MONDAY

ration 2000 kcal

Millet porridge on water with dried fruits

229 Kcal | PFC | 5,62 | 1,49 | 48,27| 250g

Chicken and cheese sandwich

374 Kcal | PFC | 21,66 | 13,26 | 41,11 | 150g

Salad with pink salmon, vegetables and algae

195 Kcal | PFC | 16,04 | 7,16 | 16,01 | 150g

Pickle

246 Kcal | PFC | 15.15 l 13.39 l 16.79 | 250 g

Chicken in cream sauce with mushrooms and pesto rice

575 Kcal | PFC | 12.83 | 31.11 | 49.37 | 230g

Smoothie Berry

116 Kcal | PFC | 3,24 l 1,34 l 21,39 | 300 ml

Chicken cutlet with cottage cheese and vegetables

276 Kcal | PFC | 27.96 | 9,94 | 17.60 | 250g

 Total for Monday: 2017 Kcal | PFC | 116,91 l 75,67 l 212,4

TUESDAY

ration 2000 kcal

Rice porridge with strawberries

265 Kcal | PFC | 7,67 l 4,32 l 49,47| 250g

Rap with red fish

299 Kcal | PFC | 13,18 l 12,75 l 32,64 l 180g

Beet funchus with pink salmon

355 Kcal | PFC | 22,34 l 18,11 l 25,38 | 200g

Mashed vegetable soup with croutons

225 Kcal | PFC | 7,44 | 6,68 | 33,74 | 250g

Thai-style chicken with buckwheat noodles

352 Kcal | PFC | 32.0 l 5.0 l 43.0 | 300g

Raspberry and cottage cheese mousse

196 Kcal | PFC | 14,5 l 5,13l 16,9 | 150 g

Turkey cutlets and sautéed eggplant

312 Kcal | PFC | 23.89 l 14.87 l 20.90 | 230g

 Total for Tuesday: 1960 Kcal | PFC | 124,67 l 66,83 l 212,70

WEDNESDAY

ration 2000 kcal

Wheat porridge with baked apple

260 Kcal | PFC | 3.37 | 4.52 | 47.57 | 250g

Carrot casserole with dried apricots and raisins

277 Kcal | PFC | 10.20 | 10.57 | 35.33 | 170g

Salad with chicken fillet and egg

292 Kcal | PFC | 28.03 | 17.52 | 4.39 | 220g

Mashed potato soup with pesto

231 Kcal | PFC | 4.83 | 11.57 | 26.67 | 240g

Carbonara with smoked chicken

407 Kcal | PFC | 23,00 | 15,00 | 44,00 | 250g

Orange jelly with currants

126 Kcal | PFC | 8.10 | 0.46 | 22.34 | 150g

Pink salmon with cheese and baked pumpkin

255 Kcal | PFC | 22.87l 11.05 l 15.95 | 250g

 Total for Wednesday: 2048 Kcal | PFC | 112,76 l 86,47 l 200,52

THURSDAY

ration 2000 kcal

Frittata with green peas and sweet peppers

410 Kcal | PFC | 28.96 | 26.00 | 16.3 | 360g

Zucchini dredits with chicken and sour cream

294 Kcal | PFC | 18.4 l 15.8 l 18.9 | 180g

Beet salad with prunes

248 Kcal | PFC | 3.65 | 13.0 | 29.0 | 150g

Lentil soup with croutons

256 Kcal | PFC | 12.71 | 8.5 | 32.09 | 250g

Beefsteak and egg and buckwheat with mushrooms

428 Kcal | PFC | 30.80 | 17.85 | 36.36 | 270g

PanaCotta with berry sauce

155 Kcal | PFC | 6.52 | 7.58 | 15.13 | 130g

Chicken stew with beans

404 Kcal | PFC | 46.0 l 11.0 l 31.0 | 250g

 Total for Thursday: 2008 Kcal | PFC | 132,72 l 87,99 l 169,07

FRIDAY

ration 2000 kcal

Rice pudding with berries

268 Kcal | PFC | 6.13 | 1.52 | 55.65 | 250g

Pancakes with turkey and egg

372 Kcal | PFC | 24.94 | 19.35 | 24.68 | 160g

Caesar with smoked chicken

318 Kcal | PFC | 18.0 l 22.2 l 11.4 | 150g

Borscht

189 Kcal | PFC | 7.48 | 11.87 | 12.94 | 250g

Julienne with chicken and mushrooms

126 Kcal | PFC | 8.10 | 0.46 | 22.34 | 150g

Banana-oatmeal cookies

259 Kcal | PFC | 6.76 | 6.16 | 44.10 | 90g

Baked perch with vegetables

251 Kcal | PFC | 23.40 | 10.92 | 14.79 | 230g

 Total for Friday: 1921 Kcal | PFC | 106,87 l 88,35 l 173,09

SATURDAY

ration 2000 kcal

Herculean porridge with seasonal fruits

182 Kcal | PFC | 7.15 | 4.61 | 28.37 | 250g

Cheesecakes with sea buckthorn sauce

326 Kcal | PFC | 23.91 | 14.93 | 24.09 | 200g

Herring under a fur coat salad

312 Kcal | PFC | 14,1 l 19,7l 19,7| 200 g

Fish soup in Finnish

181 Kcal | PFC | 7.79 | 10.23 | 14.42 | 250g

Perlotto with boiled beef

320 Kcal | PFC | 20,64 l 8.17 l 43,74 | 250g

Apple candy with sesame NRG

224 Kcal | PFC | 3.4 l 2.4 l 47.3 | 80g, 4 pcs

Cauliflower casserole with chicken

337 Kcal | PFC | 34.95 | 18.14 | 7.39 | 250g

 Total for Saturday: 1933 Kcal | PFC | 119,12 l 80,53 l 184,79

SUNDAY

ration 2000 kcal

Omelet with smoked chicken and greens

266 Kcal | PFC | 25 | 16.1 | 5.4 | 200g

Rap with red fish

299 Kcal | PFC | 13,18 | 12,75 | 32,64 | 180 g

Fresh Vegetable Salad with Pesto Sauce

124 Kcal | PFC | 1.38 | 10.61 | 5.77 | 150g

Beet puree soup with croutons

265 Kcal | PFC | 6.99 | 11.09 | 34.25 | 250g

Funcho Wok with beef and vegetables

294 Kcal | PFC | 22.86 | 8.08 | 32.41 | 250g

Pumpkin muffin

273 Kcal | PFC | 5.65 | 1.53 | 36.76 | 100g

Pike meatballs with vegetables

221 Kcal | PFC | 23.0l | 9.0l | 12.0

 Total for Sunday: 1936,4 Kcal | PFC | 119,952 | 84,066 | 172,98

MONDAY

ration 1500 kcal

Millet porridge on water with dried fruits

229 Kcal | PFC | 5,62 | 1,49 | 48,27| 250g

Chicken and cheese sandwich

374 Kcal | PFC | 21,66 l 13,26 l 41,11 l 150g

Pickle

246 Kcal | PFC | l 15.15 l 13.39 l 16.79 | 250 g

Beef Stroganoff with rice

403 Kcal | PFC | 22.94 l 10.92 l 53.30 | 250g

Smoothie Berry

116 Kcal | PFC | 3,24 l 1,34 l 21,39 | 300 ml

Chicken cutlet with cottage cheese and vegetables

276 Kcal | PFC | 27.96 l 9,94 l 17.60 | 250g

 Total for Monday: 1594,8 Kcal | PFC | 88,03 l 55,93 l 181,88

TUESDAY

ration 1500 kcal

Rice porridge with strawberries

265 Kcal | PFC | 7,67 l 4,32 l 49,47| 250g

Rap with red fish 1/2

149 Kcal | PFC | 6.59 l 6.37 l 16.32 | 90g

Mashed vegetable soup with croutons

225 Kcal | PFC | 7,44 | 6,68 | 33,74 | 250g

Thai-style chicken with buckwheat noodles

352 Kcal | PFC | 32.0 l 5.0 l 43.0 | 300g

Raspberry and cottage cheese mousse

196 Kcal | PFC | 14,5 l 5,13l 16,9 | 150 g

Turkey cutlets and sautéed eggplant

312 Kcal | PFC | 23.89 l 14.87 l 20.90 | 230g

 Total for Tuesday: 1499 Kcal | PFC | 101,09 l 42,37 l 180,33

WEDNESDAY

ration 1500 kcal

Wheat porridge with baked apple

260 Kcal | PFC | 3.37 | 4.52 | 47.57 | 250g

Carrot casserole with dried apricots and raisins

277 Kcal | PFC | 10.20 | 10.57 | 35.33 | 170g

Mashed potato soup with pesto

231 Kcal | PFC | 4.83 | 11.57 | 26.67 | 240g

Carbonara with smoked chicken

407 Kcal | PFC | 23,00 | 15,00 | 44,00 | 250g

Orange jelly with currants

126 Kcal | PFC | 8.10 | 0.46 | 22.34 | 150g

Pink salmon with cheese and baked pumpkin

255 Kcal | PFC | 22.87l 11.05 l 15.95 | 250g

 Total for Wednesday: 1576 Kcal | PFC | 84,14 l 57,91 l 176,38

THURSDAY

ration 1500 kcal

Frittata with green peas and sweet peppers

205 Kcal | PFC | 14.48 |13.00 | 8.15 | 180g

Zucchini dredits with chicken and sour cream

294 Kcal | PFC | 18.4 l 15.8 l 18.9 | 180g

Lentil soup with croutons

256 Kcal | PFC | 12.71 | 8.5 | 32.09 | 250g

Beefsteak and egg and buckwheat with mushrooms

428 Kcal | PFC | 30.80 | 17.85 | 36.36 | 270g

Candy with carrots

81 Kcal | PFC | 2.0 l 1.0 l 15.0 | 25g

Chicken stew with beans

404 Kcal | PFC | 46.0 l 11.0 l 31.0 | 250g

 Total for Thursday: 1606 Kcal | PFC | 114,39 l 63,42 l 142,62

FRIDAY

ration 1500 kcal

Rice pudding with berries

268 Kcal | PFC | 6.13 | 1.52 | 55.65 | 250g

Pancakes with turkey and egg

372 Kcal | PFC | 24.94 | 19.35 | 24.68 | 160g

Borscht

189 Kcal | PFC | 7.48 | 11.87 | 12.94 | 250g

Julienne with chicken and mushrooms

126 Kcal | PFC | 8.10 | 0.46 | 22.34 | 150g

Banana-oatmeal cookies

259 Kcal | PFC | 6.76 | 6.16 | 44.10 | 90g

Baked perch with vegetables

251 Kcal | PFC | 23.40 | 10.92 | 14.79 | 230g

 Total for Friday: 1584 Kcal | PFC | 90,99 l 61,81 l 163,44

SATURDAY

ration 1500 kcal

Herculean porridge with seasonal fruits

182 Kcal | PFC | 7.15 | 4.61 | 28.37 | 250g

Cheesecakes with sea buckthorn sauce

326 Kcal | PFC | 23.91 | 14.93 | 24.09 | 200g

Fish soup in Finnish

181 Kcal | PFC | 7.79 | 10.23 | 14.42 | 250g

Perlotto with boiled beef

320 Kcal | PFC | 20,64 l 8.17 l 43,74 | 250g

Apple candy with sesame NRG

224 Kcal | PFC | 3.4 l 2.4 l 47.3 | 80g, 4 pcs

Cauliflower casserole with chicken

337 Kcal | PFC | 34.95 | 18.14 | 7.39 | 250g

 Total for Saturday: 1593 Kcal | PFC | 101,26 l 59,55 l 165,14

SUNDAY

ration 1500 kcal

Omelet with smoked chicken and greens

266 Kcal | PFC | 25 | 16.1 | 5.4 | 200g

Rap with red fish 1/2

149 Kcal | PFC | 6.59 l 6.37 l 16.32 | 90g

Beet puree soup with croutons

265 Kcal | PFC | 6.99 | 11.09 | 34.25 | 250g

Funcho Wok with beef and vegetables

294 Kcal | PFC | 22.86 l 8.08 l 32.41 | 250g

Granola with berry sauce and yogurt

192 Kcal | PFC | 6,74 | 6,34 | 26,52| 120g

Pike meatballs with vegetables

221 Kcal | PFC | 23.0 l 9.0 l 12.0

 Total for Sunday: 1566 Kcal | PFC | 96,98 l 66,21 l 144,07

MONDAY

ration 1200 kcal

Millet porridge on water with dried fruits

229 Kcal | PFC | 5,62 | 1,49 | 48,27| 250g

Pickle

246 Kcal | PFC | 15.15 l 13.39 l 16.79 | 250 g

Beef Stroganoff with rice

403 Kcal | PFC | 22.94 l 10.92 l 53.30 | 250g

Berry Smoothie

116 Kcal | PFC | 3,24 l 1,34 l 21,39 | 300 ml

Chicken cutlet with cottage cheese and vegetables

276 Kcal | PFC | 27.96 l 9,94 l 17.60 | 250g

 Total for Monday: 1270 Kcal | PFC | 69,398 l 45,342 l 144,124

TUESDAY

ration 1200 kcal

Rice porridge with strawberries

265 Kcal | PFC | 7,67 l 4,32 l 49,47| 250g

Mashed vegetable soup with croutons

Kcal | PFC | 7,44 | 6,68 | 33,74 | 250g

Thai-style chicken with buckwheat noodles

352 Kcal | PFC | 32.0 l 5.0 l 43.0 | 300g

Raspberry and cottage cheese mousse

196 Kcal | PFC | 14,5 l 5,13l 16,9 | 150 g

Turkey cutlets and sautéed eggplant

312 Kcal | PFC | 23.89 l 14.87 l 20.90 | 230g

 Total for Tuesday: 1306 Kcal | PFC | 89,15 l 35,97 l 154,68

WEDNESDAY

ration 1200 kcal

Wheat porridge with baked apple

260 Kcal | PFC | 3.37 | 4.52 | 47.57 | 250g

Mashed potato soup with pesto

231 Kcal | PFC | 4.83 | 11.57 | 26.67 | 240g

Carbonara with smoked chicken

407 Kcal | PFC | 23,00 | 15,00 | 44,00 | 250g

Orange jelly with currants

126 Kcal | PFC | 8.10 | 0.46 | 22.34 | 150g

Pink salmon with cheese and baked pumpkin

255 Kcal | PFC | 22.87l 11.05 l 15.95 | 250g

 Total for Wednesday: 1212 Kcal | PFC | 74,92 | 40,39 | 135,73

THURSDAY

ration 1200 kcal

Frittata with green peas and sweet peppers

205 Kcal | PFC | 14.48 |13.00 | 8.15 | 180g

Lentil soup with croutons

256 Kcal | PFC | 12.71 | 8.5 | 32.09 | 250g

Beefsteak and egg and buckwheat with mushrooms

428 Kcal | PFC | 30.80 | 17.85 | 36.36 | 270g

Candy with carrots

81 Kcal | PFC | 2.0 l 1.0 l 15.0 | 25g

Chicken stew with beans

404 Kcal | PFC | 46.0 l 11.0 l 31.0 | 250g

 Total for Thursday: 1279 Kcal | PFC | 96,03 | 47,16 | 116,61

FRIDAY

ration 1200 kcal

Rice pudding with berries

268 Kcal | PFC | 6.13 | 1.52 | 55.65 | 250g

Borscht

189 Kcal | PFC | 7.48 | 11.87 | 12.94 | 250g

Julienne with chicken and mushrooms

126 Kcal | PFC | 8.10 | 0.46 | 22.34 | 150g

Banana-oatmeal cookies

259 Kcal | PFC | 6.76 | 6.16 | 44.10 | 90g

Baked perch with vegetables

251 Kcal | PFC | 23.40 | 10.92 | 14.79 | 230g

 Total for Friday: 1212 Kcal | PFC | 66,05 | 42,46 | 138,76

SATURDAY

ration 1200 kcal

Herculean porridge with seasonal fruits

182 Kcal | PFC | 7.15 | 4.61 | 28.37 | 250g

Fish soup in Finnish

181 Kcal | PFC | 7.79 | 10.23 | 14.42 | 250g

Perlotto with boiled beef

320 Kcal | PFC | 20,64 l 8.17 l 43,74 | 250g

Apple candy with sesame NRG

224 Kcal | PFC | 3.4 l 2.4 l 47.3 | 80g, 4 pcs

Cauliflower casserole with chicken

337 Kcal | PFC | 34.95 | 18.14 | 7.39 | 250g

 Total for Saturday: 1267 Kcal | PFC | 77,35 l 44,62 l 141,07

SUNDAY

ration 1200 kcal

Omelet with smoked chicken and greens

266 Kcal | PFC | 25 | 16.1 | 5.4 | 200g

Beet puree soup with croutons

265 Kcal | PFC | 6.99 | 11.09 | 34.25 | 250g

Funcho Wok with beef and vegetables

294 Kcal | PFC | 22.86 l 8.08 l 32.41 | 250g

Granola with berry sauce and yogurt

192 Kcal | PFC | 6,74 | 6,34 | 26,52| 120g

Pike meatballs with vegetables

221 Kcal | PFC | 23.0 l 9.0 l 12.0

 Total for Sunday: 1235 Kcal | PFC | 65,26 l 46,24 l 139,03

**Vega 1500kcal**

**Monday**

**Breakfast**

** 9:00 — 10:00**

Oatmeal porridge with fruit and stevia

107 kcal

**Second breakfast**

** 11:00 — 12:00**

Baked vegetables in pita bread

327 kcal

**Lunch**

** 13:00 — 14:00**

Cream of carrot soup Lenten

163 kcal

Lobio with nuts and pomegranate

456 kcal

Strawberry and cherry compote

40 kcal

**Afternoon snack**

** 16:00 — 17:00**

Grilled pineapples with airy berry cream

125 kcal

**Dinner**

** 18:00 — 19:00**

Beet tar with carrot and lentil patties

246 kcal

**Late dinner**

** 20:00 — 21:00**

Tangerine Fresh

123kcal

**Total for the day: 1587 kcal**

### Tuesday

**Breakfast**

### ****9:00 — 10:00****

Barley porridge with sea buckthorn, goji berries and cranberries

319 kcal

**Second breakfast**

### ****11:00 — 12:00****

### Bruschetta with avocado mousse and vegetable tar-tar

### 151 kcal

### Lunch

### ****13:00 — 14:00****

Creamy mashed green peas soup Lenten

127 kcal

Vegetable skewers in teriyaki sauce

156 kcal

Rice mix with vegetables

105 kcal

Lingonberry Mors

38 kcal

**Afternoon snack**

### ****16:00 — 17:00****

Baked pear with nuts, honey and chocolate

220 kcal

**Dinner**

### ****18:00 — 19:00****

Salad with baked pumpkin, beans and tofu

235 kcal

**Late dinner**

### ****20:00 — 21:00****

Carrot juice with coconut milk

187 kcal

### ****Total for the day: 1538 kcal****

**Wednesday**

**Breakfast**

### ****9:00 — 10:00****

Coconut pudding with cherries and almonds

287 kcal

**Second breakfast**

### ****11:00 — 12:00****

### Spicy hummus with cucumber and croutons

### 246 kcal

### Lunch

### ****13:00 — 14:00****

Vegetable soup with sun-dried tomatoes

133 kcal

Fried Tofu cheese with juniper sauce

192 kcal

Quinoa with vegetable ratatouille

219 kcal

Ginger lemonade

118 kcal

**Afternoon snack**

### ****16:00 — 17:00****

Grapefruit Fresh

101 kcal

**Dinner**

### ****18:00 — 19:00****

Mangal salad with oyster mushrooms and pears

259 kcal

**Late dinner**

### ****20:00 — 21:00****

Wheat sprouts, pineapple and pear smoothies

77 kcal

**Total for the day: 1632 kcal**

**Thursday**

**Breakfast**

### ****9:00 — 10:00****

Hercules porridge with lingonberries, Jerusalem artichoke and Chia seeds

282 kcal

**Second breakfast**

### ****11:00 — 12:00****

### Walnut mix

### 260 kcal

### Lunch

### ****13:00 — 14:00****

Celery puree soup with walnuts

204 kcal

Sauté of eggplants with pomegranate grains

189 kcal

Winter cherry and sea buckthorn compote

52 kcal

**Afternoon snack**

### ****16:00 — 17:00****

Pomelo pulp with raspberry sauce

66 kcal

**Dinner**

### ****18:00 — 19:00****

Chickpea medallions with tofu sauce

327 kcal

Ratatouille Rolls from zucchini  
106 kcal

**Late dinner**

### ****20:00 — 21:00****

Strawberry Smoothie  
121 kcal

**Total for the day:1607 kcal**

**Friday**

**Breakfast**

### ****9:00 — 10:00****

Grain porridge with plum on orange juice  
277 kcal

**Second breakfast**

### ****11:00 — 12:00****

Green Smoothie  
144 kcal

### Lunch

### ****13:00 — 14:00****

Vegetable puree soup  
61 kcal

Pearl barley with porcini mushrooms and vegetables   
212 kcal

Spicy dried fruit compote  
42 kcal

**Afternoon snack**

### ****16:00 — 17:00****

Fruit with peanut paste  
273 kcal

**Dinner**

### ****18:00 — 19:00****

Spinach and beet pkhali  
391 kcal

Fresh Vegetable Noodles  
94 kcal

**Late dinner**

### ****20:00 — 21:00****

Kiwi Smoothie with Celery and Chia Seeds  
140 kcal

**Total for the day:1634 kcal**

**Saturday**

**Breakfast**

### ****9:00 — 10:00****

Buckwheat porridge with almond milk  
279 kcal

**Second breakfast**

### ****11:00 — 12:00****

Toast with guacamole sauce and confit tomatoes  
194 kcal

### Lunch

### ****13:00 — 14:00****

Vegetable soup with red lentils  
171 kcal

Buckwheat noodles with pesto sauce  
361 kcal

Ginger-citrus tea  
41 kcal

**Afternoon snack**

### ****16:00 — 17:00****

Apple candies with sesame  
213 ккал

**Dinner**

### ****18:00 — 19:00****

Baked Eggplant Sicilian  
214 ккал

**Late dinner**

### ****20:00 — 21:00****

Smoothie of pears, spinach and mint  
106 ккал

**Total for the day: 1579 kcal**

**Sunday**

**Breakfast**

### ****9:00 — 10:00****

Vanilla nut chia breakfast  
253 kcal

**Second breakfast**

### ****11:00 — 12:00****

Beet and carrot salad with prunes  
214 kcal

### Lunch

### ****13:00 — 14:00****

Mashed pea soup Lenten

226 kcal

Buckwheat green with vegetables in tomato sauc

189 kcal

Peppermint tea with oranges  
28 kcal

**Afternoon snack**

### ****16:00 — 17:00****

Клубничный смузи с авокадо  
312 kcal

**Dinner**

### ****18:00 — 19:00****

Strawberry smoothie with avocado  
191 kcal

**Late dinner**

### ****20:00 — 21:00****

Raspberry Cocktail

131 kcal

**Total for the day: 1544 kcal**