MENU DAY 1 – ~2000 kcal approx.  
Breakfast (~560 kcal)  
• Gluten-free bread (100 g) with 2 tsp olive oil (14g)  
• Canned tomato (53 g)  
• Nuts (walnuts, 20 g)  
• 100 % packaged orange juice (200 ml)

Estimated values:  
• Carbs: 55 g | Fat: 28 g | Protein: 8 g | Fiber: 8 g

Mid-morning snack (~192 kcal)  
• Gluten-free oat & date energy bar (40 g)  
• 1 dried fruit (dried apricot or apple, 16 g)

Estimated values:  
• Carbs: 30 g | Fat: 6 g | Protein: 4 g | Fiber: 4 g

Lunch (~623 kcal)  
• Canned cooked lentils (200 g drained)  
• Mixed canned vegetables (100 g)  
• Roasted pepper strips (53 g)  
• Gluten-free crackers (40 g)  
• Unsweetened apple compote (100 g)  
• Canned mackerel or sardines in oil, drained (60 g)

Estimated values:  
• Carbs: 60 g | Fat: 20 g | Protein: 28 g | Fiber: 10 g

Afternoon snack (~204 kcal)  
• Gluten-free cookies (4 units – 30 g)  
• Enriched plant-based drink (almond or oat, 200 ml)

Estimated values:  
• Carbs: 25 g | Fat: 10 g | Protein: 4 g | Fiber: 3 g

Dinner (~420 kcal)  
• Canned cooked chickpeas (153 g)  
• Sun-dried tomatoes (10 g)  
• Vegetable pâté (eggplant or hummus, 40 g)  
• Gluten-free bread (30 g)  
• Unsweetened canned peach (100 g)

Estimated values:  
• Carbs: 40 g | Fat: 15 g | Protein: 15 g | Fiber: 6 g

TOTAL DAY 1  
• Energy: ~2000 kcal  
• Carbs: ~210 g (≈ 55 %)  
• Protein: ~60 g (≈ 12 %)  
• Fat: ~66 g (≈ 30 %)  
• Fiber: ~30 g