



Akis' diet 70kg/165cm- 5th day

40'
Hands on

10'
Cook Time

1 person
Portion(s)

1
Difficulty



Ingredients

BREAKFAST

Oatmeal with Milk

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

MIDDAY SNACK

- ½ ripe banana
- 1/5 teaspoon ginger powder
- 1 green apple

LUNCH

Tuna Salad

- 1 tomato
- 1 dakos rusk
- 2 teaspoons capers
- 50 g tuna in water, drained
- 1 tablespoon dill
- grated zest of 1 lemon
- 1 tablespoon lemon juice
- pepper
- 1 tablespoon olive oil

AFTERNOON SNACK

Cereal Bars (for an afternoon snack, you can have one 80 g protein bar.)

- 100 g chocolate couverture 50-60% cocoa
- 200 g tahini or peanut butter
- 100 g honey
- 150 g oats
- 50 g cranberries
- grated zest of 1 orange

DINNER

Light Souvlaki

- 180 g pancetta, boneless
- 1 tablespoon vinegar
- 1 tablespoon dry oregano
- salt
- pepper
- 1 medium whole wheat Greek pita for souvlaki
- 1 tablespoon mustard
- rocket leaves or your choice of salad

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: 1485

BREAKFAST

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: 117 kcal)

- Peel the banana and place in a bowl.
- Puree it with a fork and add the ginger powder.
- Peel the apple, remove the stem and seeds, [cut](#) it up into little pieces.
- Add to the bowl and mix with a spoon.
- If you don't have enough time to do this you can just take the banana and apple along with you as is.

LUNCH (Calories: 360 kcal)

Tuna Salad

- Grate the tomato into a bowl.
- Add the dakos and mix.
- Add the capers, tuna cut into pieces, dill, lemon zest, lemon juice, pepper and olive oil.
- Mix and serve.

AFTERNOON SNACK (Calories: 348 kcal / per serving)

Cereal Bars (for an afternoon snack, you can have one 80 g protein bar.)

- Cut the chocolate into small pieces and transfer to a bowl.
- Cover with plastic wrap and microwave for 1-1 ½ minutes at 700 Watts.
- In another bowl, combine the tahini and honey with a spoon until the mixture starts to thicken.
- Add the melted chocolate and stir with a spoon.
- Add the oats, cranberries and orange zest.
- Mix until completely combined.
- Line a [28x10 cm baking pan](#) with plastic wrap and spread the mixture in the pan.
- Cover with plastic wrap and press down on it with your hands so the mixture can spread evenly and to get rid of any empty spaces.

- Press down on it with a smaller baking pan to make the surface as smooth as possible.
- Refrigerate for 2 ½ hours.
- Cut into 80 g bars with a serrated knife.

DINNER (Calories: 445 kcal)

Light Souvlaki

- Place a [nonstick pan](#) over high heat and let it get very hot.
- [Cut](#) the pancetta into 0.5 cm pieces.
- Add the vinegar, oregano, salt and pepper. Mix with your hands to coat.
- Add to hot pan. Stir and sauté for 2-3 minutes, until golden and cooked through.
- Remove from heat and transfer to paper towels to drain from excess fat.
- Spread a sheet of aluminum foil on a working surface.
- Add the Greek pita bread, spread the mustard over it and add the pancetta.
- Top with rocket leaves or salad, wrap and serve.

More of Akis' diet:

[Day 1](#), [Day 2](#), [Day 3](#), [Day 4](#), [Day 6](#), [Day 7](#), [Day 8](#), [Day 9](#), [Day 10](#), [Day 11](#), [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](#)