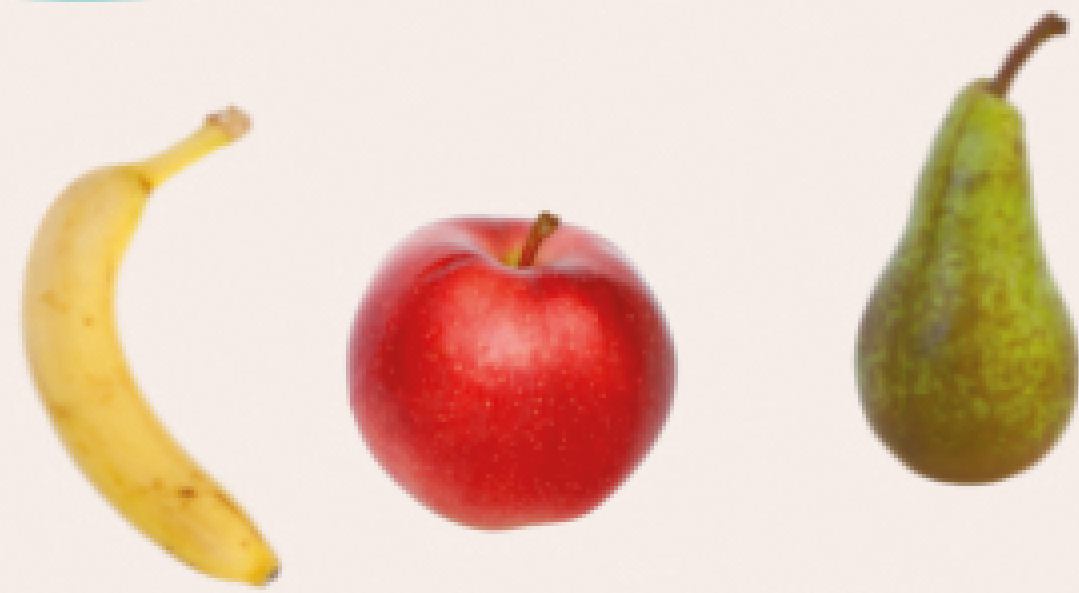
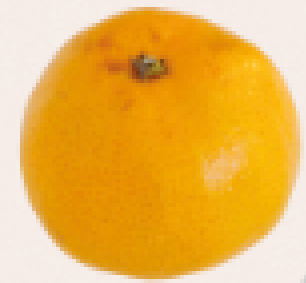


Breakfast



Fruits



Fruit puree



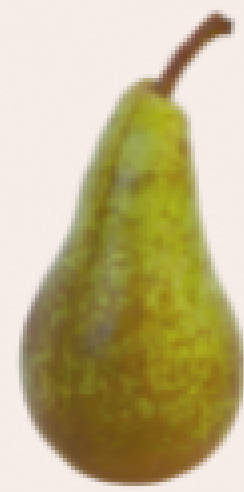
Kissel



Dried fruits



Oat and soy yogurt



Vegetables



Berries



Nut butter



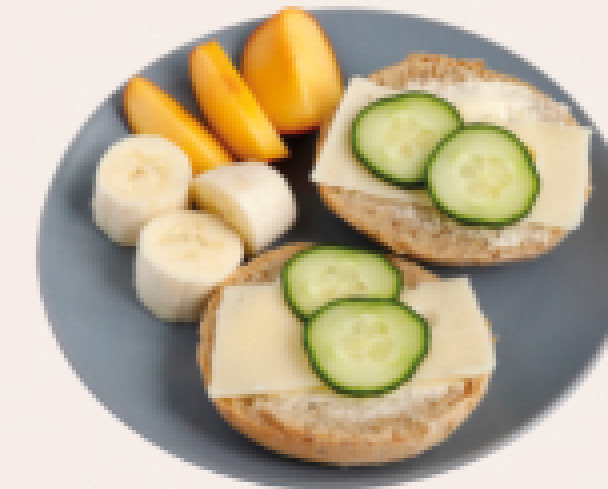
Quark



Smoothie



Milk and buttermilk



Bread



Porridge



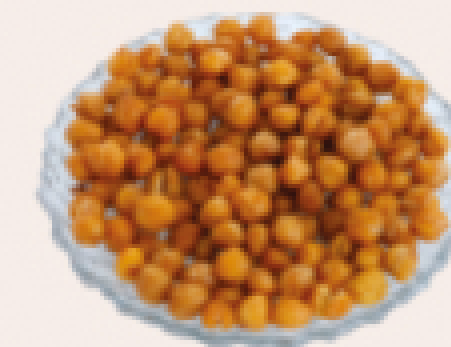
Cereal



Hummus



Karelian pie



Beans and lentils



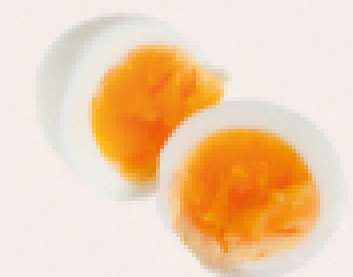
Chicken, meat and fish



Nuts



Omelette



Boiled egg



Whole grain cookie