

14/04/2015.

Lettuce	17	20		
Banana	100	90		
egg	50	150	75	185
carrot.	80	41	35	
cucumber			12	
Tomato			25	
onion			4	
Pollock		110	186	371

Mixed fruits, berries,			72	
Strawberry			29	
Carrot	80	41	35	136
				507

Tomato			25	
cucumber			12	
onion			5	
Ketchup			10	714
Sardines,			155	578
			207	

coffee + honey			15	
Tea + honey + milk			20	
Mushrooms 4x 20g			20	
ketchup.			10	65
				779

Tea + honey + milk.			20	
Paleo cookie 20g.	350		35	
Brussels sprouts 200g			90	
Salmon steak			140	
cocoa			15	300
				1079

wine 120 @ 85			100	
wine 125 @ 80			100	
Zivaia 28g @			60	
Avocado 100g.			160	420
				1,500.

13/04/2015

Banana			90	
Lettuce			5	
Tomato			18	
Cucumber			15	
herring	60	160	96	
onion			5	229

raspberry/	160g	55	88	
Redcurrant			25	113
carob syrup.				340

Avocado 1/2	100g	160	160	
Tea.			15	

Runner beans	150g	80	120	
Pollock	40	92	40	
Ketchup.			10	345
				685

Tomato			18	
cucumber			15	
onion			5	
herring			95	
cheese			70	
Tomatoes can			40	243
				928

cocoa			15	
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15/04/15

Coffee - honey	15		
Tea - honey	15		
Tea - Frith.	-		
Egg, boiled	75		
Lettuce 20g.	5		
Kohl. Rabi slice	5		
Carrot	30		
Banana green	30		
		175	

cucumber	15		
Tomato	25		
Onion	5		
mushroom	15		
Salmon steak	140		
Coffee + honey	15	215	390

Carrot	30		
cookie 20x360	70		
cookie x40	100		
Cocoa	20		
orange 180g@47	90		
Berries, mixed 100g.55	55		
carob	5	320	710

Goulash soup	210		
Avocado 1/2	190		
cauliflower 300g x 25	75		
Potato	110		
Ketchup	10	595	1305

16/04/2015

cookie 25g. @ 360	90		
Mackerel 80g @ 156	125		
Cucumber	15		
Tomato	25		
onion	5		
mushroom (x3)	15		
coffee (xylitol)	10	285	

Carrot.	35		
Banana	45		
Grapefruit 1/2	65		
Mixed berries	70		
Strawberries.	30		
carob	10	255	540

Birthday cakes	150 (?)		
Pumpernickel	50		
cod liver pate	110		
Kohlrabi	10	320	860

Pangasius 160g @ 90	145		
Green beans 200g @ 30	60		
ketchup.	10		
wine 100g.	80	295	1155
Avocado 70g @ 160	110		1260

18/04/2015

xylytol		10		
Ale 1/2 pt. (diet 7-up)	43@284	120		
Kohlrabi		10		
Carrot		20		
Cucumber	}	80		
tomato				
onion				
Lettuce				
Mushroom				
Mackerel 80g@15		125	365	365
Cookie		140		
orange 150g@47		75		
Strawberries		30		
Mixed berries		70	315	680
Nicole's pizza 1/2	x135 150g	200		
Wine 150g		120		
Aubergine 1/2 lb?	@24	50		
Salmon smoked 75@120		90	460	1140
Carrot		50		
Kohlrabi		10		
Avocado 63 x 160		100	160	1300
Herring		100		
Cocoa		20		1420

17/04/2015

boiled egg		75		
Avocado 1/2 70g.		110		
Coffee x2		20	205	205
Lettuce 120g @ 17		20		
Tomato	}	60		
cucumber				
lettuce				
onions				
Kohlrabi, slice.				
Tomato	}	60		
cucumber				
lettuce				
onion				
Herring 1/2 can 60g		100	240	445
Grapefruit 1/2		65		
strawberries		30		
Mixed berries		70		
Cookie 40g@350		140	305	750
Pumpernickel		50		
Cod liver pate 26g.		150		
Pangasius		110		
Green beans		50	360	1110
Wine 150g.		120		
Kohlrabi x3		20		
Carrot large 93g@80		75	215	1325
Avocado				

20/04/2015

coffee	10		
Tea	10		
Lettuce	20		
Tomato 145g	25		
mushroom (i) 20g	5		
Cauliflower 200g	25		
Ketchup	10		
Herring, can 125g @ 160	200	355	355

carrot 1/2	30		
lettuce	20		
Green banana steamed 120g @ 45, say	55		
Grapefruit 1/2	65		
Berries	40		
strawberries	30		
coffee	10	250	605

cookies 15g + 10g = 25g @ 350	90		
Boiled egg	75		
Tea	10	175	780

Broccoli, steamed 350g @ 28	100		
98			
Pangasius 120x90	110	210	990

cocoa	25		
cocoa	25	50	1040

19/04/2015

Bitter Banana 50g @ 45 say	25		
Salad (all)	80		
Herring 120g @ 160	195		
xyliol	10	310	310

Kohlrabi	10		
xyliol	10		
1/2 Grapefruit 155g @ 42	65		
Berries mixed 75g @ 55	40		
Carrots 5g @ 257	10		
strawberries, 5 No 100g @ 32	30	165	475

Brussels 20 No 280g @ 36	100		
Cod fillet 125g @ 75*	95		
Ketchup	10		
Onion steamed 60g @ 40	25	220	695

bitter banana 1/2	25		
Avocado	100		
cocoa	25	150	845

22/04/15

honey x 2		30		
Salad (all)				
lettuce	15	} 70		
onion	5			
Tomato	25			
cucumbers	15			
Mushroom	10			
Pumpernickel slice	35 @ 125		45	
cod liver pâté	20 @		110	
Ketchup	10		10	270 270

Fruit

strawberry	40			
mixed berries	70			
orange 1/2	30	140		410

Cod steak steamed 130g	75	100		
Cocoa x 2	50	50	150	560

olive cake 60g @ 270	160			
wine 175g @ 80	140	300		860

Brussels 300g @ 35	105			
Salmon fillet 216 @ 60	140			
Onion	100			
Ketchup	10	355		1215

carrot	30			
Cocoa	25	55		1270

21/04/2015

coffee honey		15		
Tomato		25		
onion, spring @ 25 25g.		5		
lettuce		15		
Mackerel. 80 @ 156	1 25		185	185

carrot 1/2		30		
Egg, boiled		75		
Lettuce 100g		15		
Green banana, boiled 120g @ 40	50		170	355

Orange 1/2		25		
mixed berries		70		
strawberries		30	125	480

Cocoa		10		
Dessert (mousse)		50		
Broccoli 200g		60		
Onion 450 = 2k5g x 40		100		
- 205		110		
Pangasius 125g x 90			50	380 860
Ketchup				

Avocado 1/2		200		
Kablrabi		5		
carrot		30		
Cocoa	25		260	1120

olive cake 60g @ 270
 wine 175g @ 80 83

24/04/2015

Kohlrabi	5		
xyl	10		
Banana	120 @ 50	60	
Egg		75	
xyl.		10	160

xyl.		10	
Lettuce			
tomato			
cucumber		100	
onion			
salmon	60g	140	
cod	120g	75	
xyl.		10	335
			495

Pumpernickel	60g @ 125	75	
cod liver.		100	
honey		15	190
			685

Aurelia Syrian Restaurant

Taboulet	75?		
Mixed salad	75?		
Aubergine	75?		
Chicken Marinade	250?		
Red wine	175c.	150	
Sunday		50	675
			1560

23/04/2015

Cashew pudding	150g? @ 155	155	
Lettuce	150g @ 17	25	
tomato		25	
mushroom		10	
onion		5	
cucumber	200g	35	
Salmon	60g 216	140	395
			395

Avocado 1/2		190	
Pumpernickel sl.		50	
Avocado butter	1 tsp. 5g	40?	280
			675

orange 1/2		25	
mixed fruit		70	
strawberries		30	
Cards		10	135
			810

egg		75	
banana green,	120g. x45	55	120
			930

Broccoli	200g.	60	
onion		100	
salmon	65g	150	3110
			1240

cod	125g @ 75	95	
Ketchup		20	
Kohlrabi		10	125
			1365

26/04/15 Sunday

Salad				100	
Whitefish (pollock) 150g				135	
Beefroot pickled. 50g @ 22				10	
Commandaria 30g @ 20 180			60	305	305

orange 1/2 85g @ 50	40	40		
Strawberries		30		
Berries, mixed 100g @ 55	55	125	430	

Cookie 30g @ 350	100			
Pumpernickel	50			
Cod liver pâté	110			
Cocoa	25	285	715	

Cabbage 210g @ 25	55			
garlic 3 cloves 9g @ 150	10			
Cod 120g @ 75	90			
Tomato sauce	15	170	895	

Carrot	30			
Kohlrabi x 2.	10			
Boiled egg	75			
Banana, Green 120 45	55	170	1065	

25/04/2015 - Sat.

8:00 xylitol	10		
9:00 honey	15		25

14:00			
Salad, all	100		
Herring	200		
xylitol x2	20		
honey	15	335	360

17:00 xylitol	10		
cookie	140	150	510

18:30 Pumpernickel 40g x 125	50		
Cod liver pâté	110	160	670

cocoa	25		
19:30 Cabbage 160g @ 25	40		
green beans 120g.	40		
garlic 9g (3 cloves) @ 140	15		
Pollock 130g 90	120	260	930

20:00 wine, red 100ml.	80		
22:40 Avocado 1/2	195		
Tahini 1 tsp (5g) @ 300	15		
orange 1/2	25		
strawberries	30		
Berries mixed w carb	75	420	1350

27/04/2015

xylitol x 2	20		
Salad all	100		
Sardines in lemon Sauce	155		
	15	280	280

xylitol x 2	20		
Berries, mixed.	75		
Orange, 1/2	25		
Strawberries 7	45	165	445

Bread	75		
Cod Liver pâté	110		
Honey	15	200	645

Cabbage 250g @ 25 (Red)	65		
Egg	75	140	785

Green banana 100 @ 45	45		
fish, white 120g @ 110	130		
cocoa	25	200	985

28/04/2015

Egg	75		
Grapefruit 1/2	65		
Berries, mixed 75g	35		
xylitol x 3	30	205	205

Salad, all	100		
Salmon, red, can ^{1/2} @ 150 x 100	150	250	455

cocoa	25		
Cocoa	25		
Banana, green	45	95	550

Honey	15		
Cookie 25g @ 350	85		
Pateo bread 30g @ 300	90		
Cod liver pâté	100	290	840

Fennel dish 250 @ 30	75		
Olive oil 10g @ 885	885 0		
Salmon, smoked 75g @ 115	85		
Wine	100	350	1190

Kohl rabi	10		
Green Banana 70x45	40		
cocoa	25	75	1265

29/04/2015

xylitol x 2	20		
Honey x 2	30		
Salad, all	100		
Salmon, can 1/2 red	75	225	225

Avocado 1/2 86g @ 160	140		
Tahini dip 10g @ 340	35		
Cocoa / Eryth	15	190	415

Cocoa / Eryth	15		
Tea	15		
Cookie 25g @ 350	85	115	530

Mixed berries 100g @ 55	55		
Strawberries (5)	30		
Grapefruit 1/2 110 @ 40	45		
Carob	10	140	670

Green banana 70g @ 45	35		
Zucchini rissole 85g	100?		
" " 75g	100?		
Sprouts, Brussels 340g	35		
Garlic 2 cloves @ 150	10		
Pollock 180g @ 110	200		
Sauce	10	475	1145

Kohlrabi.	10		
Cocoa	15		
Green banana	35	60	1205

30/04/2015

Banana, green 40g @ 35	15		
Tea (Eryth)	10		
Lettuce, rocket 150g @ 15	25		
Salad, all	80		
Herring, can, dill 120g @ 160	190		
coffee x 2	20		
cocoa	15	355	355

Kohlrabi	10		
coffee	15		
Berries			
Grapefruit		140	
Strawberries			
Carob			
		165	520

Tea	20		
Pollock ckd, dry 52 @ 113	55		
Cookie	85		
Paleo Bread 30g @ 250	75		
Egg, fried	50	285	805

wine 150 cl @ 85	130		
Banana, green 125 @ 50	65		
Bananas, green tipped 100	90		
Plaice 70 @ 72	50		
Onion 150g @ 40	60	395	1200

Tuna 75 @ 115	80		1280
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