



# Akis' diet 80kg/175cm- 10th day

35'

Hands on

10'

Cook Time

1 person

Portion(s)

1

Difficulty



## Ingredients

### BREAKFAST

- 100 g water
- 2 tablespoons oats
- 1 teaspoon cocoa powder
- 1 tablespoon honey
- 100 g low fat Greek strained yogurt
- pinch of cocoa powder, for serving

### MIDDAY SNACK

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

### LUNCH

Potato salad

- 1 ½ tablespoon tahini
- grated zest of 1 lemon
- juice from ½ lemon
- salt
- pepper
- 2 tablespoons water (optional)
- 1 potato, boiled (250 g)
- ½ red bell pepper
- ½ yellow bell pepper
- ½ orange bell pepper
- ½ cucumber
- 1 spring onion
- 1 egg, boiled
- mint leaves
- 30 g cheddar cheese

### AFTERNOON SNACK

Cereal bars

- 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

Peas

- 1 onion
- 1 clove of garlic
- 1 tablespoon olive oil
- 1 carrot
- 2 slices of smoked turkey

## 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 80kg/1.75 m diet plan. The video will show you how to make the recipe.

- [Akis' diet 70kg/165cm](#)
- [Akis' diet 90kg/185cm](#)

Calories: 1655

### BREAKFAST (Calories: 198 kcal)

- In a bowl, add the water, oats, cocoa powder and honey. Cover with plastic wrap and microwave for 2 minutes at 800 Watts.
- Mix with a spoon to combine all of the ingredients.
- Add the yogurt and mix thoroughly.
- Sprinkle with a pinch of cocoa powder and serve. If you want it to be sweeter, you can add 1 tablespoon of sweetener

### MIDDAY SNACK (Calories: 117 kcal)

- Peel the banana and place it in a bowl.
- Mash it with a fork until it resembles a pudding and add the ginger powder.
- Peel the apple and remove the core and seeds. Cut into small pieces and add to the bowl.
- Mix with a spoon.

### LUNCH (Calories: 627 kcal)

- In a bowl, combine the tahini, lemon zest, lemon juice, salt and

pepper with a spoon. The texture should be like that of mayonnaise. If your sauce is too thick you can thin it with a little water.

- Peel the boiled potato, cut it into pieces and add to the bowl with the sauce.
- **Chop** the bell peppers into small cubes, slice the cucumber, thinly slice the spring onion and cut the egg into rounds. Add them all to the bowl.
- Add the mint leaves and cheddar cheese. Mix well.

#### **AFTERNOON SNACK** (Calories: 348 kcal)

- Chop the chocolate into small pieces and transfer to a bowl.
- Cover with plastic wrap and microwave for 1 ½ - 2 minutes at 700 Watts.
- In a separate bowl, combine the tahini and honey with a spoon until the mixture begins to thicken.
- Add the melted chocolate and stir until incorporated.
- Add the oats, cranberries and orange zest. Mix.
- Line a **28x10 cm baking pan** with plastic wrap and spread the mixture over it. Cover with plastic wrap and press down with your hands so that the mixture can spread evenly and the gaps filled.
- Press down on it again with a smaller baking pan to make the mixture smooth and compact.

#### **DINNER** (Calories: 365 kcal)

Peas

- Place a **non-stick 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.
- Chop the carrot into small cubes, slice 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 cook for 3-4 minutes, until the liquid evaporates.
- Add the mint, mix and remove from heat.
- Serve with lemon wedges and mint leaves.

More of Akis' diet:

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

- 200 g peas, frozen
- 1 tomato, grated
- salt
- pepper
- 1 tablespoon fresh mint

To serve

- 2 lemon wedges
- mint leaves