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

MENU DAY 2 – ~2000 kcal approx.  
Breakfast (~473 kcal)  
• Gluten-free oat flakes (53 g)  
• Whole milk (Tetra Pak, 250 ml)  
• Dried banana (16 g)  
• Chia seeds (10 g)  
• Honey (1 tsp)

Estimated values:  
• Carbs: 55 g | Fat: 15 g | Protein: 10 g | Fiber: 7 g

Mid-morning snack (~200 kcal)  
• Gluten-free whole-grain toast (30 g)  
• Peanut butter (10 g)  
• Canned mandarin segments in natural juice (100 g)

Estimated values:  
• Carbs: 20 g | Fat: 8 g | Protein: 4 g | Fiber: 3 g

Lunch (~700 kcal)  
• Canned cooked white beans (200 g drained)  
• Sun-dried tomatoes & asparagus (50 g)  
• Corn tortillas (2 units – 40 g)  
• Extra virgin olive oil (1 tbsp – 10 g)  
• Pineapple in juice (100 g)  
• Mussels in escabeche (60 g)

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

Afternoon snack (~232 kcal)  
• Gluten-free nut & cereal bar (40 g)  
• 100 % packaged grape or apple juice (200 ml)

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

Dinner (~395 kcal)  
• Canned cooked quinoa (100 g drained)  
• Mixed canned vegetables (100 g)  
• Canned tuna pâté or similar (40 g)  
• Prunes (30 g)

Estimated values:  
• Carbs: 45 g | Fat: 17 g | Protein: 10 g | Fiber: 7 g

TOTAL DAY 2  
• Energy: ~2000 kcal  
• Carbs: ~205 g (≈ 55 %)  
• Protein: ~55 g (≈ 15 %)  
• Fat: ~70 g (≈ 30 %)  
• Fiber: ~30 g

MENU DAY 3 – ~2000 kcal approx.  
Breakfast (~480 kcal)  
• Gluten-free multigrain bread (53 g)  
• Canned avocado (30 g)  
• Sun-dried tomato in oil, drained (15 g)  
• Dried kiwi (15 g)  
• Whole milk (Tetra Pak, 200 ml)

Estimated values:  
• Carbs: 45 g | Fat: 22 g | Protein: 8 g | Fiber: 6 g

Mid-morning snack (~220 kcal)  
• Gluten-free cookies (4 units – 30 g)  
• Almond butter (10 g)  
• 1 prune

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

Lunch (~700 kcal)  
• Canned cooked red beans (200 g drained)  
• Canned corn & pepper salad (100 g)  
• Gluten-free rye bread (40 g)  
• Extra virgin olive oil (1 tbsp – 10 g)  
• Peach in juice (100 g)  
• Canned boiled or pasteurized egg (1 unit)

Estimated values:  
• Carbs: 55 g | Fat: 20 g | Protein: 28 g | Fiber: 10 g

Afternoon snack (~220 kcal)  
• Rice cakes (2 units – 20 g)  
• Tahini (10 g)  
• 100 % packaged pineapple juice (200 ml)

Estimated values:  
• Carbs: 30 g | Fat: 9 g | Protein: 3 g | Fiber: 2 g

Dinner (~400 kcal)  
• Canned chickpea salad (150 g) with black olives (10 g), pickles & onion in vinegar  
• Gluten-free crackers (30 g)  
• Unsweetened pear compote (100 g)

Estimated values:  
• Carbs: 35 g | Fat: 10 g | Protein: 12 g | Fiber: 8 g

TOTAL DAY 3  
• Energy: ~2000 kcal  
• Carbs: ~195 g (≈ 55 %)  
• Protein: ~55 g (≈ 15 %)  
• Fat: ~70 g (≈ 30 %)  
• Fiber: ~32 g

MENU DAY 4 – ~2000 kcal approx.  
Breakfast (~460 kcal)  
• Unsweetened gluten-free muesli (40 g)  
• Whole milk (Tetra Pak, 250 ml)  
• Dried fig (20 g)  
• Raw almonds (15 g)

Estimated values:  
• Carbs: 45 g | Fat: 20 g | Protein: 10 g | Fiber: 6 g

Mid-morning snack (~220 kcal)  
• Gluten-free toast (30 g)  
• Olive tapenade or sun-dried tomato spread (20 g)  
• Canned fruit in natural juice (pear or pineapple – 100 g)

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

Lunch (~700 kcal)  
• Cold quinoa salad (100 g drained)  
• Canned green beans (80 g)  
• Canned corn (50 g)  
• Roasted pepper & onion (50 g)  
• Canned light tuna in oil, drained (60 g)  
• Extra virgin olive oil (1 tbsp – 10 g)

Estimated values:  
• Carbs: 50 g | Fat: 25 g | Protein: 25 g | Fiber: 8 g

Afternoon snack (~230 kcal)  
• Rice cakes (2 units – 20 g)  
• Tahini (10 g)  
• 100 % packaged peach juice (200 ml)

Estimated values:  
• Carbs: 30 g | Fat: 9 g | Protein: 3 g | Fiber: 2 g

Dinner (~390 kcal)  
• Canned cooked lentils (150 g drained)  
• Canned artichokes or mushrooms (50 g)  
• Gluten-free multigrain bread (30 g)  
• Unsweetened apple compote (100 g)

Estimated values:  
• Carbs: 35 g | Fat: 8 g | Protein: 15 g | Fiber: 8 g

TOTAL DAY 4  
• Energy: ~2000 kcal  
• Carbs: ~195 g (≈ 55 %)  
• Protein: ~55 g (≈ 15 %)  
• Fat: ~65 g (≈ 30 %)  
• Fiber: ~30 g