



Overview of a reference menu for an 18–24-year-old man 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 and vegetables. Vitamin D | Wholewheat pancakes, banana, Greek yogurt, smoothie and orange juice. Vitamin D |
| Kcal | 492 | 612 | 692 | 555 | 595 | 581 | 972 |
| Lunch | Lentil dahl with rice and salad | Wholewheat wrap with turkey, vegetables and pesto | Homemade tomato soup with cheese 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 | 895 | 707 | 719 | 638 | 706 | 930 | 840 |
| 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 | AB milk with muesli, fruit and berries | Cinnamon bun and milk |
| Kcal | 591 | 581 | 321 | 609 | 348 | 441 | 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 | 809 | 887 | 870 | 684 | 932 | 1004 | 748 |
| 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 | 335 | 528 | 385 | 138/436 | 162 |
| Total | 3034 kcal | 3087 kcal | 2936 kcal | 3014 kcal | 2963 kcal | 3093/3392 kcal | 3016 kcal |