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

MENU DAY 2 – ~2500 kcal approx.  
Breakfast (~588 kcal)  
• Soft oat flakes (62.5 g)  
• Fortified plant-based drink (soy or oat, 312.5 ml)  
• Dehydrated banana (18.75 g)  
• Chia seeds (12.5 g)  
• Agave syrup (1.25 tsp)  
Estimated values:  
• Carbs: 68.75 g | Fat: 18.75 g | Protein: 12.5 g | Fiber: 8.75 g

Mid-morning (~250 kcal)  
• Packaged whole-grain toast (37.5 g)  
• Peanut butter (12.5 g)  
• Canned mandarin segments in juice (125 g)  
Estimated values:  
• Carbs: 25 g | Fat: 10 g | Protein: 5 g | Fiber: 3.75 g

Lunch (~875 kcal)  
• Canned cooked white beans, drained (250 g)  
• Sun-dried tomatoes and asparagus, canned (62.5 g)  
• Soft pita bread (50 g)  
• Extra virgin olive oil (1.25 tbsp – 12.5 g)  
• Pineapple in its juice (125 g)  
• Soy vegetable medallions (75 g)  
Estimated values:  
• Carbs: 75 g | Fat: 25 g | Protein: 31.25 g | Fiber: 12.5 g

Afternoon snack (~288 kcal)  
• Nuts and cereal bar (50 g)  
• 100% bottled grape or apple juice (250 ml)  
Estimated values:  
• Carbs: 31.25 g | Fat: 12.5 g | Protein: 3.75 g | Fiber: 2.5 g

Dinner (~500 kcal)  
• Instant pre-cooked couscous, rehydrated cold (75 g dry)  
• Mixed canned vegetables (125 g)  
• Canned mushroom pâté (50 g)  
• Prunes (37.5 g)  
Estimated values:  
• Carbs: 56.25 g | Fat: 18.75 g | Protein: 12.5 g | Fiber: 8.75 g

TOTAL DAY 2  
• Energy: ~2500 kcal  
• Carbohydrates: ~256.25 g (≈ 55 %)  
• Proteins: ~65 g (≈ 10 %)  
• Fats: ~93.75 g (≈ 35 %)  
• Fiber: ~37.5 g

MENU DAY 3 – ~2500 kcal approx.  
Breakfast (~600 kcal)  
• Packaged multigrain bread (62.5 g)  
• Canned avocado (37.5 g)  
• Sun-dried tomato in oil, drained (18.75 g)  
• Dehydrated kiwi (18.75 g)  
• Fortified plant-based drink (250 ml)  
Estimated values:  
• Carbs: 56.25 g | Fat: 31.25 g | Protein: 10 g | Fiber: 7.5 g

Mid-morning (~275 kcal)  
• Unsweetened whole-grain cookies (3.75 pcs – 37.5 g)  
• Almond butter (12.5 g)  
• Prunes (1.25 pcs)  
Estimated values:  
• Carbs: 31.25 g | Fat: 12.5 g | Protein: 3.75 g | Fiber: 3.75 g

Lunch (~875 kcal)  
• Canned cooked red beans, drained (250 g)  
• Canned corn and pepper salad (125 g)  
• Rye bread (50 g)  
• Extra virgin olive oil (12.5 g)  
• Peach in its juice (125 g)  
• Firm tofu, canned (125 g)  
Estimated values:  
• Carbs: 68.75 g | Fat: 25 g | Protein: 31.25 g | Fiber: 12.5 g

Afternoon snack (~275 kcal)  
• Rice cakes (2.5 pcs – 25 g)  
• Tahini (12.5 g)  
• 100% bottled pineapple juice (250 ml)  
Estimated values:  
• Carbs: 37.5 g | Fat: 11.25 g | Protein: 3.75 g | Fiber: 2.5 g

Dinner (~475 kcal)  
• Canned chickpea salad (187.5 g), black olives (12.5 g), pickles and pickled onion  
• Whole-grain crackers (37.5 g)  
• Unsweetened pear compote (125 g)  
Estimated values:  
• Carbs: 43.75 g | Fat: 12.5 g | Protein: 15 g | Fiber: 10 g

TOTAL DAY 3  
• Energy: ~2500 kcal  
• Carbohydrates: ~237.5 g (≈ 55 %)  
• Proteins: ~66.25 g (≈ 10 %)  
• Fats: ~87.5 g (≈ 35 %)  
• Fiber: ~46.25 g

MENU DAY 4 – ~2500 kcal approx.  
Breakfast (~575 kcal)  
• Unsweetened whole-grain muesli (50 g)  
• Fortified soy drink (312.5 ml)  
• Dried fig (25 g)  
• Raw almonds (18.75 g)  
Estimated values:  
• Carbs: 56.25 g | Fat: 25 g | Protein: 12.5 g | Fiber: 7.5 g

Mid-morning (~275 kcal)  
• Packaged rye toast (37.5 g)  
• Olive or sun-dried tomato pâté (25 g)  
• Canned fruit in its own juice (pear or pineapple, 125 g)  
Estimated values:  
• Carbs: 31.25 g | Fat: 12.5 g | Protein: 3.75 g | Fiber: 3.75 g

Lunch (~875 kcal)  
• Cold canned wheat berry salad (125 g drained)  
• Canned green beans (100 g)  
• Canned corn (62.5 g)  
• Canned roasted pepper and onion (62.5 g)  
• Spiced roasted chickpeas (75 g)  
• Extra virgin olive oil (12.5 g)  
Estimated values:  
• Carbs: 62.5 g | Fat: 31.25 g | Protein: 31.25 g | Fiber: 10 g

Afternoon snack (~288 kcal)  
• Rice cakes (2.5 pcs – 25 g)  
• Tahini (12.5 g)  
• 100% bottled peach juice (250 ml)  
Estimated values:  
• Carbs: 37.5 g | Fat: 11.25 g | Protein: 3.75 g | Fiber: 2.5 g

Dinner (~488 kcal)  
• Canned cooked lentils (187.5 g)  
• Canned artichokes or mushrooms (62.5 g)  
• Packaged multigrain bread (37.5 g)  
• Unsweetened applesauce (125 g)  
Estimated values:  
• Carbs: 43.75 g | Fat: 10 g | Protein: 18.75 g | Fiber: 10 g

TOTAL DAY 4  
• Energy: ~2500 kcal  
• Carbohydrates: ~231.25 g (≈ 55 %)  
• Proteins: ~66.25 g (≈ 10 %)  
• Fats: ~81.25 g (≈ 30 %)  
• Fiber: ~53.75 g

MENU DAY 5 – ~2500 kcal approx.  
Breakfast (~588 kcal)  
• Fig or date bread (50 g)  
• Thin packaged whole-grain toast (37.5 g)  
• Cashew butter (12.5 g)  
• Fortified plant-based drink (312.5 ml)  
Estimated values:  
• Carbs: 56.25 g | Fat: 25 g | Protein: 10 g | Fiber: 6.25 g

Mid-morning (~275 kcal)  
• Mixed nuts and seeds (25 g)  
• 100% bottled grape juice (250 ml)  
Estimated values:  
• Carbs: 31.25 g | Fat: 12.5 g | Protein: 3.75 g | Fiber: 2.5 g

Lunch (~888 kcal)  
• Chickpeas with beetroot and onion, canned, drained (187.5 g)  
• Unsweetened savory crackers (50 g)  
• Soy vegetable fillets (75 g)  
• Carrot and red cabbage salad, canned (100 g)  
• Extra virgin olive oil (12.5 g)  
Estimated values:  
• Carbs: 68.75 g | Fat: 35 g | Protein: 31.25 g | Fiber: 11.25 g

Afternoon snack (~275 kcal)  
• Rice cakes (2.5 pcs – 25 g)  
• Tahini (25 g)  
• Dried fruit (apricot or mango, 25 g)  
Estimated values:  
• Carbs: 31.25 g | Fat: 10 g | Protein: 5 g | Fiber: 2.5 g

Dinner (~475 kcal)  
• Canned green beans and potato (187.5 g)  
• Canned piquillo pepper and zucchini (62.5 g)  
• Packaged multigrain bread (37.5 g)  
• Unsweetened plum compote (125 g)  
Estimated values:  
• Carbs: 43.75 g | Fat: 11.25 g | Protein: 15 g | Fiber: 8.75 g

TOTAL DAY 5  
• Energy: ~2500 kcal  
• Carbohydrates: ~200 g (≈ 55 %)  
• Proteins: ~65 g (≈ 10 %)  
• Fats: ~87.5 g (≈ 35 %)  
• Fiber: ~52.5 g

MENU DAY 6 – ~2500 kcal approx.  
Breakfast (~600 kcal)  
• Unsweetened whole-grain cookies (3.75 pcs – 37.5 g)  
• Hazelnut spread without sugar or milk (18.75 g)  
• 100% bottled mandarin juice (250 ml)  
• Fortified plant-based drink (250 ml)  
Estimated values:  
• Carbs: 56.25 g | Fat: 25 g | Protein: 10 g | Fiber: 6.25 g

Mid-morning (~275 kcal)  
• Oat and nut energy bar (50 g)  
• Dried apricot (18.75 g)  
Estimated values:  
• Carbs: 31.25 g | Fat: 11.25 g | Protein: 3.75 g | Fiber: 2.5 g

Lunch (~875 kcal)  
• Canned cooked brown rice, drained (125 g)  
• Canned peas (125 g)  
• Grated carrot and canned white asparagus (62.5 g)  
• Marinated tempeh strips (75 g)  
• Extra virgin olive oil (12.5 g)  
• Pineapple in its juice (125 g)  
Estimated values:  
• Carbs: 62.5 g | Fat: 31.25 g | Protein: 31.25 g | Fiber: 10 g

Afternoon snack (~263 kcal)  
• Packaged rye bread (37.5 g)  
• Vegetable pâté (pumpkin or carrot, 25 g)  
• 100% bottled apple juice (187.5 ml)  
Estimated values:  
• Carbs: 37.5 g | Fat: 8.75 g | Protein: 5 g | Fiber: 3.75 g

Dinner (~488 kcal)  
• Canned cooked lentils (187.5 g)  
• Canned eggplant and pepper (62.5 g)  
• Whole-grain crackers (37.5 g)  
• Unsweetened pear compote (125 g)  
Estimated values:  
• Carbs: 43.75 g | Fat: 11.25 g | Protein: 18.75 g | Fiber: 10 g

TOTAL DAY 6  
• Energy: ~2500 kcal  
• Carbohydrates: ~201.25 g (≈ 55 %)  
• Proteins: ~68.75 g (≈ 10 %)  
• Fats: ~81.25 g (≈ 30 %)  
• Fiber: ~42.5 g