

MENUS

WEEK ONE

DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Monday	Crispbread with egg and cottage cheese	1 carrot, cut into sticks, with your choice of dip	Quinoa with roast beef, tomato, and watercress	15 almonds	Omelet with mackerel, tomatoes, and rye bread
Tuesday	Hot cereal "to go"	100 grams grapes	Meatballs with edamame and cabbage	1 slice toasted rye with your choice of dip	Salmon with herbs, quick cucumber pickle, and egg
Wednesday	Skyr with granola	1 apple, sliced, with your choice of dip	Two-bread sandwich	100 grams grapes	Edamame with cabbage and dill
Thursday	Fried egg with almond butter sandwich	1 pear, sliced, with your choice of dip	Rye salad with lemon and berries	Roasted chickpeas and almonds	Chicken breast with pears, grapes, and rice
Friday	Egg white omelet with peppers and cheese	15 almonds	Soba noodles with tofu, ginger, and sugar snaps	1 carrot, cut into sticks, with your choice of dip	Chicken salad
Saturday	Bircher muesli	1 carrot with your choice of dip	Rye berries with cucumber and hazelnuts	1 slice low-GI bread with avocado-chocolate spread	Chicken with carrots and potatoes
Sunday	Pita with ham, carrot, and cottage cheese	Crispy kiwifruit	Beggar's purses with hummus and cottage cheese	1 rye roll with chocolate	Pizza with chicken and greens or leftovers from the week

WEEK TWO

DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Monday	Fried egg with almond butter sandwich	1 pear, sliced, with your choice of dip	Rice paper rolls with shrimp	Low-GI whole-grain bread with avocado-chocolate spread	Cod and tomato salad
Tuesday	Ham and cheese omelet	1 carrot with your choice of dip	Tuna, potatoes, and eggs	1 rye roll with chocolate	Open-faced sandwich with salmon, ginger, and lime
Wednesday	Hot cereal "to go"	Pita with cottage cheese and apple	Chicken, corn, and cornichons	15 almonds	Chicken, cabbage, and curry wrap
Thursday	Skyr with granola	Crispy kiwifruit	Egg and vegetables salad on toasted rye	1 low-GI whole-grain crispbread with your choice of dip	Tuna with wasabi, cabbage, almonds, and cucumber
Friday	Warm rye cereal with apple and hazelnuts	1 pear, sliced, with your choice of dip	Chilled tomato soup	1 slice low-GI bread with nut butter	Chicken with eggplant, tomato, and cinnamon
Saturday	Hot cereal with blueberries	Apple with lemon and cocoa nibs	Quinoa with roast beef, tomato, and watercress	Crunchy egg	Salmon meatballs with chickpeas and cabbage
Sunday	Sunday morning breakfast	1 apple, sliced, with your choice of dip	Fennel, prosciutto, and almonds	1 slice low-GI bread with almond butter	Chia-crust ed tofu with tomato, spinach, and green bean rice

WEEK THREE

DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Monday	Warm rye cereal with apple and hazelnuts	1 carrot with your choice of dip	Soba noodles with tofu, ginger, and sugar snaps	Egg with cottage cheese and almonds	Shrimp with chile, grapefruit, and cabbage
Tuesday	Bircher muesli	Crunchy egg	Rye salad with lemon and berries	Pear with pepper and mozzarella	Salmon with avocado, peas, and fennel
Wednesday	Crispbread with egg and cottage cheese	1 apple, sliced, with your choice of dip	Mackerel, cabbage, and rye bread	Carrots with green pea dip	Citrus chicken with roasted sweet potato and arugula
Thursday	Skyr with granola	1 slice toasted low-GI bread with your choice of dip	Fennel, prosciutto, and almonds	1 grapefruit	Stuffed peppers with lamb, quinoa, and lemon
Friday	Hot cereal with blueberries	Roasted chickpeas and almonds	Chilled tomato soup	2 carrot sticks with your choice of dip	Fish wontons with cabbage and carrot salad
Saturday	Egg white omelet with peppers and cheese	1 apple, sliced, with your choice of dip	Two-bread sandwich	Egg with cottage cheese and almonds	Fish fillet with radicchio salad
Sunday	Sunday morning breakfast	15 almonds	Beggar's purses with hummus and cottage cheese	1 grapefruit	Sauté of root vegetables with chorizo or leftovers from the week

WEEK FOUR

DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Monday	Skyr with granola	Apple with lemon and cocoa nibs	Rye berries with cucumber and hazelnuts	Crispy kiwifruit	Chicken drumsticks with fennel and lentils
Tuesday	Egg white omelet with peppers and cheese	1 carrot with your choice of dip	Two-bread sandwich	15 almonds	Beef with salt and vinegar potatoes
Wednesday	Pita with ham, carrot, and cottage cheese	Pear with pepper and mozzarella	Quinoa with roast beef, tomato, and watercress	Mango, almonds, and mint	Pork with sage and halloumi filling
Thursday	Warm rye cereal with apple and hazelnuts	¼ green cabbage with your choice of dip	Rye salad with lemon and berries	1 apple with your choice of dip	Salmon with crunchy vegetables and celery root cream
Friday	Hot cereal “to go”	1 slice low-GI bread with avocado-chocolate spread	Chicken, corn, and cornichons	15 almonds	Pasta Bolognese
Saturday	Bircher muesli	Pita with cottage cheese and apple	Egg and vegetables salad on toasted rye	Mango, almonds, and mint	Cod with carrot and hazelnuts
Sunday	Ham and cheese omelet	Carrots with green pea dip	Mackerel, cabbage, and rye bread	1 apple with your choice of dip	Spicy Beef and Noodle Wraps