MENU DAY 1 – ~1600 kcal approx.  
Breakfast (~448 kcal)  
• Packaged rye bread (100 g) with 1 tsp olive oil (5 g)  
• Canned tomato (42 g)  
• Nuts (walnuts, 16 g)  
• 100% packaged orange juice (160 ml)  
Estimated values:  
• CH: 44 g | F: 22 g | P: 6 g | Fiber: 6 g

Mid-morning (~154 kcal)  
• Oat and date energy bar (32 g)  
• 1 dried fruit (apricot or dried apple, 13 g)  
Estimated values:  
• CH: 24 g | F: 5 g | P: 3 g | Fiber: 3 g

Lunch (~499 kcal)  
• Canned cooked lentils (160 g drained)  
• Mixed canned vegetables (80 g)  
• Roasted pepper strips in oil (42 g)  
• Wholegrain crackers (32 g)  
• Unsweetened apple compote (80 g)  
• Canned mackerel or sardines in oil, drained (48 g)  
Estimated values:  
• CH: 48 g | F: 16 g | P: 22 g | Fiber: 8 g

Afternoon snack (~163 kcal)  
• Sugar-free wholegrain cookies (3 units – 24 g)  
• Fortified plant-based drink (almond or oat, 160 ml)  
Estimated values:  
• CH: 20 g | F: 8 g | P: 3 g | Fiber: 2 g

Dinner (~336 kcal)  
• Canned cooked chickpeas (122 g)  
• Sun-dried tomatoes (8 g)  
• Vegetable pâté (eggplant or hummus) (32 g)  
• Packaged bread (24 g)  
• Unsweetened canned fruit (peach, 80 g)  
Estimated values:  
• CH: 32 g | F: 12 g | P: 12 g | Fiber: 5 g

TOTAL DAY 1  
• Energy: ~1600 kcal  
• Carbohydrates: ~168 g (≈ 55%)  
• Proteins: ~48 g (≈ 12%)  
• Fats: ~53 g (≈ 30%)  
• Fiber: ~24 g

MENU DAY 2 – ~1600 kcal approx.  
Breakfast (~378 kcal)  
• Soft oat flakes (42 g)  
• Whole milk (198 ml)  
• Dried banana (13 g)  
• Chia seeds (8 g)  
• Honey (0.8 tsp)  
Estimated values:  
• CH: 44 g | F: 12 g | P: 8 g | Fiber: 6 g

Mid-morning (~160 kcal)  
• Packaged wholegrain toast (24 g)  
• Peanut butter (8 g)  
• Canned mandarin in juice (80 g)  
Estimated values:  
• CH: 16 g | F: 6 g | P: 3 g | Fiber: 2 g

Lunch (~560 kcal)  
• Canned cooked white beans (160 g drained)  
• Sun-dried tomatoes and canned asparagus (40 g)  
• Soft pitta bread (32 g)  
• Extra virgin olive oil (0.8 tbsp – 8 g)  
• Pineapple in juice (80 g)  
• Pickled mussels (48 g)  
Estimated values:  
• CH: 48 g | F: 16 g | P: 22 g | Fiber: 8 g

Afternoon snack (~186 kcal)  
• Nut and cereal bar (32 g)  
• 100% packaged grape or apple juice (160 ml)  
Estimated values:  
• CH: 20 g | F: 8 g | P: 3 g | Fiber: 2 g

Dinner (~316 kcal)  
• Instant precooked couscous (rehydrated cold, 48 g dry)  
• Mixed canned vegetables (80 g)  
• Canned tuna pâté or similar (32 g)  
• Prunes (24 g)  
Estimated values:  
• CH: 36 g | F: 13 g | P: 8 g | Fiber: 5 g

TOTAL DAY 2  
• Energy: ~1600 kcal  
• Carbohydrates: ~164 g (≈ 55%)  
• Proteins: ~44 g (≈ 11%)  
• Fats: ~48 g (≈ 27%)  
• Fiber: ~23 g

MENU DAY 3 – ~1600 kcal approx.  
Breakfast (~384 kcal)  
• Packaged multigrain bread (42 g)  
• Canned avocado (24 g)  
• Sun-dried tomato in drained oil (12 g)  
• Dried kiwi (12 g)  
• Whole milk (160 ml)  
Estimated values:  
• CH: 26 g | F: 17 g | P: 6 g | Fiber: 5 g

Mid-morning (~176 kcal)  
• Sugar-free wholegrain cookies (3 units – 24 g)  
• Almond cream (8 g)  
• 1 prune  
Estimated values:  
• CH: 16 g | F: 6 g | P: 2 g | Fiber: 2 g

Lunch (~560 kcal)  
• Canned red beans (160 g drained)  
• Corn and pepper salad in brine (80 g)  
• Rye bread (32 g)  
• Extra virgin olive oil (0.8 tbsp – 8 g)  
• Peach in juice (80 g)  
• Boiled egg in brine or pasteurized (0.8 unit)  
Estimated values:  
• CH: 44 g | F: 16 g | P: 22 g | Fiber: 8 g

Afternoon snack (~176 kcal)  
• Rice cakes (1.6 units – 16 g)  
• Tahini (8 g)  
• 100% packaged pineapple juice (160 ml)  
Estimated values:  
• CH: 24 g | F: 6 g | P: 2 g | Fiber: 1 g

Dinner (~304 kcal)  
• Canned chickpea salad (122 g), black olives (8 g), pickles and vinegar onions  
• Wholegrain crackers (24 g)  
• Unsweetened pear compote (80 g)  
Estimated values:  
• CH: 28 g | F: 8 g | P: 9 g | Fiber: 5 g

TOTAL DAY 3  
• Energy: ~1600 kcal  
• Carbohydrates: ~156 g (≈ 39%)  
• Proteins: ~41 g (≈ 10%)  
• Fats: ~58 g (≈ 32%)  
• Fiber: ~21 g

MENU DAY 4 – ~1600 kcal approx.  
Breakfast (~368 kcal)  
• Sugar-free wholegrain muesli (32 g)  
• Whole milk (198 ml)  
• Dried fig (16 g)  
• Raw almonds (12 g)  
Estimated values:  
• CH: 36 g | F: 16 g | P: 8 g | Fiber: 4 g

Mid-morning (~176 kcal)  
• Packaged rye bread toast (24 g)  
• Olive or sun-dried tomato pâté (16 g)  
• Canned fruit in juice (pear or pineapple – 80 g)  
Estimated values:  
• CH: 20 g | F: 8 g | P: 2 g | Fiber: 2 g

Lunch (~560 kcal)  
• Cold wheat salad from canned tender wheat (80 g drained)  
• Canned green beans (64 g)  
• Canned corn (40 g)  
• Roasted pepper and onion in brine (40 g)  
• Canned light tuna in oil, drained (48 g)  
• Extra virgin olive oil (0.8 tbsp – 8 g)  
Estimated values:  
• CH: 40 g | F: 20 g | P: 20 g | Fiber: 6 g

Afternoon snack (~182 kcal)  
• Corn cakes (1.6 units – 16 g)  
• Tahini (8 g)  
• 100% packaged peach juice (160 ml)  
Estimated values:  
• CH: 24 g | F: 6 g | P: 2 g | Fiber: 1 g

Dinner (~314 kcal)  
• Canned cooked lentils (122 g drained)  
• Canned artichokes or mushrooms (40 g)  
• Packaged multigrain bread (24 g)  
• Unsweetened apple compote (80 g)  
Estimated values:  
• CH: 28 g | F: 6 g | P: 12 g | Fiber: 5 g

TOTAL DAY 4  
• Energy: ~1600 kcal  
• Carbohydrates: ~148 g (≈ 37%)  
• Proteins: ~44 g (≈ 11%)  
• Fats: ~56 g (≈ 32%)  
• Fiber: ~18 g

MENU DAY 5 – ~1600 kcal approx.  
Breakfast (~374 kcal)  
• Fig or date bread (32 g)  
• Thin packaged wholegrain toast (24 g)  
• Cashew cream (8 g)  
• Whole milk (198 ml)  
Estimated values:  
• CH: 36 g | F: 16 g | P: 6 g | Fiber: 3 g

Mid-morning (~176 kcal)  
• Nut and seed mix (16 g)  
• 100% packaged grape juice (160 ml)  
Estimated values:  
• CH: 20 g | F: 8 g | P: 2 g | Fiber: 1 g

Lunch (~570 kcal)  
• Chickpeas with beetroot and onion in brine (122 g drained)  
• Unsweetened salty crackers (32 g)  
• Small sardines in oil, drained (48 g)  
• Carrot and red cabbage salad in brine (64 g)  
• Extra virgin olive oil (0.8 tbsp – 8 g)  
Estimated values:  
• CH: 36 g | F: 22 g | P: 20 g | Fiber: 6 g

Afternoon snack (~176 kcal)  
• Rice cakes (1.6 units – 16 g)  
• Tahini (16 g)  
• Dried fruit (apricot or mango – 16 g)  
Estimated values:  
• CH: 20 g | F: 5 g | P: 3 g | Fiber: 1 g

Dinner (~304 kcal)  
• Canned green beans and potatoes (122 g drained)  
• Piquillo peppers and zucchini in brine (40 g)  
• Packaged multigrain bread (24 g)  
• Unsweetened plum compote (80 g)  
Estimated values:  
• CH: 28 g | F: 7 g | P: 9 g | Fiber: 4 g

TOTAL DAY 5  
• Energy: ~1600 kcal  
• Carbohydrates: ~140 g (≈ 35%)  
• Proteins: ~40 g (≈ 10%)  
• Fats: ~56 g (≈ 31%)  
• Fiber: ~15 g

MENU DAY 6 – ~1600 kcal approx.  
Breakfast (~384 kcal)  
• Sugar-free wholegrain cookies (3 units – 24 g)  
• Sugar- and dairy-free hazelnut cream (12 g)  
• 100% packaged mandarin juice (160 ml)  
• Whole milk (160 ml)  
Estimated values:  
• CH: 36 g | F: 16 g | P: 6 g | Fiber: 4 g

Mid-morning (~176 kcal)  
• Oat and nut energy bar (32 g)  
• Dried apricot (12 g)  
Estimated values:  
• CH: 20 g | F: 7 g | P: 3 g | Fiber: 1 g

Lunch (~560 kcal)  
• Canned cooked brown rice (80 g drained)  
• Canned peas (80 g)  
• Grated carrot and canned white asparagus (40 g)  
• Canned albacore tuna in oil, drained (48 g)  
• Extra virgin olive oil (0.8 tbsp – 8 g)  
• Pineapple in juice (80 g)  
Estimated values:  
• CH: 40 g | F: 20 g | P: 20 g | Fiber: 6 g

Afternoon snack (~170 kcal)  
• Packaged rye bread (24 g)  
• Pumpkin or carrot vegetable pâté (16 g)  
• 100% packaged apple juice (122 ml)  
Estimated values:  
• CH: 24 g | F: 6 g | P: 3 g | Fiber: 2 g

Dinner (~306 kcal)  
• Canned lentils (122 g drained)  
• Canned eggplant and pepper (40 g)  
• Wholegrain crackers (24 g)  
• Unsweetened pear compote (80 g)  
Estimated values:  
• CH: 28 g | F: 6 g | P: 12 g | Fiber: 5 g

TOTAL DAY 6  
• Energy: ~1600 kcal  
• Carbohydrates: ~148 g (≈ 37%)  
• Proteins: ~44 g (≈ 11%)  
• Fats: ~58 g (≈ 32%)  
• Fiber: ~18 g

MENU DAY 7 – ~1600 kcal approx.  
Breakfast (~368 kcal)  
• Unsweetened corn flakes (32 g)  
• Whole milk (198 ml)  
• Raisins (16 g)  
• Hazelnuts (12 g)  
Estimated values:  
• CH: 36 g | F: 15 g | P: 6 g | Fiber: 3 g

Mid-morning (~176 kcal)  
• Rice and date bar (32 g)  
• Dried apricot (12 g)  
Estimated values:  
• CH: 20 g | F: 7 g | P: 3 g | Fiber: 1 g

Lunch (~560 kcal)  
• Canned cooked quinoa (80 g drained)  
• Canned green beans, mushrooms, and onions (80 g)  
• Boiled egg in brine or pasteurized (0.8 unit)  
• Packaged rye bread (32 g)  
• Extra virgin olive oil (0.8 tbsp – 8 g)  
• Peach in juice (80 g)  
Estimated values:  
• CH: 40 g | F: 20 g | P: 20 g | Fiber: 6 g

Afternoon snack (~170 kcal)  
• Corn cakes (1.6 units – 16 g)  
• Pepper and almond vegetable pâté (16 g)  
• 100% packaged apple juice (160 ml)  
Estimated values:  
• CH: 20 g | F: 6 g | P: 3 g | Fiber: 2 g

Dinner (~320 kcal)  
• Canned red lentils (122 g drained)  
• Canned spinach (40 g)  
• Packaged wholegrain bread (24 g)  
• Unsweetened red fruit compote (80 g)  
Estimated values:  
• CH: 28 g | F: 8 g | P: 12 g | Fiber: 6 g

TOTAL DAY 7  
• Energy: ~1600 kcal  
• Carbohydrates: ~144 g (≈ 36%)  
• Proteins: ~44 g (≈ 11%)  
• Fats: ~56 g (≈ 31%)  
• Fiber: ~17 g