MENU DAY 1 – ~2000 kcal approx.  
Breakfast (~560 kcal)  
• Packaged rye bread (50 g)  
• Canned tomato (50 g)  
• Extra virgin olive oil (1 tbsp – 10 g)  
• Mixed nuts (walnuts and almonds, 20 g)  
• 100% packaged orange juice (200 ml)  
• Extra slice of rye bread (30 g) with 1 tsp olive oil (5 g)  
Estimated values:  
• CH: 55 g | F: 30 g | P: 8 g | Fiber: 7 g

Mid-morning (~190 kcal)  
• Oat and date energy bar (40 g)  
• Dried fruit (apricot or dried apple, 15 g)  
Estimated values:  
• CH: 30 g | F: 6 g | P: 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)  
• Wholegrain crackers (40 g)  
• Unsweetened apple compote (100 g)  
• Toasted nori seaweed strips (60 g)  
Estimated values:  
• CH: 60 g | F: 22 g | P: 20 g | Fiber: 10 g

Afternoon snack (~205 kcal)  
• Sugar-free wholegrain cookies (3 units – 30 g)  
• Fortified plant-based drink (oat or almond, 200 ml)  
Estimated values:  
• CH: 25 g | F: 10 g | P: 4 g | Fiber: 2 g

Dinner (~420 kcal)  
• Canned cooked chickpeas (150 g)  
• Sun-dried tomatoes (10 g)  
• Hummus (40 g)  
• Packaged bread (30 g)  
• Unsweetened canned peach (100 g)  
Estimated values:  
• CH: 40 g | F: 15 g | P: 15 g | Fiber: 8 g

TOTAL DAY 1  
• Energy: ~2000 kcal  
• Carbohydrates: ~210 g (≈50%)  
• Proteins: ~50 g (≈10%)  
• Fats: ~85 g (≈40%)  
• Fiber: ~31 g