

The logo for M.O.B.i.L.i.S. features two red right-pointing triangles on the left. To their right, the text 'M.O.B.i.L.i.S.' is displayed in a sans-serif font. The letters 'M', 'O', 'B', 'L', 'I', and 'S' are red, while the letters 'i' and 'i' are orange. A registered trademark symbol (®) is located at the top right of the 'S'. The background consists of a large white circle with a thick orange border, and a pattern of small orange dots is visible in the corners.

▶▶ M.O.B.i.L.i.S.®

HERZLICH WILLKOMMEN!





PRAXISSITZUNG A: Themenübersicht

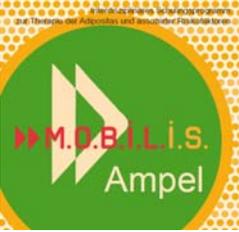
Was bringen Rezepte für die schlanke Linie?

Welche praktischen Möglichkeiten der fettarmen Nahrungsmittelzubereitung gibt es?

Wie erstellt man einen Speiseplan?



Das „5-4-3-2-1“-System

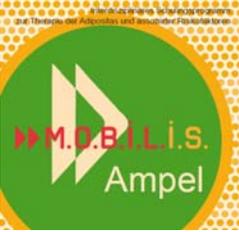


	Gemüse, Salat, Pilze, Obst	5x
	Brot, Müsli, Hülsenfrüchte, Kartoffeln, Reis, Nudeln	4x
	Fleisch, Geflügel, Wurstwaren, Fisch (inkl. Meeres- früchte), Ei	3x
	Milch, Milchpro- dukte (Käse, Joghurt/Quark)	2x
	Pflanzenöl, Streichfett, Nüsse/Samen, Ölfrüchte	1x





Das „5-4-1-4-1“-System: vegetarisch

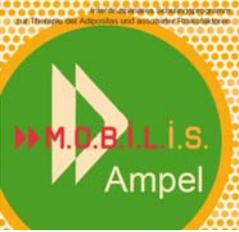


	Gemüse, Salat, Pilze, Obst	5x
	Brot, Müsli, Hülsenfrüchte, Kartoffeln, Reis, Nudeln	4x
	Ei	1x
	Milch, Milchpro- dukte (Käse, Joghurt/Quark)	4x
	Pflanzenöl, Streichfett, Nüsse/Samen, Ölfrüchte	1x





Das „6-7-0-0-2“-System: vegan



Gemüse, Salat,
Pilze, Obst

6x



Brot, Müsli,
Hülsenfrüchte,
Kartoffeln, Reis,
Nudeln

7x

0x

0x



Pflanzenöl,
Streichfett,
Nüsse/Samen,
Ölfrüchte

2x



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www.mobilis-programm.de