



Akis' diet 80kg/175cm- 3rd day

Hands on

1 person

Portion(s)

1

Difficulty



Ingredients

BREAKFAST

Eggs and Bacon

- 1 slice bacon
- 2 eggs, medium
- pepper
- salt
- 1 tablespoon fresh thyme
- ½ barley rusk

MIDDAY SNACK

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

LUNCH

Lemon Pasta with Chicken

- 1 tablespoon cream cheese, heaping
- ½ teaspoon mustard, mild
- grated zest of 1 lemon
- juice from ½ lemon
- ½ teaspoon honey
- mint leaves
- pepper
- salt
- 30 g fusilli pasta, boiled
- 120 g chicken breast fillet, boiled
- ¼ red bell pepper
- ¼ yellow bell pepper
- ¼ green bell pepper
- mint leaves, for serving

AFTERNOON SNACK

- 1 low fat Greek strained yogurt (200 g)

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: 1670

BREAKFAST (Calories: 500 kcal)

Eggs and Bacon

- Place a [nonstick pan](#) over high heat and let it get very hot.
- Add the bacon to the hot pan and sauté for about 1 minute on each side, until golden.
- Spread the oil from the bacon in the pan and add the eggs.
- Add pepper, salt and thyme.
- Serve with barley rusk.

MIDDAY SNACK (Calories: 285 kcal)

- Spread the tahini on the bread.
- Sprinkle with cinnamon.
- Thinly [slice](#) the banana and spread them nicely over the bread.

LUNCH (Calories: 404 kcal)

Lemon Pasta with Chicken

- Combine the cream cheese, mustard, lemon zest, lemon zest, honey, mint leaves, pepper and salt in a bowl.

- Add the pasta.
- **Cut** the chicken into pieces and add it to the bowl.
- Dice the bell peppers; add them to the bowl and mix.
- Serve with mint leaves.

AFTERNOON SNACK(Calories: 116 kcal)

- 1 low fat Greek strained yogurt (200 g)

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 2](#), [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](#)