



II. day

breakfast

Cottage cheese spread with cucumber

100g cottage cheese 0,5% fat, 4g herbs, 25g tomatoes, 25g red capsicum, 50g cucumber

Chamomile tea with lemon

I. diet snack

Yoghurt with fresh fruits

(100g white yoghurt 3% fat, 100g fresh fruit)

Rudolph spring

lunch

Tuna salad

(50g lettuce, 50g carrots, 100g red capsicum, 100g tomatoes, 100g tuna, 50g cooked rice)

II. diet snack

Wholemeal bread with Tofu pate and fresh vegetables

(1 slice of bread, 30g Tofu pate, 150g of fresh vegetables)

Forest spring

dinner

Buckwheat salad with smoked Tempeh

(50g zucchini, 50g eggplant, 40g Tempeh, 100g buckwheat, 10g onion, 5g garlic, 5ml olive oil, 150g fresh vegetables)

6420 kJ



III. day

breakfast

Oatmeal with nuts

(50g oatmeal, 150ml soy milk, 3g cinnamon, 15g nuts, 5ml honey, 50g fresh fruit)

Ginger tea with orange

I. diet snack

Carrot salad with apple

(150g carrot, 50g apple, 8ml lemon juice)

Ferdinand spring

lunch

Turkey breast with vegetables and wholegrain pasta

(120g turkey breast, 60g whole grain pasta, 5ml olive oil, 100g baby spinach, 5g garlic, 20g red capsicum, 50g zucchini)

II. diet snack

250ml Whey drink

dinner

Salmon with boiled potatoes and lemon sauce

(150g salmon, 100g potatoes, 8ml lemon juice, 5ml olive oil)

6178 kJ



IV. day

breakfast

Cottage cheese with banana and oat flakes

(100g cottage cheese 0,5% fat, 10g nuts, 30g oatmeal, 50g banana, 50g kiwi)

Teapot of black coffee

I. diet snack

A plate of fresh fruit

(120g fresh fruit)

Rudolph spring

lunch

Cous-cous with peas and riccota cheese

(20g onion, 50g eggplant, 50g red capsicum, 50g tomato, 100g cou- cous, 50g pea, 50g riccota cheese, 5ml olive oil, 5ml lemon juice)

II. diet snack

Mixed salad

(125g variation of salads, 50g baby spinach, 5ml olive oil, 5ml balsamic, 10g sunflower seeds)

Forest spring

dinner

Lentil soup with vegetables and tofu

(40g lentils, 250ml vegetable broth, 10g onion, 3g coriander, 3g curry, 30g Tofu)

5713 kJ





V. day

breakfast

Wholemeal bread with red and tomato

(50g wholegrain bread, 65g gervais, 50g tomato, 6g herbs)

Fruit tea

I. diet snack

Apple with almonds

(1 apple, 10g almond)

Ferdinand spring

lunch

Steamed cod with vegetables and boiled potatoes

(100g cod, 20g red capsicum, 50g zucchini, 20g cherry tomato, 5ml olive oil, 80g potato, 150g cucumber, 10g onion, 3g curry)

II. diet snack

Radish spread with whole grain bread

(100g radish, 100g cottage cheese 0,5% fat, 50g wholemeal bread)

Rudolph spring

dinner

Turkey breast „Orient“ with rice

(100g turkey breast, 50g rice, 100g pineapple, 5g nuts, 3g crushed coconut, 5g yogurt 1.5% fat, 2g chili)

5675 kJ



VI. day

breakfast

Oatmeal with banana

(50g oatmeal, 150ml soy milk, 3g cinnamon, 50g banana)

Coffee with milk

I. diet snack

Yoghurt with apple

(125g yoghurt 3% fat, 1 apple, 3g cinnamon)

Forest spring

lunch

"Arabic rice" with a vegetable plate

(150g rice, 20g lentils, 10g onion, 5g garlic, 2g cumin, 3g curry, 20g tomato, 20g red capsicum, 20g cucumber)

II. diet snack

Protein stick

(35g PowerBar Natural Protein stick)

Ferdinand spring

dinner

Broccoli soup

(100g broccoli, 250ml vegetable broth)

Quinoy salad with avocado

(50g Quinoy, 50g cherry tomato, 35g avocado, 20g cucumber, 80g rucola, 5ml olive oil, 5ml lemon juice)

6122 kJ



VII. day

breakfast

Scrambled eggs with parmesan cheese and wholemeal bread

(2 eggs, 10g parmesan, 100g tomatoes, 50g wholemeal bread)

Mint tea with lemon

I. diet snack

Rye slices with gervais and cucumber

(3 rye slices, 50g gervais, 20g cucumber)

Rudolph spring

lunch

Baked trout with leek and boiled potatoes

(1 trout, 5ml olive oil, 50g leek, 5g garlic, 120g potato)

II. diet snack

Beet-root salad

(100g beetroot, 10g alioli, 8ml lemon juice)

Forest spring

dinner

Tomato soup

(250g tomato, 10g tomato puree, 250ml vegetable broth, 5g garlic, 5g basil)

Mixed salad with goat cheese

(50g goat cheese, 150g lettuce, 50g Lollo Rosso salad, 100g cherry tomato, 100g cucumber, 50g red capsicum, 5ml balsamic, 5ml olive oil)

5631 kJ



VIII. day

breakfast

Cottage cheese with fruits and nuts

(50g cottage cheese 0.5% fat, 30g banana, 75g white yoghurt 3% fat, 10g nuts, 100g fresh fruit)

Green tea with honey

I. diet snack

Baked tomato with parmesan cheese

(1 large tomato, 10g parmesan cheese, 3g parsley)

Ferdinand spring

lunch

Chicken breast with grilled vegetables

(120g chicken breast, 5ml olive oil, 50g zucchini, 50g eggplant, 20g red capsicum, 10g red onion, 10g tomato)

II. diet snack

Mozzarella with tomatoes

(50g tomato, 50g mozzarella cheese, 3ml olive oil, 3ml balsamic, 2g basil)

Rudolph spring

dinner

Eggplant with sauce with tzatziki

(200g eggplant, 50g cucumber, 5ml olive oil, 3ml lemon juice, 150g yoghurt 3% fat, 150g tomato, 3g dill, 5g garlic)

6013 kJ



IX. day

breakfast

Fried egg with wholegrain bread

(2 eggs, 100g fresh vegetables, 50g wholemeal bread)

Rooibos tea with orange

I. diet snack

Tomato salad

(120g tomato, 15g onion, 5g parsley, 5ml olive oil, 5ml wine vinegar)

Forest spring

lunch

Rice with chicken and vegetables

(100g chicken breast, 100g jasmine rice, 20g corn, 20g peas, 20g carrots, 50ml vegetable broth, 5g herbs, 5ml olive oil)

II. diet snack

Cottage cheese with honey and nuts

(100g cottage cheese 1,5% fat, 15g nuts, 10ml honey)

Ferdinand spring

dinner

Vegetable salad with wholegrain pasta

(120g wholegrain pasta, 50g tomatoes, 30g red capsicum, 20g carrots, 10g onions, 5g herbs, 20g yoghurt 0,5% fat, 5ml olive oil, 5ml lemon juice)

5185 kJ



X. day

breakfast

Wholemeal bread with herb gervais and poultry ham, small vegetable plate

(90g wholemeal bread, 15g gervais, 50g poultry ham, 130g fresh vegetables)

Hot water with lemon

I. diet snack

Puffed rice bread with cottage cheese and red capsicum

(2 slices of rice bread, 30g cottage cheese, 40g red capsicum)

Rudolph spring

lunch

Potato salad with smoked salmon

(90g smoked salmon, 5ml olive oil, 3ml wine vinegar, 150g potato, 35g tomato, 10g red onion)

II. diet snack

Mixed salad with a poached egg

(100g green salad, 1 egg, 5ml olive oil, 3ml lemon juice, 10g sunflower seeds)

Forest spring

dinner

Beef broth with peas and rice

(250ml strong beef broth, 30g peas, 30g jasmine rice)

5889 kJ



XI. day

breakfast

Egg omelet with tomatoes

(3 eggs, 50g cherry tomatoes)

Jasmine tea with lemon

I. diet snack

Banana smoothie with chia seeds

(60g banana, 150ml soy milk, 10g chia seeds)

lunch

Stewed veal slice with mushrooms and jasmine rice

(120g veal, 5ml olive oil, 10g onion, 50g champignons, 50ml beef broth, 120g jasmine rice)

II. diet snack

Mixed salad with balkan cheese

(20g balkan cheese, 50g tomato, 50g red capsicum, 50g cucumber, 5ml olive oil, 3ml wine vinegar)

Forest spring

dinner

Beef steak with herb potatoes, vegetable plate

(150g beef sirloin, 120g potatoes, 8g herbs, 150g fresh vegetables)

6015 kJ



CASTLE
HOTEL COLLECTION



XII. day

breakfast

Greek yoghurt with chia seeds, dutch cocoa and raisins

(120g white yoghurt 0.5% fat, 10ml milk 1,5% fat, 10g dutch cocoa, 15g chia seeds, 15g raisins)

Teapot of black coffee

I. diet snack

Cheese with vegetables

(100g eidam cheese 30%, 150g fresh vegetables)

Ferdinand spring

lunch

Boiled trout with roasted root vegetables

(1 trout, 1 lemon, 50g carrot, 50g parsley, 50g celery, 5ml olive oil, 8g herbs)

II. diet snack

Cucumber with slightly spicy soy sauce

(150g cucumber, 50ml soy sauce, 3g chilli)

Forest spring

dinner

Mixed salad with goat cheese au gratin

(150g green salad, 50g cherry tomatoes, 100g goat cheese, 10g nuts, 10ml honey, 8ml balsamic, 5ml olive oil)

5447 kJ



XIII. day

breakfast

Grilled vegetables with parmesan cheese

(50g eggplant, 50g zucchini, 50g tomato, 15g onion, 15g red capsicum, 8g herbs, 8ml olive oil, 10g parmesan cheese)

Black tea with lemon and honey

I. diet snack

Rye slice with cottage cheese and steamed ham

(3 rye slices, 55g cottage cheese, 50g ham stew)

Rudolph spring

lunch

Salad with chicken meat and yoghurt dressing

(100g chicken breast, 150g green salad, 8ml olive oil, 10g parmesan cheese, 3g garlic, 5g herbs, 20g white yoghurt 1.5% fat, 5ml lemon juice)

II. diet snack

Baked avocado with egg

(1 avocado, 1 egg, 2g chilli)

Ferdinang spring

dinner

Chicken broth with meat and vegetables

(250ml chicken broth, 20g chicken, 35g root vegetable)

7001 kJ



XIV. day

breakfast

Banana pancake with cottage cheese and honey

(1 banana, 1 egg, 10g honey, 50g cottage cheese 0.5% fat)

Coffee with milk

I. diet snack

Puffed rice bread with ricotta and avocado

(2 slices of puffed rice bread, 50g ricotta, 30g avocado, 3ml olive oil, 1g chilli)

Rudolph spring

lunch

Grilled salmon with broccoli and olives

(150g salmon, 200g broccoli, 25g olives, 50ml vegetable broth, 5ml olive oil, 2g chilli)

II. diet snack

Variation of cheese and vegetables

(50g Eidam 30% fat, 50g smoked eidam 30% Fat, 30g 45% fat, 10g nuts, 150g fresh vegetables)

Forest spring

dinner

Turkey breast with corn cob and potatoes

(125g turkey breast, 80g corn, 120g boiled potatoes, 100g tomato, 5ml olive oil)

5585 kJ



XV. day

breakfast

Scrambled eggs with poultry ham and wholemeal bread

(2 eggs, 20g poultry ham, 150g fresh vegetables, 50g wholemeal bread)

Fruit tea

897kJ