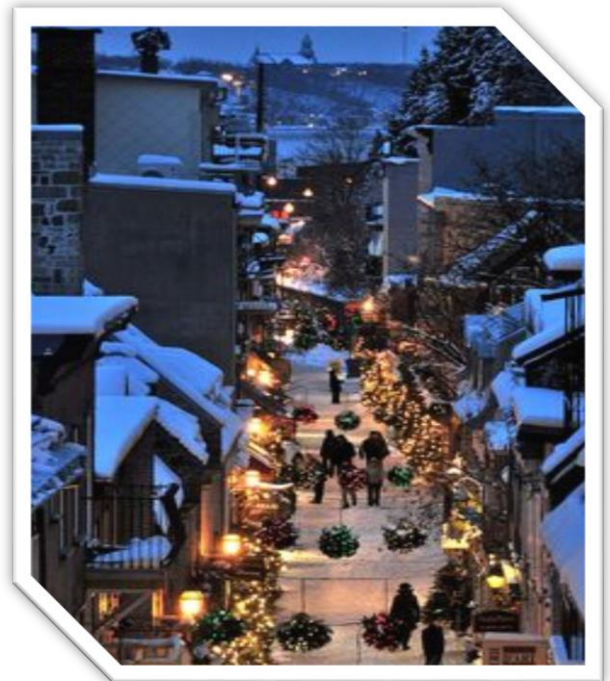


My Christmas Menu



INDEX

I am going to:

- 1) Design a healthy and balanced menu for Christmas and indicate what foods and their amounts of each meal.
- 2) Calculate the main energy and nutrients provided by each of the meals on my menu.
- 3) Classify the food in my menu according to their function.
- 4) Explain one of the meals on my menu adding images and detailing the recipe step by step.
- 5) Why is my menu healthy and balanced?
- 6) Does my menu fit the Mediterranean diet? Why?

1) My Christmas menu will consist in 5 parts:

Breakfast will consist of a 250ml glass of natural orange juice and a slice of wholemeal bread of 50 gr, accompanied by an avocado (about 170 gr) with a spoon of extra virgin olive oil (about 14 gr) and a pinch of salt.

Brunch will consist of a Greek yogurt (about 125gr) and a handful of nuts (about 30 gr). A glass of water (about 250ml).

Lunch will consist of a **Russian salad plate** (about 150 gr), some seafood like **prawns, crawfish...** (about 100gr). A glass of water (about 250 ml) and for dessert, a bunch of grapes (about 110 gr).

Snack will consist of a 200ml glass of semi skimmed milk, accompanied by one spoon of cocoa powder (about 8gr); with a piece of homemade carrot cake (about 60 gr).

Dinner will consist of a chicken soup with noodles (about 250 ml), vegetable rolls (175gr). A glass of water (250ml) and for dessert two slices of pineapple (about 100 gr).

2) BREAKFAST

| Food | Energy (kcal) | Carbohydrates (g) | Proteins (g) | Lipids (g) |
|---------------------------------|-------------------|-------------------|---------------|---------------|
| 250ml of natural orange juice | 117.5 kcal | 23.5 g | 1.8 g | 0.5 g |
| 50 gr of wholemeal bread | 125.5 kcal | 22g | 5.5 g | 1.5 g |
| 14 gr of extra virgin olive oil | 119 kcal | 0 g | 0 g | 13.5 g |
| 170 gr of avocado | 396.1 kcal | 0.7 g | 3.1 g | 40 g |
| Total | 758.1 kcal | 46.2 g | 10.4 g | 55.5 g |

BRUNCH

| Food | Energy (kcal) | Carbohydrates (g) | Proteins(g) | Lipids(g) |
|------------------------|-------------------|-------------------|---------------|---------------|
| 125 gr of Greek yogurt | 173.8 kcal | 6.6 g | 8 g | 12.8 g |
| 30 gr of nuts | 139 kcal | 13.5 g | 4.1 g | 8.8 g |
| Total | 312.8 kcal | 20.1 g | 12.1 g | 21.6 g |

LUNCH

| Food | Energy (kcal) | Carbohydrates (g) | Proteins(g) | Lipids(g) |
|--|-------------------|-------------------|---------------|---------------|
| 150 gr of Russian salad | 165 kcal | 14.6 g | 4.1 g | 10 g |
| 100 gr of seafood like prawns and crawfish | 86.5 kcal | 0.3 g | 17.9 g | 1.7 g |
| 110 gr of grapes | 74.8 kcal | 17.6 | 0.7 g | 0 g |
| Total | 326.3 kcal | 32.5 g | 22.7 g | 11.7 g |

SNACK

| Food | Energy (kcal) | Carbohydrates (g) | Proteins(g) | Lipids(g) |
|-----------------------------------|-------------------|-------------------|--------------|--------------|
| 200ml glass of semi skimmed milk. | 102 kcal | 9.2 g | 5.6 g | 3 g |
| 8 gr of cocoa powder | 31.2 kcal | 6.5 g | 0.5 g | 0.3 g |
| 60 gr of homemade carrot cake | 208.2 kcal | 41 g | 3.6 g | 3.1 g |
| Total | 341.2 kcal | 56.7 g | 9.7 g | 6.4 g |

DINNER

| Food | Energy (kcal) | Carbohydrates (g) | Proteins(g) | Lipids(g) |
|-------------------------------------|-------------------|-------------------|---------------|---------------|
| 250 ml of chicken soup with noodles | 85 kcal | 7 g | 5.8 g | 3.5 g |
| 160 gr of vegetable rolls | 249.6 kcal | 36.3 g | 5.9 g | 7.7 g |
| 100 gr of pineapple | 53 kcal | 10.5 g | 0.4 g | 0.3 g |
| Total | 387.6 kcal | 53.8 g | 12.1 g | 11.5 g |

3) Food with an energetic function: wholemeal bread, Russian salad, homemade carrot cake, cocoa powder, noodles.

Food with a structural function: nuts, seafood, chicken soup, Greek yoghurt.

Food with a regulatory function: natural orange juice, avocado, grapes, vegetable rolls, pineapple.

4) Russian salad recipe:

Ingredients (4 people):

- 2-3 potatoes (450 g)
- 4 carrots
- 2 eggs
- 20 stuffed olives
- 2 cans of tuna in oil (200 g)
- 2/4 homemade mayonnaise
- Salt
- Parsley

Elaboration:

- 1)** Put the potatoes (clean and with skin) to cook over low heat in a saucepan with cold water. Peel the carrots and add them. Let them cook (potatoes and carrots) for 25 minutes.
- 2)** After 25 minutes of cooking, add the eggs, 1 spoon of salt and cook for 10 more minutes.
- 3)** Drain the water, let everything cool.
- 4)** Reserve the carrots on a plate and peel the potatoes and the egg.

- 5) Chop the potatoes and the egg into small cubes. Cut the carrots into 4 quarters lengthwise.
- 6) Cut the olives in half and then finely.
- 7) Put the potatoes, egg, carrot and olives in a large bowl and add flaked tuna, add the mayonnaise (we can do it) and mix gently.
- 8) Taste, add salt and serve.
- 9) Finally, garnish with a sprig of parsley.



HERE YOU CAN SEE THE INGREDIENTS OF THE MOYONNAISE

You only need to put them in a mixer and add oil slowly until the texture you want.

The salt depends on your taste.



5) My menu is healthy and balanced because:

- I eat at least 5 pieces of fruit and vegetables.
- I eat 2-3 dairy products.
- I eat seafood.
- I cook the food with extra virgin olive oil.
- I eat nuts.
- I drink water.
- I eat carbohydrates such as noodles or potatoes.
- I eat egg in the Russian salad.
- I eat chicken in the soup.

I eat 5 meals during the day.

My breakfast has an energy of approximately 25%.

My brunch has an energy of approximately 10%.

My lunch has an energy of approximately 30%.

My snack has an energy of approximately 10%.

MY dinner has an energy of approximately 25%.

It has approximately: carbohydrates 65%, lipids 20-25%, proteins 15-20%

6) My menu fits the Mediterranean diet because it is based on the consumption of foods rich in carbohydrates (such as bread, noodles, potatoes...). It incorporates large amounts of fruits, vegetables and relies on olive oil as a source of plant-based fat.

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Farewell

I hope you liked my work and remember that we can eat healthy and balanced meals even though it is Christmas.

