



2000 calories=2 meals



BY YOUR DIETITIAN
ANETA FLORCZYK

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Weekly meal planner

Monday

BREAKFAST: OMELETTE WITH VEGETABLES AND CHEESE
DINNER: PANCAKE WITH LETTUCE AND PARMA HAM

Tuesday

BREAKFAST: COCONUT OATMEAL
DINNER: STEW SOUP - KETO, GREEN SALAD

Wednesday

BREAKFAST: CLASSIC EGGS ON BACON, KABANOS
DINNER: GOULASH SOUP - KETO, GREEN SALAD

Thursday

BREAKFAST: EGGS WITH BACON AND AVOCADO
DINNER: KETO CARBONARA

Friday

BREAKFAST: KETO PANCAKES
DINNER: MOZZARELLA PIZZA

Saturday

BREAKFAST: KETO SANDWICH
DINNER: MOZZARELLA PIZZA

Sunday

BREAKFAST: CHEESE WAFFLES, LETTUCE, MAYONNAISE, RADISH
DINNER: KETO CAULIFLOWER SOUP WITH PRAWNS

Makros:

MONDAY: CAL: 2016.1, P: 90.3, F: 175.9, C:16.8
TUESDAY: CAL: 1985.8, P: 69.4, F: 172.7, C: 37.3
WEDNESDAY: CAL: 1994.5, P: 108.3, F: 163.8, C: 20.4
THURSDAY: CAL: 1999.5, P: 81.6, F: 175.2, C: 19.6
FRIDAY: CAL: 1982.0, P: 100.1, F: 163.4, C: 21.6
SATURDAY: CAL: 1976.4, P: 103.3, F: 164.8, C: 17.5
SUNDAY: CAL: 1983.2, P: 102.8, F: 158.9, C: 25.6

Monday

Breakfast

CAL: 1021.6,
P: 56.8, F: 84.1, C: 8.5

OMELETTE WITH VEGETABLES AND CHEESE

WHOLE HEN EGGS - 224 G (4 X ART)
TOMATO - 60 G (0.5 X PIECE)
CULTIVATED MUSHROOM, FRESH - 60 G (3 X PIECE)
CHEESE, GOUDA FAT - 55 G (3.7 X SLICE)
COTTAGE CHEESE, FAT - 50 G (0.2 X PACKAGE)
CREAM 36% - 40 G (4 X SPOON)
SPINACH - 30 G (1.2 X HANDFUL)
CLARIFIED BUTTER - 30 G (2 X SPOON)
OREGANO (DRIED) - 4.5 G (1.5 X TEASPOON)
GROUND BLACK PEPPER - 1.5 G (1.5 X PINCH)
HIMALAYAN SALT - 1.5 G (1.5 X PINCH)

Recipe

MIX THE EGGS, CURD AND CREAM IN A BOWL.
SEASON WITH SALT AND PEPPER.
TOMATO AND MUSHROOMS - DICE AND FRY IN HOT BUTTER, ADD SPINACH.
CAREFULLY POUR IN THE EGGS AND REDUCE THE HEAT.
FRY COVERED UNTIL THE EGGS ARE SET.
SPRINKLE WITH GRATED CHEESE AND FRY FOR A WHILE.
PLACE ON A PLATE AND SPRINKLE WITH OREGANO.

Dinner

CAL: 994.5,
P: 33.5, F: 91.8, C: 8.3

PANCAKE WITH LETTUCE AND PARMA HAM

WHOLE HEN EGGS - 112 G (2 X PIECE)
PARMA HAM (PROSCIUTTO) - 70 G (4.7 X SLICE)
CREAM CHEESE, 30% FAT - 60 G (3 X SPOON)
AVOCADO - 50 G (0.4 X PIECE)
MAYONNAISE (WITH RAPESEED OIL) - 30 G (1 X SPOON)
RED PEPPERS - 30 G (0.2 X PIECE)
OLIVE OIL - 25 G (2.5 X SPOON)
SPINACH - 20 G (0.8 X HANDFUL)
LETTUCE - 10 G (2 X LEAF)

Recipe

COMBINE THE EGGS WITH THE CREAM AND SPINACH USING A BLENDER.
FRY THE PANCAKES IN THE OIL.
SPREAD MAYONNAISE ON THE PANCAKES, PLACE LETTUCE LEAF AND HAM, ADD AVOCADO AND PEPPERS.
WRAP.



Tuesday

Breakfast

CAL: 943.0,
P: 21.5, F: 86.7, C: 19.4

COCONUT OATMEAL

COCONUT MILK (21%) - 220 G (11 X SPOON)
RASPBERRIES - 60 G (1 X HANDFUL)
WHOLE HEN'S EGGS - 56 G (1 X PIECE)
BLUEBERRIES - 40 G (0.8 X HANDFUL)
FLAKED ALMONDS - 30 G (3 X SPOON)
EXTRA BUTTER - 20 G (4 X TEASPOON)
COCONUT FLOUR - 15 G (1 X SPOON)
EGGPLANT HUSK (SHELL) - 5 G (0 X PORTION)
HIMALAYAN SALT - 1 G (1 X PINCH)

Recipe

IN A SMALL BOWL, MIX TOGETHER THE EGG, COCONUT FLOUR, EGG PLANT HUSK AND SALT. MELT THE BUTTER AND COCONUT MILK OVER A LOW HEAT, ALMOST TO BOIL. SLOWLY ADD THE EGG MIXTURE, STIRRING UNTIL CREAMY AND THICK. COOK FOR A MINUTE. ADD FRUIT AND FLAKED ALMONDS.

Dinner

CAL: 1042.8,
P: 47.9, F: 86.0, C: 17.9

GOULASH SOUP - KETO (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS
PORK, PORK NECK - 260 G (2.6 X PIECE)
BEEF BOUILLON (HOMEMADE) - 250 G (1 X CUP)
AVOCADO - 140 G (1 X PIECE)
YELLOW PEPPERS - 55 G (0.4 X PIECE)
RED PEPPERS - 55 G (0.4 X PIECE)
CHEESE, GOUDA FAT - 40 G (2.7 X SLICE)
ONION - 30 G (0.3 X PIECE)
OLIVE OIL - 20 G (2 X SPOON)
CREAM, 18% FAT - 20 G (0.8 X SPOON)
TOMATO PASSATA (PUREE) - 10 G (0.1 X PORTION)
LIGHT SOY SAUCE - 10 G (1 X SPOON)
PARSLEY, LEAVES - 6 G (1 X TEASPOON)
GARLIC - 5 G (1 X CLOVE)
CORIANDER (DRIED LEAVES) - 2 G (0.5 X TEASPOON)
GROUND BLACK PEPPER - 1 G (1 X PINCH)
HIMALAYAN SALT - 1 G (1 X PINCH)

Recipe

FINELY DICE THE MEAT, MARINATE IN THE SPICES AND SOY SAUCE. SET ASIDE FOR APPROXIMATELY 1H. IN A POT, HEAT THE FAT, FRY THE CHOPPED GARLIC AND ONION. ADD THE FINELY CHOPPED MEAT AND FRY FOR A WHILE. ADD THE STRIPED PEPPERS TO THE POT - FRY. THEN ADD THE STOCK AND COOK THE WHOLE THING UNTIL THE MEAT IS TENDER. ADD WATER IF NECESSARY. ADD THE SMOKED PAPRIKA FOR AN INTENSE FLAVOUR. THEN ADD THE TOMATO PUREE. SERVE THE SOUP WITH GRATED CHEESE, SOUR CREAM, DICED AVOCADO AND PARSLEY.

GREEN SALAD

TOMATO - 60 G (0.5 X ART)
CUCUMBER - 40 G (1 X PIECE)
ICEBERG LETTUCE - 40 G (2 X LEAF)
CHEESE, MOZZARELLA - 40 G (2.7 X PIECE)
OLIVE OIL - 30 G (3 X SPOON)
BLACK OLIVES - 30 G (2 X SPOON)
LAMB'S LETTUCE - 15 G (0.8 X HANDFUL)
ARUGULA - 15 G (0.8 X HANDFUL)

MIX THE SALAD MIX, MIX WITH THE REMAINING INGREDIENTS. POUR OLIVE OIL OVER ALL, SEASON TO TASTE.



Wednesday

Breakfast

CAL: 984.0,
P: 59.0, F: 81.9, C: 2.2

CLASSIC EGGS ON BACON AND CABANOS

WHOLE HEN EGGS - 224 G (4 X PIECE)
BONELESS SMOKED BACON - 100 G (1 X PORTION)
KABANOS - 50 G (3.3 X PIECE)
OLIVE OIL - 30 G (3 X SPOON)
CHIVES - 10 G (2 X TEASPOON)
GROUND BLACK PEPPER - 1.5 G (1.5 X PINCH)
HIMALAYAN SALT - 1.5 G (1.5 X PINCH)

Recipe

FRY THE BACON IN A FRYING PAN OVER A MEDIUM HEAT UNTIL THE MEAT IS CRISPY.
SET ASIDE ON A PLATE.
LEAVE THE FAT IN THE PAN, ADD THE OLIVE OIL AND FRY THE FRIED EGGS IN THE PAN SO THAT THE YOLK IS LIQUID.
ADD SALT AND PEPPER TO TASTE.
SERVE WITH KABANOS.

Dinner

CAL: 1010.5,
P: 49.3, F: 81.9, C: 18.2

GOULASH SOUP - KETO (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS
THE DISH SHOULD BE READY BY NOW.
YOU CAN FIND THE RECIPE ABOVE.

Recipe

MIX THE SALAD MIX, MIX WITH THE REMAINING INGREDIENTS.
POUR OLIVE OIL OVER ALL, SEASON TO TASTE.

GREEN SALAD

TOMATO - 50 G (0.4 X ART)
ICEBERG LETTUCE - 50 G (2.5 X LEAF)
CHEESE, MOZZARELLA (BALLS) - 50 G (7.1 X PIECE)
BLACK OLIVES - 40 G (2.7 X SPOON)
CUCUMBER - 40 G (1 X PIECE)
OLIVE OIL - 20 G (2 X SPOON)
ARUGULA - 20 G (1 X HANDFUL)



Thursday

Breakfast

CAL: 974.9,
P: 37.3, F: 87.6, C: 6.8

EGGS WITH BACON AND AVOCADO

WHOLE HEN EGGS - 168 G (3 X ART)
AVOCADO - 140 G (1 X PIECE)
BONELESS SMOKED BACON - 90 G (0.9 X PORTION)
OLIVE OIL - 30 G (3 X SPOON)
HIMALAYAN SALT - 1 G (1 X PINCH)

Recipe

FRY THE BACON IN A PAN, WHEN YOU GET THE FAT, ADD THE AVOCADO AND FRY ON A MEDIUM HEAT. THE BACON NEEDS TO BE CRISPY. REMOVE THE BACON AND AVOCADO AND SET ASIDE, FRY THE EGGS IN THE REMAINING FAT. SEASON TO TASTE.

Dinner

CAL: 1024.6,
P: 44.3, F: 87.6, C: 12.8

KETO CARBONARA

ZUCCHINI - 250 G (0.8 X PIECE)
BONELESS SMOKED BACON - 140 G (1.4 X PORTION)
CREAM CHEESE, 30% FAT - 70 G (3.5 X SPOON)
CULTIVATED MUSHROOM, FRESH - 50 G (2.5 X PIECE)
CHEESE, PARMESAN - 30 G (3.8 X SPOON)
MASCARPONE CHEESE - 24 G (1 X SPOON)
ONION - 20 G (0.2 X PIECE)
EGG YOLK - 20 G (1 X PIECE)
CLARIFIED BUTTER - 10 G (0.7 X SPOON)
PARSLEY, LEAVES - 6 G (1 X TEASPOON)
GARLIC - 5 G (1 X CLOVE)
HIMALAYAN SALT - 3 G (3 X PINCH)
GROUND BLACK PEPPER - 2 G (2 X PINCH)

Recipe

WASH THE MUSHROOMS AND CUT INTO THIN SLICES. USE A VEGETABLE SHARPENER OR SHARP KNIFE TO PREPARE THE ZUCCHINI NOODLES. SALT AND SET ASIDE FOR 5MIN. IN A FRYING PAN, FRY THE BACON CUT INTO THIN STRIPS UNTIL CRISPY. ADD BUTTER, MUSHROOMS, CHOPPED ONION, GARLIC AND PEPPER. WHEN THE VEGETABLES HAVE SOFTENED, ADD THE MASCARPONE, MIX THOROUGHLY. MIX THE CREAM WITH THE EGG YOLK AND 2/3 OF THE PARMESAN CHEESE. ADD THE DRAINED COURGETTE TO THE PAN, FRY FOR 1-2 MINUTES. POUR THE CREAM SAUCE OVER THE ZUCCHINI AND FRY FOR A FEW SECONDS, SEASON TO TASTE. WHEN READY, PLACE THE DISH ON A PLATE, SPRINKLE WITH THE REMAINING PARMESAN CHEESE AND PARSLEY.



Friday

Breakfast

CAL: 973.2,
P: 41.7, F: 82.4, C: 10.3

KETO PANCAKES

WHOLE HEN EGGS - 168 G (3 X ART)
COTTAGE CHEESE - 80 G (0.4 X PACK)
RASPBERRIES - 60 G (1 X HANDFUL)
36% CREAM - 50 G (5 X SPOON)
COCONUT OIL (LIQUID) - 30 G (3 X SPOON)
ALMOND FLOUR - 20 G (2 X SPOON)
EGGPLANT HUSK (SHELL) - 10 G (0.1 X PORTION)
ERYTHROL / ERYTHRITOL - 7.5 G (1.5 X TEASPOON)

Recipe

PLACE THE EGGS, COTTAGE CHEESE, SWEETENER, ALMOND FLOUR, 2 TBSP CREAM AND EGG PLANT HUSK IN A MEDIUM SIZED BOWL AND MIX. WAIT 5-10 MINUTES FOR IT TO THICKEN. HEAT THE COCONUT OIL IN A FRYING PAN. FRY THE PANCAKES ON A LOW TO MEDIUM HEAT FOR 3-4 MINUTES ON EACH SIDE. DON'T MAKE THEM TOO BIG OR THEY WILL BE DIFFICULT TO FLIP. SERVE THE PANCAKES WITH WHIPPED CREAM AND FRUIT.

Dinner

CAL: 1008.8,
P: 58.4, F: 81.0, C: 11.3

MOZZARELLA PIZZA (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS
CHEESE, MOZZARELLA - 260 G (17.3 X PIECE)
WHOLE HEN'S EGGS - 112 G (2 X PIECE)
ONIONS - 100 G (1 X PIECE)
BONELESS SMOKED BACON - 100 G (1 X PORTION)
CULTIVATED MUSHROOM, FRESH - 80 G (4 X PIECE)
LUXURY SALAMI - 80 G (5.3 X SLICE)
MAYONNAISE (WITH RAPESEED OIL) - 60 G (2 X SPOON)
RED PEPPERS - 40 G (0.3 X PIECE)
ARUGULA - 40 G (2 X HANDFUL)
TOMATO PASSATA (PUREED) - 30 G (0.3 X PORTION)

Recipe

PIZZA BASE:
160 G MOZZARELLA CHEESE, 2 EGGS, 2 TBSP MAYONNAISE.
MIX THE GRATED CHEESE WITH THE REST OF THE INGREDIENTS AND SPREAD ON A BAKING TRAY WITH BAKING PAPER.
BAKE FOR APPROX. 20 MINUTES AT 180°C.
BRUSH THE PIZZA WITH THE PUREE AND SPREAD WITH THE REST OF THE DICED INGREDIENTS.
BAKE FOR A FURTHER 15 MINUTES UNTIL THE CHEESE IS MELTED.



Saturday

Breakfast

CAL: 967.6,
P: 44.9, F: 83.8, C: 6.2

KETO SANDWICH

WHOLE HEN EGGS - 112 G (2 X PIECE)
TURKEY HAM - 50 G (3.3 X SLICES)
TOMATO - 50 G (0.4 X PIECE)
MAYONNAISE (WITH RAPESEED OIL) - 45 G (1.5 X SPOON)
CHEESE, FULL FAT CHEDDAR - 40 G (2.7 X SLICE)
MASCARPONE CHEESE - 36 G (1.5 X SPOON)
CHEESE, PARMESAN - 16 G (2 X SPOON)
LETTUCE - 15 G (3 X LEAF)
LINSEED (SEED) - 10 G (1 X SPOON)
EGGPLANT HUSK (SHELL) - 5 G (0 X PORTION)
HIMALAYAN SALT - 1 G (1 X PINCH)
BAKING POWDER - 1 G (0.3 X TEASPOON)
GRANULATED GARLIC - 1 G (1 X PINCH)

Recipe

PREHEAT THE OVEN TO 150°C.
SEPARATE THE EGG WHITE FROM THE YOLK.
COMBINE EGG YOLK THOROUGHLY WITH MASCARPONE CHEESE, ADD SALT, BAKING POWDER, FLAXSEED AND OATMEAL HUSK, MIX THOROUGHLY.
ADD THE CHEDDAR CHEESE.
MIX AGAIN.
WHISK THE EGG WHITES TO STIFF FOAM AND ADD TO THE MIXTURE, MIX WELL.
TRANSFER THE MIXTURE TO A LARGE BAKING TRAY LINED WITH BAKING PAPER.
CREATE A THIN SHEET AND SPRINKLE WITH GRATED PARMESAN CHEESE.
BAKE FOR ABOUT 25MIN UNTIL THE PITA STARTS TO BROWN.
SPLIT THE COOLED PITA IN HALF, SPREAD WITH MAYONNAISE AND MAKE A SANDWICH.

Dinner

CAL: 1008.8,
P: 58.4, F: 81.0, C: 11.3

MOZZARELLA PIZZA (RECIPE FOR 2 SERVINGS)

EAT 1 OF 2 SERVINGS

THE DISH SHOULD BE READY BY NOW.
YOU CAN FIND THE RECIPE ABOVE.



Sunday

Breakfast

CAL: 1052.9,
P: 48.0, F: 91.4, C: 4.2

CHEESE WAFFLES

CHEESE, GOUDA FAT - 120 G (8 X SLICES)
WHOLE HEN EGGS - 56 G (1 X PIECE)
CREAM CHEESE, 30% FAT - 40 G (2 X SPOON)
LINSEED (FRESHLY GROUND) - 30 G (6 X TEASPOON)
OLIVE OIL - 10 G (1 X TBSP)
HERBS DE PROVENCE - 3 G (1 X TEASPOON)

SALAD

LETTUCE - 10 G (2 X LEAF)

MAYONNAISE (WITH RAPESEED OIL)

MAYONNAISE (WITH RAPESEED OIL) - 30 G (1 X SPOON)

RADISH

RADISH - 60 G (4 X PIECE)

Dinner

CAL: 930.3,
P: 54.8, F: 67.5, C: 21.4

KETO CAULIFLOWER SOUP WITH SHRIMP

PRAWNS - 300 G (3 X PORTION)
CAULIFLOWER - 250 G (0.5 X PIECE)
POULTRY BOUILLON (HOMEMADE) - 200 G (0.8 X GLASS)
36% CREAM - 60 G (6 X SPOON)
CLARIFIED BUTTER - 40 G (2.7 X SPOON)
ONION - 30 G (0.3 X PIECE)
PARSLEY, LEAVES - 12 G (2 X TEASPOON)
GARLIC - 5 G (1 X CLOVE)

Recipe

GRATE THE CHEESE, ADD THE REST OF THE INGREDIENTS AND MIX THOROUGHLY. BAKE IN A PREHEATED WAFFLE IRON, YOU MAY WANT TO GREASE LIGHTLY TO PREVENT THE WAFFLES FROM STICKING.

Recipe

CHOP THE GARLIC AND ONION. IN A POT, HEAT A TABLESPOON OF BUTTER AND FRY THE GARLIC AND ONION. ADD SMALL PIECES OF CAULIFLOWER AND BROTH (ADD WATER IF NECESSARY) COOK UNTIL TENDER. ADD THE CREAM AND BLEND EVERYTHING WITH A BLENDER, SEASON TO TASTE. HEAT THE REST OF THE BUTTER IN A FRYING PAN AND FRY THE CLEANED PRAWNS. SERVE THE SOFT PRAWNS WITH THE CREAMY SOUP. SPRINKLE WITH PARSLEY.



Shopping list

PRODUCT	G	ESTIMATED QUANTITY	PRODUCT	G	ESTIMATED QUANTITY
FISH AND SEAFOOD			DAIRY		
SHRIMP	300 G	3 X PORTION	WHOLE HEN EGGS	1232 G	22 X PIECE
NUTS AND GRAINS			CHEESE, MOZZARELLA	300 G	20 X PIECE
FLAKED ALMONDS	30 G	3 X TBSP	CHEESE, GOUDA FAT	215 G	14.3 X SLICE
LINSEED (FRESHLY GROUND)	30 G	6 X TEASPOON	CREAM, 30% FAT	170 G	8.5 X SPOONFUL
ALMOND FLOUR	20 G	2 X TBSP	CREAM CHEESE, 36% FAT	150 G	15 X SPOON
LINSEED (SEED)	10 G	1 X TBSP	COTTAGE CHEESE, FAT	130 G	0.6 X PACKAGE
COCONUT FLOUR	15 G	1 X SPOONFUL	MASCARPONE CHEESE	60 G	2.5 X SPOONFUL
FATS			CHEESE, MOZZARELLA (BALLS)	50 G	7.1 X PIECE
MAYONNAISE (WITH RAPESEED OIL)	165 G	5.5 X TBSP	CHEESE, PARMESAN	46 G	5.8 X SPOONFUL
OLIVE OIL	165 G	16.5 X TBSP	CHEESE, FULL FAT CHEDDAR	40 G	2.7 X SLICE
CLARIFIED BUTTER	80 G	5.3 X TBSP	CREAM, 18% FAT	20 G	0.8 X SPOONFUL
COCONUT OIL (LIQUID)	30 G	3 X TBSP	EGG YOLK	20 G	1 X PIECE
EXTRA BUTTER	20 G	4 X TEASPOON	FRUIT AND VEGETABLES		
SPICES AND HERBS			AVOCADO	330 G	2.4 X PIECE
HIMALAYAN SALT	10 G	10 X PINCH	ZUCCHINI	250 G	0.8 X PIECE
GROUND BLACK PEPPER	6 G	6 X PINCH	CAULIFLOWER	250 G	0.5 X ART
OREGANO (DRIED)	4.5 G	1.5 X TEASPOON	TOMATO	220 G	1.8 X ART
HERBS DE PROVENCE	3 G	1 X TEASPOON	CULTIVATED MUSHROOM, FRESH	190 G	9.5 X ART
CORIANDER (DRIED LEAVES)	2 G	0.5 X TEASPOON	ONION	180 G	1.8 X ART
GRANULATED GARLIC	1 G	1 X PINCH	RED PEPPER	125 G	0.9 X ART
MEAT AND MEAT PRODUCTS			RASPBERRIES	120 G	2 X HANDFUL
BONELESS SMOKED BACON	430 G	4.3 X PORTION	ICEBERG LETTUCE	90 G	4.5 X LEAF
PORK, NECK	260 G	2.6 X PIECE	CUCUMBER	80 G	2 X PIECE
LUXURY SALAMI	80 G	5.3 X SLICE	ARUGULA	75 G	3.8 X HANDFUL
PARMA HAM (PROSCIUTTO)	70 G	4.7 X SLICE	BLACK OLIVES	70 G	4.7 X SPOON
KABANOS	50 G	3.3 X SLICE	RADISH	60 G	4 X PIECE
TURKEY HAM	50 G	3.3 X SLICE	YELLOW PEPPER	55 G	0.4 X PIECE
OTHER			SPINACH	50 G	2 X HANDFUL
BEEF BOUILLON (HOMEMADE)	250 G	1 X CUP	BLUEBERRIES	40 G	0.8 X HANDFUL
COCONUT MILK (21%)	220 G	11 X SPOONFUL	LETTUCE	35 G	7 X LEAF
POULTRY BOUILLON (HOME-MADE)	200 G	0.8 X GLASS	PARSLEY, LEAVES	24 G	4 X TEASPOON
TOMATO PASSATA (PUREED)	40 G	0.4 X PORTION	GARLIC	15 G	3 X CLOVE
EGGPLANT HUSK (SHELL)	20 G	0.2 X PORTION	LAMB'S LETTUCE	15 G	0.8 X HANDFUL
LIGHT SOYA SAUCE	10 G	1 X SPOONFUL	CHIVES	10 G	2 X TEASPOON
ERYTHROL / ERYTHRITOL	7.5 G	1.5 X TEASPOON			
BAKING POWDER	1 G	0.3 X TEASPOON			

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.

