



Akis' diet 80kg/175cm- 8th day

35'

Hands on

10'

Cook Time

1 person

Portion(s)

1

Difficulty



Ingredients

BREAKFAST

Eggs and bacon

- 1 slice of bacon
- 2 eggs, medium
- pepper
- salt
- 1 tablespoon fresh thyme
- 1 barley rusk (50 g)

MIDDAY SNACK

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

LUNCH

Steak and salad

- 150 g beef steak
- 1 tablespoon olive oil
- salt
- pepper
- 1 clove of garlic
- 1 teaspoon mustard, mild
- 3 tablespoons fresh herbs (parsley, thyme, oregano)
- green salad, for serving

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

Lemon pasta with chicken

Ingredients

- 1 heaping tablespoon cream cheese
- ½ teaspoon mustard, mild
- grated zest of ½ lemon
- juice from 1 lemon
- ½ teaspoon honey
- mint leaves
- pepper
- salt
- 30 g fusilli pasta, boiled

Method

This particular 1600-1800 kcal, 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: 1751

BREAKFAST (Calories: 500 kcal)

Eggs and bacon

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

MIDDAY SNACK (Calories: 117 kcal)

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

LUNCH (Calories: 382 kcal)

Steak and salad

- Place a [non-stick pan](#) over high heat.

- Drizzle steak with some olive oil, season with salt and pepper and spread the mixture over the steak to coat.
- Transfer to hot pan and cook for 2 minutes on each side.
- Pierce the clove of garlic with a fork and rub it over both sides of the steak.
- Spread the mustard on both sides of the steak and sprinkle with herbs.
- Cut into 1-2 cm slices and serve with green salad.
- 120 g chicken breast fillet, boiled
- ¼ red bell pepper
- ¼ yellow bell pepper
- ¼ orange bell pepper
- extra mint leaves, for serving

AFTERNOON SNACK (Calories: 348 kcal)

Cereal bars

- 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.
- Refrigerate for 2-5 hours.
- Cut cereal bars into 80 g pieces.

DINNER (Calories: 404 kcal)

Lemon pasta with chicken

- In a bowl, combine the cream cheese, mustard, lemon zest, lemon juice, honey, mint leaves, pepper and salt with a spoon, until all of the ingredients are combined.
- Add the boiled fusilli pasta. Cut the chicken into pieces and add to the bowl.
- Chop the bell peppers into small cubes and add them to the bowl also.
- Mix thoroughly and serve with mint leaves.

More of Akis' diet:

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