MENU DAY 1 – ~2500 kcal approx.  
Breakfast (~700 kcal)  
• Gluten-free rye bread (66 g)  
• Canned tomato (66 g)  
• Extra virgin olive oil (1 tbsp + ⅞ tsp – 15 g)  
• Nuts (walnuts, 25 g)  
• 100 % packaged orange juice (250 ml)  
• Extra slice of gluten-free bread (41 g) with 1 tsp + ⅜ tsp olive oil (8 g)  
Estimated values:  
• Carbs: 69 g | Fat: 35 g | Protein: 10 g | Fiber: 10 g

Mid-morning snack (~240 kcal)  
• Gluten-free oat & date energy bar (50 g)  
• 1 dried fruit (dried apricot or apple, 20 g)  
Estimated values:  
• Carbs: 38 g | Fat: 8 g | Protein: 5 g | Fiber: 5 g

Lunch (~780 kcal)  
• Canned cooked lentils (250 g drained)  
• Mixed canned vegetables (125 g)  
• Roasted pepper strips in oil (66 g)  
• Gluten-free crackers (50 g)  
• Unsweetened apple compote (125 g)  
• Canned mackerel or sardines in oil, drained (75 g)  
Estimated values:  
• Carbs: 75 g | Fat: 25 g | Protein: 35 g | Fiber: 13 g

Afternoon snack (~255 kcal)  
• Gluten-free cookies (5 units – 38 g)  
• Enriched plant-based drink (almond or oat, gluten-free, 250 ml)  
Estimated values:  
• Carbs: 31 g | Fat: 13 g | Protein: 5 g | Fiber: 4 g

Dinner (~525 kcal)  
• Canned cooked chickpeas (191 g)  
• Sun-dried tomatoes (13 g)  
• Vegetable pâté (eggplant or hummus, 50 g)  
• Gluten-free bread (38 g)  
• 1 piece of unsweetened canned fruit (peach, 125 g)  
Estimated values:  
• Carbs: 50 g | Fat: 19 g | Protein: 19 g | Fiber: 8 g

TOTAL DAY 1  
• Energy: ~2500 kcal  
• Carbs: ~263 g (≈ 55%)  
• Protein: ~74 g (≈ 12%)  
• Fat: ~83 g (≈ 30%)  
• Fiber: ~33 g