



What shall we eat today?



May APRIL - LOW-CHOLESTEROL DIET

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7 JAPAN
	White beans veggies stove French omelet with turkey ham (egg white only) Sautéed vegetables Fresh fruit Bread and water	Mashed potato Griddled pork loin Grilled corn on the cob Yoghurt Water	Chickpea casserole Griddled veal fillet White rice Fresh fruit Water	Miso soup and vegetables Tuna and avocado sushi Chicken gyoza dumplings Fresh fruit Water
10	11	12	13	14
Rice with mushrooms Grilled chicken fillet Salad with pico de gallo Yoghurt Water	Mashed cassava French omelet (egg white only) Mixed salad Fresh fruit Water	Vegetable stew Steamed sea bass Roast potatoes Fresh fruit Bread and water	Spaghetti in Provençal sauce Vegetable stew Green salad Fresh fruit Water	Creamy squash soup Grilled turkey breast Pasta salad with garlic bread Fresh fruit Water
17 CHINA	18	19	20	21
Three delights rice Peking-style pork Sautéed vegetables with ginger and sesame Fresh fruit Water	Fusilli with tomato Dorado cooked with herbs Green salad Fresh fruit Water	Creamy carrot soup Arroz blanco y frijoles negros Sliced potatoes Yoghurt Water	Fish soup with vegetables French omelet with tofu and corn (egg white only) Rice with peas Fresh fruit Water	Stewed potatoes Beef burger Mixed salad Fresh fruit Bread and water
24	25	26	27 ARGENTINA	28
Chickpea stew Roast pork loin Ratatouille Fresh fruit Bread and water	Heart of palm and avocado salad Macaroni in oil Grilled zucchini Fresh fruit Water	Garden rice Rainbow trout in lemon parsley sauce Sautéed vegetables in garlic Fresh fruit Water	Roast potatoes with chimichurri sauce Roast beef loin Garden salad Fresh fruit Water	Cream of vegetable soup Ham and tofu pizza Mediterranean salad Yoghurt Water
31				
Campera salad Steamed sea bass fillet Mashed potatoes Fresh fruit Water				

Tips for a healthy dinner

Dinner should be a full meal, but a light one in order to promote good rest and contribute to adequate energy intake.

It will consist of a starter, main course and dessert.

It should complement the rest of the day's intake, which is why it should be made up of food groups which were not eaten at lunch:

If at lunch...

At dinner...

Starters

Rice/pasta, potatoes or pulses

Cooked or raw vegetables

Vegetables

Rice/pasta o potatoes

Main course

Meat (beef, pork, poultry)

Fish or eggs

Fish

Lean meat or egg

Egg

Fish or meat

Dessert

Fruit

Dairy product or fruit

Dairy product

Fruit

It's recommended to eat food that is not high in fat in order to sleep well afterwards.

Water should be the drink of choice as opposed to juice or soft drinks.

A balanced diet should be varied in order to make sure we have a good intake of all the nutrients.

It's advisable to eat fresh and seasonal food, favoring the consumption of fruit, vegetables and pulses.

It's important to eat between 4 and 5 meals a day, trying not to skip one of the most important meals: breakfast.

We can't forget to include physical exercise as the companion to a balanced diet.

In every menu, the kcal of an approximate average serving is indicated.

