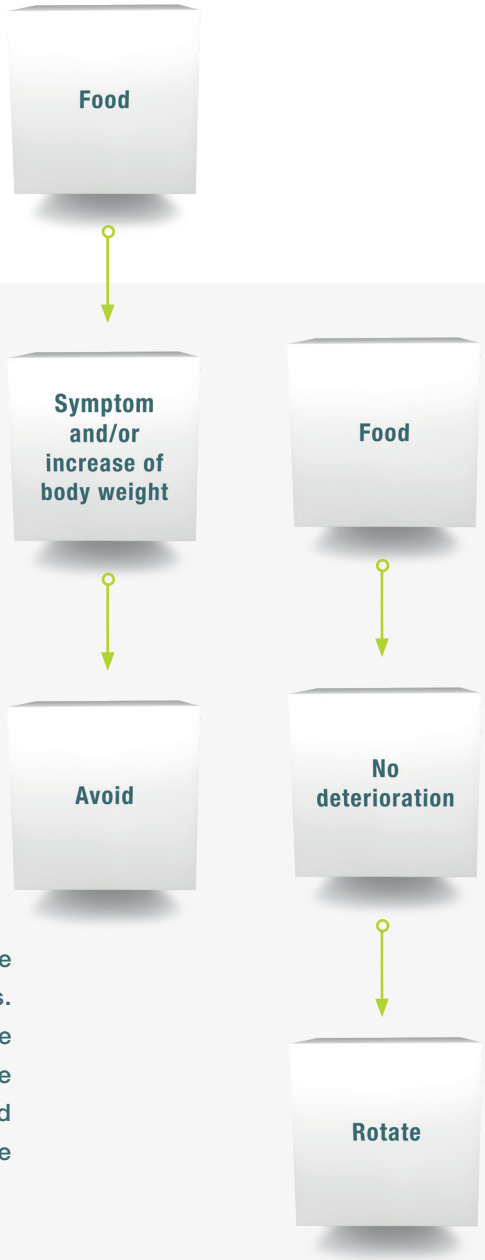
Note: At the beginning of the change in diet you might feel worse than before. This deterioration in how you feel can actually be a good sign. It could be due to your body detoxing. Drink plenty of water to help the process and keep to your new plan. Once the body has rid itself of any harmful substances, 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.



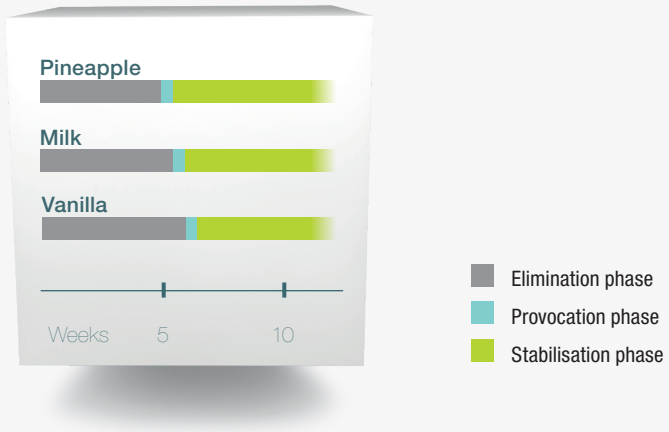
Not all of the identified IgG reactive foods indicate the cause of certain symptoms. The provocation phase helps you to identify your personal trigger foods.

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.

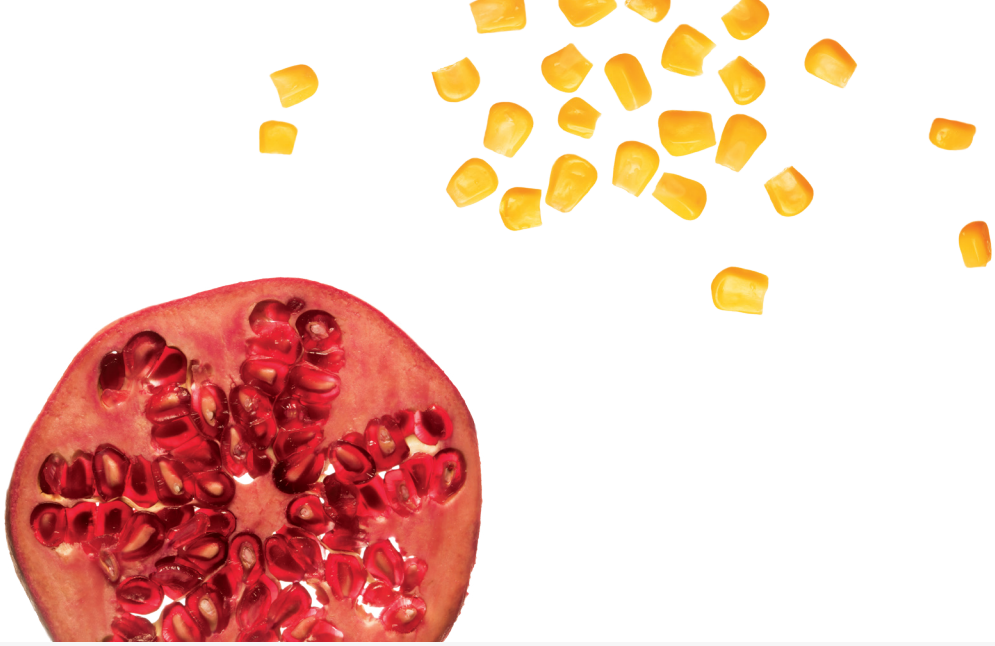
A trigger food may cause a specific symptom or lead to an increase of body weight. The increase of body weight is caused by the retention of water due to the inflammatory response from the consumed food. These foods can lead to potential health risks in the future. Therefore, we recommend the following: 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

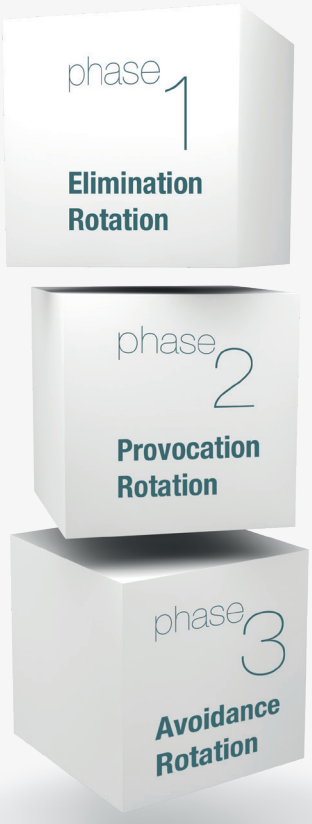
2 Provocation Phase

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.

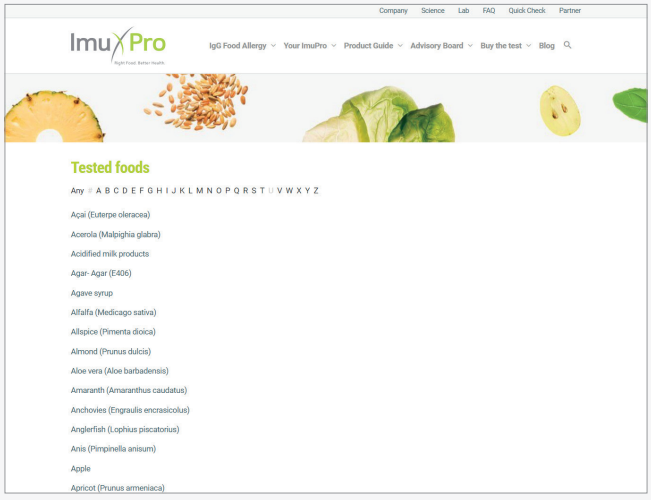
> **Our tip:** Pay close attention to the list of ingredients. The following texts only contain a selection of possible sources. Therefore, it is best to pay attention to every food label.

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.