Healthy and Mediterranean balanced Christmas menu

24th of December

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BREAKFAST

- *Breakfast will consist of a 200ml glass of semi skimmed milk, accompanied by one spoons of cocoa powder (about 7gr); two slice of white bread of 40gr, accompanied by 15gr of butter and 20gr of marmalade.*

Breakfast provides:

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
200ml semi skimmed milk	98	10	7	3
15g cocoa powder	65	6	3	3
40g white bread	102	22	3	0
15g butter	113	0	0	12
20g strawberry jam	50	14	0	0
TOTAL	428kcal	52 g	13 g	18 g

SNACK

- Snack will consist of a 200ml glass of pineaple juice, and four wholegrain cokies (about 24gr).

Snack provides:

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
200 ml ,pineaple juice	164	20	1	0
24 gr whole grain cokies	105	18	2	3
Total	269 kcal	38 g	3 g	3 g

LUNCH

- Lunch will consist of two glasses of water (about 400 ml) , also a piece of wholegrain bread (40 gr) .1 steak (220 gr) with a bit of pasta , it could be macaroni , spaguetti …(70 gr)

For the dessert will consist of a fruit salad with :

half a banana (60 gr), 3 Strawberry (10 gr) .

Lunch provides:

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
400 ml water	0	0	0	0
40 g of wholegrain bread	96	20	3	0
1 steak	362	1	38	22
70 gr macaroni	263	54	9	1
60 gr banana	54	12	1	0
10 gr strawberry	4	1	0	0
TOTAL	779 kcal	88 g	51 g	23 g

SNACK

- Snack will consist of a coffee 165 ml and a portion of cereals (about 75 gr).

Snack provides:

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
165 ml coffee	8	1	0	0
75 gr cereals	275	50	11	4
TOTAL	283 kcal	51 g	11 g	4 g

DINNER

Dinner will consist of 2 glasses of water (400 ml),

a piece of white bread (40 gr) . A trout fillet (120 gr) and some vegetables like broccoli (140 gr).

The dessert consist of a yogurt (125 gr).

Dinner provides:

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
400ml of water	0	0	0	0
40 gr of bread	96	20	3	0
120gr trout fillet	113	0	22	4
140 gr brocoli	31	8	2	0
125 gr yogurt	123	21	5	2
TOTAL	363 kcal	49 g	32 g	6

Classification according to their fuction

Leche: función plamática.   Plátano: función reguladora.

Cacao: función reguladora.   Fresas: función reguladora .

Pan: función energética.   Café : función energética.

Mermelada : función reguladora.   Cereales : función energética.

Mantequilla : función estructural.   Trucha: función estructural.

Zumo de piña : función reguladora.   Brocoli : función reguladora .

Galletas : función energética.   Yogurt : función estructural.

Agua : función reguladora y estructural.

Filete de ternera : función estructural.

Macarrones : función energética.

RECEPIE OF STEAK .

- Ingredients:

-steak

-salt

-species

-spaguettis

-differents types of pepers

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PREPARATION

- Firt of all you put the steak in a pan on low heat, also at the same time spaguettis need to get ready when the steak in ready too-so you should put them in a pot and boil them with the water.

- When the steak and spagettis are ready , you chop the meat and later you mix it with the spagettis , later you add somes pepers and species and it is all.

Why is your menu healthy and balanced?

- I think it is healthy becouse it has a lot of bread that is carbohydrates and has also many types of fruits like bananas…

- Moreover it has some meat this is also important for our health

- In one hand I think it is balances becouse it has a quite healthy food but in the other hand I think it hasn´t got too much proteins it could be better ,although it has fish and meat.

Does your menu fit the Mediterranean diet? Why?

- Of course It has all the features of the Mediterranean diet .

- It has fish , a lot of fruits , meat from the north …

- Also there are some vegetables and the fish and meat are cooked by olive oil.

I HOPE THAT YOU LIKE IT