MENU DAY 1 – ~1600 kcal approx.  
Breakfast (~448 kcal)  
• Canned tomato (40 g)  
• Extra virgin olive oil (1 tbsp – 8 g)  
• Mixed nuts (walnuts and almonds, 16 g)  
• 100% packaged orange juice (160 ml)  
• Rye bread (64 g) with 1 tsp olive oil (4 g)  
Estimated values:  
• CH: 44 g | F: 24 g | P: 6 g | Fiber: 6 g

Mid-morning (~152 kcal)  
• Oat and date energy bar (32 g)  
• Dried fruit (apricot or dried apple, 12 g)  
Estimated values:  
• CH: 24 g | F: 5 g | P: 2 g | Fiber: 3 g

Lunch (~500 kcal)  
• Canned cooked lentils (160 g drained)  
• Mixed canned vegetables (80 g)  
• Roasted pepper strips in oil (40 g)  
• Wholegrain crackers (32 g)  
• Unsweetened apple compote (80 g)  
• Toasted nori seaweed strips (48 g)  
Estimated values:  
• CH: 48 g | F: 18 g | P: 16 g | Fiber: 8 g

Afternoon snack (~164 kcal)  
• Sugar-free wholegrain cookies (3 units – 24 g)  
• Fortified plant-based drink (oat or almond, 160 ml)  
Estimated values:  
• CH: 20 g | F: 8 g | P: 3 g | Fiber: 2 g

Dinner (~336 kcal)  
• Canned cooked chickpeas (120 g)  
• Sun-dried tomatoes (8 g)  
• Hummus (32 g)  
• Packaged bread (24 g)  
• Unsweetened canned peach (80 g)  
Estimated values:  
• CH: 32 g | F: 12 g | P: 12 g | Fiber: 6 g

TOTAL DAY 1  
• Energy: ~1600 kcal  
• Carbohydrates: ~168 g (≈50%)  
• Proteins: ~40 g (≈10%)  
• Fats: ~68 g (≈40%)  
• Fiber: ~25 g