MENU DAY 1 – ~2000 kcal approx.  
Breakfast (~560 kcal)  
• Packaged rye bread (88 g) with olive oil (16 g)  
• Canned tomato (52 g)  
• Nuts (walnuts, 20 g)  
• 100% bottled orange juice (200 ml)  
Estimated values:  
• Carbs: 55 g | Fat: 27 g | Protein: 8 g | Fiber: 7 g

Mid-morning (~192 kcal)  
• Oat and date energy bar (40 g)  
• 1 dried fruit (apricot or apple, 16 g)  
Estimated values:  
• Carbs: 30 g | Fat: 6 g | Protein: 4 g | Fiber: 4 g

Lunch (~624 kcal)  
• Canned cooked lentils, drained (200 g)  
• Mixed canned vegetables (100 g)  
• Roasted pepper strips, canned (52 g)  
• Whole-grain crackers (40 g)  
• Unsweetened applesauce (100 g)  
• 1 can of mackerel or sardines in oil, drained (60 g)  
Estimated values:  
• Carbs: 60 g | Fat: 25 g | Protein: 28 g | Fiber: 10 g

Afternoon snack (~204 kcal)  
• Unsweetened whole-grain cookies (4 pcs – 30 g)  
• Fortified 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 (152 g)  
• Sun-dried tomatoes (10 g)  
• Vegetable pâté (eggplant or hummus, 40 g)  
• Packaged bread (30 g)  
• 1 piece of unsweetened canned fruit (peach, 100 g)  
Estimated values:  
• Carbs: 40 g | Fat: 19 g | Protein: 19 g | Fiber: 8 g

TOTAL DAY 1  
• Energy: ~2000 kcal  
• Carbohydrates: ~210 g (≈ 50 %)  
• Proteins: ~60 g (≈ 12 %)  
• Fats: ~83 g (≈ 38 %)  
• Fiber: ~32 g

MENU DAY 2 – ~2000 kcal approx.  
Breakfast (~472 kcal)  
• Soft oat flakes (52 g)  
• Lactose-free milk carton (248 ml)  
• Dehydrated banana (16 g)  
• Chia seeds (10 g)  
• Honey (1 tsp)  
Estimated values:  
• Carbs: 55 g | Fat: 19 g | Protein: 10 g | Fiber: 7 g

Mid-morning (~200 kcal)  
• Packaged whole-grain toast (30 g)  
• Peanut butter (10 g)  
• Canned mandarin segments in juice (100 g)  
Estimated values:  
• Carbs: 25 g | Fat: 10 g | Protein: 5 g | Fiber: 4 g

Lunch (~700 kcal)  
• Canned cooked white beans, drained (200 g)  
• Sun-dried tomatoes and canned asparagus (50 g)  
• Soft pita bread (40 g)  
• Extra virgin olive oil (10 g)  
• Pineapple in its juice (100 g)  
• Pickled mussels (60 g)  
Estimated values:  
• Carbs: 75 g | Fat: 25 g | Protein: 35 g | Fiber: 13 g

Afternoon snack (~232 kcal)  
• Nuts and cereal bar (46 g)  
• 100% bottled grape or apple juice (200 ml)  
Estimated values:  
• Carbs: 31 g | Fat: 13 g | Protein: 4 g | Fiber: 3 g

Dinner (~396 kcal)  
• Instant pre-cooked couscous, rehydrated cold (60 g dry)  
• Mixed canned vegetables (100 g)  
• Canned mushroom pâté (40 g)  
• Prunes (30 g)  
Estimated values:  
• Carbs: 56 g | Fat: 21 g | Protein: 12 g | Fiber: 9 g

TOTAL DAY 2  
• Energy: ~2000 kcal  
• Carbohydrates: ~242 g (≈ 55 %)  
• Proteins: ~64 g (≈ 12 %)  
• Fats: ~67 g (≈ 30 %)  
• Fiber: ~32 g