

20000
Fruit Yogurt
Quark (lowfat)
Greek (lowfat)
Mozzarella
Gouda

20000
Carrots
Lettuce
Onion (red)
Raspberries
Bell pepper

20000
Bulgur (raw)
Tortilla
Quinoa
Crispissant

20000 neat&fish

Fish fingers (no bread)
Shrimp (raw)
Chicken
Meatballs
Beef

20000 sweets

Sugar
Potatoes
Chocolate
Cheese
Milk
Marzipan