

Examples for nutrition arrangements according the KLUGE-THERAPY

In the following you find 28 days of exemplary nourishment maps. Please control your body mass in regular intervals. This is the bottom pillar of the daily amount of the Protein Units (PU).

You find the relation between the body mass and the PU in table 5, page 26 in the book: „Information zur MS-Therapie nach Dr. med. R. Kluge“, but only readable in German language.

The term „PU“ means Protein Units and is developed by Professor G. Westphal
In likeness to Bread Units (BU) in the treatment of diabetics.

PU means the arithmetic relation to selected amino acids. They are listed and valued at the page 24 and 25 under consideration of table 1, page 14.

The amount of PU shall be halved under the use of AEN (adapted supplementary foodstuff).

You can order the book:

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Price: 13,00 EURO plus 1,50 EURO (EU !) forwarding costs.

Survey:

Tag	Lunch	Neu
1	Mashed Potatoes with Mushrooms and Yogurt	18.05
2	Leipziger Green Soup with Semolina Dumpling and Yoghurt	19.79
3	Szegediner Goulash with Peeling Potatoes, Honey-Melon	19.04
4	Underground Kohlrabi Soup	18.85
5	Roasted red Perch fillet in Spinach's Bed	20.11
6	Chicken-Fricassee with Butter-Rice, Lettuce	19.22
7	Carrot Soup, Vanilla Flummery	19.76
8	Paprika-Goulash with Potatoes, Tangerine-Compote	19.20
9	Baking Plum Soup, Fruit Ice, Whipped Cream	19.74
10	Bavarian Sausage for frying with mashed Potatoes; Sauerkraut, Beer	18.33
11	Thickened Celery Cream Soup, Toast, fresh Strawberry	19.46
12	Eel green, boiled with Potato, Dill Sauce and Cucumber, Lettuce	19.34
13	Meat soaked in Vinegar and roasted with Thüringer Dumpling, red Cabbage	19.01
14	Mashed Potatoes and Mushroom	18.59
15	Wheat Gruel Flummery and fresh Strawberries	19.02
16	Smoke cured Loin of Pork whit Kale, Pineapple Compote	19.37
17	Noodle Soup	19.82
18	Potatoes, Quark, Flax-Oil and Tangerine-Compote	19.74
19	Hunter's Cutlet and Kohlrabi	18.80
20	Barley Soup with fresh Vegetables	19.22
21	Appetizer, Potato Pancake	20.73
22	Celery Cutlet and Potatoes	19.64
23	Scrambled Eggs and Mushroom, Potatoes, red Turnip	19.77
24	Cauliflower Cream Soup	19.53
25	Macaroni and Tomato-Sauce	19.60
26	Rice with Vegetables	20.72
27	Savoy Soup, red Grits	20.34
28	Filled Paprika and Potatoes	19.13

1. day

		PU	
Breakfast			
80 g	white bread	1.55	
20 g	butter	0.01	
20 g	diet common cherry jam	0.04	
25 g	plum marmalade diet	0.05	
50 g	quark light	3.40	
300 ml	apple-juice	0.03	
250 ml	tea	-	
			5.08
Elevenes			
250 ml	fat poor milk 1.5 – 1.8% UHT	1.05	
			1.05
Lunch: Mashed Potatoes with Mushrooms and Yogurt			
200 ml	milk 1.5 % UTH	0.84	
40 g	mashed potatoes	0.32	
20 g	butter	0.01	
200 g	mushrooms	0.68	
40 g	margarine	0.04	
40 g	onion	0.04	
10 g	Wheat flour t. 405	0.39	
300 ml	multi fruit-juice	0.03	
125 g	diet yoghurt with fruits	0.59	
			2.91
Tea-time			
100 g	diet apple cake	3.00	
250 ml	coffee or tea	-	
			3.00
Dinner			
75 g	rye/ wheat bread	1.23	
20 g	butter	0.01	
30 g	"Braunschweiger"-sausage	2.40	
20 g	melt cheese	2.21	
100 g	tomato	0.01	
100 g	paprika green	0.03	
550 g	diet yoghurt with fruits	0.06	
			5.95
Supper			
120 g	banana	0.04	
200 ml	sour cherry juice	0.02	
			0.06

altogether = 18.05 PU

2. day

			PU
Breakfast			
80 g	white bread	1.55	
20 g	butter	0.01	
20 g	diet common cherry jam	0.04	
250 ml	coffee or tea	-	
200 ml	fresh pressed orange-juice	0.02	
			1.62
Eleveneses			
250 ml	fat poor milk 1,5 – 1,8% UHT	1.05	
			1.05
Lunch: Leipziger Green Soup with Semolina Dumpling and Yoghurt			
250 ml	stock, self-made (cow beef)	2.50	
40 g	onion	0.04	
50 g	leek	0.01	
100 g	carrot	0.03	
100 g	savoy	0.41	
10 g	parsley	0.01	
			3.00
dumpling:			
40 g	butter	0.01	
60 g	semolina	1.73	
60 g	hen's egg (+ salt, muscat)	5.24	
200 ml	multi fruit-juice diet	0.02	
125 g	diet yoghurt with fruits	0.59	
200 ml	apple juice	0.02	
			7.61
Tea-time			
100 g	diet apple cake	3.00	
250 ml	coffee or tea	-	
			3.00
Dinner			
	rye/ wheat bread	1.23	
75 g	butter	0.01	
20 g	melt cheese	2.21	
20 g	tomato	0.01	
100 g	kiwi	0.02	
200 ml	multi fruit-juice diet	0.02	
			3.50
Supper			
100 g	apple	0.01	
			0.01

altogether = 19.79 PU

3. day

		PU	
Breakfast			
80 g	white bread	1.55	
20 g	butter	0.01	
20 g	blueberry jam diet	0.04	
200 ml	fresh pressed orange-juice	0.02	
250 ml	coffee or tea	-	
10 ml	milk 3.5% UHT	0.04	
			1.68
Eleveneses			
100 g	apple	0.01	
			0.01
Lunch: Szegediner Goulash with Peeling Potatoes, Honey-Melon			
20 g	schnitzel	4.82	
20 g	spare ribs	4.12	
100 g	sauerkraut	0.05	
30 g	margarine	0.01	
as you like	salt, pepper, paprika, caraway	-	
15 g	wheat flour t. 405	0.58	
150 g	potato (boiled)	1.38	
30 g	onion	0.03	
150 g	honey melon	0.03	
200 ml	tangerine-juice	0.04	
			11.04
Tea-time			
50 g	raisins bread	1.20	
20 g	butter	0.01	
25 g	plum jam diet	0.05	
250 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0.04	
			1.30
Dinner			
75 g	rye/ wheat bread	1.23	
50 g	graham bread	1.28	
40 g	butter	0.01	
25 g	cooked cheese 20%	2.38	
100 g	tomato	0.01	
50 g	cucumber	0.01	
50 g	green paprika	0.02	
25 g	fresh onion	0.02	
15 ml	oil	0.01	
5 g	parsley	0.01	
200 ml	tomato-juice	0.02	
			5.00
Supper			
100 g	sweet cherry	0.01	
			0.01

altogether = 19.04

4. day

			PU
Breakfast			
50 g	baguette	1.04	
20 g	butter	0.01	
20 g	diet flakes	0.74	
20 g	apricot jam diet	0.04	
20 g	strawberry jam diet	0.04	
200 ml	fresh pressed orange-juice	0.02	
300 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0.04	
			1.93
Elevenes			
250 ml	milk 1,5-1,8% UHT	1.05	
			1.05
Lunch: Underground Kohlrabi Soup			
200 g	underground kohlrabi	0.04	
250 ml	self-made stock	2.50	
70 g	potato (boiled with salt)	0.58	
20 g	butter	0.01	
20 g	wheat flour t. 405	0.77	
100 g	apple	0.01	
200 ml	apple-juice	0.02	
			3.93
Tea-time			
100 g	fruit cake	3.00	
250 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0.04	
			3.04
Dinner			
100 g	rye/ wheat bread	1.64	
40 g	butter	0.01	
50 g	herb fresh cheese 60%	3.38	
30 g	lard meat	3.15	
150 g	tomato	0.02	
20 g	fresh onion	0.02	
15 ml	oil	0.01	
5 g	parsley	0.01	
1 tumbler	fruit yoghurt diet(125 g)	0.59	
200 ml	vegetable-juice	0.02	
			8.85
Supper			
120 g	orange	0.05	
			0.05

altogether = 18.85

5. day

			PU
Breakfast			
80 g	white bread	1.55	
20 g	butter	0.01	
20 g	raspberry jam diet	0.04	
200 ml	fresh pressed orange-juice	0.02	
250 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0.04	
			1.66
Elevenes: honey-drink			
250 ml	milk 1,5-1,8% UHT	1.05	
10 ml	fresh lemon-juice	0.01	
20 g	honey	0.02	
			1.08
Lunch: Roasted red Perch fillet in Spinach's Bed			
50 g	red perch fillet	7.54	
5 ml	put on the fish 5 ml lemon juice and wait 10 min	0.01	
30 g	Onion	0.03	
40 g	Butter	0.01	
120 g	spinach, minced	0.29	
10 g	cheese (Emmentaler), rubbed	2.98	
as you lik	salt, pepper, Muscat	-	
125 g	diet fruits yoghurt	0.59	
200 ml	pineapple-juice	0.02	
			11.47
Tea-time			
100 g	apple cake	3.00	
250 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0.04	
			3.04
Dinner			
75 g	rye/ wheat bread	1.23	
20 g	Butter	0.01	
30 g	cottage cheese	1.58	
80 g	pickled gherkin	0.01	
200 ml	tomato-juice	0.02	
			2.85
Supper			
100 g	Apple	0.01	
			0.01

altogether = 20.11

6. day

			PU
Breakfast			
80 g	white bread	1.55	
20 g	butter	0.01	
20 g	maple syrup	0.02	
200 ml	fresh pressed orange-juice	0.02	
250 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0.04	
			1.64
Elevenses			
100 g	kiwi	0.02	
			0.02
Lunch: Chicken-Fricassee with Bbutter-Rice, Lettuce			
30 g	chicken stock-meat	5.46	
250 ml	self-made chicken-stock	2.50	
30 g	asparagus (boiled)	0.03	
50 g	mushroom (canned)	0.10	
40 g	carrot	0.01	
20 g	butter	0.01	
20 g	Wheat flour t.405	0.77	
70 g	rice polished	1.87	
20 g	butter	0.01	
50 g	lettuce	0.03	
10 ml	lemon-juice	0.01	
10 g	sugar	-	
200 ml	orange-juice	0.02	
			10.82
Tea-time			
100 g	fruit-cake for diabetics	3.00	
250 ml	coffee or tea	-	
10 ml	milk 3,5 UHT	0.04	
			3.04
Dinner			
75 g	rye/ wheat bread	1.23	
20 g	butter	0.01	
25 g	cooked cheese 20%	2.38	
100 g	tomato	0.01	
100 g	cucumber	0.02	
15 ml	olive oil	0.01	
5 g	parsley	0.01	
200 ml	vegetable-juice	0.02	
			3.69
Supper			
100 g	plum	0.01	
			0.01

altogether = 19.22

7. day

			PU
Breakfast			
80 g	Roll	1.12	
20 g	Butter	0.01	
20 g	strawberry jam diet	0.04	
25 g	plum jam diet	0.05	
50 g	quark light	3.40	
200 ml	fresh pressed orange-juice	0.02	
250 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0,04	
			4.68
Eleveneses			
250 ml	milk 1,5-1,8 % F. UHT	1.05	
			1.05
Lunch: Carrot Soup, Vanilla Flummery			
250 ml	self-made stock	2.50	
200 g	carrot (boiled)	0.06	
70 g	potato (boiled)	0.58	
40 g	Butter	0.01	
10 g	Wheat flour t. 405	0.38	
10 g	Parsley	0.02	
pudding:			
125 ml	milk 1,5% UHT	0.53	
10 g	vanilla-pudding	0.39	
10 g	Sugar	-	
20 g	creme yoghurt 30%	0.04	
200 ml	multi fruit-juice diet	0.02	
			4.53
Tea-time			
100 g	fruit cake for diabetics	3.00	
250 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0.04	
			3.04
Dinner			
75 g	rye / wheat flour bread	1.23	
20 g	butter	0.01	
50 g	Wiener sausage	3.60	
30 g	cottage cheese	1.58	
100 g	tomato	0.01	
200 ml	multi fruit-juice diet	0.02	
			6.45
Supper			
100 g	apple	0.01	
			0.01

altogether = 19.76

8. day

		PU	
Breakfast			
80 g	white bread	1.55	
20 g	butter	0.01	
20 g	elderberry jam diet	0.04	
200 ml	fresh pressed orange-juice	0.02	
250 ml	coffee or tea	-	
10 ml	milk, 3.5% UHT	0.04	
			1.66
Elevenes			
100 g	kiwi	0.02	
			0.02
Lunch: Paprika-Goulash with Potatoes, Tangerine-Compote			
20 g	spare ribs	4.12	
20 g	schnitzel	4.82	
30 g	margarine	0.01	
30 g	fresh onion	0.02	
10 g	Wheat flour t. 405, mix it with paprika and put then on the roast gently goulash	0.39	
100 g	peeled tomato	0.01	
100 g	green paprika, cut in stripes	0.03	
150 g	potato	1.25	
10 ml	cream yoghurt ,10%	0.03	
120 ml	mandarin-compote	0.03	
200 ml	mango-juice	0.04	
			10.75
Tea-time			
100 g	apple cake	3.00	
250 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0.04	
			3.04
Dinner			
75 g	rye/ wheat bread	1.23	
20 g	butter	0.01	
25 g	cooked cheese 20%	2.38	
100 g	tomato	0.01	
100 g	cucumber	0.02	
10 g	fresh onion	0.01	
15 ml	oil	0.01	
5 g	parsley	0.01	
200 ml	carrot-juice	0.02	
			3.70
Supper			
100 g	grapefruit	0.03	
			0.03

altogether = 19.20

9. day

			PU
Breakfast			
100 g	roll	2.23	
20 g	butter	0.01	
20 g	strawberry jam diet	0.04	
25 g	plum jam diet	0.05	
50 g	quark light	3.40	
200 ml	fresh pressed orange-juice	0.02	
250 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0.04	
			5.81
Eleveses			
100 g	pear	0,01	
			0,01
Lunch: Baking Plum Soup, Fruit Ice, Whipped Cream			
100 g	white bread	1.94	
250 ml	water	-	
1/2	peace cinnamon bark	-	
60 g	dried plum	0.02	
50 ml	apple-juice	0.01	
as you like	lemon-juice	-	
10 g	vanilla sugar	-	
150 g	fruit-ice creme	0.02	
20 g	whipped cream least 30%	0.04	
200 ml	passion fruit-juice	0.04	
			2.06
Tea-time			
50 g	bee's stick	2.50	
250 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0.04	
			2.54
Dnner			
75 g	rye/ wheat bread	1.23	
20 g	butter	0.01	
30 g	camembert 30%	6.25	
80 g	radish	0.05	
20 g	liver paste	1.75	
200 ml	tomato-juice	0.02	
			9.31
Supper			
120 g	water-melon	0.01	
			0.01

altogether = 19.74

10.day

			PU
Breakfast			
50 g	white bread	0.97	
20 g	crisp bread	0.66	
20 g	butter	0.01	
20 g	honey	0.02	
20 g	blueberry jam diet	0.04	
200 ml	fresh pressed orange-juice	0,02	
250 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0.04	
			1.76
Elevenes			
250 ml	milk 1.5% (UHT)	1.05	
			1.05
Lunch: Bavarian sausage for frying with mashed Potatoes; Sauerkraut, Beer			
100 g	sausage for frying	6.50	
30 g	margarine	0.01	
120 g	sauerkraut from barrel	0.06	
20 g	onion	0.02	
20 g	butter	0.01	
10 g	lard	0.01	
200 g	potatoes. boiled	1.66	
125 ml	milk 1.5% UHT	0.53	
20 g	butter	0.01	
5 g	parsley	0.01	
1	glass of cold beer „Pilsener“	0.01	
200 ml	tomato-juice	0.02	
			8.85
Tea-time			
100 g	black forest tart	2.50	
250 ml	coffee or tea	-	
10 ml	milk 3.5% UHT	0.04	
			2.54
Dinner			
75 g	rye/ wheat bread	1.23	
20 g	butter	0.01	
20 g	melt cheese	2.21	
100 g	paprika green	0.03	
125 g	diet yoghurt with fruits	0.59	
200 ml	orange-juice	0.02	
			4.09
Supper			
120 g	banana	0.04	
			0.04

altogether = 18.33

11.day

			PU
Breakfast			
80 g	white bread	1.55	
20 g	butter	0.01	
20 g	black currant jam, diet	0.04	
200 ml	fresh pressed orange-juice	0.02	
250 ml	tea or coffee	-	
10 ml	milk 3,5% UHT	0.04	
			1.66
Elevenes			
250 ml	kefir from milk	0.98	
			0.98
Lunch : Thickened Celery Cream Soup, Toast, Fresh Strawberry			
200 g	celery root	0.10	
30 g	butter	0.01	
20 g	Wheat flour t. 405	0.77	
10 g	parsley	0.02	
40 g	toast	1.33	
1	egg yellow	4.36	
120 g	fresh strawberry	0.02	
20 g	whipped cream least 30%	0.04	
10 g	sugar	-	
200 ml	tangerine-juice	0.02	
			6.67
Tea-time			
100 g	apple cake for diabetics	3.00	
250 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0.04	
			3.04
Dinner			
50 g	rye/ wheat bread	0.82	
50 g	graham bread	1.28	
20 g	butter	0.01	
50 g	fresh cheese60%	2.58	
30 g	calf's liver sausage	2.34	
100 g	carrot raw	0.03	
100 g	apple	0.01	
20 g	lemon-juice	0.01	
10 g	sugar	-	
200 ml	carrot-juice	0.02	
			7.10
Supper			
100 g	peach	0.01	
			0.01

altogether = 19.46

12.day

			PU
Breakfast			
60 g	baguette	1.24	
20 g	butter	0.01	
20 g	apricot jam diet	0.04	
50 g	quark light	3.40	
25 g	plum marmalade diet	0.05	
200 ml	fresh pressed orange-juice	0.02	
250 ml	tea or coffee	-	
10 ml	milk 3,5% UHT	0.04	
			4.80
Eleveneses			
100 g	apple	0.01	
			0.01
Lunch: Eel green, boiled with Potato, Dill Sauce and Cucumber, Lettuce			
45 g	eel	5.45	
20 ml	vinegar	-	
40 g	leek	0.01	
30 g	carrot	0.02	
40 g	celery	0.01	
20 g	onion	0.02	
as you like	laurel, salt, 3 white pepper corn	-	
125ml	water	-	
150 g	potato	1.25	
150 g	green cucumber	0.03	
20 g	onion	0.02	
10 g	dill	-	
10 g	sugar and vinegar as you like	-	
20 g	butter	0.01	
10 g	Wheat flour t. 405	0.39	
200 ml	orange-juice	0.02	
			7.23
Tea-time			
100 g	diabetic diet fruit cake	3.00	
300 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0.04	
			3.04
Dnner			
75 g	rye/ wheat bread	1.23	
20 g	butter	0.01	
25 g	cooked cheese 20%	2.38	
100 g	tomato	0.01	
100 g	cucumber	0.02	
200 ml	pear-juice	0.02	
			3.67
Supper			
125 g	diet fruit yoghurt	0.59	
			0.59

altogether = 19.34

13.day

		PU	
Breakfast			
90 g	baguette	1.87	
20 g	butter	0.01	
20 g	diet strawberry jam	0.04	
200 ml	fresh pressed orange-juice	0.02	
10 ml	milk 3,5% UHT	0.04	
250 ml	coffee or tea	-	
			1.98
Eleveses			
250 ml	butter milk	1.23	
			1.23
Lunch: Meat soaked in Vinegar and roasted with Thüringer Dumpling, red Cabbage			
30 g	cow beef (pickled)	6.19	
30 g	roast margarine	0.01	
10 g	Wheat flour t. 405	0.39	
20 g	raisins	0.08	
20 g	cream yoghurt 10%	0.07	
20 g	onion	0.02	
- dumpling: potato dumpling			
75 g	raw potato	0.72	
75 g	boiled potato	0.59	
25 g	(½) roll	0.56	
20 g	butter	0.01	
120 g	red cabbage	1.20	
20 g	butter	0.01	
10 g	onion	0.01	
30 g	apple	0.01	
125 ml	red wine	0.01	
200 ml	orange-juice	0.02	
			9.90
tea-time			
100 g	fruit cake diabetic diet	3.00	
300 ml	coffee or tea	-	
10 ml	milk	0.04	
			3.04
Dinner			
75 g	rye/ wheat bread	1.23	
20 g	butter	0.01	
30 g	cottage cheese	1.58	
80 g	spicy cucumber	0.01	
200 ml	pineapple-juice	0.02	
			2.85
Supper			
100 g	apple	0.01	
			0.01

altogether = 19.01

14.day

		PU	
Breakfast			
80 g	white bread	1.55	
20 g	butter	0.01	
20 g	raspberry jam diet	0.04	
25 g	plum jam diet	0.05	
50 g	quark light	3.40	
100 ml	apple-juice	0.01	
200 ml	fresh pressed orange-juice	0.02	
250 m	coffee or tea	-	
			5.08
Eleveneses			
250 ml	milk 1,5-1,8% UHT	1.05	
			1.05
Lunch: Mashed Potatoes and Mushroom			
200 ml	milk 1,5-1,8 % UHT	0.84	
40 g	potato mashed	0.32	
20 g	butter	0.01	
200 g	mushroom	0.68	
40 g	margarine	0.04	
40 g	Onion	0.04	
10 g	Wheat flour t. 405	0.39	
300 ml	multi fruit-juice diet	0.03	
125 g	cream yoghurt	0.59	
			2.91
Tea-time			
100 g	fruit-cake	3.00	
250 ml	coffee or tea	-	
			3.00
Dinner			
75 g	rye/ wheat bread	1.23	
20 g	butter	0.01	
30 g	Bologna sausage	2.40	
20 g	melt cheese	2.21	
100 g	tomato	0.01	
100 g	paprika, green	0.03	
550 ml	multi fruit-juice diet	0.06	
			5.95
Supper			
120 g	banana	0.04	
200 ml	sour cherry-juice	0.02	
			0.60

altogether = 18.59

15. day

			PU
Breakfast			
80 g	white bread	1.55	
20 g	butter	0.01	
50 g	quark light	3.40	
20 g	sour cherry jam diet	0.04	
20 g	plum jam diet	0.04	
200 ml	fresh pressed orange-juice	0.02	
200 ml	coffee or tea	-	
10 ml	milk 3.5% UHT	0.04	
			5.10
Elevenes			
250 ml	butter milk	1.23	
			1.23
Lunch: Wheat Gruel Flummery and fresh Strawberries			
500 ml	milk 1.5-1.8% UHT	2.10	
30 ml	condense milk, least 7.5%	0.44	
40 g	wheat gruel	1.15	
10 g	Sugar	-	
120 g	fresh strawberry	0.02	
10 g	Sugar	-	
200 ml	cherry-juice	0.02	
			3.73
Tea-time			
100 g	apple cake	3.00	
250 ml	coffee or tea	-	
10 ml	milk 3.5% UHT	0.04	
			3.04
Dinner			
75 g	rye / wheat bread	1.23	
20 g	Butter	0.01	
30 g	Bologna sausage	2.40	
20 g	melt cheese	2.21	
100 g	Tomato	0.01	
100 g	Grape	0.03	
200 ml	carrot-juice	0.02	
			5.91
Supper			
100 g	Nectarine	0.01	
			0.01

altogether = 19.02

16. day

			PU
Breakfast			
80 g	white bread	1.55	
20 g	Butter	0.01	
20 g	red currant jam diet	0.04	
200 ml	fresh pressed orange-juice	0.02	
250 ml	coffee or tea	-	
10 ml	milk 3.5% UHT	0.04	
			1.66
Eleveneses			
20 g	crisp bread	0.66	
20 g	Butter	0.01	
20 g	Honey	0.02	
125 g	Kefir	0.49	
			1.18
Lunch: Smoke cured Loin of Pork with Kale, Pineapple Compote			
300 g	smoke cured loin of pork (kasseler)	6.24	
20 g	melted butter	0.01	
40 g	Onion	0.04	
120 g	Kale	1.04	
20 g	lard meat	0.01	
20 g	Butter	0.01	
20 g	Wheat flour t. 405	0.77	
as you like	salt, pepper, Muscat	-	
150 g	potato (boiled)	1.25	
200 ml	apple-juice	0.02	
			9.39
Tea-time			
100 g	ice-tart	1.50	
250 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0.04	
			1.54
Dinner			
75 g	Graham bread	1.92	
20 g	butter	0.01	
50 g	Wiener sausage	3.60	
100 g	tomato	0.01	
200 ml	apple-juice	0.02	
			5.56
Supper			
120 g	banana	0.04	
			0.04

altogether = 19.37

17.day

			PU
Breakfast			
50 g	1 roll	1.12	
20 g	butter	0.01	
50 g	sour cherry jam	0.10	
50 g	quark light	3.40	
200 ml	fresh pressed orange-juice	0.02	
			4.65
Eleveses			
250ml	milk 1,5-1,8% UHT	1.05	
			1.05
Lunch: Noodle Soup			
250 ml	self-made stock	2,50	
40 g	carrot	0,02	
40 g	leek	0,01	
40 g	cauliflower	0,07	
40 g	pea, canned	0,31	
40 g	noodles	2,62	
10 g	parsley	0,02	
20 g	butter	0,01	
125 g	yoghurt natural with fruits	0,59	
300 ml	multi fruit-juice	0,03	
			6.18
Tea-time			
100g	fruit cake	3.00	
300ml	coffee or tea	-	
			3.00
Dinner			
75 g	rye / wheat bread	1.23	
20 g	butter	0.01	
50 g	Wiener sausage	3.60	
100 g	tomato	0.01	
550 ml	multi fruit-juice	0.06	
			4.91
Supper			
100 g	orange	0.01	
200 ml	multi fruit-juice	0.02	
			0.03

altogether = 19.82

18. day

			PU
Breakfast			
80 g	white bread	1.55	
20 g	butter	0.01	
20 g	sour cherry jam diet	0.04	
200 ml	fresh pressed orange-juice	0.02	
100 ml	orange-juice	0.01	
250 ml	coffee or tea	-	
			1.63
Eleveneses			
250ml	butter milk	1.23	
			1.23
Lunch: Potatoes, Quark, Flax-Oil and Tangerine-Compote			
120 g	quark light	8.16	
50 ml	milk 1,5-1,8% UHT	0.21	
5 g	Parsley	0.01	
5 g	Dill	0.01	
20 g	Onion	0.02	
150 g	Potato	1.25	
20 g	Butter	0.01	
120 g	mandarin-compote	0.03	
300 ml	multi fruit-juice diet	0.03	
			9.73
Tea-time			
100 g	fruit cake	3.00	
250 ml	coffee or tea	-	
			3.00
Dinner			
75 g	Rye/ wheat bread	1.23	
20 g	Butter	0.01	
20 g	melt cheese	2.21	
100 g	Tomato	0.01	
100 g	Kiwi	0.02	
550 ml	multi fruit-juice	0.06	
			3.54
Supper			
125 g	yoghurt nat. with fruits	0.59	
200 ml	multi fruit-juice	0.02	
			0.61

altogether = 19.74

19. day

			PU
Breakfast			
50 g	1 roll	1.12	
20 g	butter	0.10	
50 g	plum jam diet	0.10	
50 g	quark light	3.40	
200 ml	fresh pressed orange-juice	0.02	
250 ml	coffee or tea	-	
			4.65
Elevenes			
100 g	Apple	0.01	
			0.01
Lunch: Hunter's Cutlet and Kohlrabi			
50 g	meat sausage	5.25	
40 g	Margarine	0.01	
150 g	Potato	1.25	
150 g	Kohlrabi	0.20	
20 g	Butter	0.01	
30 g	Wheat flour t. 405	1.15	
10 g	Parsley	0.02	
100 g	Pear	0.02	
200 ml	multi fruit-juice	0.02	
			7.93
Tea-time			
100 g	fruit cake diet	3.00	
250 ml	coffee or tea	-	
10 ml	condense milk least 10%	0.28	
			3.28
Dinner			
75 g	rye / wheat bread	1.23	
20 g	Butter	0.01	
30 g	cottage cheese	1.58	
80 g	pickled gherkin	0.01	
450 ml	fruit-juice	0.05	
			2.88
Supper			
150 g	Grapefruit	0.03	
150 ml	fruit-juice	0.02	
			0.05

altogether = 18.80

20. day

			PU
Breakfast			
80 g	white bread	1.55	
20 g	diet flakes	0.74	
40 g	Butter	0.01	
20 g	apricot jam diet	0.04	
20 g	blueberry jam diet	0.04	
250 ml	coffee or tea	-	
10 ml	milk 3.5% UHT	0.04	
200 ml	fresh pressed orange-juice	0.02	
			2.44
Eleveneses			
250 ml	milk 1,5-1,8% UHT	1.05	
			1.05
Lunch: Barley Soup with fresh Vegetables			
250 ml	self-made beef stock	2.50	
40 g	Carrot	0.02	
40 g	leek	0.01	
40 g	cauliflower	0.07	
40 g	celery bleached	0.03	
30 g	barley-grain	1.11	
20 g	Butter	0.01	
10 g	Parsley	0.01	
120 g	Apple	0.01	
200 ml	apple-juice	0.02	
			3.79
Tea-time			
100 g	apple cake for diabetic	3.00	
250 ml	coffee or tea	-	
10 ml	milk 3,5% UHT	0.04	
			3.04
Dinner			
100 g	rye / wheat bread	1.64	
40 g	Butter	0.01	
50 g	fresh cheese 60%	3.38	
30 g	lard meat	3.15	
150 g	Tomato	0.02	
20 g	onion	0.02	
15 ml	oil	0.01	
5 g	Parsley	0.01	
125 g	diet fruit yoghurt	0.59	
200 ml	carrot-juice	0.02	
			8.85
Supper			
120 g	Orange	0,05	
			0.05

altogether = 19.22

21. day

			PU
Breakfast			
90 g	white bread	1.75	
20 g	Butter	0.01	
15 g	Honey	0.02	
25 g	plum jam diet	0.05	
50 g	quark light	3.40	
200 ml	fresh pressed orange-juice	0.02	
100 ml	orange-juice	0.01	
250 ml	coffee or tea	-	
			5.25
Elevenes			
100g	Tangerine	0.02	
			0.02
Lunch: Appetizer, Potato Pancake			
125 ml	self-made stock	1.25	
40 g	Carrot	0.02	
40 g	Pea	1.73	
40 g	Leek	0.01	
25 g	white of one egg	1.51	
10 g	Parsley	0.02	
20 g	Butter	0.01	
140 g	potato pancake	1.05	
120 g	apple-sauce	0.01	
300 ml	fruit-juice	0.03	
			5.64
Tea-time			
100 g	apple cake	3.00	
250 ml	coffee or tea	-	
			3.00
Dinner			
75 g	rye/ wheat bread	1.23	
20 g	Butter	0.01	
80 g	quark light	5.44	
10 g	Onion	0.01	
100 g	Cucumber	0.02	
100 g	Tomato	0.01	
10 g	Parsley	0.02	
550 ml	multi fruit-juice	0.03	
			6.79
Supper			
100g	Apple	0.01	
200ml	fruit-juice	0.02	
			0.03

altogether = 20.73

22. day

			PU
Breakfast			
50 g	white bread	0.97	
30 g	crisp bread	0.99	
20 g	Butter	0.01	
25 g	plum jam diet	0.05	
20 g	strawberry jam diet	0.04	
100 ml	fresh pressed orange-juice	0.01	
200 ml	orange-juice	0.02	
250 ml	coffee or tea	-	
			2.09
Elevenses			
250ml	milk 1,5-1,8% pasteurised	1.05	
			1.05
Lunch: Celery Cutlet and Potatoes			
150 g	celery slices	0.08	
40 g	Margarine	0.01	
20 g	roll bread crumbs	0.45	
20 ml	milk 3,5% UHT	0.08	
150 g	Potato	1.25	
20 g	Butter	0.01	
15 g	Wheat flower t. 405	0.58	
10 g	Parsley	0.02	
100 g	Cucumber	0.02	
15 ml	Oil	-	
300 ml	fruit-juice	0.03	
			2.54
Tea-time			
100g	fruit cake	3.00	
250ml	coffee or tea	-	
			3.00
Dinner			
50 g	rye/ wheat bread	0.82	
50 g	graham bread	1.28	
20 g	Butter	0.01	
50 g	fresh cheese with herbs	3.38	
40 g	sausage for frying, gross	4.68	
150 g	Tomato	0.02	
20 g	Onion	0.02	
15 ml	olive-oil	-	
10 g	Parsley	0.02	
125 g	yoghurt with fruits	0.59	
550 ml	multi fruit-juice	0.06	
			10.89
Supper			
120 g	Orange	0.05	
200 ml	multi fruit-juice	0.02	
			0.07

altogether = 19.64

23. day

		PU	
Breakfast			
50 g	roll	1.12	
20 g	butter	0.01	
50 g	plum jam diet	0.10	
50 g	quark light	3.40	
100 ml	fresh pressed orange-juice	0.01	
200 ml	multi-fruit-juice diet	0.02	
250 ml	coffee or tea	-	
			4.66
Eleveneses			
100 g	apple	0.01	
250 ml	milk 1.5-1.8% UHT	1.05	
			1.06
Lunch: Scrambled Eggs and Mushroom, Potatoes, red Turnip			
60 g	1 egg	5.25	
30 g	mushroom	0.10	
150 g	potato	1.25	
40 g	margarine	0.01	
20 g	Wheat flower t. 405	0.77	
5 g	parsley	0.01	
125 g	fruit-yoghurt natural	0.59	
300 ml	carrot-juice	0.03	
			8.01
Tea-time			
100 g	apple-cake	3.00	
250 ml	coffee or tea	-	
			3.00
Dinner			
75 g	rye / wheat bread	1.23	
20 g	butter	0.01	
30 g	cottage cheese	1.58	
80 g	pickled gherkin	0.01	
550 ml	multi fruit-juice diet	0.06	
			2.99
Supper			
150 g	grapefruit	0.03	
150 ml	mandarin-juice	0.02	
			0.05

altogether = 19.77

24. day

		PU	
Breakfast			
80 g	white bread	1.55	
20 g	butter	0.01	
50 g	quark light	3.40	
50 g	plum jam diet	0.10	
200 ml	fresh pressed orange-juice	0.02	
100 ml	orange-juice	0.01	
250 ml	coffee or tea	-	
			5.09
Elevenses			
250 ml	milk 1.5-1.8% UHT	1.05	
			1.05
Lunch: Cauliflower Cream Soup			
200 g	cauliflower	0.36	
30 g	butter	0.01	
30 g	Wheat flour t. 405	1.16	
10 g	parsley	0.02	
125 g	yoghurt diet	0.59	
70 g	potato	0.58	
300 ml	multi fruit- juice diet	0.03	
			2.74
Tea-time			
100 g	apple cake diet	3.00	
250 ml	coffee or tea	-	
			3.00
Dinner			
75 g	rye/ wheat bread	1.23	
20 g	butter	0.01	
30 g	camembert 30%	6.25	
100 g	cucumber	0.02	
100 g	tomato	0.01	
20 g	onion	0.02	
5 g	parsley	0.01	
15 ml	olive-oil	0.01	
550 ml	multi fruit-juice diet	0.06	
			7.62
Supper			
100 g	apple	0.01	
150 ml	pear-pineapple-juice	0.02	
			0.03

altogether = 19.53

25. day

			PU
Breakfast			
80 g	white bread	1.55	
20 g	butter	0.01	
15 g	honey	0.02	
25 g	plum jam	0.05	
50 g	quark light	3.40	
200 ml	fresh pressed orange-juice	0.02	
250 ml	coffee or tea	-	
			5.05
Elevenes			
100 g	tangerine	0.02	
250 ml	milk 1,5-1,8% UHT	1.05	
			1.07
Lunch: Macaroni and Tomato-Sauce			
70 g	macaroni	4.58	
30 g	butter	0.01	
30 g	Wheat flour t. 405	1.15	
50 g	tomato purée	0.03	
20 g	onion	0.02	
125 ml	milk 1,5-1,8% UHT	0.53	
10 g	pudding	0.39	
10 g	sugar	-	
300 ml	multi fruit-juice	0.03	
			6.74
Tea-time			
100 g	fruit cake	3.00	
250 ml	coffee or tea	-	
			3.00
Dinner			
75 g	rye/ wheat bread	1.23	
20 g	butter	0.01	
25 g	cooked cheese 20%	2.38	
100 g	cucumber	0.02	
100 g	tomato	0.01	
550 ml	multi fruit-juice	0.06	
			3.71
Supper			
100 g	apple	0.01	
200 ml	multi fruit-juice	0.02	
			0.03

altogether = 19.60

26. day

			PU
Breakfast			
90 g	white bread	1.75	
20 g	butter	0.01	
50 g	quark light	3.40	
50 g	plum jam	0.10	
200 ml	fresh pressed orange-juice	0.02	
250 ml	coffee or tea	-	
			5.28
Elevenes			
250 ml	milk 1,5-1,8% UHT	1.05	
			1.05
Lunch: Rice with Vegetables			
60 g	rice	1.60	
20 g	butter	0.01	
30 g	mushroom	0.10	
40 g	carrot	0.02	
40 g	pea	1.73	
100 g	apple	0.01	
200 ml	fruit-juice	0.02	
			3.49
Tea-time			
100 g	apple-cake	3.00	
10 ml	milk 3,5% UHT	0.28	
250 ml	coffee or tea	-	
			3.28
Dinner			
75 g	rye / wheat bread	1.23	
20 g	butter	0.01	
30 g	camembert 30%	6.25	
100 g	cucumber	0.02	
100 g	tomato	0.01	
10 g	parsley	0.02	
15 ml	sunflower-oil	-	
250 ml	black currant-juice	0.03	
200 ml	multi fruit-juice	0.02	
			7.59
Supper			
100 g	apple	0.01	
150 ml	pear-juice	0.02	
			0.03

altogether = 20.72

27. day

			PU	
Breakfast				
80 g	white bread		1.55	
20 g	butter		0.01	
50 g	plum jam		0.10	
50 g	quark light		3.40	
100 ml	fresh pressed orange-juice		0.01	
200 ml	multi fruit-juice		0.02	
250 ml	coffee or tea		-	
				5.09
Eleveneses				
250 ml	milk 1,5-1,8% pasteurised		1.05	
				1.05
Lunch: Savoy Soup, red Grits				
200 g	savoy		0.82	
70 g	potato		0.58	
30 g	butter		0.01	
15 g	Wheat flour t. 405		0.58	
250 ml	self-made stock		2.50	
300 ml	multi fruit-juice diet		0.03	
125 g	red grits		0.14	
				4.66
Tea-time				
100 g	fruit cake		3.00	
250 ml	coffee or tea		-	
				3.00
Dinner				
75 g	rye / wheat bread		1.23	
20 g	butter		0.01	
50 g	Wiener sausage		3.60	
30 g	cottage cheese		1.58	
100 g	tomato		0.01	
550 ml	multi fruit-juice		0.06	
				6.49
Supper				
100 g	grapes		0.03	
200 ml	multi fruit-juice		0.02	
				0.05

altogether = 20.34

28. day

			PU
Breakfast			
90 g	white bread	1.75	
20 g	butter	0.01	
20 g	sour cherry jam	0.04	
200 ml	fresh pressed orange-juice	0.02	
250 ml	coffee or tea	-	
			1.82
Elevenes			
250 ml	butter milk	1.23	
			1.23
Lunch: Filled Paprika and Potatoes			
100 g	paprika, green	0.03	
30 g	minced pork	7.16	
40 g	margarine	0.01	
20 g	Wheat flour t. 405	0.77	
200 ml	multi fruit-juice	0.02	
120 g	plum	0.01	
150 g	potato	1.25	
			9.25
Tea-time			
100 g	fruit-cake	3.00	
10 ml	milk 3,5% UHT	0.28	
250 ml	coffee or tea	-	
			3.28
Dinner			
75 g	rye / wheat bread	1.23	
20 g	butter	0.01	
20 g	melt cheese	2.21	
100 g	tomato	0.01	
100 g	kiwi	0.02	
450 ml	multi fruit-juice	0.05	
			3.53
Supper			
150 ml	vegetable-juice	0.02	
			0.02

altogether = 19.13