

·Vegetarian diet (approximately, 2,000 kcal)

BREAKFAST	<ul style="list-style-type: none"> ·One glass of calcium enriched soy shake (~ 200 ml) with wholegrain cereals (~ 30 g) ·One apple unpeeled (~ 130 g)
MID-MORNING	<ul style="list-style-type: none"> ·Two slices of wholemeal toast (~ 40 g) with one spoonful of peanut butter (~ 20 g) ·One orange juice (~ 200 ml) with one teaspoonful of sugar (~ 5 g)
LUNCH	<ul style="list-style-type: none"> ·Chickpea salad: tomato (~ 200 g), lettuce (~ 50 g), carrot (~ 100 g) and cooked chickpeas (~ 50 g) ·3 vegetables spring rolls (~ 150 g) fried in two spoonful of virgin olive oil (~ 20 ml) ·One pinch of iodised salt ·Three slices of wholemeal bread (~ 50 g) ·Two mandarin oranges (~ 100 g)
MID-AFTERNOON	<ul style="list-style-type: none"> ·A handful of almonds (~ 20 g) ·Infusion (~ 200 ml) with a teaspoonful of sugar (~ 5 g)
EVENING MEAL	<ul style="list-style-type: none"> ·One large glass of gazpacho (~ 300 ml) ·Vegetable stew (~ 225 g) with two spoonfuls of virgin olive oil (~ 20 ml) ·One pinch of iodised salt ·Three slices of wholemeal bread (~ 50 g) ·Fruit salad (~ 150 g)