

Daily Diet

Breakfast



Oatmeal with Berries and Nuts:

- Oats: 50 g
- Plant-based milk (e.g., almond): 200 ml
- Berries (raspberries, blueberries, strawberries): 100 g
- Nuts (almonds, walnuts): 20 g
- Chia seeds or flaxseeds: 10 g

Preparation:

1. Mix the oats with plant-based milk and cook until ready.
2. Add the berries, nuts, and seeds.

Snack

Fruit Salad:

- Banana: 1 piece (about 120 g)
- Apple: 1 piece (about 150 g)
- Orange: 1 piece (about 130 g)
- Walnuts: 10 g

Lunch

Quinoa and Vegetable Salad:

- Quinoa: 70 g
- Cucumber: 100 g
- Cherry tomatoes: 100 g
- Red onion: 50 g
- Spinach leaves: 50 g
- Olive oil: 10 ml
- Lemon juice: 1 tbsp
- Salt and pepper to taste

Preparation:

1. Cook the quinoa until done.

- Soaking quinoa before cooking is not necessary, but it can be beneficial for several reasons. Soaking helps reduce the phytic acid content, which can hinder the absorption of minerals such as iron and zinc. Also, soaking can reduce the cooking time of quinoa.
 - General recommendations for soaking quinoa:
 - Rinse quinoa under running water in a sieve until the water runs clear. This helps remove the saponins that give a bitter taste.
 - Soak quinoa in water for several hours or overnight. This not only reduces phytic acid content but also improves the texture of the cooked dish.
 - After soaking, drain and rinse the quinoa well, then cook as usual.
 - This approach can help make quinoa more nutritious and tasty.
2. Chop the vegetables and mix with quinoa and spinach.
 3. Dress with olive oil and lemon juice, add salt and pepper to taste.

Afternoon Snack



Hummus with Vegetable Sticks:

- Hummus: 100 g
- Carrot: 1 piece (about 80 g)
- Celery: 1 stalk (about 50 g)
- Bell pepper: 1/2 piece (about 60 g)

Dinner



Lentil and Vegetable Stew:

- Lentils: 100 g
- Onion: 1 piece (about 100 g)
- Carrot: 1 piece (about 80 g)
- Tomato paste: 2 tbsp
- Garlic: 2 cloves
- Zucchini: 150 g
- Eggplant: 150 g
- Olive oil: 10 ml
- Salt, pepper, spices to taste

Preparation:

1. Sauté the onion and garlic in olive oil until golden.
2. Add chopped carrots, zucchini, and eggplant, and sauté for a few minutes.
3. Add lentils, tomato paste, and spices, then add water to cover all ingredients.
4. Simmer until the lentils are cooked.

Evening Snack



Fruit Salad with Nuts and Seeds:

- Apple: 1 piece (about 150 g)
- Pear: 1 piece (about 150 g)
- Kiwi: 1 piece (about 80 g)
- Almonds: 20 g
- Flaxseeds or chia seeds: 10 g
- Honey: 1 tsp (optional)

Preparation:

1. Cut the apple, pear, and kiwi into pieces.
2. Mix the chopped fruits in a bowl.
3. Sprinkle with almonds and seeds.
4. Drizzle with honey if you want to add sweetness.

Warning: As this diet may lack the essential vitamin B12, it is recommended to consume it through products like almond milk fortified with this supplement.

