

·Seasonal diet - winter (approximately, 1,800 kcal)

BREAKFAST	<ul style="list-style-type: none"> · 4 wholemead breadsticks (~ 40 g) and two oranges (~ 330 g)
MID-MORNING	<ul style="list-style-type: none"> · Sandwich with wholemeal bread (quarter of a French stick, ~ 50 g) with 0% fat fresh cheese (~ 40 g) and one teaspoonful of virgin olive oil (~ 5 ml) · One glass of skimmed milk (~ 200 ml) with one teaspoonful of sugar (~ 5 g)
LUNCH	<ul style="list-style-type: none"> · Chicken soup with wholemeal noodles (~ 250 g in total) · Sautéed garlic and cauliflower (~ 250 g) with cured ham (~ 40 g) and one spoonful of virgin olive oil (~ 10 ml) · Three slices of wholemeal bread (~ 50 g) · 4 plums (~ 120 g)
MID-AFTERNOON	<ul style="list-style-type: none"> · Mixture of dried fruits and nuts (two handfuls, ~ 40 g) · Infusion (~ 200 ml) with one teaspoonful of sugar (~ 5 g)
EVENING MEAL	<ul style="list-style-type: none"> · Lentil salad (~ 250 g) with one spoonful of virgin olive oil (~ 10 ml) · 2 slices of baked hake (~ 100 g) with garnish of artichokes (~ 125 g) · Three slices of wholemeal bread (~ 50 g) · 2 persimmons (~ 270 g)