DAY 1 MENU – ~2000 kcal approx.  
Breakfast (~560 kcal)  
• Packaged rye bread (80 g) with 1 tsp olive oil (5 g)  
• Canned tomato (50 g)  
• Extra virgin olive oil (1 tbsp – 10 g)  
• Nuts (walnuts, 20 g)  
• 100% packaged orange juice (200 ml)  
Estimated values:  
• Carbs: 55 g | Fat: 27 g | Protein: 8 g | Fiber: 7 g

Mid‐morning (~190 kcal)  
• Oat and date energy bar (40 g)  
• 1 dried fruit (apricot or apple, 15 g)  
Estimated values:  
• Carbs: 30 g | Fat: 6 g | Protein: 3 g | Fiber: 4 g

Lunch (~625 kcal)  
• Canned cooked lentils (200 g drained)  
• Mixed canned vegetables (100 g)  
• Roasted pepper strips in oil (50 g)  
• Whole‐grain crackers (40 g)  
• Unsweetened apple compote (100 g)  
• 1 can mackerel or sardines in oil, drained (60 g)  
Estimated values:  
• Carbs: 60 g | Fat: 20 g | Protein: 28 g | Fiber: 10 g

Afternoon snack (~205 kcal)  
• Sugar‐free whole‐grain cookies (3 units – 30 g)  
• Fortified plant drink (almond or oat, 200 ml)  
Estimated values:  
• Carbs: 25 g | Fat: 10 g | Protein: 4 g | Fiber: 2 g

Dinner (~420 kcal)  
• Canned cooked chickpeas (150 g)  
• Sun‐dried tomatoes (10 g)  
• Vegetable spread (eggplant or hummus, 40 g)  
• Packaged bread (30 g)  
• 1 piece canned fruit in juice (peach, 100 g)  
Estimated values:  
• Carbs: 40 g | Fat: 15 g | Protein: 15 g | Fiber: 8 g

TOTAL DAY 1  
• Energy: ~2000 kcal  
• Carbohydrates: ~215 g (≈ 50 %)  
• Proteins: ~58 g (≈ 15 %)  
• Fats: ~80 g (≈ 35 %)  
• Fiber: ~31 g