

Schnitzer-Intensive Nutrition – Schnitzer-Normal Nutrition

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14 Day menu plan

Intensive Nutrition	Additional for Normal Nutrition	Page
On the day before beginning (Preparation)		95
1st day Morning:	Whole Wheat roll with butter	96,97
Natural muesli with pears		
1st day Noon:	Baked potatoes with cheese	98,99
Garden lettuce red and white salad	Strawberry dessert	
Horse-radish wheat-groats		
1st day Evening:	Hard-boiled egg	100,101
Carrot salad	Clover leaves	
Celery root (celeriac) salad		
Chinese cabbage		
Sprouted grain		
2nd day Morning:	1 slice whole grain braided bread	102,103
Natural muesli with oranges		
2nd day Noon:	Mashed potatoes with butter flakes	104,105
Colorful endivie salad	Bananas with	
Tomatoes in horse-radish sauce	whipped cream	
Cucumber salad		
Cress-rye groats		
2nd day Evening:	Egg-heads	106,107

Lamb's lettuce (rampion) with radishes Carrot salad		
Garlic-wheat groats		
3rd day Morning:	Whole-grain poppy seed roll	108,109
Natural muesli with mandarin oranges	with butter	
3rd day Noon:	Potatoes-in-their-jackets with butter flakes	110,111
White cabbage salad Red beet salad pea salad	Red current and pear salad	
Grain sprouts		
3rd day Evening:	Cream cheese and tomatoes	112,113
Cress salad in tomatoes Radish salad	with whole-grain rye bread	
Nut-wheat groats		

4th day Morning: Natural muesli with bananas	Flax seed whole-grain roll with butter	114,115
4th day Noon: Red chicory salad Broccoli salad Vegetarian-style red beets Wheat groats with pepper	Potatoes with rosemary Cherries with sour milk	116,117
4th day Evening: Greek salad sprouted grain	Vegetarian crisp bread	118,119
5th day Morning: Natural muesli with apricots	1 slice whole-grain stollen	120,121
5th day Noon: White chicory salad Cucumber cubes with tomato wedges Horse-radish rye groats	Potato pancakes Orange and sour milk dessert	122,123
5th day Evening: Sauerkraut salad Radish salad Garden lettuce Cracked wheat with chives	Cheese toast	124,125
6th day Morning: Natural (oat) muesli with plums	Whole-grain nut roll with butter	126,127
6th day Noon: Spinach salad Cauliflower salad Sprouted grain	Scrambled egg Raspberries and cream	128,129
6th day Evening: Celery root (celeriac) salad Tomato salad Rye groats with estragon	Crisp bread with herb butter	130,131
7th day Morning: Natural muesli with cherries	Whole-grain raisin roll with butter	132,133
7th day Noon: Red cabbage salad Radish salad Cress salad Cracked wheat with parsley	Whole-wheat waffles Grape salad	134,135

7th day Evening: Vegetarian platter	„Toaststool“ with stuffed tomato	136,137
Sprouted grain		

8th day Morning: Natural muesli with strawberries	Whole-wheat roll with butter	138,139
8th day Noon: Tomato „baskets“ filled with asparagus Endive salad Cucumber salad Cracked rye with dill	Whole-wheat pancakes with toasted cheese Peach dessert	140,141
8th day Evening: Orange-chicory salad Kohlrabi salad Cracked wheat with pimperl	Open-faced rye vegetarian sandwich	142,143
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9th day Noon: Fennel salad Broccoli salad Grain sprouts	Mashed potatoes with herbs Strawberry dessert	146,147
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10th day Noon: Celery root salad Bell pepper salad Garden lettuce Crushed wheat with basil	Potato snow Blueberry salad	152,153
10th day Evening: Sauerkraut salad Red-and-white salad Grain sprouts	Cheese stacks	154,155
11th day Morning: Natural muesli with peaches	Flax seed whole-grain roll with butter	156,157
11th day Noon: Brussels sprout salad Lamb's lettuce with radishes Tomato baskets with asparagus filling	Boiled potatoes with herb-„quark“ From the fruit basket	158,159

Rye groats with lemon balm		
11th day Evening: Carrot and kohlrabi salad Orange-chicory salad	Cheese board	160,161
Wheat groats with lovage		
12th day Morning:		
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12th day Noon: Natural muesli	1 slice whole-grain fruit loaf	162,163
with green grapes		
12th day Evening: Vegetarian platter	Cheese finger-sandwiches	166,167
Rye groats with chervil		
13th day Morning: Natural (oat) muesli	Whole-grain nut roll	168,169
with strawberries and banana/pear	with butter	
13th day Noon: Carrot salad Colorful endive salad Red beet salad	Whole-grain rice Plum dessert	170,171
Cracked wheat with borage		
13th day Evening: Chinese cabbage with tomatoes Radish salad	Cheese hors d'oeuvres	172,173
Sprouted grain		
14th day Morning: Natural muesli	Whole-grain raisin roll	174,175
with blueberries	with butter	
14th day Noon: Cauliflower salad Tomatoes in horse-radish sauce Kohlrabi salad	„Quark“-filled whole-wheat pancakes Grapefruit dessert	176,177
Rye groats with chives		
14th day Evening: Fresh pea salad Spinach salad Cucumber cubes with tomato wedges	Sunny-side-up egg	178,179
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