

CHRISTMAS MENU



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1-Friday 25th of December (NAVIDAD).

My christmas menu:

Breakfast: Consists of a 100 ml of orange juice, 250 ml of milk, 15 g de colacao,one slice of [bread](#) of 25 g, a tablespoon of 10 ml [extra virgin olive oil](#), 50 g of grated tomato, two slices of [blakc leg ham](#) (at 28 g each) and a cupcake of 2,8 g.

Mid morning lunch: It consists of 100 g of [olives](#) and a 330 ml of beer.

Lunch: It consists of three courses;

Starter: a [pate](#) with 150 g of tuna and 100 g of cheese (quesitos de la vaca que ríe).

Main course: A [leg of lamb](#) of 325 g with 6 g of salt, 37,5 g of parsley, 12,5 g of [lard](#), an garlic (7,5 g), 7,5 g of [extra virgin olive oil](#), and a saucepan full of water (0,5 L).

Dessert: It consists of too many orange slices(40 g) with cinnamon (5 g).

All this accompanied by 150 g of [bread](#) and a drink,like a glass of red wine(300 ml) / a can of soda(600 ml).

Snack:It consists of an apple pie:

- apple (168 g) - yaourt (200 g)
- sugar (32 g) - yeast (3 g)
- flour (20 g) - eggs (22 g).

Dinner:It consists of a [seafood soup](#):

- prawn (37,5 g)-one onion(25 g)- fish stock(1L)-clams(150 g)
- [monkfish and hake](#) bones and heads (125 g)- leek(25g)
- (150g)mussels- leek(25g)-onion(25g)-garlic(15g)-flour(10g)
- one carrot (20 g)- 0,5 liters of water-olive oil(4g)-salt(5g)
- [extra virgin olive oil](#) (3,75 g)- salt (5 g).

All of this with a champagne (400 ml).



2-Energy and nutrients from my menu.

-Breakfast:

FOOD	ENERGY (Kcal)	CARBOHYDRATES(g)	PROTEINS(g)	LIPIDS(g)
JUICE OF ORANGE	- 45 cal	- 10 g	- 0,7 g	- 0,2 g
-MILK WITH -COLACAO	- 105 cal - 68 cal	- 12,5 g - 8,7 g	- 8,5 g - 3 g	- 1,5 g - 1,2 g
-TOAST WITH -OIL -TOMATO -HAM	- 66,25 cal - 88,4 cal - 10 cal - 81,2 cal	- 14 g - 0 g - 1,95 g - 0,84 g	- 2,25 g - 0 g - 0,45 g - 11,76 g	- 4,9 g - 10 g - 0,1 g - 1,008 g
TOTAL:	- 460 cal	- 47,99 g	- 26,66 g	- 18,908 g

-Mid morning lunch:

FOOD	ENERGY (Kcal)	CARBOHYDRATES (g)	PROTEINS (g)	LIPIDS (g)
OLIVES	- 115 cal	- 6 g	- 0,8 g	- 1,4 g
BEER	- 141 cal	- 12 g	- 1,65 g	- 0 g
TOTAL:	- 256 cal	- 18 g	- 2,45 g	- 1,4 g

-Lunch:

FOOD	ENERGY (Kcal)	CARBOHYDRATES (g)	PROTEINS(g)	LIPIDS(g)
HOMEMADE -CHEESE -TUNA PATE	- 34 cal - 195 cal	- 6 g - 0 g	- 11,5 g - 43,5 g	- 8,5 g - 0,3 g
LEG OF - LAMB -SALT -PARSLEY -LARD	- 578 cal - 0 cal - 13,5 cal - 112,75 cal	- 0 g - 0 g - 2,25 g - 0 g	- 58,5 g - 0 g - 0,025 g - 0 g	- 38,35 g - 0 g - 0,0075 g - 4,875 g

-GARLIC	- 11,25 cal	- 1,83 g	- 0,3225 g	- 0,015 g
-WATER	- 0 g	- 0 g	-0 g	- 0 g
-EXTRA VIRGIN OLIVE OIL	- 66,3 cal	- 0 g	- 0 g	- 1,05 g
-ORANGE WITH CINNAMON	- 18 cal	- 6 g	-0,4 g	- 0,08 g
-RED WINE	- 255 cal	- 7,8 g	- 0,4 g	- 0 g
-BREAD	- 397,5 cal	- 73,5 g	- 13,5 g	- 1,05 g
TOTAL:	- 1463,8 cal	- 101,43 g	- 118,3475 g	- 54,3875 g

Sank:

FOOD	ENERGY (Kcal)	CARBOHYDRATES (g)	PROTEINS (g)	LIPIDS(g)
-APPLE PIE	- 87,4 cal	- 23,52 g	- 0,504 g	- 0 g
-EGGS	- 34,1 cal	- 0,242 g	- 2,86 g	- 0,726 g
-YOGURT	- 118 cal	- 7,2 g	- 20 g	- 0,2 g
-SUGAR	- 123,84 cal	- 32 g	- 0 g	- 0g
-FLOUR	- 72,8 cal	- 15,2 g	- 2 g	- 0,04 g
-YEAST	- 3,15 cal	- 0,54 g	- 0,24 g	- 0,006 g
TOTAL:	- 439,29 cal	- 78,702 g	- 25,604 g	- 0,972 g

This is the apple pie:



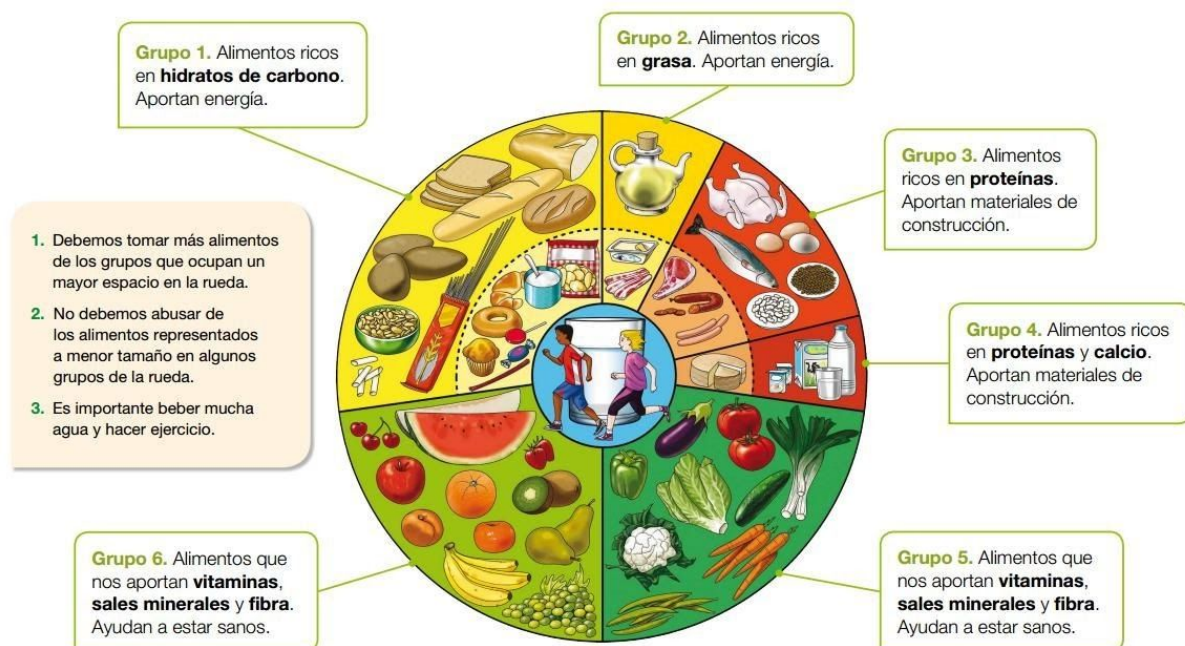
Dinner:

FOOD	ENERGY (Kcal)	CARBOHYDRATES (g)	PROTEINS (g)	LIPIDS (g)
SEAFOOD SOUP				
- PRAWN	- 33 cal	- 0 g	- 6,75 g	- 0,675 g
- ONION	- 8 cal	- 1,325 g	- 0,275 g	- 0,05 g
- MONKFISH	- 40,625 cal	- 0 g	- 9,25 g	- 0,3125 g
- HAKE	- 40 cal	- 0 g	- 7,5g	- 1,125 g
- LEEK	- 7,25 cal	- 0,8 g	- 0,525 g	- 0,05 g
- CARROT	- 8 cal	- 1,4 g	- 0,24 g	- 0,04 g
- WATER	- 0 cal	- 0 g	- 0 g	- 0 g
- EXTRA VIRGIN OLIVE OIL	- 4,5 cal	- 0 g	- 0g	- 0, 4995 g
- CLAMS	- 111 cal	- 2,25 g	- 23,25 g	- 0,0115 g
- MUSSELS	- 102 cal	- 3,45 g	- 15 g	- 3 g
- LEEK	- 7,25 cal	- 0,8 g	- 0,525 g	- 0,05g
- ONION	- 8 cal	- 1,325 g	- 0,275 g	- 0,05 g
- GARLIC	- 18 cal	- 3,66 g	- 0,645 g	- 0,03 g
- FLOUR	- 34,1 cal	- 7,06 g	- 0,98 g	- 0,12 g
- OIL	- 4,5 cal	- 0 g	- 0 g	- 0 g
- SALT	- 0 cal	- 0 g	- 0 g	- 0,4995 g
- SALT	- 0 g	- 0 g	- 0 g	- 0 g
				- 0 g
RED WINE	- 284 cal	- 1,2 g	- 0,8 g	- 0 g
BREAD	- 397,5 cal	- 73,5 g	- 13,5 g	- 1,05 g
TOTAL	- 1107,725 cal	- 96,77 g	- 78,86 g	- 7,563 g

In total my menu has **3.726,8 cal**; 342,9 g of carbohydrates; 251,9 g of proteins and 83,2 g of lipids.

3- Classify all the food, according to their function.

5 MEALS	ENERGY	REGULATORY	ESTRUCTURAL
BREAKFAST	Bread, colacao, extra virgin olive oil.	Orange juice , grated tomato.	Milk, black leg ham.
MID MORNING LUNCH		Olives.	
LUNCH	Extra virgin olive oil, bread.	Garlic, water, cinnamon.	Tuna, cheese, leg of lamb, lard, water.
SNACK	Yeast, flour, sugar.	Apple.	Yaourt, eggs.
DINNER	Extra virgin olive oil, bread.	Onion, leek, water, carrot.	Prawn, monkfish and hake.



4-My recipe (seafood soup):

1° We will start by preparing the fish broth (here is our more detailed fish broth recipe, but we will summarize it below). To do this, chop the vegetables from the stock (leek, onion and carrot) very finely and sauté them for 10 minutes over medium heat in a large pot with a little oil and salt. Peel the prawns and add their heads and bodies, the fish bones and the 2 liters of water and turn up the heat to high, removing the foam that appears. When it starts to boil, lower the heat to medium to keep it bubbling a little, and let it continue to cook for 25 more minutes. Ready the fish broth!

2° Now we continue with the ingredients and preparations for the rest of the recipe. Peel the onion and garlic, and fix the leek by cutting off the roots and the greenest part.

3° Chop the vegetables and garlic very finely. For this, we have used our manual mincer, with which we manage to have everything minced in a few seconds, and without crying! In the photographs you can see for example the leek, and so with all the vegetables, with a few jerks ready. You can also do it with a knife.

4° Sauté them in a pot with a little oil and salt for about 10 minutes, until they start to brown

5° Add the flour and stir well.

Sofrito seafood soup

6° Add the fish stock and blend with the mixer.

7° Put the mussels in a pot, cover it and, over medium heat, wait until they have opened. Remove the shells.

8° Sauté the peeled prawns in a pan together with the clams until they open.

9° Add the mussels, prawns and clams to the pot (I like to serve them with their shell, although you can also remove it before adding them to the pot), and let them cook together for 10 minutes. Taste the soup and rectify it with salt if necessary

This is the result:



5- Why is my menu healthy?

Mi dieta es saludable y equilibrada, porque cumple las recomendaciones de la pirámide alimentaria (hay sobretodo hidratos de carbono, luego hay frutas y verduras y por último, y en menor cantidad, están huevos pescados carne o embutidos, y chucherías o bollería industrial).

-Esta dieta es para un hombre de 30 años que haga ejercicio 4-5 h al día y que pese 50 kg.

-Es saludable porque hay muchos hidratos de carbono(352 g), proteínas (251 g), y lípidos(83 g).

-Además hay 5 piezas de frutas, verduras y hortalizas al día.

-Hay una proporción equilibrada respecto a los macros y micronutrientes.

-Todas las comidas están cocinadas de una manera saludable(no están fritas).

-Por lo único que no se saludable, es por el agua; ya que no hay agua en todo el día (aquí me justifico yo: en navidad la gente no suele tomar agua).

-Además de todo esto, hay cinco comidas al día, y a cada comida le corresponde un porcentaje, que en este caso se cumple(más o menos): Debe haber un 25% el desayuno, un 10% en el almuerzo de media mañana, un 35% en la comida, un 10% en la merienda y un 20% en la cena.



6-Why is my menu mediterranean?

It is a mediterranean menu, because there is an abundant consumption of plant foods such as whole grains, fruits or vegetables.

There is also olive oil in practically all its dishes and there is a moderate to high consumption of fish and seafood.

In addition, there is a moderate consumption of eggs and meat, and there is a moderate consumption of dairy products in the form of cheese and yogourt, there is a habitual use of grass and various species such as lemon vinegar, garlic, rosemary, or parsley.

In addition, there is a low consumption of meat, red, mainly sheep and goats, and there is a moderate consumption of alcohol and consumption of fresh food with minimal local and seasonal transformation.



BENEFICIOS DE LA DIETA MEDITERRÁNEA

- *Aceite de oliva virgen, nueces,...*
- *Elevado consumo de frutas y verduras*
- *Legumbres, pescado graso, huevos, carne blanca*
- *Hierbas aromáticas*

✓ *Disminuye colesterol e inflamación*

✓ *Disminuye enfermedades de corazón*

✓ *Retrasa la demencia*

✓ *Mejora muchas enfermedades*

The infographic features a central title in bold black letters. To the left of the title is a small illustration of a salad. To the right is a blue ceramic pitcher filled with olive oil and herbs. Below the pitcher are various food items: a bunch of green leafy vegetables, a pile of nuts (walnuts, almonds, hazelnuts), a red apple, a sliced apple, a head of cauliflower, and several green beans. The background is a light yellow-green gradient.

END

