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21 DAYS OF MENUS

The menus in this book have been designed to provide you with all the nutrients and energy you require each day.

The meals and snacks are interchangeable from one day to another. You will also see that the lunchtime meals are often leftovers from the previous evening. You should therefore adjust recipe portions accordingly, doubling the amounts if necessary so that you have leftovers for the next day.

Plan your week with the suggested menus, prepare your grocery list and buy the ingredients you are missing for the recipes you have selected.

If you have any doubts or difficulty balancing your diet while following these menus, it is strongly recommended that you see a dietitian who can adapt the menus and portions to your personal needs.

DAY 1

BREAKFAST



$\frac{3}{4}$ cup (180 ml) oat cereal
 $\frac{1}{2}$ cup (125 ml) milk or plain soy milk
1 banana

Snack

10 almonds
1 pear



LUNCH



Salmon and Spinach Salad (p. 96)
served with Tortilla Chips (p. 98)

Snack

1 fruit yogurt



DINNER



Bean and Beef Patties (p. 100)
served with rice and mixed vegetables
(zucchini, tomatoes, olives, cauliflower and bell peppers)

Snack

1 Oat and Date Cereal Bar (p. 80)



OAT AND DATE

Cereal Bars

16 bars • PREPARATION: 20 minutes • COOKING TIME: 6 minutes • REFRIGERATION: 1 hour

INGREDIENTS

4 cups (1 liter) pitted whole dried dates

1 cup (250 ml) water

3 cups (750 ml) old-fashioned rolled oats

¼ cup (60 ml) unsweetened cocoa powder

1 cup (250 ml) slivered almonds

METHOD

Chop dates and place in a large microwave-safe bowl. Add water. Cook in microwave, stirring once every minute, for 6 minutes, until dates are cooked.

Using a fork, break up dates. Add rolled oats, cocoa powder and slivered almonds.

Line a 9-inch (23 cm) baking dish with parchment paper. Transfer mixture and press down firmly.

Refrigerate for 1 hour. Cut into bars and wrap individually.

CHOLESTEROL INFO



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Fresh or dried dates are a good source of fiber and are high in simple carbohydrates, packing a lot of energy. They are also rich in antioxidants.

Nutrition Facts

Per cereal bar

Amount

Calories	160
Fat	6 g
Sodium	1 mg
Carbohydrates	26 g
Fiber	4 g
Protein	4 g

