



Akis' diet 90kg/185cm- 14th day

15'
Hands on

15'
Cook Time

1 person
Portion(s)

1
Difficulty



Ingredients

BREAKFAST

Turkey and Cheese Tortilla

- 1 flour tortilla
- 1 tablespoon 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

Chicken and Vegetables in Parchment

- 1 potato, medium (300 g)
- 1 red bell pepper
- 1 zucchini
- 180 g chicken breast
- 2 tablespoons olive oil
- salt
- pepper
- grated zest of 1 lemon
- juice from ½ a lemon
- 1 tablespoon oregano

AFTERNOON SNACK

Chocolate Mousse

- 1 low fat Greek strained yogurt (200 g)
- 3 teaspoons sweetener
- 1 teaspoon cocoa powder

DINNER

Steak and Salad

- 180 g beefsteak
- 1 tablespoon olive oil
- salt
- pepper
- 1 clove of garlic
- 1 teaspoon mustard, mild
- 3 tablespoons fresh herbs, parsley, thyme, oregano
- your choice of green salad, for serving

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: 1961

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: 737 kcal)

Chicken and Vegetables in Parchment

- Preheat oven to 200* C (390* F) Fan.
- Pierce the whole potato with a fork.
- Place in a bowl and microwave for 5 minutes at 8 Watts.
- Line a [25x35 cm baking pan](#) with parchment paper.
- Cut the potato into 4 pieces and then into smaller pieces.
- Chop the red pepper into 4 large pieces and the zucchini into 0.5 cm pieces.
- Place the chicken on a [cutting board](#) and cut it into 1 cm pieces.
- Add the olive oil, salt, pepper, lemon zest, lemon juice and oregano.
- Mix and transfer to baking pan.
- Roast for 20 minutes.
- Serve on parchment paper.

AFTERNOON SNACK (Calories: 130 kcal)

Chocolate Mousse

- Place the yogurt in a bowl.
- Add the cocoa powder and saccharine.
- Mix thoroughly.

DINNER (Calories: 433 kcal)

Steak and Vegetables

- Place a [nonstick pan](#) over high heat.
- Drizzle the steak with olive oil and season with salt and pepper. Rub it all over with your hands to coat.
- Place in pan and cook for 2 minutes on each side.
- Pierce the garlic with a fork and brush it over both sides of the steak.
- Spread the mustard on both sides and sprinkle with herbs.
- Cut into 1-2 cm slices and add to the salad.

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 13](#),

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](#).