

MEALS

MONDAY

- 07:00 AM BREAKFAST**
- 1 mug of coffee or tea with semi-skimmed milk
 - 2 slices of wholemeal bread
 - smoked salmon [50 gr - 1.8 oz]
 - 100 gr [3.5 oz] of cottage cheese

- 10:00 AM MORNING SNACK**
- 1 large pot of yogurt, low fat, plain [150 g]
 - 1 tsp of honey [8 g]
 - 4 almonds

- 12:00 PM LUNCH**
- FIRST COURSE**
- 1 portion of southwestern Pasta Salad [0h 30m] < Recipe example on the next page
- BEVERAGE**
- 250 gr [9 oz] smoothie, raspberry and banana (low-fat yoghurt and orange juice)

- 04:00 PM AFTERNOON SNACK**
- 2 digestive biscuits
 - 1 latte or cappuccino

- 07:00 PM DINNER**
- SECOND COURSE**
- 1 portion of cod and rice [0h 50m]
- SIDE DISH**
- 1 portion of green mixed salad
- DESSERT**
- 150 gr [5.3 oz] of sorbet, fruit
 - 10 gr [0.35 oz] of flaked almonds
 - 15 gr [0.5 oz] of white chocolate, crashed

TUESDAY

- 07:00 AM BREAKFAST**
- raspberry Jam and Peanut Butter Toast [0h 5m]
 - 1 mug of coffee or tea with semi-skimmed milk
 - 1 banana

- 10:00 AM MORNING SNACK**
- 1 pot of low fat yogurt [150 g]
 - 1 heaped teaspoon of honey [17 g]
 - 2 heaped tablespoons of dried mixed fruit [50 g]

- 12:00 PM LUNCH**
- FIRST COURSE**
- 1 portion of salmon pasta with leek cream [0h 40m]
- SIDE DISH**
- 1 portion of catalane salad [0h 15m]

- 04:00 PM AFTERNOON SNACK**
- 1 oz of snacks, popcorn, microwave, low fat [28 g]

- 07:00 PM DINNER**
- FIRST COURSE**
- 1 portion of pesto, cannellini bean & tuna jacket potato [0h 45m]
- SIDE DISH**
- 1 portion of baked Asparagus [0h 25m]

WEDNESDAY

- 07:00 AM BREAKFAST**
- cantaloupe Mellon and goji berries granola [0h 2m]
 - 1 mug of coffee or tea with semi-skimmed milk

- 10:00 AM MORNING SNACK**
- 1 portion of italian Vegetable Hoagies [0h 10m]

- 12:00 PM LUNCH**
- FIRST COURSE**
- 1 portion of scallops with cauliflower and bean purée [0h 20m]

- SIDE DISH**
- 1 portion of chopped green salad [0h 15m]

- DESSERT**
- 3 dried apricots

- 04:00 PM AFTERNOON SNACK**
- 150 gr [5.5 oz] of orange juice
 - 1 apple

- 07:00 PM DINNER**
- FIRST COURSE**
- 1 portion of carrot and coriander soup [0h 40m]
- SECOND COURSE**
- 1 portion of mongolian chicken baked rice [1h 0m]

THURSDAY

- 07:00 AM BREAKFAST**
- chocolate porridge [0h 15m]
 - 1 mug of coffee or tea with semi-skimmed milk

- 10:00 AM MORNING SNACK**
- 1 serving of brownies

- 12:00 PM LUNCH**
- FIRST COURSE**
- 1 portion of chard and Gruyère Eggs in the Hole [0h 40m]
- SIDE DISH**
- 1 portion of zucchini [Courgette] salad [0h 50m]

- 04:00 PM AFTERNOON SNACK**
- 1 oz of snacks, pretzels [28 g]

- 07:00 PM DINNER**
- FIRST COURSE**
- 1 portion of indonesian fried rice [0h 20m]
- SIDE DISH**
- 1 portion of garlic roasted potatoes [0h 50m]



SOUTHWESTERN PASTA SALAD (0H 30M)

In a large pot of boiling salted water, cook pasta according to package directions to al dente. Drain. In a large skillet over medium-high heat, melt butter. Add corn and cook until blistered, about 5 to 8 minutes. In a medium bowl, whisk together mayonnaise, crema, lime juice, chili powder, and cayenne pepper. Season with salt and pepper. In a large bowl, toss pasta, corn, cotija, and cilantro together. Add dressing and toss to coat. Refrigerate until ready to serve.

- PREPARATION 5 minutes
- TOTAL 30 minutes
- PORTIONS 8

INGREDIENTS

- 450 gr (1 lb) Penne pasta
- 30 gr (2 tbsp) of butter, unsalted
- 2 cups of frozen or fresh corn (330 g)
- 115 gr (1/2 cup) of mayonnaise, reduced fat
- 1/3 cups of sour cream (70 g)
- 1 lime, juiced

- 1 tsp of chilli powder (3 g)
- 1/4 level tsp of cayenne pepper (1 g)
- salt and pepper to taste
- 1/2 cup crumbled cotija or feta (75 g)
- 1/4 cup of cilantro, chopped (4 g)

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (140 g)	% DRI
ENERGY	236 kcal	331 kcal	15 %
PROTEIN	7 g	10 g	9 %
CARBOHYDRATE	35 g	49 g	18 %
SUGARS	3 g	5 g	—
FAT	9 g	13 g	17 %
FATTY ACIDS, TOTAL SATURATED	3 g	5 g	—
FIBER	6 g	8 g	26 %
SODIUM	178 mg	250 mg	—