

Overview Nutritional Levels

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8 Nutritional Levels

0-Fasting (tea)

Breakfast

2 to 3 cups of herbal tea with a few drops of orange juice, one-half or a whole Mayr bread roll: chew every bite carefully, but do not swallow. Simply add 1 teaspoon of tea, continue chewing and then swallow.

Late morning

1 to 2 cups of vegetable bouillon (swallowing small amounts slowly), available from 10:00 am to 1:00 pm at our tea bar.

Midday

2 to 3 cups of herbal tea with a few drops of orange juice, one-half or a whole Mayr bread roll: procedure as detailed above.

Evening

2 to 3 cups of herbal tea with a few drops of orange juice, 2 slices of spelt crispbread or 1 Mayr bread roll or 1 to 2 gluten-free wafers.

8 Nutritional Levels

1 - Traditional Mayr diet

Breakfast

1 to 2 cups of milk, one-half or a whole Mayr bread roll: chew every bite carefully, but do not swallow. Simply add 1 teaspoon of milk, continue chewing and then swallow.

Late morning

1 to 2 cups of vegetable bouillon (swallowing small amounts slowly), available from 10:00 am to 1:00 pm at our tea bar.

Midday

1 to 2 cups of milk, one-half or a whole Mayr bread roll: procedure as detailed above.

Evening

2 to 3 cups of herbal tea with a few drops of orange juice, 2 slices of spelt crispbread or 1 Mayr bread roll or 1 to 2 gluten-free wafers.

Alternatives to milk

- Malt coffee with milk 0.2 l
- Malt coffee with soy 0.2 l
- Acidophilus curdled mild 3.6% F/0.2 l
- Buttermilk 1% F/0.2 l
- Sheep's milk yogurt 5.5% F/0.2 l
- Yogurt 0.1% F/0.2 l
- Skim milk 1.5% F/0.2 l
- Lactose-free milk 1.5% F/0.2 l
- Soy drink, neutral 1% F/0.2 l
- Soy drink with ground almonds 0.2 l
- Base vegetable soup (except at breakfast)

*OMP (dairy-free products)

8 Nutritional Levels

2 - Traditional Mayr diet + protein supplement

Breakfast

1 to 2 cups of milk, one-half or a whole Mayr bread roll + 50 g protein supplement*: chew every bite carefully, but do not swallow. Simply add 1 teaspoon of milk, continue chewing and then swallow.

Late morning

1 to 2 cups of vegetable bouillon (swallowing small amounts slowly), available from 10:00 am to 1:00 pm at our tea bar.

Midday

1 to 2 cups of milk, one-half or a whole Mayr bread roll + 50 g protein supplement*: procedure as above

Evening

2 to 3 cups of herbal tea with a few drops of orange juice, 2 slices of spelt crispbread or 1 Mayr bread roll or 1 to 2 gluten-free wafers or 3-times 30 g protein supplement (for breakfast, at midday and at the evening meal).

* or 3 times 30 g protein (breakfast, midday and evening meal)

Breakfast options

Instead of a Mayr bread roll with a protein supplement, a portion of grain pulp, corn meal, millet gruel, porridge with 125 ml milk, (with OMP* diet 0.2 l soy drink available) 20 g maple syrup.

Alternatives to milk
– Malt coffee with milk 0.2 l
– Malt coffee with soy 0.2 l
– Acidophilus curdled mild 3.6% F/0.2 l
– Buttermilk 1% F/0.2 l
– Sheep's milk yogurt 5.5% F/0.2 l
– Yogurt 0.1% F/0.2 l
– Skim milk 1.5% F/0.2 l
– Lactose-free milk 1.5% F/0.2 l
– Soy drink, neutral 1% F/0.2 l
– Soy drink with ground almonds 0.2 l
– Base vegetable soup (except at breakfast)

*OMP (dairy-free products)

8 Nutritional Levels

3 - Traditional Mayr diet + protein supplement + basis vegetable soup

Breakfast

1 to 2 cups of milk, one-half or a whole Mayr bread roll + 50 g protein supplement: carefully chew every bite, but do not swallow. Simply add 1 teaspoon of milk, continue to chew and then swallow.

Late morning

1 to 2 cups of vegetable bouillon (swallowing small amounts slowly), available from 10:00 am to 1:00 pm at our tea shop.

Midday

Base vegetable soup (90 kcal) by the spoonful, one-half or a whole Mayr bread roll + 50 g protein supplement: follow the procedure as detailed above.

Evening

2 to 3 cups of herbal tea with a few drops of orange juice, 2 slices of spelt crispbread or 1 Mayr bread roll or 1 to 2 gluten-free wafers + 50 g protein

Breakfast options

Instead of a Mayr bread roll with a protein supplement, a portion of grain pulp, corn meal, millet gruel, porridge with 125 ml milk, (with OMP diet 0.2 l soy drink available) 20 g maple syrup.

Alternatives to milk

- Malt coffee with milk 0.2 l
- Malt coffee with soy 0.2 l
- Acidophilus curdled mild 3.6% F/0.2 l
- Buttermilk 1% F/0.2 l
- Sheep's milk yogurt 5.5% F/0.2 l
- Yogurt 0.1% F/0.2 l
- Skim milk 1.5% F/0.2 l
- Lactose-free milk 1.5% F/0.2 l
- Soy drink, neutral 1% F/0.2 l
- Soy drink with ground almonds 0.2 l
- Base vegetable soup (except at breakfast)

*OMP (dairy-free products)

8 Nutritional Levels

4 - Modern Mayr diet – food-combining menu

Breakfast

1 to 2 cups of milk, one-half or a whole Mayr bread roll + 50 g protein supplement: carefully chew every bite, but do not swallow. Simply add 1 teaspoon of milk, continue to chew and then swallow.

Late morning

1 to 2 cups of vegetable bouillon (swallowing small amounts slowly), available from 10:00 am to 1:00 pm at our tea shop.

Midday

Base vegetable soup/main course from menu or choice (food combining).

Evening

2 to 3 cups of herbal tea with a few drops of orange juice or base vegetable soup, 2 slices of spelt crispbread or 1 to 2 Mayr bread rolls or 1 to 2 gluten-free wafers + 50 g protein supplement.

Breakfast options

Instead of a Mayr bread roll with a protein supplement, a portion of grain pulp, corn meal, millet gruel, porridge with 125 ml milk, (with OMP diet 0.2 l soy drink available) 20 g maple syrup.

Alternatives to milk
– Malt coffee with milk 0.2 l
– Malt coffee with soy 0.2 l
– Acidophilus curdled mild 3.6% F/0.2 l
– Buttermilk 1% F/0.2 l
– Sheep's milk yogurt 5.5% F/0.2 l
– Yogurt 0.1% F/0.2 l
– Skim milk 1.5% F/0.2 l
– Lactose-free milk 1.5% F/0.2 l
– Soy drink, neutral 1% F/0.2 l
– Soy drink with ground almonds 0.2 l
– Base vegetable soup (except at breakfast)

*OMP (dairy-free products)

8 Nutritional Levels

5 - Modern Mayr diet – light diet menu

Breakfast

1 to 2 cups of milk, one-half or a whole Mayr bread roll + 50 g protein supplement: carefully chew every bite, but do not swallow. Simply add 1 teaspoon of milk, continue to chew and then swallow.

Late morning

1 to 2 cups of vegetable bouillon (swallowing small amounts slowly), available from 10:00 to 1:00 pm at our tea bar.

Midday

Base vegetable soup/main course from menu or choice.

Evening

2 to 3 cups of herbal tea with a few drops of orange juice or base vegetable soup, 2 slices of spelt crispbread or 1 to 2 Mayr bread rolls or 1 to 2 gluten-free wafers + 50 g protein supplement.

Breakfast options

Instead of a Mayr bread roll with a protein additive, a portion of grain pulp, corn meal, millet gruel, porridge with 125 ml milk, (with OMP diet 0.2 l soy drink available) 20 g maple syrup.

Alternatives to milk

- Malt coffee with milk 0.2 l
- Malt coffee with soy 0.2 l
- Acidophilus curdled mild 3.6% F/0.2 l
- Buttermilk 1% F/0.2 l
- Sheep's milk yogurt 5.5% F/0.2 l
- Yogurt 0.1% F/0.2 l
- Skim milk 1.5% F/0.2 l
- Lactose-free milk 1.5% F/0.2 l
- Soy drink, neutral 1% F/0.2 l
- Soy drink with ground almonds 0.2 l
- Base vegetable soup (except at breakfast)

*OMP (dairy-free products)

8 Nutritional Levels

6 - Modern Mayr diet – light diet menu with salad or dessert

Breakfast

1 to 2 cups of milk, one-half or a whole Mayr bread roll + 50 g protein supplement: carefully chew every bite, but do not swallow. Simply add 1 teaspoon of milk, continue to chew and then swallow.

Late morning

1 to 2 cups of vegetable bouillon (swallowing small amounts slowly), available from 10:00 am to 1:00 pm at our tea bar.

Midday

Base vegetable soup/main course from menu + salad or dessert or choice.

Evening

2 to 3 cups of herbal tea with a few drops of orange juice or base vegetable soup, 2 slices of spelt crispbread or 1 to 2 Mayr bread rolls or 1 to 2 gluten-free wafers + 50 g protein supplement.

Breakfast options

Instead of a Mayr bread roll with a protein supplement, a portion of grain pulp, corn meal, millet gruel, porridge with 125 ml milk, (with OMP diet 0.2 l soy drink available) 20 g maple syrup.

Alternatives to milk
– Malt coffee with milk 0.2 l
– Malt coffee with soy 0.2 l
– Acidophilus curdled mild 3.6% F/0.2 l
– Buttermilk 1% F/0.2 l
– Sheep's milk yogurt 5.5% F/0.2 l
– Yogurt 0.1% F/0.2 l
– Skim milk 1.5% F/0.2 l
– Lactose-free milk 1.5% F/0.2 l
– Soy drink, neutral 1% F/0.2 l
– Soy drink with ground almonds 0.2 l
– Base vegetable soup (except at breakfast)

*OMP (dairy-free products)

8 Nutritional Levels

7 - Mayr vital diet

Breakfast

Your choice of products

Late morning

Don't forget to drink plenty of fluids!

Midday

Salad/base vegetable soup/main course and dessert from the main menu or choice.

Evening

Vegetable and other food spreads or vegetarian option; fish or meat with vegetables.

Breakfast options

Grain pulp with fruit (apple or banana)

20 g maple syrup, freshly-made muesli.