



# Akis' diet 90kg/185cm- 6th day

25'  
Hands on

20'  
Cook Time

1 person  
Portion(s)

1  
Difficulty



## Ingredients

### **BREAKFAST**

Oat with honey and yogurt

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

### **MIDDAY SNACK**

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

### **LUNCH**

Steak and Vegetables

- 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

### **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**

Chicken and Vegetables in Parchment  
Ingredients

- 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

## 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 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: 1859

### **BREAKFAST** (Calories: 269 kcal)

- 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: 285 kcal)

- Spread the tahini on the bread.
- Sprinkle with cinnamon.
- Thinly slice the banana and spread them nicely over the bread.

### **LUNCH** (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.

### **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: 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.

More of Akis' diet:

[Day 1](#), [Day 2](#), [Day 3](#), [Day 4](#), [Day 5](#), [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](#)