

WEEKLY MEAL PLAN
DAY 1



	AMOUNT	PRODUCTS	QUANTITY	KCAL	PROT	CARB	FAT
BREAKFAST	2 slices	Raisinbread, whole wheat	70 gram	177,10	6,51	32,34	1,26
	2 for 1 slice	Low-fat margarine	12 gram	43,20	0,00	0,00	4,80
	2 pieces	Kivi, yellow	150 gram	99,00	1,50	18,60	0,45
LUNCH	3 pieces	Knäckebröd, whole wheat	30 gram	108,90	3,27	19,20	1,20
	2 for 1 slice	Cheese spread, 20+	30 gram	41,10	5,16	0,51	2,04
	1 for 1 slice	Peanut butter	20 gram	130,80	4,50	2,00	11,28
	3 for 1 slice	Low-fat margarine	18 gram	64,80	0,00	0,00	7,20
	1 bowl	Cucumber, no peel	115 gram	14,95	0,81	1,49	0,46
DINNER	3 serving spoons	Macaroni, whole wheat	135 gram	180,90	7,56	31,99	1,22
	1 tablespoon	Olive oil	10 gram	90,00	0,00	0,00	10,00
	2 serving spoons	Lentils	120 gram	118,80	10,56	13,92	0,84
	2 serving spoons	Mushrooms	100 gram	21,00	3,80	0,40	0,30
	2 serving spoons	Courgette	120 gram	22,80	1,80	2,76	0,12
	1 piece	Bell pepper	65 gram	16,90	0,52	2,86	0,07
	2 sauce ladles	Pasta sauce with basil	60 gram	37,80	0,60	4,50	1,80
SNACKS	1 bowl	Yoghurt, low-fat	150 gram	75,00	6,30	6,45	2,25
	1 bowl	Blueberries	100 gram	52,00	0,70	11,00	0,00
	1 glass	Semi-skimmed milk	150 ml	67,50	5,10	7,05	2,10
	2 pieces	Rice cake, multigrain	14 gram	51,52	1,11	10,36	0,45
	2 slices	Smoked chicken slices	22 gram	27,50	3,85	0,75	0,97
	2 for 1 slice	Low-fat margarine	12 gram	43,20	0,00	0,00	4,80
TOTAL				1485	64 g 17%	96 g 26%	65 g 39%

DESCRIPTION

Cook the macaroni according to the package directions. Roughly chop the vegetables. Cook the vegetables in olive oil for 5 minutes. Then add the lentils and pasta sauce and heat until the sauce is almost boiling. Serve the sauce over the pasta.