MENU DAY 1 – ~1600 kcal approx.  
Breakfast (~448 kcal)  
• Packaged rye bread (70 g) with olive oil (13 g)  
• Canned tomato (42 g)  
• Nuts (walnuts, 16 g)  
• 100 % bottled orange juice (160 ml)  
Estimated values:  
• Carbs: 44 g | Fat: 22 g | Protein: 6 g | Fiber: 6 g

Mid-morning (~154 kcal)  
• Oat and date energy bar (32 g)  
• Dried fruit (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, drained (160 g)  
• Mixed canned vegetables (80 g)  
• Roasted pepper strips, canned (42 g)  
• Whole-grain crackers (32 g)  
• Unsweetened applesauce (80 g)  
• Can of mackerel or sardines in oil, drained (48 g)  
Estimated values:  
• Carbs: 48 g | Fat: 20 g | Protein: 22 g | Fiber: 8 g

Afternoon snack (~163 kcal)  
• Unsweetened whole-grain cookies (24 g)  
• Fortified 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)  
• Packaged bread (24 g)  
• Canned unsweetened fruit (peach, 80 g)  
Estimated values:  
• Carbs: 32 g | Fat: 15 g | Protein: 15 g | Fiber: 6 g

TOTAL DAY 1  
• Energy: ~1600 kcal  
• Carbs: ~168 g (≈ 50 %)  
• Protein: ~42 g (≈ 10 %)  
• Fat: ~66 g (≈ 40 %)  
• Fiber: ~25 g