

DEAR KITCHENTEAM

Thank you so much for looking after my health!

Diet according to Anthony William©

✔ WHAT I CAN TOLERATE:

- All vegetables, except corn
- All fruits
- All raw leafy greens and sprouts, except wheat- and buckwheatsprouts
- Potatoes, sweet potatoes
- Pumpkins, chestnuts
- All fresh or dried herbs
- Salt without iodine and fluoride (e.g. sea salt)
- Pure spices such as pepper, chili, paprika
- Onions, garlic, ginger
- Honey, maple syrup, coconut sugar
- Fresh lemon and orange juice
- Millet, quinoa, oats, brown rice
- Lentils, beans, chickpeas

✘ WHAT I CAN'T TOLERATE:

- Dairy products (milk, cream, cheese, butter, yogurt, etc.)
- Pork and lamb, farmed fish, tuna, shellfish
- Soy, tofu, eggs, corn, wheat
- Buckwheat, lupins, spelt, ancient grains, einkorn
- Gluten, dough, bread
- Spice mixes, MSG, soy sauce.
- Flavor enhancers, yeast
- Artificial and natural flavors
- Sugar, cane sugar, sweeteners
- Vinegar, fermented foods, canola oil
- Citric acid as a preservative (fresh lemon is ok)
- Alcohol, coffee, black or green tea

Sparing use of salt, nuts, seeds, grains and oils. Thank you!



NAHRUNG FÜR KÖRPER, SEELE UND GEIST

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