



Akis' diet 80kg/175cm- 2nd day

35'
Hands on

10'
Cook Time

1 person
Portion(s)

1
Difficulty



Ingredients

BREAKFAST

Oatmeal with milk

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

MIDDAY SNACK

Turkey and cheese tortilla + 1 green apple

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

LUNCH

Caesar Salad

- 1 tablespoon olive oil
- 1 teaspoon honey
- 2 teaspoons mustard, mild
- grated zest of 1 lemon
- juice from ½ a lemon
- salt
- pepper
- 1 tablespoon fresh thyme
- 140 g turkey breast fillet, boiled
- 60 g corn
- ½ iceberg

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

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: 1811

BREAKFAST (Calories: 252 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: 413 kcal)

Turkey and cheese tortilla + 1 green 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.
- Complete meal with the green apple.

LUNCH (Calories: 433 kcal)

Caesar Salad

- Combine the olive oil, honey, mustard, lemon zest, salt, pepper and thyme in a bowl with a spoon.
- Cut the chicken into pieces and add it to the bowl along with the corn and chopped up iceberg.
- Toss thoroughly and serve.

AFTERNOON SNACK (Calories: 348 kcal)

Cereal Bars

- 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: 365 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.

More of Akis' diet:

[Day 1](#), [Day 3](#), [Day 4](#), [Day 5](#), [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](#)