MENU DAY 1 – ~2500 kcal approx.  
Breakfast (~700 kcal)  
• Packaged rye bread (110 g) with 1½ tsp olive oil (7.5 g)  
• Canned tomato (65 g)  
• Extra virgin olive oil (1½ tbsp – 15 g)  
• Nuts (walnuts, 25 g)  
• 100 % packaged orange juice (250 ml)  
Estimated values:  
• Carbs: 69 g | Fat: 34 g | Protein: 10 g | Fiber: 9 g

Mid-morning snack (~240 kcal)  
• Oat & date energy bar (50 g)  
• 1 dried fruit (dried apricot or apple, 20 g)

Estimated values:  
• Carbs: 38 g | Fat: 8 g | Protein: 4 g | Fiber: 5 g

Lunch (~780 kcal)  
• Canned cooked lentils (250 g drained)  
• Mixed canned vegetables (125 g)  
• Roasted pepper strips (65 g)  
• Whole-grain crackers (50 g)  
• Unsweetened apple compote (125 g)  
• Canned mackerel or sardines in oil, drained (75 g)

Estimated values:  
• Carbs: 75 g | Fat: 25 g | Protein: 35 g | Fiber: 13 g

Afternoon snack (~255 kcal)  
• Unsweetened whole-grain cookies (4 units – 38 g)  
• Enriched plant-based drink (almond or oat, 250 ml)

Estimated values:  
• Carbs: 31 g | Fat: 13 g | Protein: 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:  
• Carbs: 50 g | Fat: 19 g | Protein: 19 g | Fiber: 10 g

TOTAL DAY 1  
• Energy: ~2500 kcal  
• Carbs: ~270 g (≈ 55 %)  
• Protein: ~72 g (≈ 15 %)  
• Fat: ~83 g (≈ 30 %)  
• Fiber: ~40 g

MENU DAY 2 – ~2500 kcal approx.  
Breakfast (~590 kcal)  
• Soft oat flakes (65 g)  
• Whole milk (Tetra Pak, 310 ml)  
• Dried banana (20 g)  
• Chia seeds (12 g)  
• Honey (1¼ tsp)

Estimated values:  
• Carbs: 69 g | Fat: 19 g | Protein: 13 g | Fiber: 9 g

Mid-morning snack (~250 kcal)  
• Packaged whole-grain toast (38 g)  
• Peanut butter (12 g)  
• Canned mandarin segments in natural juice (125 g)

Estimated values:  
• Carbs: 25 g | Fat: 10 g | Protein: 5 g | Fiber: 4 g

Lunch (~875 kcal)  
• Canned cooked white beans (250 g drained)  
• Sun-dried tomatoes & asparagus (62 g)  
• Soft pita bread (50 g)  
• Extra virgin olive oil (1¼ tbsp – 12.5 g)  
• Pineapple in juice (125 g)  
• Mussels in escabeche (75 g)

Estimated values:  
• Carbs: 75 g | Fat: 25 g | Protein: 35 g | Fiber: 13 g

Afternoon snack (~290 kcal)  
• Nut & cereal bar (50 g)  
• 100 % packaged grape or apple juice (250 ml)

Estimated values:  
• Carbs: 31 g | Fat: 13 g | Protein: 4 g | Fiber: 3 g

Dinner (~500 kcal)  
• Instant precooked couscous (75 g dry, rehydrated cold)  
• Mixed canned vegetables (125 g)  
• Tuna pâté or similar (50 g)  
• Prunes (38 g)

Estimated values:  
• Carbs: 56 g | Fat: 21 g | Protein: 12 g | Fiber: 9 g

TOTAL DAY 2  
• Energy: ~2500 kcal  
• Carbs: ~281 g (≈ 55 %)  
• Protein: ~75 g (≈ 15 %)  
• Fat: ~83 g (≈ 30 %)  
• Fiber: ~38 g