MENU DAY 1 – ~2500 kcal approx.  
Breakfast (~700 kcal)  
• Canned tomato (63 g)  
• Extra virgin olive oil (1.25 tbsp – 12.5 g)  
• Mixed nuts (walnuts and almonds, 25 g)  
• 100% bottled orange juice (250 ml)  
• Rye bread (100 g) with 1.25 tsp olive oil (6.25 g)  
Estimated values:  
• Carbs: 69 g | Fat: 37.5 g | Protein: 10 g | Fiber: 8.75 g

Mid-morning (~238 kcal)  
• Oat and date energy bar (50 g)  
• Dried fruit (apricot or apple, 19 g)  
Estimated values:  
• Carbs: 37.5 g | Fat: 7.5 g | Protein: 3.75 g | Fiber: 5 g

Lunch (~781 kcal)  
• Canned cooked lentils, drained (250 g)  
• Mixed canned vegetables (125 g)  
• Roasted pepper strips, canned (63 g)  
• Whole-grain crackers (50 g)  
• Unsweetened applesauce (125 g)  
• Toasted nori seaweed strips (75 g)  
Estimated values:  
• Carbs: 75 g | Fat: 27.5 g | Protein: 25 g | Fiber: 12.5 g

Afternoon snack (~256 kcal)  
• Unsweetened whole-grain cookies (3.75 pcs – 38 g)  
• Fortified plant-based drink (oat or almond, 250 ml)  
Estimated values:  
• Carbs: 31.25 g | Fat: 12.5 g | Protein: 5 g | Fiber: 2.5 g

Dinner (~525 kcal)  
• Canned cooked chickpeas (188 g)  
• Sun-dried tomatoes (12.5 g)  
• Hummus (50 g)  
• Packaged bread (38 g)  
• Canned unsweetened fruit (peach, 125 g)  
Estimated values:  
• Carbs: 50 g | Fat: 18.75 g | Protein: 18.75 g | Fiber: 10 g

TOTAL DAY 1  
• Energy: ~2500 kcal  
• Carbohydrates: ~262.5 g (≈ 50 %)  
• Proteins: ~62.5 g (≈ 10 %)  
• Fats: ~106.25 g (≈ 40 %)  
• Fiber: ~38.75 g