



**1600 calories:**

**2 meals  
+ coffee**



BY YOUR DIETITIAN  
**ANETA FLORCZYK**

[WWW.ANETAFLORCZYK.NET](http://WWW.ANETAFLORCZYK.NET)

# Weekly meal planner

## Monday

**BREAKFAST:** EGG BENEDICT,  
KETOGENIC BUNS  
**SNACK:** BULLETPROOF COFFEE, ALMONDS  
**DINNER:** SALMON BAKED  
IN RATATOUILLE

## Tuesday

**BREAKFAST:** SHAKSHOUKA, KABANOS  
**SNACK:** BULLETPROOF COFFEE, ALMONDS  
**DINNER:** KETO MEDLEY WITH TURKEY  
AND COURGETTE, AVOCADO

## Wednesday

**BREAKFAST:** KETOGENIC BUNS,  
MAYONNAISE, SMOKED SALMON  
**SNACK:** BULLETPROOF COFFEE, ALMONDS  
**DINNER:** KETO MEDLEY WITH TURKEY  
AND COURGETTE, AVOCADO

## Thursday

**BREAKFAST:** KETOGENIC BUNS,  
MAYONNAISE, PICKLED HERRING  
**SNACK:** BULLETPROOF COFFEE, ALMONDS  
**DINNER:** TUNA BURGER

## Friday

**BREAKFAST:** KETOGENIC BUNS  
COTTAGE CHEESE WITH SEEDS,  
EXTRA BUTTER  
**SNACK:** BULLETPROOF COFFEE, ALMONDS  
**DINNER:** TUNA BURGER

## Saturday

**BREAKFAST:** KETOGENIC BUNS, EXTRA  
BUTTER, CHEESE, GREASY, GOUDA, LETTUCE  
**SNACK:** BULLETPROOF COFFEE, ALMONDS  
**DINNER:** STEWED PORK WITH CHINESE  
CABBAGE

## Sunday

**BREAKFAST:** EGG CHOPS  
**SNACK:** BULLETPROOF COFFEE, ALMONDS  
**DINNER:** PRAWNS WITH ZUCCHINI  
NOODLES

## Makros:

MONDAY: CAL: 1623.6, P: 77.9, F: 128.3, C: 26.2  
TUESDAY: CAL: 1618.5, P: 74.9, F: 130.9, C: 27.8  
WEDNESDAY: CAL: 1606.9, P: 76.0, F: 129.7, C: 22.2  
THURSDAY: CAL: 1593.5, P: 62.1, F: 137.3, C: 17.8  
FRIDAY: CAL: 1607.7, P: 81.1, F: 125.7, C: 24.3  
SATURDAY: CAL: 1614.7, P: 78.7, F: 134.3, C: 13.5  
SUNDAY: CAL: 1628.2, P: 66.0, F: 141.8, C: 19.0

# Monday

## Breakfast

CAL: 589.7,  
P: 29.4, F: 44.6, C: 9.3

### EGG BENEDICT

TOMATO - 120 G (1 X PIECE)  
WHOLE CHICKEN EGGS - 112 G (2 X PIECE)  
SPINACH - 50 G (2 X HANDFUL)  
VINEGAR - 12G (2 X SPOON)  
OLIVE OIL - 10G (1 X SPOON)  
GROUND BLACK PEPPER - 1 G (1 X PINCH)

### KETOGENICS BUNS (RECIPE FOR 5 PORTIONS)

EAT 1 OF 5 SERVINGS  
WATER - 375 G (1.5 X GLASS)  
ALMOND FLOUR - 200 G (20 X SPOON)  
WHOLE CHICKEN EGGS - 168 G (3 X PIECE)  
PLANTAIN HUSK (SHELL) - 70 G (0.7 X PORTION)  
APPLE CIDER VINEGAR FROM RIPE APPLES - 6 G (2 X TEASPOON)  
BAKING POWDER - 6 G (2 X TEASPOON)

## Snack

CAL: 222.2,  
P: 3.5, F: 21.8, C: 1.8

### BULLETPROOF COFFEE

COFFEE, SUGAR-FREE INFUSION - 250 G (1 X GLASS)  
COCONUT OIL (SOLID) - 20G (1 X TABLESPOON)  
EXTRA BUTTER - 5 G (1 X TEASPOON)  
CINNAMON - 2G (0.4 X TEASPOON)

### ALMONDS

ALMONDS - 15G (1 X SPOON)

## Dinner

CAL: 811.7,  
P: 45.0, F: 61.9, C: 15.1

### SALMON BAKED IN RATATOUILLE

SALMON, FRESH - 200 G (2 X PIECE)  
TOMATO - 100 G (0.8 X PIECE)  
ZUCCHINI - 100 G (0.3 X PIECE)  
EGGPLANT - 80G (0.4 X PIECE)  
RED PEPPER - 70 G (0.5 X PIECE)  
ONION - 30 G (0.3 X PIECE)  
GREEN OLIVES, PICKLED, CANNED - 30 G (2 X SPOON)  
OLIVE OIL - 30G (3 X SPOON)  
CAPERS - 10G (1 X SPOON)  
GARLIC - 5 G (1 X CLOVE)  
PROVENCAL HERBS - 1 G (0.3 X TEASPOON)

WASH AND DRY THE SPINACH AND TOMATO. SLICE THE TOMATO INTO WEDGES AND PLACE ON TOP OF THE SPINACH.

IN A LARGE POT, BRING WATER TO THE BOIL (1 LITER OF BOILING WATER), BRING TO A BOIL AND THEN REDUCE THE HEAT SO THAT THE WATER GENTLY BUBBLING.

POUR THE VINEGAR INTO THE WATER. STIR THE WATER IN THE POT TO MAKE A VORTEX AND INSERT THE EGG INTO IT. SIMMER FOR 3 - 4 MINUTES.

REMOVE THE EGG GENTLY WITH A SLOTTED SPOON, DRAINING WELL, AND PLACE OVER THE VEGETABLES.

SPRINKLE EVERYTHING WITH OLIVE OIL AND SPRINKLE WITH FRESHLY GROUND PEPPER.

### Recipe

PREHEAT THE OVEN TO 180° CELSIUS.

BOIL THE WATER.

MIX THE REMAINING INGREDIENTS IN A BOWL. POUR BOILING WATER OVER EVERYTHING AND USE A MIXER TO COMBINE.

AFTER A FEW MINUTES, WHEN THE DOUGH HAS COOLED DOWN, FORM 10 BUNS.

PLACE THE ROLLS ON A BAKING TRAY LINED WITH BAKING PAPER AND BAKE FOR ABOUT 40-50 MINUTES.

1 SERVING IS 2 BUNS.

ADD BUTTER AND COCONUT OIL TO THE HOT INFUSION, COMBINE THE INGREDIENTS USING A BLENDER. BLEND UNTIL FOAM IS FORMED.

COCONUT OIL, YOU CAN REPLACE IT WITH MCT OIL.

### Recipe

PREPARE A RATATOUILLE.

SCALD THE TOMATO WITH BOILING WATER, POUR COLD WATER AND REMOVE THE SKIN.

WASH THE REMAINING VEGETABLES AND REMOVE INEDIBLE PARTS. CUT THEM INTO 3 CM CUBES.

SALT THE EGGPLANT AND PUT IT ON A SIEVE. AFTER 15 MINUTES, POUR WATER OVER AND DRY.

MIX THE CHOPPED VEGETABLES WITH A CLOVE OF GARLIC, OLIVES, CAPERS, OLIVE OIL AND SPICES.

PUT EVERYTHING IN A ROASTING PAN AND PUT IN AN OVEN PREHEATED TO 200° C FOR 15 MINUTES.

AFTER THIS TIME, MIX THE CONTENTS OF THE DISH, MOVE THE RATATOUILLE TO THE SIDES AND PLACE IT SPRINKLED WITH LEMON JUICE AND SALMON SEASONED WITH SALT AND PEPPER BETWEEN THE VEGETABLES.

BAKE EVERYTHING FOR ABOUT 15 MINUTES AND AFTER TAKING IT OUT, SPRINKLE WITH BASIL AND / OR PARSLEY LEAVES.

### Recipe



# Tuesday

## Breakfast

CAL: 595.8,  
P: 29.3, F: 47.8, C: 10.3

### SHAKSHOUKA

TOMATO - 200G (1.7 X PIECE)  
WHOLE CHICKEN EGGS - 112 G (2 X PIECE)  
RED PEPPER - 40 G (0.3 X PIECE)  
OLIVE OIL - 30G (3 X SPOON)  
GARLIC - 5 G (1 X CLOVE)  
CHIVES - 5 G (1 X TEASPOON)  
GROUND BLACK PEPPER - 1 G (1 X PINCH)  
HIMALAYAN SALT - 1 G (1 X PINCH)

### CABANOS

KABANOS - 40 G (2.7 X PIECE)

## Snack

CAL: 311.4,  
P: 3.5, F: 31.7, C: 1.8

### BULLETPROOF COFFEE

COFFEE, SUGAR-FREE INFUSION - 250 G (1 X GLASS)  
COCONUT OIL (SOLID) - 20G (1 X TABLESPOON)  
EXTRA BUTTER - 5 G (1 X TEASPOON)

### ALMONDS

ALMONDS - 15G (1 X SPOON)

## Dinner

CAL: 711.3,  
P: 42.1, F: 51.4, C: 15.7

### KETO LETCHO WITH TURKEY AND ZUCCHINI, AVOCADO

EAT 1 OF 2 SERVINGS  
TOMATO (PEELED) - 240G (2.2 X PIECE)  
TURKEY BREAST MEAT, SKINLESS - 220 G (2.2 X PIECE)  
FAVOURITE SAUSAGE - 150 G (15 X SLICE)  
ZUCCHINI - 130 G (0.4 X PIECE)  
CHINESE CABBAGE - 100 G (2 X LEAF)  
CULTIVATED MUSHROOM, FRESH - 70 G (3.5 X PIECE)  
RED PEPPER - 70 G (0.5 X PIECE)  
YELLOW PEPPER - 70 G (0.5 X PIECE)  
ONION - 50 G (0.5 X PIECE)  
OLIVE OIL - 50G (5 X SPOON)  
GARLIC - 5 G (1 X CLOVE)  
AVOCADO - 100 G (0.7 X PIECE)

### Recipe

SCALD THE TOMATOES, PEEL THEM AND DICE THEM.  
HEAT THE FAT IN A FRYING PAN AND FRY THE TOMATOES WITH GARLIC SQUEEZED THROUGH A PRESS AND CHOPPED PAPRIKA, SEASON TO TASTE. FRY UNTIL FAIRLY THICK. MAKE SMALL CAVITIES IN THE MASS AND INSERT THE EGGS INTO THEM. FRY, COVERED, FOR ABOUT 3 MINUTES, UNTIL THE EGG WHITES ARE SOLID. THE YOLKS SHOULD BE LIQUID.  
SEASON TO TASTE AND SPRINKLE WITH CHIVES.

### Recipe

ADD BUTTER AND COCONUT OIL TO THE HOT INFUSION, COMBINE THE INGREDIENTS USING A BLENDER. BLEND UNTIL FOAM IS FORMED. COCONUT OIL, YOU CAN REPLACE IT WITH MCT OIL.

### Recipe

SPICES AS DESIRED: E.G. SALT, PEPPER, OREGANO AND BASIL.  
PEEL THE TOMATOES.  
CUT ALL INGREDIENTS INTO PIECES OF ANY SIZE.  
FRY THE MEAT IN HOT FAT UNTIL TENDER, THEN ADD THE CHOPPED SAUSAGE, FRY FOR A WHILE, SEASON TO TASTE OF COURSE.  
ADD ALL VEGETABLES EXCEPT TOMATOES AND CABBAGE.  
ADD A LITTLE WATER AND STEW EVERYTHING COVERED.  
ADD CABBAGE AND CHOPPED TOMATOES, FRY UNTIL TOMATO SAUCE IS FORMED.  
EAT HALF A SERVING.



# Wednesday

## Breakfast

CAL: 584.2,  
P: 30.4, F: 46.6, C: 4.7

### KETOGENIC BUNS (RECIPE FOR 5 PORTIONS)

EAT 1 OF 5 SERVINGS

THE DISH SHOULD NOW BE READY.

YOU CAN FIND THE RECIPE ABOVE.

### MAYONNAISE (WITH RAPESEED OIL)

MAYONNAISE (WITH RAPESEED OIL) - 21 G (0.7 X SPOON)

### SMOKED SALMON

SALMON, SMOKED - 80 G (2.7 X PIECE)

## Snack

CAL: 311.4,  
P: 3.5, F: 31.7, C: 1.8

### BULLETPROOF COFFEE

COFFEE, SUGAR-FREE INFUSION - 250 G (1 X GLASS)

COCONUT OIL (SOLID) - 20G (1 X TABLESPOON)

EXTRA BUTTER - 5 G (1 X TEASPOON)

### ALMONDS

ALMONDS - 15G (1 X SPOON)

### Recipe

ADD BUTTER AND COCONUT OIL TO THE HOT INFUSION, COMBINE THE INGREDIENTS USING A BLENDER. BLEND UNTIL FOAM IS FORMED. COCONUT OIL, YOU CAN REPLACE IT WITH MCT OIL.

## Dinner

CAL: 711.3,  
P: 42.1, F: 51.4, C: 15.7

### KETO LETCHO WITH TURKEY AND ZUCCHINI

(RECIPE FOR 2 PORTIONS)

EAT 1 OF 2 SERVINGS

THE DISH SHOULD NOW BE READY.

YOU CAN FIND THE RECIPE ABOVE.

### AVOCADO

AVOCADO - 100 G (0.7 X PIECE)



# Thursday

## Breakfast

CAL: 582.5,  
P: 22.8, F: 48.6, C: 7.1

### KETOGENIC BUNS (RECIPE FOR 5 PORTIONS)

EAT 1 OF 5 SERVINGS

THE DISH SHOULD NOW BE READY.

YOU CAN FIND THE RECIPE ABOVE.

### MAYONNAISE (WITH RAPESEED OIL)

MAYONNAISE (WITH RAPESEED OIL) - 21 G (0.7 X SPOON)

### PICKLED HERRING

MARINATED HERRING - 90 G (1.8 X PIECE)

## Snack

CAL: 311.4,  
P: 3.5, F: 31.7, C: 1.8

### BULLETPROOF COFFEE

COFFEE, SUGAR-FREE INFUSION - 250 G (1 X GLASS)

COCONUT OIL (SOLID) - 20G (1 X TABLESPOON)

EXTRA BUTTER - 5 G (1 X TEASPOON)

### ALMONDS

ALMONDS - 15G (1 X SPOON)

## Dinner

CAL: 699.6,  
P: 35.8, F: 57.0, C: 8.9

### TUNA BURGER (RECIPE FOR 2 PORTIONS)

EAT 1 OF 2 SERVINGS

TUNA IN GRAVY - 230 G (7.7 X SPOON)

ROMAINE LETTUCE - 140 G (4 X LEAF)

AVOCADO - 140 G (1 X PIECE)

TOMATO - 120 G (1 X PIECE)

MAYONNAISE (WITH RAPESEED OIL) - 60 G (2 X SPOON)

WHOLE CHICKEN EGGS - 56 G (1 X PIECE)

OLIVE OIL - 30G (3 X SPOON)

ONION - 30 G (0.3 X PIECE)

CHEESE, PARMESAN - 20G (2.5 X SPOON)

PARSLEY, LEAVES - 12 G (2 X TEASPOON)

GARLIC GRANULATED - 3 G (3 X PINCH)

GROUND BLACK PEPPER - 2 G (2 X PINCH)

HIMALAYAN SALT - 1 G (1 X PINCH)

### Recipe

ADD BUTTER AND COCONUT OIL TO THE HOT INFUSION, COMBINE THE INGREDIENTS USING A BLENDER. BLEND UNTIL FOAM IS FORMED. COCONUT OIL, YOU CAN REPLACE IT WITH MCT OIL.

### Recipe

DRAIN THE TUNA WELL FROM THE SAUCE AND PUT IT IN A BOWL. FINELY CHOP THE ONION AND PARSLEY AND ADD TO THE FISH. SEASON TO TASTE. ADD HALF OF THE MAYONNAISE, PARMESAN AND EGG. MIX EVERYTHING THOROUGHLY. FORM CUTLETS AND FRY THEM IN HOT FAT. PUT THE LETTUCE LEAVES ON THE PLATE. PUT THE FRIED FISH, THEN A SLICE OF TOMATO. SERVE IT ALL WITH MAYONNAISE AND AVOCADO.



# Friday

## Breakfast

CAL: 716.1,  
P: 42.8, F: 49.5, C: 13.9

### KETOGENIC BUNS (RECIPE FOR 5 PORTIONS)

EAT 1 OF 5 SERVINGS

THE DISH SHOULD NOW BE READY.

YOU CAN FIND THE RECIPE ABOVE.

### COTTAGE CHEESE WITH SEEDS

COTTAGE CHEESE (NATURAL) - 200 G (1 X PACKAGE)

CUCUMBER - 40 G (1 X PIECE)

SUNFLOWER, SEEDS, SHELLED - 15G (1.5 X SPOON)

PUMPKIN, SEEDS, SHELLED - 15G (1.5 X SPOON)

### EXTRA BUTTER

EXTRA BUTTER - 5 G (1 X TEASPOON)

## Snack

CAL: 192.0,  
P: 2.5, F: 19.2, C: 1.5

### BULLETPROOF COFFEE

COFFEE, SUGAR-FREE INFUSION - 250 G (1 X GLASS)

COCONUT OIL (SOLID) - 10G (0,5 X TABLESPOON)

EXTRA BUTTER - 5 G (1 X TEASPOON)

### ALMONDS

ALMONDS - 10G (0,7 X SPOON)

## Dinner

CAL: 699.6,  
P: 35.8, F: 57.0, C: 8.9

### TUNA BURGER (RECIPE FOR 2 PORTIONS)

EAT 1 OF 2 SERVINGS

THE DISH SHOULD NOW BE READY.

YOU CAN FIND THE RECIPE ABOVE.

### Recipe

FINELY CHOP THE CUCUMBER.

ROAST THE SEEDS IN A DRY FRYING PAN.

MIX EVERYTHING WITH THE CHEESE.

### Recipe

ADD BUTTER AND COCONUT OIL TO THE HOT INFUSION, COMBINE THE INGREDIENTS USING A BLENDER.

BLEND UNTIL FOAM IS FORMED.

COCONUT OIL, YOU CAN REPLACE IT WITH MCT OIL.



# Saturday

## Breakfast

CAL: 571.9,  
P: 29.8, F: 45.2, C: 4.6

### KETOGENIC BUNS (RECIPE FOR 5 PORTIONS)

EAT 1 OF 5 SERVINGS

THE DISH SHOULD NOW BE READY.

YOU CAN FIND THE RECIPE ABOVE.

### EXTRA BUTTER

EXTRA BUTTER - 10 G (2 X TEASPOON)

### CHEESE, GOUDA FAT

CHEESE, FAT GOUDA - 60 G (4 X SLICE)

### LETTUCE

LETTUCE - 10 G (2 X LEAF)

## Snack

CAL: 131.6,  
P: 0.5, F: 14.0, C: 0.7

### BULLETPROOF COFFEE

COFFEE, SUGAR-FREE INFUSION - 250 G (1 X GLASS)

COCONUT OIL (SOLID) - 10G (0,5 X TABLESPOON)

EXTRA BUTTER - 5 G (1 X TEASPOON)

### Recipe

ADD BUTTER AND COCONUT OIL TO THE HOT INFUSION, COMBINE THE INGREDIENTS USING A BLENDER. BLEND UNTIL FOAM IS FORMED. COCONUT OIL, YOU CAN REPLACE IT WITH MCT OIL.

## Dinner

CAL: 911.2,  
P: 48.4, F: 75.1, C: 8.2

### BRAISED PORK WITH CHINESE CABBAGE

PORK, SHOULDER - 180 G (1.8 X PIECE)

CHINESE CABBAGE - 150G (3 X LEAF)

OLIVE OIL - 50G (5 X SPOON)

CULTIVATED MUSHROOM, FRESH - 50G (2.5 X PIECE)

SMOKED BONELESS BACON - 40G (0.4 X PORTION)

ONION - 30 G (0.3 X PIECE)

RED PEPPERS - 30 G (0.2 X PIECE)

TOMATO PASSATA (PUREE) - 10 G (0.1 X SERVING)

DARK SOY SAUCE - 10G (1 X SPOON)

GARLIC - 5G (1 X CLOVE)

### Recipe

HEAT 1/2 OF THE OIL IN A FRYING PAN, FRY THE ONION WITH THE GARLIC PRESSED OUT.

ADD THE DICED MEAT AND SAUTÉ UNTIL TENDER.

POUR A LITTLE BOILING WATER OVER THE MEAT, ADDING SMALL AMOUNTS ALL THE TIME, STEW THE MEAT WITH SPICES SUCH AS SALT, PEPPER, BAY LEAF, ALLSPICE.

FINALLY, ADD THE TOMATO PUREE.

IN A SECOND PAN, HEAT THE REST OF THE OIL AND SAUTÉ THE BACON.

ADD THE SESAME SEEDS, CHOPPED CABBAGE AND MUSHROOMS.

SEASON TO TASTE, ADD SOY SAUCE.



# Sunday

## Breakfast

CAL: 609.1,  
P: 25.8, F: 53.9, C: 5.6

### EGG POTS

WHOLE CHICKEN EGGS - 168 G (3 X PIECE)  
CLARIFIED BUTTER - 30 G (2 X SPOON)  
ONION - 30 G (0.3 X PIECE)  
ALMOND FLOUR - 15 G (1.5 X SPOON)  
PARSLEY, LEAVES - 12 G (2 X TEASPOON)  
CHIVES - 10 G (2 X TEASPOON)  
GROUND BLACK PEPPER - 2 G (2 X PINCH)  
HIMALAYAN SALT - 2 G (2 X PINCH)

### Recipe

HARD-BOIL THE EGGS, PEEL AND COOL. FINELY CHOP AND COMBINE WITH SPICES AND CHOPPED ONION. FORM CUTLETS AND COAT EACH IN ALMOND FLOUR. HEAT THE FAT IN A FRYING PAN AND FRY THE PATTIES. GARNISH WITH CHIVES.

## Snack

CAL: 341.6,  
P: 4.5, F: 34.3, C: 2.2

### BULLETPROOF COFFEE

COFFEE, SUGAR-FREE INFUSION - 250 G (1 X GLASS)  
COCONUT OIL (SOLID) - 10G (0,5 X TABLESPOON)  
EXTRA BUTTER - 5 G (1 X TEASPOON)

### Recipe

ADD BUTTER AND COCONUT OIL TO THE HOT INFUSION, COMBINE THE INGREDIENTS USING A BLENDER. BLEND UNTIL FOAM IS FORMED. COCONUT OIL, YOU CAN REPLACE IT WITH MCT OIL.

### ALMONDS

ALMONDS - 20G (1.3 X SPOON)

## Dinner

CAL: 677.5,  
P: 35.7, F: 53.6, C: 11.2

### SHRIMPS WITH COURGETTE NOODLES

SHRIMP - 220 G (2.2 X PORTION)  
ZUCCHINI - 200 G (0.7 X PIECE)  
CREAM 36% - 60G (6 X SPOON)  
MASCARPONE CHEESE - 24G (1 X SPOON)  
CLARIFIED BUTTER - 20 G (1.3 X SPOON)  
PARSLEY, LEAVES - 12 G (2 X TEASPOON)  
GARLIC - 5 G (1 X CLOVE)

### Recipe

WASH AND CLEAN THE PRAWNS. IN BUTTER, SAUTÉ THE CHOPPED GARLIC, ADD THE PRAWNS AND FRY UNTIL TENDER. SEASON TO TASTE. USE A SHARPENER TO PREPARE NOODLES FROM THE COURGETTES, OR CUT THEM INTO SMALL STRIPS. ADD TO THE PRAWNS AND FRY FOR A MOMENT. ADD CREAM AND MASCARPONE CHEESE, MIX WELL AND COOK UNTIL THE SAUCE THICKENS. SPRINKLE EVERYTHING WITH PARSLEY.



# Shopping list

PRODUCT	G	ESTIMATED QUANTITY	PRODUCT	G	ESTIMATED QUANTITY
<b>DRINKS</b>			<b>OTHER</b>		
COFFEE, INFUSION WITHOUT SUGAR	1750 G	7 X GLASS	PLANTAIN HUSK (SHELL)	70 G	0.7 X SERVING
WATER	375 G	1.5 X GLASS	VINEGAR	12 G	2 X TABLESPOON
<b>SPICES AND HERBS</b>			TOMATO PASSATA (PUREE)	10 G	0.1 X PORTION
HIMALAYAN SALT	7 G	7 X PINCH	DARK SOY SAUCE	10 G	1 X SPOON
GROUND BLACK PEPPER	6 G	6 X PINCH	APPLE CIDER VINEGAR	6 G	2 X TEASPOON
GARLIC GRANULATED	3 G	3 X PINCH	FROM RIPE APPLES		
PROVENCAL HERBS	1 G	0.3 X TEASPOON	BAKING POWDER	6 G	2 X TEASPOON
<b>NUTS AND GRAINS</b>			<b>FRUITS AND VEGETABLES</b>		
ALMOND FLOUR	215 G	21.5 X TABLESPOON	TOMATO	540 G	4.5 X PIECE
ALMONDS	90 G	6 X TABLESPOON	COURGETTE	430 G	1.4 X PIECE
PUMPKIN, SEEDS, SHELLED	15 G	1.5 X TABLESPOON	AVOCADO	340 G	2.4 X PIECE
SUNFLOWER SEEDS, SHELLED	15 G	1.5 X TABLESPOON	CHINESE CABBAGE	250 G	5 X LEAF
<b>FATS</b>			TOMATO (PEELED)	240 G	2.2 X PIECE
OLIVE OIL	200 G	20 X TABLESPOON	RED PEPPER	210 G	1.5 X PIECE
COCONUT OIL (SOLID)	110 G	5.5 X TABLESPOON	ONION	170 G	1.7 X PIECE
MAYONNAISE (WITH RAPESEED OIL)	101 G	3.4 X TABLESPOON	ROMAINE LETTUCE	140 G	4 X LEAF
EXTRA BUTTER	50 G	10 X TEASPOON	CULTIVATED MUSHROOM, FRESH	120 G	6 X EACH
CLARIFIED BUTTER	50 G	3.3 X SPOON	EGGPLANT	80 G	0.4 X PIECE
<b>MEAT AND MEAT PRODUCTS</b>			YELLOW PEPPER	70 G	0.5 X PIECE
TURKEY BREAST MEAT, SKINLESS	220 G	2.2 X PIECE	SPINACH	50 G	2 X HANDFUL
PORK, SHOULDER	180 G	1.8 X PIECE	CUCUMBER	40 G	1 X PIECE
SAUSAGE	150 G	15 X SLICE	PARSLEY, LEAVES GREEN, PICKLED	36 G	6 X TEASPOON
SMOKED BACON BONELESS	40 G	0.4 X PORTION	AND CANNED OLIVES	30 G	2 X SPOON
KABANOS	40 G	2.7 X PIECE	GARLIC	25 G	5 X CLOVE
<b>FISHES AND SEAFOOD</b>			CHIVES	15 G	3 X TEASPOON
TUNA IN GRAVY	230 G	7.7 X SPOON	CAPERS	10 G	1 X SPOON
SHRIMP	220 G	2.2 X PORTION	LETTUCE	10 G	2 X LEAF
SALMON, FRESH	200 G	2 X PIECES			
PICKLED HERRING	90 G	1.8 X PIECE			
SALMON, SMOKED	80 G	2.7 X PIECE			
<b>DAIRY</b>					
WHOLE CHICKEN EGGS	616 G	11 X PIECE			
COTTAGE CHEESE (NATURAL)	200 G	1 X PACK			
CHEESE, FAT GOUDA	60 G	4 X SLICE			
CREAM 36%	60 G	6 X SPOON			
MASCARPONE CHEESE	24 G	1 X SPOON			
CHEESE, PARMESAN	20 G	2.5 X TABLESPOON			

**CAL: CALORIES P: PROTEIN F: FATS C: CARBOHYDRATES**

THE NUTRITIONAL VALUE AND WEIGHT OF THE PRODUCTS REFER TO THE EDIBLE PARTS.  
TO PREPARE THE MENU, THE DATABASE OF PRODUCTS AND FOODS WAS USED.

