

**Healthy and tasty
in the home office**



Catering at the workplace poses a challenge when it comes to a balanced and varied diet. This applies in particular to the situation in the home office, even if the purchasing, planning and stock keeping is easier here than also thinking about the kitchen at the workplace. We would like to provide you with recipes and tips, so that your own weekly menu remains practicable and still varied. Good weekly planning can help you make good use of the lunch break time.

Offering you help here is very important to us as BARMER. Therefore, together with our cooperation partner DR. AMBROSIOUS® - nutritional advice, we would like to offer you delicious and healthy recipes for your home office.

Vegetables and fruit are labelled with yellow building blocks 🟡 by DR. AMBROSIOUS®. These should always be a major part of every meal. Light blue building blocks 🔵 stand for protein containing foods such as meat, fish, eggs, dairy products or legumes. These foods fill you up without making you tired. A quarter of the plate is reserved for the „light blue“ foods. Fat is labelled with pink 🟠 and carbohydrates with the dark blue building blocks 🔴. Varying fatty foods and choosing whole grain carbohydrates is the key to healthy delicious home office food. The grey building block ⬜ is important for everyone and stands for beverages. Drinking water or tea regularly reduces cravings for sweets and keeps you focused. What is quick, what helps to stay concentrated in the „home-office routine“ and what is also fun for children - for this, we would like to present exciting, tasty ideas for the whole family in this digital brochure. Therefore, the recipes are calculated for 4 servings.

We hope you enjoy cooking them.
Your BARMER



FOREWORD _____ 2

01 - STAY HEALTHY: RECIPES THAT THE IMMUNE SYSTEM LOOKS FORWARD TO 5

Breakfast: Oatmeal bowl with blueberries	6
Breakfast: Avocado with tomatoes on wholemeal bread with egg	7
Lunch: Fish with lemon, herbs and vegetables	8
Lunch: Quinoa salad Greek style	9
Lunch: Rice pan Hawaiian style	10
Dinner: Broccoli and apple salad with chopped almonds	11
Dinner: Avocado and ham salad with wholemeal bread	12
Dinner: Beef stew with chilli	13
Snack: Ginger honey cookies	14
Snack: Carrot coconut cake	15

02 - STAY IN A GOOD MOOD: TASTY FOR BELLY AND BRAIN 16

Breakfast: Muesli yoghurt peach parfait	17
Lunch: Franconian potato and cucumber salad	18
Lunch: Gnocchi scampi vegetable pan	19
Lunch: Beef fillet with mushrooms on pasta	20
Lunch: Sweet potato pan with black beans and peanuts	21
Dinner: Greek penne	22
Dinner: Mediterranean minced meat casserole	23
Snack: Berry yoghurt with almonds	24
Snack: Chilli chocolate biscuits	25
Snack: Energy balls	26



03 - STAY IN TIME: QUICK-FIX RECIPES THAT WORK FAST AND WITH KIDS	27
Breakfast: Crispbread with cress quark	28
Breakfast: Norwegian muesli	29
Breakfast: Scrambled eggs on rye bread	30
Lunch: Mallorcan summer salad	31
Lunch: Pasta à la Siciliana	32
Lunch: Tuna wrap	33
Dinner: Baked salmon with mustard-dill topping	34
Snack: Banana yoghurt with peanut butter	35
Snack: Cheese and fruit skewers	36
Snack: Tomato sandwich with goat cheese	37
04 - WEEKLY SCHEDULE FOR THE HOME OFFICE WEEK	38
05 - THE SHOPPING LIST	39-40
06 - FURTHER TIPS AND INFORMATION	41
IMPRINT	42



PREVENTION THROUGH NUTRITION*:

- antimicrobial
- antioxidant
- for well perfused & well moisturised mucous membranes

Vegetables and fruit contain secondary plant components that serve the plants, for example, as protection and defence against predators. In our case, they have an effect on our immune system. They are substances such as pungent mustard oils, which are found for example in radishes, cress, but also in onions and garlic. The volatile sulphur compounds are released when cells are damaged, i.e. when they are cut, making our eyes water and our noses run. In this way, bacteria and viruses are simply washed away. The fat-soluble capsaicin from chilli and peppers triggers a kind of pain stimulus, so that our nose runs here too. But we also get valuable boosters for our immune system from dairy and wholemeal products. Citrus fruits contain a lot of vitamin C, but we also benefit from other vegetables and fruits for a strong immune system, because the secret lies in variety. The more colourful and varied our diet, the more likely we are to get enough of all the nutrients we need.

HAVE FUN WITH THE IMMUNE-BOOSTING RECIPES.

* Source: Watzl B. Fundort Pflanzenzelle. Einführung in Vorkommen, Eigenschaften und Wirkungsweise sekundärer Pflanzenstoffe. Akt Ern Med 36 (Suppl. 1): S2-S5, 2011 Watzl B. Einfluss sekundärer Pflanzenstoffe auf die Gesundheit. In: DGE (Hrsg). 12. Ernährungsbericht. S. 355-374, Bonn 2012
<https://www.Samtag.ch/wissen/sekundaere-pflanzenstoffe/sulfide/>

OATMEAL BOWL WITH BLUEBERRIES



INGREDIENTS FOR 4 SERVINGS

125 g	oat flakes
400 ml	milk
2 tbsp	honey
250 g	blueberries
1/2	organic lemon

PREPARATION

- Carefully bring the oat flakes to the boil with the milk, then remove from the heat and leave to soak for about 10 minutes.
- Wash the lemon in hot water and grate the zest.
- Wash the fruit. Stir the blueberries and lemon zest into the oatmeal.
- Finally, drizzle the honey over the oatmeal.



Preparation: 10 min.
incl. cooking time



NUTRIENT TIP

Fruit: Blueberries are a local superfood. Their colouring and tanning agents have an antibacterial effect and protect against ageing.

AVOCADO WITH TOMATOES ON WHOLEMEAL BREAD WITH EGG



INGREDIENTS FOR 4 SERVINGS

- 1 avocado
- 1 small red onion
- 1 tsp white vinegar
- 4 eggs
- 4 slices of wholemeal bread
- 100 g low-fat cream cheese
- 2 tomatoes

Lemon juice, freshly squeezed
Sea salt, pepper, rocket

PREPARATION

- For the avocado dip, peel and pit the avocado and mash or puree it with a fork.
- Mix with diced onion, lemon juice, salt, pepper and vinegar.
- Boil the eggs.
- Spread cream cheese on the bread put dip on top.
- Dice the tomatoes and put them with the peeled eggs on the sandwich.
- Finally, garnish with some rocket.



Preparation: 10 min.
incl. cooking time



NUTRIENT TIP

Vegetables: Bitter substances strengthen the immune system: Peel and grate avocado seeds, roast if necessary, use for smoothies or salads. Depending on preferences, the bread can also be supplemented with 1 egg per person.

FISH WITH LEMON, HERBS AND VEGETABLES



INGREDIENTS FOR 4 SERVINGS

3 tsp	olive oil
600 g	fillet of a white fish
120 g	brown rice
20 g	walnuts
400 g	broccoli or cauliflower
400 g	French beans
200 g	peas

lemon, freshly squeezed
sea salt
pepper
fresh thyme fresh basil

PREPARATION

- For the avocado dip, peel and pit the avocado and mash or puree it with a fork.
- Mix with diced onion, lemon juice, salt, pepper and vinegar.
- Boil the eggs.
- Spread cream cheese on the bread put dip on top.
- Dice the tomatoes and put them with the peeled eggs on the sandwich.
- Finally, garnish with some rocket.



Preparation: 5 min. plus
cooking time 20 min.



NUTRIENT TIP

Vegetables: Thyme has antispasmodic, anti-inflammatory and anti-microbial effects. It is often used in cough syrups.

QUINOA SALAD GREEK STYLE



INGREDIENTS FOR 4 SERVINGS

120 g quinoa
500 ml vegetable stock
10 cherry tomatoes
1 cucumber
1 red onion
40 g olives
200 g kidney beans
200 g baby spinach
120 g feta
1 tsp mustard

olive oil
white balsamic vinegar
salt
pepper

PREPARATION

- Cook the quinoa with the stock according to the instructions. Dice the vegetables and mix together.
- Prepare the dressing and pour over the vegetables.
- Add the quinoa and incorporate into the vegetables with the dressing.
- Finally, crumble the feta and spread on the salad.



Preparation: 20 min.
incl. cooking time



NUTRIENT TIP

Vegetables or household tip: Boil down leftover vegetables with a little salt and pepper and, if necessary, meat bones to make stock, freeze in small portions.

RICE PAN HAWAIIAN STYLE



INGREDIENTS FOR 4 SERVINGS

200 g	brown rice
400 g	salmon fillet
1	mango
2	shallots
15	cherry tomatoes
4 tbsp	soy sauce
2 tbsp	sesame oil
2 tbsp	rice vinegar
1-2 tsp	chilli flakes
1 tsp	honey
1-2 tbsp	olive oil
2 tbsp	peanuts (unsalted)

cucumber

PREPARATION

- Cook the rice.
- Cut the fish into bite-sized pieces.
Cut the mango from the stone. Cut the mango and vegetables into bite-sized pieces.
- Mix the soy sauce, sesame oil, vinegar, chilli and honey to make the dressing and pour over the vegetable salad.
- Dice the shallots.
- Roast the peanuts in a pan, add the oil and sauté the shallots. Add the fish and fry for 2-3 minutes.
- Serve the rice, add the salad and fish
- Season with salt and pepper.



Preparation: 30 min.
incl. cooking time



NUTRIENT TIP

Fat: Salmon are particularly rich in omega-3 fatty acids. Prefer wild salmon!

BROCCOLI AND APPLE SALAD WITH CHOPPED ALMONDS



INGREDIENTS FOR 4 SERVINGS

350 g	raw broccoli
2	red bell peppers
2	apples
200 g	feta cheese
3 tbsp	olive oil
3 tbsp	white balsamic vinegar
2-3 tsp	honey
1 tsp	mustard
2 tbsp	chopped almonds

Serve with 1 slice of wholemeal bread per person. Add salt and pepper to taste.

PREPARATION

- Wash the broccoli, cut into bite-sized florets.
- Wash the peppers and apples and dice.
- Crumble feta cheese on top.
- Mix the oil, vinegar, honey and mustard, season with salt and pepper and pour over the salad.
- Sprinkle everything with chopped almonds.



Preparation: 10 min.



NUTRIENT TIP

Vegetables: Broccoli contains immune-boosting secondary plant compounds such as flavonoids, glucosinolates and isothiocyanates.

Fats: Sunflower seeds or pine nuts are good alternatives to almonds.

AVOCADO AND HAM SLAD WITH WHOLEMEAL BREAD



INGREDIENTS FOR 4 SERVINGS

2	avocado
250 g	lean ham
2	orange
2	fennel (sliced)
2-3 handful	basil leaves
2	limes freshly squeezed
6 tsp	olive oil
4 slices	wholemeal bread

salt
pepper
chilli

PREPARATION

- Peel and quarter the orange.
- Cut the ham into cubes and chop the basil.
- Mix the avocado slices, orange quarters and fennel slices.
- Season with lime juice, olive oil, chilli, salt and pepper.
- Stir in the ham and basil.



Preparation: 10 min.



NUTRIENT TIP

Fats: Avocados contain a high proportion of unsaturated fatty acids that strengthen the heart and immune system.



INGREDIENTS FOR 4 SERVINGS

450 g	beef from the rump
1 tbsp	wholemeal flour
3 tbsp	rapeseed oil
1	onion
1	medium parsnip
1	carrot
3	celery stalks, chopped
1	clove of garlic, chopped
1-2	chillies
1	sweet potato
400 g	chopped tomatoes
2	bay leaves
1	sprig thyme
1 tbsp	Dijon mustard
1 tbsp	olive oil
200 g	couscous
sea salt, pepper, fresh parsley	

PREPARATION

- Preheat the oven to 180°C (fan oven). Dice the meat, coat with salt, pepper and wholemeal flour.
- Dice the onion, root vegetables, garlic, chilli and peeled sweet potato.
- Fry the meat in rapeseed oil, then place in a baking dish.
- Briefly sauté the root vegetables in oil. Add the tomatoes and sweet potato cubes.
- Add bay leaf, thyme and mustard, fill up with approx. 100 ml of water. Bring to the boil briefly, then add to the meat.
- Place everything in a baking dish with a lid and cook for approx. 30 minutes in the oven.
- Prepare the couscous and sprinkle with parsley.



Preparation: 15 min. plus cooking time: 30 min.



NUTRIENT TIP

Vegetables: Secret tip against blocked noses: Hot spices such as chillies or rose peppers get the nose running and have a decongestant effect.

GINGER HONEY COOKIES



INGREDIENTS FOR 4 SERVINGS (45 PIECES)

240 g	soft butter
2-3 tsp	grated fresh ginger
120 ml	honey
1	egg
1 pinch of	salt
480 g	wholemeal flour
50 g	plain chocolate drops
1/2 TL	cinnamon
1/2 sachet	backing powder

PREPARATION

- Mix all ingredients in a bowl. Shape into small biscuits on the baking tray and place in the oven for approx. 15-20 min. at 180°C in the upper-lower heat.



Preparation: 5 min. plus
baking time: 20 min.



NUTRIENT TIP

Vegetables: Did you know that the typical plant substances in ginger, the gingerols, are similar in composition to acetylsalicylic acid?

CARROT COCONUT CAKE (VEGAN)



INGREDIENTS FOR 4 SERVINGS (12 PIECES)

400 g carrots
120 g rapeseed oil
100 g apple sauce
400 g wholemeal flour
100 g honey
50 g grated cocout
2 tsp cinnamon
1 sachet backing powder

salt

PREPARATION

- Peel and grate the carrots.
- Mix the oil and apple sauce.
- Add the remaining ingredients and whisk with a hand mixer.
- Pour the batter into a greased baking tin and put it in a hot convection oven at 155°C.
- For 60 minutes (test with chopsticks).
- Leave to cool. If necessary decorate with icing.



Preparation: 20 min. plus
baking time: 60 min.



NUTRIENT TIP

This recipe is a booster for the gut microbiome because both whole grains and the pectin from the apple strengthen the gut flora and thus support the immune system.

THE GREEK PHYSICIAN AND PHILOSOPHER HIPPOCRATES WAS ALREADY AHEAD OF HIS TIME WHEN HE CLAIMED: „WHAT WE EAT DETERMINES OUR WELL-BEING!

In order for the happiness hormone serotonin to give us a good mood and a feeling of well-being, it must be formed from the precursor tryptophan (a protein building block) and combined with high-quality carbohydrates. Tryptophan-containing foods are e.g. parmesan, tuna, chicken meat, cashews. Eating with pleasure activates the brain's reward system and strengthens the immune system. The „good mood food' formula is: protein + high-quality carbohydrates (+ spices). Whole grain products in the recipes help to supply the brain evenly with energy. This way your mood and performance are simply at their best!

ENJOY THE GOOD MOOD RECIPES!

MUESLI YOGHURT PEACH PARFAIT



INGREDIENTS FOR 4 SERVINGS

480 g plain yoghurt
120 g oat flakes
4 fresh peaches
4 tbsp hopped almonds
(or hazelnut kernels)

PREPARATION

- Pit and dice the peaches.
- Lightly roast almonds to taste.
- Layer oat flakes and yoghurt in a glass, top with diced peaches and almonds. Done!



Preparation: 10 min



NUTRIENT TIP

Carbohydrates: The combination of carbohydrates and protein causes a constant blood sugar level and thus promotes a good mood.

FRANCONIAN POTATO AND CUCUMBER SALAD



INGREDIENTS FOR 4 SERVINGS

1 kg	potatoes, mainly waxy
1	onion, finely chopped
125 ml	hot vegetable stock
2 tbsp	vinegar
3 tbsp	olive oil
1 handful	parsley or chives
1	cucumber

salt
pepper

PREPARATION

- Peel the boiled potatoes while they are still warm, then cut into slices.
- Heat up the vegetable stock in the pot, add vinegar to the stock.
- Act in the following order:
Put salt on the potatoes, then the onions, pepper and herbs. Pour over warm vegetable stock and finally add oil and mix.
- Leave to rest, ideally for 1 hour.
- Wash the cucumber, with a vegetable slicer plane fine slices and add to the potato salad and mix carefully.



Preparation: 25 min. plus
cooling time: 60 min.



NUTRIENT TIP

The hot stock deglazes the onion. To allow the potatoes to absorb the liquid, add the oil only at the end. It distributes evenly.

GNOCCHI SCAMPI VETETABLE PAN



INGREDIENTS FOR 4 SERVINGS

240 g	Gnocchi
1	small onion
30 g	parsley root
1/2	organic lemon
300 g	scampi
200 g	courgettes
150 g	cherry tomatoes
100 g	rocket
30 g	pine nuts

olive oil

PREPARATION

- Cook the gnocchi in salted water.
- Dice the onion and the remaining vegetables.
- Briefly sauté onion and parsley root in oil, add scampi, sear, deglaze with lemon juice
- Add lemon zest, courgette cubes and tomatoes, steam on medium heat
- Roast the pine nuts.
- Add the gnocchi and mix, season with salt and pepper, serve with rocket and pine nuts.



Preparation: 10 min. plus
cooking time: 10 min.



NUTRIENT TIP

Fat: Attention! Only allow the pine nuts to brown lightly and place them on a plate to cool. They burn quickly.

BEEF FILLET WITH MUSHROOMS ON PASTA



INGREDIENTS FOR 4 SERVINGS

500 g	wholemeal pasta
1	onion
3 tbsp	rapeseed oil
300 g	brown or white mushrooms
250 ml	beef stock
100 ml	white wine
2 tbsp	starch
2 tbsp	fresh basil
2 tbsp	fresh parsley
375 g	beef fillet
150 g	rocket
50 g	parmesan

salt
pepper

PREPARATION

- Cook the pasta in salted water until al dente
- Sauté the diced onion in 1 tsp oil.
- Wash the mushrooms, cut into slices and add to the onions. Deglaze with stock and white wine.
- Thicken with corn starch dissolved in water.
- Add the basil and parsley.
- Fold the pasta into the sauce.
- Heat the remaining oil in a pan, fry the fillet and cut into strips.
- Season with salt and pepper to taste. Garnish with rocket and parmesan.



Preparation: 15 min. plus
cooking time: 25 min.



NUTRIENT TIP

Protein: Parmesan contains plenty of tryptophan. The body forms the happiness hormone serotonin from it.

SWEET POTATO PAN WITH BLACK BEANS AND PEANUTS



INGREDIENTS FOR 4 SERVINGS

1	onion
2	bell peppers
2	garlic gloves
1 tsp	cumin
3 tsp	chilli powder
2	sweet potatoes
400 g	chopped tomatoes
600 g	beans (black kidney beans or white beans)
40 g	parmesan
3 handfuls of	spinach leaves
30 g	peanuts

coriander
fresh olive oil
sea salt

PREPARATION

- Dice the onion, garlic and pepper, sauté briefly in oil until translucent
- Add the diced sweet potato, beans and chopped tomatoes, coriander, cumin and chilli powder and mix.
- Bring to the boil briefly, adding a little water if necessary. Cover the pot and simmer over medium heat for 15–20 min. until the sweet potato is cooked.
- Briefly roast the peanuts.
- Portion everything and serve with peanuts, parmesan and fresh spinach



Preparation: 15 min. plus
cooking time: 20 min.



NUTRIENT TIP

Protein: Peanuts contain important protein components for the formation of dopamine. Dopamine is important for our reward centre in the brain.

GREEK PENNE



INGREDIENTS FOR 4 SERVINGS

400 g wholemeal pasta
1 TL olive oil
2 EL pine nuts
2 cloves of garlic
275 g spinach
400 g chunky tomatoes
100 g feta cheese
1 small jar of green or black olives

salt, pepper

PREPARATION

- Cook the pasta in salted water according to the package instructions until al dente.
- Roast the pine nuts and garlic in a pan. Add the spinach and tomatoes, season and simmer.
- Chop the feta and olives.
- Mix the spinach mixture into the pasta and serve sprinkled with the feta and olive pieces.



Preparation: 25 min.
incl. cooking time



NUTRIENT TIP

Fat: Buy pine nuts as fresh as possible. The good fatty acids, which are important for the nerves, quickly become rancid.

MEDITERRANEAN MINCED MEAT CASSEROLE



INGREDIENTS FOR 4 SERVINGS

25 g	pine nuts
350 g	tartare, raw
2-3 tsp	rapeseed oil
1	onion
2	cloves of garlic
25 g	raisins
1 pinch of	cinnamon
150 ml	vegetable stock
1 small	aubergine
1	courgette
1 tbsp	starch
2 tbsp	water
2	tomatoes
100 g	plain yoghurt
125 g	cream cheese
1	egg

salt
pepper

PREPARATION

- Preheat the oven to 170°C.
- Brown the pine nuts in a pan.
- Sear the tartare in the oil. Chop the onions, finely chop the garlic and sauté.
- Stir in raisins, cinnamon and stock, simmer for 10 minutes.
- Slice the aubergine, courgette and tomatoes, fry in oil.
- Mix starch in water, add to the tartare, bring to the boil while stirring until the mixture thickens.
- Add the pine nuts and put half of the mixture into a baking dish.
- Cover with aubergines, add the remaining tartare. Spread the tomatoes and courgettes on top.
- Whisk yoghurt, cheese and egg, season, spread evenly over the casserole.
- Bake for 40-45 min. until golden brown.



NUTRIENT TIP

Vegetables: Did you know that cinnamon and other "Christmas spices" are among the mood-lifting spices?



Preparation: 30 min. plus
cooking time: 45 min.

You can prepare the casserole well and then put it in the oven while you work.

BERRY YOGHURT WITH ALMONDS



INGREDIENTS FOR 4 SERVINGS

600 g plain yoghurt
480 g (frozen) berries
50 g almonds

ZUBEREITUNG

- Mix the yoghurt and berries. Chop the almonds and sprinkle over the yoghurt.



Preparation: 5 min.



NUTRIENT TIP

Fat: Almonds are rich in vitamin B1 and B2, important vitamins for the nerves and the energy metabolism.

CHILLI CHOCOLATE BISCUITS



INGREDIENTS FOR 4 SERVINGS

30 g	butter
120 g	honey
2	eggs
60 g	almond flour
40 g	wholemeal spelt flour
1 tsp	baking powder
30 g	cocoa powder
1 tsp	chilli flakes
1 tsp	cinnamon
100 g	dark chocolate

PREPARATION

- Preheat the oven to 170 °C (hot air).
- Mix the softened butter and honey, add the eggs and mix until smooth.
- Mix the flours, baking powder, cocoa, chilli flakes and cinnamon together and stir into the batter.
- Mix the chopped chocolate into the batter. Using two teaspoons, place small heaps on two baking sheets lined with baking paper.
- Bake the biscuits in the oven for approx. 10-15 minutes.



Preparation: 15 min. plus
baking time: 15 min.



NUTRIENT TIP

Carbohydrates: Chilli - Chocolate stimulates the taste buds and thus the senses.

ENERGY BALLS



INGREDIENTS FOR 4 SERVINGS (16 BALLS)

120 g	dates (dried)
50 g	walnuts
2 tsp	dark cocoa powder
2 tsp	almond paste
15 g	almonds

For coating variable design:

chia seeds
coconut flakes
flower mixes
turmeric powder

PREPARATION

- Soak dates in warm water for 20 minutes, then drain off the water.
- Place the dates, ground walnuts, cocoa powder, almond paste and almonds in a food processor and blend until a slightly crumbly, sticky mixture forms.
- Form 1 tablespoon of the mixture into a ball and coat as desired.



Preparation: 20 min. plus
soaking time: 20 min.

Stored in a cool place, the balls will keep for about 1.5 weeks, so they are great for making ahead.



NUTRIENT TIP

Fruit: dates, almonds, chia, turmeric. With this recipe you have an energy booster for the immune system and fresh energy for the brain.

Fast food can be really healthy. If you combine the foods of the meals correctly, you will be well satiated, efficient and supplied with all the necessary nutrients. Therefore, remember the 5 building blocks and you will have a quick meal with only 5 ingredients:

-  Carbohydrates for energy and a good mood,
-  protein to fill you up,
-  vegetables and fruit, the "nice-from-within foods", as colourful as possible,
-  fats, the "heart-boosters",
-  and don't forget the drinks as cellular fresheners!

FAST - DELICIOUS – HEALTHY

CRISPBREAD WITH CRESS QUARK



INGREDIENTS FOR 4 SERVINGS

8 slices of crispbread
400 g curd cheese

linseed oil to taste
cress

PREPARATION

- Mix the quark with the oil.
- Carefully fold the cress into the quark, season with salt and pepper and then spread on the bread.



Preparation: 5 min.



NUTRIENT TIP

Fat: Only buy linseed oil in small, dark bottles! It quickly becomes rancid.

NORWEGIAN MUESLI



INGREDIENTS FOR 4 SERVINGS

4	medium carrots
120 g	oat flakes
300 g	yoghurt
2 tbsp	raisins
1-2	pressed oranges or
2	apples

To taste:

Nuts, sunflower seeds,
cinnamon

PREPARATION

- Clean and grate the carrots.
- Squeeze the orange or grate the apples.
- Mix all the ingredients with the yoghurt.



Preparation: 10 min.



NUTRIENT TIP

Fat: Nuts and seeds provide the fat needed to absorb the beta-carotene from the carrots. Alternatively, add linseed oil.

SCRAMBLED EGGS ON RYE BREAD



INGREDIENTS FOR 4 SERVINGS

- 4** tomatoes
- 3 handful of** baby spinach leaves
- 4** eggs
- 4 slices of** rye bread

olive oil
fresh herbs for seasoning

PREPARATION

- Dice the tomatoes, wash the spinach and chop.
- Beat the eggs and mix with salt and pepper.
- Heat the oil in a pan.
- Add the egg mixture to the pan and fry for 2 minutes, then stir in the vegetables.
- Chop the herbs.
- Put the scrambled eggs on the bread and season with the herbs.



Preparation: 5 min. plus
cooking time: 5 min.



NUTRIENT TIP

Fat: Olive oil promotes the absorption of fat-soluble vitamins from vegetables (A, D, E, K) into the blood.

MALLORCAN SUMMER SALAD



INGREDIENTS FOR 4 SERVINGS

2 tbsp	balsamic vinegar
3 tbsp	olive oil
1 bunch	Italian parsley
1 kg	tomatoes
2	green peppers
250 g	onions
10	anchovy fillets

PREPARATION

- Mix the vinegar, oil, salt and pepper.
- Finely chop the parsley and add to the dressing.
- Finely slice the tomatoes, peppers and onions.
- Add to the vinaigrette with the anchovies.



Preparation: 15 min.



NUTRIENT TIP

Protein: Increase the protein content with a quark dish for dessert or a yoghurt dessert.



INGREDIENTS FOR 4 SERVINGS

400 g	wholemeal pasta
50 g	parmesan
50 g	pinien nuts
100 g	dried tomatoes in oil
50 ml	oliven oil
50 ml	water
50 g	ricotta

PREPARATION

- Cook the pasta in salted water.
- Mix the parmesan cheese, pine nuts and drained tomatoes with a hand blender.
- First mix in the oil, then the water. Add the ricotta and blend until creamy.
- Season with salt and pepper and mix with the pasta.



Preparation: 10 min. plus
cooking time: Pasta



NUTRIENT TIP

Wholemeal pasta raises blood sugar levels more slowly compared to white pasta. The insulin release is lower. You stay full longer.

TUNA WRAPS



INGREDIENTS FOR 4 SERVINGS

4	wholemeal wraps
200 g	granular cream cheese
400 g	tuna (canned, in water) with MSC certificate
1	cucumber
3	tomatoes (diced or sliced)
2 handfuls of	rockets
salt	
pepper	

PREPARATION

- Toast the wraps.
- Dice or slice the cucumber and tomato.
- Spread cottage cheese on the wraps, leaving a gap of 2-3 cm around the edge.
- Spread the tuna evenly and season with salt and pepper.
- Add the cucumber, tomatoes and rocket.

Please remember the spacing!
Then fold up one side slightly and roll up.



Preparation: 10 min.



NUTRIENT TIP

Protein: Granular cream cheese is low in calories but rich in protein. It also contains vitamin B12 and calcium.

BAKED SALMON WITH MUSTARD DILL TOPPING



INGREDIENTS FOR 4 SERVINGS

- 4** salmon fillets
- 4 stalks of** dill
- 3 tsp** mayonnaise
- 1 tsp** mustard
- 1 tsp** honey
- 1 tsp** lemon juice

salt
pepper

PREPARATION

- Preheat the oven to 200°C.
Season the salmon with salt and pepper.
- Finely chop the dill and mix with the mayonnaise, mustard, honey and lemon juice.
- Spread on the fish, place in the oven and bake for 12-15 minutes.

Goes well with the potato and cucumber salad from p. 18



Preparation: 10 min. plus
cooking time: 15 min.



NUTRIENT TIP

Vegetables: Mustard oils strengthen your immune system. Among other things, they have an antimicrobial effect and protect against respiratory diseases.

BANANA YOGHURT WITH PEANUT BUTTER



INGREDIENTS FOR 4 SERVINGS

2-3 bananas
400 g yoghurt
4 tbsp peanut butter

PREPARATION

- Mash the bananas and mix with the yoghurt.
- Garnish with a tablespoon of peanut butter.



Preparation: 5 min.



NUTRIENT TIP

Fat: As an alternative to peanut butter, almond paste is suitable.

CHEESE AND FRUIT SKEWERS



INGREDIENTS FOR 4 SERVINGS

200g cheese, e.g. feta cheese,
mountain cheese

200 g fruit

PREPARATION

- Dice the fruit and cheese. Skewer each piece of fruit and cheese alternately with a toothpick and arrange.



Preparation: 10 min.



NUTRIENT TIP

You can also simply prepare the ingredients as a salad with a vinegar-oil dressing. Leave the decorating to your children!

TOMATO SANDWICH WITH GOAT CHEESE



INGREDIENTS FOR 4 SERVINGS

4	garlic cloves
4 slices of	wholemeal bread
2 tbsp	olive oil
4	tomatoes
3 stalks of	basil
150 g	goat's cheese roll

PREPARATION

- Peel and finely dice the garlic.
- Spread the bread with olive oil and garlic on top.
- Roast the bread for 2-4 min under the oven grill.
- Dice tomatoes, season with salt, pepper and basil, mix everything together.
- Spread the tomatoes on the bread, place the cheese slices on top and grill again for 3-4 minutes.



Preparation: 10 min. plus
cooking time: 5 min.



NUTRIENT TIP

Protein: The younger the goat's cheese, the milder its taste and the more tender its texture.

04 - WEEKLY PLAN

Healthy eating and drinking keeps you fit and helps you cope better with the growing demands of everyday working life. A balanced diet at work guarantees concentration and performance, effectively stabilises the immune system and is one of the best prerequisites for good health.

	Monday	Tuesday	Wednesday
Breakfast	Oatmeal bowl with blueberries	Crispbread with cress quark	Muesli yoghurt peach parfait
Snack	Cheese and fruit skewers	Berry yoghurt with almonds	Tomato sandwich with goat cheese
Lunch	Pasta à la Siciliana	Sweet potato pan with black beans & peanuts	Quinoa salad Greek style
Snack	Ginger honey cookies	Chilli chocolate biscuits	Energy balls
Dinner	Broccoli and apple salad with chopped almonds	Salad with chicken breast	Mediterranean minced meat casserole

	Thursday	Friday
Breakfast	Scrambled eggs on rye bread	Avocado with tomatoes on wholemeal bread with egg
Snack	Banana yoghurt with peanut butter	Energy balls
Lunch	Tuna wraps	Beef fillet with mushrooms on pasta
Snack	Carrot coconut cake	Berry yoghurt with almonds
Dinner	Greek penne	Baked salmon with mustard-dill topping

Besides nutrition, exercise and relaxation are the basis for well-being, health and a clear mind. Complement your weekly home office with your sports and exercise units. Two to three sport and exercise appointments a week would be ideal.

05 - SHOPPING LIST

Food / from the fruit and vegetable department	Quantity	Unit
Organic lemon	1	piece
Blueberries	1100	grams
Peach	4	pieces
Tomatoes	19	pieces
Cherry tomatoes	10	pieces
Baby spinach	15	handfuls
Avocado	1	piece
Onion red	6	pieces
Rocket	2	packages
Apple	6	pieces
Gralic clove	10	pieces
Banana	3	pieces
Date	240	grams
Raisin	25	grams
Sweet pepper, red	4	pieces
Sweet potato	2	pieces
Cucumber	2	pieces
Mushrooms, brown	300	grams
Ginger	1	tuber
Carrots	400	grams
Broccoli	350	grams
Courgette	1	piece
Romaine lettuce heads	4	pieces
Aubergine	1	piece
Coriander, fresh	1	bunch
Basil	1	pot
Cress	1	package / small box
Parsley, fresh	1	pot / bunch
Dill	1	bunch
Food from the deli counter		
Milk	400	ml
Quark	400	grams
Yoghurt	2180	grams
Cheese	200	grams
Fresh goat cheese	100	grams
Goat's cheese roll	150	grams
Parmesan	140	grams
Ricotta	50	grams
Feta	420	grams
Granular cream cheese	200	grams
Cream cheese	125	grams
Butter	270	grams
Egg	12	pieces
Sausage / meat / fish		
Beef fillet	375	grams
Chicken breast fillet	450	grams
Tatar	350	grams
Salmon fillet	4	pieces
Tuna in its own juice	400	grams

Dry products and bread		
Oatmeal	245	grams
Crispbread	8	slices
Rye bread	4	slices
Wholemeal bread	12	slices
Wholemeal baguette	1	piece
Wholemeal pasta	800	grams
Wholemeal wrap	4	pieces
Wholemeal spaghetti	400	grams
Quinoa	120	grams
Wholemeal flour	2	packages
Almond flour	60	grams
Starch	1	packet
Baking powder	2	sachets
Cocoa	1	packet
Nuts and seeds		
Almonds, chopped	200	grams
Walnuts, ground	100	grams
Almond paste	1	jar
Coconut flakes	200	grams
Peanut butter	1	jar
Pine nuts	150	grams
Peanuts, unsalted	30	grams
Cans and jars		
Honey	2	tablespoons
Tomatoes, dried in oil	100	grams
Canned tomato pieces	800	grams
Canned black beans	600	grams
Kidney beans in a tin	200	grams
Olives	1	jar
Beef stock	1	jar
Mayonnaise	1	jar
Apple sauce	1	jar
Miscellaneous		
White wine	1	bottle
Chocolate drops	50	grams
Dark chocolate	1	bar
Oils and spices		
Linseed oil	1	tablespoon
Rapeseed oil	1	bottle
Olive oil	1	bottle
Salt	1	packet
Pepper	1	packet
Balsamic vinegar, white	1	bottle
Cumin	1	unit
Vegetable stock	1	jar
Mustard	1	unit
Cinnamon	1	unit
Chilli powder	1	unit

THEME LACTOSE:

Lactose intolerance is very unpleasant, but can easily be circumvented by consciously choosing dairy products. The range of lactose-free products is usually large. Incidentally, well-matured semi-hard cheeses do not contain any significant amounts of lactose and are therefore also well tolerated by lactose-intolerant people. If you are affected, look out for lactose-free products when shopping for dairy products, then you will be able to use our recipes.

THEME GLUTEN:

Some people need to avoid gluten, the protein in grains. Others simply tolerate gluten-containing grains less well and like to avoid them. Gluten is found in wheat, barley, rye, spelt, green spelt, in so-called „ancient grains“ such as Urkorn, Einkorn, Kamut, Emmer, Rotkorn and also in smaller amounts in oats, unless they are labelled gluten-free. If you want to avoid gluten, choose rice or rice noodles. The pseudo-cereals buckwheat, quinoa and amaranth are also foods of the dark blue building block  and can be a delicious alternative as a side dish.

By the way: It is not advisable to avoid gluten or lactose prophylactically without a real intolerance, because this permanently reduces the tolerance of the cereals or dairy products. In addition, the choice of food is unnecessarily restricted, making a varied diet more difficult.

THEME VEGAN:

Vegan nutrition is totally in vogue. The complete renunciation of food of animal origin requires a careful selection of food. Many of our recipes can also be prepared as vegan meals if you use alternative dairy products offered by the grocery stores, such as oat, almond, soy or coconut milk. Instead of meat or fish, you can use tofu, seitan or mushrooms. Replace honey with maple syrup or sugar.

Feel free to adapt the recipes to your needs and preferences. Have fun !

Publisher

BARMER

Axel-Springer-Str. 44
10969 Berlin
www.barmer.de

Concept, editing and design

DR. AMBROSIUS®

Ernährungsberatung
Sonnenberger Str. 100
65193 Wiesbaden
www.dr-ambrosius.de

Technical review

MICAELA SCHMIDT

Diplom-Oecotrophologin
Lichtscheider Straße 89,
42285 Wuppertal
Micaela.Schmidt@barmer.de

Online design

Salut GmbH

Sonnenberger Str. 100
65193 Wiesbaden

Version

April 2020

All information has been carefully compiled and checked. Please understand that we cannot guarantee the success of the recipes despite careful checking. We are always grateful for suggestions and tips.

Picture credits

www.istockphoto.com

© **BARMER 2020**

Alle Rechte vorbehalten
60125