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

DAY 2 MENU – ~2000 kcal approx.  
Breakfast (~470 kcal)  
• Soft rolled oats (50 g)  
• Whole milk (Tetra Pak, 250 ml)  
• Dried banana (15 g)  
• Chia seeds (10 g)  
• Honey (1 tsp)  
Estimated values:  
• Carbs: 55 g | Fat: 15 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 natural juice (100 g)  
Estimated values:  
• Carbs: 20 g | Fat: 8 g | Protein: 4 g | Fiber: 3 g

Lunch (~700 kcal)  
• Canned cooked white beans (200 g drained)  
• Sun‐dried tomatoes & asparagus in oil (50 g)  
• Soft pita bread (40 g)  
• Extra virgin olive oil (1 tbsp – 10 g)  
• Pineapple in its juice (100 g)  
• Mussels in escabeche (60 g)  
Estimated values:  
• Carbs: 60 g | Fat: 20 g | Protein: 28 g | Fiber: 10 g

Afternoon snack (~230 kcal)  
• Nut and cereal bar (40 g)  
• 100% packaged grape or apple juice (200 ml)  
Estimated values:  
• Carbs: 25 g | Fat: 10 g | Protein: 3 g | Fiber: 2 g

Dinner (~400 kcal)  
• Instant precooked couscous (rehydrated cold, 60 g dry)  
• Mixed canned vegetables (100 g)  
• Tuna pâté or similar (40 g)  
• Prunes (30 g)  
Estimated values:  
• Carbs: 45 g | Fat: 17 g | Protein: 10 g | Fiber: 7 g

TOTAL DAY 2  
• Energy: ~2000 kcal  
• Carbohydrates: ~205 g (≈ 55 %)  
• Proteins: ~55 g (≈ 15 %)  
• Fats: ~70 g (≈ 30 %)  
• Fiber: ~30 g

DAY 3 MENU – ~2000 kcal approx.  
Breakfast (~480 kcal)  
• Packaged multigrain bread (50 g)  
• Canned avocado (30 g)  
• Sun‐dried tomato in oil, drained (15 g)  
• Dried kiwi (15 g)  
• Whole milk (Tetra Pak, 200 ml)  
Estimated values:  
• Carbs: 45 g | Fat: 22 g | Protein: 8 g | Fiber: 6 g

Mid‐morning (~220 kcal)  
• Sugar‐free whole‐grain cookies (3 units – 30 g)  
• Almond butter (1 tbsp – 10 g)  
• 1 prune  
Estimated values:  
• Carbs: 25 g | Fat: 10 g | Protein: 3 g | Fiber: 3 g

Lunch (~700 kcal)  
• Canned cooked red beans (200 g drained)  
• Canned corn & pepper salad (100 g)  
• Rye bread (40 g)  
• Extra virgin olive oil (1 tbsp – 10 g)  
• Peach in its juice (100 g)  
• Canned or pasteurized boiled egg (1 unit)  
Estimated values:  
• Carbs: 55 g | Fat: 20 g | Protein: 28 g | Fiber: 10 g

Afternoon snack (~220 kcal)  
• Rice cakes (2 units – 20 g)  
• Tahini (10 g)  
• 100% packaged pineapple juice (200 ml)  
Estimated values:  
• Carbs: 30 g | Fat: 9 g | Protein: 3 g | Fiber: 2 g

Dinner (~380 kcal)  
• Canned chickpea salad (150 g) with black olives (10 g), pickles & vinegar onion  
• Whole‐grain crackers (30 g)  
• Unsweetened pear compote (100 g)  
Estimated values:  
• Carbs: 35 g | Fat: 10 g | Protein: 12 g | Fiber: 8 g

TOTAL DAY 3  
• Energy: ~2000 kcal  
• Carbohydrates: ~195 g (≈ 55 %)  
• Proteins: ~55–60 g (≈ 15 %)  
• Fats: ~70 g (≈ 30 %)  
• Fiber: ~32 g

DAY 4 MENU – ~2000 kcal approx.  
Breakfast (~460 kcal)  
• Sugar‐free whole‐grain muesli (40 g)  
• Whole milk (Tetra Pak, 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 tapenade or sun‐dried tomato spread (20 g)  
• Canned fruit in natural juice (pear or pineapple, 100 g)  
Estimated values:  
• Carbs: 25 g | Fat: 10 g | Protein: 3 g | Fiber: 3 g

Lunch (~700 kcal)  
• Cold canned spelt salad (100 g drained)  
• Canned green beans (80 g)  
• Canned corn (50 g)  
• Roasted pepper & onion (50 g)  
• Light tuna in oil, drained (60 g)  
• Extra virgin olive oil (1 tbsp – 10 g)  
Estimated values:  
• Carbs: 50 g | Fat: 25 g | Protein: 25 g | Fiber: 8 g

Afternoon snack (~230 kcal)  
• Corn cakes (2 units – 20 g)  
• Tahini (10 g)  
• 100% packaged peach juice (200 ml)  
Estimated values:  
• Carbs: 30 g | Fat: 9 g | Protein: 3 g | Fiber: 2 g

Dinner (~390 kcal)  
• Canned cooked lentils (150 g drained)  
• Canned artichokes or mushrooms (50 g)  
• Packaged multigrain bread (30 g)  
• Unsweetened apple compote (100 g)  
Estimated values:  
• Carbs: 35 g | Fat: 8 g | Protein: 15 g | Fiber: 8 g

TOTAL DAY 4  
• Energy: ~2000 kcal  
• Carbohydrates: ~195 g (≈ 55 %)  
• Proteins: ~55–60 g (≈ 15 %)  
• Fats: ~65–70 g (≈ 30 %)  
• Fiber: ~30–32 g