



Akis' diet 90kg/185cm- 10th day

30'
Hands on

10'
Cook Time

1 person
Portion(s)

1
Difficulty



Ingredients

BREAKFAST

Oatmeal with milk

- 100 g water
- 2 tablespoons oats
- 1 teaspoon cocoa powder
- 1 tablespoon honey
- 200 g low fat Greek strained yogurt

MIDDAY SNACK

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

LUNCH

Potato Salad

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

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

Peas

- 1 onion
- 1 clove of garlic
- 1 tablespoon olive oil
- 1 carrot
- 2 slices smoked turkey
- 250 g peas, frozen
- 1 tomato, grated
- salt
- pepper
- 1 tablespoon fresh mint

To serve

- 2 lemon wedges
- mint leaves

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

- [Akis' diet 70kg/165cm](#)
- [Akis' diet 80kg/175cm](#)

Calories: 1965

BREAKFAST (Calories: 269 kcal)

Oatmeal with milk

- 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.
- Add the yogurt and mix thoroughly.
- Top with a pinch of cocoa powder. If you want it to be sweeter you can add 1 tablespoon of powdered saccharine

MIDDAY SNACK (Calories: 215 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: 720 kcal)

Potato Salad

- In a bowl, combine the tahini, lemon zest, salt and pepper with a spoon. The texture should be like mayonnaise. If your sauce is too thick, add a little water.
- Peel the boiled potato, **cut** into pieces and add to the bowl.
- Dice the bell peppers, thinly slice the cucumber, thinly slice the spring onion, cut the egg into thin slices and add them all to the bowl.
- Add the mint leaves and cheddar.
- Mix thoroughly until all of the ingredients are well combined.

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: 413 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 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](#).