



Akis' diet 90kg/185cm- 4th day

30'
Hands on

5'
Cook Time

1 person
Portion(s)

1
Difficulty



Ingredients

BREAKFAST

Mushroom Omelet

- 2-3 tablespoons olive oil
- 200 g mushrooms
- 5 egg whites, from medium sized eggs
- pepper
- salt
- 100 g feta cheese
- rocket leaves, for serving

MIDDAY SNACK

- 1 green apple

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

Chocolate Mousse

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

DINNER

Lemon Pasta with Chicken

- 1 tablespoon cream cheese, heaping
- ½ teaspoon mustard
- grated zest of 1 lemon
- juice from ½ lemon
- ½ teaspoon honey
- mint leaves
- pepper
- salt
- 30 g fusilli pasta, boiled
- 150 g chicken breast fillet, boiled
- ¼ red bell pepper
- ¼ yellow bell pepper
- ¼ green bell pepper
- mint leaves, for serving

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: 1843

BREAKFAST (Calories: 703 kcal)

Mushroom Omelet

- Place a [nonstick pan](#) over high heat and let it get very hot.
- Thinly slice the mushrooms.
- Add the olive oil to the hot pan.
- Add the mushrooms and sauté for 4-5 minutes, until they turn golden and shrink in size.
- Add the egg whites, pepper and salt. Let it cook without stirring.
- Add the feta and cook for 2-3 minutes, until it melts.
- Serve with rocket leaves.

MIDDAY SNACK (Calories: 100 kcal)

- 1 green apple

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: 130 kcal)

Chocolate Mousse

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

DINNER (Calories: 429 kcal)

Lemon Pasta with Chicken

- Combine the cream cheese, mustard, lemon zest, lemon zest, honey, mint leaves, pepper and salt in a bowl.
- Add the pasta.
- [Cut](#) the chicken into pieces and add it to the bowl.
- Dice the bell peppers; add them to the bowl and mix.

- Serve with mint leaves.

More of Akis' diet:

[Day 1](#), [Day 2](#), [Day 3](#), [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](#)