



Cooked weights: starchy foods, drained pulses, cooked vegetables, meat, fish, eggs without shells. Fruit and raw vegetables: raw, edible weights. Tofu and dairy products as sold, oats dry. Oils and snack included. Carbohydrates exclude fibre: do not subtract fibre again.

Day 1 154 g carbohydrates · 40 g fibre · approximately 2090 kcal

Meal	Portions for one person	Carbohydrates	Fibre
Breakfast	wholemeal bread 70 g, plain fromage blanc with 2-3% fat 200 g, apple with skin 150 g, walnut kernels 20 g	55 g	9 g
Lunch	chicken breast 100 g, green lentils 100 g, steamed broccoli 200 g, olive oil 20 g, wholemeal bread 30 g	34 g	15 g
Dinner	plain tofu 180 g, quinoa 130 g, courgettes 250 g, rapeseed oil 20 g, plain unsweetened yoghurt 125 g	50 g	9 g
Snack included	orange 150 g, unsalted almonds 25 g	14 g	7 g

Day 2 148 g carbohydrates · 42 g fibre · approximately 2050 kcal

Meal	Portions for one person	Carbohydrates	Fibre
Breakfast	dry rolled oats 45 g, plain fromage blanc with 2-3% fat 200 g, raspberries 125 g, unsalted almonds 25 g	43 g	14 g
Lunch	steamed salmon 130 g, steamed potatoes 180 g, green beans 200 g, olive oil 15 g	36 g	12 g
Evening	chickpeas 100 g, shelled hard-boiled eggs 100 g, raw tomato 150 g, cucumber with skin 150 g, wholemeal bread 40 g, rapeseed oil 20 g, plain unsweetened yoghurt 125 g	50 g	13 g
Snack included	apple with skin 150 g, walnut kernels 25 g	19 g	4 g

Estimated values, rounded separately: the sum of the rows may differ from the total. Brands and cooking affect nutrient content. Water and unsweetened drinks. Move the snack into your meals if you prefer. Increase fibre gradually.

Personal adjustments: review hunger, digestion, activity and portion sizes.

Adapt as needed: example with no promise of weight loss. If you have diabetes treated with medication, are pregnant or breastfeeding, or have kidney disease or an eating disorder, seek professional advice before restricting your diet. Do not change your treatment. Feeling seriously unwell or signs of ketoacidosis while taking a gliflozin: urgent assessment needed.



Cooked weights: starchy foods, drained pulses, hot vegetables, meat, fish, shelled eggs. Fruit and raw vegetables: raw, edible weights. Tofu and dairy products as sold, oats dry. Oils and snack included. Carbohydrates exclude fibre: do not subtract fibre again.

Day 3 154 g carbohydrates · 42 g fibre · approximately 2000 kcal

Meal	Portions for one person	Carbohydrates	Fibre
Morning	wholemeal bread 70 g, shelled hard-boiled eggs 100 g, kiwi 100 g, plain unsweetened yoghurt 125 g, unsalted almonds 15 g	47 g	9 g
Midday	plain tofu 180 g, brown rice 100 g, spinach 200 g, olive oil 20 g	43 g	8 g
Evening	green lentils 120 g, courgettes 250 g, wholemeal bread 50 g, rapeseed oil 20 g, plain fromage blanc with 2-3% fat 150 g	49 g	18 g
Snack included	orange 150 g, unsalted almonds 25 g	14 g	7 g

Day 4 167 g carbohydrates · 41 g fibre · approximately 1950 kcal

Meal	Portions for one person	Carbohydrates	Fibre
Breakfast	wholemeal bread 70 g, plain fromage blanc with 2-3% fat 200 g, apple with skin 150 g, walnut kernels 20 g	55 g	9 g
Lunch	wholewheat pasta 120 g, kidney beans 80 g, raw tomato 200 g, olive oil 20 g	55 g	17 g
Dinner	chicken breast 120 g, steamed broccoli 200 g, quinoa 100 g, rapeseed oil 20 g, plain unsweetened yoghurt 125 g	38 g	8 g
Snack included	kiwi 150 g, unsalted almonds 25 g	19 g	7 g

Estimated values, rounded separately: the sum of the rows may differ from the total. Brands and cooking methods affect nutrient content. Water and unsweetened drinks. Move the snack into your meals if you prefer. Increase fibre gradually.

Personal adjustment: review hunger, digestion, activity and portion sizes.

Adapt as needed: an example with no promise of weight loss. If you have diabetes treated with medication, are pregnant or breastfeeding, or have kidney disease or an eating disorder, seek professional advice before restricting your diet. Do not change any treatment. Feeling seriously unwell or signs of ketoacidosis while taking a gliflozin: seek urgent assessment.



Cooked weights: starchy foods, drained pulses, cooked vegetables, meat, fish, eggs without shells. Fruit and raw vegetables: raw, edible weights. Tofu and dairy products as sold, oats dry. Oils and snack included. Carbohydrate values exclude fibre: do not subtract fibre again.

Day 5 140 g carbohydrate · 44 g fibre · approximately 2070 kcal

Meal	Portions for one person	Carbohydrates	Fibre
Breakfast	dry rolled oats 45 g, plain fromage blanc with 2-3% fat 200 g, raspberries 125 g, unsalted almonds 25 g	43 g	14 g
Lunch	steamed cod 130 g, chickpeas 100 g, courgettes 250 g, olive oil 20 g, wholemeal bread 40 g	38 g	15 g
Dinner	plain tofu 180 g, steamed potatoes 150 g, green beans 200 g, rapeseed oil 20 g, plain unsweetened yoghurt 125 g	40 g	11 g
Snack included	apple with skin 150 g, walnut kernels 25 g	19 g	4 g

Day 6 159 g carbohydrates · 43 g fibre · approximately 1960 kcal

Meal	Portions for one person	Carbohydrates	Fibre
Breakfast	wholemeal bread 70 g, shelled hard-boiled eggs 100 g, kiwi 100 g, plain unsweetened yoghurt 125 g, unsalted almonds 15 g	47 g	9 g
Lunch	green lentils 100 g, raw carrot 100 g, shelled hard-boiled eggs 100 g, wholemeal bread 40 g, rapeseed oil 20 g	38 g	14 g
Dinner	chickpeas 100 g, spinach 200 g, brown rice 80 g, olive oil 20 g, plain fromage blanc with 2-3% fat 150 g	54 g	15 g
Snack included	apple with skin 150 g, walnut kernels 25 g	19 g	4 g

Estimated values, rounded separately: the sum of the rows may differ from the total. Brands and cooking affect nutrient content. Water and unsweetened drinks. Move the snack into your meals if you prefer. Increase fibre gradually.

Personal adjustments: review hunger, digestion, activity and portion sizes.

Adapt as needed: an example with no promise of weight loss. If you have diabetes treated with medication, are pregnant or breastfeeding, or have kidney disease or an eating disorder, seek professional advice before restricting your diet. Do not change your treatment. Feeling seriously unwell or showing signs of ketoacidosis while taking a gliflozin: seek urgent assessment.



Cooked weights: starchy foods, drained pulses, cooked vegetables, meat, fish, shelled eggs. Fruit and raw vegetables: raw, edible weights. Tofu and dairy products as sold, oats dry. Oils and snack included. Carbohydrates exclude fibre: do not subtract fibre again.

Day 7 166 g carbohydrates · 36 g fibre · approximately 2110 kcal

Meal	Portions for one person	Carbohydrates	Fibre
Breakfast	wholemeal bread 70 g, plain fromage blanc with 2-3% fat 200 g, apple with skin 150 g, walnut kernels 20 g	55 g	9 g
Lunch	chicken breast 120 g, quinoa 130 g, green beans 200 g, olive oil 20 g	42 g	13 g
Dinner	wholewheat pasta 100 g, plain tofu 180 g, raw tomato 200 g, rapeseed oil 20 g, plain unsweetened yogurt 125 g	49 g	8 g
Snack included	kiwi 150 g, unsalted almonds 25 g	19 g	7 g

Weekly shopping list, before substitutions

Grains and pulses

wholemeal bread 550 g · dry rolled oats 90 g · quinoa 360 g · brown rice 180 g · wholewheat pasta 220 g · steamed potatoes 330 g · green lentils 320 g · chickpeas 300 g · kidney beans 80 g

Protein and dairy

chicken breast 340 g · steamed salmon 130 g · steamed cod 130 g · plain tofu 720 g · shelled hard-boiled eggs 400 g · plain fromage blanc with 2-3% fat 1300 g · plain unsweetened yogurt 875 g

Vegetables, fruit and dressings

steamed broccoli 400 g · green beans 600 g · courgettes 750 g · spinach 400 g · raw tomato 550 g · cucumber with skin 150 g · raw carrot 100 g · apple with skin 900 g · kiwi 500 g · orange 300 g · raspberries 250 g · olive oil 135 g · rapeseed oil 140 g · unsalted almonds 180 g · walnut kernels 135 g

What to buy: the quantities above are the amounts to eat, using the same raw/cooked conventions as the menus. Adjust your purchases for cooking yield and waste. Prepare food in two batches or freeze portions, rather than keeping seven days' worth of meals in the fridge.

Vegetarian option: replace 100 g of cooked chicken with 200 g of tofu (+6 g of carbs, approximately +150 kcal). For 130 g of fish, use 220 g of tofu: +5-6 g of carbs, +65 kcal compared with salmon or +185 kcal compared with cod. Nutritional profiles change. Exercise: an extra 100 g of cooked quinoa provides about 28 g of carbs.

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