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3 tblsp flaxseed oil. 2 to 3 tblsp raw milk. 100 gr (6 tblsp) quark or cottage cheese. 2 tblsp Linomel (or 4 tblsp freshly ground flaxseeds) 1 tsp honey. fruits and fruit juices. nuts (except peanuts) natural flavours. Put 2 tblsp of Linomel

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(or 4 tblsp freshly ground flaxseeds) in a small bowl.

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The Flaxseed (Linseed) oil diet was
originally proposed by Dr. Johanna
Budwig, a german biochemist and
expert on fats and oils, in 1951 and
recently re-examined by Dr. Dan C.

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The Oil Protein Diet Cookbook by Johanna Budwig, Ph.D.

For the most comprehensive coverage world-wide of the oil-protein diet & protocol developed by Dr. Budwig, see Budwig Diet incl. excerpts from her

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books Flax Oil As A True Aid and Cancer - The Problem and The Solution .

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Protein should also be added to meals to help boost weight loss results and the creators of the diet encourage oily fish and advise in their book that dairy

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