

MY DIET PLAN

Welcome to your personal diet plan.

Don't worry if it seems complicated at first - it's actually quite simple.

How to use:

Your daily plan is divided into 4 serving categories: carbohydrates, proteins, fats and vegetables/berries

You have many options to go with every meal, you can choose one of the listed or replace them with different foods at the end of your plan

1475 KCAL



Meal		CHOOSE 1 FROM EVERY LINE			
Breakfast		OPTION 1	OPTION 2	OPTION 3	
	Carbohydrates (2)	Oatmeal, raw 40 g / 1.4 oz	Oat bread 2 slices	Muesli 1 dl / 1/3 cup	
	Proteins (1)	Cottage cheese 0.5-2%	Egg 1 pc cooked	Quark 125 g / 4.4 oz	
	Fats (2)	Oil (olive, canola) 2 tsp	Margarine 2 tsp	Cashew nuts 4 tsp	
	Vegetables / Berries	1 dl / 1/3 cup or 1/3 cup of vegetables (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries (e.g.) blueberries, raspberries or strawberries			
Energy: 295 kcal		Carbohydrates: 150 kcal		Protein: 75 kcal	Fat: 70 kcal

The number at the end of each category is the number of servings.

1 serving of protein and carbs = 75 kcal
1 serving of fat = 35 kcal

For every meal, you have to choose one option from each category, and it's as simple as that.

If you choose to replace the given options with one at the end, you have to multiply it by the number at the end of the category (in brackets)

- green - preferable
- orange - acceptable, but try to limit
- red - is not the best option, eat only from time to time or in small amounts

FOOD	1 SERVING
Sandwich spread <40% fat	3 tsp / 13.5 g
Sandwich spread 40% fat	2 tsp / 10 g
Sandwich spread 60% fat	1.5 tsp / 7 g
Sandwich spread 80% fat	1 tsp / 5 g
Oils 100% fat	1 tsp, 4 g
Seeds, sunflower seeds	2 tsp, 6 g
Flaxseed	2 tsp, 7 g
Almond	2 tsp, 6 g
Nut mix, pecan	0.5 tbsp / 5 g
Walnut	1 tbsp / 6 g
Cashew	2 tsp / 6 g
Avocado	20 g / 0.7 oz
Salad dressing (french)	2 tsp / 9 g
Salad dressing (light)	2 tbsp / 30 g

1475 KCAL

Meal

CHOOSE 1 FROM EVERY LINE

Breakfast

Carbohydrates (2)
Proteins (1)
Fats (2)

Vegetables,
Berries

OPTION 1

Oatmeal, raw 40 g / 1.4 oz
Cottage cheese 0.5-2%
Oil (olive, canola) 2 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables (e.g.) green salad, tomato, broccoli, cauliflower, wok mix
or berries (e.g.) blueberries, raspberries or strawberries

OPTION 2

Oat bread 2 slices
Egg 1 pc cooked
Margarine 2 tsp

OPTION 3

Muesli 1 dl / 1/3 cup
Quark 125 g / 4.4 oz
Cashew nuts 4 tsp

Energy: 295 kcal

Carbohydrates: 150 kcal

Protein: 75 kcal

Fat: 70 kcal

Snack

Proteins (1)
Fats (1)

Vegetables

OPTION 1

Turkey cold cuts 3-4 cuts
Margarine 1 tsp

Handful of veggies

OPTION 2

Egg(s) 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 110 kcal

Carbohydrates: 0 kcal

Protein: 75 kcal

Fat: 35 kcal

Lunch

Carbohydrates (2)
Proteins (2)
Fats (2)

Vegetables
In addition

OPTION 1

Rice (cooked) 1.5 dl / 2/5 cup
Chicken fillet cooked 90 g / 3,2 oz
Oil (olive, canola) 1 tsp

Half a plate or two handfuls of veggies or fatty fish
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 200 g / 7 oz
Salmon fillet cold smoked 70 g
No extra fats needed with salmon

OPTION 3

Pasta (cooked) 2 dl / 2/3 cup
Vegan protein (e.g. tofu) 120 g/4.2 oz
Avocado 20 g / 0.7 oz

Energy: 370 kcal

Carbohydrates: 150 kcal

Protein: 150 kcal

Fat: 70 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

Handful of veggies

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Dinner

Carbohydrates (2)
Proteins (1)
Fats (3)

Vegetables
In addition

OPTION 1

Rice(cooked) 1.5 dl / 2/5 cup
Chicken fillet cooked 45 g / 1.6 oz
Oil (olive, canola) 1 tsp

Half a plate or two handfuls of veggies
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 200 g / 7 oz
Vegan protein (e.g. tofu) 60 g/2.1 oz
Avocado 40 g / 1,4 oz

OPTION 3

Pasta (cooked) 2 dl / 2/3 cup
Beans cooked 65 g / 2.3 oz
Cashew nuts 4 tsp

Energy: 330 kcal

Carbohydrates: 150 kcal

Protein: 75 kcal

Fat: 105 kcal

Evening Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix
or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Cashew nuts 2 tsp

OPTION 3

Small banana 1 pc
Cottage cheese 80 g / 2.8 oz / 1dl
Seeds (flax, sunflower) 2 tsp / 7 g

Energy: 260 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

1550 KCAL

Meal

CHOOSE 1 FROM EVERY LINE

Breakfast

Carbohydrates (2)
Proteins (1)
Fats (2)

Vegetables,
Berries

OPTION 1

Oatmeal, raw 40 g / 1.4 oz
Cottage cheese 0.5-2%
Oil (olive, canola) 2 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Oat bread 2 slices
Egg(s) 1 pc cooked
Margarine 2 tsp

OPTION 3

Muesli 1 dl / 1/3 cup
Quark 125 g / 4.4 oz
Cashew nuts 4 tsp

Energy: 295 kcal

Carbohydrates: 150 kcal

Protein: 75 kcal

Fat: 70 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Lunch

Carbohydrates (2)
Proteins (2)
Fats (2)

Vegetables
In addition

OPTION 1

Rice (cooked) 1.5 dl / 2/5 cup
Chicken fillet cooked 90 g / 3,2 oz
Oil (olive, canola) 1 tsp

Half a plate or two handfuls of veggies or fatty fish
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 200 g / 7 oz
Salmon fillet cold smoked 70 g
No extra fats needed with salmon

OPTION 3

Pasta (cooked) 2 dl / 2/3 cup
Vegan protein (e.g. tofu) 120 g/4.2 oz
Avocado 20 g / 0.7 oz

Energy: 370 kcal

Carbohydrates: 150 kcal

Protein: 150 kcal

Fat: 70 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Dinner

Carbohydrates (2)
Proteins (1)
Fats (3)

Vegetables
In addition

OPTION 1

Rice(cooked) 1.5 dl / 2/5 cup
Chicken fillet cooked 45 g / 1.6 oz
Oil (olive, canola) 1 tsp

Half a plate or two handfuls of veggies
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 200 g / 7 oz
Vegan protein (e.g. tofu) 60 g/2.1 oz
Avocado 40 g / 1.4 oz

OPTION 3

Pasta (cooked) 2 dl / 2/3 cup
Beans cooked 65 g / 2.3 oz
Cashew nuts 4 tsp

Energy: 330 kcal

Carbohydrates: 150 kcal

Protein: 75 kcal

Fat: 105 kcal

Supper

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Greek Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Cashew nuts 2 tsp

OPTION 3

Small banana 1 pc
Cottage cheese 80 g / 2.8 oz / 1dl
Seeds (flax, sunflower) 2 tsp / 7 g

Energy: 260 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

1625 KCAL

Meal

CHOOSE 1 FROM EVERY LINE

Breakfast

Carbohydrates (2)
Proteins (1)
Fats (2)

Vegetables,
Berries

OPTION 1

Oatmeal raw 40 g / 1.4 oz
Cottage cheese 0.5-2%
Oil (olive, canola) 2 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Oat bread 2 slices
Egg(s) 1 pc cooked
Margarine 2 tsp

OPTION 3

Muesli 1 dl / 1/3 cup
Quark 125 g / 4.4 oz
Cashew nuts 4 tsp

Energy: 295 kcal

Carbohydrates: 150 kcal

Protein: 75 kcal

Fat: 70 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Lunch

Carbohydrates (2)
Proteins (2)
Fats (2)

Vegetables
In addition

OPTION 1

Rice (cooked) 1.5 dl / 2/5 cup
Chicken fillet cooked 90 g / 3,2 oz
Oil (olive, canola) 1 tsp

Half a plate or two handfuls of veggies
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 200 g / 7 oz
Salmon fillet cold smoked 70 g
No extra fats needed with salmon or fatty fish

OPTION 3

Pasta (cooked) 2 dl / 2/3 cup
Vegan protein (e.g. tofu) 120 g/4.2 oz
Avocado 20 g / 0.7 oz

Energy: 370 kcal

Carbohydrates: 150 kcal

Protein: 150 kcal

Fat: 70 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Dinner

Carbohydrates (2)
Proteins (1)
Fats (3)

Vegetables
In addition

OPTION 1

Rice(cooked) 1,5 dl / 2/5 cup
Chicken fillet cooked 45 g / 1.6 oz
Oil (olive, canola) 1 tsp

Half a plate or two handfuls of veggies
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 200 g / 7 oz
Vegan protein (e.g. tofu) 60 g/2.1 oz
Avocado 40 g / 1.4 oz

OPTION 3

Pasta (cooked) 2 dl / 2/3 cup
Beans cooked 65 g / 2.3 oz
Cashew nuts 4 tsp

Energy: 330 kcal

Carbohydrates: 150 kcal

Protein: 75 kcal

Fat: 105 kcal

Supper

Carbohydrates (2)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Cashew nuts 2 tsp

OPTION 3

Big banana 1 pc
Cottage cheese 80 g / 2.8 oz / 1dl
Seeds (flax, sunflower) 2 tsp / 7 g

Energy: 260 kcal

Carbohydrates: 150 kcal

Protein: 75 kcal

Fat: 35 kcal

1700 KCAL

Meal

CHOOSE 1 FROM EVERY LINE

Breakfast

Carbohydrates (2)
Proteins (1)
Fats (2)

Vegetables,
Berries

OPTION 1

Oatmeal, raw 40 g / 1.4 oz
Cottage cheese 0.5-2%
Oil (olive, canola) 2 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Oat bread 2 slices
Egg(s) 1 pc cooked
Margarine 2 tsp

OPTION 3

Muesli 1 dl / 1/3 cup
Quark 125 g / 4.4 oz
Cashew nuts 4 tsp

Energy: 295 kcal

Carbohydrates: 150 kcal

Protein: 75 kcal

Fat: 70 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Lunch

Carbohydrates (2)
Proteins (2)
Fats (2)

Vegetables
In addition

OPTION 1

Rice (cooked) 1.5 dl / 2/5 cup
Chicken fillet cooked 90 g / 3.2 oz
Oil (olive, canola) 1 tsp

Half a plate or two handfuls of veggies
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 200 g / 7 oz
Salmon fillet cold smoked 70 g
No extra fats needed with salmon or fatty fish

OPTION 3

Pasta (cooked) 2 dl / 2/3 cup
Vegan protein (e.g. tofu) 120g/4.2oz
Avocado 20 g / 0.7 oz

Energy: 370 kcal

Carbohydrates: 150 kcal

Protein: 150 kcal

Fat: 70 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Dinner

Carbohydrates (2)
Proteins (2)
Fats (3)

Vegetables
In addition

OPTION 1

Rice(cooked) 1.5 dl / 2/5 cup
Chicken fillet cooked 90 g / 3.2 oz
Oil (olive, canola) 1 tsp

Half a plate or two handfuls of veggies
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 200 g / 7 oz
Vegan protein (e.g. tofu) 120 g/4.2 oz
Avocado 40 g / 1.4 oz

OPTION 3

Pasta (cooked) 2 dl / 2/3 cup
Beans cooked 130 g / 4.6 oz
Cashew nuts 4 tsp

Energy: 405 kcal

Carbohydrates: 150 kcal

Protein: 150 kcal

Fat: 105 kcal

Supper

Carbohydrates (2)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Cashew nuts 2 tsp

OPTION 3

Big banana 1 pc
Cottage cheese 80 g / 2.8 oz / 1dl
Seeds (flax, sunflower) 2 tsp / 7 g

Energy: 260 kcal

Carbohydrates: 150 kcal

Protein: 75 kcal

Fat: 35 kcal

1805 KCAL

Meal

CHOOSE 1 FROM EVERY LINE

Breakfast

Carbohydrates (2)
Proteins (1)
Fats (3)

Vegetables,
Berries

OPTION 1

Oatmeal, raw 40 g / 1.4 oz
Cottage cheese 0.5-2%
Oil (olive, canola) 2 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Oat bread 2 slices
Egg(s) 1 pc cooked
Margarine 3 tsp

OPTION 3

Muesli 1 dl / 1/3 cup
Quark 125 g / 4.4 oz
Cashew nuts 6 tsp

Energy: 340 kcal

Carbohydrates: 150 kcal

Protein: 75 kcal

Fat: 105 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Lunch

Carbohydrates (2)
Proteins (2)
Fats (3)

Vegetables
In addition

OPTION 1

Rice (cooked) 1.5 dl / 2/5 cup
Chicken fillet cooked 90 g / 1.6 oz
Oil (olive, canola) 2 tsp

Half a plate or two handfuls of veggies or fatty fish
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 200 g / 7 oz
Salmon fillet cold smoked 70 g
No extra fats needed with salmon

OPTION 3

Pasta (cooked) 2 dl / 2/3 cup
Vegan protein (e.g. tofu) 120g/4.2oz
Avocado 40 g / 1.4 oz

Energy: 405 kcal

Carbohydrates: 150 kcal

Protein: 150 kcal

Fat: 105 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Dinner

Carbohydrates (2)
Proteins (2)
Fats (3)

Vegetables
In addition

OPTION 1

Rice(cooked) 1.5 dl / 2/5 cup
Chicken fillet cooked 90 g / 3.2 oz
Oil (olive, canola) 1 tsp

Half a plate or two handfuls of veggies
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 200 g / 7 oz
Vegan protein (e.g. tofu) 120 g/4.2 oz
Avocado 40 g / 1.4 oz

OPTION 3

Pasta (cooked) 2 dl / 2/3 cup
Beans cooked 130 g / 4.6 oz
Cashew nuts 4 tsp

Energy: 405 kcal

Carbohydrates: 150 kcal

Protein: 150 kcal

Fat: 105 kcal

Supper

Carbohydrates (2)
Proteins (1)
Fats (2)

Vegetables,
Berries

OPTION 1

Oat bread 2 slice
Turkey cold cuts 3-4 cuts
Margarine 2 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 4 dl / 1/2.5 cup
Egg(s) 1 pc cooked
Cashew nuts 4 tsp

OPTION 3

Big banana 1 pc
Cottage cheese 80 g / 2.8 oz / 1dl
Seeds (flax, sunflower) 4 tsp / 14 g

Energy: 295 kcal

Carbohydrates: 150 kcal

Protein: 75 kcal

Fat: 70 kcal

1910 KCAL

Meal

CHOOSE 1 FROM EVERY LINE

Breakfast

Carbohydrates (2)
Proteins (1)
Fats (4)

Vegetables,
Berries

OPTION 1

Oatmeal raw 40 g / 1.4 oz
Cottage cheese 0.5-2%
Oil (olive, canola) 4 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Oat bread 2 slices
Egg(s) 1 pc cooked
Margarine 4 tsp

OPTION 3

Muesli 1 dl / 1/3 cup
Quark 125 g / 4.4 oz
Cashew nuts 8 tsp

Energy: 385 kcal

Carbohydrates: 150 kcal

Protein: 75 kcal

Fat: 140 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Lunch

Carbohydrates (2)
Proteins (2)
Fats (4)

Vegetables
In addition

OPTION 1

Rice (cooked) 1.5 dl / 2/5 cup
Chicken fillet cooked 90g / 3.2 oz
Oil (olive, canola) 3 tsp

Half a plate or two handfuls of veggies or fatty fish
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 200 g / 7 oz
Salmon fillet cold smoked 70 g
No extra fats needed with salmon

OPTION 3

Pasta (cooked) 2 dl / 2/3 cup
Vegan protein (e.g. tofu) 120g/4.2oz
Avocado 60 g / 2.1 oz

Energy: 440 kcal

Carbohydrates: 150 kcal

Protein: 150 kcal

Fat: 140 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 2 cuts
Margarine 1 tsp

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Avocado 20 g / 0,7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Dinner

Carbohydrates (2)
Proteins (2)
Fats (3)

Vegetables
In addition

OPTION 1

Rice(cooked) 1.5 dl / 2/5 cup
Chicken fillet cooked 90 g / 3.2 oz
Oil (olive, canola) 1 tsp

Half a plate or two handfuls of veggies
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 200 g / 7 oz
Vegan protein (e.g. tofu) 120 g/4.2 oz
Avocado 40 g / 1.4 oz

OPTION 3

Pasta (cooked) 2 dl / 2/3 cup
Beans cooked 130 g / 4.6 oz
Cashew nuts 4 tsp

Energy: 405 kcal

Carbohydrates: 150 kcal

Protein: 150 kcal

Fat: 105 kcal

Supper

Carbohydrates (2)
Proteins (1)
Fats (2)

Vegetables,
Berries

OPTION 1

Oat bread 2 slice
Turkey cold cuts 3-4 cuts
Margarine 2 tsp

OPTION 2

Yogurt (low fat) 4 dl / 1/2.5 cup
Egg(s) 1 pc cooked
Cashew nuts 4 tsp

OPTION 3

Big banana 1 pc
Cottage cheese 80 g / 2.8 oz / 1dl
Seeds (flax, sunflower) 4 tsp / 14 g

Energy: 295 kcal

Carbohydrates: 150 kcal

Protein: 75 kcal

Fat: 70 kcal

2060 KCAL

Meal

CHOOSE 1 FROM EVERY LINE

Breakfast

Carbohydrates (2)
Proteins (2)
Fats (4)

Vegetables,
Berries

OPTION 1

Oatmeal raw 40 g / 1.4 oz
Cottage cheese 0.5-2%
Oil (olive, canola) 4 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Oat bread 2 slices
Egg(s) 2 pc cooked
Margarine 4 tsp

OPTION 3

Muesli 1 dl / 1/3 cup
Quark 250 g / 1.25 cup
Cashew nuts 8 tsp

Energy: 440 kcal

Carbohydrates: 150 kcal

Protein: 150 kcal

Fat: 140 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Lunch

Carbohydrates (3)
Proteins (2)
Fats (4)

Vegetables
In addition

OPTION 1

Rice (cooked) 2.25 dl / 3/4 cup
Chicken fillet cooked 90g / 3.2 oz
Oil (olive, canola) 3 tsp

Half a plate or two handfuls of veggies or fatty fish
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 300 g / 10 oz
Salmon fillet (cold smoked) 70 g
No extra fats needed with salmon

OPTION 3

Pasta (cooked) 3 dl / 4/5 cup
Vegan protein (e.g. tofu)
120g/4.2oz
Avocado 60 g / 2.1 oz

Energy: 515 kcal

Carbohydrates: 225 kcal

Protein: 150 kcal

Fat: 140 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 2 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Dinner

Carbohydrates (2)
Proteins (2)
Fats (3)

Vegetables
In addition

OPTION 1

Rice(cooked) 1.5 dl / 2/5 cup
Chicken fillet cooked 90 g / 3.2 oz
Oil (olive, canola) 1 tsp

Half a plate or two handfuls of veggies
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 200 g / 7 oz
Vegan protein (e.g. tofu) 120 g/4.2 oz
Avocado 40 g / 1.4 oz

OPTION 3

Pasta (cooked) 2 dl / 2/3 cup
Beans cooked 130 g / 4.6 oz
Cashew nuts 4 tsp

Energy: 405 kcal

Carbohydrates: 150 kcal

Protein: 150 kcal

Fat: 105 kcal

Supper

Carbohydrates (2)
Proteins (1)
Fats (2)

Vegetables,
Berries

OPTION 1

Oat bread 2 slice
Turkey cold cuts 3-4 cuts
Margarine 2 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 4 dl / 1/2.5 cup
Egg(s) 1 pc cooked
Cashew nuts 4 tsp

OPTION 3

Big banana 1 pc
Cottage cheese 80 g / 2.8 oz / 1dl
Seeds (flax, sunflower) 4 tsp / 14 g

Energy: 295 kcal

Carbohydrates: 150 kcal

Protein: 75 kcal

Fat: 70 kcal

2210 KCAL

Meal

CHOOSE 1 FROM EVERY LINE

Breakfast

Carbohydrates (2)
Proteins (2)
Fats (4)

Vegetables,
Berries

OPTION 1

Oatmeal raw 40 g / 1.4 oz
Cottage cheese 0.5-2%
Oil (olive, canola) 4 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Oat bread 2 slices
Egg(s) 2 pc cooked
Margarine 4 tsp

OPTION 3

Muesli 1 dl / 1/3 cup
Quark 250 g / 1.25 cup
Cashew nuts 8 tsp

Energy: 440 kcal

Carbohydrates: 150 kcal

Protein: 150 kcal

Fat: 140 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Lunch

Carbohydrates (3)
Proteins (2)
Fats (4)

Vegetables
In addition

OPTION 1

Rice (cooked) 2.25 dl / 3/4 cup
Chicken fillet cooked 90g / 3.2 oz
Oil (olive, canola) 3 tsp

Half a plate or two handfuls of veggies
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 300 g / 10 oz
Salmon fillet cold smoked 70 g
No extra fats needed with salmon or fatty fish

OPTION 3

Pasta (cooked) 3 dl / 4/5 cup
Vegan protein (e.g. tofu) 120g/4.2oz
Avocado 60 g / 2.1 oz

Energy: 515 kcal

Carbohydrates: 225 kcal

Protein: 150 kcal

Fat: 140 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Dinner

Carbohydrates (3)
Proteins (2)
Fats (4)

Vegetables
In addition

OPTION 1

Rice(cooked) 2 dl / 2/3 cup
Chicken fillet cooked 90 g / 3.2 oz
Oil (olive, canola) 3 tsp

Half a plate or two handfuls of veggies
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 300 g / 10 oz
Vegan protein (e.g. tofu) 120g/4.2 oz
Avocado 60 g / 2.1 oz

OPTION 3

Pasta (cooked) 3 dl / 4/5 cup
Beans cooked 130 g / 4.6 oz
Cashew nuts 6 tsp

Energy: 515 kcal

Carbohydrates: 225 kcal

Protein: 150 kcal

Fat: 140 kcal

Supper

Carbohydrates (2)
Proteins (2)
Fats (2)

Vegetables,
Berries

OPTION 1

Oat bread 2 slice
Turkey cold cuts 6-7 cuts
Margarine 2 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 4 dl / 1/2.5 cup
Eggs 2 pc cooked
Cashew nuts 4 tsp

OPTION 3

Big banana 1 pc
Cottage cheese 160 g / 5.6 oz / 2 dl
Seeds (flax, sunflower) 4 tsp / 14 g

Energy: 370 kcal

Carbohydrates: 150 kcal

Protein: 150 kcal

Fat: 70 kcal

2315 KCAL

Meal

CHOOSE 1 FROM EVERY LINE

Breakfast

Carbohydrates (2)
Proteins (2)
Fats (5)

Vegetables,
Berries

OPTION 1

Oatmeal raw 40 g / 1.4 oz
Cottage cheese 0.5-2%
Oil (olive, canola) 5 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Oat bread 2 slices
Egg(s) 2 pc cooked
Spread 2 tsp + Cashew 1 tbsp

OPTION 3

Muesli 1 dl / 1/3 cup
Quark 250 g / 1.25 cup

Energy: 475 kcal

Carbohydrates: 150 kcal

Protein: 150 kcal

Fat: 175 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Lunch

Carbohydrates (3)
Proteins (2)
Fats (5)

Vegetables
In addition

OPTION 1

Rice (cooked) 2.25 dl / 3/4 cup
Chicken fillet cooked 90g / 3.2 oz
Oil (olive, canola) 4 tsp

Half a plate or two handfuls of veggies or fatty fish
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 300 g / 10 oz
Salmon fillet cold smoked 70 g
No extra fats needed with salmon

OPTION 3

Pasta (cooked) 3 dl / 4/5 cup
Vegan protein (e.g. tofu) 120g/4.2oz
Avocado 80 g / 2.8 oz

Energy: 540 kcal

Carbohydrates: 225 kcal

Protein: 150 kcal

Fat: 175 kcal

Snack

Carbohydrates (1)
Proteins (1)
Fats (1)

Vegetables,
Berries

OPTION 1

Oat bread 1 slice
Turkey cold cuts 3-4 cuts
Margarine 1 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 2 dl / 2/3 cup
Egg(s) 1 pc cooked
Avocado 20 g / 0.7 oz

OPTION 3

Orange 1 pc
Tuna (in water) 55 g / 2 oz
Cashew nuts 2 tsp

Energy: 185 kcal

Carbohydrates: 75 kcal

Protein: 75 kcal

Fat: 35 kcal

Dinner

Carbohydrates (3)
Proteins (2)
Fats (4)

Vegetables
In addition

OPTION 1

Rice (cooked) 2 dl / 2/3 cup
Chicken fillet cooked 90 g / 3.2 oz
Oil (olive, canola) 3 tsp

Half a plate or two handfuls of veggies
You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups

OPTION 2

Potato/sweet potato 300 g / 10 oz
Vegan protein (e.g. tofu) 120g/4.2 oz
Avocado 60 g / 2.1 oz

OPTION 3

Pasta (cooked) 3 dl / 4/5 cup
Beans cooked 130 g / 4.6 oz
Cashew nuts 6 tsp

Energy: 515 kcal

Carbohydrates: 225 kcal

Protein: 150 kcal

Fat: 140 kcal

Supper

Carbohydrates (2)
Proteins (1)
Fats (3)

Vegetables,
Berries

OPTION 1

Oat bread 2 slice
Turkey cold cuts 6-7 cuts
Margarine 3 tsp

1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries

OPTION 2

Yogurt (low fat) 4 dl / 1.25 cup
Eggs 2 pc cooked
Cashew nuts 6 tsp/ 2 tbsp

OPTION 3

Big banana 1 pc
Cottage cheese 160 g / 5.6 oz / 2 dl
Seeds (flax, sunflower) 6 tsp / 2 tbsp

Energy: 405 kcal

Carbohydrates: 150 kcal

Protein: 150 kcal

Fat: 105 kcal

PROTEIN SERVINGS

POULTRY, FISH, MEAT AND EGGS

FOOD	1 SERVING
Low-fat poultry, fish, and game, (uncooked) Salmon fillet, or other fatty fish, (uncooked) Tuna in water, (uncooked) Minced meat, chicken, (uncooked) Egg (whole, boiled) Turkey cold cuts	65 g / 2.3 oz 60 g / 2.1 oz 60 g / 2.1 oz 65 g / 2.3 oz 1 pc 4-5 slices
Ham cuts, low fat, <2% Minced meat, roast beef, 9% (uncooked) Shrimp	3-4 slices 45 g / 1.6 oz 110 g / 3.9 oz
Ground beef, pork, beef (baked) Ground beef, pork, beef (uncooked)	20 g / 0.7 oz 30 g / 1.1 oz

DAIRY PRODUCTS

FOOD	1 SERVING
Fat-free milk and buttermilk Fat-free yogurt and curdled milk Cottage cheese <2% fat Quark, skimmed milk, unsweetened Protein powder, whey isolate	2.2 dl / 0,9 cups 2 cups 1 dl / 80g / 2,8 oz 125 g / 4,4 oz 25 g / 0,9 oz
Cheese <10% fat Feta cheese <5% fat	3-4 slices 1 dl / 0,4 cups
Cheese (10-20% fat) Yogurt (fat 2.5% or sweetened) Bulgarian yogurt	2-3 slices 1.5 dl / 0,6 cups 1 cup

VEGAN PROTEIN

FOOD	1 SERVING
Soybeans Tofu Broad bean Beyond meat mince, sausages, meatballs Chickpeas (in unsalted water) Quorn, fillets, cubes, and mince	60 g / 2.1 oz 90 g / 3,2 oz 35 g / 1.2 oz 35 g / 1.2 oz 55 g / 2 oz

CARBOHYDRATE SERVINGS

FRUITS AND BERRIES

FOOD	1 SERVING
Berries	3 dl / 180g / 1 cup
Orange, grapefruit, apple, banana	1 small
Pear	1 pc
Peach, nectarine	1.5 pcs
Mandarin, satsuma, kiwi	2 pcs
Apricot	4 pcs
Plum	5 pcs
Grapes	15 pcs
Pineapple	130 g / 4,6 oz
Pineapple (in its own broth)	145 g / 5.1 oz
Watermelon and honeydew melon	200 g / 7 oz
Fresh juice, orange	1.7 dl / 0,5 cup
Juice soup or jelly (sweetened)	1.8 dl / 0,5 cup
Raisins	3 tbs

CEREAL, RICE AND POTATO PRODUCTS

FOOD	1 SERVING
Oatmeal and four-grain flakes (uncooked)	20 g / 0.5 dl / 0,7 oz
Bread, fiber > 6g / 100g, rye, mixed and oat bread	1 slice
Crispbread, rye bread, fiber 17 %	1.5 pieces
Rice cake	3 pieces
Muesli, with dried fruits	0.5 dl / 4 tablespoons / 0,2 cups
Pasta, fiber > 6g / 100g (cooked)	70g / 1 dl / 0,4 cups
Whole grain rice, rice-oat mixture (cooked)	55g / 0,75dl / 0,3 cups
Noodles, fiber> 6g / 100g (cooked)	25 g / 0,9 oz
Rice-barley mixture (cooked)	50 g / 1,8 oz
Long grain rice (white cooked)	70 g / 1 dl / 0,4 cups
Potato or sweet potato (boiled)	100 g / 2 small / 3,5 oz
French fries (baked in oven)	30 g / 1,1 oz

QUINOA, BEANS, LENTILS AND SPROUTS

FOOD	1 SERVING
Beans (green, boiled)	180 g / 6,3 oz
Broad beans (boiled)	75 g / 2,6 oz
Beans (white, boiled)	68 g / 2,4 oz
Beans, kidney (boiled)	68 g / 2,4 oz
Lentils (red, boiled)	75 g / 2,6 oz
Quinoa (boiled)	50 g / 1,8 oz

VEGETABLES, ROOT VEGETABLES

**ADD THESE CARB AND
FIBER SOURCES TO EACH MEAL
(SERVING SIZE CONTAINS 10-20 KCAL)**

FOOD

Kale, broccoli
Cauliflower, brussels sprouts
Grated carrot
Grated carrot, cranberries
Grated swede, pineapple
Carrot
Swede, turnip
Zucchini (boiled)
Onion
Frozen vegetables (mix)
Peas

20 KCAL

50g / 1dl / 1,8 oz
90 g / 3,2 oz
70 g / 1,5 dl / 2,5 oz
60 g / 1.75 dl / 2,1 oz
50 g / 1,8 oz
65 g / 2,3 oz / 1 pc
75 g / 2,6 oz
100 g / 3,5 oz
60 g / 2,1 oz / 4 slices.
60 g / 2,1 oz / 1dl
30 g / 1,1 oz / 3 tbsp

FOOD

Green salad
Cucumber
Bell pepper (average)
Leek
Radish
Asparagus
Spinach (fresh)
Pumpkins
Red cabbage
Tomatoes
Beetroot
Frozen vegetables, peas, corn, peppers

10 KCAL

75g / 2,6 oz / 3 dl
90 g / 3,2 oz / 18 slices.
50 g / 1,8 oz, 5 rings
40 g / 1,4 oz / 20 wed.
50 g / 1,8 oz / 5 pcs
70 g / 2,5 oz / 10 pcs
75 g / 2,6 oz / 1,5 dl
60 g / 2,1 oz / 4 tbsp
40 g / 1,4 oz / 1 dl
125 g / 4,4 oz / 1 pc
80 g / 2,8 oz / 1 pc
30 g / 1,1 oz / 3 tbsp

FAT SERVINGS

FAT SOURCES

FOOD	1 SERVING
Sandwich spread <40% fat	3 tsp / 13.5 g
Sandwich spread 40% fat	2 tsp / 10 g
Sandwich spread 60% fat	1.5 tsp / 7 g
Sandwich spread 80% fat	1 tsp, 5 g
Oils 100% fat	1 tsp, 4 g
Seeds, sunflower seeds	2 tsp, 6 g
Flaxseed	2 tsp, 7 g
Almond	2 tsp, 6 g
Nut mix, pecan	0.5 tbsp / 5 g
Walnut	1 tbsp / 6 g
Cashew	2 tsp / 6 g
Avocado	20 g / 0,7 oz
Salad dressing (french)	2 tsp / 9 g
Salad dressing (light)	2 tbsp / 30 g

SAUCES

FOOD	1 SERVING
Low fat double cream 5%	0.5 dl / 50 g / 0,2 cups
Low fat double cream 10%	0.3 dl / 30 g / 0,1 cups
Low fat double cream 15%	0.25 dl / 25 g / 0,1 cups
Double cream 35%	2 tsp / 10 g
Sour cream 30%	2 tsp / 9 g
Sour cream 10-12%	0.25 dl / 25 g / 0,1 dl