



# Akis' diet 90kg/185cm- 1st day

25'  
Hands on

5'  
Cook Time

1 person  
Portion(s)

1  
Difficulty



## Ingredients

### **BREAKFAST**

Turkey and Cheese Tortilla

- 1 flour tortilla (60 g)
- 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 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 (300 g)
- 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**

- 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 1800-2000 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 dietician 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: 1954

**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: 100 kcal)

- 1 green apple

**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: 116 kcal)

- 1 low fat Greek strained yogurt

**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 2](#), [Day 3](#), [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](#)