



#### MONDAY

8

Pasta with tomato sauce and chorizo

Schnitzel

G: Sautéed vegetables

Varied fruit

KCal 784 HC 101 Pr 25 Lip 27

15

Bolognese Pasta

Battered flounder

Salad: lettuce, tomato and cucumber

Yogurt/ varied fruit

KCal 708 HC 74 Pr 38 Lip 28

22

Bolognese Pasta

Vizcayan style hake

G: Mixed salad

Varied fruit

KCal 599 HC 73 Pr 30 Lip 19

29

Rice with tomato sauce

Hake with green sauce

Salad: lettuce and tomato

Yogurt

KCal 721 HC 79 Pr 32 Lip 30

#### TUESDAY

9

Zucchini Cream

Roasted chicken thigh

G: Lettuce and tomato salad

Varied fruit

KCal 489 HC 25 Pr 29 Lip 29

16

Chickpea stew

Grilled turkey fillet

G: Sautéed vegetables

Varied fruit

KCal 556 HC 52 Pr 38 Lip 18

23

Fish rice soup

Stewed pork with vegetables

G: French fries

Yogurt and varied fruit

KCal 669 HC 58 Pr 32 Lip 33

30

Vegetable puree

Hamburger with tomato sauce

G: Sautéed vegetables

Varied fruit/ custard

KCal 531 HC 50 Pr 28 Lip 22

#### WEDNESDAY

10

Lentil stew with chorizo

Spanish Omelette

G: Lettuce, tomato, tuna and onion

Yogurt and varied fruit

KCal 759 HC 62 Pr 39 Lip 37

17

Carrot cream

French Omelette and york ham

G: broccoli

Varied fruit

KCal 526 HC 35 Pr 25 Lip 30

24

Pinto beans with sausage

Spanish Omelette

Salad: lettuce, tomato and corn

Varied fruit

KCal 592 HC 60 Pr 47 Lip 16

31

Potato and chorizo stew

French Omelette and york ham

G: lettuce, tomato, tuna and carrot

Yogurt and fruit

KCal 781 HC 82 Pr 37 Lip 31

#### THURSDAY

11

Noodle soup

Beef stew

G: French fries

Varied fruit

KCal 560 HC 54 Pr 28 Lip 24

18

Rice with sausage

Pork stew with peas

G: Mushrooms with garlic

Varied fruit

KCal 832 HC 95 Pr 36 Lip 32

25

Pumpkin cream

Roasted chicken

G: Boiled potatoes

Yogurt and varied fruit

KCal 536 HC 40 Pr 37 Lip 24

CALCULATED NUTRITIONAL ASSESSMENTS  
FOR EACH RATION OF 100 GR

#### FRIDAY

12

Lentil stew with chorizo sausage

Spanish omelette

G: Steamed vegetables

Varied fruit and custard

KCal 851 HC 86 Pr 39 Lip 36

19

Vegetable cream

Roasted ham

Salad: battered zucchini

Varied fruit

KCal 535 HC 31 Pr 28 Lip 31

26

Lentil stew with vegetables

Stewed turkey with peas

G: Grilled zucchini

Varied fruit

KCal 762 HC 84 Pr 29 Lip 36



Dietista-Nutricionista  
Sandra Soria Garcia  
Nº Colegiada:  
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# EQUILIBRA TU DIETA

BALANCE YOUR DIET

CADA DÍA  
EVERY DAY

Desayuno  
Breakfast



Media mañana  
Morning snack



Cena  
Dinner

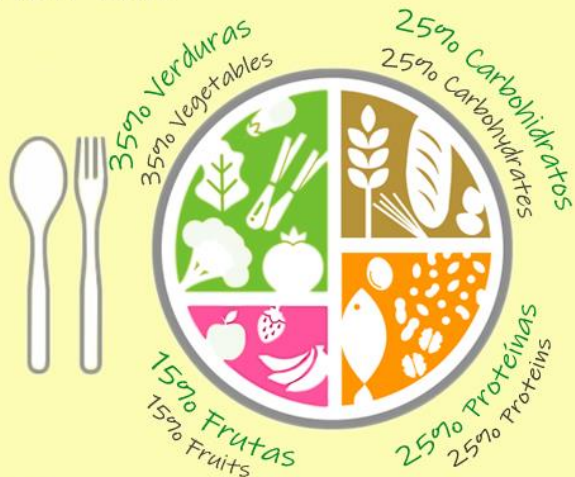


Comida  
Lunch



Merienda  
Afternoon snack

CADA COMIDA  
EVERY MEAL



Agua  
Water



Aceites saludables  
Healthy oils



Lácteos  
Dairies

## RECOMENDACIONES PARA LAS CENAS DINNER RECOMMENDATIONS

SI COMEMOS IF AT LUNCH WE EAT POR LA NOCHE CENAMOS FOR DINNER WE'LL HAVE

Arroz, pasta, patatas o legumbres  
Rice, pasta, potatoes or legumes

Verduras / Vegetables

Carne / Meat

Pescado / Fish

Huevos / Eggs

Frutas / Fruits

Lácteos / Dairies

Verduras crudas o cocidas  
Raw or cooked vegetables

Arroz, pasta, patatas / Rice, pasta, potatoes

Pescado o huevos / Fish or eggs

Carne o huevo / Meat or eggs

Carne o pescado / Meat or fish

Lácteos o fruta / Dairies or fruits

Frutas / Fruits

### TIPS FOR A BALANCED DIET

#### Carbohydrates (sugars)

Their basic function is to provide energy. In a balanced diet, 50-60% of the total energy should be provided by Carbohydrates, but:

- We must ensure that these carbohydrates are compound (slow absorption): legumes, brown rice and whole grains (whole meal pasta and breads...).

It is necessary to limit the consumption of simple sugars (of fast absorption): table sugar, pastries, industrial soft drinks, candy...

