Checklist for a vegan menu for one week (= 5 lunches) in company catering

blue + italic = modifications compared to the DGE checklist
max. = maximally; min. = minimally



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Extracted table 3, p. 179, from: Volkhardt I, Semler E, Keller M, Meier T, Luck-Sikorski C, Christen O (2016) Checklist for a vegan lunch menu in public catering. Ernahrungs Umschau 63(09): 176–184

moderate use of sugar