

| Tage | 1 | | 2 | | 3 | | 4 | | 5 | | 6 | | | | | | | |
|--------------------|--------------------|--|--------------------|------------|-----------------------------|--------------|--------------------|----------------------------|--------------------|------------|----------------------------|---------------|------------|-----------------------------|---------------|------------|--|---------------|
| 7.30 h | 1 | Trink-Lyogurt Wildbeeren | 125 kcal | 1 | Trink-Lyogurt Apfel-Kiwi | 125 kcal | 1 | Trink-Lyogurt Banane | 125 kcal | 1 | Trink-Lyogurt Pflirsich | 125 kcal | 1 | Trink-Lyogurt Wildbeeren | 125 kcal | 1 | Trink-Lyogurt Banane | 125 kcal |
| | 1 | Dessert Apfel-Banane | 130 kcal | 1 | Dessert Erdbeeren | 124 kcal | 1 | Dessert Apfel-Pflaume | 116 kcal | 1 | Dessert Erdbeeren | 124 kcal | 1 | Dessert Apfel-Pflaume | 116 kcal | 1 | Dessert Apfel-Banane | 130 kcal |
| | Kräutertee | | | Kräutertee | | | Kräutertee | | | Kräutertee | | | Kräutertee | | | Kräutertee | | |
| 10.00 h | 1 | Getränk Trauben-schwarze Johannisbeere | 85,9 kcal | 1 | Getränk Zitrusfrüchte | 86,4 kcal | 1 | Getränk Ananas | 87,8 kcal | 1 | Getränk Ananas | 87,8 kcal | 1 | Getränk Zitrusfrüchte | 86,4 kcal | 1 | Getränk Trauben-schwarze Johannisbeere | 85,9 kcal |
| | Wasser | | | Wasser | | | Wasser | | | Wasser | | | Wasser | | | Wasser | | |
| 12.30 h | 1 | Suppe Pilze | 182 kcal | 1 | Suppe Gemüse | 180 kcal | 1 | Suppe Pilze | 182 kcal | 1 | Suppe Tomaten | 178,3 kcal | 1 | Suppe Gemüse | 180 kcal | 1 | Suppe Tomaten | 178,3 kcal |
| | 1 | Püree Erbsen | 203 kcal | 1 | Püree Kürbis | 178 kcal | 1 | Püree Zucchini-Tomaten | 192 kcal | 1 | Püree Möhren-Fenchel | 192,5 kcal | 1 | Püree Zucchini-Tomaten | 192 kcal | 1 | Püree Kürbis | 178 kcal |
| | Wasser | | | Wasser | | | Wasser | | | Wasser | | | Wasser | | | Wasser | | |
| 16.00 h | 1 | Trink-Lyogurt Apfel-Kiwi | 125 kcal | 1 | Trink-Lyogurt Wildbeeren | 125 kcal | 1 | Trink-Lyogurt Pflirsich | 125 kcal | 1 | Trink-Lyogurt Banane | 125 kcal | 1 | Trink-Lyogurt Apfel-Kiwi | 125 kcal | 1 | Trink-Lyogurt Pflirsich | 125 kcal |
| | Wasser | | | Wasser | | | Wasser | | | Wasser | | | Wasser | | | Wasser | | |
| 19.30 h | 1 | Püree Zucchini-Tomaten | 192 kcal | 1 | Püree Erbsen | 203 kcal | 1 | Püree Möhren-Fenchel | 192,5 kcal | 1 | Püree Kürbis | 178 kcal | 1 | Püree Möhren-Fenchel | 192,5 kcal | 1 | Püree Erbsen | 203 kcal |
| | 1 | Dessert Apfel-Aprikose | 121,6 kcal | 1 | Dessert Apfel-Banane | 130 kcal | 1 | Dessert Apfel-Aprikose | 121,6 kcal | 1 | Dessert Apfel-Pflaume | 116 kcal | 1 | Dessert Apfel-Aprikose | 121,6 kcal | 1 | Dessert Erdbeeren | 124 kcal |
| | Kräutertee | | | Kräutertee | | | Kräutertee | | | Kräutertee | | | Kräutertee | | | Kräutertee | | |
| Gesamt- energie | <i>1164,5 kcal</i> | | <i>1151,4 kcal</i> | | <i>1141,9 kcal</i> | | <i>1126,6 kcal</i> | | <i>1138,5 kcal</i> | | <i>1149,2 kcal</i> | | | | | | | |