



Akis' diet 90kg/185cm- 7th day

25'
Hands on

5'
Cook Time

1 person
Portion(s)

1
Difficulty



Ingredients

BREAKFAST

Oatmeal with Milk

- 240 g milk 2%
- 3 tablespoon oats
- 1 tablespoon honey
- ½ teaspoon ground cinnamon

MIDDAY SNACK

- 1 ripe banana
- 1/5 teaspoon ginger powder
- 1 green apple

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

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

DINNER

Bulgur with mushrooms

- 2 tablespoons olive oil
- 1 clove of garlic
- 300 g oyster mushrooms
- 200 g [bulgur wheat, boiled](#)
- salt
- pepper
- 1 tablespoons parmesan cheese, grated
- 1 tablespoon thyme

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: 1937

BREAKFAST (Calories: 290 kcal)

Oatmeal with Milk

- In a bowl, add the oats, honey and cinnamon.
- Cover with plastic wrap and microwave for 2 minutes at 800 Watts.
- Stir with a spoon until completely combined.

MIDDAY SNACK (Calories: 215 kcal)

- Peel the banana and place in a bowl.
- Puree it with a fork and add the ginger powder.
- Peel the apple, remove the stem and seeds, [cut](#) it up into little pieces.
- Add to the bowl and mix with a spoon.
- If you don't have enough time to do this you can just take the banana and apple along with you as is.

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: 565 kcal)

Bulgur with mushrooms

- Place a [nonstick pan](#) over high heat.
- Mince the garlic and thinly slice the mushrooms.
- To the pan, add the olive oil and then add the garlic and mushrooms.
- Stir and sauté, until golden and the mushrooms shrink in size.
- Add the boiled bulgur, salt and pepper.
- Stir with a wooden [spoon](#) and remove from heat.
- Serve with grated parmesan and thyme.

More of Akis' diet:

[Day 1](#), [Day 2](#), [Day 3](#), [Day 4](#), [Day 5](#), [Day 6](#), [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](#)