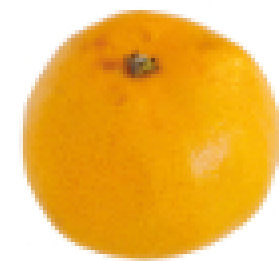
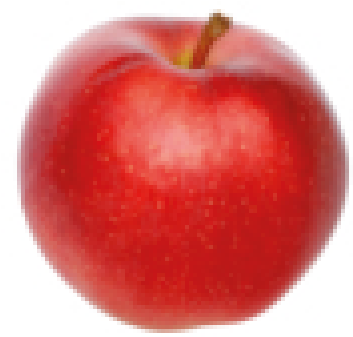


Snack



Fruits



Vegetables



Fruit puree



Berries



Nut butter



Dried fruits



Kissel



Yogurt and muesli



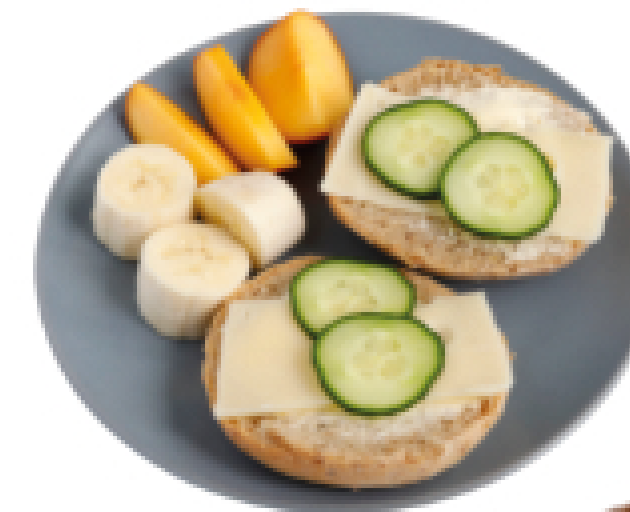
Quark



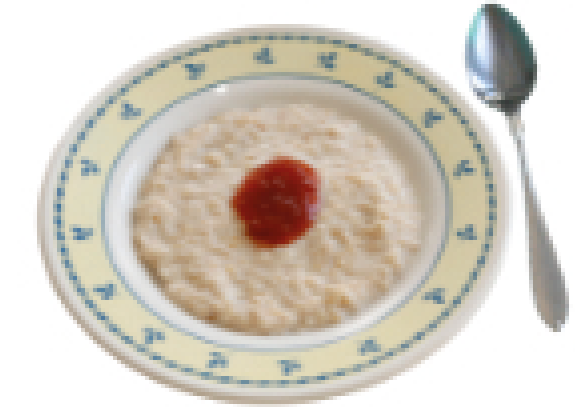
Milk and buttermilk



Oat and soy yogurt



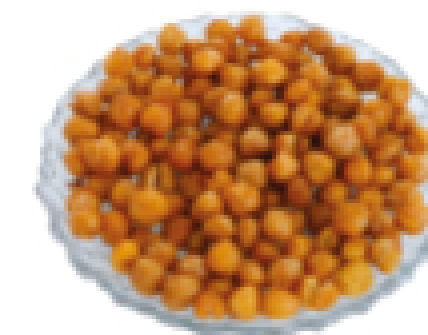
Bread



Porridge



Hummus



Beans and lentils



Cereal



Whole grain cookie



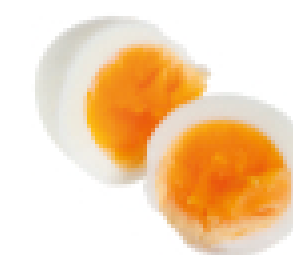
Smoothie



Chicken, meat and fish



Karelian pie



Boiled egg



Omelette



Nuts

Treats
every now and then

