

IMPORTANT NOTICE

Nani is suffering from IBD (inflammatory bowel disease) please consult the following list when preparing her dinner. If you're not sure what to make, a piece of steamed/grilled fish or meat & steamed/grilled vegetables will always be welcome. **Please avoid: Pepper (including spices), Tomatoes, Potatoes and Aubergines.** Please try to stick to simple, fresh ingredients as much as possible. We highly appreciate your consideration and thank you in advance for your patience!

	NO	YES
Spices	All kinds of Pepper (black, white, green, red, pink chilly, bell pepper, pimento, cayenne etc)	<ol style="list-style-type: none"> Green leaves (rosemary, dille, oregano, basil, peterselie, coriander etc), Garlic, olive oil, salt (not too salty) Ginger, lemon
Vegetables	Aubergine, Tomato, Pepper (all kinds), Potatoes, Asparagus	<ol style="list-style-type: none"> Grilled/Cooked: Zucchini, Green beans, Peas, Cauliflower, Broccoli, Spinach, Kale, Artichoke, Onion, corn Salad: Lettuce, Cucumber, Avocado, Carrot, Radish, Celery, Corn, cabbage
Fruit	Bananas, Goji Berries, Mandarins, Oranges	Mango, Pineapple, Peach, Apple, Pear, Cherries, Strawberries, Blueberries, Figs, Grapes
Grains	Amaranth, Barley, Bran, Buckwheat, Bulgur, Couscous, Kamut, Oats, Rice, Rye, Spelt, Wheat	<ol style="list-style-type: none"> Corn Teff Tapioca <p>* White Rice is possible in small quantity</p>
Dairy	Cow Milk Cow Cream Cow cheese	Goat cheese Sheep cheese Yogurt from all kinds of milk
Protein	<ol style="list-style-type: none"> Meat: Pork <p>** Please avoid well-done beef</p> <ol style="list-style-type: none"> Fish: Hake, Sole, Carp, Calamari, Crab Vegan: Tofu, Tempeh, Seitan Nuts: Cashew, Pistachios 	<ol style="list-style-type: none"> Fish: Salmon, Sea Bass, Forelle, White Fish, Tuna, Mackerel, Red Snapper, Sardines, Prawns Meat: Chicken, Turkey, Beef <p>**Please serve beef rare or medium rare</p> <ol style="list-style-type: none"> Eggs Nuts: Pecans, Walnuts, Almonds, Macadamia, Hazelnut, sesame
Legumes	<ol style="list-style-type: none"> Beans (all kinds) Chickpeas Yellow Lentils 	<ol style="list-style-type: none"> Brown lentils & orange lentils
Additives	<ol style="list-style-type: none"> Sugar Ready made Sauces Monosodium glutamate Vinegar 	<ol style="list-style-type: none"> Honey, Stevia, Agave, Chocolate (70-85%) Mayonnaise, Mustard, Pesto Olive tapenade Soy sauce
Types of cooking	<ol style="list-style-type: none"> Fried food Canned food Condiments, Ready made foods/sausages/sauces 	<ol style="list-style-type: none"> Grill Stir-fried

EXAMPLE RECIPES:

Breakfast:

Plain greek yogurt

Pecans/Walnuts/Almonds

Mango, Pineapple, Peach, Apple, Pear, Cherries, Strawberries, Blueberries, Figs, grapes

Lunch:

1. Two Eggs (scrambled/boiled/sunny side up)
Vegetable salad (with olive oil & lemon)
Avocado
Rice/Corn crackers
2. Tuna/Salmon/Mackerel salad
Warm vegetable salad (with Garlic & Peterselie)
Rice/Corn crackers
3. Hamburger (with Garlic & Peterselie)
Vegetable salad (with olive oil & lemon)
Sweet potatoes (with Rosmary and Garlic)

Dinner:

1. Rare beef steak with garlic
Grilled Sweet Potatoes (with Garlic, Coriander & Peterselie)
Green Salad
2. Grilled Salmon/Sea Bass/Forelle with Thime (with Dille)
Grilled Zucchini and Pumpkin (with Rosmary and Garlic)
3. Grilled Chicken (with Cumin)
Grilled Cauliflower & Broccoli (with Garlic, Coriander)
Polenta (with Peterselie)
4. Stir fry with Chicken/Beef/Fish
Zucchini, Carrots, Green beans, Mushrooms, Tauge (with Ginger, Lime, Soy sauce)
Boiled eggs / White Rice
5. Sushi and Sashimi
Miso Soup
Sea Weed Salad

Possible desserts:

Chocolate (70% and up)
Fruit (Mango, Pineapple, Peach, Apple, Pear, Cherries, Strawberries, Blueberries, Figs, Grapes)
Ice cream / Sorbet

Possible Drinks:

Apple Juice, Ginger ale, Ginger beer, Bitter Lemon, Lemonade, Pineapple Juice, Cranberry juice, Coconut Water, Herbal Tea, Mineral Water (without gas).

CATERING RIDDER:**Solo:**

2x meals cooked to the above mentioned needs

Trio:

2x meals cooked to the above mentioned needs
2x standard meals

Quintet:

2x meals cooked to the above mentioned needs
5x standard meals