

**Almased**

# Figure Plan

## The 14-Day-Program

**Delicious  
Recipes for  
Weight Loss**



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# Your Figure Plan: Lose 10 Pounds In 14 Days\*

**Lose weight without feeling hungry with Almased®: Your guidelines for a slimmer body with nutritional advice and recipes.**

Losing 10 pounds in 14 days is possible with this plan for the dream figure you have always wanted. The plan guides you through the three weight loss stages with Almased®, provides you with a meal plan for every day, and offers delicious, healthy recipes for weight maintenance in the fourth phase, "Life Phase". How does Almased® activate your metabolism and why do you not feel hungry during the Almased® Diet? Here are answers to the most important questions:

**Why does Almased® help speeding up the metabolism?**

Many diseases occur because the metabolism does not function properly. One of the main causes for a slower metabolism are unhealthy eating habits – usually sugar, salt, and fat intake are

too high. However, the quality of our food is another problem: Industrial production destroys important nutrients, amino acids, and enzymes. As a result, a large number of people have an extremely slow metabolism, which can lead to obesity, lack of energy, and other diseases.

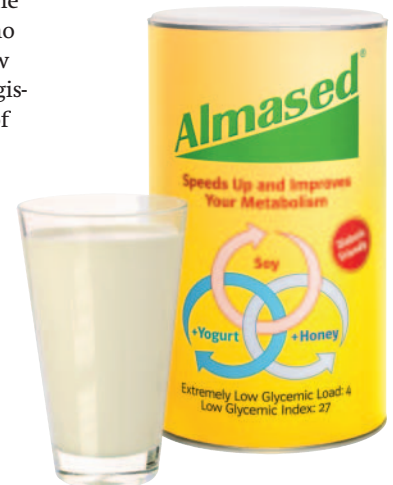
**How does Almased® speed up the metabolism?**

Almased® provides the body with optimal nutrients a regular diet may lack. It is a "vital nourishment" in the true sense of the word. The powder, made from high quality soy, probiotic yogurt, and particularly enzyme-rich honey, provides the body with all essential amino acids. Blending all of the raw ingredients leads to a synergistic effect. The components of

one ingredient increase the benefit of the others. The result is a new, innovative dietary supplement: Almased®.

**How can you lose weight without feeling hungry when using Almased®?**

The high-quality and easily digestible protein in Almased® ensures a long-lasting feeling of satiety: One meal replacement (about 180 kcal) keeps you full for about 4 hours because Almased® supports the ghrelin level. Ghrelin is a tissue hormone, which is produced in the stomach and controls the feeling of hunger.



\* Weight loss may vary from person to person

## Why do you lose mainly fat and not muscle mass on the Almased® Diet, unlike other diets?

The glycemic index measures the effect of a carbohydrate-rich food item on the blood sugar level. Almased® has a very low glycemic index (27, glucose has 100). With a low glycemic index, the blood sugar level increases only slightly and the body releases a respectively lower amount of insulin. A lower insulin level helps the body burn more fat. Instead of using protein from muscle mass, the body takes its energy from fat deposits, as desired.

### Almased® achieves:

- Optimal metabolism through the combination of its basic ingredients.
- Higher fat burning process without losing muscle mass.
- Almased® consumers have more energy and strengthen their immune system as well as their muscles.
- Almased® can be combined with all common diets and has been shown to increase their success.

## Almased® Improves Your Energy Level and Strengthens Your Immune System.



### Start your day with more energy

Almased® contains important essential nutrients and cell protective phytochemicals. Aside from its other positive effects, Almased® also supports a restful sleep.



### Strengthen your immune system

Almased® provides the body with lactic acid and active lactic acid bacteria, which have a positive effect on intestinal bacteria and intestinal mucosa, thus strengthening the immune system.



### Be more productive

Almased® boosts the metabolism and thus contributes to improved cell renewal, more energy, and easier performance at daily tasks.

# This is How It's Done: Your Success To Losing Weight

The Figure Plan guides you through all four stages of life with Almased®, including tips and recipes.



## Overview: Starting Phase – Day 1 through 3

### During the Starting Phase, your metabolism will be reset to speed up the fat burning process.

Three Almased® shakes per day, each prepared with water, skim milk or soy milk and two teaspoons of oil are ideal. During this phase, you should have as few carbohydrates as possible. Bread, rice, pasta, potatoes, sugary drinks (soda, fruit juice, beer), and sweets are off-limits. The broth that is recommended in the plan contains only few carbohydrates, so you can have several bowls per day in addition to the Almased® shakes. Other food

should be avoided. It is important that you drink plenty of fluid since the body detoxifies heavily during this phase (8 to 12 cups per day). This flushes out acidic by-products that may be released while the body breaks down fat. Water, coffee, and fruit or herbal teas without sugar are recommended for consumption. It is ideal to begin the Starting Phase on a weekend. You can extend this phase up to two weeks if desired.



Drink Almased® in the evening and your metabolism will also work during the night to help you reach your ideal weight. You do not have to go to bed hungry: Almased®, made from soy, yogurt, and honey, fills you up so you will not be hungry.



## Overview: Reduction Phase – Day 4 through 7

**During the Reduction Phase, your body burns fat. Two Almased® shakes (breakfast and dinner) and one regular meal (lunch) per day are ideal.**

The recipes for regular meals (beginning on page 21) are low in carbohydrates, so that the fat burning process can work at its best. If having your regular meal for dinner instead of lunch fits your lifestyle better, you can exchange them. In this case, you can have Almased® for breakfast and lunch and eat your regular meal in the evening. Since a low intake of carbohydrates is especially important in the

evening, avoiding high-carb side dishes (bread, potatoes, rice, pasta) can speed up the weight loss process. This applies to the evening meals in all phases. Carbohydrates that are consumed for the lunch meal are processed faster because you are more active throughout the day. Avoiding snacks will help the fat burning process. The Reduction Phase can be extended up to several weeks or even months until you reach your desired weight. It is important that the diet contains sufficient amounts of all essential nutrients during this phase.



## Overview: Stability Phase – Day 8 through 10

**During the Stability Phase, you ensure that your metabolism continues to work at an ideal level.**

This phase is meant to stabilize the metabolism on a level where fat is actively burned. In this phase, you should have one Almased® shake and eat two regular meals per day. You can exchange the Almased® shake for any meal. For example, choose one of the breakfast suggestions from the Life Phase and have your Almased® shake either for lunch or dinner. For best results, drink Almased® in the evening.



Three delicious and light meals per day plus one Almased® shake – during the Life Phase, variety is the key.



## Overview: Life Phase – Beginning on Day 11

### Three meals and one Almased® shake per day – live life to the fullest.

During the Life Phase, you can have three regular meals per day. Avoid eating snacks. To keep the metabolism active, 50 g of Almased® (= one serving) should be taken daily in addition to a meal. You can have Almased® with breakfast, consume it as a drink, or add it to your cold cereal. During the Life Phase, lunch and dinner are interchangeable. Please note that the lunch meals contain slightly more carbohydrates than the meals for dinner. If you want to continue losing weight, you should eat fewer sides for

dinner or avoid them altogether. You do not have to follow **the order of the recipes** in this brochure. You can exchange them as desired or choose additional recipes from the recipe list at the end of this brochure. If you want to lose more weight, you can prolong the Reduction Phase as well as the Stability Phase. You will continue losing weight during the Life Phase, however, weight loss may be slower.

When prepared with water and 2 teaspoons of oil, an Almased® shake provides about **260 calories (kcal)** and approx. 1 carb unit. When prepared with 10 oz of skim milk or soy milk and 2

teaspoons of oil, each shake will provide approx. 380 kcal and approx. 2 carb units. One carb unit is defined as a serving of food that contains 15 g of carbohydrates. The carb units are provided in each recipe in this brochure so that low-carb meals are easily recognized. The lower the carb units are, the fewer carbohydrates the meal contains. The breakfast and meal suggestions are between 400 and 500 kcal, so your total caloric intake is on average approx. 1300 kcal per day. The broth contains few carbohydrates from vegetables, which does not have to be calculated as carb units.

Almased® provides approx. 1 carb unit when mixed in water, 2 carb units when mixed in milk. All meal choices in this brochure contain 1 to 4 carb units. You can find more specific information for each recipe on the following pages.

All recipes are also suitable for people with diabetes.



# Two-Week Daily Meal Plan

The guidelines to the weight you've always wanted:  
Great recipes for each day. That's how you lose  
weight the quick and healthy way. Lunch and  
dinner recipes are interchangeable within one day.



*Vegetable broth for the  
Starting Phase:  
Recipe on page 20*

## Starting Phase: Day 1 through 3

### BREAKFAST

- 10-12 oz water (bottled or filtered), skim milk, or soy milk
- 8 level Tbsp Almased® (50 g)
- 2 tsp canola, olive or flaxseed oil

2 carb units  
(1 carb unit if prepared with water)

### LUNCH

- 10-12 oz water (bottled or filtered), skim milk, or soy milk
- 8 level Tbsp Almased® (50 g)
- 2 tsp canola, olive or flaxseed oil

2 carb units  
(1 carb unit if prepared with water)

### DINNER

- 10-12 oz water (bottled or filtered), skim milk, or soy milk
- 8 level Tbsp Almased® (50 g)
- 2 tsp canola, olive or flaxseed oil

2 carb units  
(1 carb unit if prepared with water)

### SNACK

2 bowls of Vegetable Broth (recipe on page 20)

0 carb units



## Reduction Phase: Day 4

### BREAKFAST

- 10-12 oz water (bottled or filtered), skim milk, or soy milk
- 8 level Tbsp Almased® (50 g)
- 2 tsp canola, olive or flaxseed oil

2 carb units  
(1 carb unit if prepared with water)

### LUNCH

1 serving of Vegetable Beef Stew (recipe on page 26)

3 carb units

### DINNER

- 10-12 oz water (bottled or filtered), skim milk, or soy milk
- 8 level Tbsp Almased® (50 g)
- 2 tsp canola, olive or flaxseed oil

2 carb units  
(1 carb unit if prepared with water)

### SNACK

2 bowls of Vegetable Broth (recipe on page 20)

0 carb units

### NOTE:

If you feel hungry during the first few days, you can drink an additional Almased® shake. It takes about ten minutes after consuming the shake until the feeling of satiety sets in.



## Vegetable Lasagna

### Ingredients (2 servings):

3 oz lasagna noodles, 1 1/3 cup frozen mixed vegetables (e.g. zucchini, squash, bell pepper, spinach), 2/3 cup fresh mushrooms, 2 tomatoes, 1/2 cup reduced fat sour cream, 1 medium egg, 1/2 cup low-fat milk, 1 Tbsp tomato paste, 1 Tbsp Italian seasoning, 4 Tbsp grated parmesan, 4 Tbsp grated mozzarella (part-skim), 1 Tbsp olive oil, salt and pepper

**Preparation:** Grease a casserole dish with some olive oil and lay out the lasagna noodles. Chop

mushrooms and tomatoes. For the sauce, whisk the egg with sour cream, milk, tomato paste, and Italian herbs. Layer mixed vegetables, mushrooms, tomatoes, sauce, cheese, and lasagna noodles in the dish. Repeat layering, leave some sauce and cheese for the top layer. Bake at 375°F for about 50 minutes. Cover with aluminum foil towards the end of the baking time to avoid dehydration.

*One serving contains about 450 kcal and 2 carb units*



## Reduction Phase: Day 5

### BREAKFAST

- 10-12 oz water (bottled or filtered), skim milk, or soy milk
- 8 level Tbsp Almased® (50 g)
- 2 tsp canola, olive or flaxseed oil

2 carb units  
(1 carb unit if prepared with water)

### LUNCH

1 serving of Vegetable Lasagna (recipe above)

2 carb units

### DINNER

- 10-12 oz water (bottled or filtered), skim milk, or soy milk
- 8 level Tbsp Almased® (50 g)
- 2 tsp canola, olive or flaxseed oil

2 carb units  
(1 carb unit if prepared with water)

### SNACK

2 bowls of Vegetable Broth (recipe on page 20)

0 carb units



## Reduction Phase: Day 6

### BREAKFAST

- 10-12 oz water (bottled or filtered), skim milk, or soy milk
- 8 level Tbsp Almased® (50 g)
- 2 tsp canola, olive or flaxseed oil

2 carb units  
(1 carb unit if prepared with water)

### LUNCH

1 serving of Baked Potato with Tuna and Spinach Salad (recipe on page 24)

3.5 carb units

### DINNER

- 10-12 oz water (bottled or filtered), skim milk, or soy milk
- 8 level Tbsp Almased® (50 g)
- 2 tsp canola, olive or flaxseed oil

2 carb units  
(1 carb unit if prepared with water)

### SNACK

2 bowls of Vegetable Broth (recipe on page 20)

0 carb units



## Onion Steak with Mushrooms

### Ingredients (2 servings):

2 beef steaks (each 4 oz),  
2 tsp canola oil, 4 onions,  
1 lb fresh mushrooms, 1 tsp  
canola oil, 1/2 cup white wine or  
vegetable broth, 2 Tbsp chopped  
parsley, salt and pepper

**Preparation:** Heat canola oil in a  
pan and fry the steak for about 2  
minutes on each side. Season the  
steak with salt and pepper. Take it  
out of the pan and keep it warm.  
Slice the onions and mushrooms.  
Sauté onions in the frying fat until

they are golden brown. In a small  
pot, sauté mushrooms briefly in  
1 tsp of oil. Add wine or vegetable  
broth, season with salt and pepper  
and let simmer for about 10  
minutes. Garnish the steak with  
golden brown onions and sprinkle  
some parsley over the mushrooms.  
Serve with 1/2 whole wheat  
baguette or 2 whole wheat rolls.

*One serving contains about  
460 kcal and 1.5 carb units*



### Reduction Phase: Day 7

#### BREAKFAST

- 10-12 oz water (bottled or filtered), skim milk, or soy milk
- 8 level Tbsp Almased® (50 g)
- 2 tsp canola, olive or flaxseed oil

2 carb units  
(1 carb unit if prepared with water)

#### SNACK

2 bowls of Vegetable Broth (recipe: p. 20)

0 carb units

#### LUNCH

1 serving of  
Onion Steak with  
Mushrooms  
(recipe above)

1.5 carb units

#### DINNER

Same as breakfast  
2 carb units  
(1 carb unit if prepared with water)

### Stability Phase: Day 8

#### BREAKFAST

- 10-12 oz water (bottled or filtered), skim milk, or soy milk
- 8 level Tbsp Almased® (50 g)
- 2 tsp canola, olive or flaxseed oil

2 carb units  
(1 carb unit if prepared with water)

#### LUNCH

1 serving of  
Pasta al Forno  
(recipe on  
page 24)

3.5 carb units

#### DINNER

1 serving of  
Cabbage Salad  
with Turkey  
(recipe on  
page 27)

2 carb units

### Stability Phase: Day 9

#### BREAKFAST

- 10-12 oz water (bottled or filtered), skim milk, or soy milk
- 8 level Tbsp Almased® (50 g)
- 2 tsp canola, olive or flaxseed oil

2 carb units  
(1 carb unit if prepared with water)

#### LUNCH

1 serving of Sweet  
and Spicy Bean  
Stew with Tofu  
(recipe on page  
22)

4 carb units

#### DINNER

1 serving of Juicy  
& Low-Fat Burger  
(recipe on  
page 22)

2.5 carb units



## Creamy Leek Soup with Shrimp

### Ingredients (2 servings):

1 onion, 2 large leek stalks, 2 tsp margarine, 1 1/4 cup vegetable broth, 1/2 cup low-fat milk, 1/2 cup reduced fat sour cream, 1/2 lb shrimp, salt, cayenne pepper, nutmeg, chives

**Preparation:** Finely chop onions, wash, and slice the leeks. Heat margarine and sauté the onions. Add leeks and sauté for a few more minutes. Put in broth and milk and let simmer for about 10 minutes. Purée the soup in

a blender or with an immersion blender. Add sour cream, spices, and chives to season, stir well. Add shrimp, heat up the soup but do not bring to a boil. Serve with 2 slices of whole wheat bread.

*One serving contains about 400 kcal and 2 carb units*



### Stability Phase: Day 10

#### BREAKFAST

- 1 cup coffee with 1/2 cup low-fat milk
- 2 slices toasted whole wheat bread
- 1 tsp jam and 2 tsp cream cheese
- 1 Tbsp peanut butter and 1 tsp jelly
- 1 kiwi

3.5 carb units

#### DINNER

- 10-12 oz water (bottled or filtered), skim milk, or soy milk
- 8 level Tbsp Almased® (50 g)
- 2 tsp canola, olive or flaxseed oil

2 carb units  
(1 carb unit if prepared with water)

#### LUNCH

1 serving of Turkey in Cream and Mushroom Sauce with Hash Browns (recipe on page 25)

2 carb units

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### Life Phase: Day 11

#### BREAKFAST

- Yogurt with Fruit:
- 1 cup low-fat yogurt
  - 6 Tbsp Almased®
  - 1 slice fresh or canned pineapple
  - 1/2 orange
  - 1/2 grapefruit
  - 1 Tbsp sunflower seeds
  - 1 Tbsp ground flaxseeds

4 carb units

#### LUNCH

- 1 serving of Spinach with Egg and Potato-Lentil Mix (recipe on page 21)

3.5 carb units

#### DINNER

- 1 serving of Creamy Leek Soup with Shrimp (recipe above)

2 carb units



### Life Phase: Day 12

#### BREAKFAST

- Ham omelet:
- 2 eggs
  - 1 slice ham
  - 1 tsp margarine for frying
  - 1 tomato
  - 2 slices whole wheat toast
  - 10 oz non-fat milk or soy milk with 6 Tbsp of Almased®

3 carb units

#### LUNCH

- 1 serving of Herring Salad (recipe on page 24)

3.5 carb units

#### DINNER

- 1 serving of Braised Beef with Root Vegetables (recipe on page 25)

3 carb units



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## Grilled Feta with Mixed Green Salad

### Ingredients (2 servings):

5 oz feta, 2 tsp pesto, 2 slices whole wheat bread, 1/2 cup arugula, 1/2 cup mixed greens, 2 tomatoes, 1 small onion, 1 Tbsp walnut oil, 1 tsp honey, balsamic vinegar, salt and pepper, fresh basil

**Preparation:** Spread pesto on bread and put cheese on it. Wash salad greens and slice the tomatoes. For the salad dressing, chop onion and add oil, vinegar,

honey, and spices and pour over the salad. Bake the bread with the cheese in the oven for about 5 minutes until the cheese softens. Do not let the cheese melt. Garnish with basil leaves. Instead of Feta you can also use Brie.

*One serving contains about 400 kcal and 2.5 carb units*



## Life Phase: Day 13

### BREAKFAST

- 1 whole wheat bagel
- 1 tsp margarine
- 1 slice low-fat cheddar or colby cheese, sprinkled with 1 tsp sunflower seeds
- 1 slice ham
- 1/2 cucumber
- 1 cup non-fat milk with 6 Tbsp Almased®

.....  
4 carb units

### LUNCH

1 serving of Salmon with Gorgonzola Sauce and Spinach Salad (recipe on page 23)

.....  
2 carb units

### DINNER

1 serving of Open-Face Ham and Egg Sandwich with Pickled Beets (recipe on page 26)

.....  
2 carb units

## Life Phase: Day 14

### BREAKFAST

Muesli with Orange:

- 3 Tbsp fruit muesli
- 1 orange
- 5 walnut halves
- 1/2 cup non-fat yogurt
- 1/5 cup low-fat milk
- 6 Tbsp Almased®

.....  
4 carb units

### LUNCH

1 serving of Smoked Pork Chop in Apple-Mustard Sauce (recipe on page 23)

.....  
2.5 carb units

### DINNER

1 serving of Grilled Feta with Mixed Green Salad (recipe above)

.....  
2.5 carb units

## Tips for the Life Phase

**Avoid pre-dinner drinks or beer**, even if it is non-alcoholic, since the contained bitter compounds may increase your appetite.

**Drink 10 to 12 cups of liquids** low in calories throughout the day, preferably water, tea (fruit, herbal, or green) and coffee.

**Drink between meals**, not while you eat. Drinking while eating leads to a faster increase in blood sugar levels, which slows down the fat burning process.

**Eat three main meals per day**. Otherwise your metabolism shifts into energy saving mode.

**Eat a salad before your main course**. If you prepare the salad yourself, make sure to choose low sugar or sugar-free dressings. If you go out to eat, ask for dressing on the side and use it sparingly. »



» **Prepare sauces from pureed vegetables** with vegetable broth and yogurt or sour cream. This method uses less fat and carbohydrates. If you prepare a meal that is high in carbohydrates (pasta, potato, rice dishes) make sure to use less fat.

**Eat plenty of vegetables.**

**Avoid frozen dinners.** They usually contain a lot of sugar, white flour and saturated fat and provide the body with little nutrients.

**Limit “fast-acting” carbohydrates:**

### Bread, Pastries, Cereals

- White bread
- Rolls
- Baguette
- Croissants
- Waffles
- Sugary cereals

### Sugar and Candy

- Glucose
- Maltose (malt sugar)
- Maltodextrin (large sugar molecule that is quickly absorbed)
- Corn starch

### Grains, Pasta, Potatoes

- Baked potatoes
- Fries
- Hash browns
- Instant rice
- Corn starch, boiled
- White rice

### Drinks

### Rich in Carbohydrates

- Soda
- Coke
- Lemonade

# Almased® Recipes

Healthy and delicious recipes for all phases of the Almased® Diet: Enjoy!

**ALL RECIPES SERVE  
2 PEOPLE.**



*Spinach with Egg and  
Potato-Lentil Mix*

## Vegetable Broth for the Starting Phase

### Vegetable Broth

#### Ingredients

(for about 8 cups of soup):

1 Tbsp olive oil, 1 onion, 1.5 lbs vegetables (e.g. 1 leek stalk, 2 carrots, 1 celery, 1/2 cauliflower head, 2 bunch broccoli), salt and pepper, fresh herbs

You may use other fresh or frozen vegetables.

#### Preparation:

Wash and cut up the vegetables. Heat oil in larger pot and sauté vegetables for a few minutes. Add 8 cups of water and let simmer for about 45 minutes. Strain out the solid pieces.

Season with fresh herbs, pepper and little salt.

*0 carb units*

## Meals for Lunch or Dinner

### Ratatouille

#### Ingredients

(for 2 servings):

1 Tbsp olive oil, 3 onions, 2 zucchini, 1 eggplant, 2 carrots, 3 bell peppers (red, yellow, and green), 4 tomatoes, 2 cups tomato sauce, 1/4 cup grated parmesan cheese, salt and pepper, oregano, some vinegar, pinch of sugar, 2.5 oz quinoa

#### Preparation:

Wash and cut up the vegetables. Heat the oil in a pot and sauté onions for a few minutes. Add vegetables and sauté for a few more minutes. Add 2 cups of water, tomato sauce and oregano. Turn heat down and let simmer for approx. 20 minutes. Sprinkle with parmesan cheese. Season with salt, pepper, vinegar and sugar. Serve with quinoa, cooked per instructions.

*One serving contains about 490 kcal and 3 carb units*

### Spinach with Egg and Potato-Lentil Mix

**Ingredients** (for 2 servings):

1/2 lb potatoes (russet or white), 1 onion, 1/2 Tbsp canola oil, 1 garlic clove, 3 oz uncooked lentils, 1 cup vegetable broth, 3.5 oz canned diced tomatoes, 1 Tbsp vinegar, 2/3 lb frozen spinach, 1/2 Tbsp canola oil, 2 eggs, salt and pepper, cayenne pepper, thyme

#### Preparation:

Peel and cube potatoes in bite size pieces. Dice onions. Sauté half of the onion and garlic clove in a pot. Add lentils and sauté for a few minutes. Pour in broth and let simmer for approx. 10 minutes. Add potato cubes and continue to simmer until potatoes are tender. Then add tomatoes, thyme, vinegar and season with salt, pepper, and cayenne pepper. Heat 1/2 Tbsp of oil and sauté remaining onions. Add frozen spinach to defrost and season with salt and pepper. Fry eggs



*Sweet and Spicy  
Bean Stew with Tofu*



*Burger*



*Salmon with Gor-  
gonzola Sauce and  
Spinach Salad*

sunny side up and top spinach with eggs. Serve all together.

*One serving contains about 500 kcal and 3.5 carb units*

### Sweet and Spicy Bean Stew with Tofu

**Ingredients** (for 2 servings):

1 can white beans (1 lb drained weight), 1-2 chili peppers, 2 red bell peppers, 1 garlic clove, 2 small zucchini, 1 cup vegetable broth, 1/4 cup seedless red grapes, 1 bundle of parsley, 1/3 lb tofu, 1 Tbsp olive oil, salt and pepper, turmeric, cinnamon

#### **Preparation:**

Drain beans. Chop chili peppers and garlic, dice bell peppers and zucchini. Sauté chopped vegetables in 1 tsp of olive oil. Add broth, beans, and spices and let simmer for approx. 10 minutes. Sauté diced tofu in remaining olive oil. Halve grapes and add them with the tofu and chopped parsley to the stew. Bring to a quick boil and season to taste.

*One serving contains about 500 kcal and 4 carb units*

### Juicy & Low-Fat Burger

**Ingredients** (for 2 servings):

1/2 lb ground beef, 2 Tbsp low-fat yogurt, 1 tsp mustard, 1 Tbsp rolled oats, 1 onion, 1 cucumber, 2 tomatoes, 1 bell pepper, some lettuce leaves, 2 Tbsp reduced fat sour cream, salt and pepper, paprika, 2 whole wheat rolls

#### **Preparation:**

Mix ground beef with yogurt, mustard, rolled oats, and half of the finely chopped onion. Season with salt and pepper and form four hamburger patties. Line a baking sheet with parchment paper, lay patties on top, and bake for 30 minutes at 390°F. Slice cucumber, tomatoes, and remaining onion, and cut bell pepper into strips. Season sour cream with salt, pepper, and paprika. Open the rolls and spread sour cream on each half. Layer 2 patties and vegetables alternating on one half of the bun and put the other half on top.

*One serving contains about 400 kcal and 2.5 carb units*

### Smoked Pork Chop in Apple-Mustard Sauce

**Ingredients** (for 2 servings):

2 boneless smoked pork chops (each 4.5 oz), 2 tsp canola oil, 2 apples, 1/2 cup vegetable broth, lemon juice from 1/2 lemon, some mustard to taste, paprika, salt and pepper, 4 egg-sized red potatoes

#### **Preparation:**

Dice apples and sprinkle with lemon juice. Fry pork chops in oil in a large pan for 2-3 minutes on each side. Add apple cubes and fry for another 7 minutes. Season with salt and pepper. Take pork chops out of the pan and keep warm. Add broth to apple cubes in the pan and season with mustard. Put pork chops back in the pan and simmer briefly. Serve with 4 boiled potatoes.

*One serving contains about 400 kcal and 2.5 carb units*

### Salmon with Gorgonzola Sauce and Spinach Salad

**Ingredients** (for 2 servings):

2 tsp canola oil, 1 onion, 1/2 cup cream, 2 oz gorgonzola, 3.5 oz smoked salmon (lox), 1/2 bundle of chives, salt and pepper, 2.5 oz uncooked whole wheat spaghetti, 1/3 lb fresh spinach, 1 tsp walnut oil, mustard, balsamic vinegar

#### **Preparation:**

Finely chop onions and chives. Cut gorgonzola in small pieces and salmon into strips. Heat oil in pot and sauté onions for a few minutes. Then add some water to cover onions and pour the cream in the pot. Add gorgonzola and let it melt while stirring. Add salmon to the sauce and heat up. Season with salt and pepper and stir in chives. Wash fresh spinach. Mix water, oil, vinegar, and spices together for the dressing. Serve with whole wheat spaghetti (al dente).

*One serving contains about 450 kcal and 2 carb units*



Baked Potato



Pasta al Forno



Turkey in Cream and Mushroom Sauce with Hash Browns

### Herring Salad

#### Ingredients (for 2 servings):

4 red potatoes, 2 scallions, 2 small apples, 2 dill pickles, 2 pickled herring fillets (each 3 oz), 1/2 cup low-fat yogurt, 2 Tbsp cream, apple cider vinegar, mustard, salt and pepper, paprika, dill

#### Preparation:

Boil potatoes with the peel. Then peel and slice potatoes. Slice scallions, cut apples, and pickles into thin pieces. Wash herring fillets, cut into pieces, and mix everything together. Prepare a dressing from yogurt, cream, and spices and pour over the salad.

*One serving contains about 450 kcal and 3.5 carb units*

### Baked Potato with Tuna and Spinach Salad

#### Ingredients (for 2 servings):

2 russet potatoes (each 1/2 lb), 1/2 tsp caraway seeds, 1 cup non-fat yogurt, 2 Tbsp water, 2 dill pickles, 1 onion, 2-3 Tbsp mixed herbs (such as parsley, thyme, rosemary, chives), 2 Tbsp capers, 1 can tuna (in water,

6 oz), 2 boiled eggs, 1/3 lb fresh spinach, 1 tsp walnut oil, mustard, balsamic vinegar

#### Preparation:

Wash potatoes and wrap them in aluminum foil with the caraway seeds. Bake at 395°F for about 60 minutes. Mix yogurt and water to a creamy mixture. Stir in finely chopped pickles and onion along with capers and herbs. When the potatoes are cooked, open foil on top and scoop out 3 Tbsp of the potato flesh. Mix the flesh with tuna and chopped eggs. Stuff the mixture back into the potato and serve with yogurt. Wash spinach salad and mix water, oil, vinegar, and mustard together for the dressing.

*One serving contains about 450 kcal and 3.5 carb units*

### Pasta al Forno

#### Ingredients (for 2 servings):

3.5 oz uncooked whole wheat spaghetti, 2 Tbsp non-fat yogurt, 1 egg, 4 Tbsp grated parmesan, 14.5 oz canned diced tomatoes, 2 Tbsp ketchup, 2 slices ham

(2 oz), nutmeg, salt and pepper, 1/3 lb iceberg lettuce, 1 tsp walnut oil, balsamic vinegar

#### Preparation:

Boil pasta in lightly salted water. Mix yogurt with egg, 2/3 of the parmesan, and spices. Add drained pasta to the mix and stir. Fill into a greased casserole dish. Drain tomatoes (keep the juice), spread them over the pasta, and sprinkle with remaining parmesan. Bake at 355°F for approx. 35 minutes. Bring tomato juice and ketchup to a boil and season with nutmeg, salt, and pepper. Add diced ham and pour over the baked pasta. Wash lettuce and mix water, oil, vinegar, salt, and pepper together for the dressing.

*One serving contains about 450 kcal and 3.5 carb units*

### Turkey in Cream and Mushroom Sauce with Hash Browns

#### Ingredients (for 2 servings):

4 frozen hash brown patties (each 1 oz), 2 turkey breasts (each 4 oz), 2 tsp canola oil, 1 onion,

1 lb fresh mushrooms, 1/2 cup non-fat milk, 1 cup vegetable broth, 2 Tbsp reduced fat sour cream, mustard, salt and pepper

#### Preparation:

Prepare hash browns according to instructions. Cut turkey breasts into strips and fry in oil for about 3 minutes. Take the meat out of the pan and keep it warm. Sauté finely chopped onions and sliced mushrooms in the remaining frying fat. Add milk and broth and simmer for about 5 minutes. Stir in sour cream and season with mustard, salt, and pepper. Cut turkey breast into bite size pieces and add to the sauce.

*One serving contains about 500 kcal and 2 carb units*

### Braised Beef with Root Vegetables

#### Ingredients (for 2 servings):

8 oz lean beef (chuck for braising), 3 onions, 1/4 celery root, 1 garlic clove, 1 carrot, 1 leek stalk, 1.5 cups vegetable broth, 2 Tbsp tomato paste, 5 oz red wine, 2 tsp canola oil, caraway seeds,



*Open-Face  
Ham and Egg  
Sandwich*



*Vegetable Beef Stew*



*Cabbage Salad  
with Turkey*

cinnamon, marjoram, parsley, salt and pepper, 2 slices whole wheat bread

**Preparation:**

Cut up onions, celery root, carrot, and leek in small pieces. Chop up garlic and dice beef. Heat the oil in a big pot and sauté beef. Add onions and sauté them as well. Season with salt and pepper. Add tomato paste and half of the wine and let simmer for about one hour. Add celery root and carrots and let simmer for an additional 30 minutes. When meat is tender add leek, herbs, and spices. Let simmer for another 10 minutes. Season with cinnamon. Serve with whole wheat bread.

*One serving contains about 500 kcal and 3 carb units*

**Open-Face Ham and Egg Sandwich with Pickled Beets**

**Ingredients** (for 2 servings):

2 slices whole wheat bread, 6 slices ham (3.5 oz), 4 eggs, 2 tsp canola oil, 1 glass pickled beets (12 oz drained weight), salt, paprika

**Preparation:**

Put ham on bread slices. Fry eggs sunny side up in 1 tsp of oil. Season eggs with salt and paprika and top bread with egg. Drain pickled beets and drizzle with 1 tsp of oil. Serve beets with open-face sandwich.

*One serving contains about 500 kcal and 2 carb units*

**Vegetable Beef Stew**

**Ingredients** (for 2 servings):

2 onions, 1 garlic clove, 1 celery stick, 2 carrots, 1/4 cup white wine, 1/4 lb russet potatoes, 1/4 lb white cabbage, 1 cup vegetable broth, 4 oz canned white beans, 6 oz ground beef, 1/2 egg, 1 Tbsp tomato paste, 1 Tbsp bread-crumbs, 2 tsp canola oil, parsley, thyme, paprika, salt and pepper

**Preparation:**

Finely chop 1 onion and garlic. Mix with ground beef, egg, tomato paste, and breadcrumbs. Season with salt, pepper, and paprika and form small balls. Heat the oil in a pan and fry the meat balls. Dice remaining onion and celery. Slice

carrots, peel and cut potatoes into bigger cubes, and cut cabbage into strips. Heat 1 tsp of oil in a pot and sauté onions. Add carrots, sauté for a few minutes and pour in the wine. Add potatoes and broth and boil for 5 minutes. Then put in celery and cabbage and boil for another 3 minutes. Add drained beans and meatballs. Simmer for 5 more minutes and season with herbs and spices.

*One serving contains about 500 kcal and 3 carb units*

**Cabbage Salad with Turkey**

**Ingredients** (for 2 servings):

1/2 lb of white cabbage (1/2 head), 1 small red bell pepper, 1 chili pepper, 1 apple, 1 small banana, vinegar, lemon juice, 2 Tbsp apple juice, 2 Tbsp water, 2 Tbsp canola oil, 10.5 oz turkey breast, salt and pepper

**Preparation:**

Cut cabbage in fine strips, add salt, and briefly mash with a potato masher. Finely chop chili pepper, cut bell pepper into strips,

and cut apple and banana into thin slices. Combine all ingredients. Prepare a dressing from vinegar, lemon juice, apple juice, water, and 1 Tbsp of oil. Pour over the salad and let sit for 30 minutes. Heat the remaining oil in a pan. Cut turkey breast into strips and fry until golden brown and crisp. Season with salt and pepper and add to the salad.

*One serving contains about 450 kcal and 2 carb units*

**Editorial**

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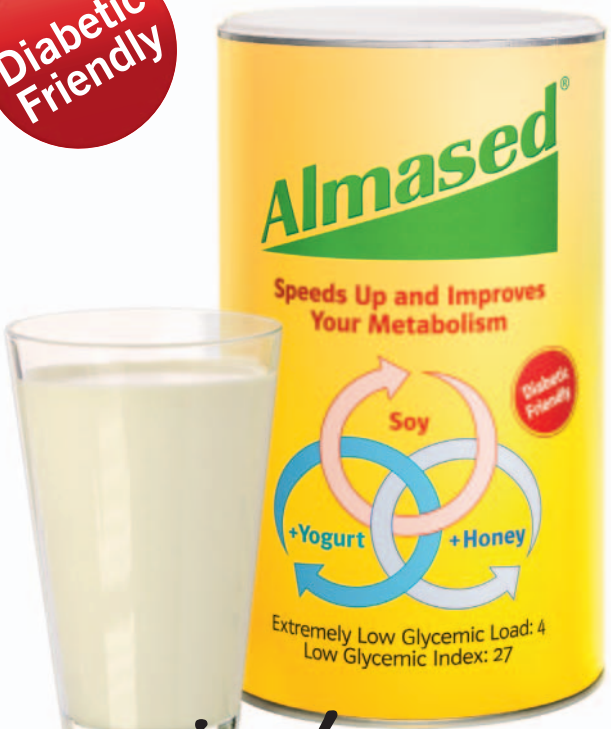
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