



Food guide
Sunday, 20th September 2015
Presidential Meeting

EAT YOURSELF BEAUTIFUL and ATTRACTIVE
proposed by "Beauty Cuisine" food concept
and Kongresshaus Zürich

Morning break „Smooth Beauty“

Wholemeal and Butter croissant
Cottage cheese with **berries**
served with
red rooibos or **green tea**,
home-made **ice tea** or **coffee**

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Afternoon break „Sweat Care“

Chocolate strawberries
served with
red rooibos or **green tea**,
home-made **ice tea** or **coffee**

We are inviting you today to join us on a new culinary voyage of exploration. We are inviting you today to join us on a new culinary voyage of exploration. Enjoy eating yourself beautiful, and find out, with the help of the colour codes, which groups of effective ingredients will benefit your skin and body the most. We invite you to take a look at

www.beauty-cuisine.com

to find out more about it!

Secondary plant substances
Minerals/trace elements
Proteins

Unsaturated fatty acids
Vitamins

