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

MENU DAY 2 – ~2500 kcal approx.  
Breakfast (~590 kcal)  
• Soft oat flakes (65 g)  
• Lactose-free milk (carton, 310 ml)  
• Dried banana (20 g)  
• Chia seeds (12 g)  
• Honey (1.25 tsp)  
Estimated values:  
• CH: 69 g | F: 19 g | P: 13 g | Fiber: 9 g

Mid-morning (~250 kcal)  
• Packaged wholegrain toast (38 g)  
• Peanut butter (12 g)  
• Canned mandarin in juice (125 g)  
Estimated values:  
• CH: 25 g | F: 10 g | P: 5 g | Fiber: 4 g

Lunch (~875 kcal)  
• Canned cooked white beans (250 g drained)  
• Sun-dried tomatoes and canned asparagus (62 g)  
• Soft pitta bread (50 g)  
• Extra virgin olive oil (1.25 tbsp – 12.5 g)  
• Pineapple in juice (125 g)  
• Pickled mussels (75 g)  
Estimated values:  
• CH: 75 g | F: 25 g | P: 35 g | Fiber: 13 g

Afternoon snack (~290 kcal)  
• Nut and cereal bar (50 g)  
• 100% packaged grape or apple juice (250 ml)  
Estimated values:  
• CH: 31 g | F: 13 g | P: 4 g | Fiber: 3 g

Dinner (~500 kcal)  
• Instant precooked couscous (rehydrated cold, 75 g dry)  
• Mixed canned vegetables (125 g)  
• Canned mushroom pâté (50 g)  
• Prunes (38 g)  
Estimated values:  
• CH: 56 g | F: 21 g | P: 12 g | Fiber: 9 g

TOTAL DAY 2  
• Energy: ~2500 kcal  
• Carbohydrates: ~281 g (≈ 55%)  
• Proteins: ~75 g (≈ 15%)  
• Fats: ~83 g (≈ 30%)  
• Fiber: ~38 g

MENU DAY 3 – ~2500 kcal approx.  
Breakfast (~600 kcal)  
• Packaged multigrain bread (65 g)  
• Canned avocado (38 g)  
• Sun-dried tomato in drained oil (19 g)  
• Dried kiwi (19 g)  
• Lactose-free milk (carton, 250 ml)  
Estimated values:  
• CH: 56 g | F: 27 g | P: 10 g | Fiber: 8 g

Mid-morning (~275 kcal)  
• Sugar-free wholegrain cookies (4 units – 38 g)  
• Almond cream (12 g)  
• Prune (1.25 units)  
Estimated values:  
• CH: 31 g | F: 13 g | P: 4 g | Fiber: 4 g

Lunch (~875 kcal)  
• Canned red beans (250 g drained)  
• Corn and pepper salad in brine (125 g)  
• Rye bread (50 g)  
• Extra virgin olive oil (1.25 tbsp – 12.5 g)  
• Peach in juice (125 g)  
• Boiled egg in brine or pasteurized (1.25 units)  
Estimated values:  
• CH: 69 g | F: 25 g | P: 35 g | Fiber: 13 g

Afternoon snack (~275 kcal)  
• Rice cakes (2.5 units – 25 g)  
• Tahini (12 g)  
• 100% packaged pineapple juice (250 ml)  
Estimated values:  
• CH: 38 g | F: 11 g | P: 4 g | Fiber: 3 g

Dinner (~475 kcal)  
• Canned chickpea salad (188 g), black olives (12 g), pickles and vinegar onions  
• Wholegrain crackers (38 g)  
• Unsweetened pear compote (125 g)  
Estimated values:  
• CH: 44 g | F: 13 g | P: 15 g | Fiber: 10 g

TOTAL DAY 3  
• Energy: ~2500 kcal  
• Carbohydrates: ~288 g (≈ 55%)  
• Proteins: ~75 g (≈ 15%)  
• Fats: ~83 g (≈ 30%)  
• Fiber: ~40 g

MENU DAY 4 – ~2500 kcal approx.  
Breakfast (~575 kcal)  
• Sugar-free wholegrain muesli (50 g)  
• Lactose-free milk (carton, 310 ml)  
• Dried fig (25 g)  
• Raw almonds (19 g)  
Estimated values:  
• CH: 56 g | F: 25 g | P: 13 g | Fiber: 8 g

Mid-morning (~275 kcal)  
• Packaged rye bread toast (38 g)  
• Olive or sun-dried tomato pâté (25 g)  
• Canned fruit in juice (pear or pineapple – 125 g)  
Estimated values:  
• CH: 31 g | F: 13 g | P: 4 g | Fiber: 4 g

Lunch (~875 kcal)  
• Cold wheat salad from canned tender wheat (125 g drained)  
• Canned green beans (100 g)  
• Canned corn (62 g)  
• Roasted pepper and onion in brine (62 g)  
• Canned light tuna in oil, drained (75 g)  
• Extra virgin olive oil (1.25 tbsp – 12.5 g)  
Estimated values:  
• CH: 62 g | F: 31 g | P: 31 g | Fiber: 10 g

Afternoon snack (~285 kcal)  
• Corn cakes (2.5 units – 25 g)  
• Tahini (12 g)  
• 100% packaged peach juice (250 ml)  
Estimated values:  
• CH: 38 g | F: 11 g | P: 4 g | Fiber: 3 g

Dinner (~495 kcal)  
• Canned cooked lentils (188 g drained)  
• Canned artichokes or mushrooms (62 g)  
• Packaged multigrain bread (38 g)  
• Unsweetened apple compote (125 g)  
Estimated values:  
• CH: 44 g | F: 10 g | P: 19 g | Fiber: 10 g

TOTAL DAY 4  
• Energy: ~2500 kcal  
• Carbohydrates: ~281 g (≈ 55%)  
• Proteins: ~75 g (≈ 15%)  
• Fats: ~83 g (≈ 30%)  
• Fiber: ~39 g

MENU DAY 5 – ~2500 kcal approx.  
Breakfast (~585 kcal)  
• Fig or date bread (50 g)  
• Thin packaged wholegrain toast (38 g)  
• Cashew cream (12 g)  
• Lactose-free milk (carton, 310 ml)  
Estimated values:  
• CH: 56 g | F: 25 g | P: 10 g | Fiber: 6 g

Mid-morning (~275 kcal)  
• Nut and seed mix (25 g)  
• 100% packaged grape juice (250 ml)  
Estimated values:  
• CH: 31 g | F: 13 g | P: 4 g | Fiber: 3 g

Lunch (~890 kcal)  
• Chickpeas with beetroot and onion in brine (188 g drained)  
• Unsweetened salty crackers (50 g)  
• Small sardines in oil, drained (75 g)  
• Carrot and red cabbage salad in brine (100 g)  
• Extra virgin olive oil (1.25 tbsp – 12.5 g)  
Estimated values:  
• CH: 69 g | F: 35 g | P: 31 g | Fiber: 11 g

Afternoon snack (~275 kcal)  
• Rice cakes (2.5 units – 25 g)  
• Tahini (25 g)  
• Dried fruit (apricot or mango – 25 g)  
Estimated values:  
• CH: 31 g | F: 10 g | P: 5 g | Fiber: 3 g

Dinner (~465 kcal)  
• Canned green beans and potatoes (188 g drained)  
• Piquillo peppers and zucchini in brine (62 g)  
• Packaged multigrain bread (38 g)  
• Unsweetened plum compote (125 g)  
Estimated values:  
• CH: 44 g | F: 11 g | P: 15 g | Fiber: 9 g

TOTAL DAY 5  
• Energy: ~2500 kcal  
• Carbohydrates: ~281 g (≈ 55%)  
• Proteins: ~75 g (≈ 15%)  
• Fats: ~83 g (≈ 30%)  
• Fiber: ~42 g