UNI HEALTH

WEEKLY HEALTHY MENUES

Balanced menus, nutritional values and grocery lists

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Introduction

Eating for health

Food is necessary to build our cells, tissues, organs, the whole organism. What the human organism is made of is the cell. It is its structural unit, consisting of molecules that have a precisely assigned role. They sort atoms, put them together in a certain order, and every moment new protein molecules grow. This is the first property of living matter. The cell, built of atoms and molecules, is where the energy we take in from food, water, the sun, the air, and the earth is received and stored. Each cell eats, breathes, excretes decay products, reproduces, and performs its functions. Cells are surrounded by a fluid that is in constant motion, so it selects for itself the food and oxygen it needs to function and releases into the fluid waste substances formed in the process of the body's vital activity. To eat properly, we need to know how the human body is built. Four ingredients build and sustain the human body, namely food, water, light and air.

But the food itself also comes mainly from the earth, that is, from the soil, as well as from the air and water. These four elements can be related to the elements Earth, Water, Fire and Air, which the ancient philosophers considered to be the source of the entire universe. The particle from which we derive our origin comes to life thanks to food, because it provides heat, the necessary materials - proteins, fats, carbohydrates, mineral salts, enzymes, vitamins, etc. The human body, with all its five creative and constitutive elements (earth, water, fire, air and ether) needs their daily supply, through properly selected foods. Fire and foods of animal origin concentrate and increase the proteins and fats in the diet while eliminating substances of high nutritive value.

"Let your food be medicine and your medicine be food" - Hippocrates

Even today, people believe that food is a source of health. It has not only a constructive, but also a destructive effect on the body. "Let food be your medicine and medicine be your food"

said Hippocrates thousands of years ago. The whole of nature, including man, lives and develops thanks to the vital energy, which manifests itself with two simultaneous processes - creation and destruction. These two processes together constitute metabolism.

Who can use these menus?

One of the first tasks of each of us is to ensure the normal functioning of the digestive organs, because there is no good health without proper nutrition. Good digestion of food depends on it, and well-digested food is the guarantor of good health.

Through food, man takes in the energy he needs for his existence. Every food carries its own energy charge, which should be properly transformed. Vegetables also contain life in a latent or hidden form, which has been proven by scientists all over the world. Although some scientists are rediscovering this truth today, mankind has long been aware that there is life in vegetables, fruits and grains. They are carriers of energy needed for man to live. A diet where fruits and vegetables are present in the menu is the kind of nutrition that will provide the necessary energy boost. Simply put, food is our source of energy and the substances needed by

the human body. It determines what a person is like, how healthy and vibrant they are, their mind and character, while following these main principles:

- Eat nutritious and varied food.
- Eat regularly and with pleasure in a pleasant atmosphere, take enough time to eat.
- Consume cereals as an important source energy. Prefer wholemeal bread and other whole grain products.
- Consume a variety of vegetables and fruits daily, preferably raw.
- Prefer milk and dairy products low in fat and salt.
- Choose lean meats, often substitute fish, poultry or legumes for meat and meat products.
- Limit total fat intake, especially animal fats. When cooking, replace animal fats with vegetable oils.
- Limit intake of sugar, sugar and confectionery products, avoid consumption of soft drinks containing sugar.
- Reduce salt intake and consumption of salty foods.
- Consume moderately alcoholic beverages.
- Maintain a healthy weight and be physically active every day.
- Take enough water daily.
- Prepare and store food in a way that ensures its quality and safety.

List of products for cooking

Main products

Grain products

Cereals are an integral part of any diet as they provide the body with plenty of protein, carbohydrates and fiber, as well as other essential nutrients.

1. Oat kernels

Oatmeal contains a higher number of beneficial nutrients per calorie than any other grain food on the list. Half a bowl has 38% of your daily requirement of iron, 17% of vitamin B6 and is high in fiber, protein and calcium.

Calories per half bowl: 80

2. Amaranth

Amaranth is a little-known pseudo grain food. It is a good source of all kinds of nutrients. It is most eaten as pictured but can also be added to a salad.

Calories per half cooked bowl: 125

3. Cooked corn

Cooked corn is high in calcium, which is important for the normal function of our organs. It is rich in vitamin B6 and protein. Corn is considered both a vegetable and a grain food. The disadvantage is that it contains a lot of calories and carbohydrates.

Calories per half bowl: 303

4. Sorghum

Sorghum has a very high fiber content, or 34% of the required daily intake from just one serving.

5. Millet

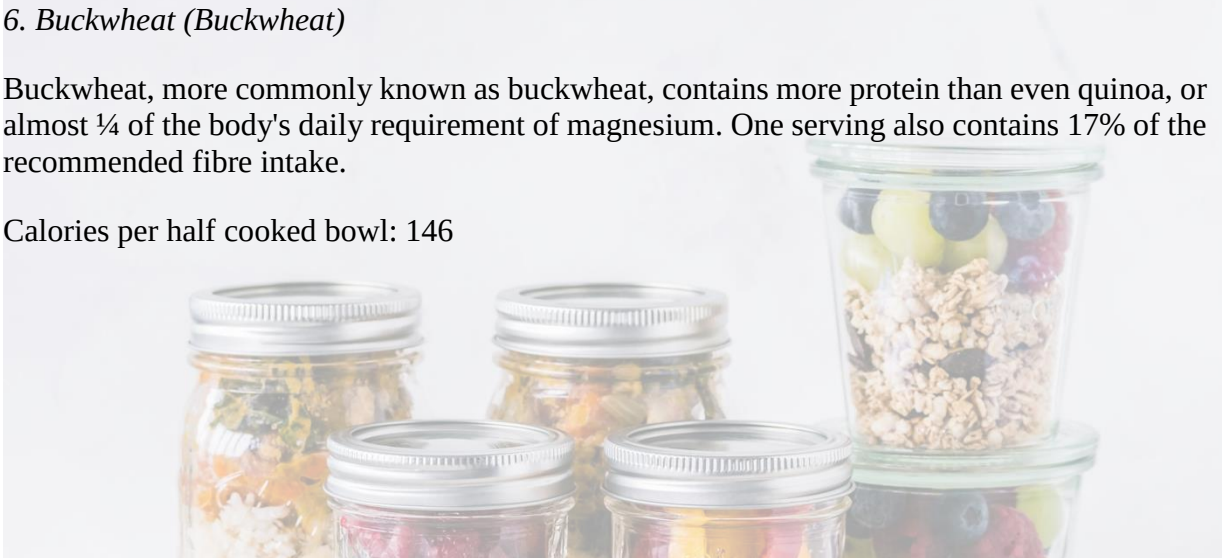
Millet can be added to a delicious salad. It contains a large amount of fiber, vitamin B6 and few calories.

Calories per half cooked bowl: 104

6. Buckwheat (Buckwheat)

Buckwheat, more commonly known as buckwheat, contains more protein than even quinoa, or almost ¼ of the body's daily requirement of magnesium. One serving also contains 17% of the recommended fibre intake.

Calories per half cooked bowl: 146



7. Wheat bread

Wheat bread outperforms other breads in the ranking because of its high protein content and low calorie count. Two slices contain 10% of the recommended daily allowance of vitamin B6, which is important for a number of body processes, including metabolism.

Calories per two slices: 140

8. Quinoa

Quinoa - the favourite superfood to which a whole year (2013) was dedicated. It is known for its high protein content and for being a good substitute for rice.

Calories per half bowl: 110

9. Wholegrain spaghetti

Wholegrain spaghetti is the most recommended type of pasta. It contains fibre, iron, magnesium and important minerals for the muscles and nervous system. They are also useful for regulating blood sugar and blood pressure.

Calories per half bowl: 112

10. Rye bread

Rye bread is a good sandwich option, packed with protein and fibre. It provides the body with 14% of its daily fiber requirement and 10% of its protein.

Calories for two slices: 166

Milk products

Milk and dairy products are indispensable for human development, as they contain many important vitamins, proteins, carbohydrates, amino acids, mineral salts, etc. Whether it is fresh milk or yoghurt, or dairy products such as cheese, cottage cheese or cheese, etc., they are of exceptional nutritional value and should be consumed daily. The consumption of milk and milk products is recommended for all ages and occupational groups. For children aged 0 to 17 years, milk and milk products should be included as widely as possible in their daily diet.

Milk is a rich source of protein. It has approximately 1 gram of protein in each ounce of liquid, or 7.7 grams in each cup (244g). The proteins in milk can be divided into two groups based on their solubility in water. The insoluble protein is called casein, and the soluble protein is known

as whey protein. Both groups of milk proteins contain essential amino acids and are well absorbed. Casein makes up the majority of the protein in milk (nearly 80%). An important property of casein is its ability to increase the absorption of minerals such as calcium and phosphorus. Casein also reduces blood pressure. Whey protein comprises only 20% of the protein in milk. It is rich in branched chain amino acids such as leucine, isoleucine, valine, etc. Whey protein is associated with many positive health effects, such as lower blood pressure and improved mood during periods of stress. Whey protein consumption is excellent for muscle growth and maintenance. As a result, it is a popular supplement among athletes and bodybuilders.

Whole cow's milk contains about 4% fat. In many countries, the marketing of milk is mainly based on fat content. Milk fat is one of the most complex natural fats, containing 400 different types of fatty acids. Whole milk is very high in saturated fat. About 70% of the fatty acids in milk are saturated. Polyunsaturated fats are present in minimal amounts. They make up about 2,3 % of the total fat content. Monounsaturates make up the rest, about 28% of the total fat content.

Trans fats are naturally found in dairy products. In contrast to the trans fats found in processed foods, dairy trans fats are generally beneficial to health. Milk contains small amounts of trans fats such as vaccenic acid and conjugated linoleic acid. Conjugated linoleic acid has attracted the attention of scientists because of its many beneficial effects and health benefits. However, large doses of it have harmful effects on metabolism.

The carbohydrates in milk are mainly in the form of simple sugars called lactose, which makes up about 5% of the weight of milk.In the digestive system, lactose breaks down into glucose and galactose. These are absorbed into the bloodstream and galactose is converted to glucose by the liver.

The milk contains all the vitamins and minerals needed to support the growth and development of the young calf during the first months of life. It also contains almost all the nutrients needed by a human, making it one of the most beneficial foods on the planet.

The following vitamins and minerals are found in particularly high amounts in milk:

- Vitamin B12. It is responsible for the function of the brain and nervous system, as well as for the proper formation of red blood cells .
- Calcium: Milk is not only one of the best dietary sources of calcium , but calcium from milk is most easily absorbed.
- Riboflavin: One of the B - vitamins, also called vitamin B2. Dairy products are the largest source of riboflavin.

- Phosphorus: Dairy products are a good source of phosphorus, a mineral that plays an essential role in many biological processes.

Vegetables and fruit

Fruits and vegetables are essential components in everyone's healthy menu. Their consumption is more than a must, they are a living force that endows us with the bounties of nature. Nature is perfection, creating a variety of products that have gathered an incredible bouquet of vitamins, minerals, enzymes, fibers, phytochemicals, and compounds that give our every cell energy, vitality, and strength.

Unlike all other food groups consumed by mankind, fresh fruits and vegetables are the only food group that combines maximum health benefits with minimum health risks.

Fruits and vegetables are food groups that are a huge source of a palette of nutrients, macro- and micronutrients, organic compounds, antioxidants, fiber and water. Diverse species in different colours and shapes, a huge variety of plant genera living in different climates and soils, with different characteristics and benefits for human health and vital improvement.

The nutritional value is determined by the carbohydrates, organic acids and other various substances contained in them. Extremely important for the human body is the content of salts and alkali metals, which maintain the alkaline-acid balance of our blood and tissues.

Fruits and vegetables are chemically diverse products. It depends on the type, variety, maturity, storage conditions, technological processing.

Benefits of consuming...

- Replenish cells with live vitamins, minerals, enzymes and phytochemicals
- Recharge the body with energy (B vitamins, magnesium)
- Improve and support immune system health (vitamin C, phytochemicals..)
- Support weight loss processes and maintain a good figure
- Increase the consumption of fiber - purifying and prebiotic
- Hydrate (high water content)
- Care for and improve bone health (rich in calcium, magnesium, phosphorus) - Green vegetables are top
- Reduce cholesterol levels (especially LDL cholesterol)
- Have a beneficial effect on blood pressure control
- Promote cleansing processes (detoxification)
- Influence the processes of colds, viruses and cold diseases
- Improve memory and concentration

- Improve skin, hair and nail condition
- Improve eye health
- Support digestion and the urinary system
- Influence inflammatory processes
- Reduce the risk of diabetes
- Improve sleep quality
- Increase nutrient absorption
- Improve brain function
- Improve mood
- Reduce the risk of cancer
- Influence and improve cardiovascular function

Miscellaneous food

Nutritional supplements are part of the daily menu of the vast majority of people in the world. We know that they keep our immunity strong, reduce risk factors for a range of diseases and often help us deal with unpleasant symptoms more quickly. The idea of supplements is to supply nutrients that are deficient in the body. They can be vitamins, minerals, amino acids, fatty acids and other substances, in the form of tablets, capsules, powder, liquid. Supplements are available in different dosages and combinations. However, it should be noted that only a specific amount of each nutrient is necessary for the body to function normally, and exceeding the dosage is not advisable.

To reiterate - supplements should be taken when micronutrient levels are low or deficient or when they will help a specific need. It is advisable to get tests periodically to find out if the intake of a particular vitamin or mineral is necessary for you.

There are many types of supplements that meet different needs of the body. Virtually any nutrient can appear in the form of a dietary supplement. We will look at the main ones - vitamins and minerals.

Some multivitamins may contain 500% or more of the recommended amount of specific micronutrients. Over time, this can increase certain biomarker concentrations in the blood to undesirable levels.

For example, taking a multivitamin with 16,000% of your daily requirements of vitamin B12 can cause a noticeable spike in its blood levels. Some elements in multivitamins even compete for absorption (e.g. calcium and iron). Which can potentially interfere with your absorption of needed nutrients.

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Basic spices

Food has played a very important role in the way we have cooked and prepared our food. Around the world, people make use of different types of additives to add their own flavour and essence. Using a certain set of podpакіс can actually make or break a dish.

Cumin, black peppercorns, кopiandк seeds, куркума and so many other additives are used throughout the day in so many кухні. Но do the additives only add vкус кто the recipe you are cooking? Не. Подправките са very nutritious and contribute to better immunity.

Spices and herbs, like any other food, have calories to varying degrees. However, some of them also have the property of stimulating the metabolism, thus helping us burn more of the other ingested calories. Others are famous for their zero calorie value. Others add a very large amount of caloric value that secretly and covertly ruins our diet.

Health benefits …

- They enhance the taste of dishes, making them more palatable and enjoyable, which can encourage healthy eating habits.
- Contain antioxidants that help protect the body from free radicals and reduce inflammation.
- May have antimicrobial properties that can help fight infections and improve overall health.
- May aid digestion by stimulating the production of digestive enzymes and improving bowel motility.
- Support general health by providing a variety of bioactive compounds that can have multiple beneficial effects.

Spices should be aromatic and bright in colour, indicating that they are fresh and properly stored. The texture should be fine and even, without lumps or moisture.

Avoid spices that smell musty or look faded, as they probably won't add much flavor to your dishes. Spices that have hardened or clumped should also be avoided, as they have been exposed to air for too long and will not perform well in cooking.

Condiments

Mayonnaise

Made from processed refined oil as the main ingredient, it is common knowledge that there is nothing healthy about mayonnaise.

Olive oil

Although mayonnaise isn't healthy in general, you can make it healthier by making sure it's made with olive oil rather than oil.

Ketchup

This is a nightmare for your health. It's basically just sugar. One teaspoon is equivalent to eating a packet of sugar.

Tomato sauce

Instead of ketchup, try tomato sauce. It's actually super easy to make, and you can buy it too. It's usually much lower in sugar.

Honey mustard

Mustard and honey means lots of salt and lots of sugar.

Hummus

If you're considering substituting honey mustard for your sandwich, then hummus might be a good option.

Seasonings

Dressing without fat

These types of dressings usually fool people by being deceptively sweet. Most fat-free salad dressings are packed with extra sugar.

Full-fat yogurt

Full-fat yogurt will do as a substitute. It's creamy, full of healthy fats and is low in sugar.

Chile

Why not add chilli flakes to your food to make it spicier?

Soy sauce

It is very easy to overdo it with soy sauce. The salt and sugar in it drives our taste buds crazy.

Coconut amino acids

Coconut amino acids are a healthier alternative to soy sauce. It's a salty, spicy spiced sauce made from fermented coconut palm sap and sea salt.

Guacamole

Avocados can be turned into guacamole so quickly, and it's also creamy and nutritious the right way and a great alternative to cream.

Chocolate syrup

No matter how dark the chocolate in chocolate syrup is, it is full of sugar. It's usually made with mostly high fructose corn syrup.

Sour cream

Avoid artery-clogging cream by replacing it with thick yoghurt.

Blue cheese sauce

It doesn't do much good to add spoonfuls of unwanted fat and salt to meat or healthy salads when we can opt for a healthier alternative.

Fats and Oils

Fats are one of the three main macronutrients (the other two are carbohydrates and proteins). Fats are made up of glycerol and fatty acids (FAs). The chemical bonds between the carbon atoms in a fatty acid chain determine whether it is a saturated or unsaturated fatty acid.

- Saturated fatty acids do not have a double bond.
- Monounsaturated fatty acids have one double bond.
- Polyunsaturated fatty acids have two or more double bonds between carbon atoms.

Fats are a very important component of nutrition, without which many body processes would not be possible. Therefore, they should make up on average 20-35% of the total daily energy intake of your diet.

- This nutrient is an important source of energy. 1 g of fat is equivalent to 9 kcal (39 kJ), double that of protein and carbohydrate.
- Fats add flavor and a pleasant texture to food.

- They also help maintain a longer-lasting feeling of satiety as they are absorbed more slowly than other nutrients.
- Fats also help absorb fat-soluble vitamins (vitamins A, D, E, K).
- Without fat, the production of certain hormones such as estrogen or testosterone would not be possible.
- Fatty acids also play a role in immune responses or in the blood clotting process.

Other

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WEEK 1 MENU

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	Breakfast	Lunch	Dinner	Snack
Day 1 120 g Protein 57 g Fats 115 g Carbohydrates Kcal: 1400	**Oatmeal pancake** Ingredients: 1 egg 45 g oat flakes (20 minutes) 60 g banana 12 g sugar-free dark chocolate 10 g of 82.5% butter 140 g apple	150 g stewed potatoes 100 g stewed chicken 130 g boiled cauliflower	200 g casserole with minced meat and zucchini 5 g cheese (on top of the casserole) 1 boiled egg 150 g green vegetables	cottage cheese 200 g or 150 ml of kefir 1%
Day 2 120 g Protein 57 g Fats 99 g Carbohydrates Kcal: 1300	50 g oat flakes 120 g of any berries or banana 8 g of 82.5% butter 140 g apple 50 g hazelnuts	150 g boiled pasta 2 eggs 100 g cucumbers	100 g tuna in its own juice 1 egg 100 g Cucumbers	cottage cheese 200 g or 150 ml of kefir 1%
Day 3 120 g Protein 57 g Fats 99 g Carbohydrates Kcal: 1300	60 g wholemeal bread 100 g avocado 3 eggs 100 ml of 2.6% milk 250 ml coffee	150 g raspberries (berries/fruit) or 150 g cottage cheese	- 150 g turkey fillet - 120 g boiled rice - 150 g cucumbers	- 200 gr white - 100 g - 2 boiled eggs - 250 g zucchini caviar

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Day 4 125 g Protein 46 g Fats 95 g Carbohydrates	- Porridge with chia and fruit: 40 g oatmeal 50 g. coconut cream 50 g berries 10 g chia seeds 300 g water	100 g cherry tomatoes - 100 g cucumber - 40 g feta cheese - 20 g arugula	- rice pilaf with beef: 70 g Basmati rice 150 g lean beef 100 g carrots 50 g onion 0.5 tsp. turmeric 0.5 liters of zira Salt, pepper	Salad: - 1 egg - 200 g chicken breast or white fish - 100 g avocado - 50 g lettuce leaves - 100 g tomato
Day 5 125 g Protein 46 g Fats 95 g Carbohydrates Kcal: ~1300	Cheesecakes: 200 g cottage cheese, 35 g. rice flour 1 egg Sugar, salt to taste vanillin	- 1 slice of whole wheat bread - 30 g hummus - 10 g herbs	– 85 g buckwheat - 50 g avocado - 2 eggs	Salad: - 200g chicken breast - 30 g olives - 50 g lettuce leaves - 100 g bell pepper
Day 6 125 g Protein 46 g Fats 95 g Carbohydrates Kcal: ~1300	Millet porridge: 65 g millet 20 g hazelnuts 15 g apricots 200 g coconut milk Salt to taste	Salad: - 150 g boiled beet - 30 g feta cheese - 15 g walnuts - 20 g arugula	Pasta: - 60 g whole-grain pasta - 200 g broccoli - 50 g mozzarella cheese	- 200 g - 150 g asparagus - 50 g cherry tomatoes
Day 7 110 g Protein 50 g Fats 66 g Carbohydrates Kcal: ~1200	Oatmeal pancake: 2 eggs 55 g oat flakes Salt 200 g tomatoes 100 g avocado 20 g spinach	Pasta with shrimp: - 50 g spaghetti - 200 g shrimp - 10 g olive oil - 20 g spinach	Bowl: - 1 egg - 40 g cottage cheese - 50 g lettuce leaves - 150 g tomato - 50 g radish - 100 g beet - 100 g carrots	Baked fish: - 150 g cherry tomatoes - 300 g halibut fillet - 150 g celery

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ЗАВТРАК
ОБЕД
ПЕРЕКУС1
1400 ККАЛ
УЖИН
ПЕРЕКУС2


УЖИН
ТУНЕЦЬ
ЗАВТРАК
ОБЕД
1300 ККАЛ
ПЕРЕКУС


завтрак
ПЕРЕКУС 1
УЖИН
ОБЕД

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WEEK 2 MENU

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	Breakfast	Lunch	Dinner	Snack
Day 1 110 g Protein 50 g Fats 66 g Carbohydrates Kcal: ~1200	Omelettes: - 3 eggs - 40 g plant milk - 10 g olive oil - 200 g tomato - 30 g arugula	Bowl: - 105 g quinoa - 200 g broccoli - 150 g chicken breast - 20 g sesame seeds - 20 g soy sauce	Salad: - 100 g avocado - 130 g salmon - 50 g spinach - 50 g cherry tomatoes	- 50 g cherry tomatoes - 150 g chicken breast - 30 g arugula - 200 g cucumber
Day 2 110 g Protein 50 g Fats 66 g Carbohydrates Kcal: ~1200	Smoothie Bowl 70 g green buckwheat 100 g coconut milk 10 g spinach 10 g chia seeds 20 g sunflower seeds	cutlets Bulgur and pumpkin: - 30 g bulgur - 200 g pumpkin	Omelettes: - 2 eggs - 50 g milk, can be vegetable milk - 20 g spinach Stuffing: - 40 g cottage cheese - 50 g avocado - 50 g tomato	Turkey salad: - 250 g broccoli - 200 g turkey breast fillet - 150 g celery - 30 g soy sauce
Day 3 125 g Protein 46 g Fats 95 g Carbohydrates Kcal: ~1300	Millet porridge: 65 g millet 20 g hazelnuts 15 g apricots 200 g coconut milk Salt to taste	Salad: - 150 g boiled beet - 30 g feta cheese - 15 g walnuts - 20 g arugula	Pasta: - 60 g whole-grain pasta - 200 g broccoli - 50 g mozzarella cheese	- 200 g - 150 g asparagus - 50 g cherry tomatoes
Day 4 120 g Protein 57 g Fats 99 g Carbohydrates Kcal: 1300	60 g wholemeal bread - 100 g avocado - 3 eggs - 100 ml of 2.6% milk - 250 ml coffee	150 g raspberries (berries/fruit) or 150 g cottage cheese	- 150 g turkey fillet - 120 g boiled rice -150 g cucumbers	- 200 gr white - 100 g - 2 boiled eggs -250 g zucchini caviar

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Day 5 110 g Protein 50 g Fats 66 g Carbohydrates Kcal: ~1200	Chicken fritters 300 g zucchini 130 g chicken breast 50 g parsley 2 eggs salt, pepper	Pasta and chicken: - 150 g chicken breast - 50 g hard pasta - 50 g green basil - 14 g olive oil	Salad - 1 egg - 40 g quinoa - 300 g broccoli (boil) - 200 g tomato - 20 g soy sauce	Salmon with mashed cabbage: - 150 g salmon Mashed potatoes: - 50 g coconut milk - 300 g cauliflower - 30 g spinach
Day 6 110 g Protein 50 g Fats 66 g Carbohydrates Kcal: ~1200	Smoothie Bowl 70 g green buckwheat 100 g coconut milk 10 g spinach 10 g chia seeds 20 g sunflower seeds	cutlets Bulgur and pumpkin: - 30 g bulgur - 200 g pumpkin	Omelettes: - 2 eggs - 50 g milk, can be vegetable milk - 20 g spinach Stuffing: - 40 g cottage cheese - 50 g avocado - 50 g tomato	Turkey salad: - 250 g broccoli - 200 g turkey breast fillet - 150 g celery - 30 g soy sauce
Day 7 110 g Protein 50 g Fats 66 g Carbohydrates Kcal: ~1200	Oatmeal pancake: 2 eggs 55 g oat flakes Salt 200 g tomatoes 100 g avocado 20 g spinach	Pasta with shrimp: - 50 g spaghetti - 200 g shrimp - 10 g olive oil - 20 g spinach	Bowl: - 1 egg - 40 g cottage cheese - 50 g lettuce leaves - 150 g tomato - 50 g radish - 100 g beet - 100 g carrots	Baked fish: - 150 g cherry tomatoes - 300 g halibut fillet - 150 g celery

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WEEK 3 MENU

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	Breakfast	Lunch	Dinner	Snack
Day 1 110 g Protein 50 g Fats 66 g Carbohydrates Kcal: ~1200	Oatmeal pancake: 2 eggs 55 g oat flakes Salt 200 g tomatoes 100 g avocado 20 g spinach	Pasta with shrimp: - 50 g spaghetti - 200 g shrimp - 10 g olive oil - 20 g spinach	Bowl: - 1 egg - 40 g cottage cheese - 50 g lettuce leaves - 150 g tomato - 50 g radish - 100 g beet - 100 g carrots	Baked fish: - 150 g cherry tomatoes - 300 g halibut fillet - 150 g celery
Day 2 110 g Protein 50 g Fats 66 g Carbohydrates Kcal: ~1200	Porridge: - 55 g millet - 20 g hazelnuts - 10 g apricots - 50 g coconut milk	- 200 g lean beef - 40 g buckwheat - 30 g dill - 50 g cherry tomatoes - 7 g olive oil	"Lodoski" with chicken: 1 zucchini 150 g minced chicken breast 150 g cherry tomatoes 20 g olives salt	Salad: - 150 g lean beef - 1 egg - 20 g olives - 7 g olive oil - 50 g lettuce leaves
Day 3 110 g Protein 50 g Fats 66 g Carbohydrates Kcal: ~1200	Spinach omelet: 3 eggs 50 g spinach 50 g coconut cream 100 g coconut milk	- 30 g quinoa - 150 g salmon - 50 g avocado - 200 g leeks	Warm buckwheat salad with beef: - 125 g lean beef - 60 g buckwheat groats - 150 g bell pepper - 20 g green onion - 200 g broccoli - 14 g olive oil	- 300 g broccoli - 200 g flounder fillet
Day 4 110 g Protein 50 g Fats 66 g	Chicken fritters 300 g zucchini 130 g chicken	Pasta and chicken: - 150 g chicken breast	Salad - 1 egg - 40 g quinoa - 300 g	Salmon with mashed cabbage: - 150 g salmon

Carbohydrates Kcal: ~1200	breast 50 g parsley 2 eggs salt, pepper	- 50 g hard pasta - 50 g green basil 14 g olive oil	broccoli (boil) - 200 g tomato - 20 g soy sauce	- Mashed potatoes: - 50 g coconut milk - 300 g cauliflower 30 g spinach
Day 5 120 g Protein 57 g Fats 115 g Carbohydrates Kcal: 1400	Oatmeal pancake Ingredients: - 1 egg - 45 g oat flakes (20 minutes) - 60 g banana - 12 g sugar-free dark chocolate - 10 g of 82.5% butter - 140 g apple	• 150 g stewed potatoes - 100 g stewed chicken - 130 g boiled cauliflower	- 200 g casserole with minced meat and zucchini - 5 g cheese (on top of the casserole) - 1 boiled egg - 150 g green vegetables	- cottage cheese 200 g or 150 ml of kefir 1%
Day 6 110 g Protein 50 g Fats 66 g Carbohydrates Kcal: ~1200	Omelettes: - 3 eggs - 40 g plant milk - 10 g olive oil - 200 g tomato - 30 g arugula	Bowl: - 105 g quinoa - 200 g broccoli - 150 g chicken breast - 20 g sesame seeds - 20 g soy sauce	Salad: - 100 g avocado - 130 g salmon - 50 g spinach - 50 g cherry tomatoes	- 50 g cherry tomatoes - 150 g chicken breast - 30 g arugula - 200 g cucumber
Day 7 120 g Protein 57 g Fats 99 g Carbohydrates Kcal: 1300	60 g wholemeal bread - 100 g avocado - 3 eggs - 100 ml of 2.6% milk - 250 ml coffee	150 g raspberries (berries/fruit) or 150 g cottage cheese	- 150 g turkey fillet - 120 g boiled rice - 150 g cucumbers	- 200 gr white - 100 g - 2 boiled eggs - 250 g zucchini caviar

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ДЕНЬ 1
1200 Ккал
ЗАВТРАК
ОБЕД
Перекус
УЖИН


ДЕНЬ 2
1200 Ккал
ЗАВТРАК
ОБЕД
Перекус
УЖИН


ДЕНЬ 3
1200 Ккал
ЗАВТРАК
ОБЕД
Перекус
УЖИН

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WEEK 4 MENU

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	Breakfast	Lunch	Dinner	Snack
Day 1 125 g Protein 46 g Fats 95 g Carbohydrates Kcal: ~1300	Millet porridge: 65 g millet 20 g hazelnuts 15 g apricots 200 g coconut milk Salt to taste	Salad: - 150 g boiled beet - 30 g feta cheese - 15 g walnuts - 20 g arugula	Pasta: - 60 g whole-grain pasta - 200 g broccoli - 50 g mozzarella cheese	- 200 g salmon - 150 g asparagus - 50 g cherry tomatoes
Day 2 110 g Protein 50 g Fats 66 g Carbohydrates Kcal: ~1200	Oatmeal pancake: 2 eggs 55 g oat flakes Salt 200 g tomatoes 100 g avocado 20 g spinach	Pasta with shrimp: - 50 g spaghetti - 200 g shrimp - 10 g olive oil - 20 g spinach	Bowl: - 1 egg - 40 g cottage cheese - 50 g lettuce leaves - 150 g tomato - 50 g radish - 100 g beet - 100 g carrots	Baked fish: - 150 g cherry tomatoes - 300 g halibut fillet - 150 g celery
Day 3 110 g Protein 50 g Fats 66 g Carbohydrates Kcal: ~1200	Smoothie Bowl 70 g green buckwheat 100 g coconut milk 10 g spinach 10 g chia seeds 20 g sunflower seeds	cutlets Bulgur and pumpkin: - 30 g bulgur - 200 g pumpkin	Omelettes: - 2 eggs - 50 g milk, can be vegetable milk - 20 g spinach Stuffing: - 40 g cottage cheese - 50 g avocado - 50 g tomato	Turkey salad: - 250 g broccoli - 200 g turkey breast fillet - 150 g celery - 30 g soy sauce

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Day 4 110 g Protein 50 g Fats 66 g Carbohydrates Kcal: ~1200	Omelettes: - 3 eggs - 40 g plant milk - 10 g olive oil - 200 g tomato - 30 g arugula	Bowl: - 105 g quinoa - 200 g broccoli - 150 g chicken breast - 20 g sesame seeds - 20 g soy sauce	Salad: - 100 g avocado - 130 g salmon - 50 g spinach - 50 g cherry tomatoes	- 50 g cherry tomatoes - 150 g chicken breast - 30 g arugula - 200 g cucumber
Day 5 120 g Protein 57 g Fats 99 g Carbohydrates Kcal: 1300	60 g wholemeal bread - 100 g avocado - 3 eggs - 100 ml of 2.6% milk - 250 ml coffee	150 g raspberries (berries/fruit) or 150 g cottage cheese	- 150 g turkey fillet - 120 g boiled rice - 150 g cucumbers	- 200 gr white - 100 g - 2 boiled eggs - 250 g zucchini caviar
Day 6 125 g Protein 46 g Fats 95 g Carbohydrates	- Porridge with chia and fruit: 40 g oatmeal 50 g. coconut cream 50 g berries 10 g chia seeds 300 g water	100 g cherry tomatoes - 100 g cucumber - 40 g feta cheese - 20 g arugula	- rice pilaf with beef: 70 g Basmati rice 150 g lean beef 100 g carrots 50 g onion 0.5 tsp. turmeric 0.5 liters of zira Salt, pepper	Salad: - 1 egg - 200 g chicken breast or white fish - 100 g avocado - 50 g lettuce leaves - 100 g tomato

UNI HEALTH

Day 7 110 g Protein 50 g Fats 66 g Carbohydrates Kcal: ~1200	Oatmeal pancake: 2 eggs 55 g oat flakes Salt 200 g tomatoes 100 g avocado 20 g spinach	Pasta with shrimp: - 50 g spaghetti - 200 g shrimp - 10 g olive oil - 20 g spinach	Bowl: - 1 egg - 40 g cottage cheese - 50 g lettuce leaves - 150 g tomato - 50 g radish - 100 g beet - 100 g carrots	Baked fish: - 150 g cherry tomatoes - 300 g halibut fillet - 150 g celery

UNI HEALTH

Nutrition guide or how many calories should we eat?

Fat as the primary fuel

Protein’s role

Vitamins and minerals

Fluids and hydration