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

MENU DAY 2 – ~1600 kcal approx.  
Breakfast (~378 kcal)  
• Soft oat flakes (42 g)  
• Lactose-free milk carton (198 ml)  
• Dehydrated banana (13 g)  
• Chia seeds (8 g)  
• Honey (0.8 tsp)  
Estimated values:  
• Carbs: 44 g | Fat: 15 g | Protein: 8 g | Fiber: 6 g

Mid-morning (~160 kcal)  
• Packaged whole-grain toast (24 g)  
• Peanut butter (8 g)  
• Canned mandarin segments in juice (80 g)  
Estimated values:  
• Carbs: 20 g | Fat: 8 g | Protein: 4 g | Fiber: 3 g

Lunch (~560 kcal)  
• Canned cooked white beans, drained (160 g)  
• Sun-dried tomatoes and asparagus, canned (40 g)  
• Soft pita bread (32 g)  
• Extra virgin olive oil (8 g)  
• Pineapple in its juice (80 g)  
• Pickled mussels (48 g)  
Estimated values:  
• Carbs: 60 g | Fat: 20 g | Protein: 28 g | Fiber: 10 g

Afternoon snack (~186 kcal)  
• Nuts and cereal bar (37 g)  
• 100 % bottled grape or apple juice (160 ml)  
Estimated values:  
• Carbs: 25 g | Fat: 10 g | Protein: 3 g | Fiber: 2 g

Dinner (~317 kcal)  
• Instant pre-cooked couscous, rehydrated cold (48 g dry)  
• Mixed canned vegetables (80 g)  
• Canned mushroom pâté (32 g)  
• Prunes (24 g)  
Estimated values:  
• Carbs: 45 g | Fat: 17 g | Protein: 10 g | Fiber: 7 g

TOTAL DAY 2  
• Energy: ~1600 kcal  
• Carbs: ~194 g (≈ 55 %)  
• Protein: ~51 g (≈ 13 %)  
• Fat: ~54 g (≈ 30 %)  
• Fiber: ~28 g

MENU DAY 3 – ~1600 kcal approx.  
Breakfast (~384 kcal)  
• Packaged multigrain bread (42 g)  
• Canned avocado (24 g)  
• Sun-dried tomato in oil, drained (12 g)  
• Dehydrated kiwi (12 g)  
• Lactose-free milk carton (160 ml)  
Estimated values:  
• Carbs: 36 g | Fat: 22 g | Protein: 6 g | Fiber: 5 g

Mid-morning (~176 kcal)  
• Unsweetened whole-grain cookies (24 g)  
• Almond butter (8 g)  
• 1 prune  
Estimated values:  
• Carbs: 20 g | Fat: 8 g | Protein: 3 g | Fiber: 3 g

Lunch (~560 kcal)  
• Canned cooked red beans, drained (160 g)  
• Canned corn and pepper salad (80 g)  
• Rye bread (32 g)  
• Extra virgin olive oil (8 g)  
• Peach in its juice (80 g)  
• Boiled egg, canned or pasteurized (1 pc)  
Estimated values:  
• Carbs: 55 g | Fat: 20 g | Protein: 28 g | Fiber: 10 g

Afternoon snack (~176 kcal)  
• Rice cakes (16 g)  
• Tahini (8 g)  
• 100 % bottled pineapple juice (160 ml)  
Estimated values:  
• Carbs: 30 g | Fat: 9 g | Protein: 3 g | Fiber: 2 g

Dinner (~304 kcal)  
• Canned chickpea salad (120 g), black olives (8 g), pickles and pickled onion  
• Whole-grain crackers (24 g)  
• Unsweetened pear compote (80 g)  
Estimated values:  
• Carbs: 35 g | Fat: 10 g | Protein: 12 g | Fiber: 8 g

TOTAL DAY 3  
• Energy: ~1600 kcal  
• Carbs: ~176 g (≈ 55 %)  
• Protein: ~57 g (≈ 14 %)  
• Fat: ~48 g (≈ 27 %)  
• Fiber: ~28 g

MENU DAY 4 – ~1600 kcal approx.  
Breakfast (~368 kcal)  
• Unsweetened whole-grain muesli (32 g)  
• Lactose-free milk carton (200 ml)  
• Dried fig (16 g)  
• Raw almonds (12 g)  
Estimated values:  
• Carbs: 36 g | Fat: 16 g | Protein: 8 g | Fiber: 5 g

Mid-morning (~176 kcal)  
• Packaged rye toast (24 g)  
• Olive or sun-dried tomato pâté (16 g)  
• Canned fruit in its own juice (pear or pineapple, 80 g)  
Estimated values:  
• Carbs: 25 g | Fat: 10 g | Protein: 3 g | Fiber: 3 g

Lunch (~560 kcal)  
• Cold canned wheat berry salad (80 g drained)  
• Canned green beans (64 g)  
• Canned corn (40 g)  
• Canned roasted pepper and onion (40 g)  
• Light tuna in oil, drained (48 g)  
• Extra virgin olive oil (8 g)  
Estimated values:  
• Carbs: 50 g | Fat: 25 g | Protein: 25 g | Fiber: 8 g

Afternoon snack (~184 kcal)  
• Corn cakes (16 g)  
• Tahini (8 g)  
• 100 % bottled peach juice (160 ml)  
Estimated values:  
• Carbs: 30 g | Fat: 9 g | Protein: 3 g | Fiber: 2 g

Dinner (~312 kcal)  
• Canned cooked lentils (120 g)  
• Canned artichokes or mushrooms (40 g)  
• Packaged multigrain bread (24 g)  
• Unsweetened applesauce (80 g)  
Estimated values:  
• Carbs: 35 g | Fat: 8 g | Protein: 15 g | Fiber: 8 g

TOTAL DAY 4  
• Energy: ~1600 kcal  
• Carbs: ~176 g (≈ 55 %)  
• Protein: ~54 g (≈ 14 %)  
• Fat: ~48 g (≈ 27 %)  
• Fiber: ~26 g

MENU DAY 5 – ~1600 kcal approx.  
Breakfast (~376 kcal)  
• Fig or date bread (32 g)  
• Thin packaged whole-grain toast (24 g)  
• Cashew butter (8 g)  
• Lactose-free milk carton (200 ml)  
Estimated values:  
• Carbs: 36 g | Fat: 16 g | Protein: 6 g | Fiber: 4 g

Mid-morning (~176 kcal)  
• Mixed nuts and seeds (16 g)  
• 100 % bottled grape juice (160 ml)  
Estimated values:  
• Carbs: 25 g | Fat: 10 g | Protein: 4 g | Fiber: 2 g

Lunch (~568 kcal)  
• Chickpeas with beetroot and onion, canned, drained (120 g)  
• Unsweetened savory crackers (32 g)  
• Small sardines in oil, drained (48 g)  
• Carrot and red cabbage salad, canned (64 g)  
• Extra virgin olive oil (8 g)  
Estimated values:  
• Carbs: 55 g | Fat: 28 g | Protein: 25 g | Fiber: 9 g

Afternoon snack (~176 kcal)  
• Rice cakes (16 g)  
• Tahini (16 g)  
• Dried fruit (apricot or mango, 16 g)  
Estimated values:  
• Carbs: 25 g | Fat: 8 g | Protein: 4 g | Fiber: 2 g

Dinner (~304 kcal)  
• Canned green beans and potato (120 g)  
• Canned piquillo pepper and zucchini (40 g)  
• Packaged multigrain bread (24 g)  
• Unsweetened plum compote (80 g)  
Estimated values:  
• Carbs: 44 g | Fat: 11 g | Protein: 15 g | Fiber: 9 g

TOTAL DAY 5  
• Energy: ~1600 kcal  
• Carbs: ~185 g (≈ 55 %)  
• Protein: ~54 g (≈ 13 %)  
• Fat: ~48 g (≈ 27 %)  
• Fiber: ~26 g

MENU DAY 6 – ~1600 kcal approx.  
Breakfast (~384 kcal)  
• Unsweetened whole-grain cookies (3 pcs – 30 g)  
• Hazelnut spread without sugar or milk (12 g)  
• 100 % bottled mandarin juice (160 ml)  
• Lactose-free milk carton (160 ml)  
Estimated values:  
• Carbs: 36 g | Fat: 16 g | Protein: 6 g | Fiber: 4 g

Mid-morning (~176 kcal)  
• Oat and nut energy bar (32 g)  
• Dried apricot (12 g)  
Estimated values:  
• Carbs: 31 g | Fat: 11 g | Protein: 4 g | Fiber: 3 g

Lunch (~560 kcal)  
• Canned cooked brown rice, drained (80 g)  
• Canned peas (80 g)  
• Grated carrot and canned white asparagus (40 g)  
• North Atlantic tuna in oil, drained (48 g)  
• Extra virgin olive oil (8 g)  
• Pineapple in its juice (80 g)  
Estimated values:  
• Carbs: 62 g | Fat: 31 g | Protein: 31 g | Fiber: 10 g

Afternoon snack (~168 kcal)  
• Packaged rye bread (24 g)  
• Vegetable pâté (pumpkin or carrot, 16 g)  
• 100 % bottled apple juice (120 ml)  
Estimated values:  
• Carbs: 38 g | Fat: 9 g | Protein: 5 g | Fiber: 4 g

Dinner (~312 kcal)  
• Canned lentils, drained (120 g)  
• Canned eggplant and pepper (40 g)  
• Whole-grain crackers (24 g)  
• Unsweetened pear compote (80 g)  
Estimated values:  
• Carbs: 44 g | Fat: 11 g | Protein: 19 g | Fiber: 10 g

TOTAL DAY 6  
• Energy: ~1600 kcal  
• Carbs: ~211 g (≈ 55 %)  
• Protein: ~65 g (≈ 16 %)  
• Fat: ~48 g (≈ 27 %)  
• Fiber: ~30 g

MENU DAY 7 – ~1600 kcal approx.  
Breakfast (~368 kcal)  
• Unsweetened corn flakes (32 g)  
• Lactose-free milk carton (200 ml)  
• Raisins (16 g)  
• Hazelnuts (12 g)  
Estimated values:  
• Carbs: 36 g | Fat: 14 g | Protein: 6 g | Fiber: 4 g

Mid-morning (~176 kcal)  
• Rice and date bar (32 g)  
• Dried apricot (12 g)  
Estimated values:  
• Carbs: 31 g | Fat: 11 g | Protein: 4 g | Fiber: 3 g

Lunch (~560 kcal)  
• Canned cooked quinoa, drained (80 g)  
• Canned green beans, mushrooms, and onion (80 g)  
• Vegan chickpea omelet, canned (0.8 pc)  
• Packaged rye bread (32 g)  
• Extra virgin olive oil (8 g)  
• Peach in its juice (80 g)  
Estimated values:  
• Carbs: 62 g | Fat: 31 g | Protein: 31 g | Fiber: 10 g

Afternoon snack (~168 kcal)  
• Corn cakes (16 g)  
• Vegetable pâté with pepper and almond (16 g)  
• 100 % bottled apple juice (160 ml)  
Estimated values:  
• Carbs: 31 g | Fat: 10 g | Protein: 5 g | Fiber: 3 g

Dinner (~328 kcal)  
• Canned cooked red lentils (120 g)  
• Canned spinach (40 g)  
• Packaged whole-grain bread (24 g)  
• Unsweetened mixed berry compote (80 g)  
Estimated values:  
• Carbs: 44 g | Fat: 12 g | Protein: 19 g | Fiber: 11 g

TOTAL DAY 7  
• Energy: ~1600 kcal  
• Carbs: ~204 g (≈ 55 %)  
• Protein: ~65 g (≈ 16 %)  
• Fat: ~48 g (≈ 27 %)  
• Fiber: ~31 g