

AD-HOC DIETS

KETO DIET

Sample 1

Breakfast: 2 medium fried eggs (116gr) in butter with 150gr of greens

Lunch: 150gr of hamburger with 17gr of Cheddar cheese, 30 gr of mushrooms, 50gr of avocado and 129gr of green beans

Dinner: 145gr of pork chop with 129gr of green beans sautéed in 10gr of coconut oil.

Sample 2

Breakfast: mushroom omelette (50gr mushroom, 9ml olive oil, 100gr eggs, 30ml milk and 0.5gr black pepper)

Lunch: 1 tuna can (tuna in water can, drained 185gr), 113gr of cucumber, 42.5gr of red onion, 32gr of celery, 15gr of mayonnaise and 0.5gr of salt.

Dinner: 100gr of chicken breast without skin, 1.8gr of oregano, 1.475gr of basil, 3.54gr of butter, 3.75ml of sunflower oil, 15gr garlic, 3.54gr flour, 50gr heavy cream, 12gr of chicken broth, 11gr parmesan cheese and 76gr broccoli.

MEDITERRANEAN DIET

Sample 1

Breakfast: 80 gr oats, 237ml milk, 156gr Greek yogurt, 166gr strawberries, 8.5gr chia seeds and 5gr of honey.

Lunch: 52gr of multi-grain bread, 33.9gr hummus, 75gr avocado, 45gr tomato, 26 gr cucumber, 28gr red onion, 14gr pickle, 0.5gr salt and 0.5gr black pepper.

Dinner: 150gr spinach, 35gr apple, 35gr avocado, 35gr cherry, 20gr red onion, 45gr canned corn, 25gr green olives, 50gr of hard-boiled egg, 8.6gr capers, 6gr green onion, 10gr honey mustard, 6gr scallion, 3.75gr jalapeno, 20ml extra virgin olive oil, 0.5gr salt, 0.5gr black pepper, 50gr tuna and 1gr of dill.

Sample 2

Breakfast: 25gr peanuts, 8gr sunflower seeds, 7gr pumpkin seeds, 118gr banana, 50gr blueberries and 170gr skim plain yogurt.

Lunch: 100gr zucchini, 41gr eggplant, 125gr minced meat, 25gr black olive, 5gr garlic, 60gr tomato, 100ml cooking cream, 20gr mozzarella, 60gr tomato sauce, 60gr milk, 0.5gr black pepper, 0.5gr salt, 1gr oregano and 0.7gr basil.

Dinner: 85gr skinless smoked salmon fillet, 125gr asparagus, 100gr rice, 55gr spinach, 15gr chicken broth, 8gr chives, 5.9gr lemon juice and 0.5gr black pepper.

VEGETARIAN DIET

Sample 1

Breakfast: 236gr banana, 355ml almond milk, 56.5gr kale leaves and 16gr peanut butter

Lunch: 20gr cooked lentils, 4gr carrot, 5.2gr onion, 1.5gr minced garlic clove, 5.6gr walnut, 6.65gr sunflower seeds, 6.25gr flour, 12gr breadcrumbs, 10gr egg, 2.85gr tomato sauce, 3.40gr Worcestershire sauce, 0.6gr thyme, 0.4gr oregano, 0.24gr salt, 100gr bread, 7gr olive oil, 60gr cucumber, 75gr tomato, 10gr red onion and 57gr avocado.

Dinner: 19.25gr cherries, 27.5gr red onion, 56gr mushroom, 32.5gr red bell pepper, 32.5gr yellow bell pepper, 22.05gr black olive, 50gr zucchini, 6.65gr olive oil, 0.5gr black pepper, 0.2gr salt, 1.67gr of dry yeast, 10.5gr olive oil, 5.25gr honey, 93.7gr flour, 0.6gr salt, 0.75gr chives, 0.9gr oregano, 1.6gr parsley, 19.52ml olive oil, 30gr pesto and 28gr mozzarella.

Sample 2

Breakfast: 180gr egg, 12gr butter, 13.3gr olive oil, 108gr mushroom, 0.5gr black pepper, 0.5gr salt and 1.6gr parsley.

Lunch: 113gr zucchini, 96.25gr onion, 3.55gr butter, 2gr garlic clove, 12.25gr egg, 5.58gr breadcrumbs, 17gr feta cheese, 5gr parmesan cheese, 0.7gr salt, 0.3gr black pepper, 250gr tomato, 15.25gr carrot, 28gr celery, 6gr olive oil, 3gr tomato sauce, 0.5gr sugar and 6gr vegetable soup cube.

Dinner: 245gr basmati rice, 3.5gr canola oil, 17.5gr onion, 1.5gr garam masala, 105gr chickpeas, 105gr tomato, 45gr spinach, 35gr Greek yogurt, 0.7gr salt and 0.6gr cilantro.