

Breakfast



omelette



sourdough bread with avocado and egg



mix grain salad



scrambled eggs



kefir yoghurt with nuts, seeds, dark chocolate and berries



hummus with pitta bread



sourdough bread with mozzarella, tomatoes and fresh basil



overnight oats with chia seeds, kefir yoghurt, seeds, nuts and berries



kefir with berries, hemp seeds, no sweetened granola and goji berries



poached eggs and salad



Matcha latte with plant milk



macrel fillets in tomato sauce on pitta

Lunch



Dinners

