



Akis' diet 70kg/165cm- 11th day

30'
Hands on

15'
Cook Time

1 person
Portion(s)

1
Difficulty



Ingredients

BREAKFAST

Oatmeal with milk

- 160 g milk 2%
- 2 tablespoon oats
- 1 tablespoon honey
- ½ teaspoon ground cinnamon

MIDDAY SNACK

Turkey and cheese tortilla + 1 apple

- 1 flour tortilla
- 1 tablespoons low fat Greek strained yogurt
- 1 teaspoon curry powder
- 1 low fat cheese slice
- 1 slice smoked turkey
- mint leaves
- grated zest of ½ a lemon

LUNCH

Peas

- 1 onion
- 1 clove of garlic
- 1 tablespoon olive oil
- 1 carrot
- 2 slices smoked turkey
- 150 g peas, frozen
- 1 tomato, grated
- salt
- pepper
- 1 tablespoon fresh mint

To serve

- 2 lemon wedges
- mint leaves

AFTERNOON SNACK

- 1 slice whole wheat bread
- ½ tablespoon tahini
- ½ teaspoon ground cinnamon
- 1 banana

DINNER

Bulgur Risotto

- 2 tablespoons olive oil
- 1 clove of garlic
- 250 g oyster mushrooms
- 150 g **bulgur wheat, boiled**
- salt
- pepper
- 1 tablespoon parmesan cheese, grated
- 1 tablespoon thyme

Method

This particular 14 day diet plan is created especially for me by a team of nutrition and health specialists after a proper evaluation. Any diet plan or nutrition plan you follow in order to lose weight, should be personalized and under the supervision of a dietitian or nutritionist. This effort is part of an organized action to raise the awareness of the public to better health and well-being.

This video concerns those following the 90kg/1.85m diet plan. The recipes below are for those following the 70 kg/ 1.65 m diet plan. The video will show you how to make the recipe.

- [Akis' diet 80kg/175cm](#)
- [Akis' diet 90kg/185cm](#)

Calories: 1593

BREAKFAST (Calories: 215 kcal)

Oatmeal with milk

- In a bowl, add the oats, honey and cinnamon.
- Cover with plastic wrap and microwave for 2 minutes at 800 Watts.
- Stir with a spoon until completely combined.

MIDDAY SNACK (Calories: 297 kcal)

Turkey and cheese tortilla + 1 apple

- Place the flour tortilla in a **nonstick pan**.
- Spread the yogurt over it with a spoon and add curry powder, cheese and turkey.
- Cook for 1 minute over medium heat, until the cheese melts.
- Remove from heat and top with mint leaves and lemon zest.
- Transfer to a **cutting board**, roll and cut in half.
- You can also add all of the ingredients over the tortilla, wrap and serve without toasting.

LUNCH (Calories: 331 kcal)

Peas

- Place a **nonstick pan** over high heat and let it get very hot.
- Finely chop the onion and garlic.
- Add the olive oil to the hot pan and add the onion and garlic.
- Dice the carrot, cut the turkey into 1 cm strips and add them to the pan.
- Mix with a wooden spoon and sauté for 2-3 minutes.
- Add the peas, grated tomato, salt and pepper.
- Mix and boil for 3-4 minutes, until the liquid evaporates.
- Add the mint, stir and remove from heat.
- Serve with lime wedges and mint leaves.

AFTERNOON SNACK (Calories: 197 kcal)

- Spread the tahini on the bread.
- Sprinkle with cinnamon.
- Thinly slice the banana and spread them nicely over the bread.

DINNER (Calories: 453 kcal)

Bulgur Risotto

- Place a [nonstick pan](#) over high heat.
- Mince the garlic and thinly slice the mushrooms.
- To the pan, add the olive oil and then add the garlic and mushrooms.
- Stir and sauté, until golden and the mushrooms shrink in size.
- Add the boiled bulgur, salt and pepper.
- Stir with a wooden [spoon](#) and remove from heat.
- Serve with grated parmesan and thyme.

More of Akis' diet:

[Day 1](#), [Day 2](#), [Day 3](#), [Day 4](#), [Day 5](#), [Day 6](#), [Day 7](#)
[Day 8](#), [Day 9](#), [Day 10](#), [Day 12](#), [Day 13](#), [Day 14](#)

Tip

Drink 8 to 10 glasses of water per day. Exercise 45' 3 x per week. Sleep 7 to 8 hours per day. Suggested meal times based on what I did. Breakfast 8 am Mid-day snack 11 am Lunch 2 pm Afternoon snack 5 pm Dinner 8 pm Find more information for better results [here](#)