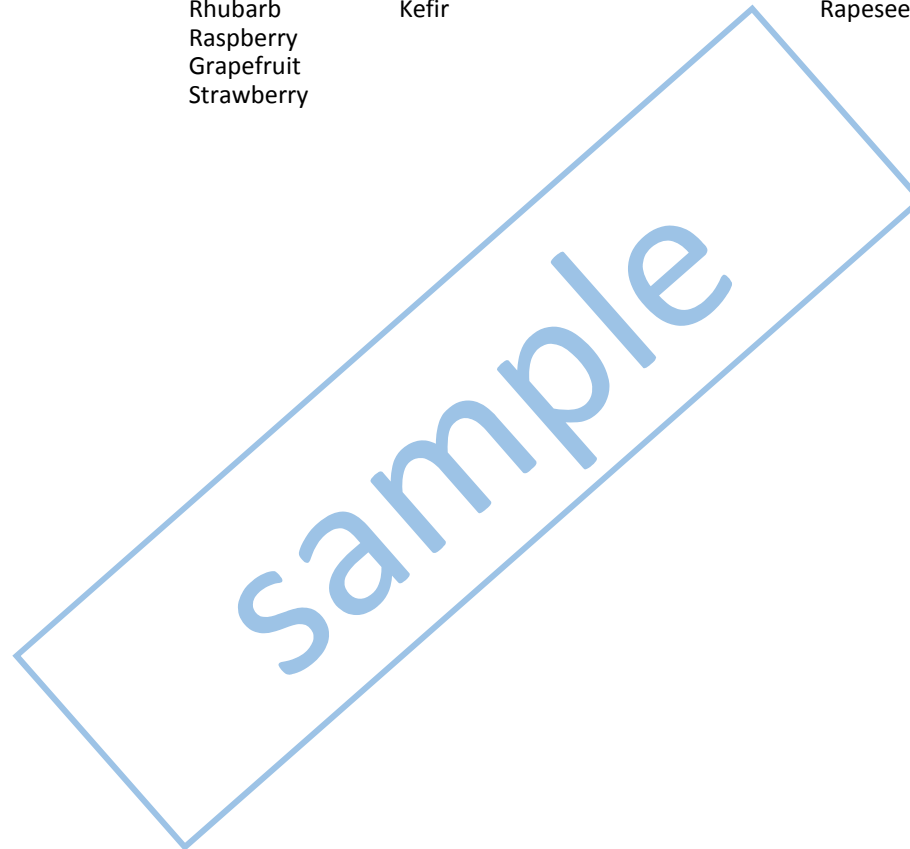


Cereals	Vegetables	Pulses	Fruits b)	Milk	Nuts	Oils	Herbs	Animals	Others
Seitan	Onion a)	Tofu	Lemon	Cream	Walnut	Sunflower	Cinamon		Sunfl. Seed
Rice	Radicchio	Tempeh	Grape	Curd	Pistachio	Sesam	Vanilla		Sesam seed
Millet	Chicory	Sesam	Plum	Cow milk	Pine nut	Mustard	Rock salt		Rice syrup
Oatmeal	Zucchini	Mung bean	Peach	Fresh cheese	Brazil nut	Olive	Safran		Rice milk
Spelt	Sweet potato	Miso	Papaya	Goat cheese	Almond	Almond	Rosemary		Poppy seed
Couscous	Garlic	Kidney bean	Musk melon	Ghee	Coconut	Linseed oil	Rose water		Honey d)
Buckwheat	Spinach	Pea	Mango		Hazelnut	Coconut	Thyme		Almond milk
Amaranth	Asparagus		Lime		Cashew	Ghee	Tarragon		Quinoa
	Celery		Coconut			Safflower	Parsley		
	Brussel sprout		Kiwi			Avocado	Neem		
	Beetroot		Cherry				Paprika		
	Radish		Pomegranate				Oregano		
	Parsnips		Fig				Clove		
	Paprika		Prune				Muskat		
	Okra		Date				Mint		
	Leek		Pear				Bay leaf		
	Pumpkin		Banana						
	Coriander		Avocado						
	Potato		Apricot						
			Apple						

Legend

- a) cooked
- c) soak parched fruit
- d) do not heat

Cereals	Vegetables	Pulses	Fruits b)	Milk	Nuts	Oils	Herbs	Animals	Others
Wheat White fl. prod. Rye Rice cakes	Tomato a) Mushroom Kale Cauliflower	Soy	Water melon Rhubarb Raspberry Grapefruit Strawberry	Sheep milk Kefir	Peanut	Soy Rapeseed	Chili Pepper b)	Game Pig Lam	Sugar (white) Chocolate Popcorn



Legend

- a) ok if cooked
- b) choose black pepper