

WEEK 1

Healthy Menu: Ovo-Lacto Vegetarian Diet. Calorific Requirement: 1,600 - 2,000 kcal

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|--|--|--|---|
| | *T.V.C.: 1,656.4 kcal **17% - 28% - 55% | *T.V.C.: 2,030.3 kcal **14% - 30% - 56% | *T.V.C. : 1,858.0 kcal **17% - 27% - 56% | *T.V.C. : 1,888.9 kcal **15% - 27% - 58% |
| BREAKFAST 15% | - Skimmed Milk, 1 glass, 200 ml - Instant Chocolate, 1 teaspoon, 5 g - Toast, "Biscotte", 4 pieces, 40 g - Butter, for spreading, 5 g - Jam, sugar-free, 1 teaspoon, 5 g | - Skimmed Milk, 1 glass, 200 ml - Fruit Muesli, sugar free, 2½ handfuls, 60 g - Instant chocolate, 1 soup spoon, 10 g | - Liquid Yoghurt, low fat, 1 glass, 200 ml - Toast, "Biscotte", 3 pieces, 30 g - Melted cheese for spreading, 20 g | - Skimmed Milk, 1 glass, 200 ml - Wheat Gofio, 5 soup spoons, 50 g |
| T.V.C. % | 259.5 kcal 19% - 23% - 58% | 284.0 kcal 20% - 13% - 67% | 232.6 kcal 28% - 9% - 63% | 232.0 kcal 23% - 6% - 71% |
| MORNING SNACK 10% | - Yoghurt, 0% fat, 1 pot, 125 g - Banana, medium, 150 g | - Fermented Milk with L. casei, 0% fat 1 pot, 125 g - Fibre Biscuits "Bifidus" w/ Sesame, 4, 40 g | - Wholemeal Bread, 5 cm, 40 g - Burgos Cheese, low fat, 2 thin slices, 30 g - Tomato, 2 thin slices, 30 g - Olive Oil, 1 teaspoon, 5 ml | - Wholemeal Bread, 5 cm, 40 g - Manchego Cheese, 1 slice, 20 g - Tomato, 1 slice, 20 g |
| T.V.C. % | 168.5 kcal 13% - 5% - 82% | 190.6 kcal 13% - 29% - 58% | 167.6 kcal 17% - 30% - 53% | 175.5 kcal 21% - 32% - 47% |
| LUNCH 30- 35% | - Greek Salad [Lettuce, Tomato w/ Cheese], medium plate, 180 g - Peas and Carrots w/ Boiled Egg, large rounded ladle, 50 g - Strawberries, 6-7 small, 100 g - Wholemeal Bread, 3 slices, 60 g | - Avocado with Walnuts, ½ plate, 100 g - Chickpea and Spinach Stew, 2 ladles, 200 g - Peach, medium, 150 g - Wholemeal Bread, 2 slices, 40 g | - Watercress and Bean Stew, 1 large ladle, 200 g - Macaroni Bolognese, w/ Parmesan cheese (Fresh pasta w/ Seitan Cheese) 1 full ladle, 100 g - Banana, med./small, 120 g - Wholemeal Bread, 1 slice, 20 g - Fruit Yoghurt, low fat, 1 pot, 125 g | - Cabbage, Lettuce, Pineapple & Mayonnaise Salad, 120 g - Olive Oil, 1 teaspoon, 5 ml - Stewed Lentils, w/ White Rice, 5-6 soup spoons respectively, 200 g - Strawberries, 5 small, 75 g - Yoghurt, 0% fat, 1 pot 125 g |
| T.V.C. % | 561.1 kcal 19% - 37% - 44% | 719.2 kcal 12% - 38% - 50% | 611.2 kcal 19% - 20% - 61% | 616.7 kcal 16% - 23% - 61% |
| AFTERNOON SNACK 15% | - Skimmed Milk, 1 glass, 200 ml - Breakfast Cereals, flakes, 2 handfuls, 30 g - Almonds, 20, or 2 soup spoons (blanched), 20 g | - Fresh Orange Juice, 1 glass, 200 ml - Yoghurt w/ Soya Protein & Fruit, 1 pot, 125 g - Hazelnuts, 8, 8 g | - Walnuts, 7-8, 15 g - Dried Peaches, 7, 49 g - Fermented Milk w/ L. casei, 0% fat, 1 pot, 105 ml | - Melon, 1 slice, 150 g - Rice Pudding, semi-skimmed, 1 pot, 135 g - Maria Biscuits, 2, 10 g |
| T.V.C. % | 276.5 kcal 19% - 38% - 43% | 242.5 kcal 13% - 21% - 66% | 240.7 kcal 11% - 35% - 54% | 243.9 kcal 11% - 16% - 73% |
| DINNER 25- 30% | - Tomato, Basil and Parsley Soup, 2 ladles, 200 g - Stuffed Bubango Marrow, w/ Vegetables, Rice & Cheese, 1 medium, 200 g - Wholemeal Bread, 1 slice, 20 g - Mango, medium, 150 g | - Stuffed Tomato, w/ Egg, French Beans, Olives and Mozzarella, 2 med., 200 g - Yoghurt Sauce, 3 soup spoons, 30 g - Brown Rice with Flat Mushrooms, 6 rounded soup spoons, 150 g - Pear, medium, 150 g - Yoghurt, 0% fat, 1 pot, 125 g | - Cream of Carrot Soup, 1½ ladles, 150 g - Cheese Fritters, 4, 100 g - Tomato and Fresh Cheese Salad, w/ basil and Oregano, 120 g - Apple, medium, 150 g - Wholemeal Bread, 1 slice, 20 g | - Cream of Bubango Marrow Soup 1½ ladles, 200 g - Carrot and Egg Croquettes, 4, 100 g - Chips, 2 handfuls, 120 g - Papaya, 1 large slice, 180 g |
| T.V.C. % | 390.8 kcal 13% - 19% - 68% | 591.3 kcal 15% - 32% - 53% | 605.9 kcal 15% - 35% - 50% | 620.8 kcal 10% - 41% - 49% |

*T.C.V.: Total Calorific Value · ** Percentages of protein, fat and carbohydrates, respectively.

See Annexe 1 for an explanation of the weights and measures.

Healthy Menu: Ovo-Lacto Vegetarian Diet. Calorific Requirement: 1,600 - 2,000 kcal

| FRIDAY | | SATURDAY | | SUNDAY | |
|---|--|---|---|--|--|
| *T.V.C.: 1.880,2 kcal **16% - 27% - 57% | | *T.V.C.: 1.838,9 kcal **15% - 26% - 59% | | *T.V.C. : 1.821,2 kcal **16% - 29% - 55% | |
| BREAKFAST 15% | - Skimmed Milk, 1 glass, 200 ml - Breakfast Cereals, flakes, 1 bowl, 40 g - Cocoa powder, 1 soup spoon, 10 g - Soya Lecithin, 1 teaspoon, 5 g | - Skimmed Milk, 1 glass, 200 ml - Toast, "Biscotte", 4 pieces, 40 g - Jam, sugar-free, 1 teaspoon, 5 g - Butter, 1 teaspoon, 5 g | - Skimmed Milk, 1 glass, 200 ml - Chocolate Breakfast Cereals, 1 bowl, 200 ml/40 g - Walnuts, 4-5, 8 g | | |
| T.V.C. % | 274.4 kcal 17% - 27% - 56% | 271.3 kcal 16% - 26% - 58% | 244.4 kcal 18% - 24% - 58% | | |
| MORNING SNACK 10% | - Grapes, 20, 140 g - Liquid Yoghurt, low fat, 1 pot, 200 ml | - Raisins, 1½ handfuls, 30 g - Cashew Nuts, 5, 10 g - Fermented Milk, w/ L. casei, 0% fat, 1 pot 105 ml | - Sliced Brown Bread, 2 med. slices, 50 g - Burgos Cheese, 2 slices, 40 g - Tomato, 2 thin slices, 30 g | | |
| T.V.C. % | 209.4 kcal 22% - 6% - 72% | 154.4 kcal 13% - 26% - 61% | 189.8 kcal 22% - 28% - 50% | | |
| LUNCH 30- 35% | - Canarian "Rancho" Stew, w/ Beans, 1 large full ladle, 200 g - Stir-fried French Beans & carrots, w/ Tofu, 150 g - Orange, med./large, 180 g - Wholemeal Bread, 1 slice, 20 g - Yoghurt, 0% fat, 1 pot, 125 g | - Spaghetti with Tempeh, 200 g - Cabbage, Lettuce, Pineapple and Beansprouts Salad, small plate, 200 g - melon, 1 slice, 150 g - Wholemeal Bread, 1 slice, 20 g - Yoghurt with Soya & Fruit, 1 pot, 125 g | - Vegetable and Chickpea Stew, large plate, 400 g - Tomato & Fresh cheese Salad, w/ Basil & Oregano, small plate, 120 g - Wholemeal Bread, 4 cm, 30 g - Plum, 1 large, 100 g | | |
| T.V.C. % | 630.0 kcal 15% - 27% - 58% | 616.8 kcal 17% - 24% - 59% | 560.2 kcal 15% - 26% - 59% | | |
| AFTERNOON SNACK 15% | - Yoghurt, normal Bio, 1 pot, 125 g - Wholemeal Bread, 4 cm, 30 g - White Cheese, low fat, for spreading, 20 g | - Fruit Salad, Strawberries, Kiwi Fruit, Orange, Apple, 250 g - Custard, 1 pot, 125 g | - Fermented Milk, w/ L. casei, 0% fat, 1 pot, 105 ml - Toast, "Biscotte", 4 pieces, 40 g - Butter, for spreading, 10 g | | |
| T.V.C. % | 220.9 kcal 18% - 22% - 60% | 262.7 kcal 10% - 22% - 68% | 279.7 kcal 19% - 31% - 50% | | |
| DINNER 25- 30% | - Spanish Omelette w/ Spinach, small plate sized, 200 g - Tomato, sliced, w/ Oregano, 1 med., 150 g - Pineapple in Juice, 4 slices, 150 g - Wholemeal Bread, 3 slices, 60 g | - Cream of Pumpkin Soup, 1½ large ladle, 200 g - Vegetable Pisto, w/ Egg, flat plate, 200 g - Wholemeal Bread, 2 serving, 40 g - Sharon Fruit, 2 medium, 100 g | - Carrot and Pasta Stars Soup, 2 ladles, 200 g - Stuffed Chayote, w/ Vegetables and Egg, 1, 250 g - Nectarine, medium, 100 g - Fermented Milk w/ L. casei, 0% fat, 1 pot, 105 ml | | |
| T.V.C. % | 545.5 kcal 15% - 35% - 50% | 533.7 kcal 14% - 32% - 54% | 547.1 kcal 11% - 33% - 56% | | |

*T.C.V.: Total Calorific Value · ** Percentages of protein, fat and carbohydrates, respectively.

See Annexe 1 for an explanation of the weights and measures.

WEEK 2

Healthy Menu: Ovo-Lacto Vegetarian Diet. Calorific Requirement: 1,600 - 2,000 kcal

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|--|---|---|---|
| | *T.V.C. : 1,808.3 kcal **17% - 30% - 53% | *T.V.C. : 1,998.8 kcal **15% - 31% - 54% | *T.V.C.: 1,793.3 kcal **16% - 26% - 58% | *T.V.C. : 1,939.6 kcal **16% - 26% - 58% |
| BREAKFAST 15% | - Fresh Orange Juice, ¾ glass, 150 ml - Wholemeal Bread, 2 slices, 40 g - Manchego Cheese, 2 thin slices, 30 g - Tomato, 2 thin slices, 30 g | - Skimmed Milk, 1 glass, 200 ml - Breakfast Cereals, flakes, 1 bowl 200 ml/40 g - Instant chocolate, 1 teaspoon, 5 g - Sesame Seeds, 1 teaspoon, 5 g | - Yoghurt, 0% fat, 1 pot, 125 g - Multicereal Crackers, 4, 32 g - Manchego Cheese, 1 slice, 20 g - Jam, sugar-free, 2 teaspoons, 10 g | - Fresh Orange Juice, 1 glass, 200 g - Wholemeal Bread, 2 slices, 40 g - Fresh Burgos Cheese, 3 thin slices, 45 g - Tomato, 2 thin slices, 30 g - Olive Oil, 1 soup spoon, 10 ml |
| T.V.C. % | 285.5 kcal 19% - 30% - 51% | 234.1 kcal 19% - 14% - 67% | 243.8 kcal 20% - 29% - 51% | 316.7 kcal 13% - 32% - 55% |
| MORNING SNACK 10% | - Pistachio Nuts, 10, 10g - Dried Peaches, 3-4, 20 g - Liquid Yoghurt, low-fat, 1 glass, 200 ml | - Wholemeal Bread, 5 cm, 40 g - Fresh Goat's Cheese, 2 thin slices, 30 g - Tomato, 2 thin slices, 30 g | - Fermented Milk w/ L. casei, 0% fat, 1 pot, 105 ml - Biscuits w/ Milk, Chocolate and Yoghurt, 3, 35 g | - Fermented Milk w/ L. casei, 0% fat, 1 pot, 105 ml - Apple, medium, 150 g - Walnuts, 4-5 8 g |
| T.V.C. % | 200.5 kcal 25% - 24% - 51% | 183.1 kcal 19% - 35% - 46% | 183.2 kcal 14% - 31% - 55% | 172.2 kcal 11% - 34% - 55% |
| LUNCH 30- 35% | - Vegetable Stew with Corn on the Cob, 2 ladles, 200 g - Seitan with Stir-fried Flat Mushrooms, ½ plate, 120 g - Banana, medium, 150 g - Wholemeal Bread, 1 slice, 20 g | - Couscous Salad w/ Spinach, Strawberries & Walnuts, 120 g - Grilled Cheese, 1 thick slice, 50 g - Pumpkin, Aubergine and Courgette, griddled, 200 g - Apricots, 3-4, 150 g - Wholemeal Bread, 2 slices, 40 g | - Canarian "Rancho" Stew, w/ beans, 1 ½ large ladles, 200 g - Tomato w/ Mozzarella, 5-6 slices, 150 g - Pineapple, 3 slices, 120 g - Wholemeal Bread, 1 slice, 20 g - Yoghurt w/ Soya & fruit, 1 pot, 125 g | - Ratatouille (Aubergine, Courgette & Peppers), ½ plate, 150 g - Rice with Chard, (3 rounded soup spoons), & White Beans (4 soup spoons), 150 g - Plums, 3 medium, 150 g - Yoghurt, Normal Bio, 1 pot, 125 g - Wholemeal Bread, 1 slice, 20 g |
| T.V.C. % | 540.6 kcal 15% - 34% - 51% | 687.0 kcal 14% - 36% - 50% | 663.0 kcal 16% - 25% - 59% | 640.1 kcal 13% - 23% - 64% |
| AFTERNOON SNACK 15% | - Biscuits, "Bifidus" w/ sesame, 4, 40 g - Skimmed Milk, 1 glass, 200 ml - Instant Chocolate, 1 soup spoon, 10 g - Mandarin, medium, 100 g | - Toast, "Biscotte", 4 pieces, 40 g - Chocolate/Hazelnut Spread, double serving, for spreading, 10 g - Fermented Milk w/ L. casei, 0% fat, 1 pot, 105 ml | - Raisins, 20, 10g - Almonds, 10, 10 g - Liquid Yoghurt with Fruit Pulp, 1 pot, 200 g | - Skimmed Milk, 1 glass, 200 ml - Breakfast Cereals, flakes, 2½ handfuls, 40 g - Cocoa Powder, sugar-free, in the bowl, 1 soup spoon, 10 g |
| T.V.C. % | 276.7 kcal 18% - 23% - 59% | 235.5 kcal 13% - 19% - 68% | 254.0 kcal 12% - 30% - 58% | 231.2 kcal 21% - 12% - 67% |
| DINNER 25- 30% | - Cream of Spinach Soup 2 ladles, 200 g - Boiled Rice (3 soup spoons), Banana (1 small), Chips (1 handful), Fried Egg (1 small), 200 g - Kiwi Fruit, 2 med./small, 150 g | - Stewed Peas w/ Manchego Cheese, in strips, 7-8 soup spoons, 150 g - Falafel, 3 Chickpea Croquettes, 75 g - Lettuce Julienne, Dressing, 100 g - Apple, medium, 180 g - Wholemeal Bread, 1 slice, 20 g | - Pasta Shells with Peppers, Aubergine, and 1 Egg, 250 g - Cabbage, Lettuce, Pineapple & Mayonnaise Salad, 150 g - Strawberries, 6-7, 100 g | - Green Vegetable Soup, 1 large ladle, 150 g - Breaded Seitan, med./small slice, 80 g - Chips, 3 handfuls, 150 g - Mandarins, 2 medium, 180 g - Wholemeal Bread, 2 slices, 40 g - Yoghurt, 0% fat, 1 pot, 125 g |
| T.V.C. % | 505.0 kcal 13% - 31% - 56% | 659.1 kcal 15% - 35% - 50% | 449.3 kcal 17% - 23% - 60% | 579.4 kcal 20% - 31% - 49% |

*T.C.V.: Total Calorific Value · ** Percentages of protein, fat and carbohydrates, respectively.

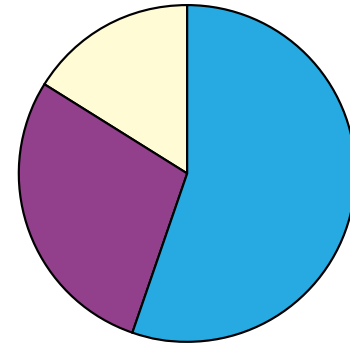
See Annexe 1 for an explanation of the weights and measures.

Healthy Menu: Ovo-Lacto Vegetarian Diet. Calorific Requirement: 1,600 - 2,000 kcal

| | FRIDAY *T.V.C. : 2,008.0 kcal **15% - 33% - 52% | SATURDAY *T.V.C. : 2,004.5 kcal **16% - 29% - 55% | SUNDAY *T.V.C. : 1,761.1 kcal **14% - 31% - 55% |
|---|---|---|--|
| BREAKFAST 15% | - Yoghurt, 0% fat, 2 pots, 250 g - Porridge Oats, 4 soup spoons, 40 g - Granulated Soya Lecithin, 1 teaspoon, 5 g - Soya Lecithin, 1 teaspoon, 5 g, all mixed together | - Skimmed Milk, 1 glass, 200 ml - Corn Gofio, 4 level soup spoons, 40 g - Papaya, 1 serving, 150 g | - Skimmed Milk, 1 glass, 200 ml - Cocoa Powder, sugar-free, in the milk, 1 teaspoon, 5 g - Homemade Madeira Cake, 1 slice, 40 g |
| T.V.C. % | 257.1 kcal 19% - 25% - 56% | 265.7 kcal 17% - 10% - 73% | 249.4 kcal 18% - 28% - 54% |
| MORNING SNACK 10% | - Pear, 1, medium, 120 g - Biscuits, Soya/Fig, 2, 34 g | - Fruit Yoghurt, low-fat, 1 pot, 125 g - Raisins, 1 handful, 20 g - Pistachio nuts, 20, 20 g | - Pear, medium, 150 g - Yoghurt, 0% fat, 1 pot, 125 g - Biscuits, "Bifidus" w/ Sesame, 2, 20 g |
| T.V.C. % | 215.8 kcal 9% - 24% - 67% | 276.0 kcal 13% - 34% - 53% | 206.6 kcal 11% - 17% - 72% |
| LUNCH 30- 35% | - French Beans in Tomato Sauce, 2 ladles, 250 g - Vegetable Pizza w/ Cheese, Mushrooms, small plate sized, 200 g - Banana, med./large, 180 g - Wholemeal Bread, 1 slice, 20 g | - Canarian Wrinkled Potatoes, 6-7 small, 180 g - Grilled Cheese, 2 thick slices, 80 g - Coriander Mojo Sauce, 1 soup spoon, 10 g - Vegetables with Onions, side-dish, 180 g - Nectarine, 1 medium, 150 g - Wholemeal Bread, 2 slices, 40 g | - Lentil Stew, 1 large ladle, 200 g - Mango, Avocado & Arugula Salad, 1 plate, 200 g - Hard Boiled egg, ½, 30 g - Sharon Fruit, 2 medium, 100 g |
| T.V.C. % | 702.0 kcal 15% - 35% - 50% | 680.9 kcal 15% - 34% - 51% | 531.6 kcal 13% - 32% - 55% |
| AFTERNOON SNACK 15% | - Rice Pudding, semi-skimmed, 1 pot, 135 g - Cashew Nuts, 8, 16 g - Dried Peaches, 2, 14 g | - Multigrain Crackers, 6, 48 g - Melted Cheese, low-fat, 3 servings, for spreading, 60 g | - Custard, 1 pot, 135 g - Fruit Muesli, sugar-free, 1 rounded soup spoon, 15 g - Cashew Nuts, 5, 10 g |
| T.V.C. % | 256.2 kcal 12% - 33% - 55% | 249.1 kcal 23% - 20% - 57% | 259.0 kcal 13% - 37% - 50% |
| DINNER 25- 30% | - Scrambled Eggs W/ Flat Mushrooms, 1 dessert plate, 180 g - Tomatoes, Potatoes, & Cheese, chopped, w/ Pineapple, 200 g - Wholemeal Bread, 2 slices, 40 g - Cherries, 14-15, med./small, 160 g | - Courgettes, diced & stir-fried, ½ plate, 150 g - 3 Delicacy Rice, 6-8 soup spoons, 120 g - Mixed Salad w/ Asparagus, 100 g - Strawberries, 5-6, small, 90 g - Liquid Yoghurt, low-fat, 1 small glass, 100 g - Wholemeal Bread, 1 slice, 20 g | - Wholemeal Bread, ¾ normal size, 80 g - Fresh Goat's Cheese, 3 slices, 60 g - Tomato, 4 slices, 80 g - Lettuce, 1 leaf, 30 g - Olive Oil, 1 teaspoon, 5 ml - Iodised Salt, 1 g - Fresh Orange Juice, 1 glass, 200 ml (Different, but balanced menu) |
| T.V.C. % | 576.9 kcal 17% - 37% - 46% | 532.8 kcal 15% - 33% - 52% | 514.5 kcal 15% - 35% - 50% |

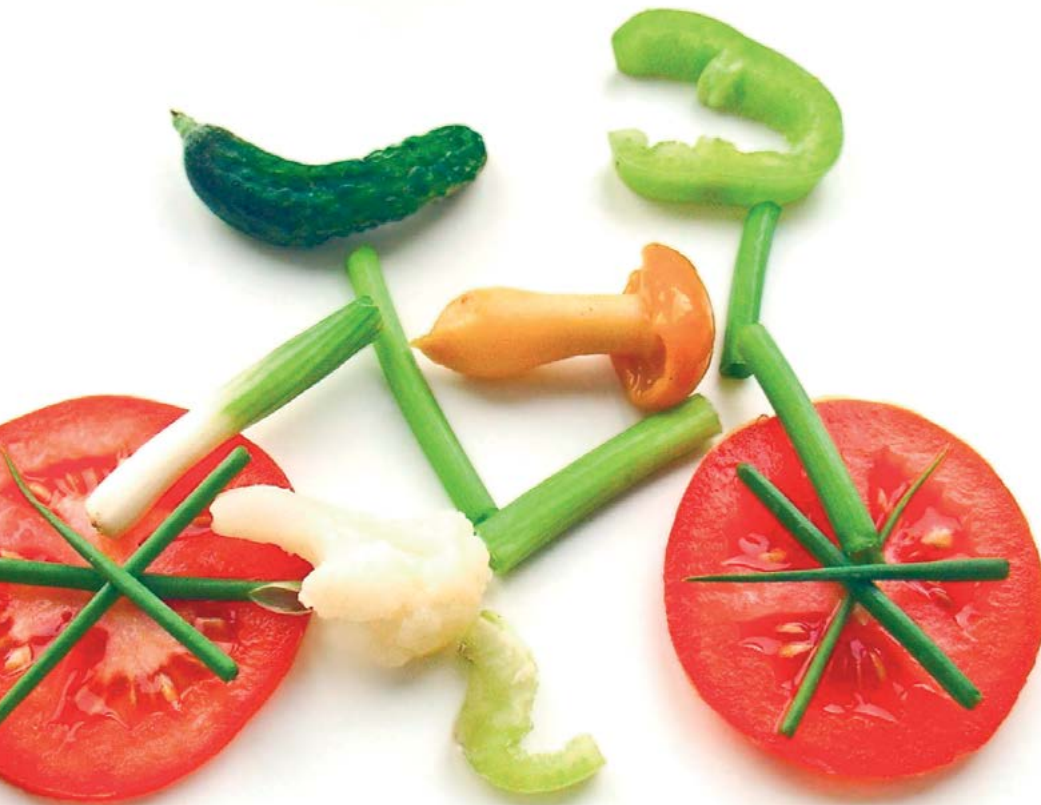
*T.C.V.: Total Calorific Value - ** Percentages of protein, fat and carbohydrates, respectively.

See Annexe 1 for an explanation of the weights and measures.



Averaged Nutritional Contribution

| | |
|----------------------|----------------|
| CARBOHYDRATES | 56% |
| FAT | 28% |
| PROTEIN | 16% |
| Kcal totales | 1,877.6 |



| AVERAGE VALUES | MENU Ovo-Lacto Vegetarian 1,600- 2,000 kcal |
|-------------------------------|--|
| Total Calories | 1,877.6 kcal |
| Protein (% *T.V.C. - g) | 16% - 73.3 g |
| Fat (% *T.V.C. - g) | 28% - 59.3 g |
| Carbohydrates (% *T.V.C. - g) | 56% - 262.5 g |
| Fibre (g) | 28.9 |
| Calcium (mg) | 1,434.7 |
| Iron (mg) | 21.1 |
| Zinc (mg) | 11.6 |
| Sodium (mg) | 1,511.6 |
| Potassium (mg) | 3,682.6 |
| Phosphorus (mg) | 1,768.5 |
| Vitamin D (µg) | 4.8 |
| Saturated Fat (g) | 15.1 |
| Monounsaturated Fat (g) | 24.0 |
| Polyunsaturated Fat (g) | 6.1 |