

Snack



Fruits



Fruit puree



Berries



Dried fruits



Kissel



Yogurt and muesli



Vegetables



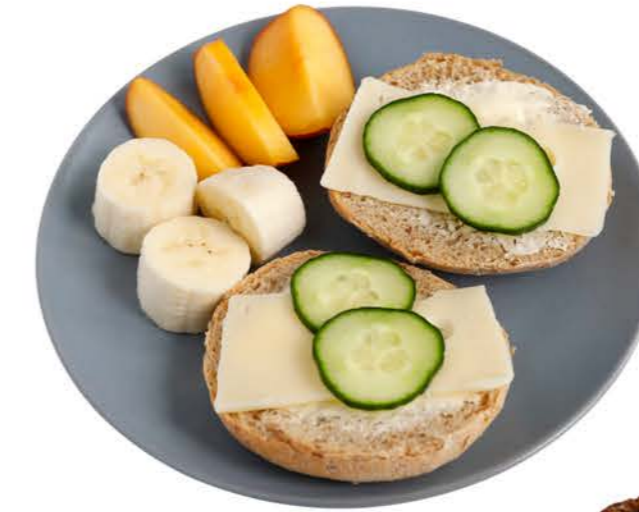
Nut butter



Quark



Milk and buttermilk



Bread



Porridge



Hummus



Beans and lentils



Cereal



Whole grain cookie



Smoothie



Chicken, meat and fish



Karelian pie

Treats every now and then



Oat and soy yogurt



Boiled egg



Omelette



Nuts