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

MENU DAY 3 – ~2500 kcal approx.  
Breakfast (~600 kcal)  
• Packaged multigrain bread (65 g)  
• Canned avocado (38 g)  
• Sun-dried tomato in oil, drained (19 g)  
• Dried kiwi (19 g)  
• Whole milk (Tetra Pak, 250 ml)

Estimated values:  
• Carbs: 56 g | Fat: 27 g | Protein: 10 g | Fiber: 8 g

Mid-morning snack (~275 kcal)  
• Unsweetened whole-grain cookies (4 units – 38 g)  
• Almond butter (12 g)  
• Prune (1¼ units)

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

Lunch (~875 kcal)  
• Canned cooked red beans (250 g drained)  
• Canned corn & pepper salad (125 g)  
• Rye bread (50 g)  
• Extra virgin olive oil (1¼ tbsp – 12.5 g)  
• Peach in juice (125 g)  
• Canned boiled or pasteurized egg (1¼ units)

Estimated values:  
• Carbs: 69 g | Fat: 25 g | Protein: 35 g | Fiber: 13 g

Afternoon snack (~275 kcal)  
• Corn cakes (2½ units – 25 g)  
• Tahini (12 g)  
• 100 % packaged pineapple juice (250 ml)

Estimated values:  
• Carbs: 38 g | Fat: 11 g | Protein: 4 g | Fiber: 3 g

Dinner (~475 kcal)  
• Canned chickpea salad (188 g) with black olives (12 g), pickles & onion in vinegar  
• Whole-grain crackers (38 g)  
• Unsweetened pear compote (125 g)

Estimated values:  
• Carbs: 44 g | Fat: 13 g | Protein: 15 g | Fiber: 10 g

TOTAL DAY 3  
• Energy: ~2500 kcal  
• Carbs: ~288 g (≈ 55 %)  
• Protein: ~75 g (≈ 15 %)  
• Fat: ~83 g (≈ 30 %)  
• Fiber: ~40 g

MENU DAY 4 – ~2500 kcal approx.  
Breakfast (~575 kcal)  
• Unsweetened whole-grain muesli (50 g)  
• Whole milk (Tetra Pak, 310 ml)  
• Dried fig (25 g)  
• Raw almonds (19 g)

Estimated values:  
• Carbs: 56 g | Fat: 25 g | Protein: 13 g | Fiber: 8 g

Mid-morning snack (~275 kcal)  
• Packaged rye toast (38 g)  
• Olive tapenade or sun-dried tomato spread (25 g)  
• Canned fruit in natural juice (pear or pineapple – 125 g)

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

Lunch (~875 kcal)  
• Cold canned spelt salad (125 g drained)  
• Canned green beans (100 g)  
• Canned corn (62 g)  
• Roasted pepper & onion (62 g)  
• Light tuna in oil, drained (75 g)  
• Extra virgin olive oil (1¼ tbsp – 12.5 g)

Estimated values:  
• Carbs: 62 g | Fat: 31 g | Protein: 31 g | Fiber: 10 g

Afternoon snack (~285 kcal)  
• Corn cakes (2½ units – 25 g)  
• Tahini (12 g)  
• 100 % packaged peach juice (250 ml)

Estimated values:  
• Carbs: 38 g | Fat: 11 g | Protein: 4 g | Fiber: 3 g

Dinner (~495 kcal)  
• Canned cooked lentils (188 g drained)  
• Canned artichokes or mushrooms (62 g)  
• Packaged multigrain bread (38 g)  
• Unsweetened apple compote (125 g)

Estimated values:  
• Carbs: 44 g | Fat: 10 g | Protein: 19 g | Fiber: 10 g

TOTAL DAY 4  
• Energy: ~2500 kcal  
• Carbs: ~281 g (≈ 55 %)  
• Protein: ~75 g (≈ 15 %)  
• Fat: ~83 g (≈ 30 %)  
• Fiber: ~39 g