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

MENU DAY 2 – ~2000 kcal approx.  
Breakfast (~470 kcal)  
• Soft oat flakes (50 g)  
• Fortified plant-based drink (soy or oat, 250 ml)  
• Dried banana (15 g)  
• Chia seeds (10 g)  
• Agave syrup (1 tsp)  
Estimated values:  
• CH: 55 g | F: 15 g | P: 10 g | Fiber: 7 g

Mid-morning (~200 kcal)  
• Packaged wholegrain toast (30 g)  
• Peanut butter (10 g)  
• Canned mandarin in juice (100 g)  
Estimated values:  
• CH: 20 g | F: 8 g | P: 4 g | Fiber: 3 g

Lunch (~700 kcal)  
• Canned cooked white beans (200 g drained)  
• Sun-dried tomatoes and canned asparagus (50 g)  
• Soft pitta bread (40 g)  
• Extra virgin olive oil (1 tbsp – 10 g)  
• Pineapple in juice (100 g)  
• Soy vegetable medallions (60 g)  
Estimated values:  
• CH: 60 g | F: 20 g | P: 25 g | Fiber: 10 g

Afternoon snack (~230 kcal)  
• Nut and cereal bar (40 g)  
• 100% packaged grape or apple juice (200 ml)  
Estimated values:  
• CH: 25 g | F: 10 g | P: 3 g | Fiber: 2 g

Dinner (~400 kcal)  
• Instant precooked couscous (rehydrated cold, 60 g dry)  
• Mixed canned vegetables (100 g)  
• Mushroom pâté (40 g)  
• Prunes (30 g)  
Estimated values:  
• CH: 45 g | F: 15 g | P: 10 g | Fiber: 7 g

TOTAL DAY 2  
• Energy: ~2000 kcal  
• Carbohydrates: ~205 g (≈55%)  
• Proteins: ~52 g (≈10%)  
• Fats: ~75 g (≈35%)  
• Fiber: ~30 g

MENU DAY 3 – ~2000 kcal approx.  
Breakfast (~480 kcal)  
• Packaged multigrain bread (50 g)  
• Canned avocado (30 g)  
• Sun-dried tomato in oil, drained (15 g)  
• Dried kiwi (15 g)  
• Fortified plant-based drink (200 ml)  
Estimated values:  
• CH: 45 g | F: 25 g | P: 8 g | Fiber: 6 g

Mid-morning (~220 kcal)  
• Sugar-free wholegrain cookies (3 units – 30 g)  
• Almond cream (10 g)  
• Prune (1 unit)  
Estimated values:  
• CH: 25 g | F: 10 g | P: 3 g | Fiber: 3 g

Lunch (~700 kcal)  
• Canned cooked red beans (200 g drained)  
• Corn and pepper salad in brine (100 g)  
• Rye bread (40 g)  
• Extra virgin olive oil (10 g)  
• Peach in juice (100 g)  
• Firm tofu in brine (100 g)  
Estimated values:  
• CH: 55 g | F: 20 g | P: 25 g | Fiber: 10 g

Afternoon snack (~220 kcal)  
• Rice cakes (2 units – 20 g)  
• Tahini (10 g)  
• 100% packaged pineapple juice (200 ml)  
Estimated values:  
• CH: 30 g | F: 9 g | P: 3 g | Fiber: 2 g

Dinner (~380 kcal)  
• Canned chickpea salad (150 g), black olives (10 g), pickles and vinegar-marinated onion  
• Wholegrain crackers (30 g)  
• Unsweetened pear compote (100 g)  
Estimated values:  
• CH: 35 g | F: 10 g | P: 12 g | Fiber: 8 g

TOTAL DAY 3  
• Energy: ~2000 kcal  
• Carbohydrates: ~195 g (≈55%)  
• Proteins: ~53 g (≈10%)  
• Fats: ~70 g (≈35%)  
• Fiber: ~32 g

MENU DAY 4 – ~2000 kcal approx.  
Breakfast (~460 kcal)  
• Sugar-free wholegrain muesli (40 g)  
• Fortified soy drink (250 ml)  
• Dried fig (20 g)  
• Raw almonds (15 g)  
Estimated values:  
• CH: 45 g | F: 20 g | P: 10 g | Fiber: 6 g

Mid-morning (~220 kcal)  
• Packaged rye bread toast (30 g)  
• Olive or sun-dried tomato pâté (20 g)  
• Canned natural fruit (pear or pineapple – 100 g)  
Estimated values:  
• CH: 25 g | F: 10 g | P: 3 g | Fiber: 3 g

Lunch (~700 kcal)  
• Cold tender wheat salad from can (100 g drained)  
• Canned green beans (80 g)  
• Canned corn (50 g)  
• Roasted pepper and onion in brine (50 g)  
• Spiced toasted chickpeas (60 g)  
• Extra virgin olive oil (10 g)  
Estimated values:  
• CH: 50 g | F: 25 g | P: 25 g | Fiber: 8 g

Afternoon snack (~230 kcal)  
• Corn cakes (2 units – 20 g)  
• Tahini (10 g)  
• 100% packaged peach juice (200 ml)  
Estimated values:  
• CH: 30 g | F: 9 g | P: 3 g | Fiber: 2 g

Dinner (~390 kcal)  
• Canned cooked lentils (150 g)  
• Canned artichokes or mushrooms (50 g)  
• Packaged multigrain bread (30 g)  
• Unsweetened apple compote (100 g)  
Estimated values:  
• CH: 35 g | F: 8 g | P: 15 g | Fiber: 8 g

TOTAL DAY 4  
• Energy: ~2000 kcal  
• Carbohydrates: ~195 g (≈55%)  
• Proteins: ~54 g (≈10%)  
• Fats: ~65–70 g (≈30%)  
• Fiber: ~31 g