

An usual Romanian meal



First variant:

Breakfast: Omelette with cucumber and whipped milk and 2 slices of bread.

446kCal (Made from 3 eggs 183g and 6 slices of cucumber 70g
1.5% whipped milk, 2 slices of rye bread)

Snack: 3 oranges

180kCal

Lunch: Tripe soup 300g and 2 slices of bread.

400kCal

Snack: 100g pistachio nuts

562 kCal

Dinner: 200g-beef with green salad-100g and 2 slices of bread 50g.

334kCal

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Second variant:

Breakfast: Wholemeal bread (100g) + cottage cheese(50g) + sliced figs(50 g) = delicious and very nutritious breakfast.

350kCal

healthy,

First snack: Sweet potato with honey(170g).

100kCal

Lunch: Turkey breast (250 g), with broccoli (200 g), beetroot salad with horseradish (70g) and vegetables made in with soy sauce in wok pan.

500 kCal

Second snack: 3 oranges and sunflower seeds(50g).

120kCal

Dinner: Sarmale (cabbage rolls) 350g.

700kCal

All calories are approximate!!!