

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DESAYUNO						
- 360 cc skim milk - 1 piece of toast - 10 g margarine	- 360 cc skim milk - 1 piece of toast - 10 g dietary jam	- 360 cc skim milk - 1 piece of toast - 10 g margarine	- 360 cc skim milk - 1 piece of toast - 10 g dietary jam - 10 g margarine	- 360 cc skim milk - 1 piece of toast - 10 g dietary jam - 10 g margarine	- 360 cc skim milk - 1 piece of toast - 10 g dietary jam - 10 g margarine	- 360 cc skim milk - 1 piece of toast - 10 g dietary jam - 10 g margarine
MID MORNING						
- 30 g Serrano ham - 10 g bread - 80 g Tetilla cheese	- 30 g ham - 10 g bread - 80 g Burgos cheese - 1 piece of fruit (banana)	- 30 g ham - 1 piece of small fruit - 10 g bread	- 20 g soft Manchego cheese - 50 g tomato juice - 10 g bread	- 30 g ham - 10 g bread - 1 piece of fruit	- 20 g Serrano ham - 1 small tomato - 10 g bread - 120 g cottage cheese or 80 g Tetilla cheese	- 30 g ham - 10 g bread - 40 g grated cheese
LUNCH						
- 70 g spaghetti (dietary tomato sauce, grated cheese, 20 g tuna) - 100 g grilled chicken (with peas, artichokes, green beans, carrots) -10 g bread -1 piece of fruit	- 200 g green beans - 110 g carrots - 70 g peas - 20 g oil - 120 g beef (with 50 g carrots and 20 g potato) - 10 g bread - 1 piece of fruit	- 30 g lentils (red pepper, onion, tomato and potato) - 120 g grilled beef or - 120 g liver - 10 g bread - 1 piece of fruit	- Fish soup with 35 g rice - 140 g grilled chicken - 75 g peas - Salad: 150 g lettuce, 100 g artichokes, 50 g beets, 30 g cucumber - 10 g bread - 1 piece of fruit	- 140 g grilled chicken - 300 g salad (beets, lettuce, carrots, peas, corn, artichokes, celery, cucumber and 1 hard-boiled egg) - 10 g bread - 1 baked apple	- 25 g rice - 1 poached egg - 30 g hotdog - Add dietary tomato sauce -100 g whitefish or hake - 10 g bread - 1 piece of fruit	- Starters: 30 g Serrano ham, 30 g hard cheese (parmesan), 250 g marinated mussels, artichokes, green beans, beets, black olives and bell pepper - 120 g grilled beef with mashed potatoes - 15 g bread - 1 piece of fruit
AFTERNOON SNACK						
- 30 g Serrano ham - 10 g bread - 80 g Tetilla cheese	- 360 cc skim milk - 1 piece of toast - 10 g dietary jam - 110 cc orange juice - 10 g margarine	- 50 g Villalón cheese - 10 g bread - 10 g margarine - 1 piece of fruit	- 360 cc skim milk - 20 g bread - 10 g margarine - 1 low-fat yogurt	- 360 cc skim milk - 1 piece of toast - 10 g dietary jam - 150 cc orange juice or 300 g melon	- 360 cc skim milk - 1 piece of toast - 10 g margarine - 150 cc peach juice	- 360 cc skim milk - 1 pieces of fruit (preferably a banana) - 10 g bread - 10 g margarine - 10 g dietary ham
DINNER						
- 100 g grilled sardines - 200 g salad (celery, tomato, carrots, lettuce and beets) - 1 boiled or lightly-cooked egg - 10 g bread - 100 g fruit salad (apples, oranges, pears, etc. and 50 g orange juice)	- Vegetable broth with 30 g rice - 150 g chicken with salad - 20 g bread - 1 piece of fruit	- Soup with 24 g rice - 120 g hake or whitefish with salad - 1 piece of fruit	- 300 g vegetable stew (carrots, leeks, celery, cabbage, peas, green beans and artichokes) - One-egg omelette with 20 g Serrano ham - 20 g bread - 100 g apple sauce	- 30 g wheat semolina vegetable stock and gravy. - Pickled trout - 10 g bread - 1 piece of fruit	- 150 g bean puree, add 50 cc milk and 5 g margarine - 150 g grilled beef and 50 g peas - 1 piece of fruit	- 300 g green beans - 100 g carrots - 30 g peas - 100 g spinach drizzled with 20 g olive oil - 50 g fresh grilled bonito with garlic and parsley - 15 g bread - 1 piece of fruit
BEFORE BEDTIME						
A glass of milk and a piece of fruit.						