

Food Ideas

BREAKFAST

Fruit and yoghurt	Fresh berries and/or papaya Plain unsweetened yoghurt, if possible organic sheep's/goat`s milk. Add some pecan nuts or other nuts and seeds. If you prefer to sweeten it, use a little bit of agave syrup, stevia, isomaltulose, xylitol or erythritol.
Muesli	1 tablespoon of linseeds soaked overnight Rolled oats, soaked in a little bit of water for 10 minutes or more. ½ - 1 grated apple Berries (fresh or defrosted) Add some peach/nectarine or other fruits when in season. Sour cream, crème fraiche or plain unsweetened yoghurt. Sweeten with a tiny bit of agave syrup, isomaltulose or stevia. Mix it all together to make a very nice breakfast!
Eggs	1-2 slices of pumpernickel or wheat free sourdough bread. Organic butter 1-2 organic eggs Some goat's or sheep's cheese, raw if possible Organic beef cold meat, such as Mostbröckli, Bündnerfleisch, Bresaola or Cecina. (Avoid food additives and avoid pork.) Sour gherkins or other pickled vegetables from glass bottles. (Read ingredients lists and avoid preservatives and those in cans.)
Bread	Pumpernickel or wheat free sourdough bread (100% spelt or rye) Organic butter. Goat's or sheep's cheese. Fresh tomatoes and lettuce, rocket, basil or fresh origanum. Organic beef cold meat, such as Mostbröckli, Bündnerfleisch, Bresaola or Cecina. (Avoid those with food additives and avoid pork.) Avocado with herbal salt Sour gherkins or other pickled vegetables from glass bottles. (Read ingredients lists and avoid those with preservatives and in cans.) <b>IMPORTANT: Do not have bread more than once a day!</b>
Porridge	Rolled oats, millet flakes or rolled barley 1 Apple, chopped Cinnamon and nutmeg (optional) Cook it all in water for a few minutes Add some pecan nuts, sunflower seeds and/or pumpkin seeds Add a little bit of fresh cream
Smoothie	Full cream organic yoghurt (preferably goat`s or sheep`s milk yoghurt). Fresh or frozen fruit, such as berries, guava and granadilla. 1 tablespoon Hempseed powder (or another high fibre, high protein powder). If available, add some baobab powder/ acai powder or other highly nutritious foods. Also add 1 tablespoon of oil, such as macadamia oil, hempseed oil, flaxseed oil or olive oil. Mix it all in a blender and enjoy!

## LUNCH

Haloumi with salad or vegetables	Grill or fry haloumi in coconut fat or ghee. Add to a green salad with avocado and some fresh beetroot. Or alternatively, add to grilled vegetables, such as zucchini, peppers, mushrooms and sweet potatoes or butternut.
Bread	Pumpernickel or wheat free sourdough bread (100% spelt or rye) Organic butter Goat's or sheep's cheese. Fresh tomatoes and lettuce, rocket, basil or fresh origanum. Organic beef cold meat, such as Mostbröckli, Bündnerfleisch, Bresaola or Cecina. (Avoid those with food additives and avoid pork.) Avocado with herb salt, such as Herbamare Sour gherkins or other pickled vegetables from glass bottles. (Read ingredients lists and avoid those with preservatives and those in cans.) <b>IMPORTANT: Do not have bread more than once a day!</b>
Salads	Various types of lettuce, especially dark green ones, tomatoes, carrots, olives, goat's milk or sheep's milk feta, tuna or other fish, organic chicken, sprouts, green or red or yellow peppers, fresh herbs, cayenne, olive oil, flax oil, fresh lemon juice, garlic, avocado, etc. Have some soup, home made or instant miso soup (without MSG!) with the salad, especially in winter. Pastes such as tahine and humus, as well as tzatziki can also be added to salads. (Check them for food additives when you buy them...) Soy-roasted pumpkin seeds, dry roasted pine nuts or sunflower seeds can be added to salads to make them even tastier.
Quiche and salad/vegetables	Quiche with "Einkorn Vollkornmehl" or oat bran and wholegrain spelt flour instead of white flour in the crust. Add vegetables, such as leeks, broccoli, spinach and mushrooms. Sheep's or goat's cheese can be added as well as some cream, sour cream or buttermilk (instead of milk). Always use organic eggs whenever possible.
Omelette and vegetables	Organic eggs Mushrooms, spinach, peppers, zucchini, onions, garlic Sheep's or goat's cheese. Use coconut oil or ghee to fry the omelette and vegetables.
Chicken and vegetables	Organic chicken grilled with some fresh lemon and thyme Steamed or grilled mixed vegetables: 1-2 whole garlic cloves, some fresh rosemary, mushrooms, zucchini, broccoli, a little bit of butternut or pumpkin. If you grill it, use coconut oil or ghee and not olive oil. Olive oil can be added to the vegetables on your plate or once it is cooked.

## SUPPER

<p>Winter vegetables with spices, sour cream or crème fraiche and fresh herbs</p>	<p>Green cabbage, fennel bulbs, leeks, parsnips, butternut or pumpkin          Spices and herbs: coriander, cumin, oregano, thyme, rosemary.          Once its cooked serve with sour cream or crème fraiche and fresh coriander or parsley.          Many variations on this with different vegetables, spices and herbs and some meat, fish or cheeses are possible.</p>
<p>Barley and vegetable soup</p>	<p>Split peas and barley soaked at least 4 hours or overnight then cooked for an hour.          Onions, garlic, soup celery (stalks, leaves and bulb), 1 carrot, some pumpkin or butternut squares, fresh or dried sage and soup stock.          Fry the onion and garlic, add all the rest and cook for 30-60 minutes. Add the cooked split peas and barley when the rest is almost done.          Many good soup stocks are available containing only the vegetables they are made of and some herbs and salt with no other additives. Avoid those with other food additives and flavourants.</p>
<p>Fish and vegetables</p>	<p>Tuna steak, angel fish or sardines          Marinate with fresh lemon, garlic and soy sauce          Vegetables: shiitake mushrooms, leeks, broccoli, green beans, lightly stir fried in coconut oil with a little bit of soy sauce.          See the green list for more ideas on fish and vegetables.          Make sure it is fresh and try to avoid farmed fish - have wild fish only.</p>
<p>Lamb and vegetables</p>	<p>Lamb chops grilled with rosemary          Baby spinach lightly steamed with some herbal salt          Cauliflower, pumpkin or other nice vegetables from the green or orange list.          Salad is usually not a good idea in the evening, but if you eat early enough or if it is summer and you feel like salad, have a nice greek salad as a starter: cucumber, ripe organic tomatoes, goat's or sheep's feta cheese, fresh origanum and high quality olive oil. Salt it lightly with some herbal salt</p>
<p>Chicken and vegetables</p>	<p>Organic chicken grilled with some fresh lemon and thyme          Steamed or grilled mixed vegetables: 1-2 whole garlic cloves, some fresh rosemary, mushrooms, zucchini, broccoli, a little bit of butternut or pumpkin. If you grill it, use coconut oil or ghee and not olive oil. Olive oil can be added to the vegetables on your plate or once it is cooked.</p>
<p>Vegetables, pine kernels and pecorino cheese</p>	<p>Dry-roast the pine kernels          Add some coconut oil          Add one or 2 types of vegetables:          Zucchini, Broccoli, Cauliflower, Asparagus, Green beans          Add some fresh herbs such as origanum or sage.          Once it is cooked, add some grated pecorino (sheep's) cheese to taste.          Add 1-2 tablespoons of oil once its on the plate.          Many variants of this dish is possible with different kinds of vegetables, herbs, spices, cheeses, seeds and nuts.          (See the green and orange list for more options)          Add some grain (like brown rice or buckwheat) from the orange list</p>

## SNACKS

Nuts & Seeds	<p>Cashews, walnuts, pumpkin seeds, linseeds, sunflower seeds, pecan nuts, etc, preferably raw and unsalted.</p> <p>You can dry roast cashews and pumpkin seeds yourself if you like them roasted:</p> <ol style="list-style-type: none"> <li>1. Pre-heat oven to 140 degrees Celsius</li> <li>2. Roast pumpkin seeds until they start turning light brown, checking and turning them a bit every 20 to 30 minutes</li> <li>3. Add a little bit of soy sauce and roast them until they are dry</li> <li>4. Store in an airtight glass container and use as a snack mixed with other nuts or sprinkle over salads.</li> </ol>
Antipasti and cheese	<p>Olives and artichokes from glass bottles, not tins.</p> <p>Goat's and sheep's cheese, preferably made from organic raw milk.</p> <p>Optional: a little bit of pumpernickel or sourdough wheat-free bread.</p> <p>(Do not have bread more than once a day!)</p>
Soup/Bouillon	<p>Clear salty soup, vegetable stock (MSG and flavourant free), instant miso soup (high quality with no junky additives...)</p>
Carrots, tomatoes, cucumber	<p>Raw carrots</p> <p>Cucumber</p> <p>Tomatoes – especially cocktail tomatoes – are nice as a snack. Try to find organic tomatoes as pesticides are generally used a lot with normal tomatoes.</p> <p>Have with humus, guacamole or plain cottage cheese.</p>
Fresh fruit	<p>Fresh berries or cherries</p> <p>Papaya</p> <p>Fruit from the orange list combined with some sheep's yoghurt, alternatively with some nuts.</p> <p>The combination of fruit with foods containing more protein and oil helps to slow down the blood sugar release, which is good for you!</p>
Avocado with pumpernickel	<p>1-2 slices of pumpernickel (or wheat free sourdough bread)</p> <p>1/2- 1 whole ripe avocado</p> <p>Herb salt</p>

## DRINKS

- Be sure to drink 2-3 litres of water and herbal tea daily in between meals. (Coffee and black tea does not count as part of the 2-3 litres!)
- It is better not to drink too much fluids with meals. Try to limit yourself to ½ glass of water if you 'have to' drink something with your food.
- All kinds of herbal teas and spicy teas, including rooibos tea (with no added flavour).
- All varieties of green tea, preferably organic.
- Water as it is, or with fresh lemon and mint, grapefruit or lime slices to make it more exciting. (Be sure to use organic fruit if you intend to use citrus fruits, or otherwise peel them. The pesticides used on citrus fruit is absorbed by the peel.)
- No more than 1-2 coffees, espressos or black teas a day and only during the day.
- Some red wine at night with food. 1 small glass and high quality, preferably organic.
- Steer clear of flavoured waters even if they claim to be healthy. They often contain sugar or sweeteners and other food additives such as flavourants!
- For those cold winter evenings, make hot chocolate with organic dark chocolate chips and milk. If you want to sweeten it, use organic agave syrup

## Herbs, spices and oils

- Use herbs and spices to make food more tasty.
- Read the ingredients lists of spice mixes and avoid anything with additives, such as monosodium glutamate (MSG), colourants, flavour enhancers, preservatives and anticaking agents.
- Use sea salt, himalaya salt or herb salts and avoid standard iodised table salt.
- Soya sauce is a nice healthy way to add flavour to food. Try to use a soya sauce which is free of MSG, sugar and flavourants. (Read the ingredient list on the package to check first!)
- Use freshly squeezed lemon juice abundantly over food. It is an excellent alkaliser and has many other health benefits.
- Fresh garlic, onions and ginger add great flavour to food.
- *Good oils to add to already cooked food: cold pressed flaxseed oil, hempseed oil, pumpkinseed oil, grapeseed oil, argan oil, walnut oil, olive oil. Avoid peanut oil, sunflower oil and all processed "cooking" oils.*
- Oils to use for frying: coconut oil and ghee.
- Eat slowly, chew properly, sit down and relax when eating.
- Be creative & enjoy your food!