




Order form for healthy shopping

PROVISIONS


Wholegrain cereals

No.	Item	Unit	Price €
	spelt 	1,000 g	4.60
	wheat 	1,000 g	2.10
	oat 	1,000 g	4.40
	oat flakes (gluten-free)	475 g	4.20
	millet (gluten-free)	500 g	3.50
	unripe spelt	500 g	4.20
	buckwheat (gluten-free)	500 g	4.50
	couscous	500 g	3.20
	bulgur	500 g	3.00
	quinoa, white (gluten-free)	200 g	3.20
	quinoa, red (gluten-free)	200 g	3.60
	polenta (gluten-free)	500 g	2.90
	chia seeds	200 g	3.50

Pulses

No.	Item	Unit	Price €
	red lentils	500 g	3.20
	chick peas	500 g	3.20
	mungo beans	500 g	4.20

Rice

No.	Item	Unit	Price €
	risotto rice	500 g	3.80
	basmati rice, brown 	1,000 g	7.10
	red rice	250 g	3.00

Seeds and nuts

No.	Item	Unit	Price €
	sunflower seeds	500 g	3.90
	pumpkin seeds	500 g	9.80
	sesame seeds	500 g	5.90
	linseeds, yellow	250 g	2.90

Oil

No.	Item	Unit	Price €
	sunflower oil	500 ml	5.90
	linseed oil	250 ml	6.50
	pumpkin seed oil	250 ml	12.70
	almond oil	250 ml	13.80
	sesame oil	250 ml	4.80
	olive oil »Biolivum«	500 ml	8.90
	olive oil »Biolivum«	1 l	15.90
	mani olive oil polyphenol	350 ml	10.00
	frying olive oil (highly heatable)	750 ml	9.60

Vinegar

No.	Item	Unit	Price €
	apple cider vinegar	750 ml	3.50
	raspberry vinegar	500 ml	8.60
	crema di balsamico	250 ml	8.10
	aceto balsamico bianco	500 ml	8.80
	aceto balsamico	500 ml	8.50

Asian cuisine



No.	Item	Unit	Price €
	tamari strong	500 ml	9.20
	ume su	250 ml	5.80
	genmai su	250 ml	5.70
	wasabi	50 g	5.90
	rice noodles (gluten-free)	250 g	4.90
	black rice noodles (gluten-free)	250 g	4.90
	buckwheat and sweet potato noodles (gluten-free)	250 g	4.90
	brown rice, pumpkin and ginger noodles (gluten-free)	250 g	4.90
	nori seaweed for sushi, 10 leaves	25 g	9.10
	wholegrain sushi rice	500 g	4.00
	tahini, white, without salt	250 g	4.40

Pesto			
No.	Item	Unit	Price €
	pesto »Toscano«	180 g	5.10
	pesto »Vegan«	180 g	5.90
	pesto »Arrabiata«	130 g	4.30
	pesto »Rosso«	130 g	4.30


Spices			
No.	Item	Unit	Price €
	seasoning granules	250 g	8.20
	vanilla	10 g	12.50
	Buchinger Wilhelmi spice mill PROVENCE	1	4.30
	Buchinger Wilhelmi spice mill BELLA ITALIA	1	4.30
	Buchinger Wilhelmi spice mill PELOPONNES	1	4.30
	Buchinger Wilhelmi spice mill TOSKANA	1	4.30
	Buchinger Wilhelmi spice mill CURRY	1	4.30

Savoury sandwich spreads			
No.	Item	Unit	Price €
	pumpkin	180 g	5.10
	asparagus	180 g	6.30
	tomato	180 g	5.40
	pepper	180 g	5.10
	aubergine, mild	180 g	5.10
	aubergine, spicy	180 g	5.10
	artichoke	180 g	6.30
	nut and pepper	200 g	3.80
	hummus	190 g	3.90

Honey & sweet spreads			
No.	Item	Unit	Price €
	Buchinger Wilhelmi blossom honey Bioland	500 g	10.80
	brown almond puree	500 g	15.90
	mixed nutbutter 4 nuts	250 g	8.60

Coffee & tea			
No.	Item	Unit	Price €
	grain coffee (gluten-free)	200 g	9.80
	apple peel tea 	1,000 g	28.00
	apple peel tea 	100 g	4.80
	Berry & Woodruff	20 x 2 g	3.90
	Turmeric & Strength	20 x 2 g	3.90
	Mountain & Freshness	20 x 2 g	3.90
	Lemon Balm & Home	20 x 2 g	3.90

Bread			
No.	Item	Unit	Price €
	crispbread »delicacy« 	250 g	3.20
	crispbread »spelt« 	250 g	3.20
	crispbread »sesame« 	250 g	3.30
	»Bio Granello + Sunflower seeds« (gluten-free)	500 g	5.40
	»Bio Rustico + Amaranth« (gluten-free)	500 g	5.90
	»Bio Black Forest + Teff« (gluten-free)	500 g	5.90
	olive crackers	90 g	5.00

From our Buchinger Wilhelmi kitchen 			
No.	Item	Unit	Price €
	vegetable antipasti aubergine	190 g	6.50
	vegetable antipasti pepper	190 g	6.50
	vegetable antipasti courgette	190 g	6.50
	tomato soup	340 g	4.20
	parsnip soup	340 g	4.20
	carrot soup	340 g	4.20
	vegetable jus * *vegan gravy	340 g	4.50
	Reset Soup Essence	230 g	4.90
	apple compote	190 g	2.80
	Buchinger Wilhelmi Reset Box (1 reset day)	1	30.00

Please send the order form to lucia.benz@buchinger-wilhelmi.com or send it by fax to +49 75 51 807-889.

Surname	
First name	
Address	
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E-mail	

After your order has been received, you will be sent a confirmation by e-mail with a link to pay by credit card. Please use this link for your payment. We will send your order after we have received your payment.

Shipping costs are calculated based on valid postal/DHL charges.

The shipping risk is assumed by Buchinger Wilhelmi for goods sent within the EU, and by the customer for shipments outside the EU.

Shipping outside the EU on request only.

Orders outside the EU may incur additional costs (import sales tax, custom duties, import tax). These costs are not covered by Buchinger Wilhelmi.

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Send the order form

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FASTING
INTEGRATIVE MEDICINE
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Wilhelm-Beck-Str. 27
88662 Überlingen
GERMANY
T +49 75 51 807-0
F +49 75 51 807-889
info@buchinger-wilhelmi.com
buchinger-wilhelmi.com

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