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

MENU DAY 2 – ~2500 kcal approx.  
Breakfast (~590 kcal)  
• Gluten-free oats (66 g)  
• Whole milk (Tetra Pak, 313 ml)  
• Dried banana (20 g)  
• Chia seeds (12 g)  
• Honey (1¼ tsp)  
Estimated values:  
• Carbs: 69 g | Fat: 19 g | Protein: 13 g | Fiber: 9 g

Mid-morning snack (~250 kcal)  
• Gluten-free whole-grain toast (38 g)  
• Peanut butter (12 g)  
• Canned mandarin segments in natural juice (125 g)  
Estimated values:  
• Carbs: 25 g | Fat: 10 g | Protein: 5 g | Fiber: 4 g

Lunch (~875 kcal)  
• Canned cooked white beans (250 g drained)  
• Sun-dried tomatoes and asparagus (62 g)  
• Corn tortillas (2.5 units – 50 g)  
• Extra virgin olive oil (1¼ tbsp – 12 g)  
• Pineapple in juice (125 g)  
• Mussels in escabeche (75 g)  
Estimated values:  
• Carbs: 75 g | Fat: 25 g | Protein: 35 g | Fiber: 13 g

Afternoon snack (~290 kcal)  
• Gluten-free nut & cereal bar (50 g)  
• 100 % packaged grape or apple juice (250 ml)  
Estimated values:  
• Carbs: 31 g | Fat: 13 g | Protein: 4 g | Fiber: 3 g

Dinner (~500 kcal)  
• Canned cooked quinoa (125 g drained)  
• Mixed canned vegetables (125 g)  
• Canned tuna pâté or similar (50 g)  
• Prunes (38 g)  
Estimated values:  
• Carbs: 56 g | Fat: 21 g | Protein: 12 g | Fiber: 9 g

TOTAL DAY 2  
• Energy: ~2500 kcal  
• Carbs: ~256 g (≈ 55%)  
• Protein: ~75 g (≈ 12%)  
• Fat: ~83 g (≈ 30%)  
• Fiber: ~38 g

MENU DAY 3 – ~2500 kcal approx.  
Breakfast (~600 kcal)  
• Gluten-free multigrain bread (66 g)  
• Canned avocado (38 g)  
• Sun-dried tomato in oil, drained (19 g)  
• Dried kiwi (19 g)  
• Whole milk (Tetra Pak, 250 ml)  
Estimated values:  
• Carbs: 56 g | Fat: 27 g | Protein: 10 g | Fiber: 8 g

Mid-morning snack (~275 kcal)  
• Gluten-free cookies (5 units – 38 g)  
• Almond butter (12 g)  
• Prune (1¼ units)  
Estimated values:  
• Carbs: 31 g | Fat: 13 g | Protein: 4 g | Fiber: 4 g

Lunch (~875 kcal)  
• Canned cooked red beans (250 g drained)  
• Canned corn & pepper salad (125 g)  
• Gluten-free rye bread (50 g)  
• Extra virgin olive oil (1¼ tbsp – 12 g)  
• Peach in juice (125 g)  
• Canned boiled or pasteurized egg (1¼ units)  
Estimated values:  
• Carbs: 69 g | Fat: 25 g | Protein: 35 g | Fiber: 13 g

Afternoon snack (~275 kcal)  
• Rice cakes (2.5 units – 25 g)  
• Tahini (12 g)  
• 100 % packaged pineapple juice (250 ml)  
Estimated values:  
• Carbs: 38 g | Fat: 11 g | Protein: 4 g | Fiber: 3 g

Dinner (~475 kcal)  
• Chickpea salad (188 g) with black olives (12 g), pickles and onion in vinegar  
• Gluten-free crackers (38 g)  
• Unsweetened pear compote (125 g)  
Estimated values:  
• Carbs: 44 g | Fat: 13 g | Protein: 15 g | Fiber: 10 g

TOTAL DAY 3  
• Energy: ~2500 kcal  
• Carbs: ~256 g (≈ 55%)  
• Protein: ~74 g (≈ 12%)  
• Fat: ~83 g (≈ 30%)  
• Fiber: ~38 g