



01

Healthy and Mediterranean balanced Christmas menu

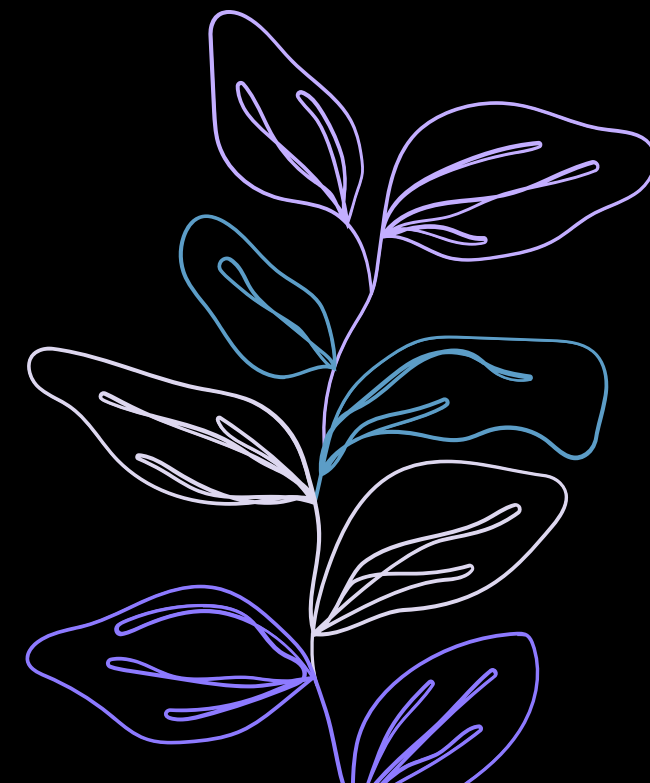
Julia Valdivia Cano 3ºD



02

Index

- 1- The menu
- 2- Carbohydrates, proteins, lipids and energy from food
- 3- Classify
- 4- Sea bass recipe
- 5- Because it is a healthy menu
- 6- Because he follows the Mediterranean diet



Breakfast

- 1 glass of 200 ml of milk with two tablespoons of cocoa powder 18 g.
- An apple 150 g.
- A large slice of bread 40 g with oil and a slice of turkey 20 g.

mid-morning meal

- A glass of orange juice 200 ml
- A small sandwich of ham (3 or 4 slices 60 g-80 g)

Lunch

- 1 serving of baked chicken 300g
- A plate of salad 200 g
- A slice of bread 30 g
- 1 glass or 2 of water 200-400 ml
- 1 banana 150-200 g

afternoon snack

- Fruit salad a portion 95 g
- 1 yogurt 125 g

Dinner

- A plate of picadillo soup 230 ml
- A fillet of sea bass 180-200 g
- A slice of bread 30 g
- A glass or two of water 200-400 g
- A piece of roscón de reyes 95 g

04

Breakfast

<i>Food</i>	<i>Energy (kcal)</i>	<i>Proteins (g)</i>	<i>Carbohydrates (g)</i>	<i>Lipids (g)</i>
Whole cow's milk 200 ml	131,2	6,6	10	7,2
Sweetened cocoa powder 18 g	59,4	1,764	12,078	0,45
Apple 150g	73,8	0,45	118	0
Bread 40g	108,8	3,12	23,2	0,4
Turkey 20g	96,10	21,80	0	0,99

05

Mid-morning meal

<i>Food</i>	<i>Energy (kcal)</i>	<i>Proteins (g)</i>	<i>Carbohydrates (g)</i>	<i>Lipids (g)</i>
Natural orange juice 200 ml	84,80	1,2	20,00	0
Serrano ham 60 g	144,6	18,6	0	7,8

Lunch

<i>Food</i>	<i>Energy (kcal)</i>	<i>Proteins (g)</i>	<i>Carbohydrates (g)</i>	<i>Lipids (g)</i>
Lettuce 50 g	7,15	0,75	0,7	0,15
Tomato 50 g	9,5	0,5	1,75	0,055
Carrot 50 g	17,3	0,45	3,65	0,1
Beet 50g	15,4	0,65	3,2	0
Chicken 300 g	336	65,4	0	8,4
Bread 30 g	136	3,9	29	0,5
Banana 150 g	131,25	1,8	30	10,45

Afternoon snack

<i>Food</i>	<i>Energy (kcal)</i>	<i>Proteins (g)</i>	<i>Carbohydrates (g)</i>	<i>Lipids (g)</i>
Peach 25 g	40,25	0,15	2,25	0
Pear 25 g	11	0,1	2,65	0
Mango 25 g	15,25	0,175	3,525	0,05
Pomegranate 20g	6,74	0,14	1,5	0,02
Whole plain yogurt 125 g	71,25	5,1	6,6	4,05

Dinner

<i>Food</i>	<i>Energy (kcal)</i>	<i>Proteins (g)</i>	<i>Carbohydrates (g)</i>	<i>Lipids (g)</i>
Soup 230 ml	749,8	24,38	140,3	10,12
Bass 180-200 g	150,66	32,4	0	4,34
Piece of roscon 95 g	423,7	6,65	50,16	21,85
Bread 30 g	136	3,9	29	0,5

*regulatory
function*

Apple
Orange juice
Luttuce
Tomato
Carrot
Beet
Banana
Peach
Pear
Mango
Pomegranate

*energy
function*

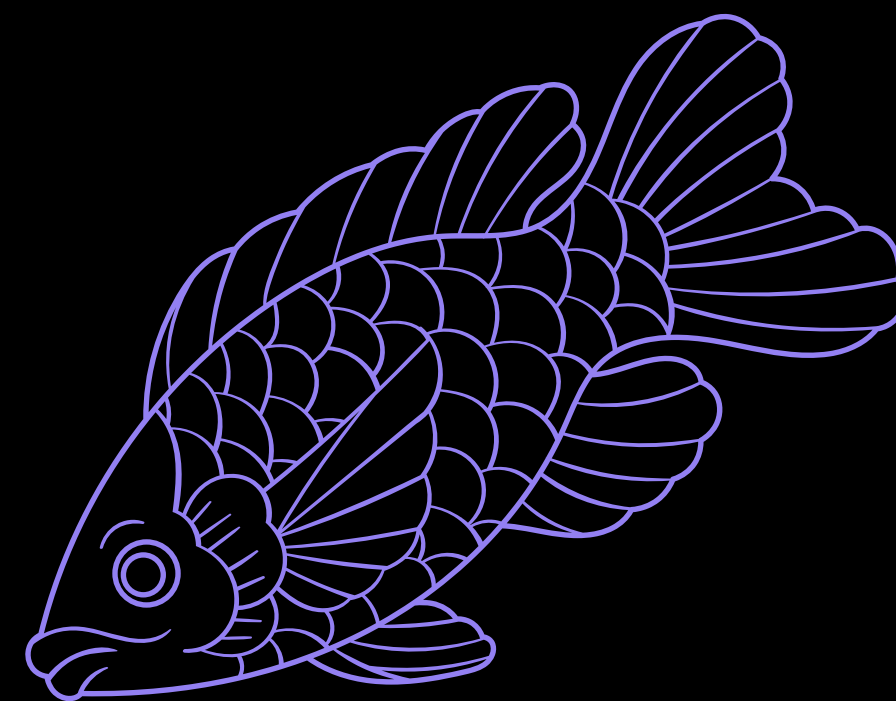
Cocoa
Bread
Roscon

*structural
function*

Milk
Turkey
Ham
Chicken
Yogurt
Bass

10

Recipe



INGREDIENTS

For 4 people

Large sea bass by weight depending on the number of

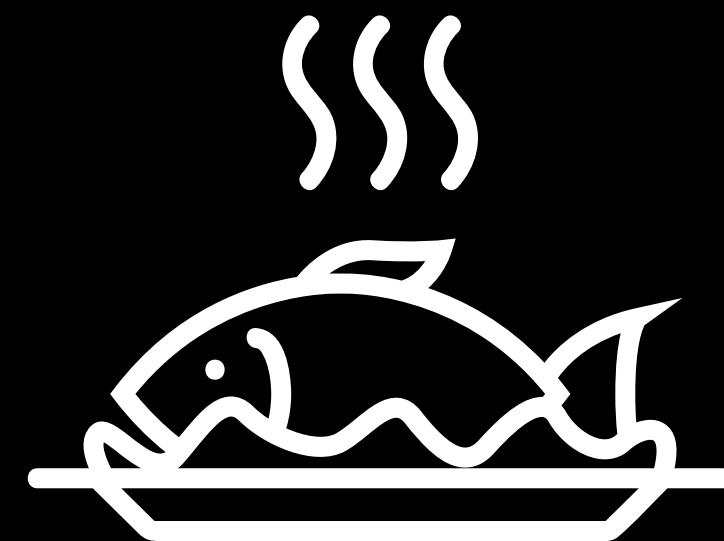
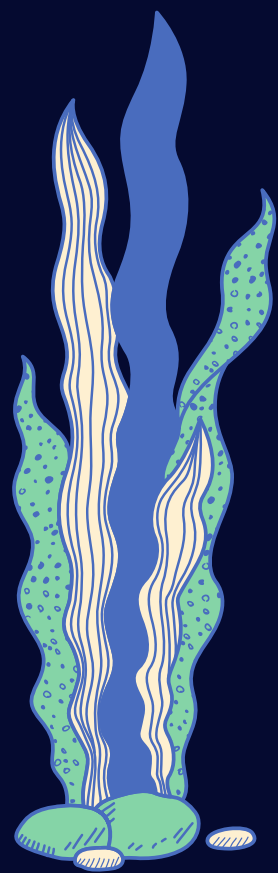
diners.....1.2 kg

Potato.....1

Onion.....1

Extra virgin olive oil

Water.....75 ml



Recipe

ELABORATION

1. We start by cutting the potatoes with a mandolin. With a large or two of a good size you can cover the oven tray. Then we chop the onion in fine julienne strips, and distribute it over the potatoes. Add a little salt, a splash of extra virgin olive oil, 75 ml of water and bake for fifteen minutes at 180°.

2. At the fishmonger we will have asked to prepare the open sea bass to grill on the back but we will ask that they leave the bone on one side. This will help us to control when the fish is at its point, regardless of the size of the piece. Then we see it. Salt and pepper the fish and brush with a pinch of oil and put it in the oven on the potatoes that are already starting to cook.

3. We let the fish roast at the same temperature until putting a lace under the rasp, we see that it rises easily and then we turn off the oven and remove the source. The time required will be between 12 and 20 minutes depending on the size of the piece.

4. We remove the fish from the oven, remove the rasp and put it in a source to serve it with its garnish. If the potatoes are not there or if we see that they need to brown a little more, we put the potatoes in the oven for another five minutes.



Because it is a healthy menu

13



From my point of view I believe that my menu is healthy and balanced because it has foods with a structural function such as milk, another is an energetic function such as cocoa and many others with a regulatory function such as lettuce, I also believe that it is a good menu because it respects the 5 meals a day and between 4 or 5 fruits a day, although it had to be adapted to a Christmas meal and they tend to be more abundant and less healthy meals I think my menu adapts to a good Christmas meal neither in abundance nor in scarcity , healthy and rich

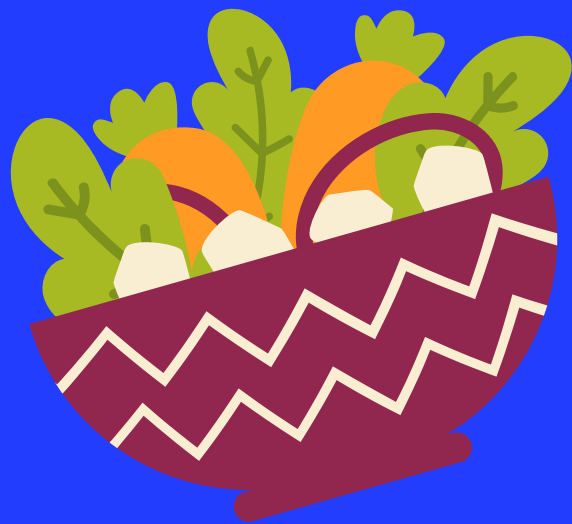


14

Because he follows the Mediterranean diet



Because my menu includes foods that are within the Mediterranean diet and I believe that there is a variety of products and most of them are healthy in their adequate quantity.





Thank you!

I HOPE YOU **LIKED IT** AND THAT IT IS
GOOD