MENU DAY 1 – ~1600 kcal approx.  
Breakfast (~448 kcal)  
• Adapted gluten-free rye bread (75 g) with 1 tsp olive oil (5 g)  
• Canned tomato (42 g)  
• Extra virgin olive oil (1 tbsp – 10 g)  
• Nuts (walnuts, 16 g)  
• 100 % packaged orange juice (160 ml)

Estimated values:  
• Carbs: 44 g | Fat: 22 g | Protein: 6 g | Fiber: 6 g

Mid-morning snack (~154 kcal)  
• Gluten-free oat & date energy bar (32 g)  
• 1 dried fruit (dried apricot or apple, 13 g)

Estimated values:  
• Carbs: 24 g | Fat: 5 g | Protein: 3 g | Fiber: 3 g

Lunch (~499 kcal)  
• Canned cooked lentils (160 g drained)  
• Mixed canned vegetables (80 g)  
• Roasted pepper strips (42 g)  
• Gluten-free crackers (32 g)  
• Unsweetened apple compote (80 g)  
• Canned mackerel or sardines in oil, drained (48 g)

Estimated values:  
• Carbs: 48 g | Fat: 16 g | Protein: 22 g | Fiber: 8 g

Afternoon snack (~163 kcal)  
• Gluten-free cookies (3 units – 24 g)  
• Enriched plant-based drink (almond or oat, 160 ml)

Estimated values:  
• Carbs: 20 g | Fat: 8 g | Protein: 3 g | Fiber: 2 g

Dinner (~336 kcal)  
• Canned cooked chickpeas (122 g)  
• Sun-dried tomatoes (8 g)  
• Vegetable pâté (eggplant or hummus, 32 g)  
• Gluten-free bread (24 g)  
• Unsweetened canned peach (80 g)

Estimated values:  
• Carbs: 32 g | Fat: 12 g | Protein: 12 g | Fiber: 5 g

TOTAL DAY 1  
• Energy: ~1600 kcal  
• Carbs: ~168 g (≈ 55 %)  
• Protein: ~48 g (≈ 12 %)  
• Fat: ~53 g (≈ 30 %)  
• Fiber: ~24 g

MENU DAY 2 – ~1600 kcal approx.  
Breakfast (~378 kcal)  
• Gluten-free oat flakes (42 g)  
• Whole milk (Tetra Pak, 198 ml)  
• Dried banana (13 g)  
• Chia seeds (8 g)  
• Honey (0.8 tsp)

Estimated values:  
• Carbs: 44 g | Fat: 12 g | Protein: 8 g | Fiber: 6 g

Mid-morning snack (~160 kcal)  
• Gluten-free whole-grain toast (24 g)  
• Peanut butter (8 g)  
• Canned mandarin segments in natural juice (80 g)

Estimated values:  
• Carbs: 16 g | Fat: 6 g | Protein: 3 g | Fiber: 2 g

Lunch (~560 kcal)  
• Canned cooked white beans (160 g drained)  
• Sun-dried tomatoes & asparagus (40 g)  
• Corn tortillas (2 units – 32 g)  
• Extra virgin olive oil (0.8 tbsp – 8 g)  
• Pineapple in juice (80 g)  
• Mussels in escabeche (48 g)

Estimated values:  
• Carbs: 48 g | Fat: 16 g | Protein: 22 g | Fiber: 8 g

Afternoon snack (~186 kcal)  
• Gluten-free nut & cereal bar (32 g)  
• 100 % packaged grape or apple juice (160 ml)

Estimated values:  
• Carbs: 20 g | Fat: 8 g | Protein: 3 g | Fiber: 2 g

Dinner (~316 kcal)  
• Canned cooked quinoa (80 g drained)  
• Mixed canned vegetables (80 g)  
• Canned tuna pâté or similar (32 g)  
• Prunes (24 g)

Estimated values:  
• Carbs: 36 g | Fat: 13 g | Protein: 8 g | Fiber: 5 g

TOTAL DAY 2  
• Energy: ~1600 kcal  
• Carbs: ~164 g (≈ 55 %)  
• Protein: ~44 g (≈ 11 %)  
• Fat: ~48 g (≈ 27 %)  
• Fiber: ~23 g

MENU DAY 3 – ~1600 kcal approx.  
Breakfast (~384 kcal)  
• Gluten-free multigrain bread (42 g)  
• Canned avocado (24 g)  
• Sun-dried tomato in oil, drained (12 g)  
• Dried kiwi (12 g)  
• Whole milk (Tetra Pak, 160 ml)

Estimated values:  
• Carbs: 26 g | Fat: 17 g | Protein: 6 g | Fiber: 5 g

Mid-morning snack (~176 kcal)  
• Gluten-free cookies (3 units – 24 g)  
• Almond butter (8 g)  
• 1 prune

Estimated values:  
• Carbs: 16 g | Fat: 6 g | Protein: 2 g | Fiber: 2 g

Lunch (~560 kcal)  
• Canned cooked red beans (160 g drained)  
• Canned corn & pepper salad (80 g)  
• Gluten-free rye bread (32 g)  
• Extra virgin olive oil (0.8 tbsp – 8 g)  
• Peach in juice (80 g)  
• Canned boiled or pasteurized egg (0.8 units)

Estimated values:  
• Carbs: 44 g | Fat: 16 g | Protein: 22 g | Fiber: 8 g

Afternoon snack (~176 kcal)  
• Rice cakes (1.6 units – 16 g)  
• Tahini (8 g)  
• 100 % packaged pineapple juice (160 ml)

Estimated values:  
• Carbs: 24 g | Fat: 6 g | Protein: 2 g | Fiber: 1 g

Dinner (~304 kcal)  
• Canned chickpea salad (122 g) with black olives (8 g), pickles & onion in vinegar  
• Gluten-free crackers (24 g)  
• Unsweetened pear compote (80 g)

Estimated values:  
• Carbs: 28 g | Fat: 8 g | Protein: 9 g | Fiber: 5 g

TOTAL DAY 3  
• Energy: ~1600 kcal  
• Carbs: ~156 g (≈ 39 %)  
• Protein: ~41 g (≈ 10 %)  
• Fat: ~58 g (≈ 32 %)  
• Fiber: ~21 g

MENU DAY 4 – ~1600 kcal approx.  
Breakfast (~368 kcal)  
• Unsweetened gluten-free muesli (32 g)  
• Whole milk (Tetra Pak, 198 ml)  
• Dried fig (16 g)  
• Raw almonds (12 g)

Estimated values:  
• Carbs: 36 g | Fat: 16 g | Protein: 8 g | Fiber: 4 g

Mid-morning snack (~176 kcal)  
• Gluten-free toast (24 g)  
• Olive tapenade or sun-dried tomato spread (16 g)  
• Canned fruit in natural juice (pear or pineapple – 80 g)

Estimated values:  
• Carbs: 20 g | Fat: 8 g | Protein: 2 g | Fiber: 2 g

Lunch (~560 kcal)  
• Cold quinoa salad (80 g drained)  
• Canned green beans (64 g)  
• Canned corn (40 g)  
• Roasted pepper & onion (40 g)  
• Canned light tuna in oil, drained (48 g)  
• Extra virgin olive oil (0.8 tbsp – 8 g)

Estimated values:  
• Carbs: 40 g | Fat: 20 g | Protein: 20 g | Fiber: 6 g

Afternoon snack (~182 kcal)  
• Rice cakes (1.6 units – 16 g)  
• Tahini (8 g)  
• 100 % packaged peach juice (160 ml)

Estimated values:  
• Carbs: 24 g | Fat: 6 g | Protein: 2 g | Fiber: 1 g

Dinner (~314 kcal)  
• Canned cooked lentils (122 g drained)  
• Canned artichokes or mushrooms (40 g)  
• Gluten-free multigrain bread (24 g)  
• Unsweetened apple compote (80 g)

Estimated values:  
• Carbs: 28 g | Fat: 6 g | Protein: 12 g | Fiber: 5 g

TOTAL DAY 4  
• Energy: ~1600 kcal  
• Carbs: ~148 g (≈ 37 %)  
• Protein: ~44 g (≈ 11 %)  
• Fat: ~56 g (≈ 32 %)  
• Fiber: ~18 g