După gust

19–25 October 2026 · Menu for 4 people

Day	Breakfast	Lunch	Snack	Dinner
Monday, 19	Spinach and cheese omelette with rye bread	Pasta with chicken and mushrooms in a creamy leek sauce	Kefir and banana	Chicken noodle soup
Tuesday, 20	Yogurt with apples and walnuts	Baked beef meatballs with pumpkin and yogurt sauce	Pears and walnuts	Tomato soup with white beans and rye bread
Wednesday, 21	Rye bread with avocado and tomatoes	Green lentil stew with carrots and tomatoes	Apples and almonds	Green bean ciorbă (Romanian sour soup) with potatoes and lovage
Thursday, 22	Cottage cheese with peppers and rye bread	Baked trout with leeks, carrots and lemon	Yogurt with raspberries	Garlic soup with potatoes and croutons
Friday, 23	Toast with mushrooms and garlic	Lenten braised cabbage with mushrooms and polenta	Pears and walnuts	Pea soup with carrots and potatoes
Saturday, 24	Crêpes with yogurt and apples	Beef stew with root vegetables, slow-cooked in the oven	Kefir and banana	Meatball ciorbă (sour soup) with lemon
Sunday, 25	Eggs in tomato and pepper sauce	Roast pork with apples and onions	Yogurt with raspberries	Cauliflower soup with carrots and toast

The recipes follow on pages 2–8.

Monday, 19

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Spinach and cheese omelette with rye bread

Ingredients · 4 servings

8 pcs eggs; 200 g spinach; 120 g telemea (feta-style cheese); 240 g rye bread; 10 ml olive oil.

1. Wash the spinach and wilt it in the oil in a large frying pan for 2–3 minutes.

2. Beat the eggs, add the crumbled cheese and pour over the spinach. Cook over a low heat with the lid on until the eggs are set. Divide into four and serve with the bread.

LUNCH

Pasta with chicken and mushrooms in a creamy leek sauce

Ingredients · 4 servings

320 g dried pasta; 500 g chicken breast; 300 g mushrooms; 200 g leek; 200 ml cooking cream 20%; 20 ml olive oil; 10 g garlic.

1. Cut the chicken into cubes of about 2 cm, slice the mushrooms and cut the leek into rounds. Chop the garlic.

2. Cook the pasta in salted water according to the packet instructions. Keep a cup of the pasta water before you drain it.

3. Heat the oil in a large frying pan. Brown the chicken for 6–8 minutes, stirring, then lift it out onto a plate.

4. In the same pan, cook the leek for 3–4 minutes, then the mushrooms for 6–8 minutes, until the liquid has reduced. Add the garlic for one more minute.

5. Return the chicken to the pan, add the cream and leave over a low heat for 4–5 minutes, until the meat is cooked through. Stir in the pasta and a little of the cooking water at a time, until the sauce is how you like it. Season with salt and pepper.

Thermomix TM6

The TM6 makes the base of the sauce; the chicken, mushrooms and pasta are cooked separately, as in the classic method. Put the garlic and the leek, cut into pieces, into the mixing bowl: 5 sec / speed 5. Scrape down the sides of the mixing bowl with the spatula. Add the oil: 5 min / 120°C / speed 1, using the lid and the protection recommended for the appliance. Transfer the base to the frying pan with the cooked chicken and mushrooms. Add the cream and carry on from the last step of the classic method.

SNACK

Kefir and banana

Ingredients · 4 servings

800 ml plain kefir; 400 g bananas, flesh.

1. Divide the kefir between four glasses and serve with the peeled and sliced bananas.

DINNER

Chicken noodle soup

Ingredients · 4 servings

600 g bone-in chicken for soup; 200 g carrots; 100 g celeriac; 100 g onion; 120 g dried noodles; 10 g parsley; 2200 ml water.

1. Put the chicken into cold water and slowly bring to the boil. Skim off the foam, then add the peeled vegetables and a little salt.

2. Simmer gently for 60–75 minutes, until the chicken is cooked through. Lift out the meat, pull it off the bones and chop the vegetables.

3. Strain the soup, return the meat and vegetables and add the noodles. Cook for as long as the packet says, sprinkle with parsley and divide into four servings.

Tuesday, 20

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Yogurt with apples and walnuts

Ingredients · 4 servings

800 g plain yogurt; 600 g apples; 80 g walnuts.

1. Wash the apples, core them and dice them.

2. Divide the yogurt, apples and walnuts between four bowls. You can add cinnamon to taste.

LUNCH

Baked beef meatballs with pumpkin and yogurt sauce

Ingredients · 4 servings

600 g minced beef; 800 g pumpkin; 100 g onion; 1 pcs eggs; 40 g breadcrumbs; 200 g plain yogurt; 10 g garlic; 25 ml olive oil; 10 g parsley.

1. Preheat the oven to 200°C, top and bottom heat. Cut the pumpkin into 2–3 cm cubes, toss with most of the oil, salt and paprika and spread on a baking tray lined with baking paper.

2. Finely chop the onion, parsley and half of the garlic. Mix them with the beef, egg, breadcrumbs, salt and pepper. Leave the mixture to rest for 5 minutes.

3. Shape 16 equal meatballs, brush them lightly with the remaining oil and arrange them on a second tray.

4. Roast the pumpkin for about 30–40 minutes, turning it halfway through. Bake the meatballs for about 20–25 minutes, until cooked through. If you put both trays in at the same time, swap their positions halfway through.

5. Mix the yogurt with the remaining crushed garlic and a little salt. Serve the cold sauce alongside the meatballs and pumpkin.

Thermomix TM6

Put the onion, parsley and half the garlic into the mixing bowl: 5 sec / speed 5. Scrape down the sides with the spatula and repeat for 2 sec if needed. Transfer to a bowl and mix by hand with the beef, egg and breadcrumbs, so you control the texture. Bake as in the classic method. In the clean mixing bowl, chop the remaining garlic 3 sec / speed 7. Scrape down the sides with the spatula, add the yogurt and mix 10 sec / speed 3.

SNACK

Pears and walnuts

Ingredients · 4 servings

720 g pears; 80 g walnuts.

1. Wash the pears, core them and slice them. Divide the fruit and walnuts into four portions.

DINNER

Tomato soup with white beans and rye bread

Ingredients · 4 servings

800 g tinned chopped tomatoes; 400 g white beans, cooked and drained; 100 g onion; 150 g carrots; 10 g garlic; 20 ml olive oil; 240 g rye bread; 800 ml water.

1. Chop the onion, carrot and garlic. Cook the onion and carrot in the oil for 5 minutes, then add the garlic.

2. Add the tomatoes and water, plus salt and basil to taste. Simmer for 20–25 minutes, until the carrot is tender.

3. Add the drained beans and simmer for another 5 minutes. Serve with the bread.

Wednesday, 21

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Rye bread with avocado and tomatoes

Ingredients · 4 servings

320 g rye bread; 280 g avocado, flesh; 400 g tomatoes; 0.5 pcs lemons; 20 ml olive oil.

1. Lightly toast the bread. Mash the avocado with the lemon juice and a little salt.
2. Spread the avocado on the toast, add the sliced tomatoes and drizzle with the olive oil. Sprinkle with pepper to taste and divide into four portions.

LUNCH

Green lentil stew with carrots and tomatoes

Ingredients · 4 servings

300 g dried green lentils; 250 g carrots; 150 g onion; 400 g tinned chopped tomatoes; 10 g garlic; 25 ml olive oil; 10 g parsley; 900 ml water.

1. Rinse the lentils and pick out any impurities. Chop the onion and garlic, and cut the carrots into small cubes.
2. Heat the oil in a saucepan and cook the onion and carrots over a medium heat for 5 minutes. Add the garlic and stir for 30 seconds.
3. Add the lentils, water and bay leaf. Simmer gently with the lid ajar for about 25–35 minutes, until the lentils are almost tender. Top up with hot water if needed.
4. Add the tomatoes, thyme, salt and pepper. Simmer for another 10–15 minutes, until the lentils are tender and the sauce has reduced. The time depends on the type of lentils.
5. Remove the bay leaf and sprinkle with the chopped parsley. Serve warm.

Thermomix TM6

The TM6 chops and sautés the vegetables; the lentils are cooked in a saucepan, for the full quantity. Put the onion, garlic and carrots, cut into pieces, into the mixing bowl: 5 sec / speed 5. Scrape down the sides with the spatula, add the oil and cook 5 min / 120°C / speed 1. Transfer the base to a saucepan. Add the lentils and water and carry on from step 3 of the classic method.

SNACK

Apples and almonds

Ingredients · 4 servings

720 g apples; 80 g almonds.

1. Wash the apples and core them. Serve each portion of fruit with 20 g almonds.

DINNER

Green bean ciorbă (Romanian sour soup) with potatoes and lovage

Ingredients · 4 servings

600 g green beans; 400 g potatoes; 150 g carrots; 100 g onion; 200 g tinned chopped tomatoes; 20 ml olive oil; 10 g lovage; 0.5 pcs lemons; 240 g rye bread; 1800 ml water.

1. Dice the onion, carrots and potatoes, and cut the green beans into pieces. Soften the onion and carrots in the oil for 4–5 minutes.
2. Add the water, potatoes and green beans. Simmer for about 20–25 minutes, until the vegetables are tender.
3. Add the tomatoes and simmer for another 10 minutes. Season with salt, sharpen with lemon juice and add the lovage. Serve with bread.

Thursday, 22

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BREAKFAST

Cottage cheese with peppers and rye bread

Ingredients · 4 servings
600 g cottage cheese; 400 g bell pepper; 320 g rye bread; 10 g parsley.

1. Mix the cottage cheese with the chopped parsley and a little salt.

2. Wash and slice the peppers. Serve the cheese on the bread with the peppers on the side, in four portions.

LUNCH

Baked trout with leeks, carrots and lemon

Ingredients · 4 servings
1200 g whole trout, gutted; 300 g leek; 400 g carrots; 1 pcs lemons; 30 ml olive oil; 10 g garlic; 100 ml water.

1. Preheat the oven to 200°C, top and bottom heat. Cut the carrots into thin rounds and the leek into 1–2 cm pieces.

2. Arrange the vegetables in the baking tin and mix them with two thirds of the oil, the sliced garlic, salt, pepper and the water. Cover and bake for 15–20 minutes.

3. Pat the gutted fish dry with paper towels. Season it inside and out and put lemon slices in the cavity.

4. Lay the trout on top of the vegetables, brush with the remaining oil and bake uncovered for another 20–25 minutes, depending on thickness, until the flesh is opaque and comes away easily from the bone.

5. Serve straight away, carefully removing the bones. Check the children's portions separately.

Thermomix TM6
For a browned flavour, the fish and vegetables stay in the oven. You can make the flavoured oil in the TM6: put the garlic into the mixing bowl, 3 sec / speed 7; scrape down the sides with the spatula. Add the oil and thyme, 10 sec / speed 3. Use the mixture for the vegetables and fish, in the proportions given in the classic method.

SNACK

Yogurt with raspberries

Ingredients · 4 servings
600 g plain yogurt; 300 g raspberries.

1. Wash the fresh raspberries and divide them over the yogurt. If you use frozen raspberries, prepare them according to the packet instructions and chill them before serving.

DINNER

Garlic soup with potatoes and croutons

Ingredients · 4 servings
80 g garlic; 500 g potatoes; 100 g onion; 300 ml milk; 20 ml olive oil; 200 g rye bread; 1200 ml water.

1. Chop the onion and garlic. Soften the onion in the oil for 4 minutes, add the garlic and stir for one minute without letting it brown.

2. Add the diced potatoes and the water. Simmer for 20–25 minutes, until tender, then blend with a hand blender.

3. Add the milk and heat gently, stirring. Season with salt and pepper. Cut the bread into cubes and toast them in a dry frying pan; serve the croutons separately.

Thermomix TM6
Chop the onion and garlic 5 sec / speed 5. Scrape down the sides with the spatula and transfer to a saucepan. Carry on cooking there; the full quantity of soup is cooked in the saucepan.

Friday, 23

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Toast with mushrooms and garlic

Ingredients · 4 servings

320 g rye bread; 600 g mushrooms; 10 g garlic; 20 ml olive oil; 10 g parsley.

1. Slice the mushrooms. Brown them in the oil in a large frying pan for 8–10 minutes, until the water has evaporated.

2. Add the chopped garlic for one minute, then the parsley, salt and pepper. Divide over the toast.

LUNCH

Lenten braised cabbage with mushrooms and polenta

Ingredients · 4 servings

1200 g white cabbage; 400 g mushrooms; 150 g onion; 200 g tinned chopped tomatoes; 35 ml olive oil; 250 g cornmeal; 1200 ml water.

1. Finely shred the cabbage, finely chop the onion and slice the mushrooms. Sprinkle a little salt over the cabbage and knead it gently.

2. In a wide saucepan, brown the mushrooms in about a third of the oil, then lift them out. Add the rest of the oil and cook the onion for 4–5 minutes.

3. Add the cabbage in batches, stirring until it wilts down. Add the tomatoes, bay leaf, thyme, paprika and 200 ml of the water for the base recipe. Cover and cook over a low heat for 30–40 minutes, stirring now and then.

4. Return the mushrooms and cook uncovered for another 10 minutes, until the liquid has reduced. Adjust the seasoning and remove the bay leaf.

5. For the polenta, bring the rest of the water to the boil with salt. Pour in the cornmeal in a thin stream, stirring constantly, then cook over a low heat according to the packet, usually 15–20 minutes. Serve alongside the cabbage.

Thermomix TM6

The TM6 can shred the cabbage in batches of no more than 300 g: 3–4 sec / speed 4. Check the texture after each batch. Chop the onion 5 sec / speed 5. Transfer to a saucepan and follow the classic method for the cabbage and mushrooms. Make the polenta in a saucepan following the steps above; cornmeal varies in cooking time and absorption.

SNACK

Pears and walnuts

Ingredients · 4 servings

720 g pears; 80 g walnuts.

1. Wash the pears, core them and slice them. Divide the fruit and walnuts into four portions.

DINNER

Pea soup with carrots and potatoes

Ingredients · 4 servings

500 g peas; 200 g carrots; 400 g potatoes; 100 g onion; 20 ml olive oil; 10 g parsley; 200 g rye bread; 1600 ml water.

1. Dice the onion, carrots and potatoes. Soften the onion and carrots in the oil for 4–5 minutes.

2. Add the water and potatoes; simmer for 15 minutes. Add the peas and cook for another 8–12 minutes, or until all the vegetables are tender.

3. Season with salt and pepper, sprinkle with parsley and serve with bread. Leave the vegetables in pieces.

Saturday, 24

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Crêpes with yogurt and apples

Ingredients · 4 servings

200 g wheat flour; 2 pcs eggs; 400 ml milk; 100 ml water; 15 ml olive oil; 400 g plain yogurt; 400 g apples.

1. Beat the eggs with the milk, then gradually add the flour, a pinch of salt and the water. Rest the batter for 15 minutes.

2. Lightly grease the frying pan with oil and cook thin crêpes, about one minute on the first side and 30–60 seconds on the other.

3. Divide the crêpes into four portions and serve with yogurt and sliced apples.

Thermomix TM6

For the batter, put the eggs, milk, water and flour into the mixing bowl: 20 sec / speed 4. Scrape down the sides with the spatula and repeat for 10 sec if there are still lumps. Rest for 15 minutes and cook in a frying pan.

LUNCH

Beef stew with root vegetables, slow-cooked in the oven

Ingredients · 4 servings

800 g beef leg or shoulder, for stewing; 265 g carrots; 200 g celeriac; 165 g onion; 265 g tinned chopped tomatoes; 10 g garlic; 20 ml olive oil; 400 ml water.

1. Preheat the oven to 160°C, top and bottom heat. Cut the beef into cubes of about 4 cm and pat them dry. Cut the carrots, celeriac and onion into large pieces.

2. In an ovenproof pot with a lid, heat the oil and brown the meat in 2–3 batches. Take out each batch before adding the next.

3. Cook the onion in the same pot for 4–5 minutes. Add the garlic, then the tomatoes and water; scrape the browned bits off the bottom with a spoon.

4. Return the meat to the pot with the bay leaf, thyme, salt and pepper. Cover and cook in the oven for about 1½ hours.

5. Add the carrots and celeriac, stir and cook covered for another 1–1½ hours, until the meat gives easily under a fork. Top up with a little hot water if the sauce reduces too much.

6. Remove the bay leaf. For a thicker sauce, leave the pot uncovered in the oven for another 10–15 minutes. Serve with the root vegetables and the sauce.

Thermomix TM6

For this quantity, the browning and slow cooking are done in the ovenproof pot. The TM6 can chop the onion and garlic: 5 sec / speed 5. Transfer them to the pot after browning the meat. Cut the carrots and celeriac into large pieces by hand and follow the classic method.

SNACK

Kefir and banana

Ingredients · 4 servings

800 ml plain kefir; 400 g bananas, flesh.

1. Divide the kefir between four glasses and serve with the peeled and sliced bananas.

DINNER

Meatball ciorbă (sour soup) with lemon

Ingredients · 4 servings

400 g mixed beef and pork mince; 50 g rice, uncooked; 1 pcs eggs; 200 g carrots; 100 g celeriac; 150 g onion; 300 g tinned chopped tomatoes; 10 g lovage; 1 pcs lemons; 2000 ml water.

1. Cut up the carrots, celeriac and two thirds of the onion. Put them in the water and simmer for 15 minutes.

2. Mix the meat well with the rinsed rice, the egg, the remaining onion, very finely chopped, salt and pepper. Shape small meatballs.

3. Drop the meatballs one by one into the gently simmering soup. Simmer for 25–30 minutes, until the meat and rice are cooked through.

4. Add the tomatoes and simmer for another 10 minutes. Sharpen with lemon juice, season with salt and add the lovage.

Sunday, 25

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Eggs in tomato and pepper sauce

Ingredients · 4 servings

8 pcs eggs; 800 g tinned chopped tomatoes; 300 g bell pepper; 150 g onion; 10 g garlic; 20 ml olive oil; 240 g rye bread.

1. Chop the onion, pepper and garlic. Cook the onion and pepper in the oil for 8–10 minutes, then add the garlic.

2. Add the tomatoes, plus salt, pepper and paprika to taste. Simmer the sauce for 12–15 minutes.

3. Make eight hollows, crack the eggs into them and cook with the lid on over a low heat until the eggs are set. Serve two eggs per person with sauce and bread.

LUNCH

Roast pork with apples and onions

Ingredients · 4 servings

1000 g boneless pork shoulder, in one piece; 400 g apples; 265 g onion; 10 g garlic; 15 ml olive oil; 165 ml water.

1. Preheat the oven to 170°C, top and bottom heat. Pat the meat dry and rub it with the oil, crushed garlic, salt, pepper, paprika and thyme.

2. Quarter the onions and arrange them in the roasting tin. Put the meat on top and pour the water around it. Cover the tin tightly with a lid or foil.

3. Roast for about 2 hours. Check the liquid in the tin and top up with a little hot water if needed.

4. Wash the apples, core them and cut them into quarters. Add them to the tin and keep roasting for 30–45 minutes, until the meat is cooked through and tender.

5. Uncover for the last 15 minutes to brown. Let the roast rest for 15 minutes before slicing and serve with the apples, onions and the juices from the tin.

Thermomix TM6

The TM6 can make the flavouring paste; the roast is cooked in the oven. Chop the garlic 3 sec / speed 7 and scrape it down with the spatula. Add the oil and seasonings, then mix 10 sec / speed 3. Rub the paste over the meat and follow the steps of the classic method.

SNACK

Yogurt with raspberries

Ingredients · 4 servings

600 g plain yogurt; 300 g raspberries.

1. Wash the fresh raspberries and divide them over the yogurt. If you use frozen raspberries, prepare them according to the packet instructions and chill them before serving.

DINNER

Cauliflower soup with carrots and toast

Ingredients · 4 servings

600 g cauliflower; 200 g carrots; 300 g potatoes; 100 g onion; 20 ml olive oil; 10 g parsley; 240 g rye bread; 1600 ml water.

1. Chop the onion, carrots and potatoes, then break the cauliflower into florets. Soften the onion and carrots in the oil for 4–5 minutes.

2. Add the water and potatoes; simmer for 10 minutes. Add the cauliflower and simmer for another 10–15 minutes, until the vegetables are tender.

3. Season with salt and pepper, sprinkle with parsley and serve with the toast. Leave the vegetables in pieces in the soup.