



Overview of a reference menu for an 18–24-year-old woman who is sedentary most of the day but exercises at least 2-3 hours per week

Embætti landlæknis

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Oatmeal with apples, raisins and almonds. Vitamin D	Muesli with AB milk, fruits and nuts. Vitamin D	Oatmeal with blueberries, almonds and peanut butter. Vitamin D	Muesli with dried fruit, almonds and milk. Vitamin D	Whole grain bread with peanut butter, banana and milk. Vitamin D	Whole grain bread with scrambled eggs, vegetables and smoothie. Vitamin D	Wholewheat pancakes, banana, Greek yogurt, smoothie and orange juice. Vitamin D
Kcal	418	409	618	396	557	706	877
Lunch	Lentil dahl with rice and salad	Wholewheat wrap with turkey, vegetables and pesto	Homemade tomato soup with hummus and eggs	Wholewheat wrap with oven baked vegetables and hummus	Scrambled eggs with vegetables, potatoes and wholegrain bread	Chicken salad with pasta and pesto, apple juice	Whole grain bread with egg and vegetables
Kcal	695	454	442	598	467	464	549
Afternoon snack	Bread with liver pate and vegetables, milk	Bread with tuna salad and paprika	AB milk with fruits and seeds	Smoothie with fruit, yogurt, peanut butter and oats	AB milk with fruits, berries and oats	Whole grain bread with cottage cheese and paprika	Cinnamon bun and milk
Kcal	477	581	321	489	347	311	294
Dinner	Baked salmon with vegetables, boiled potatoes and cottage cheese	Wok-dish with lamb, vegetables and brown rice	Barley salad with beans, lentils, vegetables and wholegrain bread	Cod with vegetables and potatoes	Lentil lasagna with salad	Fajitas with beef, beans and guacamole	Chicken with vegetables, paprika sauce and roasted potatoes
Kcal	717	666	709	590	724	1045	589
Snack	Smoothie with fruits, yogurt and oats	Fruit and dried fish	Nuts, fruit and vegetables	Carrot, orange, nuts and milk	Vegetables with dip and nuts	Orange and apple or Saturday candy and chips	Fruit and almonds
Kcal	246	300	359	528	265	138/436	162
Total	2553 kcal	2410 kcal	2449 kcal	2600 kcal	2360 kcal	2664/2948 kcal	2472 kcal