



What shall we eat today?



020 November - LOW-CHOLESTEROL DIET

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mixed salad (Lettuce, tomato, cucumbers) White rice and red beans Chicken ragout Fresh fruit Water	3 Coleslaw Steamed vegetables Grilled sea bass Fresh fruit Water	4 Vegetables and pasta soup Mixed salad Eggs crumble (just white) Fresh fruit Bread and water	5 Mixed salad, (lettuse, carrots, corn) Baked baby potatoes Grilled jam strawberry jello Water	6 Tomatoes, avocado and heart of palm salad Sliced meat in creole sauce Mashed potato Fresh fruit Water
9 Mixed Salad (lettuse, tomato, avocado, red onions) White rice Griddled tuna steak Fresh fruit Water	10 Lentil stew with vegetables Eggs crumble (just white) Garden rice Yoghurt Bread and water	11 CANTONESE CHINA Sauteed vegetables with ginger and sesame Chicken gyoza dumplings Three delights rice Fresh fruit Water	12 Steamed broccoli and coliflower Roast pork loin Mashed potatoes Fresh fruit Water	13 Mixed salad (Lettuce, tomato, cucumbers) Chickpea casserole Steamed rice Fresh fruit Water
16 Pineapple and carrot salad Roast pork loin Smashed carrots and potatoes Coconut flan Water	17 Chiken broad Griddled diced chicken Corn tortillas Fresh fruit Water	18 Mix salad (lettuse, carrots and babby radish) Beef bites whit grilled vegetables Garlic and olive oli spaguetti Fresh fruit Water	19 SPAIN Campera salad Steamed sea bass Vegetables paella Fresh fruit Water	20 Broccoli soup Eggs crumble (just white) Rice with corn Fresh fruit Bread and water
23 Chicken soup with noodles Griddled diced beef Mashed potato and vegetables Fresh fruit Water	24 Mixed salad Rainbow trout in lemon parsley sauce White rice and red beans Fresh fruit Bread and water	25 INDIA Falafel with tahini Chiken curry Basmati rice Fresh fruit Water	26 Pasta salad French omelet (egg white only) Tossed vegetables Fresh fruit Water	27 Heart of palm and avocado salad Ham and mushroom pizza Steamed vegetables Fresh fruit Water
30 Tossed carrots with garlic with bacon Dorado cooked with herbs Fries 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.


