MENU DAY 1 – ~2500 kcal approx.  
Breakfast (~700 kcal)  
• Rye bread (110 g) with olive oil (20 g)  
• Canned tomato (65 g)  
• Nuts (walnuts, 25 g)  
• 100% packaged orange juice (250 ml)  
Estimated values:  
• CH: 69 g | F: 34 g | P: 10 g | Fiber: 9 g

Mid-morning (~240 kcal)  
• Oat and date energy bar (50 g)  
• 1 dried fruit (apricot or dried apple, 20 g)  
Estimated values:  
• CH: 38 g | F: 8 g | P: 4 g | Fiber: 5 g

Lunch (~780 kcal)  
• Canned cooked lentils (250 g drained)  
• Mixed canned vegetables (125 g)  
• Roasted pepper strips in oil (65 g)  
• Wholegrain crackers (50 g)  
• Unsweetened apple compote (125 g)  
• Canned mackerel or sardines in oil, drained (75 g)  
Estimated values:  
• CH: 75 g | F: 25 g | P: 35 g | Fiber: 13 g

Afternoon snack (~255 kcal)  
• Sugar-free wholegrain cookies (4 units – 38 g)  
• Fortified plant-based drink (almond or oat, 250 ml)  
Estimated values:  
• CH: 31 g | F: 13 g | P: 5 g | Fiber: 3 g

Dinner (~525 kcal)  
• Canned cooked chickpeas (190 g)  
• Sun-dried tomatoes (13 g)  
• Vegetable pâté (eggplant or hummus) (50 g)  
• Packaged bread (38 g)  
• Unsweetened canned peach (125 g)  
Estimated values:  
• CH: 50 g | F: 19 g | P: 19 g | Fiber: 10 g

TOTAL DAY 1  
• Energy: ~2500 kcal  
• Carbohydrates: ~270 g (≈ 55%)  
• Proteins: ~72 g (≈ 15%)  
• Fats: ~83 g (≈ 30%)  
• Fiber: ~40 g