



2025-07-28

Personalized Nutrition Program

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LEAD DIETITIAN

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Cooperation objectives

1. Weight loss with PCOS-specific support

The goal is gradual, sustainable weight reduction tailored to individual hormonal needs. We will focus on a healthy calorie balance and optimal macronutrient distribution that not only supports weight loss but also improves insulin sensitivity and helps reduce inflammation associated with PCOS.

Benefits: Shedding excess weight can improve hormonal balance, support regular menstrual cycles, enhance insulin sensitivity and reduce PCOS symptoms such as acne and excessive hair growth.

2. Improving insulin sensitivity through diet

Diet will be designed to stabilize blood sugar levels, avoid major glucose spikes and reduce insulin resistance - a common issue for those with PCOS. It will emphasize low glycemic index (GI) foods and be rich in fiber, plant-based proteins and healthy fats.

Benefits: Better insulin sensitivity supports blood sugar control, promotes hormonal balance and reduces long-term risk of developing type 2 diabetes.

3. Hormonal balance through targeted nutrition

We will prioritize nutrients that help regulate hormone levels - including essential vitamins (like D and E), minerals (magnesium and zinc), healthy fats (especially omega-3s) and antioxidants. Avoiding foods that trigger inflammation or disrupt hormonal balance, such as excess refined sugars or trans fats, will also be key.

Benefits: Balanced diet can improve ovarian function, help regulate menstrual cycles and reduce symptoms related to excess androgens, such as acne and hirsutism (unwanted hair growth).

4. Supporting healthy eating habits

Program encourages building long-term eating habits that promote stable weight and hormonal health. We will focus on meal regularity, mindful food choices and eliminating common dietary mistakes that may worsen PCOS symptoms.

Benefits: Consistent healthy habits can stabilize weight, enhance hormonal balance, boost energy levels and improve overall well-being.

5. Boosting physical activity to match your needs

While nutrition is central to our approach, increasing physical activity is essential - especially for improving insulin sensitivity and aiding weight loss. We will help incorporate suitable forms of movement into your routine, such as walking, yoga or strength training — all personalized to your capabilities and preferences.

Benefits : Regular exercise improves metabolism, reduces abdominal fat, enhances insulin sensitivity and helps manage stress and anxiety, which are often linked to PCOS.

Recommendations for PCOS

The aim of the dietary program is to improve insulin sensitivity, support metabolic function, lower androgen levels and minimize issues related to fertility and reproductive system. Diet is based primarily on real food – meaning minimally processed products, as close to their natural form as possible, with carefully selected carbohydrate sources and a proper supply of high-quality fats, especially mono- and polyunsaturated fatty acids.

Does diet matter in treating PCOS?

Impact of nutrition on PCOS treatment is still somewhat underestimated, but many studies indicate that well-balanced diet leads to improved health and reduction in PCOS-related symptoms.

Proper diet is particularly important in addressing excess body weight, insulin resistance, hyperinsulinemia and dyslipidemia. By improving these conditions, diet also helps regulate sex hormone levels.

What should a PCOS-friendly diet look like?

General recommendations:

- high nutritional value
- minimally processed foods
- low or moderate glycemic load in meals
- consumption of foods with high satiety index
- low intake of saturated fatty acids
- high intake of mono- and polyunsaturated fatty acids
- adequate fiber intake (25–40 g/day)
- proper amounts of vegetables and fruit
- caloric value and macronutrient distribution tailored to physical activity and body measurements

Role of glycemic load in diet for woman with PCOS.

Since PCOS is often associated with insulin resistance, it is crucial to consider how foods affect blood glucose levels, aiming to avoid high glycemic load (GL) products. The more pronounced the issue with carbohydrate metabolism, the more carefully food choices should be made.

Why glycemic load, not just glycemic index?

You have probably always heard to choose foods with low glycemic index (GI) - so why consider glycemic load (GL) instead?

Not all high-GI foods have high glycemic load. GI does not account for the amount of carbohydrates in a portion.

For example, 10g vs. 1kg of potatoes will both have the same GI, but a very different effect on blood sugar.

GL is more accurate because it considers both GI and carbohydrate content of food, making it easier to estimate the glycemic response.

Satiety index and its importance

PCOS often disrupts hormones regulating appetite, such as leptin (satiety hormone) and ghrelin (hunger hormone). That is why it is important to eat foods with high satiety index - foods that provide greater feeling of fullness after eating. These include: potatoes, oat flakes, oranges, apples, whole grain pasta and legumes. It is also helpful to limit highly processed, hyper-palatable foods, especially those that combine fat and salt or fat and sugar, as they can stimulate appetite even more.

Summary of recommendations:

1. **Energy intake** - diet in accordance with total energy expenditure (TDEE) for women with normal body weight and diet with energy deficit (10-20%) for women with excess body weight.
2. **Macronutrient distribution is determined individually**, but the basis for all women with PCOS is to limit the intake of saturated fatty acids (SFA) to 10% and increase the supply of polyunsaturated (PUFA) – 10% of energy. Particular attention should be paid to the supply of omega-3 fatty acids, which should be increased to 1–2g of EPA and DHA per day.
3. **Product selection**: diet should consist of minimally processed products with high nutritional density and, at the same time, low energy density in the case of calorie-deficit diet. When selecting products, satiety index and palatability of foods should be taken into account.
4. **Some studies** show that better results may be achieved with diet where larger portion of energy is allocated to morning meals.

What to pay attention to when composing meals and what products to choose?

1. **Take care of variety!** This is the basic rule that allows you to provide all necessary nutrients. Your diet should be as diverse as possible. Choose local products, seasonal vegetables and fruit. This will make your diet complete.
2. **Choose valuable and high-quality sources of protein!** Adequate protein intake is extremely important here, as protein reduces appetite, which plays a key role in PCOS, since women with PCOS often report problems with increased hunger. Make sure to provide appropriate amount of complete protein in every meal.
3. **Choose valuable sources of carbohydrates!** Diet should include mainly whole grains, oats, starchy vegetables such as potatoes and legumes. They provide large amount of fiber, which increases feeling of fullness after a meal - which is desirable especially for women with PCOS who are on a calorie-deficit diet.
4. **Remember to provide appropriate amount of essential fatty acids, including omega-3s!** Good sources of monounsaturated fatty acids include olive oil, olives, nuts. Omega-3s are found primarily in fish, but also in flaxseeds, flax oil, walnuts, or algae.

That is why it is recommended to eat fatty fish rich in omega-3s at least twice a week. Large amounts of omega-3s are found in fatty sea fish such as salmon, herring, mackerel, sardines, as well as caviar and seafood.

5. Use spices!

- **Cinnamon** - improves insulin sensitivity, lowers blood sugar levels and slows gastric emptying. These properties are shown by Ceylon cinnamon in just under one teaspoon - and this is the one that should become a staple in your kitchen.
- **Turmeric** - its active compound, curcumin, supports digestion and improves insulin and leptin sensitivity, helping with fat loss. Studies show it may significantly lower risk of type 2 diabetes. It also has anti-inflammatory effects.
- **Black cumin** - just 2 grams of black cumin seeds per day significantly lowers glucose levels and reduces insulin resistance.
- **Ginger** - lowers fasting blood glucose and improves tissue sensitivity to insulin.

What to avoid in your diet?

1. Completely eliminate **industrially refined vegetable oils**, such as rapeseed oil, corn oil and all hydrogenated fats – e.g., margarine. They are a rich source of omega-6 fatty acids, the excess of which has pro-inflammatory effects. Moreover, these fats oxidize quickly under light and heat, resulting in trans fats, which pose a health risk. Avoid frying until browning.
2. Eliminate **highly processed products**, such as: sweets and pastries, all dishes based on refined white flour, juices and sweetened beverages, meat products with ingredients other than meat, flavored seasonings and salt, sweetened dairy products.
3. Give up **sugar** – you can replace it with erythritol or xylitol.
4. Give up **alcohol**.

Training with PCOS

What training is best for women with PCOS?

In the case of polycystic ovary syndrome (PCOS), high-intensity HIIT workouts and strength training are recommended.

There are studies showing that high-intensity HIIT workouts lower AMH levels (anti-Müllerian hormone). In the context of PCOS, excess androgens are often associated with elevated AMH production, whose role is to:

- block the development of primordial follicles
- reduce the sensitivity of antral follicles to FSH (follicle-stimulating hormone)
- reduce aromatase activity during the ovulatory cycle (when AMH is elevated, androgen levels increase and estrogen levels decrease)

There are studies indicating that intense high-intensity training lowers AMH levels and can be used in women with PCOS, as shown in the linked study below, where patients with this disorder underwent HIIT and strength training. The results showed that HIIT was helpful in improving glucose metabolism (reduction in HOMA-IR, an indicator of insulin resistance and hyperinsulinemia), while strength training proved very effective in lowering AMH levels.

Decrease in HOMA-IR after interval training is particularly important because excess androgens in PCOS are often associated with hyperinsulinemia (high insulin levels). In turn, high insulin levels lead to increased androgen production.











































<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4583183/>

HIIT training

HIIT training involves alternating short periods of intense anaerobic exercises (performed at maximum intensity) with breaks involving more moderate cardio exercises. Training can be based on any type of endurance or strength exercise: running, cycling, jump rope, squats, push-ups, etc. The duration of high- and moderate-intensity periods can be freely adjusted depending on your fitness level, but the entire training session should not exceed 30 minutes.

Weekly meal plan 28.07.2025 - 03.08.2025


Average values (7 days)  1612 Energy

28.07.2025, Monday	29.07.2025, Tuesday	30.07.2025, Wednesday	31.07.2025, Thursday	01.08.2025, Friday	02.08.2025, Saturday	03.08.2025, Sunday
 Every day  1601 kcal	 Every day  1643 kcal	 Every day  1609 kcal	 Every day  1595 kcal	 Every day  1608 kcal	 Every day  1617 kcal	 Every day  1612 kcal
Breakfast 08:00 -Graham roll with egg paste and horseradish  399 kcal	Breakfast 08:00 -Overnight porridge with strawberries  397 kcal	Breakfast 08:00 -Soft-boiled eggs with salad  406 kcal	Breakfast 08:00 -Omelette with spinach and feta  402 kcal	Breakfast 08:00 -Scrambled eggs with tomato and onion  415 kcal	Breakfast 08:00 -Spelt pancakes with quark and baked apple  411 kcal	Breakfast 08:00 -Sandwiches with hummus, avocado and mozzarella  424 kcal
Snack 11:00 -Caprese salad  319 kcal	Snack 11:00 -Cottage cheese with vegetables  309 kcal	Snack 11:00 -Raspberry kefir smoothie  311 kcal	Snack 11:00 -Sandwiches with avocado, tomato and arugula  316 kcal	Snack 11:00 -Yoghurt with toppings  302 kcal	Snack 11:00 -Banana with peanut butter and cottage cheese  288 kcal	Snack 11:00 -Green smoothie with pear  291 kcal
Lunch 14:00 -Lentil pasta with sun-dried tomatoes and avocado  485 kcal	Lunch 14:00 -Crispy falafel with groats and spring salad  524 kcal	Lunch 14:00 -Lemon risotto with roasted salmon and broccoli  494 kcal	Lunch 14:00 -Buckwheat with vegetables and feta cheese  490 kcal	Lunch 14:00 -Spaghetti bolognese with parsley  487 kcal	Lunch 14:00 -Grilled turkey with potatoes and cucumber salad  506 kcal	Lunch 14:00 -Baked cod with mozzarella and tomatoes  489 kcal
Dinner 18:00 -Oatmeal with raspberries  398 kcal	Dinner 18:00 -Bun with hummus and cheese  413 kcal	Dinner 18:00 -Mediterranean salad with chicken  398 kcal	Dinner 18:00 -Salad with salmon, radishes, avocado and dill  388 kcal	Dinner 18:00 -Basil zucchini cream soup with camembert  403 kcal	Dinner 18:00 -Tortillas with guacamole, carrots and tofu  412 kcal	Dinner 18:00 -Omelette with asparagus and cherry tomatoes  408 kcal

Daily meal plans

Day 1 2025-07-28, Monday

 Every day  1601 kcal

 Calcium: 1127.54 mg  Iron: 20.13 mg



4 meals | 1600 kcal | anti-inflammatory

Breakfast 08:00



Graham roll with egg paste and horseradish

 399 kcal

 Calcium: 160.79 mg  Iron: 4.01 mg

PREPARATION

1. Chop the boiled and peeled eggs finely.
2. Chop the fresh chives and add to the eggs.
3. Mix thoroughly with yoghurt, horseradish, olive oil and season to taste with salt and pepper.
4. Spread this paste on the bread.
5. Place sliced cucumbers on top and sprinkle with black cumin.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Egg	140	100 g	2	medium piece
Chives	2	5 g	1	tbsp
Natural yogurt 2%	12	20 g	1	tbsp
Horseradish prepared	5	10 g	2	tsp
Olive oil	44	5 g	1	tsp
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Graham bread roll	170	65 g	1	small piece
Cucumber	14	90 g	0.5	piece
Black cumin	7	2 g	2	pinch

Snack 11:00



Caprese salad

 319 kcal

 Calcium: 457.41 mg  Iron: 3.45 mg

PREPARATION

1. Add spinach to bowl. Cut tomatoes in halves, add olives and diced avocado.
2. Add diced mozzarella and drizzle with balsamic vinegar.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Spinach	11	75 g	3	handful
Tomatoes cherry	18	100 g	5	piece
Pickled black olives	17	15 g	5	small piece
Avocado	48	30 g	2	slice
Mozzarella cheese light 9%	112	63 g	0.5	piece
Balsamic vinegar	3	3 g	1	tsp
Sunflower seeds	24	4 g	1	tsp
Wholemeal sourdough rye bread	87	40 g	1	slice

Snack 11:00

3. Season with freshly ground pepper. Stir.
4. Place in container or bowl, sprinkle with sunflower seeds.
5. Eat with toasted bread.

Lunch 14:00



Lentil pasta with sun-dried tomatoes and avocado

 485 kcal

 Calcium: 173.44 mg Iron: 8.94 mg

PREPARATION

1. Boil the pasta.
2. Remove tomatoes from water or oil and cut into thin strips.
3. Sauté garlic in olive oil (if tolerated), then add tomatoes and sauté 2 minutes more.
4. Add the pasta, mix well, remove from the heat and allow to cool.
5. Dice the avocado, put it on a plate and pour the lemon juice over it.
6. Add the avocado to the pan contents, sprinkle with parsley and sesame seeds.
7. Season with salt and pepper and stir gently. Transfer to a plate.

INGREDIENTS FOR THE WHOLE RECIPE


Product	Kcal	Weight	Measure	
Red lentil pasta	191	60 g	60	g
Dried tomatoes in brine	128	60 g	3	piece
Olive oil	44	5 g	1	tsp
Garlic	7	5 g	1.3	clove
Avocado	72	45 g	3	slice
Lemon juice	2	9 g	3	tsp
Parsley leaves	9	24 g	2	tbsp
Sesame dried	29	5 g	1	tsp
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch

Dinner 18:00



Oatmeal with raspberries

 398 kcal

 Calcium: 335.9 mg Iron: 3.73 mg

PREPARATION

1. Soak oats in a small amount of water, then drain it.

INGREDIENTS FOR THE WHOLE RECIPE



Product	Kcal	Weight	Measure	
Oat flakes	152	40 g	4	tbsp
Oat drink calcium fortified	88	200 g	200	ml
Pumpkin seeds	28	5 g	1	tsp
Cinnamon ground	5	2 g	2	pinch
Honey	18	6 g	0.5	tsp
Raspberries	62	120 g	2	handful
Strawberries	45	140 g	2	handful

Dinner 18:00

- 2. Boil milk and add oats.
- 3. Add pumpkin seeds and raisins.
- 4. Season with cinnamon and honey.
- 5. Serve with fruits.

Day 2 2025-07-29, Tuesday

 Every day  1643 kcal

 Calcium: 1107.93 mg  Iron: 17.5 mg


4 meals | 1600 kcal | anti-inflammatory

Breakfast 08:00



Overnight porridge with strawberries

 397 kcal

 Calcium: 315.3 mg  Iron: 3.07 mg

PREPARATION

- 1. Mix the oatmeal with the warm milk.
- 2. Add yogurt and mix.
- 3. In the morning, take the ready oatmeal out of the fridge.
- 4. Top with sliced strawberries and chopped almonds.

INGREDIENTS FOR THE WHOLE RECIPE



Product	Kcal	Weight	Measure	
Oat flakes	190	50 g	5	tbsp
Oat drink calcium fortified	44	100 g	100	ml
Skyr natural	61	100 g	5	tbsp
Strawberries	45	140 g	2	handful
Almonds	58	10 g	10	piece

Snack 11:00



Cottage cheese with vegetables

 309 kcal

 Calcium: 226.31 mg  Iron: 3.68 mg

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Cucumber	14	90 g	0.5	piece
Pepper red	10	38 g	0.5	small piece
Pickled black olives	28	24 g	8	small piece
Cottage cheese light 3%	122	150 g	1	packaging
Sunflower seeds	47	8 g	2	tsp

Snack 11:00

PREPARATION

1. Chop vegetables and put them into cottage cheese.
2. Sprinkle with sunflower seeds and season to taste with salt and pepper.
3. Eat cottage cheese and vegetables with bread.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Wholemeal sourdough rye bread	87	40 g	1	slice

Lunch 14:00



Crispy falafel with groats and spring salad

 524 kcal

 Calcium: 238.97 mg Iron: 7.27 mg

PREPARATION

1. Drain the chickpeas from the marinade and rinse them.
2. Put all ingredients (chickpeas, oatmeal, yeast, parsley and spices) into a blender and blend - the mixture does not have to be completely smooth.
3. Spice the mixture and form cutlets with your hands and coat in sesame.
4. Bake the prepared chops in the oven - 180 degrees for about 30 minutes.
5. Serve with cooked groats and salad of fresh vegetables. Drizzle with olive oil.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Chickpeas canned	106	120 g	6	tbsp
Oat flakes	76	20 g	2	tbsp
Yeast flakes	34	10 g	2	tbsp
Parsley leaves	4	12 g	1	tbsp
Herbes de provence spice	3	1 g	1	pinch
Sweet pepper spice	3	1 g	1	pinch
Sesame dried	57	10 g	1	tbsp
Salad mix	8	50 g	2	handful
Radish	7	45 g	3	piece
Cucumber	14	90 g	0.5	piece
Red tomato	31	170 g	1	piece
Buckwheat unroasted	138	40 g	4	tbsp
Olive oil	44	5 g	1	tsp

Dinner 18:00



Bun with hummus and cheese

 413 kcal

 Calcium: 327.35 mg Iron: 3.48 mg

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Graham bread roll	170	65 g	1	small piece
Hummus	95	40 g	2	tbsp
Royal cheese	107	30 g	2	slice
Arugula	7	40 g	2	handful
Red tomato	31	170 g	1	piece

Dinner 18:00

PREPARATION

1. Split the bun in half and spread hummus on it, garnish with cheese slices.
2. Place arugula on top, cut up tomato.

Day 3 2025-07-30, Wednesday

 Every day  1609 kcal

 Calcium: 900.61 mg Iron: 21.41 mg


4 meals | 1600 kcal | anti-inflammatory

Breakfast 08:00



Soft-boiled eggs with salad

 406 kcal

 Calcium: 125.98 mg Iron: 5.91 mg

PREPARATION

1. Boil the eggs until soft.
2. Cut the tomatoes and olives in half and dice the cucumber.
3. Mix with lettuce mix and top with olive oil.
4. Eat with bread spread with vegetable paste and decorate with sprouts.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Egg	126	90 g	2	small piece
Tomatoes cherry	22	120 g	6	piece
Pickled black olives	35	30 g	10	small piece
Pickled cucumber	8	74 g	2	small piece
Salad mix	11	75 g	3	handful
Olive oil	44	5 g	1	tsp
Wholemeal sourdough rye bread	87	40 g	1	slice
Green pea paste (Wawrzyniec)	66	30 g	2	tsp
Sprouts mix	5	8 g	1	tbsp

Snack 11:00




Raspberry kefir smoothie

 311 kcal

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Kefir 2%	120	240 g	1	packaging
Coconut shreds	40	6 g	1	tbsp
Raspberries	62	120 g	2	handful
Banana	89	100 g	1	small piece

Snack 11:00

 Calcium: 283.76 mg Iron: 1.52 mg

PREPARATION


1. Blend all ingredients.

Lunch 14:00



Lemon risotto with roasted salmon and broccoli

 494 kcal

 Calcium: 334.57 mg Iron: 6.88 mg

PREPARATION

1. Boil the broccoli in slightly salted water.
2. Rinse the rice thoroughly and drain off the water.
3. In a large frying pan with a thick bottom, over medium heat, heat the fat, add finely chopped garlic and hot peppers, fry for a short while.
4. Add rice, cook over medium heat, stir.
5. When the rice is dry, add the juice of half a lemon and the grated lemon zest and stir again.
6. Pour the vegetable stock in portions of about 100 ml into the rice, cook over low heat under a lid until the liquid is absorbed.
7. Add another portion of the stock again and continue this way until the last portion of the liquid is absorbed and the rice is tender.
8. Season the dish with salt and pepper to taste and remove from the heat.
9. Rinse the salmon under cold water, pat dry with a paper towel, cut into two or three portions, sprinkle with salt and pepper, and place in an ovenproof dish.
10. Place lemon slices on top of the fish and a sprig of fresh rosemary next to it.
11. Place the fish in an oven preheated to 160°C and bake for approximately 20 minutes.
12. Serve warm on the lemon risotto together with the cooked broccoli.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Broccoli	78	250 g	250	g
Jasmine rice	139	40 g	4	tbsp
Garlic	7	5 g	1.3	clove
Peppers hot red chili	1	2 g	2	g
Olive oil	44	5 g	1	tsp
Lemon juice	4	18 g	6	tsp
Lemon peel or zest raw	2	4 g	2	tsp
Vegetable broth	20	200 g	200	ml
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Atlantic salmon	208	100 g	1	serving
Lemon	6	20 g	2	slice
Rosemary fresh	5	4 g	2	tbsp

Dinner 18:00



INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
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Dinner 18:00



Mediterranean salad with chicken

 398 kcal
 Calcium: 156.3 mg Iron: 7.1 mg




PREPARATION

1. Rub the meat with coconut oil and herbs, grill and cut into slices.
2. Put lettuce, sliced tomatoes, cucumbers, onions and sliced olives on a plate.
3. Place the meat slices on top, drizzle with olive oil.
4. Season with salt and pepper.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Chicken breast	60	50 g	50	g
Salad mix	11	75 g	3	handful
Red tomato	31	170 g	1	piece
Cucumber	27	180 g	1	piece
Red onion	19	45 g	0.5	piece
Pickled black olives	70	60 g	20	small piece
Olive oil	88	10 g	1	tbsp
Salt	0	1 g	1	pinch
Pepper black	5	2 g	1	tsp
Wholemeal sourdough rye bread	87	40 g	1	slice

Day 4 2025-07-31, Thursday



 Every day  1595 kcal
 Calcium: 881.76 mg Iron: 16.74 mg

4 meals | 1600 kcal | anti-inflammatory

Breakfast 08:00



Omelette with spinach and feta

 402 kcal
 Calcium: 325.07 mg Iron: 4.02 mg

PREPARATION

1. Rinse and chop the spinach. Heat olive oil in a pan, add chopped garlic and spinach. Stirringly heat for a minute until the spinach wilts and is soft. Set aside on a plate.
2. Meanwhile, in a bowl, whisk the eggs with a fork and add water, salt and pepper, trying to force air into the eggs.
3. Pour the egg mixture into the pan and fry for about 2 minutes.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Spinach	11	75 g	3	handful
Olive oil	44	5 g	1	tsp
Garlic	7	5 g	1.3	clove
Egg	140	100 g	2	medium piece
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Feta cheese	106	40 g	2	slice
Chives	2	5 g	1	tbsp
Wholemeal sourdough rye bread	87	40 g	1	slice

Breakfast 08:00

Then put the spinach and after a minute of frying add the chopped feta. Sprinkle with chives, season with salt and pepper and fry for another half a minute or so until the egg mixture is set.

4. You can fold in half or roll up.


5. In addition, eat with toasted bread.

Snack 11:00



Sandwiches with avocado, tomato and arugula

 316 kcal

 Calcium: 117.72 mg Iron: 3.82 mg

PREPARATION

1. Drizzle avocado with lemon juice, season with salt and pepper and mash into paste.
2. Spread avocado paste on sandwiches, top with tomato slices and garnish with arugula.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Avocado	96	60 g	4	slice
Lemon juice	1	3 g	1	tsp
Salt	0	2 g	2	pinch
Pepper black	5	2 g	1	tsp
Wholemeal sourdough rye bread	174	80 g	2	slice
Red tomato	31	170 g	1	piece
Arugula	7	40 g	2	handful

Lunch 14:00



Buckwheat with vegetables and feta cheese

 490 kcal

 Calcium: 322.38 mg Iron: 5.07 mg

PREPARATION

1. Cook buckwheat according to instructions on package.
2. Dice zucchini and red pepper.
3. Fry in olive oil, season with lemon juice, salt and pepper.
4. Add diced feta cheese.
5. Arrange on a plate and sprinkle with parsley.

INGREDIENTS FOR THE WHOLE RECIPE



Product	Kcal	Weight	Measure	
Buckwheat unroasted	242	70 g	7	tbsp
Zucchini	21	100 g	10	slice
Pepper red	10	38 g	0.5	small piece
Olive oil	44	5 g	1	tsp
Lemon juice	1	3 g	1	tsp
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Feta cheese	133	50 g	50	g
Parsley leaves	9	24 g	2	tbsp
Pumpkin seeds	28	5 g	1	tsp

Lunch 14:00

Dinner 18:00



Salad with salmon, radishes, avocado and dill

 388 kcal |  Calcium: 116.59 mg Iron: 3.83 mg




PREPARATION

1. Rinse the lettuce, tear and place on a plate, arrange the salmon pieces and diced avocado.
2. Sprinkle with sliced radishes, chives and garnish with dill and sprouts.
3. Top with vinaigrette (first mix all ingredients - oil, honey, mustard, lemon juice, salt, pepper).
4. Serve with bread.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Salad mix	11	75 g	3	handful
Salmon smoked	118	75 g	3	slice
Avocado	48	30 g	2	slice
Radish	7	45 g	3	piece
Chives	2	5 g	1	tbsp
Dill fresh	4	10 g	1	tbsp
Sprouts mix	14	24 g	3	tbsp
Olive oil	44	5 g	1	tsp
Honey	36	12 g	1	tsp
Mustard	10	10 g	1	tsp
Lemon juice	1	3 g	1	tsp
Salt	0	1 g	1	pinch
Pepper black	5	2 g	2	pinch
Wholemeal sourdough rye bread	87	40 g	1	slice

Day 5 2025-08-01, Friday

 Every day |  1608 kcal |  Calcium: 1281.94 mg Iron: 22.46 mg

4 meals | 1600 kcal | anti-inflammatory

Breakfast 08:00




Scrambled eggs with tomato and onion

 415 kcal

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Egg	140	100 g	2	medium piece
Olive oil	44	5 g	1	tsp
Red tomato	31	170 g	1	piece
Red onion	19	45 g	0.5	piece
Salt	0	1 g	1	pinch

Breakfast 08:00

 Calcium: 124.42 mg Iron: 5.06 mg

PREPARATION

1. Mix the eggs in a bowl.
2. Fry diced tomato and onion with olive oil, pour the eggs, season with salt, pepper.
3. Ready scrambled eggs sprinkle with chopped basil leaves.
4. Eat with slices of bread.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Pepper black	3	1 g	1	pinch
Basil fresh	2	10 g	1	handful
Wholemeal sourdough rye bread	174	80 g	2	slice

Snack 11:00



Yoghurt with toppings

 302 kcal

 Calcium: 392.25 mg Iron: 0.93 mg

PREPARATION

1. Mix yogurt with rest of toppings.

INGREDIENTS FOR THE WHOLE RECIPE


Product	Kcal	Weight	Measure	
Natural yogurt 2%	122	200 g	1	large packaging
Kiwi	46	75 g	1	piece
Apple	73	140 g	1	medium piece
Walnuts	33	5 g	1	tsp
Almonds	29	5 g	5	piece

Lunch 14:00



Spaghetti bolognese with parsley

 487 kcal

 Calcium: 208.31 mg Iron: 11.91 mg

PREPARATION

1. Cook pasta according to instructions on package.
2. Chop garlic and fry with olive oil.
3. Add meat, season with sweet paprika and salt.
4. Fry for about 5 minutes, then add tomatoes, chopped basil and balsamic vinegar.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Red lentil pasta	191	60 g	60	g
Garlic	7	5 g	1.3	clove
Olive oil	88	10 g	1	tbsp
Turkey ground	112	100 g	1	serving
Sweet pepper spice	6	2 g	2	pinch
Salt	0	1 g	1	pinch
Canned chopped tomatoes	64	200 g	0.5	can
Basil dried	5	2 g	2	tsp
Balsamic vinegar	5	6 g	1	tbsp
Parsley leaves	9	24 g	2	tbsp



Lunch 14:00

- 5. Simmer everything for about 15 minutes.
- 6. Combine with cooked spaghetti.
- 7. Sprinkle generously with parsley.

Dinner 18:00



Basil zucchini cream soup with camembert

 403 kcal |  Calcium: 556.96 mg Iron: 4.56 mg




PREPARATION

- 1. Peel the vegetables, cut zucchini in half lengthwise and dice together with the remaining vegetables.
- 2. Fry the onion in olive oil.
- 3. Add pressed garlic and stew for a while.
- 4. Add the diced vegetables, water or stock, add allspice, season with a pinch of salt and cook for 15 minutes.
- 5. Blend the soup until creamy.
- 6. Pour a ladleful of soup into a taller bowl, add the basil leaves (leave some of the smaller ones for decoration), mix, and add back to the pot, stir.
- 7. Pour the soup into plates, add the sliced cheese, garnish with basil leaves, sprinkle with freshly ground pepper and eat with toast.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Zucchini	32	150 g	15	slice
Red onion	19	45 g	0.5	piece
Olive oil	44	5 g	1	tsp
Garlic	7	5 g	1.3	clove
Potatoes	77	100 g	2	small piece
Celery	6	45 g	1	piece
Parsley root	14	40 g	0.5	piece
Vegetable broth	10	100 g	100	ml
Salt	0	1 g	1	pinch
Allspice spice	5	2 g	2	grain
Camembert light 12%	118	60 g	0.5	packaging
Basil fresh	2	10 g	1	handful
Wholemeal sourdough rye bread	87	40 g	1	slice

Day 6 2025-08-02, Saturday

 Every day |  1617 kcal |  Calcium: 953.01 mg Iron: 14.69 mg

4 meals | 1600 kcal | anti-inflammatory

Breakfast 08:00

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Spelt flour type 1850	144	45 g	3	tbsp
Egg	70	50 g	1	medium piece

Breakfast 08:00



Spelt pancakes with quark and baked apple

 411 kcal Calcium: 158.8 mg Iron: 3.33 mg

PREPARATION

1. Blend spelt flour, egg and water to a smooth paste.
2. Fry the pancakes in a pan greased with a little olive oil.
3. Prepare the filling. Blend quark with yogurt and honey.
4. Dice the apple, sprinkle with a pinch of cinnamon, put it in a saucepan, add a little water and stew until soft.
5. Spread the cottage cheese on the pancakes and roll them up.
6. Place a roasted apple on the top of pancakes and sprinkle them with a pinch of cinnamon.


INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Water	0	100 g	100	ml
Olive oil	44	5 g	1	tsp
Quark lean	59	60 g	2	slice
Skyr natural	12	20 g	1	tbsp
Honey	18	6 g	0.5	tsp
Apple	57	110 g	1	small piece
Cinnamon ground	5	2 g	2	pinch

Snack 11:00



Banana with peanut butter and cottage cheese

 288 kcal Calcium: 177.4 mg Iron: 0.67 mg

PREPARATION

1. Cut the banana in half lengthwise.
2. Spread peanut butter on it and top with cottage cheese.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Banana	107	120 g	1	medium piece
Peanut butter without salt	60	10 g	1	tsp
Cottage cheese light 3%	122	150 g	1	packaging

Lunch 14:00

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Turkey breast	167	150 g	150	g

Lunch 14:00



Grilled turkey with potatoes and cucumber salad

 506 kcal

 Calcium: 249.84 mg Iron: 5.4 mg

PREPARATION

1. Wash the turkey tenderloin and dry it thoroughly in a paper towel.
2. Season with the olive oil, salt, pepper and gyro spice.
3. Grill the meat on both sides using the electric grill.
4. Cut the prepared meat into slices.
5. Serve with boiled potatoes sprinkled with dill.
6. Additionally prepare the cucumber salad. Slice cucumber, mix with yoghurt. Season with salt and pepper.

INGREDIENTS FOR THE WHOLE RECIPE


Product	Kcal	Weight	Measure	
Olive oil	88	10 g	1	tbsp
Salt	0	2 g	2	pinch
Pepper black	5	2 g	2	pinch
Gyros spice	12	5 g	1	tsp
Potatoes	231	300 g	4	medium piece
Dill fresh	9	20 g	2	tbsp
Cucumber	27	180 g	1	piece
Natural yogurt 2%	24	40 g	2	tbsp

Dinner 18:00



Tortillas with guacamole, carrots and tofu

 412 kcal

 Calcium: 366.97 mg Iron: 5.29 mg

PREPARATION

1. Peel the avocado, finely dice it, and add finely chopped chives and seasoning.
2. Mix the avocado well and spread it on the tortilla shell.
3. Finely grate the carrots.
4. Place the lettuce on the tortilla pancake, followed by the carrots, tofu slices, and yellow bell pepper strips. Roll up the pancake.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Avocado	64	40 g	40	g
Chives	3	10 g	2	tbsp
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Tortilla whole wheat flour	186	60 g	1	piece
Carrot	20	60 g	1	medium piece
Tofu natural	112	90 g	0.5	packaging
Pepper yellow	16	60 g	0.8	small piece
Salad mix	4	25 g	1	handful

Day 7 2025-08-03, Sunday

 Every day |  1612 kcal |

 Calcium: 1448.9 mg Iron: 15.89 mg

4 meals | 1600 kcal | anti-inflammatory

Breakfast 08:00



Sandwiches with hummus, avocado and mozzarella

 424 kcal |

 Calcium: 494.78 mg Iron: 4.25 mg

PREPARATION

1. Spread hummus on the bread slices (can be toasted lightly).
2. Top with rocket, avocado slice, cheese slices and tomato.
3. Season with salt and freshly ground pepper.


INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Wholemeal sourdough rye bread	174	80 g	2	slice
Hummus	47	20 g	1	tbsp
Arugula	7	40 g	2	handful
Avocado	48	30 g	2	slice
Mozzarella cheese light 9%	112	63 g	0.5	piece
Red tomato	31	170 g	1	piece
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch

Snack 11:00



Green smoothie with pear

 291 kcal |

 Calcium: 347.72 mg Iron: 0.72 mg

PREPARATION

1. Blend all ingredients, adding water (if needed) for desired consistency.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Skyr natural	61	100 g	2	serving
Oat drink calcium fortified	66	150 g	150	ml
Pear	121	180 g	1	medium piece
Spinach	7	50 g	2	handful
Honey	36	12 g	1	tsp

Lunch 14:00


INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Cod	82	100 g	100	g

Lunch 14:00



Baked cod with mozzarella and tomatoes

 489 kcal

 Calcium: 449.08 mg Iron: 2.73 mg

PREPARATION

1. Defrost the fish, if necessary. Drain and season with salt and pepper on both sides. Lay out on baking paper and drizzle with olive oil.
2. Preheat the oven to 180 C.
3. Cut the tomato into slices and place on the fish. Add basil leaves and mozzarella slices.
4. Bake for around 20 minutes, until the fish is cooked through and the cheese is melted.
5. Serve with cooked groats.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Olive oil	88	10 g	2	tsp
Red tomato	31	170 g	1	piece
Basil fresh	2	10 g	1	handful
Mozzarella cheese light 9%	112	63 g	0.5	piece
Bulgur groats	171	50 g	5	tbsp

Dinner 18:00



Omelette with asparagus and cherry tomatoes

 408 kcal

 Calcium: 157.32 mg Iron: 8.19 mg

PREPARATION

1. Wash the asparagus, cut off the tough bottom ends. Cook it in salted water 3-5 minutes.
2. Break the eggs in a bowl, season with salt and pepper.
3. Add chopped asparagus, mix everything.
4. Heat the olive oil in a frying pan.
5. Pour in the egg mass.
6. Add the cherry tomatoes halves.
7. Set a low heat, cover the pan and fry the omelette until the egg mass is solid.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Asparagus	32	160 g	4	piece
Egg	126	90 g	2	small piece
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Olive oil	44	5 g	1	tsp
Tomatoes cherry	29	160 g	8	piece
Dill fresh	4	10 g	1	tbsp
Wholemeal sourdough rye bread	87	40 g	1	slice
Hummus	71	30 g	3	tsp
Sprouts mix	9	16 g	2	tbsp

Dinner 18:00

8. Decorate the omelette with chopped dill.
 9. Eat with bread slices spread with hummus and garnished with sprouts.
-

Grocery lists

Shopping 1 28.07.2025-03.08.2025

Beverages

Product	Weight	Measure	
<input type="checkbox"/> Lemon juice	36 g	6	tbsp
<input type="checkbox"/> Water	100 g	0.4	glass

Breakfast cereals

Product	Weight	Measure	
<input type="checkbox"/> Oat flakes	110 g	11	tbsp

Cereal products

Product	Weight	Measure	
<input type="checkbox"/> Buckwheat unroasted	110 g	11	tbsp
<input type="checkbox"/> Bulgur groats	50 g	5	tbsp
<input type="checkbox"/> Jasmine rice	40 g	4	tbsp
<input type="checkbox"/> Red lentil pasta	120 g	24	tbsp
<input type="checkbox"/> Spelt flour type 1850	45 g	3	tbsp

Eggs

Product	Weight	Measure	
<input type="checkbox"/> Egg	530 g	10.6	medium piece

Fats and oils

Product	Weight	Measure	
<input type="checkbox"/> Olive oil	100 g	10	tbsp

Fish

Product	Weight	Measure	
<input type="checkbox"/> Atlantic salmon	100 g	0.5	piece
<input type="checkbox"/> Cod	100 g	1	piece
<input type="checkbox"/> Salmon smoked	75 g	3	slice

Beans

Product	Weight	Measure	
<input type="checkbox"/> Chickpeas canned	120 g	6	tbsp

Bread

Product	Weight	Measure	
<input type="checkbox"/> Graham bread roll	130 g	2	small piece
<input type="checkbox"/> Tortilla whole wheat flour	60 g	1	piece
<input type="checkbox"/> Wholemeal sourdough rye bread	560 g	14	slice

Dairy

Product	Weight	Measure	
<input type="checkbox"/> Camembert light 12%	60 g	0.5	packaging
<input type="checkbox"/> Cottage cheese light 3%	300 g	2	packaging
<input type="checkbox"/> Feta cheese	90 g	4.5	slice
<input type="checkbox"/> Kefir 2%	240 g	1	glass
<input type="checkbox"/> Mozzarella cheese light 9%	189 g	1.51	piece
<input type="checkbox"/> Natural yogurt 2%	260 g	1.3	large packaging
<input type="checkbox"/> Quark lean	60 g	2	slice
<input type="checkbox"/> Royal cheese	30 g	2	slice
<input type="checkbox"/> Skyr natural	220 g	1.47	packaging

Foods for vegetarians and vegans

Product	Weight	Measure	
<input type="checkbox"/> Oat drink calcium fortified	450 g	1.8	glass
<input type="checkbox"/> Tofu natural	90 g	0.5	packaging
<input type="checkbox"/> Yeast flakes	10 g	2	tbsp

Fruits

Product	Weight	Measure
<input type="checkbox"/> Apple	250 g	1.79 medium piece
<input type="checkbox"/> Avocado	235 g	15.67 slice
<input type="checkbox"/> Banana	220 g	1.83 medium piece
<input type="checkbox"/> Kiwi	75 g	1 piece
<input type="checkbox"/> Lemon	20 g	2 slice
<input type="checkbox"/> Lemon peel or zest raw	4 g	0.67 tbsp
<input type="checkbox"/> Pear	180 g	1 medium piece
<input type="checkbox"/> Pickled black olives	129 g	8.6 tbsp
<input type="checkbox"/> Raspberries	240 g	4 handful
<input type="checkbox"/> Strawberries	280 g	4 handful

Sauces

Product	Weight	Measure
<input type="checkbox"/> Mustard	10 g	0.5 tbsp

Soups

Product	Weight	Measure
<input type="checkbox"/> Vegetable broth	300 g	1.2 glass

Spreads and pastes

Product	Weight	Measure
<input type="checkbox"/> Green pea paste (Wawrzyniec)	30 g	1 tbsp
<input type="checkbox"/> Hummus	90 g	4.5 tbsp
<input type="checkbox"/> Peanut butter without salt	10 g	1 tsp

Sweets

Product	Weight	Measure
<input type="checkbox"/> Honey	36 g	3 tsp

Meat

Product	Weight	Measure
<input type="checkbox"/> Chicken breast	50 g	0.25 piece
<input type="checkbox"/> Turkey breast	150 g	1.5 serving
<input type="checkbox"/> Turkey ground	100 g	1 serving

Nuts and seeds

Product	Weight	Measure
<input type="checkbox"/> Almonds	15 g	15 piece
<input type="checkbox"/> Coconut shreds	6 g	1 tbsp
<input type="checkbox"/> Pumpkin seeds	10 g	1 tbsp
<input type="checkbox"/> Sesame dried	15 g	1.5 tbsp
<input type="checkbox"/> Sunflower seeds	12 g	3 tsp
<input type="checkbox"/> Walnuts	5 g	0.17 handful

Vegetables

Product	Weight	Measure
<input type="checkbox"/> Arugula	120 g	6 handful
<input type="checkbox"/> Asparagus	160 g	10 medium piece
<input type="checkbox"/> Broccoli	250 g	12.5 floret
<input type="checkbox"/> Canned chopped tomatoes	200 g	0.5 can
<input type="checkbox"/> Carrot	60 g	1 medium piece
<input type="checkbox"/> Celery	45 g	1 piece
<input type="checkbox"/> Cucumber	630 g	3.5 piece
<input type="checkbox"/> Dried tomatoes in brine	60 g	3 piece
<input type="checkbox"/> Parsley root	40 g	0.5 piece
<input type="checkbox"/> Pepper red	76 g	0.63 medium piece
<input type="checkbox"/> Pepper yellow	60 g	0.5 medium piece
<input type="checkbox"/> Peppers hot red chili	2 g	0.04 piece
<input type="checkbox"/> Pickled cucumber	74 g	1.14 medium piece
<input type="checkbox"/> Potatoes	400 g	5.33 medium piece
<input type="checkbox"/> Radish	90 g	6 piece
<input type="checkbox"/> Red onion	135 g	1.5 piece
<input type="checkbox"/> Red tomato	1190 g	9.92 medium piece
<input type="checkbox"/> Salad mix	300 g	12 handful
<input type="checkbox"/> Spinach	200 g	8 handful
<input type="checkbox"/> Sprouts mix	48 g	6 tbsp
<input type="checkbox"/> Tomatoes cherry	380 g	3.8 handful
<input type="checkbox"/> Zucchini	250 g	25 slice

Spices and herbs

Product	Weight	Measure
<input type="checkbox"/> Allspice spice	2 g	2 grain
<input type="checkbox"/> Balsamic vinegar	9 g	1.5 tbsp
<input type="checkbox"/> Basil dried	2 g	2 pinch
<input type="checkbox"/> Basil fresh	30 g	3 handful
<input type="checkbox"/> Black cumin	2 g	2 pinch
<input type="checkbox"/> Chives	25 g	5 tbsp
<input type="checkbox"/> Cinnamon ground	4 g	4 pinch
<input type="checkbox"/> Dill fresh	40 g	8 tsp
<input type="checkbox"/> Garlic	25 g	6.25 clove
<input type="checkbox"/> Gyros spice	5 g	1 tsp
<input type="checkbox"/> Herbes de provence spice	1 g	1 pinch
<input type="checkbox"/> Horseradish prepared	10 g	0.67 tbsp
<input type="checkbox"/> Parsley leaves	84 g	7 tbsp
<input type="checkbox"/> Pepper black	19 g	19 pinch
<input type="checkbox"/> Rosemary fresh	4 g	2 tbsp
<input type="checkbox"/> Salt	19 g	19 pinch
<input type="checkbox"/> Sweet pepper spice	3 g	3 pinch

Meals lists

 Codziennie  mon. tue. wed. thu. fr. sat. sun.  1600 kcal



4 meals | 1600 kcal | anti-inflammatory

Breakfast 08:00



PROPOSAL 1

Sandwiches with hummus, avocado and mozzarella

 424 kcal |  Calcium: 494.78 mg Iron: 4.25 mg

PREPARATION

1. Spread hummus on the bread slices (can be toasted lightly).
2. Top with rocket, avocado slice, cheese slices and tomato.
3. Season with salt and freshly ground pepper.



INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Wholemeal sourdough rye bread	174	80 g	2	slice
Hummus	47	20 g	1	tbsp
Arugula	7	40 g	2	handful
Avocado	48	30 g	2	slice
Mozzarella cheese light 9%	112	63 g	0.5	piece
Red tomato	31	170 g	1	piece
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch



PROPOSAL 2

Overnight porridge with strawberries

 397 kcal |  Calcium: 315.3 mg Iron: 3.07 mg

PREPARATION

1. Mix the oatmeal with the warm milk.
2. Add yogurt and mix.
3. In the morning, take the ready oatmeal out of the fridge.
4. Top with sliced strawberries and chopped almonds.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Oat flakes	190	50 g	5	tbsp
Oat drink calcium fortified	44	100 g	100	ml
Skyr natural	61	100 g	5	tbsp
Strawberries	45	140 g	2	handful
Almonds	58	10 g	10	piece


INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
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PROPOSAL 3

Soft-boiled eggs with salad

 406 kcal Calcium: 125.98 mg Iron: 5.91 mg

PREPARATION

1. Boil the eggs until soft.
2. Cut the tomatoes and olives in half and dice the cucumber.
3. Mix with lettuce mix and top with olive oil.
4. Eat with bread spread with vegetable paste and decorate with sprouts.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Egg	126	90 g	2	small piece
Tomatoes cherry	22	120 g	6	piece
Pickled black olives	35	30 g	10	small piece
Pickled cucumber	8	74 g	2	small piece
Salad mix	11	75 g	3	handful
Olive oil	44	5 g	1	tsp
Wholemeal sourdough rye bread	87	40 g	1	slice
Green pea paste (Wawrzyniec)	66	30 g	2	tsp
Sprouts mix	5	8 g	1	tbasp



PROPOSAL 4

Spelt pancakes with quark and baked apple

 411 kcal Calcium: 158.8 mg Iron: 3.33 mg

PREPARATION

1. Blend spelt flour, egg and water to a smooth paste.
2. Fry the pancakes in a pan greased with a little olive oil.
3. Prepare the filling. Blend quark with yogurt and honey.
4. Dice the apple, sprinkle with a pinch of cinnamon, put it in a saucepan, add a little water and stew until soft.
5. Spread the cottage cheese on the pancakes and roll them up.
6. Place a roasted apple on the top of pancakes and sprinkle them with a pinch of cinnamon.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Spelt flour type 1850	144	45 g	3	tbasp
Egg	70	50 g	1	medium piece
Water	0	100 g	100	ml
Olive oil	44	5 g	1	tsp
Quark lean	59	60 g	2	slice
Skyr natural	12	20 g	1	tbasp
Honey	18	6 g	0.5	tsp
Apple	57	110 g	1	small piece
Cinnamon ground	5	2 g	2	pinch


INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Egg	140	100 g	2	medium piece
Chives	2	5 g	1	tbasp



PROPOSAL 5

Graham roll with egg paste and horseradish

 399 kcal Calcium: 160.79 mg Iron: 4.01 mg

PREPARATION

1. Chop the boiled and peeled eggs finely.
2. Chop the fresh chives and add to the eggs.
3. Mix thoroughly with yoghurt, horseradish, olive oil and season to taste with salt and pepper.
4. Spread this paste on the bread.
5. Place sliced cucumbers on top and sprinkle with black cumin.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Natural yogurt 2%	12	20 g	1	tbsp
Horseradish prepared	5	10 g	2	tsp
Olive oil	44	5 g	1	tsp
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Graham bread roll	170	65 g	1	small piece
Cucumber	14	90 g	0.5	piece
Black cumin	7	2 g	2	pinch



PROPOSAL 6

Omelette with spinach and feta

 402 kcal Calcium: 325.07 mg Iron: 4.02 mg

PREPARATION

1. Rinse and chop the spinach. Heat olive oil in a pan, add chopped garlic and spinach. Stirringly heat for a minute until the spinach wilts and is soft. Set aside on a plate.
2. Meanwhile, in a bowl, whisk the eggs with a fork and add water, salt and pepper, trying to force air into the eggs.
3. Pour the egg mixture into the pan and fry for about 2 minutes. Then put the spinach and after a minute of frying add the chopped feta. Sprinkle with chives, season with salt and pepper and fry for another half a minute or so until the egg mixture is set.
4. You can fold in half or roll up.
5. In addition, eat with toasted bread.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Spinach	11	75 g	3	handful
Olive oil	44	5 g	1	tsp
Garlic	7	5 g	1.3	clove
Egg	140	100 g	2	medium piece
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Feta cheese	106	40 g	2	slice
Chives	2	5 g	1	tbsp
Wholemeal sourdough rye bread	87	40 g	1	slice



INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
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PROPOSAL 7

Scrambled eggs with tomato and onion

 415 kcal |  Calcium: 124.42 mg Iron: 5.06 mg

PREPARATION

- 1. Mix the eggs in a bowl.
- 2. Fry diced tomato and onion with olive oil, pour the eggs, season with salt, pepper.
- 3. Ready scrambled eggs sprinkle with chopped basil leaves.
- 4. Eat with slices of bread.

INGREDIENTS FOR THE WHOLE RECIPE



Product	Kcal	Weight	Measure	
Egg	140	100 g	2	medium piece
Olive oil	44	5 g	1	tsp
Red tomato	31	170 g	1	piece
Red onion	19	45 g	0.5	piece
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Basil fresh	2	10 g	1	handful
Wholemeal sourdough rye bread	174	80 g	2	slice

Snack 11:00



PROPOSAL 1

Raspberry kefir smoothie

 311 kcal |  Calcium: 283.76 mg Iron: 1.52 mg

PREPARATION

- 1. Blend all ingredients.



INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Kefir 2%	120	240 g	1	packaging
Coconut shreds	40	6 g	1	tbsp
Raspberries	62	120 g	2	handful
Banana	89	100 g	1	small piece



PROPOSAL 2

Caprese salad

 319 kcal |  Calcium: 457.41 mg Iron: 3.45 mg

INGREDIENTS FOR THE WHOLE RECIPE


Product	Kcal	Weight	Measure	
Spinach	11	75 g	3	handful
Tomatoes cherry	18	100 g	5	piece
Pickled black olives	17	15 g	5	small piece
Avocado	48	30 g	2	slice
Mozzarella cheese light 9%	112	63 g	0.5	piece


PREPARATION

1. Add spinach to bowl. Cut tomatoes in halves, add olives and diced avocado.
2. Add diced mozzarella and drizzle with balsamic vinegar.
3. Season with freshly ground pepper. Stir.
4. Place in container or bowl, sprinkle with sunflower seeds.
5. Eat with toasted bread.



Yoghurt with toppings

 302 kcal


 Calcium: 392.25 mg Iron: 0.93 mg

PREPARATION

1. Mix yogurt with rest of toppings.



Cottage cheese with vegetables

 309 kcal

 Calcium: 226.31 mg Iron: 3.68 mg

PREPARATION

1. Chop vegetables and put them into cottage cheese.
2. Sprinkle with sunflower seeds and season to taste with salt and pepper.
3. Eat cottage cheese and vegetables with bread.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Balsamic vinegar	3	3 g	1	tsp
Sunflower seeds	24	4 g	1	tsp
Wholemeal sourdough rye bread	87	40 g	1	slice

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Natural yogurt 2%	122	200 g	1	large packaging
Kiwi	46	75 g	1	piece
Apple	73	140 g	1	medium piece
Walnuts	33	5 g	1	tsp
Almonds	29	5 g	5	piece

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Cucumber	14	90 g	0.5	piece
Pepper red	10	38 g	0.5	small piece
Pickled black olives	28	24 g	8	small piece
Cottage cheese light 3%	122	150 g	1	packaging
Sunflower seeds	47	8 g	2	tsp
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Wholemeal sourdough rye bread	87	40 g	1	slice

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Skyr natural	61	100 g	2	serving



Green smoothie with pear

 291 kcal

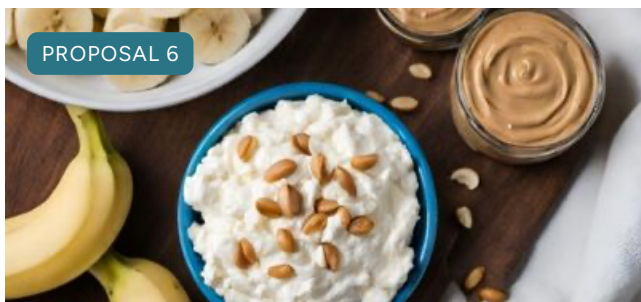
 Calcium: 347.72 mg Iron: 0.72 mg

PREPARATION

1. Blend all ingredients, adding water (if needed) for desired consistency.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Oat drink calcium fortified	66	150 g	150	ml
Pear	121	180 g	1	medium piece
Spinach	7	50 g	2	handful
Honey	36	12 g	1	tsp



Banana with peanut butter and cottage cheese

 288 kcal

 Calcium: 177.4 mg Iron: 0.67 mg

PREPARATION

1. Cut the banana in half lengthwise.
2. Spread peanut butter on it and top with cottage cheese.


INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Banana	107	120 g	1	medium piece
Peanut butter without salt	60	10 g	1	tsp
Cottage cheese light 3%	122	150 g	1	packaging



Sandwiches with avocado, tomato and arugula

 316 kcal

 Calcium: 117.72 mg Iron: 3.82 mg

PREPARATION

1. Drizzle avocado with lemon juice, season with salt and pepper and mash into paste.

INGREDIENTS FOR THE WHOLE RECIPE



Product	Kcal	Weight	Measure	
Avocado	96	60 g	4	slice
Lemon juice	1	3 g	1	tsp
Salt	0	2 g	2	pinch
Pepper black	5	2 g	1	tsp
Wholemeal sourdough rye bread	174	80 g	2	slice
Red tomato	31	170 g	1	piece
Arugula	7	40 g	2	handful

2. Spread avocado paste on sandwiches, top with tomato slices and garnish with arugula.

Lunch 14:00



Spaghetti bolognese with parsley

 487 kcal |  Calcium: 208.31 mg Iron: 11.91 mg

PREPARATION



1. Cook pasta according to instructions on package.
2. Chop garlic and fry with olive oil.
3. Add meat, season with sweet paprika and salt.
4. Fry for about 5 minutes, then add tomatoes, chopped basil and balsamic vinegar.
5. Simmer everything for about 15 minutes.
6. Combine with cooked spaghetti.
7. Sprinkle generously with parsley.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Red lentil pasta	191	60 g	60	g
Garlic	7	5 g	1.3	clove
Olive oil	88	10 g	1	tbsp
Turkey ground	112	100 g	1	serving
Sweet pepper spice	6	2 g	2	pinch
Salt	0	1 g	1	pinch
Canned chopped tomatoes	64	200 g	0.5	can
Basil dried	5	2 g	2	tsp
Balsamic vinegar	5	6 g	1	tbsp
Parsley leaves	9	24 g	2	tbsp



Grilled turkey with potatoes and cucumber salad

 506 kcal |  Calcium: 249.84 mg Iron: 5.4 mg

PREPARATION


1. Wash the turkey tenderloin and dry it thoroughly in a paper towel.
2. Season with the olive oil, salt, pepper and gyro spice.
3. Grill the meat on both sides using the electric grill.
4. Cut the prepared meat into slices.
5. Serve with boiled potatoes sprinkled with dill.
6. Additionally prepare the cucumber salad. Slice cucumber, mix with yoghurt. Season with salt and pepper.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Turkey breast	167	150 g	150	g
Olive oil	88	10 g	1	tbsp
Salt	0	2 g	2	pinch
Pepper black	5	2 g	2	pinch
Gyros spice	12	5 g	1	tsp
Potatoes	231	300 g	4	medium piece
Dill fresh	9	20 g	2	tbsp
Cucumber	27	180 g	1	piece
Natural yogurt 2%	24	40 g	2	tbsp



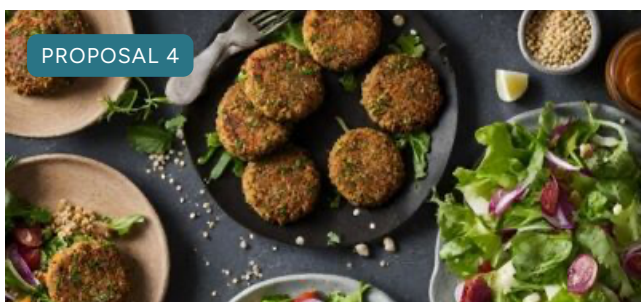
PROPOSAL 3

Lemon risotto with roasted salmon and broccoli 494 kcal Calcium: 334.57 mg Iron: 6.88 mg**PREPARATION**

1. Boil the broccoli in slightly salted water.
2. Rinse the rice thoroughly and drain off the water.
3. In a large frying pan with a thick bottom, over medium heat, heat the fat, add finely chopped garlic and hot peppers, fry for a short while.
4. Add rice, cook over medium heat, stir.
5. When the rice is dry, add the juice of half a lemon and the grated lemon zest and stir again.
6. Pour the vegetable stock in portions of about 100 ml into the rice, cook over low heat under a lid until the liquid is absorbed.
7. Add another portion of the stock again and continue this way until the last portion of the liquid is absorbed and the rice is tender.
8. Season the dish with salt and pepper to taste and remove from the heat.
9. Rinse the salmon under cold water, pat dry with a paper towel, cut into two or three portions, sprinkle with salt and pepper, and place in an ovenproof dish.
10. Place lemon slices on top of the fish and a sprig of fresh rosemary next to it.
11. Place the fish in an oven preheated to 160°C and bake for approximately 20 minutes.
12. Serve warm on the lemon risotto together with the cooked broccoli.

INGREDIENTS FOR THE WHOLE RECIPE


Product	Kcal	Weight	Measure	
Broccoli	78	250 g	250	g
Jasmine rice	139	40 g	4	tbsp
Garlic	7	5 g	1.3	clove
Peppers hot red chili	1	2 g	2	g
Olive oil	44	5 g	1	tsp
Lemon juice	4	18 g	6	tsp
Lemon peel or zest raw	2	4 g	2	tsp
Vegetable broth	20	200 g	200	ml
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Atlantic salmon	208	100 g	1	serving
Lemon	6	20 g	2	slice
Rosemary fresh	5	4 g	2	tbsp



PROPOSAL 4

Crispy falafel with groats and spring salad 524 kcal**INGREDIENTS FOR THE WHOLE RECIPE**

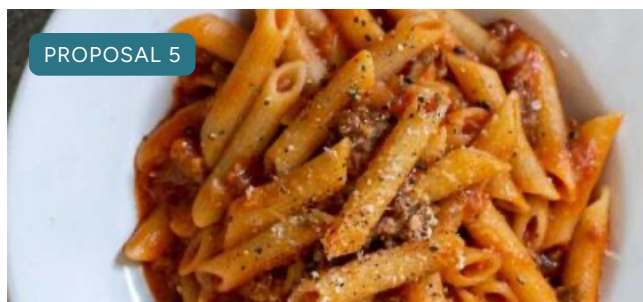
Product	Kcal	Weight	Measure	
Chickpeas canned	106	120 g	6	tbsp
Oat flakes	76	20 g	2	tbsp
Yeast flakes	34	10 g	2	tbsp
Parsley leaves	4	12 g	1	tbsp
Herbes de provence spice	3	1 g	1	pinch

 Calcium: 238.97 mg Iron: 7.27 mg**PREPARATION**

1. Drain the chickpeas from the marinade and rinse them.
2. Put all ingredients (chickpeas, oatmeal, yeast, parsley and spices) into a blender and blend - the mixture does not have to be completely smooth.
3. Spice the mixture and form cutlets with your hands and coat in sesame.
4. Bake the prepared chops in the oven - 180 degrees for about 30 minutes.
5. Serve with cooked groats and salad of fresh vegetables. Drizzle with olive oil.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Sweet pepper spice	3	1 g	1	pinch
Sesame dried	57	10 g	1	tbsp
Salad mix	8	50 g	2	handful
Radish	7	45 g	3	piece
Cucumber	14	90 g	0.5	piece
Red tomato	31	170 g	1	piece
Buckwheat unroasted	138	40 g	4	tbsp
Olive oil	44	5 g	1	tsp



PROPOSAL 5

Lentil pasta with sun-dried tomatoes and avocado 485 kcal Calcium: 173.44 mg Iron: 8.94 mg**PREPARATION**

1. Boil the pasta.
2. Remove tomatoes from water or oil and cut into thin strips.
3. Sauté garlic in olive oil (if tolerated), then add tomatoes and sauté 2 minutes more.
4. Add the pasta, mix well, remove from the heat and allow to cool.
5. Dice the avocado, put it on a plate and pour the lemon juice over it.
6. Add the avocado to the pan contents, sprinkle with parsley and sesame seeds.
7. Season with salt and pepper and stir gently. Transfer to a plate.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Red lentil pasta	191	60 g	60	g
Dried tomatoes in brine	128	60 g	3	piece
Olive oil	44	5 g	1	tsp
Garlic	7	5 g	1.3	clove
Avocado	72	45 g	3	slice
Lemon juice	2	9 g	3	tsp
Parsley leaves	9	24 g	2	tbsp
Sesame dried	29	5 g	1	tsp
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch



PROPOSAL 6

Baked cod with mozzarella and tomatoes**INGREDIENTS FOR THE WHOLE RECIPE**

Product	Kcal	Weight	Measure	
Cod	82	100 g	100	g
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Olive oil	88	10 g	2	tsp

 489 kcal Calcium: 449.08 mg Iron: 2.73 mg**PREPARATION**

1. Defrost the fish, if necessary. Drain and season with salt and pepper on both sides. Lay out on baking paper and drizzle with olive oil.
2. Preheat the oven to 180 C.
3. Cut the tomato into slices and place on the fish. Add basil leaves and mozzarella slices.
4. Bake for around 20 minutes, until the fish is cooked through and the cheese is melted.
5. Serve with cooked groats.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Red tomato	31	170 g	1	piece
Basil fresh	2	10 g	1	handful
Mozzarella cheese light 9%	112	63 g	0.5	piece
Bulgur groats	171	50 g	5	tblsp

**Buckwheat with vegetables and feta cheese** 490 kcal Calcium: 322.38 mg Iron: 5.07 mg**PREPARATION**

1. Cook buckwheat according to instructions on package.
2. Dice zucchini and red pepper.
3. Fry in olive oil, season with lemon juice, salt and pepper.
4. Add diced feta cheese.
5. Arrange on a plate and sprinkle with parsley.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Buckwheat unroasted	242	70 g	7	tblsp
Zucchini	21	100 g	10	slice
Pepper red	10	38 g	0.5	small piece
Olive oil	44	5 g	1	tsp
Lemon juice	1	3 g	1	tsp
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Feta cheese	133	50 g	50	g
Parsley leaves	9	24 g	2	tblsp
Pumpkin seeds	28	5 g	1	tsp

Dinner 18:00**Omelette with asparagus and cherry tomatoes** 408 kcal Calcium: 157.32 mg Iron: 8.19 mg**PREPARATION****INGREDIENTS FOR THE WHOLE RECIPE**

Product	Kcal	Weight	Measure	
Asparagus	32	160 g	4	piece
Egg	126	90 g	2	small piece
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Olive oil	44	5 g	1	tsp
Tomatoes cherry	29	160 g	8	piece

1. Wash the asparagus, cut off the tough bottom ends. Cook it in salted water 3-5 minutes.
2. Break the eggs in a bowl, season with salt and pepper.
3. Add chopped asparagus, mix everything.
4. Heat the olive oil in a frying pan.
5. Pour in the egg mass.
6. Add the cherry tomatoes halves.
7. Set a low heat, cover the pan and fry the omelette until the egg mass is solid.
8. Decorate the omelette with chopped dill.
9. Eat with bread slices spread with hummus and garnished with sprouts.

INGREDIENTS FOR THE WHOLE RECIPE


Product	Kcal	Weight	Measure	
Dill fresh	4	10 g	1	tbsp
Wholemeal sourdough rye bread	87	40 g	1	slice
Hummus	71	30 g	3	tsp
Sprouts mix	9	16 g	2	tbsp



PROPOSAL 2

Tortillas with guacamole, carrots and tofu

 412 kcal

 Calcium: 366.97 mg Iron: 5.29 mg

PREPARATION

1. Peel the avocado, finely dice it, and add finely chopped chives and seasoning.
2. Mix the avocado well and spread it on the tortilla shell.
3. Finely grate the carrots.
4. Place the lettuce on the tortilla pancake, followed by the carrots, tofu slices, and yellow bell pepper strips. Roll up the pancake.

INGREDIENTS FOR THE WHOLE RECIPE


Product	Kcal	Weight	Measure	
Avocado	64	40 g	40	g
Chives	3	10 g	2	tbsp
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Tortilla whole wheat flour	186	60 g	1	piece
Carrot	20	60 g	1	medium piece
Tofu natural	112	90 g	0.5	packaging
Pepper yellow	16	60 g	0.8	small piece
Salad mix	4	25 g	1	handful



PROPOSAL 3

Basil zucchini cream soup with camembert

 403 kcal

 Calcium: 556.96 mg Iron: 4.56 mg

PREPARATION

1. Peel the vegetables, cut zucchini in half lengthwise and dice

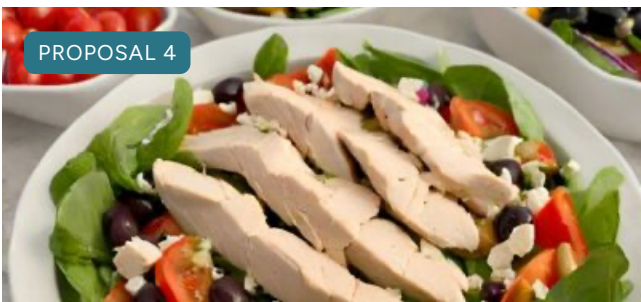
INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Zucchini	32	150 g	15	slice
Red onion	19	45 g	0.5	piece
Olive oil	44	5 g	1	tsp
Garlic	7	5 g	1.3	clove
Potatoes	77	100 g	2	small piece
Celery	6	45 g	1	piece
Parsley root	14	40 g	0.5	piece



- together with the remaining vegetables.
2. Fry the onion in olive oil.
 3. Add pressed garlic and stew for a while.
 4. Add the diced vegetables, water or stock, add allspice, season with a pinch of salt and cook for 15 minutes.
 5. Blend the soup until creamy.
 6. Pour a ladleful of soup into a taller bowl, add the basil leaves (leave some of the smaller ones for decoration), mix, and add back to the pot, stir.
 7. Pour the soup into plates, add the sliced cheese, garnish with basil leaves, sprinkle with freshly ground pepper and eat with toast.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Vegetable broth	10	100 g	100	ml
Salt	0	1 g	1	pinch
Allspice spice	5	2 g	2	grain
Camembert light 12%	118	60 g	0.5	packaging
Basil fresh	2	10 g	1	handful
Wholemeal sourdough rye bread	87	40 g	1	slice



Mediterranean salad with chicken

 398 kcal
 Calcium: 156.3 mg Iron: 7.1 mg

PREPARATION



1. Rub the meat with coconut oil and herbs, grill and cut into slices.
2. Put lettuce, sliced tomatoes, cucumbers, onions and sliced olives on a plate.
3. Place the meat slices on top, drizzle with olive oil.
4. Season with salt and pepper.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Chicken breast	60	50 g	50	g
Salad mix	11	75 g	3	handful
Red tomato	31	170 g	1	piece
Cucumber	27	180 g	1	piece
Red onion	19	45 g	0.5	piece
Pickled black olives	70	60 g	20	small piece
Olive oil	88	10 g	1	tbsp
Salt	0	1 g	1	pinch
Pepper black	5	2 g	1	tsp
Wholemeal sourdough rye bread	87	40 g	1	slice



Oatmeal with raspberries

 398 kcal
 Calcium: 335.9 mg Iron: 3.73 mg

PREPARATION

1. Soak oats in a small amount of water, then drain it.
2. Boil milk and add oats.

INGREDIENTS FOR THE WHOLE RECIPE


Product	Kcal	Weight	Measure	
Oat flakes	152	40 g	4	tbsp
Oat drink calcium fortified	88	200 g	200	ml
Pumpkin seeds	28	5 g	1	tsp
Cinnamon ground	5	2 g	2	pinch
Honey	18	6 g	0.5	tsp
Raspberries	62	120 g	2	handful
Strawberries	45	140 g	2	handful

3. Add pumpkin seeds and raisins.
4. Season with cinnamon and honey.
5. Serve with fruits.



Bun with hummus and cheese

 413 kcal

 Calcium: 327.35 mg Iron: 3.48 mg

PREPARATION

1. Split the bun in half and spread hummus on it, garnish with cheese slices.
2. Place arugula on top, cut up tomato.


INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Graham bread roll	170	65 g	1	small piece
Hummus	95	40 g	2	tbsp
Royal cheese	107	30 g	2	slice
Arugula	7	40 g	2	handful
Red tomato	31	170 g	1	piece



Salad with salmon, radishes, avocado and dill

 388 kcal

 Calcium: 116.59 mg Iron: 3.83 mg

PREPARATION

1. Rinse the lettuce, tear and place on a plate, arrange the salmon pieces and diced avocado.
2. Sprinkle with sliced radishes, chives and garnish with dill and sprouts.
3. Top with vinaigrette (first mix all ingredients - oil, honey, mustard, lemon juice, salt, pepper).
4. Serve with bread.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Salad mix	11	75 g	3	handful
Salmon smoked	118	75 g	3	slice
Avocado	48	30 g	2	slice
Radish	7	45 g	3	piece
Chives	2	5 g	1	tbsp
Dill fresh	4	10 g	1	tbsp
Sprouts mix	14	24 g	3	tbsp
Olive oil	44	5 g	1	tsp
Honey	36	12 g	1	tsp
Mustard	10	10 g	1	tsp
Lemon juice	1	3 g	1	tsp
Salt	0	1 g	1	pinch
Pepper black	5	2 g	2	pinch
Wholemeal sourdough rye bread	87	40 g	1	slice