

Nani Noam Vazana

Allergies & dietary limitations

Dear Host, we are providing you with this document because Nani suffers from Crohn's disease. We hope you can help us keep her healthy, safe and ready to perform!

🙏 If it is not possible, please let us know at least 24 hours in advance so that we can research and arrange an alternative for her in your area. Thank you very much for your understanding and effort!

Please AVOID:

- All grains: Wheat, Quinoa, Spelt, Barley, Rye, Kamut, Oats, Amaranth, Teff etc.
- Ready-Made products: Bread, Pasta, Crackers, Biscuits, Cookies, Cake, Hummus, Ketchup, Baba Ganoush etc.
- All Beans (including chickpeas)
- Vegetables: Tomato, Pepper, Potato, Asparagus, Eggplant, Kohloraby
- Fruit: Fruits: Banana, Coconut, Orange, Mandarin
- Spices: All kinds of Pepper (Black, Chilli, White, Paprika, Peperoni etc), Parsley
- Nuts: Cashew Nuts, Pistachio
- Fake meat: Tofu / Tempeh / Seitan etc
- Food with a lot of sugar
- Fried food

Yes we can!

- Proteins: Beef / Chicken / Fish / Eggs / Cheese / Greek Yogurt 10% / Butter / Milk
- Vegetables: Avocado, Cucumber, Lettuce, Radish, Carrot Parsnip, Zucchini, Pumpkin, Sweet potato, Mushrooms, Leek, Onions, haricot verts, Snap pea, Bok choy
- Grains: Corn / Rice / Buckwheat
- Fruit: Blueberries, Raspberries, Strawberries, Grapes, Cherries, Mango, Pineapple
- Nuts: Almonds, Walnuts, Pecans, Macadamia Nuts, Peanuts
- Snacks: Chocolate (70% and above), Tortilla chips
- Spices: Olive oil (and olives), Garlic, Thyme, Besilicum, Coriander etc Cumin, Cinnamon, Cardamom, Ginger

	Easy dishes Nani CAN eat:	Spices
Dinner	Sushi and Sashimi, Miso soup and Seaweed salad (no spicy / no vegetarian)	Soy sauce, Ginger, Wasabi
Dinner	Rare Tenderloin Steak with Corn cobs and Green Beans (Haricots Verts)	Ginger, Garlic, Salt
Dinner	Stir fried Shrimps with Bok choy, Carrots, Mushrooms & Snap Peas with Rice Noodles	Coriander, Lemongrass, Soy sauce
Dinner	Roasted Chicken with roasted Leek and Parsnip & Polenta chips	Thime, Garlic, Salt
Dinner	Oven roasted Salmon with Pumpkin and White Rice	Rosemary, Garlic, Salt
Dinner	Rare Beef burger, Sweet Potato fries, Pickles & Lettuce, Cucumber & Carrot salad	Salt, Mayonnaise, Olive oil
Lunch	Pokè ball with Salmon, Tuna, Seaweed, Pumpkin, Corn, Snap Peas, Cucumber, Mango, Avocado, Nori and White Rice	Soy sauce, Ginger, Wasabi
Lunch	Chicken Caesar salad (without potatoes!) and Cornbread	Vinaigrette, Parmesan
Lunch	Omelette with mushrooms with Lettuce & Cucumber salad and Rice waffles	Parsley, Salt
Lunch	Smoked Salmon with Tortilla chips and Cucumber	Mayonnaise
Lunch	Herring or Mackerel with Pickles and Buckwheat Crackers	Mayonnaise
Breakfast	Greek Yogurt 10% with Pecan Nuts, Blueberries, Mango & Chocolate 85%	Honey

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