

## After-Holidays Non-diet 3: menu plan for the third day

---

08/01/2013

Here are some tips for the third day of non-diet. I wonder if you have already tried the two previous menus...

A reader of the site asked me if it would be sufficient to reduce those we know to be our excesses. Not to go drastically from the holiday excess to the complete exclusion of all sweets and alcohol, would it be possible to do something in between, such as **reducing** the cookies, and **cutting** the wine intake? Of course, this would be the wiser, but many people tell me that they cannot maintain the commitment, many people prefer the total abolition rather than a reduction, because they are afraid that the temptation to have more would be irresistible! Diets of every shape and color exist, and more or less they all work for short periods, as long as you're careful. You will lose weight, with more or less ease, depending also on our individual characteristics, but as soon as you relax a bit ... you lose control and have to start all over again.

I am therefore of the opinion that drastic diets are contraindicated. I prefer to suggest a balanced Mediterranean style diet, with not too much caloric restriction. In any case, removing the cakes and sweets is ALWAYS wise, our body does not need them. It is better to drastically cut on some food items, at least for a few weeks.

And now, our third day's plan...

### **Menus and recipes for the third day of "non-diet" (you can print the attached pdf)**

- when you wake up: 1 glass of water
- breakfast: yogurt, fresh fruit and nuts, a wholewheat rusk. Tea or coffee (preferably without sugar).
- snack: a freshly squeezed orange juice
- lunch: raw veggies "in pinzimonio", pasta with tomato sauce
- snack: two slices of fresh pineapple
- dinner: spinach and tofu patties, red radicchio salad, wholemeal bread 50 g.
- drink 8 glasses of water between meals
- physical activity: 45 minutes of brisk walking.

### **Low fat yogurt with... (serves 1)**

- natural low fat yogurt, 125 g
- pear, 1/2
- raisins, 10 g
- walnuts, 20 g
- wholemeal rusk (eg. Wasa), 1

Pour the yogurt in a larger bowl, add the pear cut in pieces, the nuts and raisins, and the crumbled rusk. Stir all and eat while the rusk is still crispy.

### **Raw veggies "pinzimonio" (serves 1)**

- carrots, fennels, artichokes, peppers, celery, etc. as much as you can eat!
- EV olive oil, 10 g
- balsamic vinegar, pepper, a pinch of salt

Cut all veggies in sticks. Mix oil, vinegar or lemon juice, pepper and just a pinch of salt. Dip the veggies in the oil mixture and crunch!

### **Pasta with tomato sauce (serves 4)**

- whole wheat pasta (penne, fusilli, etc.), 320 g
- peeled or crunched tomatoes, or fresh mature tomatoes, 400 g
- onion, 1
- garlic, 1 spicchio
- oregano
- EV olive oil, 20 g

Heat the water to cook the pasta (a lot of water), adding a pinch of salt.

In the mean time put tomatoes, onion, oil in a mixer and mix on high speed for a few seconds.

Pour in a small pan, add the whole garlic clove and the oregano and cook on a high heat.

Cook the pasta "al dente", drain and season with the tomato sauce, adding some more oregano, to taste.

### **Spinach and tofu patties (makes 25 patties, i.e. 5 portions)**

- frozen spinach surgelati, 1 kg
- natural tofu, 360 g
- eggs, 1
- hard cheese (grana, parmigiano, pecorino, etc), 40 g
- whole wheat flour, 100 g
- pepper, nutmeg
- breadcrumbs or sesame seeds for "breading" the patties
- olive oil for frying

Thaw the spinach in a pan with just a drop of water, or in the microwave

Chop the spinach. Add chopped tofu, egg, cheese, nutmeg, pepper, flour. If possible, let the mixture rest for half an hour (so that the flour may absorb the excess moisture and the patties will stay together).

Put some bread crumbs or the sesame seeds in a dish.

Form some patties with your hands, and roll them in the bread crumbs or sesame seeds.

Heat the oil, fry the patties on moderate heat. As an alternative, you can also bake the patties in the oven, until golden.

**Note:** this recipe can also be prepared with ricotta cheese instead of tofu. But the tofu version is much less energy dense, since tofu has half the calories of ricotta. One portion (4 patties) of oven baked patties provides 209 kcal. The fried version has twice as much (419 kcal).

**Red radicchio salad, with fennels and apples (serves 4)**

- red radicchio, 200 g
- fennels, 200 g
- apple, 1
- EV olive oil, 2 tablespoons
- balsamic vinegar
- a pinch a salt

Wash the vegetables and the apple. Cut the radicchio and the fennel in thin slices and the apple in small cubes. Season with oil and vinegar, and with some salt, only if really needed.