



Akis' diet 90kg/185cm- 8th day

20'
Hands on

5'
Cook Time

1 person
Portion(s)

1
Difficulty



Ingredients

BREAKFAST

Eggs and Bacon

- 2 slices bacon
- 2 eggs, medium
- pepper
- salt
- 1 tablespoon fresh thyme
- 1 barley rusk (50 g)

MIDDAY SNACK

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

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

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

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: 2068

BREAKFAST (Calories: 643 kcal)

Eggs and Bacon

- Place a [nonstick pan](#) over high heat and let it get very hot.
- Add the bacon to the hot pan and sauté for about 1 minute on each side, until golden.
- Spread the oil from the bacon in the pan and add the eggs.
- Add pepper, salt and thyme.
- Serve with barley rusk.

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: 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.
- 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

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: 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 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](#).