

LEBENSMITTEL-CHECKLISTE



GEMÜSE

☐	☐	☐	☐	☐	Karotten
☐	☐	☐	☐	☐	Süßkartoffeln
☐	☐	☐	☐	☐	Kürbis
☐	☐	☐	☐	☐	Zucchini
☐	☐	☐	☐	☐	Brokkoli
☐	☐	☐	☐	☐	Blumenkohl
☐	☐	☐	☐	☐	Pastinake
☐	☐	☐	☐	☐	Fenchel
☐	☐	☐	☐	☐	Gurke
☐	☐	☐	☐	☐	Spinat
☐	☐	☐	☐	☐	Rote Bete
☐	☐	☐	☐	☐	Avocado
☐	☐	☐	☐	☐	Paprika
☐	☐	☐	☐	☐	Mais
☐	☐	☐	☐	☐	Erbsen
☐	☐	☐	☐	☐	grüne Bohnen



OBST

☐	☐	☐	☐	☐	Banane
☐	☐	☐	☐	☐	Apfel
☐	☐	☐	☐	☐	Birne
☐	☐	☐	☐	☐	Pfirsich
☐	☐	☐	☐	☐	Aprikose
☐	☐	☐	☐	☐	Pflaume
☐	☐	☐	☐	☐	Mango
☐	☐	☐	☐	☐	Heidelbeeren
☐	☐	☐	☐	☐	Himbeeren
☐	☐	☐	☐	☐	Erdbeeren
☐	☐	☐	☐	☐	Melone
☐	☐	☐	☐	☐	Trauben
☐	☐	☐	☐	☐	Kirsche
☐	☐	☐	☐	☐	Orange
☐	☐	☐	☐	☐	Mandarine
☐	☐	☐	☐	☐	Ananas
☐	☐	☐	☐	☐	Kiwi



MILCHPRODUKTE

☐	☐	☐	☐	☐	Milch
☐	☐	☐	☐	☐	Joghurt
☐	☐	☐	☐	☐	Quark
☐	☐	☐	☐	☐	Mozzarella
☐	☐	☐	☐	☐	Käse
☐	☐	☐	☐	☐	Feta
☐	☐	☐	☐	☐	Frischkäse
☐	☐	☐	☐	☐	Sahne
☐	☐	☐	☐	☐	Sauerrahm
☐	☐	☐	☐	☐	Crème Fraîche
☐	☐	☐	☐	☐	Buttermilch



GETREIDE & BEILAGEN

☐	☐	☐	☐	☐	Haferflocken
☐	☐	☐	☐	☐	Reis
☐	☐	☐	☐	☐	Hirse
☐	☐	☐	☐	☐	Quinoa
☐	☐	☐	☐	☐	(Vollkorn-)Nudeln
☐	☐	☐	☐	☐	Brot
☐	☐	☐	☐	☐	Polenta
☐	☐	☐	☐	☐	Couscous
☐	☐	☐	☐	☐	Kartoffeln

LEBENSMITTEL-CHECKLISTE



EIWEISSQUELLEN

- | | |
|-----------|-----------------|
| ● ● ● ● ● | Linsen |
| ● ● ● ● ● | Kichererbsen |
| ● ● ● ● ● | Bohnen |
| ● ● ● ● ● | Tofu |
| ● ● ● ● ● | Ei |
| ● ● ● ● ● | Kabeljau |
| ● ● ● ● ● | Seelachs |
| ● ● ● ● ● | Scholle |
| ● ● ● ● ● | Lachs |
| ● ● ● ● ● | Makrele |
| ● ● ● ● ● | Hering |
| ● ● ● ● ● | Hähnchenfleisch |
| ● ● ● ● ● | Rindfleisch |
| ● ● ● ● ● | Schweinefleisch |
| ● ● ● ● ● | Putenfleisch |



GESUNDE FETTE

- | | |
|-----------|-------------------|
| ● ● ● ● ● | Mandelmus |
| ● ● ● ● ● | Erdnussmus |
| ● ● ● ● ● | Avocado |
| ● ● ● ● ● | Oliveöl |
| ● ● ● ● ● | Rapsöl |
| ● ● ● ● ● | Butter (in Maßen) |



TOP ALLERGENE

- | | |
|-----------|-------------------------|
| ● ● ● ● ● | Milch & Milchprodukte |
| ● ● ● ● ● | Eier |
| ● ● ● ● ● | Weizen & Glutenthaltige |
| ● ● ● ● ● | Getreide |
| ● ● ● ● ● | Fisch |
| ● ● ● ● ● | Schalen- & Krustentiere |
| ● ● ● ● ● | Erdnüsse |
| ● ● ● ● ● | Nüsse |
| ● ● ● ● ● | Soja |
| ● ● ● ● ● | Sesam |
| ● ● ● ● ● | Senf |
| ● ● ● ● ● | Sellerie |

WEITERE

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