



Akis' diet 90kg/185cm- 13th day

20'
Hands on

10'
Cook Time

1 person
Portion(s)

1
Difficulty



Ingredients

BREAKFAST

Turkey and Cheese Tortilla

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

MIDDAY SNACK

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

LUNCH

Club Sandwich

- 3 slices of multi-grain sandwich bread, toasted
- 1 tablespoon mayonnaise
- 2 slices low fat cheese
- 2 slices smoked turkey
- 2 slices tomato
- pepper
- mint leaves
- ½ lettuce leaf
- rocket leaves, for serving

AFTERNOON SNACK

- 1 low fat Greek strained yogurt (200 g)

DINNER

Light Souvlaki

- 250 g pancetta, boneless
- 1 tablespoon vinegar
- 1 tablespoon dry oregano
- salt
- pepper
- 1 whole wheat Greek pita for souvlaki
- 1 tablespoon mustard, mild
- rocket leaves or your choice of salad

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: 1900

BREAKFAST (Calories: 376 kcal)

Turkey and Cheese Tortilla

- 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.

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: 481 kcal)

Club Sandwich

- Spread 1 slice of bread with ½ tablespoon mayonnaise and set on a serving plate.
- Add 1 slice of cheese, 1 slice of turkey, 1 slice tomato, pepper and

mint leaves.

- Cover with the second slice of bread and spread with ½ tablespoon mayonnaise.
- Add 1 slice of cheese, 1 slice of turkey and the lettuce leaf.
- Cover with the third slice of bread and press down on the club sandwich with your hands to help all of the ingredients stick together.
- **Cut** the sandwich into 4 pieces in a crisscross manner and serve with rocket leaves.

AFTERNOON SNACK (Calories: 116 kcal)

- 1 low fat Greek strained yogurt (200 g)

DINNER (Calories: 642 kcal)

Light Souvlaki

- Place a **nonstick pan** over high heat and let it get very hot.
- **Cut** the pancetta into 0.5 cm pieces.
- Add the vinegar, oregano, salt and pepper. Mix with your hands to coat.
- Add to hot pan. Stir and sauté for 2-3 minutes, until golden and cooked through.
- Remove from heat and transfer to paper towels to drain from excess fat.
- Spread a sheet of aluminum foil on a working surface.
- Add the Greek pita bread, spread the mustard over it and add the pancetta.
- Top with rocket leaves or salad, wrap and serve.

More of Akis' diet:

[Day 1](#), [Day 2](#), [Day 3](#), [Day 4](#), [Day 5](#), [Day 6](#), [Day 7](#),
[Day 8](#), [Day 9](#), [Day 10](#), [Day 11](#), [Day 12](#), [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](#).