

# Optimal Choice of Ingredients and Food

## Day one

**BREAKFAST:** 2 eggs, zucchini (50gr), tomatoes (50gr) and whole wheat bread (50gr)

**LUNCH:** Soup, pilaf (50gr), with chopped chicken and tomato (60gr)

**SNACK:** Almond (50gr)

**DINNER:** Salad (150gr), with macaroons

## Day four

**BREAKFAST:** Cereals with tree nuts and fresh fruit (banana, raspberries, strawberries...) with soured milk or yogurt

**LUNCH:** Pea (150gr), beet (70gr), and whole wheat bread (50gr)

**SNACK:** Smoothie with raspberries, banana and apple

**DINNER:** Chicken (70gr), integral rice (50gr), and green salad (50gr)

## Day two

**BREAKFAST:** Whole wheat bread (60gr), hummus with pepper and freshly chopped cucumber (50gr)

**LUNCH:** Beans (150gr), green salad (70gr), and whole wheat bread (50gr)

**SNACK:** Apple

**DINNER:** Corn (100gr)

## Day five

**BREAKFAST:** Integral rolls sprinkled with melon seeds, spread of sour cream, slices of boiled egg and seasonal vegetable

**LUNCH:** Red meat (150gr), potatoes (50gr) and radish (50gr)

**SNACK:** Hazelnut (50gr)

**DINNER:** Sardine (100gr), whole wheat bread (60gr), and integral rice (60gr)

## Day three

**BREAKFAST:** 2 rice galletas, tuna and a boiled egg

**LUNCH:** Risotto (150gr) with fish and green salad (70gr)

**SNACK:** Banana

**DINNER:** Buckwheat pie (150gr)

