



What shall we eat today?



2021 September - LOW-CHOLESTEROL DIET

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 SPAIN Potato salad Steamed chicken breast Ratatouille Fresh fruit Bread and water	2 Squash and corn diced stew Sliced meat with creole sauce White rice Baked sweet plantains Water	3 Heart of palm and avocado salad Cream of squash soup with croutons Grilled turkey breast Fresh fruit Water
6 Mashed potatoes Chicken ragout Broccoli cooked in garlic Fresh fruit Bread and water	7 White beans veggies stove Beef stew Diced cassava in mojo sauce Yoghurt Water	8 Pasta and tuna salad Eggs crumble (just white) White rice or bread Fresh fruit Water	9 Tomato salad BBQ chicken wings Fries Fresh fruit Water	10 Broccoli soup Trough grill filet Mixed salad Fresh fruit Water
13 HOLIDAY	14 CHINA Vegetable salad Seared tuna with soy sauce Steamed rice Fresh fruit Water	15 Coleslaw Rice with chicken Refried black beans Fresh fruit Bread and water	16 Chickpea salad Lean pork ragout Brown rice Fresh fruit Water	17 Grilled zucchini Breaded beef flete whit "chimi-churry" sauce Stewed potatoes Yoghurt Water
20 Mixed salad Roast loin in gravy White rice Fresh fruit Water	21 Cream of vegetable soup Steamed chicken breast Vegetables in olive oil Fresh fruit Water	22 Mixed salad Homemade meatballs Garden rice Fresh fruit Water	23 Tossed broccoli Tilapia Fish breaded sticks Sliced potatoes Yoghurt Bread and water	24 LEBANON Rice salad Beef striploin in spices grill tomatato sauce Steamed greens veggies whit olive oil Fresh fruit Water
27 Spaghetti carbonara Diced roast chicken Garden salad Fresh fruit Water	28 White beans with chorizo French omelet with ham and cheese White rice Fresh fruit Bread and water	29 Sweet corn whit garlic butter Diced grill pork bites Mashed potato Yoghurt Water	30 Chickpea casserole Brown rice Grill squash Fresh fruit Water	31

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.

