

### **Breakfast**

- Tea, 300 g or espresso coffee, 60 g
- Brown sugar, 10 g
- Melba toast, 30 g
- Fruit jam, 20 g

### **Morning snack**

- Bananas, 150 g

### **Lunch**

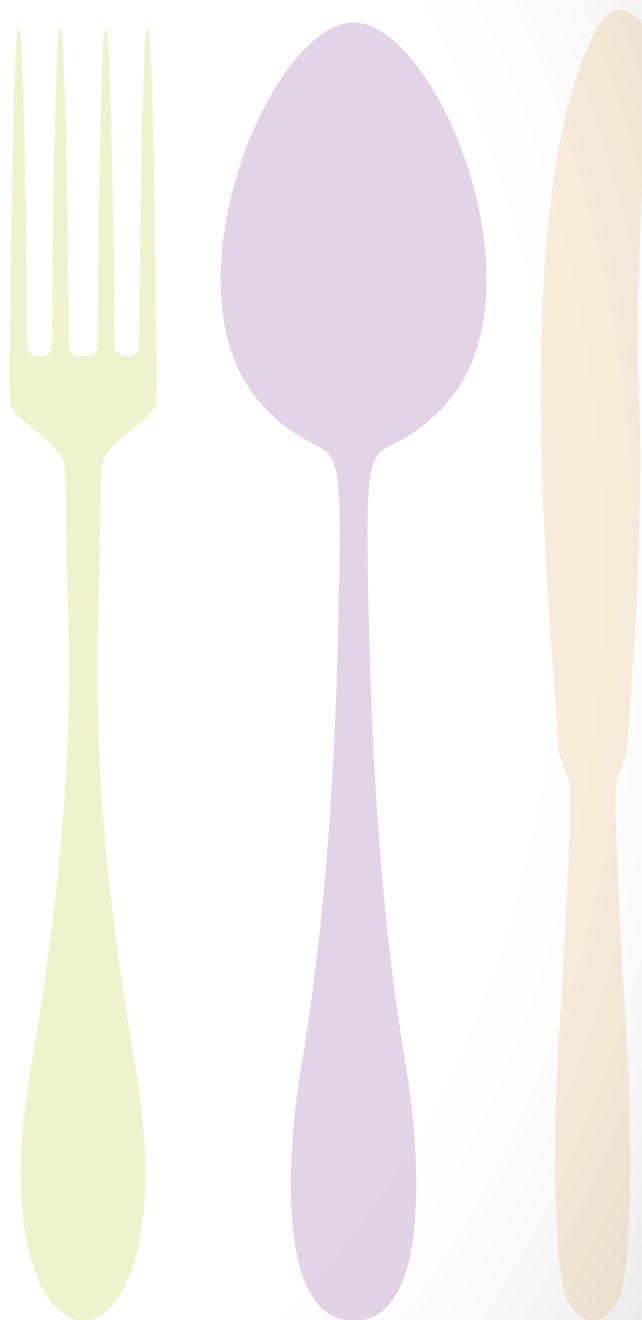
- Pea and potato soup with pasta, 150 g
- Green beans, 250 g
- Wholemeal bread, 60 g
- Oranges, 200 g

### **Afternoon snack**

- Tangerines, 200 g

### **Dinner**

- Curry pork loin, 270 g
- Wholemeal bread, 70 g
- Stewed courgette, 300 g
- Potatoes, 200 g
- Extra virgin olive oil, 10 g
- Apples, 250 g



### Breakfast

- Tea, 300 g or espresso coffee, 60 g
- Brown sugar, 10 g
- Melba toast, 30 g
- Fruit jam, 20 g

### Morning snack

- Peaches, 300 g

### Lunch

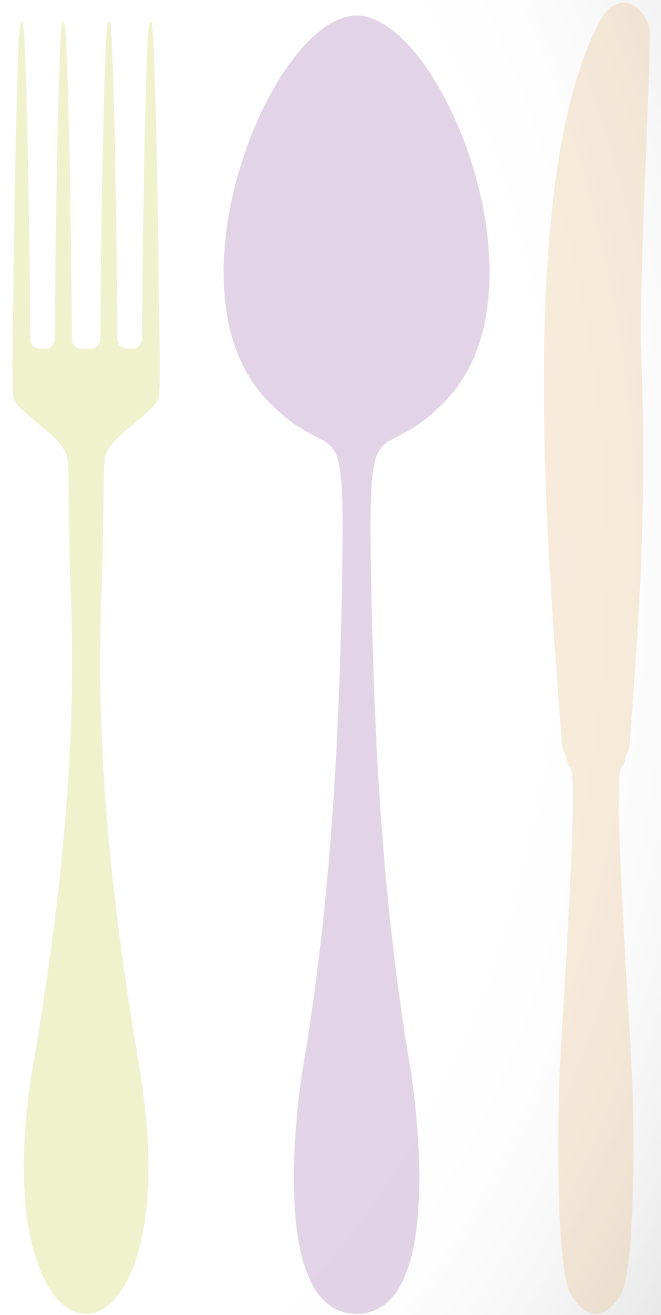
- Fusilli pasta with artichokes, 200 g
- Savory broccoli, 300 g
- Wholemeal bread, 80 g
- Apples, 200 g

### Afternoon snack

- Mangos, 250 g

### Dinner

- Omelette with asparagus, 200 g
- Stewed mushrooms, 400 g
- Wholemeal bread, 100 g
- Bananas, 150 g



### Breakfast

- Tea, 300 g or espresso coffee, 60 g
- Brown sugar, 15 g
- Rye bread, 60 g or wholemeal bread, 60 g
- Fruit jam, 30 g

### Morning snack

- Grey pippin apples, 250 g

### Lunch

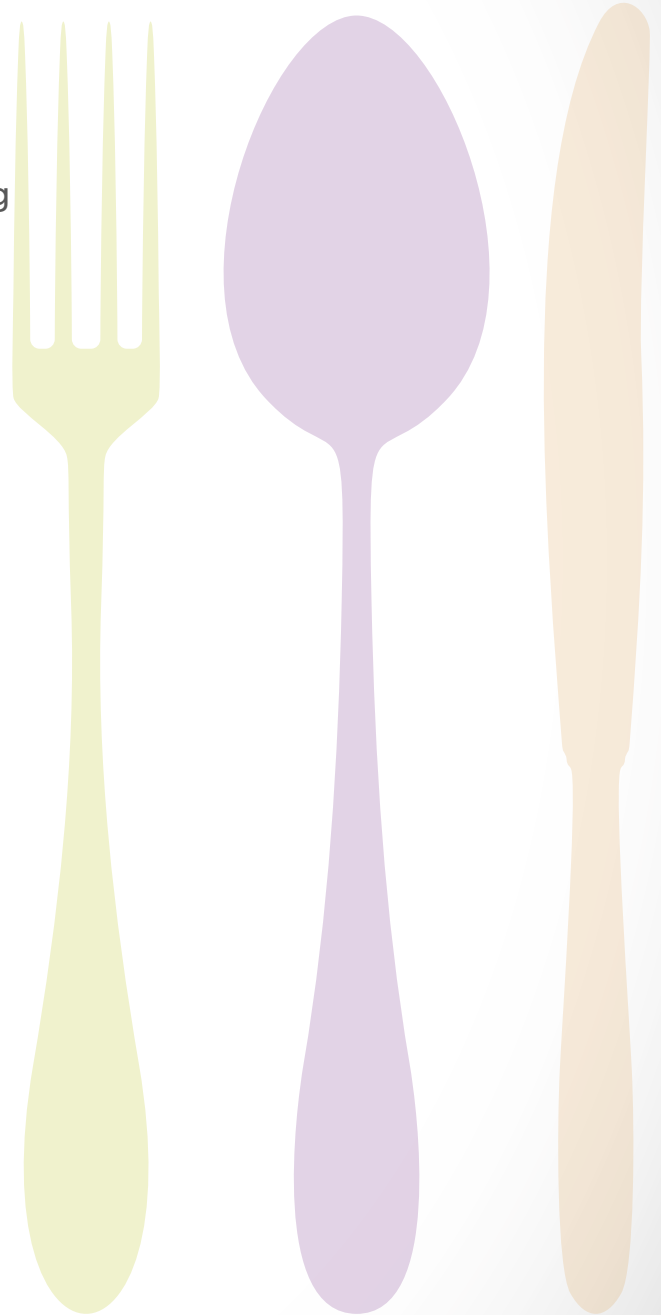
- Pasta with courgettes, 200 g
- Grated Parmesan, 10 g
- Savory broccoli, 250 g
- Fresh pomegranate juice, 260 g

### Afternoon snack

- Pears, 310 g
- Dried walnuts, 20 g

### Dinner

- Turbot fillets with basil, 250 g
- Mashed pumpkin, 300 g
- Wholemeal bread, 100 g
- Sliced pineapple, 250 g



### Breakfast

- Tea, 300 g or espresso coffee, 40 g
- Brown sugar, 15 g
- Melba toast, 40 g
- Honey, 30 g or fruit jam, 30 g

### Morning snack

- Orange juice, 300 g

### Lunch

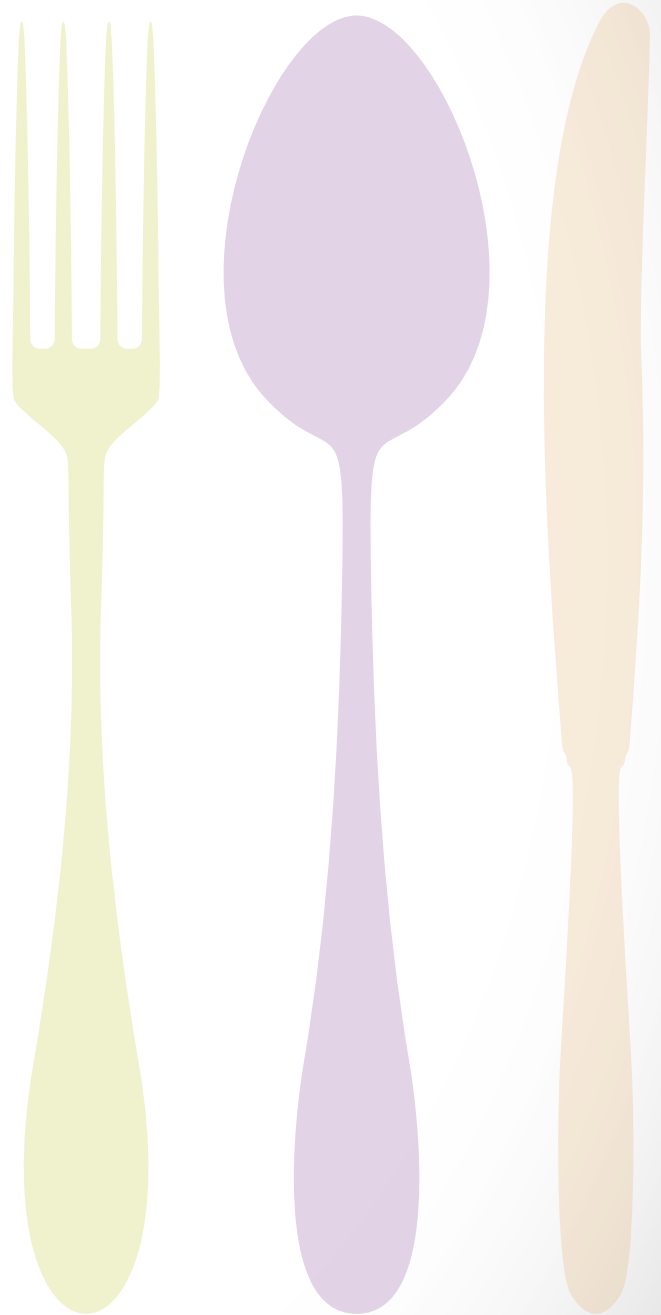
- Black venus rice with lentils, 100 g
- Sour chard, 320 g
- Rye bread, 60 g
- Tangerines, 100 g

### Afternoon snack

- Apricots, 300 g

### Dinner

- Spinach mini balls, 350 g
- Stewed peas, 300 g
- Wholemeal bread, 80 g



### Breakfast

- Tea, 300 g
- Brown sugar, 10 g
- Melba toast, 40 g
- Honey, 20 g or fruit jam, 25 g

### Morning snack

- Sliced pineapple, 250 g

### Lunch

- Rigatoni pasta with pumpkin, 250 g
- Carrot cream, 100 g
- Apples, 250 g

### Afternoon snack

- Pears, 310 g

### Dinner

- Crispy nibbles of cod with leeks and chickpeas, 250 g
- Fennel gratin, 200 g
- Rye bread, 100 g or wholemeal bread, 100 g
- Papaya, 250 g



### Breakfast

- Tea, 300 g
- Brown sugar, 5 g
- Wholemeal melba toast, 40 g
- Fruit jam, 30 g or honey, 20 g

### Morning snack

- Bananas, 150 g

### Lunch

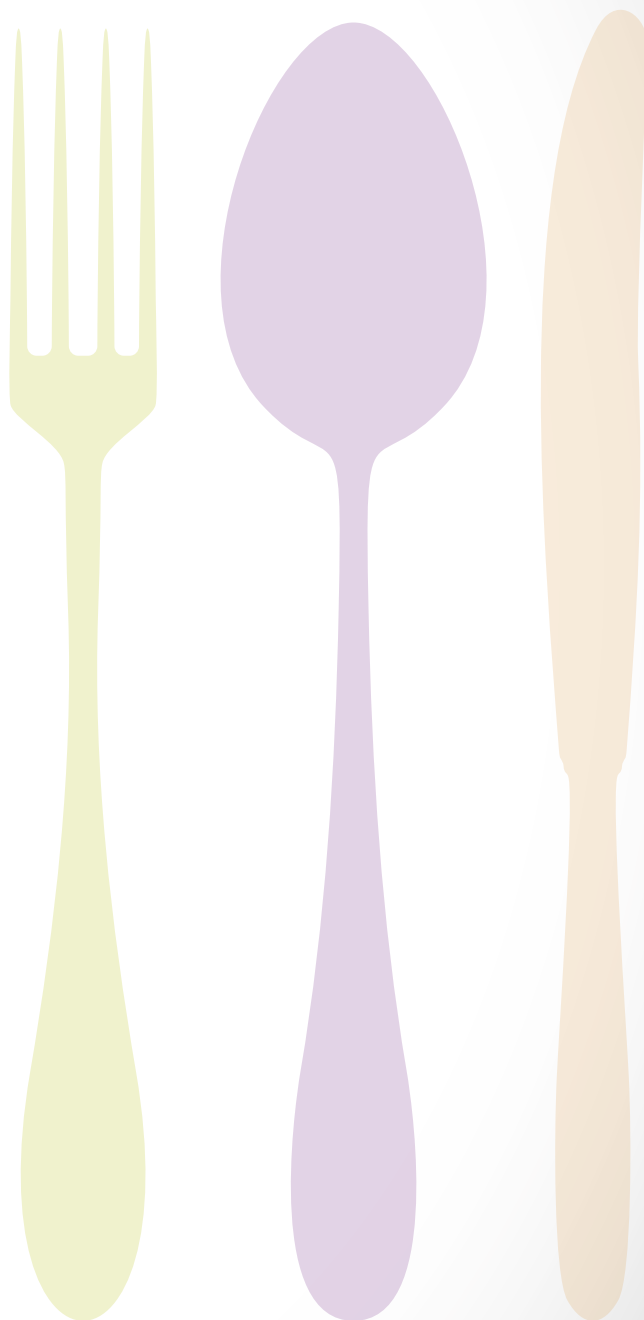
- Pumpkin and millet croquettes, 200 g
- Chard, 300 g
- Extra virgin olive oil, 20 g
- Apples, 250 g

### Afternoon snack

- Fresh tangerine juice, 300 g
- Melba toast, 40 g

### Dinner

- Chicken meatballs with polenta, 250 g
- Wholemeal bread, 100 g
- Stewed green beans, 250 g
- Oranges, 250 g



### Breakfast

- Tea, 200 g or espresso coffee, 20 g
- Brown sugar, 10 g
- Rye bread, 60 g or wholemeal bread, 60 g
- Fruit jam, 30 g or honey 20 g

### Morning snack

- Fresh pomegranate juice, 280 g

### Lunch

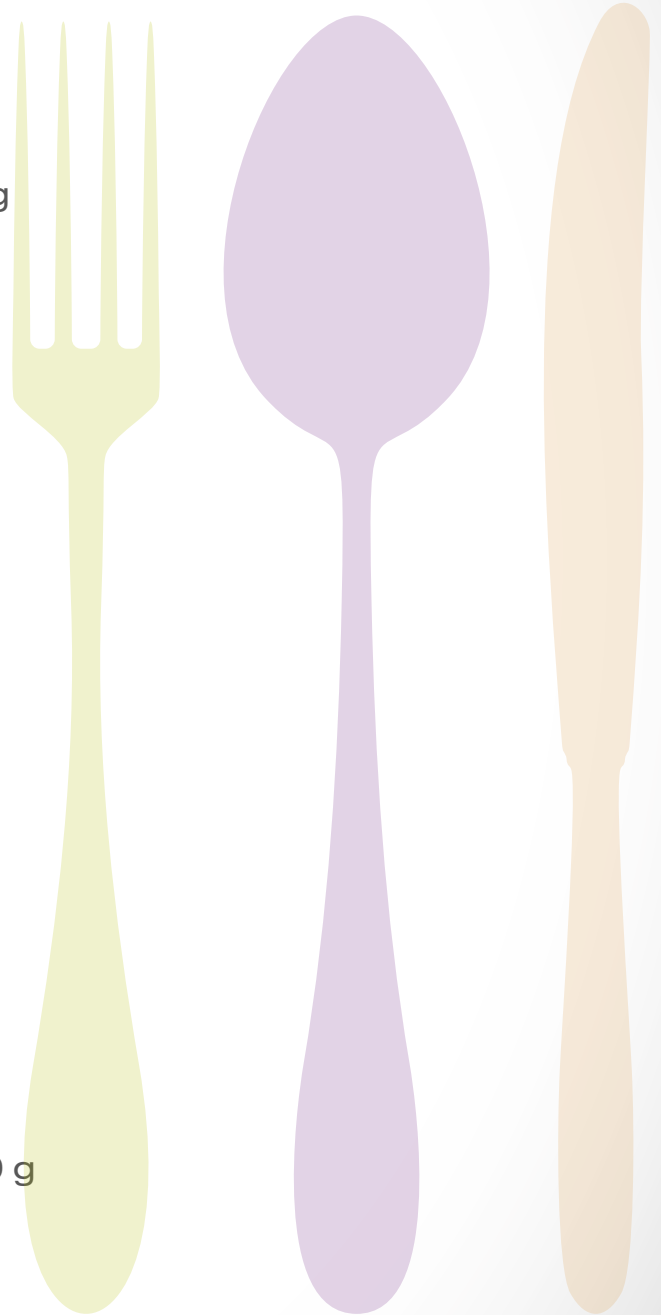
- Millet dumplings, 150 g
- Grilled radicchio, 150 g
- Extra virgin olive oil, 20 g
- Oranges, 250 g

### Afternoon snack

- Dried hazelnuts, 20 g
- Skimmed milk yoghurt, 120 g

### Dinner

- Sole rolls with carrots, 300 g
- Carrot and courgette mix, 350 g
- Sliced pineapple, 250 g
- Rye bread, 100 g or wholemeal bread, 100 g



### Breakfast

- Tea, 200 g or espresso coffee, 40 g
- Brown sugar, 10 g
- Melba toast, 40 g
- Honey, 25 g or fruit jam, 30 g

### Morning snack

- Winter melon, 300 g

### Lunch

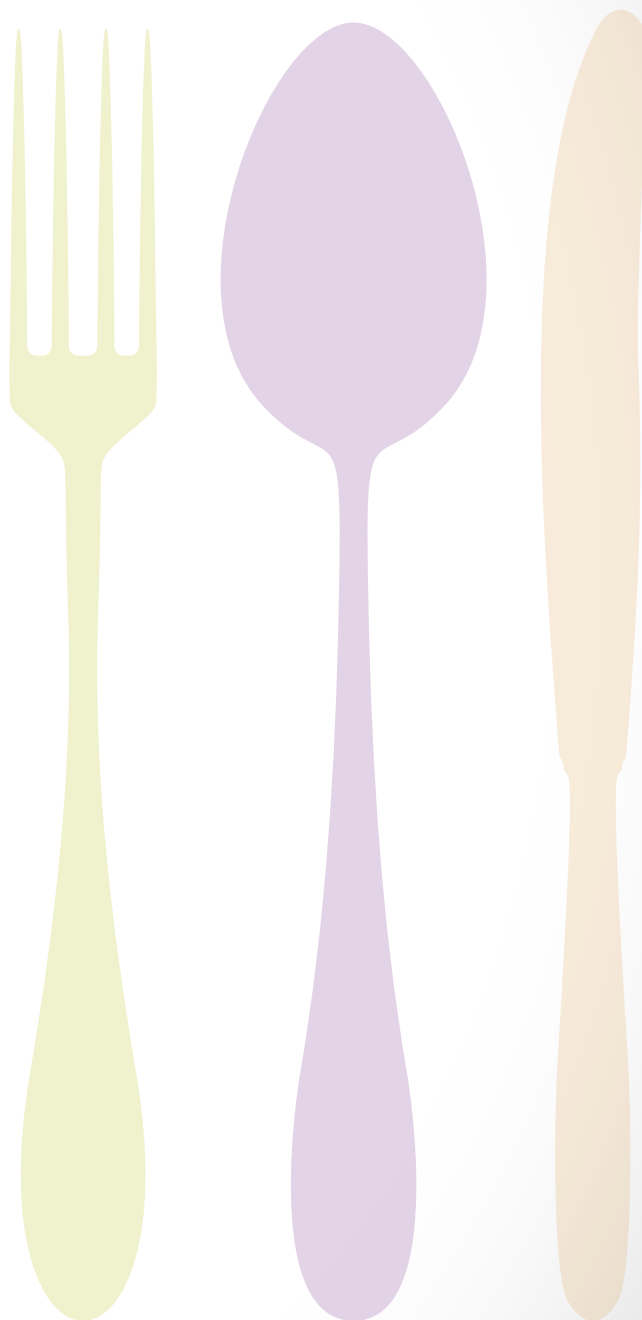
- Pasta with tuna and peas, 150 g
- Extra virgin olive oil, 20 g
- Grilled aubergines, 200 g
- Grey pippin apples, 150 g

### Afternoon snack

- Pears, 300 g
- Parmesan, 50 g

### Dinner

- Potato omelette, 200 g
- Wholemeal bread, 80 g
- Tomato gratin, 200 g
- Sliced pineapple, 250 g





### Breakfast

- Tea, 200 g or espresso coffee, 60 g
- Brown sugar, 10 g
- Melba toast, 40 g
- Honey, 25 g or fruit jam, 30 g

### Morning snack

- Bananas, 150 g

### Lunch

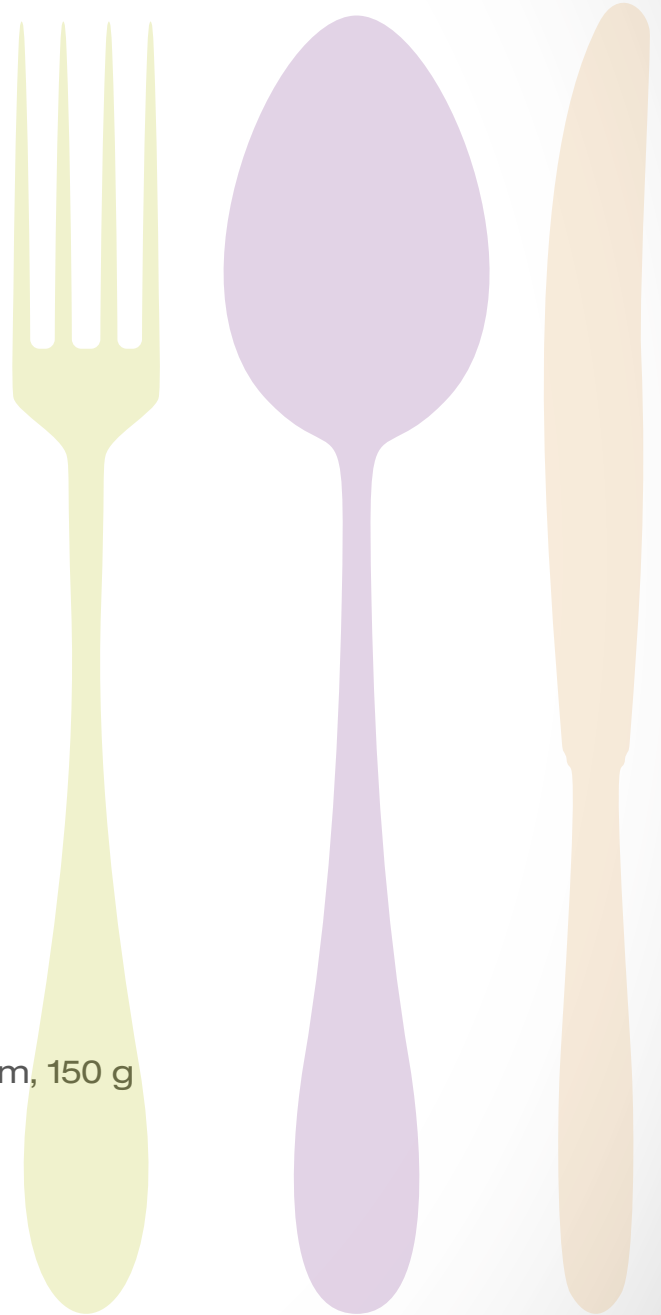
- Pasta with asparagus, 120 g
- Wholemeal bread, 60 g
- Extra virgin olive oil, 20 g
- Sautéed savoy cabbage, 210 g
- Sliced pineapple, 200 g

### Afternoon snack

- Pears, 300 g
- Dried walnuts, 10 g

### Dinner

- Spanish bean, mushroom and chard cream, 150 g
- Rye bread, 80 g
- Red beets, 250 g
- Extra virgin olive oil, 20 g



### Breakfast

- Tea, 300 g or espresso coffee, 60 g
- Brown sugar, 10 g
- Rye bread, 60 g or wholemeal bread, 60 g
- Honey, 15 g or fruit jam, 20 g

### Morning snack

- Dried sweet almonds, 10 g
- Apples, 200 g

### Lunch

- Pea and potato soup with pasta, 150 g
- Extra virgin olive oil, 15 g
- Potato salad, 200 g
- Iceberg salad, 200 g
- Pears, 320 g

### Afternoon snack

- Bananas, 150 g

### Dinner

- Avocado and mackerel pie, 200 g
- Rye bread, 70 g or wholemeal bread, 60 g
- Artichokes with parsley and garlic, 250 g
- Apples, 200 g

