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

MENU DAY 3 – ~2000 kcal approx.  
Breakfast (~480 kcal)  
• Packaged multigrain bread (52 g)  
• Canned avocado (30 g)  
• Sun-dried tomato in oil, drained (15 g)  
• Dehydrated kiwi (15 g)  
• Lactose-free milk carton (200 ml)  
Estimated values:  
• Carbs: 45 g | Fat: 27 g | Protein: 8 g | Fiber: 6 g

Mid-morning (~220 kcal)  
• Unsweetened whole-grain cookies (30 g)  
• Almond butter (10 g)  
• 1 prune  
Estimated values:  
• Carbs: 25 g | Fat: 10 g | Protein: 4 g | Fiber: 4 g

Lunch (~700 kcal)  
• Canned cooked red beans, drained (200 g)  
• Canned corn and pepper salad (100 g)  
• Rye bread (40 g)  
• Extra virgin olive oil (10 g)  
• Peach in its juice (100 g)  
• Boiled egg, canned or pasteurized (1 pc)  
Estimated values:  
• Carbs: 69 g | Fat: 25 g | Protein: 35 g | Fiber: 13 g

Afternoon snack (~220 kcal)  
• Rice cakes (20 g)  
• Tahini (10 g)  
• 100% bottled pineapple juice (200 ml)  
Estimated values:  
• Carbs: 38 g | Fat: 11 g | Protein: 4 g | Fiber: 3 g

Dinner (~380 kcal)  
• Canned chickpea salad (150 g), black olives (10 g), pickles and pickled onion  
• Whole-grain crackers (30 g)  
• Unsweetened pear compote (100 g)  
Estimated values:  
• Carbs: 44 g | Fat: 13 g | Protein: 15 g | Fiber: 10 g

TOTAL DAY 3  
• Energy: ~2000 kcal  
• Carbohydrates: ~221 g (≈ 55 %)  
• Proteins: ~66 g (≈ 13 %)  
• Fats: ~56 g (≈ 25 %)  
• Fiber: ~36 g

MENU DAY 4 – ~2000 kcal approx.  
Breakfast (~460 kcal)  
• Unsweetened whole-grain muesli (40 g)  
• Lactose-free milk carton (250 ml)  
• Dried fig (20 g)  
• Raw almonds (15 g)  
Estimated values:  
• Carbs: 45 g | Fat: 20 g | Protein: 10 g | Fiber: 6 g

Mid-morning (~220 kcal)  
• Packaged rye toast (30 g)  
• Olive or sun-dried tomato pâté (20 g)  
• Canned fruit in its own juice (pear or pineapple, 100 g)  
Estimated values:  
• Carbs: 31 g | Fat: 13 g | Protein: 4 g | Fiber: 4 g

Lunch (~700 kcal)  
• Cold canned wheat berry salad (100 g drained)  
• Canned green beans (80 g)  
• Canned corn (50 g)  
• Canned roasted pepper and onion (50 g)  
• Light tuna in oil, drained (60 g)  
• Extra virgin olive oil (10 g)  
Estimated values:  
• Carbs: 62 g | Fat: 31 g | Protein: 31 g | Fiber: 10 g

Afternoon snack (~230 kcal)  
• Corn cakes (20 g)  
• Tahini (10 g)  
• 100% bottled peach juice (200 ml)  
Estimated values:  
• Carbs: 38 g | Fat: 11 g | Protein: 4 g | Fiber: 3 g

Dinner (~390 kcal)  
• Canned cooked lentils (150 g)  
• Canned artichokes or mushrooms (50 g)  
• Packaged multigrain bread (30 g)  
• Unsweetened applesauce (100 g)  
Estimated values:  
• Carbs: 44 g | Fat: 10 g | Protein: 19 g | Fiber: 10 g

TOTAL DAY 4  
• Energy: ~2000 kcal  
• Carbohydrates: ~220 g (≈ 55 %)  
• Proteins: ~68 g (≈ 14 %)  
• Fats: ~62 g (≈ 28 %)  
• Fiber: ~39 g

MENU DAY 5 – ~2000 kcal approx.  
Breakfast (~470 kcal)  
• Fig or date bread (40 g)  
• Thin packaged whole-grain toast (30 g)  
• Cashew butter (10 g)  
• Lactose-free milk carton (250 ml)  
Estimated values:  
• Carbs: 45 g | Fat: 20 g | Protein: 8 g | Fiber: 5 g

Mid-morning (~220 kcal)  
• Mixed nuts and seeds (20 g)  
• 100% bottled grape juice (200 ml)  
Estimated values:  
• Carbs: 31 g | Fat: 13 g | Protein: 4 g | Fiber: 3 g

Lunch (~710 kcal)  
• Chickpeas with beetroot and onion, canned, drained (150 g)  
• Unsweetened savory crackers (40 g)  
• Small sardines in oil, drained (60 g)  
• Canned carrot and red cabbage salad (80 g)  
• Extra virgin olive oil (10 g)  
Estimated values:  
• Carbs: 69 g | Fat: 35 g | Protein: 31 g | Fiber: 11 g

Afternoon snack (~220 kcal)  
• Rice cakes (20 g)  
• Tahini (20 g)  
• Dried fruit (apricot or mango, 20 g)  
Estimated values:  
• Carbs: 31 g | Fat: 10 g | Protein: 5 g | Fiber: 3 g

Dinner (~380 kcal)  
• Canned green beans and potato (150 g)  
• Canned piquillo pepper and zucchini (50 g)  
• Packaged multigrain bread (30 g)  
• Unsweetened plum compote (100 g)  
Estimated values:  
• Carbs: 44 g | Fat: 11 g | Protein: 15 g | Fiber: 9 g

TOTAL DAY 5  
• Energy: ~2000 kcal  
• Carbohydrates: ~220 g (≈ 55 %)  
• Proteins: ~66 g (≈ 13 %)  
• Fats: ~62 g (≈ 28 %)  
• Fiber: ~38 g

MENU DAY 6 – ~2000 kcal approx.  
Breakfast (~480 kcal)  
• Unsweetened whole-grain cookies (3 pcs – 30 g)  
• Hazelnut spread without sugar or milk (15 g)  
• 100% bottled mandarin juice (200 ml)  
• Lactose-free milk carton (200 ml)  
Estimated values:  
• Carbs: 36 g | Fat: 16 g | Protein: 6 g | Fiber: 4 g

Mid-morning (~220 kcal)  
• Oat and nut energy bar (40 g)  
• Dried apricot (15 g)  
Estimated values:  
• Carbs: 31 g | Fat: 11 g | Protein: 4 g | Fiber: 3 g

Lunch (~700 kcal)  
• Canned cooked brown rice, drained (100 g)  
• Canned peas (100 g)  
• Grated carrot and canned white asparagus (50 g)  
• North Atlantic tuna in oil, drained (60 g)  
• Extra virgin olive oil (10 g)  
• Pineapple in its juice (100 g)  
Estimated values:  
• Carbs: 62 g | Fat: 31 g | Protein: 31 g | Fiber: 10 g

Afternoon snack (~210 kcal)  
• Packaged rye bread (30 g)  
• Vegetable pâté (pumpkin or carrot, 20 g)  
• 100% bottled apple juice (150 ml)  
Estimated values:  
• Carbs: 38 g | Fat: 9 g | Protein: 5 g | Fiber: 4 g

Dinner (~390 kcal)  
• Canned lentils, drained (150 g)  
• Canned eggplant and pepper (50 g)  
• Whole-grain crackers (30 g)  
• Unsweetened pear compote (100 g)  
Estimated values:  
• Carbs: 44 g | Fat: 11 g | Protein: 19 g | Fiber: 10 g

TOTAL DAY 6  
• Energy: ~2000 kcal  
• Carbohydrates: ~211 g (≈ 55 %)  
• Proteins: ~65 g (≈ 13 %)  
• Fats: ~62 g (≈ 28 %)  
• Fiber: ~37 g

MENU DAY 7 – ~2000 kcal approx.  
Breakfast (~460 kcal)  
• Unsweetened corn flakes (40 g)  
• Lactose-free milk carton (250 ml)  
• Raisins (20 g)  
• Hazelnuts (15 g)  
Estimated values:  
• Carbs: 45 g | Fat: 18 g | Protein: 8 g | Fiber: 5 g

Mid-morning (~220 kcal)  
• Rice and date bar (40 g)  
• Dried apricot (15 g)  
Estimated values:  
• Carbs: 31 g | Fat: 11 g | Protein: 4 g | Fiber: 3 g

Lunch (~700 kcal)  
• Canned cooked quinoa, drained (100 g)  
• Canned green beans, mushrooms, and onion (100 g)  
• Vegan chickpea omelet, canned (1 pc)  
• Packaged rye bread (40 g)  
• Extra virgin olive oil (10 g)  
• Peach in its juice (100 g)  
Estimated values:  
• Carbs: 62 g | Fat: 31 g | Protein: 31 g | Fiber: 10 g

Afternoon snack (~210 kcal)  
• Corn cakes (20 g)  
• Vegetable pâté with pepper and almond (20 g)  
• 100% bottled apple juice (200 ml)  
Estimated values:  
• Carbs: 31 g | Fat: 10 g | Protein: 5 g | Fiber: 3 g

Dinner (~410 kcal)  
• Canned cooked red lentils (150 g)  
• Canned spinach (50 g)  
• Packaged whole-grain bread (30 g)  
• Unsweetened mixed berry compote (100 g)  
Estimated values:  
• Carbs: 44 g | Fat: 12 g | Protein: 19 g | Fiber: 11 g

TOTAL DAY 7  
• Energy: ~2000 kcal  
• Carbohydrates: ~213 g (≈ 55 %)  
• Proteins: ~65 g (≈ 13 %)  
• Fats: ~62 g (≈ 28 %)  
• Fiber: ~39 g