

MY DIET PLAN

Welcome to your personal balanced or mediterranean diet plan.
 If at first all of this seems overwhelming, don't worry - it's actually very simple and effective.

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

1 serving of protein or carbs = 75 kcal

1 serving of fat = 35 kcal

Every of those has a number at the end of it - meaning the number of servings it contains.

Each day has 75 kcal coming from vegetables and berries (not visible in the table)

1475 KCAL

Meal	CHOOSE 1 FORM EVERY LINE		
	OPTION 1	OPTION 2	
Breakfast	Carbohydrates (2)	Oatmeal, raw 40 g / 1.4 oz	Oat bread 2 slices
	Proteins (1)	Cottage cheese 0.5-2%	Egg(s) 1 pc cooked
	Fats (2)	Oil (olive, canola) 2 tsp	Margarine 2 tsp
	Vegetables, Berries	1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli or berries like (e.g.) blueberries, raspberries or strawberries	
	Energy: 295 kcal	Carbohydrates: 150 kcal	Protein: 75 kcal

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

For every meal you have to choose one option from every 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 with the number at the end of the category (in brackets)

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

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

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(s) 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	1/3 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			
Energy: 295 kcal		Carbohydrates: 150 kcal		Protein: 75 kcal	
Fat: 70 kcal					
Snack		OPTION 1	OPTION 2	OPTION 3	
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz	
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp	
	Vegetables	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			
	Energy: 110 kcal		Carbohydrates: 0 kcal		Protein: 75 kcal
Fat: 35 kcal					
Lunch		OPTION 1	OPTION 2	OPTION 3	
	Carbohydrates (2)	Rice (cooked) 1.5 dl / 2/5 cup	Potato/sweet potato 200 g / 7 oz	Pasta (cooked) 2 dl / 2/3 cup	
	Proteins (1)	Chicken fillet cooked 45 g / 1,6 oz	Salmon fillet cold smoked 35 g	Vegan protein (e.g. tofu) 60 g/2.1 oz	
	Fats (2)	Oil (olive, canola) 1 tsp	Fatty fish suffices	Avocado 20 g / 0.7 oz	
	Vegetables In addition	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			
Energy: 295 kcal		Carbohydrates: 150 kcal		Protein: 75 kcal	
Fat: 70 kcal					
Snack		OPTION 1	OPTION 2	OPTION 3	
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc	
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz	
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp	
	Vegetables,	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			
Energy: 185 kcal		Carbohydrates: 75 kcal		Protein: 75 kcal	
Fat: 35 kcal					
Dinner		OPTION 1	OPTION 2	OPTION 3	
	Carbohydrates (2)	Rice(cooked) 1.5 dl / 2/5 cup	Potato/sweet potato 200 g / 7 oz	Pasta (cooked) 2 dl / 2/3 cup	
	Proteins (1)	Chicken fillet cooked 45 g / 1.6 oz	Vegan protein (e.g. tofu) 60 g/2.1 oz	Beans cooked 65 g / 2.3 oz	
	Fats (3)	Oil (olive, canola) 1 tsp	Avocado 40 g / 1,4 oz	Cashew nuts 4 tsp	
	Vegetables In addition	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			
Energy: 330 kcal		Carbohydrates: 150 kcal		Protein: 75 kcal	
Fat: 105 kcal					
Evening Snack		OPTION 1	OPTION 2	OPTION 3	
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Small banana 1 pc	
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Cottage cheese 80 g / 2.8 oz / 1dl	
	Fats (1)	Margarine 1 tsp	Cashew nuts 2 tsp	Seeds (flax, sunflower) 2 tsp / 7 g	
	Vegetables, Berries	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			
Energy: 185 kcal		Carbohydrates: 75 kcal		Protein: 75 kcal	
Fat: 35 kcal					

1550 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(s) 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 like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries		
Energy: 295 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 70 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Lunch		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Rice (cooked) 1.5 dl / 2/5 cup	Potato/sweet potato 200 g / 7 oz	Pasta (cooked) 2 dl / 2/3 cup
	Proteins (1)	Chicken fillet cooked 45 g / 1.6 oz	Salmon fillet cold smoked 35 g	Vegan protein (e.g. tofu) 60 g/2.1 oz
	Fats (2)	Oil (olive, canola) 1 tsp	Fatty fish suffices	Avocado 20 g / 0.7 oz
	Vegetables In addition	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		
Energy: 295 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 70 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Dinner		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Rice(cooked) 1.5 dl / 2/5 cup	Potato/sweet potato 200 g / 7 oz	Pasta (cooked) 2 dl / 2/3 cup
	Proteins (1)	Chicken fillet cooked 45 g / 1.6 oz	Vegan protein (e.g. tofu) 60 g/2.1 oz	Beans cooked 65 g / 2.3 oz
	Fats (3)	Oil (olive, canola) 1 tsp	Avocado 40 g / 1.4 oz	Cashew nuts 4 tsp
	Vegetables In addition	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		
Energy: 330 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 105 kcal
Supper		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Small banana 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Cottage cheese 80 g / 2.8 oz / 1dl
	Fats (1)	Margarine 1 tsp	Cashew nuts 2 tsp	Seeds (flax, sunflower) 2 tsp / 7 g
	Vegetables, Berries	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		
Energy: 185kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal

1625 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(s) 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 like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries		
Energy: 295 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 70 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Lunch		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Rice (cooked) 1,5 dl / 2/5 cup	Potato/sweet potato 200 g / 7 oz	Pasta (cooked) 2 dl / 2/3 cup
	Proteins (2)	Chicken fillet cooked 45 g / 1.6 oz	Salmon fillet cold smoked 35 g	Vegan protein (e.g. tofu) 60 g/2.1 oz
	Fats (2)	Oil (olive, canola) 1 tsp	Fatty fish suffices	Avocado 20 g / 0.7 oz
	Vegetables In addition	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		
Energy: 295 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 70 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Dinner		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Rice(cooked) 1,5 dl / 2/5 cup	Potato/sweet potato 200 g / 7 oz	Pasta (cooked) 2 dl / 2/3 cup
	Proteins (1)	Chicken fillet cooked 45 g / 1.6 oz	Vegan protein (e.g. tofu) 60 g/2.1 oz	Beans cooked 65 g / 2.3 oz
	Fats (3)	Oil (olive, canola) 1 tsp	Avocado 40 g / 1.4 oz	Cashew nuts 4 tsp
	Vegetables In addition	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		
Energy: 330 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 105 kcal
Supper		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Big banana 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Cottage cheese 80 g / 2.8 oz / 1dl
	Fats (1)	Margarine 1 tsp	Cashew nuts 2 tsp	Seeds (flax, sunflower) 2 tsp / 7 g
	Vegetables, Berries	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		
Energy: 260 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 35 kcal

1700 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(s) 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 like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries		
Energy: 295 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 70 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Lunch		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Rice (cooked) 1.5 dl / 2/5 cup	Potato/sweet potato 200 g / 7 oz	Pasta (cooked) 2 dl / 2/3 cup
	Proteins (2)	Chicken fillet cooked 45 g / 1.6 oz	Salmon fillet cold smoked 70 g	Vegan protein (e.g. tofu) 120g/4.2oz
	Fats (2)	Oil (olive, canola) 1 tsp	Fatty fish suffices	Avocado 20 g / 0.7 oz
	Vegetables In addition	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		
Energy: 370 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 70 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Dinner		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Rice(cooked) 1.5 dl / 2/5 cup	Potato/sweet potato 200 g / 7 oz	Pasta (cooked) 2 dl / 2/3 cup
	Proteins (1)	Chicken fillet cooked 45 g / 1.6 oz	Vegan protein (e.g. tofu) 60 g/2.1 oz	Beans cooked 65 g / 2.3 oz
	Fats (3)	Oil (olive, canola) 1 tsp	Avocado 40 g / 1.4 oz	Cashew nuts 4 tsp
	Vegetables In addition	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		
Energy: 330 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 105 kcal
Supper		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Big banana 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Cottage cheese 80 g / 2.8 oz / 1dl
	Fats (1)	Margarine 1 tsp	Cashew nuts 2 tsp	Seeds (flax, sunflower) 2 tsp / 7 g
	Vegetables, Berries	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		
Energy: 260 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 35 kcal

1805 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(s) 1 pc cooked	Quark 125 g / 4.4 oz
	Fats (3)	Oil (olive, canola) 2 tsp	Margarine 3 tsp	Cashew nuts 6 tsp
	Vegetables, Berries	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		
Energy: 340 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 105 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Lunch		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Rice (cooked) 1.5 dl / 2/5 cup	Potato/sweet potato 200 g / 7 oz	Pasta (cooked) 2 dl / 2/3 cup
	Proteins (2)	Chicken fillet cooked 90 g / 1.6 oz	Salmon fillet cold smoked 70 g	Vegan protein (e.g. tofu) 120g/4.2oz
	Fats (3)	Oil (olive, canola) 2 tsp	Fatty fish suffices	Avocado 40 g / 1.4 oz
	Vegetables In addition	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		
Energy: 405 kcal		Carbohydrates: 150 kcal	Protein: 150 kcal	Fat: 105 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Dinner		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Rice(cooked) 1.5 dl / 2/5 cup	Potato/sweet potato 200 g / 7 oz	Pasta (cooked) 2 dl / 2/3 cup
	Proteins (1)	Chicken fillet cooked 45 g / 1.6 oz	Vegan protein (e.g. tofu) 60 g/2.1 oz	Beans cooked 65 g / 2.3 oz
	Fats (3)	Oil (olive, canola) 2 tsp	Avocado 40 g / 1.4 oz	Cashew nuts 4 tsp
	Vegetables In addition	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		
Energy: 330 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 105 kcal
Supper		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Oat bread 2 slice	Yogurt (low fat) 4 dl / 1/2.5 cup	Big banana 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Cottage cheese 80 g / 2.8 oz / 1dl
	Fats (2)	Margarine 2 tsp	Cashew nuts 4 tsp	Seeds (flax, sunflower) 4 tsp / 14 g
	Vegetables, Berries	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		
Energy: 295 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 70 kcal

1915 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(s) 1 pc cooked	Quark 125 g / 4.4 oz
	Fats (4)	Oil (olive, canola) 4 tsp	Margarine 4 tsp	Cashew nuts 8 tsp
	Vegetables, Berries	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		
Energy: 385 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 140 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Lunch		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Rice (cooked) 1.5 dl / 2/5 cup	Potato/sweet potato 200 g / 7 oz	Pasta (cooked) 2 dl / 2/3 cup
	Proteins (2)	Chicken fillet cooked 90g / 3.2 oz	Salmon fillet cold smoked 70 g	Vegan protein (e.g. tofu) 120g/4.2oz
	Fats (4)	Oil (olive, canola) 3 tsp	Fatty fish suffices	Avocado 60 g / 2.1 oz
	Vegetables In addition	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		
Energy: 440 kcal		Carbohydrates: 150 kcal	Protein: 150 kcal	Fat: 140 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 2 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0,7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Dinner		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Rice(cooked) 1.5 dl / 2/5 cup	Potato/sweet potato 200 g / 7 oz	Pasta (cooked) 2 dl / 2/3 cup
	Proteins (1)	Chicken fillet cooked 45 g / 1.6 oz	Vegan protein (e.g. tofu) 60 g/2.1 oz	Beans cooked 65 g / 2.3 oz
	Fats (4)	Oil (olive, canola) 3 tsp	Avocado 60 g / 2.1 oz	Cashew nuts 6 tsp
	Vegetables In addition	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		
Energy: 365 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 140 kcal
Supper		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Oat bread 2 slice	Yogurt (low fat) 4 dl / 1/2.5 cup	Big banana 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Cottage cheese 80 g / 2.8 oz / 1dl
	Fats (2)	Margarine 2 tsp	Cashew nuts 4 tsp	Seeds (flax, sunflower) 4 tsp / 14 g
	Vegetables, Berries	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		
Energy: 295 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 70 kcal

2060 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 (2)	Cottage cheese 0.5-2%	Egg(s) 2 pc cooked	Quark 250 g / 1.25 cup
	Fats (4)	Oil (olive, canola) 4 tsp	Margarine 4 tsp	Cashew nuts 8 tsp
	Vegetables, Berries	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		
Energy: 440 kcal		Carbohydrates: 150 kcal	Protein: 150 kcal	Fat: 140 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Lunch		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (3)	Rice (cooked) 2.25 dl / 3/4 cup	Potato/sweet potato 300 g / 10 oz	Pasta (cooked) 3 dl / 4/5 cup
	Proteins (2)	Chicken fillet cooked 90g / 3.2 oz	Salmon fillet cold smoked 70 g	Vegan protein (e.g. tofu) 120g/4.2oz
	Fats (4)	Oil (olive, canola) 3 tsp	Fatty fish suffices	Avocado 60 g / 2.1 oz
	Vegetables In addition	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		
Energy: 515 kcal		Carbohydrates: 225 kcal	Protein: 150 kcal	Fat: 140 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 2 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Dinner		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Rice(cooked) 1.5 dl / 2/5 cup	Potato/sweet potato 200 g / 7 oz	Pasta (cooked) 2 dl / 2/3 cup
	Proteins (1)	Chicken fillet cooked 45 g / 1.6 oz	Vegan protein (e.g. tofu) 60 g/2.1 oz	Beans cooked 65 g / 2.3 oz
	Fats (4)	Oil (olive, canola) 3 tsp	Avocado 60 g / 2.1 oz	Cashew nuts 6 tsp
	Vegetables In addition	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		
Energy: 365 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 140 kcal
Supper		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Oat bread 2 slice	Yogurt (low fat) 4 dl / 1/2.5 cup	Big banana 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Cottage cheese 80 g / 2.8 oz / 1dl
	Fats (2)	Margarine 2 tsp	Cashew nuts 4 tsp	Seeds (flax, sunflower) 4 tsp / 14 g
	Vegetables, Berries	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		
Energy: 295 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 70 kcal

2210 KCAL

Meal		CHOOSE 1 FORM 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 (2)	Cottage cheese 0.5-2%	Egg(s) 2 pc cooked	Quark 250 g / 1.25 cup
	Fats (4)	Oil (olive, canola) 4 tsp	Margarine 4 tsp	Cashew nuts 8 tsp
	Vegetables, Berries	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		
Energy: 440 kcal		Carbohydrates: 150 kcal	Protein: 150 kcal	Fat: 140 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Lunch		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (3)	Rice (cooked) 2.25 dl / 3/4 cup	Potato/sweet potato 300 g / 10 oz	Pasta (cooked) 3 dl / 4/5 cup
	Proteins (2)	Chicken fillet cooked 90g / 3.2 oz	Salmon fillet cold smoked 70 g	Vegan protein (e.g. tofu) 120g/4.2oz
	Fats (4)	Oil (olive, canola) 3 tsp	Fatty fish suffices	Avocado 60 g / 2.1 oz
	Vegetables In addition	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		
Energy: 515 kcal		Carbohydrates: 225 kcal	Protein: 150 kcal	Fat: 140 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Dinner		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (3)	Rice(cooked) 2 dl / 2/3 cup	Potato/sweet potato 300 g / 10 oz	Pasta (cooked) 3 dl / 4/5 cup
	Proteins (1)	Chicken fillet cooked 90 g / 3.2 oz	Vegan protein (e.g. tofu) 120g/4.2 oz	Beans cooked 130 g / 4.6 oz
	Fats (4)	Oil (olive, canola) 3 tsp	Avocado 60 g / 2.1 oz	Cashew nuts 6 tsp
	Vegetables In addition	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		
Energy: 515 kcal		Carbohydrates: 225 kcal	Protein: 150 kcal	Fat: 140 kcal
Supper		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Oat bread 2 slice	Yogurt (low fat) 4 dl / 1/2.5 cup	Big banana 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Cottage cheese 80 g / 2.8 oz / 1dl
	Fats (2)	Margarine 2 tsp	Cashew nuts 4 tsp	Seeds (flax, sunflower) 4 tsp / 14 g
	Vegetables, Berries	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		
Energy: 295 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal	Fat: 70 kcal

2315 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 (2)	Cottage cheese 0.5-2%	Egg(s) 2 pc cooked	Quark 250 g / 1.25 cup
	Fats (5)	Oil (olive, canola) 5 tsp	Spread 2 tsp + Cashew 1 tbsp	
	Vegetables, Berries	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		
Energy: 475 kcal		Carbohydrates: 150 kcal	Protein: 150 kcal	Fat: 175 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Lunch		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (3)	Rice (cooked) 2.25 dl / 3/4 cup	Potato/sweet potato 300 g / 10 oz	Pasta (cooked) 3 dl / 4/5 cup
	Proteins (2)	Chicken fillet cooked 90g / 3.2 oz	Salmon fillet cold smoked 70 g	Vegan protein (e.g. tofu) 120g/4.2oz
	Fats (5)	Oil (olive, canola) 4 tsp	Fatty fish suffices	Avocado 80 g / 2.8 oz
	Vegetables In addition	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		
Energy: 550 kcal		Carbohydrates: 225 kcal	Protein: 150 kcal	Fat: 175 kcal
Snack		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz
	Fats (1)	Margarine 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp
	Vegetables, Berries	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		
Energy: 185 kcal		Carbohydrates: 75 kcal	Protein: 75 kcal	Fat: 35 kcal
Dinner		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Rice (cooked) 2 dl / 2/3 cup	Potato/sweet potato 300 g / 10 oz	Pasta (cooked) 3 dl / 4/5 cup
	Proteins (2)	Chicken fillet cooked 90 g / 3.2 oz	Vegan protein (e.g. tofu) 120g/4.2 oz	Beans cooked 130 g / 4.6 oz
	Fats (4)	Oil (olive, canola) 3 tsp	Avocado 60 g / 2.1 oz	Cashew nuts 6 tsp
	Vegetables In addition	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		
Energy: 515 kcal		Carbohydrates: 225 kcal	Protein: 150 kcal	Fat: 140 kcal
Supper		OPTION 1	OPTION 2	OPTION 3
	Carbohydrates (2)	Oat bread 2 slice	Yogurt (low fat) 4 dl / 1.25 cup	Big banana 1 pc
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Cottage cheese 80 g / 2.8 oz / 1dl
	Fats (3)	Margarine 3 tsp	Cashew nuts 6 tsp/ 2 tbsp	Seeds (flax, sunflower) 6 tsp /2 tbsp
	Vegetables, Berries	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		
Energy: 330 kcal		Carbohydrates: 150 kcal	Protein: 75 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 of 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
Soy beans Tofu Broad bean Pulled oats Chickpeas, in unsalted water Quorn, fillets, cubes and grits	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 (white) rice, 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 bean, boiled	75 g / 2.6 oz
Bean, white, boiled	68 g / 2.4 oz
Bean, 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
Grate, carrot-lantern
Grate, carrot-lingonberry
Grate, swede-pineapple
Carrot
Swede, turnip
Zucchini, boiled
Onion
Frozen vegetables, mixes
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, pea-corn-pepper

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
Food cream 5%	0.5 dl / 50 g / 0.2 cups
Food cream 10%	0.3 dl / 30 g / 0.1 cups
Food 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 cups