După gust

Gluten-free · no added sugar · Menu for 1 people

Day	Breakfast	Lunch	Snack	Dinner
Monday	Potatoes with avocado and a poached egg	Brown rice with chicken and tomato sauce	Yogurt with apple and almonds	Lentil soup with potatoes, carrots and rice
Tuesday	Potatoes with cottage cheese and tomatoes	Beef with brown rice and broccoli	Yogurt with apple and almonds	Chickpea salad with cottage cheese and rice
Wednesday	Potatoes with avocado and caramelised onion, with tea	Lenten potato stew, with rice	Fruit and almonds	Lenten green bean soup, with rice
Thursday	Potatoes with cottage cheese and tomatoes	Salmon with brown rice and broccoli	Yogurt with apple and almonds	Lentil soup with potatoes, carrots and rice
Friday	Potatoes with avocado and caramelised onion, with tea	Lenten rice with braised cabbage	Fruit and almonds	Pea soup with carrots, potatoes and rice
Saturday	Rice with yogurt, apples and almonds	Cod with potatoes and peas	Yogurt with apple and almonds	Chickpea salad with cottage cheese and rice
Sunday	Potatoes with avocado and a poached egg	Brown rice with chicken and tomato sauce	Yogurt with apple and almonds	Chicken salad with potatoes and rice

The recipes follow on pages 2–8.

Monday

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Potatoes with avocado and a poached egg

Ingredients · 1 servings

Potatoes: 175 g (boiled, peeled); Avocado: 70 g (flesh); Poached egg: 50 g (cooked, shelled); Whole milk: 150 g (ready to eat); Bananas: 100 g (flesh, peeled).

1. Boil the potatoes and weigh out 175 g after draining.
2. Poach an egg in gently simmering water until the white is set.
3. Serve with the avocado, milk and banana.

Estimate / serving: 500 kcal · P 17 g · C 55 g · G 23 g.

LUNCH

Brown rice with chicken and tomato sauce

Ingredients · 1 servings

Brown rice: 255 g (cooked); Chicken breast: 150 g (cooked, skinless); Tinned tomatoes: 200 g (with juice); Broccoli: 150 g (steamed); Olive oil: 10 g (amount eaten).

1. Cook the rice and steam the broccoli.
2. Cook the chicken in a non-stick frying pan with a little water until cooked through.
3. Heat the tomatoes, add the oil and combine with the portions weighed after cooking.

Estimate / serving: 745 kcal · P 63 g · C 80 g · G 19 g.

SNACK

Yogurt with apple and almonds

Ingredients · 1 servings

Plain yogurt: 200 g (ready to eat); Apples: 180 g (cored); Almonds: 20 g (shelled).

1. Serve the plain yogurt with the apple and almonds.

Estimate / serving: 360 kcal · P 17 g · C 36 g · G 17 g.

DINNER

Lentil soup with potatoes, carrots and rice

Ingredients · 1 servings

Green or brown lentils: 100 g (cooked and drained); Potatoes: 150 g (boiled, peeled); Carrots: 150 g (boiled); Tinned tomatoes: 150 g (with juice); Brown rice: 170 g (cooked); Olive oil: 10 g (amount eaten).

1. Cook the lentils, potatoes, carrots and rice separately.
2. Put the weighed portions into a saucepan with the tomatoes and 250–350 ml water.
3. Simmer gently for 5–10 minutes and add the oil.

Estimate / serving: 590 kcal · P 19 g · C 97 g · G 13 g.

Tuesday

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Potatoes with cottage cheese and tomatoes

Ingredients · 1 servings

Potatoes: 350 g (boiled, peeled); Cottage cheese: 150 g (reference: cottage cheese); Tomatoes: 150 g (raw); Oranges: 150 g (flesh, peeled).

1. Boil the potatoes, drain them and let them cool down a little.
2. Serve the stated amount with the cottage cheese and sliced tomatoes, with the orange on the side.

Estimate / serving: 490 kcal · P 22 g · C 76 g · G 10 g.

LUNCH

Beef with brown rice and broccoli

Ingredients · 1 servings

Lean beef: 150 g (cooked, reference: extra-lean mince); Brown rice: 250 g (cooked); Broccoli: 200 g (steamed); Olive oil: 10 g (amount eaten).

1. Cook the lean beef in a frying pan with a little water, cook the rice and steam the broccoli. Add the oil when serving. Weigh the portions of meat, rice and broccoli cooked.

Estimate / serving: 695 kcal · P 54 g · C 73 g · G 20 g.

SNACK

Yogurt with apple and almonds

Ingredients · 1 servings

Plain yogurt: 200 g (ready to eat); Apples: 180 g (cored); Almonds: 20 g (shelled).

1. Serve the plain yogurt with the apple and almonds.

Estimate / serving: 360 kcal · P 17 g · C 36 g · G 17 g.

DINNER

Chickpea salad with cottage cheese and rice

Ingredients · 1 servings

Tinned chickpeas: 120 g (drained); Cottage cheese: 100 g (reference: cottage cheese); Tomatoes: 200 g (raw); Lettuce: 80 g (raw); Brown rice: 130 g (cooked); Olive oil: 10 g (amount eaten).

1. Cook the rice and let it cool.
2. Drain and rinse the chickpeas.
3. Wash the tomatoes and lettuce leaves, cut them up and mix them with the rice, chickpeas, cheese and oil.

Estimate / serving: 555 kcal · P 26 g · C 65 g · G 21 g.

Wednesday

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Potatoes with avocado and caramelised onion, with tea

Ingredients · 1 servings

Potatoes: 250 g (boiled, peeled); Avocado: 100 g (flesh); Onion: 80 g (raw, peeled); Olive oil: 8 g (amount eaten); Almonds: 10 g (shelled).

1. Boil the potatoes in water and weigh your portion after draining.
2. Weigh the onion after peeling, slice it thinly and cook it in the stated amount of oil over a low heat for 25–30 minutes.
3. Stir often and add a little water when needed, until it softens and turns golden brown, with no added sugar.
4. Serve the potatoes with the avocado, onion, almonds and a cup of unsweetened tea.

Estimate / serving: 510 kcal · P 9 g · C 48 g · G 31 g.

LUNCH

Lenten potato stew, with rice

Ingredients · 1 servings

Potatoes: 350 g (raw, peeled); Carrots: 60 g (raw, peeled); Onion: 60 g (raw, peeled); Tinned tomatoes: 100 g (with juice); Olive oil: 15 g (amount eaten); Brown rice: 180 g (cooked).

1. Peel the potatoes, carrot, onion and garlic. Dice the potatoes, slice the carrot into rounds and finely chop the onion.
2. Cook the rice in water according to the packet instructions. Drain it and weigh out the stated amount after cooking.
3. Heat the oil in a saucepan. Sweat the onion and carrot for 5–7 minutes with two tablespoons of water, then add the garlic.
4. Add the potatoes and enough water to almost cover them. Simmer with the lid on, over a low heat, for 20–25 minutes, until tender.
5. Add the passata and simmer for another 5–10 minutes, until the sauce thickens. Season with salt and pepper.
6. Sprinkle with the parsley and serve the stew with the rice, cooked separately, alongside.

Estimate / serving: 720 kcal · P 15 g · C 123 g · G 17 g.

SNACK

Fruit and almonds

Ingredients · 1 servings

Apples: 180 g (cored); Oranges: 180 g (flesh, peeled); Almonds: 25 g (shelled).

1. Wash the fruit and portion out the almonds.

Estimate / serving: 295 kcal · P 8 g · C 35 g · G 14 g.

DINNER

Lenten green bean soup, with rice

Ingredients · 1 servings

Green beans: 200 g (raw, trimmed); Carrots: 80 g (raw, peeled); Potatoes: 150 g (raw, peeled); Onion: 40 g (raw, peeled); Tinned tomatoes: 100 g (with juice); Olive oil: 10 g (amount eaten); Brown rice: 180 g (cooked).

1. Wash the green beans, trim the ends and cut them into 3–4 cm pieces. Peel and chop the potatoes, carrot, onion and garlic.
2. Cook the rice in water according to the packet instructions. Drain it and weigh out the stated amount after cooking.
3. Sweat the onion and carrot in the oil with two tablespoons of water for 5 minutes. Add the potatoes, green beans and 500–600 ml water.
4. Simmer over a low heat for 20–25 minutes, until all the vegetables are tender. Add the passata and garlic and simmer for 5 more minutes.
5. Season with salt and pepper. Sprinkle with the parsley and serve with the rice, cooked separately, alongside.

Estimate / serving: 560 kcal · P 15 g · C 93 g · G 13 g.

Thursday

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Potatoes with cottage cheese and tomatoes

Ingredients · 1 servings

Potatoes: 350 g (boiled, peeled); Cottage cheese: 150 g (reference: cottage cheese); Tomatoes: 150 g (raw); Oranges: 150 g (flesh, peeled).

1. Boil the potatoes, drain them and let them cool down a little.
2. Serve the stated amount with the cottage cheese and sliced tomatoes, with the orange on the side.

Estimate / serving: 490 kcal · P 22 g · C 76 g · G 10 g.

LUNCH

Salmon with brown rice and broccoli

Ingredients · 1 servings

Salmon: 150 g (baked, skinless and boneless); Brown rice: 200 g (cooked); Broccoli: 200 g (steamed); Olive oil: 5 g (amount eaten).

1. Bake the salmon, cook the rice and steam the broccoli. Serve with the olive oil. Weigh the salmon skinless and boneless, after baking.

Estimate / serving: 725 kcal · P 53 g · C 60 g · G 30 g.

SNACK

Yogurt with apple and almonds

Ingredients · 1 servings

Plain yogurt: 200 g (ready to eat); Apples: 180 g (cored); Almonds: 20 g (shelled).

1. Serve the plain yogurt with the apple and almonds.

Estimate / serving: 360 kcal · P 17 g · C 36 g · G 17 g.

DINNER

Lentil soup with potatoes, carrots and rice

Ingredients · 1 servings

Green or brown lentils: 100 g (cooked and drained); Potatoes: 150 g (boiled, peeled); Carrots: 150 g (boiled); Tinned tomatoes: 150 g (with juice); Brown rice: 170 g (cooked); Olive oil: 10 g (amount eaten).

1. Cook the lentils, potatoes, carrots and rice separately.
2. Put the weighed portions into a saucepan with the tomatoes and 250–350 ml water.
3. Simmer gently for 5–10 minutes and add the oil.

Estimate / serving: 590 kcal · P 19 g · C 97 g · G 13 g.

Friday

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Potatoes with avocado and caramelised onion, with tea

Ingredients · 1 servings

Potatoes: 250 g (boiled, peeled); Avocado: 100 g (flesh); Onion: 80 g (raw, peeled); Olive oil: 8 g (amount eaten); Almonds: 10 g (shelled).

1. Boil the potatoes in water and weigh your portion after draining.
2. Weigh the onion after peeling, slice it thinly and cook it in the stated amount of oil over a low heat for 25–30 minutes.
3. Stir often and add a little water when needed, until it softens and turns golden brown, with no added sugar.
4. Serve the potatoes with the avocado, onion, almonds and a cup of unsweetened tea.

Estimate / serving: 510 kcal · P 9 g · C 48 g · G 31 g.

LUNCH

Lenten rice with braised cabbage

Ingredients · 1 servings

Brown rice: 320 g (cooked); White cabbage: 250 g (raw, peeled); Onion: 60 g (raw, peeled); Olive oil: 20 g (amount eaten).

1. Finely shred the cabbage and finely chop the onion. Gently knead the cabbage with a pinch of salt.
2. Sweat the onion in the oil for 5 minutes. Add the cabbage and cook over a low heat for 25–30 minutes, stirring often; add a little water if needed.
3. Cook the rice in water according to the packet instructions. Drain it and weigh out the stated portion after cooking.
4. Mix the rice with the braised cabbage, season with salt and pepper and serve warm.

Estimate / serving: 685 kcal · P 15 g · C 98 g · G 23 g.

SNACK

Fruit and almonds

Ingredients · 1 servings

Apples: 180 g (cored); Oranges: 180 g (flesh, peeled); Almonds: 25 g (shelled).

1. Wash the fruit and portion out the almonds.

Estimate / serving: 295 kcal · P 8 g · C 35 g · G 14 g.

DINNER

Pea soup with carrots, potatoes and rice

Ingredients · 1 servings

Peas: 80 g (cooked and drained); Carrots: 100 g (boiled); Potatoes: 250 g (boiled, peeled); Brown rice: 180 g (cooked); Olive oil: 15 g (amount eaten).

1. Cook the peas, potatoes, carrots and rice separately.
2. Put the weighed portions into a saucepan with 250–350 ml water.
3. Simmer gently for 5 minutes and add the oil.

Estimate / serving: 645 kcal · P 16 g · C 102 g · G 18 g.

Saturday

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Rice with yogurt, apples and almonds

Ingredients · 1 servings

Brown rice: 200 g (cooked); Plain yogurt: 200 g (ready to eat); Apples: 150 g (cored); Almonds: 10 g (shelled).

1. Cook the rice in water and let it cool.

2. Mix your portion with the plain yogurt and serve with the diced apple and chopped almonds.

Estimate / serving: 555 kcal · P 22 g · C 85 g · G 14 g.

LUNCH

Cod with potatoes and peas

Ingredients · 1 servings

Cod fillet: 180 g (baked, skinless and boneless); Potatoes: 300 g (boiled, peeled); Peas: 180 g (cooked and drained); Olive oil: 15 g (amount eaten).

1. Bake the cod fillet and boil the potatoes and peas separately. Serve with the olive oil. The weights are for the cooked food, without bones or skin.

Estimate / serving: 665 kcal · P 58 g · C 67 g · G 17 g.

SNACK

Yogurt with apple and almonds

Ingredients · 1 servings

Plain yogurt: 200 g (ready to eat); Apples: 180 g (cored); Almonds: 20 g (shelled).

1. Serve the plain yogurt with the apple and almonds.

Estimate / serving: 360 kcal · P 17 g · C 36 g · G 17 g.

DINNER

Chickpea salad with cottage cheese and rice

Ingredients · 1 servings

Tinned chickpeas: 120 g (drained); Cottage cheese: 100 g (reference: cottage cheese); Tomatoes: 200 g (raw); Lettuce: 80 g (raw); Brown rice: 130 g (cooked); Olive oil: 10 g (amount eaten).

1. Cook the rice and let it cool.

2. Drain and rinse the chickpeas.

3. Wash the tomatoes and lettuce leaves, cut them up and mix them with the rice, chickpeas, cheese and oil.

Estimate / serving: 555 kcal · P 26 g · C 65 g · G 21 g.

Sunday

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Potatoes with avocado and a poached egg

Ingredients · 1 servings

Potatoes: 175 g (boiled, peeled); Avocado: 70 g (flesh); Poached egg: 50 g (cooked, shelled); Whole milk: 150 g (ready to eat); Bananas: 100 g (flesh, peeled).

1. Boil the potatoes and weigh out 175 g after draining.
2. Poach an egg in gently simmering water until the white is set.
3. Serve with the avocado, milk and banana.

Estimate / serving: 500 kcal · P 17 g · C 55 g · G 23 g.

LUNCH

Brown rice with chicken and tomato sauce

Ingredients · 1 servings

Brown rice: 255 g (cooked); Chicken breast: 150 g (cooked, skinless); Tinned tomatoes: 200 g (with juice); Broccoli: 150 g (steamed); Olive oil: 10 g (amount eaten).

1. Cook the rice and steam the broccoli.
2. Cook the chicken in a non-stick frying pan with a little water until cooked through.
3. Heat the tomatoes, add the oil and combine with the portions weighed after cooking.

Estimate / serving: 745 kcal · P 63 g · C 80 g · G 19 g.

SNACK

Yogurt with apple and almonds

Ingredients · 1 servings

Plain yogurt: 200 g (ready to eat); Apples: 180 g (cored); Almonds: 20 g (shelled).

1. Serve the plain yogurt with the apple and almonds.

Estimate / serving: 360 kcal · P 17 g · C 36 g · G 17 g.

DINNER

Chicken salad with potatoes and rice

Ingredients · 1 servings

Chicken breast: 100 g (cooked, skinless); Potatoes: 200 g (boiled, peeled); Tomatoes: 200 g (raw); Lettuce: 100 g (raw); Brown rice: 100 g (cooked); Olive oil: 10 g (amount eaten).

1. Boil the potatoes and cook the rice.
2. Cook the chicken in a non-stick frying pan with a little water until cooked through.
3. Let them cool, weigh the portions and mix them with the tomatoes, lettuce and oil.

Estimate / serving: 560 kcal · P 40 g · C 65 g · G 15 g.