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FS 609038



Elemental Hair Analysis



Metabolic diet

Health programme

Metabolic diet - Test report: EXAMPLE RESULT

EXAMPLE RESULT

Test ordered by: EXAMPLE RESULT

The result has been issued in accordance with the PB-01 test procedure. from 01.02.2016

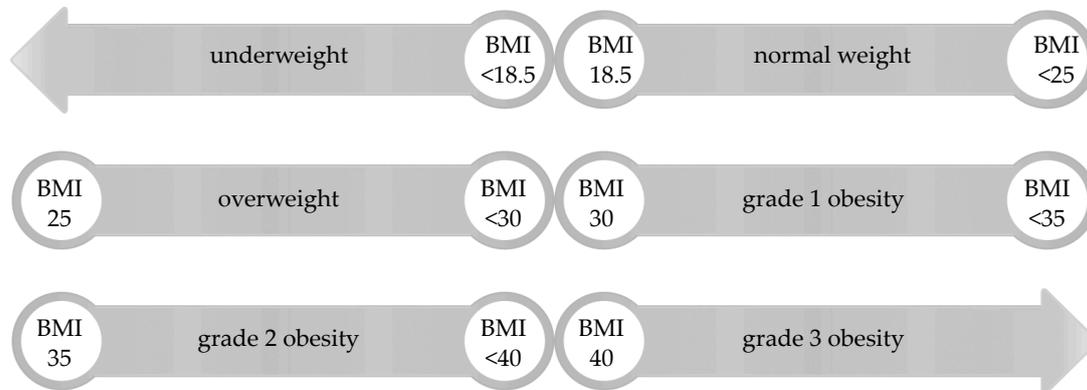


1. ENERGETIC BALANCE AND DIET

1.1. WEIGHT

YOUR BMI = 29 (OVERWEIGHT)

The BMI scale (according to the World Health Organization - WHO) is as follows:



BMI - (abbreviation for Body Mass Index).

BMI = body weight (in kilograms) / height² (in meters)

Obesity is a reason for many of the so-called diseases of civilisation, including e.g. diabetes, hypertension, atherosclerosis, gallstones, coronary heart disease, tumours, menstrual disorders, infertility, lung diseases, sleep apnoea, gout, osteoarthritis and many more. **Obesity is a complex disease which has genetic, behavioural and environmental reasons.**

Each process of losing weight should be consulted with a doctor. The doctor who supervises it should be informed by the Patient about the pace of weight loss. **Normal weight loss is about 5% of the body weight in 3 months.** (e.g. for a person who weighs 60 kg, it is a 3 kg loss, and for 80 kg it is a 4 kg loss). There is no reason to worry then, as such weight fluctuations are natural. An overweight or obese person who wants to slim down should lose about 5% of their weight per each three-month period. Then, the body weight needs to stabilize within the correct weight range (according to BMI). Further weight loss is dangerous and it requires consultation with a doctor. In the case of obesity, blood tests (complete blood count and lipid profile /cholesterol, triglycerids, HDL, LDL/) should be done and their results should be discussed with a doctor.

If in a period of three months an adult person loses more than 10% of body weight or reaches the weight level that is lower than that appropriate for their height (according to BMI <18), it should definitely be consulted with a doctor!

Some reasons of excessive weight loss:

- neoplasms - the development of malignant tumors often causes excessive weight loss, lack of appetite, elevated body temperature and chronic fatigue;
- diabetes - often in young subjects, accompanied by polyuria, excessive thirst and appetite, headaches;
- hematologic disorders - whose characteristic symptoms may include fatigability and ecchymosis;
- thyroid diseases - if excessive weight loss occurs despite good appetite, accompanied by nervousness, fatigability, depression, pulse acceleration and excessive sweating;
- infections - may cause weight loss, gastric problems, fever, myalgia or headaches;
- gastrointestinal tract disorders - with lack of appetite, vomiting, abdominal pains, indigestion and malabsorption;

- worms - a characteristic symptom of infestation with worms (especially a tapeworm) is weight loss which occurs despite an appropriate diet;
- adolescence - especially in girls (note: girls who want to obtain the model figure often develop anorexia);
- pregnancy - weight loss may occur in the first trimester;
- addictions - in subjects consuming excessive amounts of alcohol, or taking drugs, stimulating or psychoactive substances excessive weight loss is possible.

1.2. ENERGETIC DEMAND

THE OVERALL ENERGETIC DEMAND IS, RESPECTIVELY, AS FOLLOWS:

- **1978 kcal** - if the lifestyle is sedentary;
- **2308 kcal** - if the lifestyle is moderately active, i.e. without avoidance of physical activity, which is, however, irregular and not too intensive;
- **2638 kcal** - if the lifestyle is really active, i.e. some sport is practised regularly;
- **3710 kcal** - if some professional sport is practised regularly (applicable to the training stage only).

REGULAR, EVERYDAY PHYSICAL ACTIVITY IS RECOMMENDED ACCORDING TO THE POSSIBILITIES AVAILABLE ON A SPECIFIC DAY

How many calories "must be burnt"?

Recommended energy expenditure allowing to maintain appropriate weight: 200 kcal a day.

PARTICULARLY RECOMMENDED SPORTS (WITH ENERGY EXPENDITURE PER 1 HOUR OF EXERCISE):

- **Aerobics** (550 kcal/h) - **22 min;**
- **Slow run** (600 kcal/h) - **20 min;**
- **Callanetics** (300 kcal/h) - **40 min;**
- **Intensive gymnastics** (300 kcal/h) - **40 min;**
- **Slow cycling (10 km/h)** (300 kcal/h) - **40 min;**
- **Light gymnastics** (210 kcal/h) - **57 min;**
- **Run/walk (7 km/h)** (500 kcal/h) - **24 min;**
- **Ping-pong** (280 kcal/h) - **43 min;**
- **Fast march (5 km/h)** (150 kcal/h) - **80 min;**
- **Tennis** (450 kcal/h) - **27 min;**

2. METABOLIC DIET

Basic ingredients of the diet (in the order of importance):

- white meat (chicken, turkey, rabbit)
- boiled vegetables
- lean fish (cod, perch, trout, sole, pike)
- gluten-free groats (buckwheat, millet, Maize, quinoa)
- different kinds of rice
- gluten-free pasta
- gluten-free bread
- offal (thymus gland, pork brain, hearts, liver, tongues, stomachs)
- nuts and kernels
- plant oils
- milk casein-free (e.g. made of soya, rice)
- eggs



The dietary regimen is to be adhered to for the entire duration of the recommended supplementation period, as per the table above. Maintaining the correct sequence of introducing the fundamental nutritional components (carbohydrates, proteins, and fats) into meal preparation is of critical importance.

THE AMOUNT OF KILOCALORIES CONSUMED SHOULD BE ADJUSTED TO THE SUBJECT'S DAILY DEMAND IN THE FOLLOWING WAY::

- the recommended daily amounts of kilocalories are specified above
- depending on physical activity, an appropriate option should be chosen
- check the total daily intake of kilocalories resulting from the recommended diet
- if the calorific value of the diet is too high, the size of meals should be reduced, until an appropriate value is obtained, according to the following algorithm: reduce the supper by o 1/4 or by 1/2; if the amount of kilocalories is still too high, reduce additionally the lunch/dinner by 1/4 or by 1/2
- if the calorific value of the diet is too low, the size of meals should be increased, until an appropriate value is obtained, according to the following algorithm: increase the supper by o 1/4 or by 1/2; if the amount of kilocalories is still too low, increase additionally the lunch/dinner by 1/4 or by 1/2

2.1. DIET FOR 7 DAYS

DAY 1 (ALL MEALS) - 2248 KCAL				
Breakfast	Breakfast II	Dinner	Afternoon snack	Supper
Chicken jelly with vegetables 1 Serving - 257 kcal	Cocoa milk with blueberries 1 Serving - 198 kcal	Barley soup with chicken legs 1 Serving - 333 kcal	Anti-inflammatory coconut-pineapple-pear shake 1 Serving - 202 kcal	Vegetable stuffed peppers 1 Serving - 576 kcal
Gluten free bread 1 Serving - 299 kcal		Rabbit meatballs 1 Serving - 235 kcal		Corn bread 1 Serving - 121 kcal

Camomile tea 1 Serving - 0 kcal		Cooked carrots 1 Serving - 27 kcal		Wild rose hip tea 1 Serving - 0 kcal
Total: 556 kcal	Total: 198 kcal	Total: 595 kcal	Total: 202 kcal	Total: 697 kcal

DAY 2 (ALL MEALS) - 2182 KCAL

Breakfast	Breakfast II	Dinner	Afternoon snack	Supper
Fish spread 1 Serving - 214 kcal	Coconut pudding 1 Serving - 154 kcal	Tomato soup 1 Serving - 335 kcal	Anti-inflammatory smoothie with kiwi 1 Serving - 270 kcal	Aubergines stuffed with buckwheat 1 Serving - 262 kcal
Gluten free bread 1 Serving - 299 kcal		Veal in vegetables 1 Serving - 392 kcal		Wild rose hip tea 1 Serving - 0 kcal
Camomile tea 1 Serving - 0 kcal		Boiled jacket potatoes 1 Serving - 77 kcal		
		Boiled beetroot salad 1 Serving - 179 kcal		
Total: 513 kcal	Total: 154 kcal	Total: 983 kcal	Total: 270 kcal	Total: 262 kcal

DAY 3 (ALL MEALS) - 2281 KCAL

Breakfast	Breakfast II	Dinner	Afternoon snack	Supper
Jellied pork tongues 1 Serving - 617 kcal	Zucchini pancakes 1 Serving - 101 kcal	Vegetable soup with barley 1 Serving - 335 kcal	Anti-inflammatory smoothie made from bananas, apples and oranges 1 Serving - 292 kcal	Aubergines stuffed with buckwheat 1 Serving - 262 kcal
Corn bread 1 Serving - 121 kcal		Baked trout 1 Serving - 270 kcal		Mint tea 1 Serving - 0 kcal
Camomile tea 1 Serving - 0 kcal		Boiled jacket potatoes 1 Serving - 77 kcal		
		Steamed vegetables 1 Serving - 206 kcal		
Total: 738 kcal	Total: 101 kcal	Total: 888 kcal	Total: 292 kcal	Total: 262 kcal

DAY 4 (ALL MEALS) - 2203 KCAL

Breakfast	Breakfast II	Dinner	Afternoon snack	Supper
Gluten free bread 1 Serving - 299 kcal	Blackcurrant jelly 1 Serving - 167 kcal	Vegetable soup 1 Serving - 81 kcal	Anti-inflammatory smoothie made from bananas, apples and oranges 1 Serving - 292 kcal	Vegetable fusilli 1 Serving - 370 kcal
Wild rose hip tea 1 Serving - 0 kcal		Rabbit meatballs 1 Serving - 235 kcal		Mint tea 1 Serving - 0 kcal
Salad with potatoes and radish 1 Serving - 258 kcal		Buckwheat 1 Serving - 336 kcal		
Lean ham - slices		Broccolis 1 Serving - 81 kcal		

1 Serving - 84 kcal				
Total: 641 kcal	Total: 167 kcal	Total: 733 kcal	Total: 292 kcal	Total: 370 kcal

DAY 5 (ALL MEALS) - 1991 KCAL

Breakfast	Breakfast II	Dinner	Afternoon snack	Supper
Pumpkin with rice milk and millet 1 Serving - 355 kcal	Apple jelly 1 Serving - 75 kcal	Courgette and carrot cream soup 1 Serving - 90 kcal	Anti-inflammatory smoothie made from apples and mandarins 1 Serving - 263 kcal	Aubergines stuffed with buckwheat 1 Serving - 262 kcal
Camomile tea 1 Serving - 0 kcal		Boiled rabbit 1 Serving - 431 kcal		Melissa tea (from melissa`s leaves) 1 Serving - 0 kcal
		Buckwheat 1 Serving - 336 kcal		
		Boiled beetroot salad 1 Serving - 179 kcal		
Total: 355 kcal	Total: 75 kcal	Total: 1036 kcal	Total: 263 kcal	Total: 262 kcal

DAY 6 (ALL MEALS) - 2344 KCAL

Breakfast	Breakfast II	Dinner	Afternoon snack	Supper
Lean ham - slices 1 Serving - 84 kcal	Millet spread 1 Serving - 359 kcal	Delicate dill soup 1 Serving - 278 kcal	Anti-inflammatory shake with kiwi and bananas 1 Serving - 245 kcal	Vegetable lecho 1 Serving - 544 kcal
Gluten free bread 1 Serving - 299 kcal	Rice wafers 1 Serving - 29 kcal	Baked potatoes 1 Serving - 209 kcal		Melissa tea (from melissa`s leaves) 1 Serving - 0 kcal
Sour cucumber salad 1 Serving - 116 kcal		Grilled turkey breast 1 Serving - 100 kcal		
Camomile tea 1 Serving - 0 kcal		Broccolis 1 Serving - 81 kcal		
Total: 499 kcal	Total: 388 kcal	Total: 668 kcal	Total: 245 kcal	Total: 544 kcal

DAY 7 (ALL MEALS) - 1888 KCAL

Breakfast	Breakfast II	Dinner	Afternoon snack	Supper
Potato omelette 1 Serving - 307 kcal	Cornflakes with rice milk 1 Serving - 246 kcal	Pumpkin cream-soup 1 Serving - 233 kcal	Anti-inflammatory melon smoothie 1 Serving - 199 kcal	Dumplings with vegetables 1 Serving - 320 kcal
Wild rose hip tea 1 Serving - 0 kcal	Almonds 1 Serving - 57 kcal	Boiled turkey breast 1 Serving - 168 kcal		Mint tea 1 Serving - 0 kcal
		Buckwheat 1 Serving - 336 kcal		
		Steamed cauliflower 1 Serving - 22 kcal		

Total: 307 kcal	Total: 303 kcal	Total: 759 kcal	Total: 199 kcal	Total: 320 kcal
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2.2. RECIPES FROM YOUR DIET

STEAMED CAULIFLOWER (22 KCAL)
Ingredients
Cauliflower - 100 g
Preparation
<ul style="list-style-type: none"> Wash the cauliflower, divide it into pieces and steam them (boil for about 5-10 minutes).

ANTI-INFLAMMATORY COCONUT-PINEAPPLE-PEAR SHAKE (809 KCAL)
Ingredients
coconut milk - 250 g, Pineapple - 160 g, Kiwi fruit - 150 g, Pear - 130 g, Olive oil - 5 g, Turmeric - 2 g, Cinnamon - 2 g, Ginger - 2 g, Lemon juice - 60 g, Ground black pepper - 1 g, Cloves - 1 g
Preparation
<ul style="list-style-type: none"> Peel the pineapple and kiwi. Cut into smaller particles. Wash and cut pears without a seed socket. Squeeze the lemon juice. Put chopped fruit, freshly squeezed juice, coconut milk, spices and 1 teaspoon of vegetable protein and 1 tablespoon of plantain shell in a high dish. Mix everything. Consume immediately after preparation (can be stored in the fridge max. 24h after preparation).

ANTI-INFLAMMATORY MELON SMOOTHIE (399 KCAL)
Ingredients
Melon - 350 g, Apple - 180 g, Orange juice - 250 g, Lemon juice - 125 g, Wine vinegar - 2 g, Olive oil - 5 g, Turmeric - 2 g, Cinnamon - 2 g, Ground black pepper - 1 g, Cloves - 1 g
Preparation
<ul style="list-style-type: none"> Peel the melon, separate the pulp from the seeds and cut into smaller particles. Wash and cut the apples without the seed socket. Squeeze the juice from the orange and lemon. In a high dish place the fruit, freshly squeezed juice, spices and 1 teaspoon of inulin, plantain shells and vegetable protein. Mix everything. Consume immediately after preparation (can be stored in the fridge max. 24h after preparation).

ANTI-INFLAMMATORY SHAKE WITH KIWI AND BANANAS (735 KCAL)
Ingredients
Rise milk - 250 g, Banana - 400 g, Kiwi fruit - 150 g, Orange juice - 125 g, Lemon juice - 15 g, Turmeric - 2 g, Cinnamon - 2 g, Olive oil - 5 g, Chilli - 1 g, Cloves - 1 g

Preparation

- Peel bananas and kiwi. Cut into smaller particles.
- Squeeze the juice from the lemons and oranges.
- Put chopped fruit, freshly squeezed juice, rice milk, spices and 1 teaspoon of inulin and vegetable proteins in a high dish.
- Mix everything.
- Consume immediately after preparation (can be stored in the fridge max. 24h after preparation).

ANTI-INFLAMMATORY SMOOTHIE MADE FROM APPLES AND MANDARINS (1053 KCAL)**Ingredients**

Apple - 400 g, Blackberries - 170 g, Banana - 200 g, Tangerines - 1000 g, Lemon juice - 30 g, Wine vinegar - 5 g, Turmeric - 2 g, Cinnamon - 2 g, Sesame oil - 5 g, Hazelnuts - 20 g, Ground black pepper - 1 g, Cloves - 1 g

Preparation

- Peel the bananas and cut into smaller particles.
- Wash and cut the apples without the seed socket.
- Wash the berries.
- Cut out the mandarins and lemons.
- Grind nuts.
- Put chopped fruit, freshly squeezed juice, spices and 1 tablespoon of plantain shells and vegetable proteins in a high dish.
- Mix everything.
- Consume immediately after preparation (can be stored in the fridge max. 24h after preparation).

ANTI-INFLAMMATORY SMOOTHIE MADE FROM BANANAS, APPLES AND ORANGES (584 KCAL)**Ingredients**

Banana - 200 g, Apple - 200 g, Raspberries - 120 g, Orange juice - 250 g, Blackberries - 170 g, Lemon juice - 125 g, Turmeric - 2 g, Cinnamon - 2 g, Sunflower oil - 5 g, Ground black pepper - 1 g, Cloves - 1 g

Preparation

- Peel the bananas and cut into smaller particles.
- Wash and cut the apples without the seed socket.
- Wash raspberries and blueberries.
- Squeeze the juice from the orange and lemon.
- Put chopped fruit, freshly squeezed juice, spices and 1 tablespoon of plantain shells and vegetable proteins in a high dish.
- Mix everything.
- Consume immediately after preparation (can be stored in the fridge max. 24 hours after preparation).

ANTI-INFLAMMATORY SMOOTHIE WITH KIWI (541 KCAL)**Ingredients**

Kiwi fruit - 150 g, Apple - 400 g, Orange juice - 250 g, Lemon juice - 80 g, Turmeric - 2 g, Cinnamon - 2 g, Olive oil - 5 g, Walnuts - 15 g, Ground black pepper - 1 g, Cloves - 1 g

Preparation

- Peel the kiwi and cut into smaller particles.
- Wash and cut the apples without the seed socket.
- Squeeze the juice from the orange and lemon.
- Grind nuts.
- Put chopped fruit, freshly squeezed juice, spices and 1 tablespoon of inulin and vegetable proteins in a high dish.
- Mix everything.
- Consume immediately after preparation (can be stored in the fridge max. 24h after preparation).

APPLE JELLY (301 KCAL)

Ingredients

Apple - 500 g, Water - 1000 g, Gelatin - 20 g, Cinnamon - 5 g, Cloves - 3 g, Lemon juice - 5 g

Preparation

- Peel the apples, remove the stalks and cut them into pieces. Put the apple pieces into a saucepan, cover them with water, add cinnamon and cloves and boil for about 30 minutes.
- Drain the apples and cloves. Add some lemon juice to the liquid.
- Add the gelatine (prepared in accordance with the instructions on the packaging) and stir thoroughly until the gelatine melts.
- Put the apple pieces into small bowls and pour the jelly over them. Put aside for a few hours (until the jelly solidifies).

AUBERGINES STUFFED WITH BUCKWHEAT (1049 KCAL)

Ingredients

Eggplant - 250 g, Onions - 80 g, Tomatoes - 150 g, Buckwheat groats - 200 g, Olive oil - 30 g, Champignons, fresh - 70 g, White salt - 1 g, Ground black pepper - 3 g, Basil - 10 g, Thyme - 10 g

Preparation

- Cook the buckwheat in water according to the recipe provided on the packaging.
- Wash the aubergines and cut them into long halves. Take out a part of pulp and sprinkle the aubergines with salt. Leave them for 20 minutes until they start to release juice. Then wash and dry them.
- Peel the onion, cut it into rings, and slice the tomatoes. Heat olive oil on a pan, fry the onion with chopped mushrooms, and season them with pepper, salt, basil, and thyme.
- Mix all the ingredients and stuff aubergine halves with them. Bake the aubergines in a heated oven until the vegetables are tender.

BAKED POTATOES (419 KCAL)

Ingredients

Potatoes, medium - 200 g, White salt - 3 g, Olive oil - 30 g, Oregano - 10 g, Ground black pepper - 3 g, Rosemary - 10 g

Preparation

- Heat the oven to 220 °C. Grease a baking pan with 1 spoonful of oil.
- Boil the potatoes, drain them and put them into the pan.
- Sprinkle the potatoes with dried oregano, rosemary, salt and pepper, add the remaining oil and slightly stir with your hands.
- Bake for about 35- 45 minutes, until the potatoes become golden-brown.

BAKED TROUT (1080 KCAL)**Ingredients**

Brown trout, fresh - 300 g, Pork, side without bones - 100 g, Olive oil - 30 g, Lemon - 40 g, Rosemary - 2 g, Thyme - 2 g, Caraway seeds - 2 g, White salt - 2 g

Preparation

- Clean and dry the trout. Rub the (whole) fish with salt and herbs.
- Heat a spoonful of oil in a frying pan, and shortly fry both sides of the fish.
- Put two slices of bacon into each trout piece, put the fish in a fire-resistant dish greased with oil and bake in a hot oven (200 °C) until the fish becomes golden brown.
- Cut the remaining bacon into stripes, fry them in a frying pan until they are crispy, and put them into fish pieces before serving (remove the bacon pieces which were inside the fish pieces while baking).
- Slightly sprinkle with lemon juice directly before serving.

BARLEY SOUP WITH CHICKEN LEGS (1333 KCAL)**Ingredients**

Chicken feet - 500 g, Carrots - 100 g, Parsley, roots - 80 g, Celeriac - 70 g, Potatoes, medium - 130 g, Thyme - 5 g, Bay leaves - 2 g, Allspice - 3 g, Black pepper – grains - 2 g, Water - 2000 g, Parsley, leaves - 10 g, Millet groats - 70 g

Preparation

- Wash, peel and coarsely grate the vegetables. Put them into water, add the chicken legs and spices/herbs. Boil the stock (for about 30 minutes).
- Add the groats and boil until they are soft.
- At the end, add the potatoes and boil for another 30 minutes. Serve sprinkled with chopped parsley.

BLACKCURRANT JELLY (334 KCAL)**Ingredients**

Blackcurrant juice - 500 g, Gelatin - 10 g, Black currants - 100 g

Preparation

- Heat the natural, unsweetened blackcurrant juice, add the gelatine prepared in accordance with the instruction on the packaging, cool the jelly down.
- Put some fruits at the bottom of each bowl and pour the jelly onto them.
- Put aside for a few hours until the jelly solidifies.

BOILED BEETROOT SALAD (358 KCAL)**Ingredients**

Beetroots, boiled - 500 g, Lemon juice - 10 g, White salt - 5 g

Preparation

- Wash beetroots, boil them (unpeeled) in slightly salted water until they are soft. Cool the beetroots down, then peel and grate them. Add some lemon juice.

BOILED JACKET POTATOES (154 KCAL)

Ingredients
Potatoes, medium - 200 g
Preparation
<ul style="list-style-type: none"> • Cook the unpeeled potatoes in slightly salted water.

BOILED RABBIT (1727 KCAL)
Ingredients
Rabbit, carcass - 1000 g, Garlic - 20 g, Lemon juice - 5 g, Bay leaves - 2 g, Parsley, leaves - 15 g, Allspice - 2 g, Carrots - 200 g, Parsley, roots - 200 g, White salt - 3 g, Ground black pepper - 1 g
Preparation
<ul style="list-style-type: none"> • Chop the garlic and mix it with salt. Rub the meat with the prepared garlic mixture. Sprinkle it with lemon juice and then cover it and put it into a fridge for a couple of hours • Cook water with salt, bay leaves, and crushed allspice until it boils. • Put the meat into the boiling water and cook it over a low flame under a lid. • Peel the vegetables, chop them, and add them to the cooking meat after about 30 minutes. Cook the ingredients until everything is tender. • Take the meat out of the pot, top it with boiled vegetables, and sprinkle with pepper and parsley.

BOILED TURKEY BREAST (168 KCAL)
Ingredients
Turkey breast, without skin - 200 g, White salt - 3 g
Preparation
<ul style="list-style-type: none"> • Boil and cook the turkey breast in slightly salted water until the meat is soft.

BUCKWHEAT (336 KCAL)
Ingredients
Buckwheat groats - 100 g, White salt - 2 g
Preparation
<ul style="list-style-type: none"> • Boil the buckwheat in slightly salted water.

CHICKEN JELLY WITH VEGETABLES (1031 KCAL)
Ingredients
Duck breast meat - 500 g, Meat stock - 1500 g, Soup vegetables - 500 g, Onions - 100 g, Bay leaves - 3 g, White salt - 3 g, Ground peppers - 3 g, Gelatin - 20 g, Green peas, potted, without brine - 50 g
Preparation
<ul style="list-style-type: none"> • Pour the stock onto the meat and boil it with the peeled vegetables, a laurel bay leaf. • At the end of cooking, add a pinch of chilli. • Drain through a sieve to another pot. • Cut the meat into pieces and slice the vegetables. • Remove fat from the stock, heat it .

- Drain one more time and take one litre of the stock.
- Melt the gelatine in the hot stock and put aside until it starts to solidify.
- Put the meat and vegetable pieces into the bowls and pour a part of the jelly on them.
- Put the bowls into the fridge and when the first layer solidifies, decorate it peas.
- Pour the remaining part of the jelly into the bowls and put them into the fridge again (overnight, if possible). Take the jelly out of the bowls when it is firm.

COCOA MILK WITH BLUEBERRIES (397 KCAL)

Ingredients

soya milk - 380 g, Chia seeds - 15 g, Agar-agar - 15 g, Vanilla pod - 2 g, Xylitol - 3 g, Potato starch - 3 g, Cocoa 16%, powder - 5 g, Blackberries - 20 g

Preparation

- Preparation of vanilla mass: Pour soy or other vegetable milk into the pot. Add chia seeds, agar-agar, seeds with 5 cm vanilla pod, xylitol, potato starch. Boil while stirring.
- Put 3 berries or blueberries, cut in half, into 6 silicone molds.
- Pour the molds with vanilla mass up to 3/4 of their height.
- To the rest of the mass, add 1 teaspoon of cocoa and mix.
- Pour all the molds.
- Put 1 blueberry or blueberry on top.
- Put in the fridge for 30 minutes. (One serving is 3 pieces of milk)

COCONUT PUDDING (619 KCAL)

Ingredients

Coconut oil - 10 g, Dessicated coconut - 15 g, Potato starch - 30 g, Rise milk - 500 g

Preparation

- Roast desiccated coconut in a dry frying pan.
- Mix milk with starch in pot, add coconut oil and the roasted desiccated coconut.
- Boil and cook for about 3 minutes, stir all the time, until the pudding becomes smooth.

COOKED CARROTS (27 KCAL)

Ingredients

Carrots - 100 g, Water - 250 g, White salt - 2 g

Preparation

- Wash, peel and dice the carrots.
- Pour water into the pot, add a pinch of salt, boil.
- Add the carrots.
- Cook on a low fire until soft.

CORNFLAKES WITH RICE MILK (246 KCAL)

Ingredients

Cornflakes - 40 g, Rise milk - 150 g

Preparation

- Pour the milk over the cornflakes.

COURGETTE AND CARROT CREAM SOUP (360 KCAL)**Ingredients**

zucchini - 400 g, Carrots - 250 g, Onions - 80 g, Vegetable bouillon - 1000 g, White salt - 2 g, Ground peppers - 2 g, Ground black pepper - 2 g, clarified butter (ghee) - 10 g

Preparation

- Wash the carrots and the courgette and cut them into thick dices. Peel the onion, wash it, and dice it as well.
- Melt butter in a pot, put the diced carrot into it, and fry it for about 5 minutes. Add the onion and fry the vegetables for a minute. Then add the diced courgette and fry the ingredients for about 3 minutes.
- After that, add the broth and seasonings and stew the vegetables over a low flame until they are tender. Blend all vegetables to make a smooth cream soup.

DELICATE DILL SOUP (834 KCAL)**Ingredients**

Dill - 60 g, Ground black pepper - 2 g, White rice - 100 g, Chicken leg - 250 g, Carrots - 150 g, Parsley, roots - 100 g, Allspice - 1 g, Bay leaves - 1 g

Preparation

- Cook a kitchen leg with carrot and parsley roots, allspice, pepper and laurel leaves in about 1,5 litres of water. After about 50 minutes, take out the meat, carrot and parsley.
- Rinse rice and add it to the stock, boil and cook for about 10 minutes. Finely chop the carrot and parsley roots and add them to the soup.
- Rinse and chop dill and add it to the soup. Cook the soup for a few minutes, until the rice is soft.
- If the rice absorbs too much liquid, add some boiled water.

DUMPLINGS WITH VEGETABLES (1282 KCAL)**Ingredients**

Potatoes, medium - 450 g, Whole chicken eggs - 60 g, Ground rice - 150 g, White salt - 3 g, Ground black pepper - 4 g, Carrots - 300 g, Parsley, roots - 150 g, Parsley, leaves - 20 g, Onions - 100 g, Rapeseed oil - 10 g, Champignons, fresh - 60 g, Red peppers - 200 g

Preparation

- Boil the potatoes in their jackets. Peel and mince them when cooled. Add the flour, egg and knead them until the pastry is soft.
- Clean and coarsely grate the champignons, carrot, and parsley, cut the pepper into slivers and chop the onion.
- Stew all the vegetables in oil, add some salt and pepper, then add chopped parsley.
- Form small pancakes, add a bit of filling and then close them, forming round dumplings. Next, put them into boiling salty water and cook, making sure the water does not boil, for about 10-15 minutes. Drain them afterwards.

FISH SPREAD (429 KCAL)**Ingredients**

Codfish with vegetables - 200 g, Soup vegetables - 200 g, Mayonnaise - 15 g, Onions - 80 g, Parsley, leaves - 20 g

Preparation

- Boil the vegetables.
- At the end of cooking, add the fish, boil and drain it.
- Mince the fish and vegetables in a mincer.
- Add finely chopped onion, mayonnaise and chopped parsley. Mix well.

GLUTEN FREE BREAD (1798 KCAL)**Ingredients**

Buckwheat flour - 500 g, White salt - 5 g, Sugar - 5 g, Water - 500 g, Food yeast, compressed - 25 g

Preparation

- Start by activating the yeast. In a small bowl, dissolve the yeast in warm water with some sugar. Set aside for about 10 minutes until the yeast starts to work and foam appears.
- Meanwhile, in a large bowl, mix the buckwheat flour and salt. Add the activated yeast. Knead the dough until it becomes smooth and elastic. If the dough is too thick, add a little more water. If you wish, you can add your favourite seeds to enrich the taste and nutritional value of the gluten-free bread.
- Once you have kneaded the dough, transfer it to a tin lined with baking paper. Cover with a cloth and set aside in a warm place for about an hour to allow the dough to double in volume.
- Preheat the oven to 200°C. Once the dough has risen, place it in the preheated oven and bake for about 45-50 minutes, until the gluten-free bread has a golden crust and makes a hollow sound when you tap the bottom. Once baked, remove the bread from the tin and set aside to cool on a wire rack.
- **Some of the most popular gluten-free flours include, but are not limited to:** corn flour, rice flour, buckwheat flour, tapioca flour, gluten-free oat flour, amaranth flour, millet flour, coconut flour, chickpea flour.

GRILLED TURKEY BREAST (100 KCAL)**Ingredients**

Turkey breast, with skin - 100 g

Preparation

- Clean and dry the turkey breast.
- Grill until ready.

JELLIED PORK TONGUES (2469 KCAL)**Ingredients**

Carrots - 150 g, Parsley, roots - 100 g, Celeriac - 100 g, Onions - 120 g, Garlic - 30 g, Gelatin - 20 g, Ground black pepper - 3 g, Bay leaves - 3 g, Allspice - 3 g, Whole chicken eggs - 360 g, Green peas - 40 g, Red peppers - 100 g, Pork tongue - 1000 g, Parsley, leaves - 30 g

Preparation

- Wash the tongue and put it into boiling water. Boil until the meat is almost soft.
- Take the meat out, pour it with cold water, and then peel the skin and cut the meat in 1 cm slices.
- Add the spices/herbs, garlic (6 large cloves), fried onion, peeled vegetables and the tongue slices into the pot. Cook until the meat is soft.
- Take the meat out, drain the stock and add the gelatine.
- Mix thoroughly, add some salt and pepper, and put aside until it starts to solidify.

- Put all the vegetables aside, apart from the carrot.
- Put the tongue meat on the plate, add an egg slice to each piece. Garnish with pepper pieces, parsley, carrot and peas. Pour the jelly on the dish and put aside until completely firm.

MILLET SPREAD (719 kcal)

Ingredients

Millet groats - 200 g, Carrots - 100 g, Basil - 10 g, White salt - 3 g, Water - 200 g

Preparation

- Boil the millet in slightly salted water and cool it down. Boil the carrots until soft.
- Blend all the ingredients into smooth spread and serve it with bread.

POTATO OMELETTE (1229 kcal)

Ingredients

Potatoes, medium - 500 g, Olive oil - 45 g, White salt - 1 g, Ground black pepper - 1 g, Onions - 80 g, Whole chicken eggs - 300 g, Chive - 20 g

Preparation

- Peel and slice the potatoes.
- Put them in a baking pan, sprinkle with olive oil, season with salt and pepper. Bake for 15 minutes at 170 °C.
- Fry the finely chopped onion in hot olive oil until transparent.
- Put alternate layers of potatoes and onions in an ovenproof pan. Pour the whisked eggs over it.
- Bake at 180 °C for approximately half an hour. Serve hot.

PUMPKIN CREAM-SOUP (932 kcal)

Ingredients

Pumpkin - 1000 g, Olive oil - 20 g, Carrots - 120 g, Onions - 120 g, Apple - 150 g, Nutmeg - 2 g, Ginger - 2 g, Cinnamon - 2 g, Vegetable bouillon - 1000 g, Ground rice - 15 g, Ground black pepper - 2 g, White salt - 2 g, Pumpkin, seeds - 30 g, Plant cream - 50 g

Preparation

- Dice the pumpkin, chop the onion, slice the carrots and cut the apple into large dices.
- Heat the oil in a large pot (use medium fire), add the onion, apple, carrot, pumpkin and the spices: nutmeg, ginger and cinnamon. Simmer under a lid for about 10 minutes, stir from time to time.
- Pour the stock into the pot and boil it.
- Keep on cooking until the pumpkin is soft (i.e. for about 15 minutes).
- Take the soup off the fire and blend it.
- Add some flour, stir and boil.
- Add some salt and pepper.
- Serve the soup with a spoonful of cream and a spoonful of roasted pumpkin seeds per serving.

PUMPKIN WITH RICE MILK AND MILLET (1421 kcal)

Ingredients

Pumpkin - 400 g, Millet groats - 180 g, Rise milk - 1000 g, White salt - 1 g, Sugar - 4 g

Preparation

- Pour boiling water over the millet to remove the bitterness. Boil the rice milk.
- Add the groats, season with a pinch of salt.
- Peel the pumpkin, cut into small cubes and add to the milk with groats.
- Cook until tender.

RABBIT MEATBALLS (942 KCAL)

Ingredients

Rabbit, carcass - 400 g, Garlic - 25 g, Onions - 100 g, Olive oil - 10 g, White salt - 2 g, Ground black pepper - 2 g, Caraway seeds - 2 g, Savory - 3 g, Tomatoes - 500 g, Marjoram - 3 g, Tomato paste, 30% - 20 g, Buckwheat flour - 20 g

Preparation

- Mince rabbit meat with onion and garlic, add seasonings.
- Make meatballs and roll them in flour. Fry on a pan for a moment and then put them into a pot.
- Fry diced potatoes on the same frying pan. Add a tablespoon of the concentrate and a little olive oil; then season the potatoes with garlic, salt, and marjoram.
- Pour the sauce into the pot with meatballs. Stew the meatballs over a low flame under a lid until you smell a strong aroma.

SALAD WITH POTATOES AND RADISH (258 KCAL)

Ingredients

Potatoes, medium - 45 g, Radish - 35 g, Leek - 19 g, Mustard - 6 g, Olive oil - 18 g, Lemon juice - 10 g, Sugar - 10 g, White salt - 1 g, Ground black pepper - 1 g

Preparation

- Boil potatoes in their skin. Peel and dice. Add radish and leek, cut into thin slices.
- Mix it all and add mustard, lemon juice, salt, sugar, pepper and olive oil to taste.

SOUR CUCUMBER SALAD (232 KCAL)

Ingredients

Gherkin - 240 g, Onions - 200 g, Rapeseed oil - 16 g, Parsley, leaves - 12 g, Ground black pepper - 1 g, White salt - 1 g

Preparation

- Peel the sour cucumbers, cut them into small cubes and squeeze lightly.
- Add finely chopped onion, parsley or dill, season with salt and pepper, and pour over the oil.

STEAMED VEGETABLES (206 KCAL)

Ingredients

Cauliflower - 200 g, Broccoli - 200 g, Carrots - 200 g, French beans - 200 g

Preparation

- Wash and clean the vegetables.
- Julienne the peeled carrot.
- Use a special double-bottom pot for steaming.

TOMATO SOUP (1006 KCAL)

Ingredients

Tomatoes - 1000 g, White salt - 3 g, Ground black pepper - 3 g, Vegetable stock - 800 g, Bay leaves - 1 g, Allspice - 2 g, Garlic - 5 g, Orange juice - 150 g, Coriander - 5 g, Basil - 5 g, White rice - 200 g

Preparation

- Wash the tomatoes, cut them into pieces and put them into a pot.
- Add the crushed clove of garlic and coriander, and stew under a lid for about 15 minutes. Stir from time to time and check if the tomatoes are already soft.
- Rub the stewed tomatoes through a sieve and add them to the vegetable stock, add allspice, bay laurel, a bit of orange juice, salt, pepper and sugar, and boil.
- Serve with rice, pasta or croutons.

VEAL IN VEGETABLES (1568 KCAL)

Ingredients

Veal, leg - 600 g, Carrots - 500 g, Onions - 200 g, Garlic - 10 g, Bones, stock - 150 g, Olive oil - 70 g, Red wine - 125 g, White salt - 3 g

Preparation

- Wash and dry the veal, rub it with the garlic pounded with salt and pepper.
- Spread olive oil over the meat. Set aside for 3 hours in a cool place.
- Heat the olive oil on the skillet and fry the meat until golden-brown on all sides.
- Next put the meat in an ovenproof pan and pour the bone stock over it.
- Stew over low heat for approximately 30 minutes.
- Wash the carrots, clean the onions; add whole vegetables to the stewed meat.
- Stew all the ingredients for 40 minutes.
- Remove the carrots and onions from the pot, slice the carrots and cut the onions into quarters. Serve the vegetables with the meat.

VEGETABLE FUSILLI (1110 KCAL)

Ingredients

Eggplant - 300 g, White salt - 1 g, zucchini - 500 g, Cherry tomatoes - 100 g, Parsley, leaves - 10 g, Olive oil - 50 g, Ground black pepper - 1 g, Oregano - 2 g, Gluten-free pasta - 400 g

Preparation

- Clean, rinse and slice the eggplant.
- Sprinkle it with salt and put aside for 10 minutes, then rinse and dry.
- Clean, rinse and slice the zucchini.
- Clean, rinse and dice the tomatoes.
- Chop the parsley finely.
- Pour water into the pot, salt it, boil, add the pasta and cook until soft.
- Heat some oil in the frying pan, and stew the eggplant and zucchini with it for about 5-8 min.
- Add the tomatoes and parsley, salt, pepper and oregano.
- Stew for 3-5 more minutes.
- Drain the pasta and rinse it with cold water. Serve with the vegetables, sprinkled with grated parmesan.

VEGETABLE LECHO (544 KCAL)

Ingredients
Onions - 300 g, Red peppers - 400 g, Tomatoes - 300 g, Eggplant - 150 g, White salt - 1 g, Rapeseed oil - 30 g
Preparation
<ul style="list-style-type: none"> Wash, clean and peel the vegetables. Julienne the onions and peppers, and dice the tomatoes and aubergine. Put the onion in the hot grease and fry until golden-brown, add the rest of the vegetables and keep over high heat for a while, then stew under the lid over low heat for another 20 minutes.

VEGETABLE SOUP (326 kcal)

Ingredients
Cauliflower - 600 g, Carrots - 250 g, Parsley, roots - 160 g, Onions - 100 g, Celeriac - 150 g, Dill - 10 g, Bay leaves - 1 g, White salt - 1 g, Ground black pepper - 1 g, Allspice - 2 g, Water - 2000 g
Preparation
<ul style="list-style-type: none"> Peel and dice the carrots, parsnip, and celeriac root. Divide the cauliflower into spears. Pour water into a pot, add diced vegetables and spices. Cook all the ingredients under a lid for about 30 minutes. At the end, sprinkle the soup with chopped dill.

VEGETABLE SOUP WITH BARLEY (671 kcal)

Ingredients
Onions - 60 g, Carrots - 120 g, Celery - 100 g, White cabbage - 100 g, Potatoes, medium - 60 g, Vegetable stock - 1000 g, zucchini - 300 g, White salt - 1 g, Ground black pepper - 1 g, Basil - 2 g, Garlic - 2 g, Olive oil - 10 g, Millet groats - 80 g
Preparation
<ul style="list-style-type: none"> Soak the barley for 2 hours in cold water, finely dice the onion, carrot, celeriac, potato, and courgette, shred the cabbage. Pour the barley into a pot, pour cold water over it, cook for approximately 25 minutes until soft. Strain. Put the onion, carrot, celeriac, cabbage and potato into another pot, pour the stock over them and bring to a boil. Add the courgette, salt and pepper and cook for approximately 15 minutes, stirring from time to time. Put the garlic, basil, 8 tablespoons of hot stock into the mixer and mix until smooth. Put the garlic pulp and barley into the pot with the vegetables. Mix and, if necessary, season and sprinkle with olive oil. Serve hot.

VEGETABLE STUFFED PEPPERS (1153 kcal)

Ingredients
Red peppers - 1000 g, Carrots - 200 g, Parsley, roots - 100 g, Onions - 200 g, Tomato paste, 30% - 80 g, Sunflower oil - 70 g, Ground black pepper - 2 g, Sugar - 5 g, Parsley, leaves - 20 g
Preparation
<ul style="list-style-type: none"> Remove the seeds and wash the peppers carefully. Stuffing: julienne the carrot and parsley, coarsely dice the onion, fry them a little in oil and add the tomato puree, stew briefly and season the vegetables, and then stuff the peppers. Baste the stuffed peppers with oil and stock and stew under the lid until soft.

ZUCCHINI PANCAKES (404 kcal)

Ingredients
zucchini - 500 g, Whole chicken eggs - 60 g, White salt - 3 g, Ground black pepper - 3 g, Rapeseed oil - 10 g, Buckwheat flour - 45 g
Preparation
<ul style="list-style-type: none">• Sprinkle some salt on grated zucchini and put it aside for 20 minutes, for the juice to come out. After that, squeeze the juice off thoroughly.• Mix the zucchini, egg, flour and pepper until the batter becomes smooth.• Heat some oil in a frying pan, spoon the zucchini batter into it and fry for 3-4 minutes on each side, until the pancakes become golden-brown. Serve e.g. with garlic dip.

Note! This report may be copied only as a whole.

The result has been issued in accordance with the PB-01 test procedure. from 01.02.2016

The result was verified by: on: Feb.



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