

After-Holidays Non-diet 5: menu plan for the fifth day

If you are still following this series of message, here you will find the menu plan for the fifth day of non - diet. Resist! Three more days and then ... we will see how to proceed.

In these menus I always try to suggest simple dishes, quick to prepare and based on easily available ingredients. If unusual food are listed, I'll try to suggest alternative possibilities.

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

- when you wake up: 1 glass of water
- breakfast: 125 g natural yoghurt (unsweetened), with half an apple or pear and 40 g of muesli (see recipe on this web site). Tea or coffee (preferably without sugar).
- snack: two slices of fresh pineapple
- lunch: raw artichoke-carpaccio, potato and corn salad
- snack: 1 glass of freshly squeezed orange juice
- dinner: brown rice with stewed cuttlefish, steamed cauliflower
- drink 8 glasses of water between meals
- physical activity: 45 minutes of brisk walking

Raw artichoke-carpaccio (serves 1)

- 1 artichoke (spiny)
- EV olive oil, 10 g
- lemon, squeezed
- salt (just a little), pepper
- pine nuts or walnuts, 1 tablespoon

Prepare the artichokes: discard all external hard leaves, cut the top-part of the remaining leaves. leaving only the tender and crisp part. Discard the internal hairy core. Cut the artichokes in half and then slice them very thinly. Season immediately with lemon juice (to prevent browning), some oil, pepper and just a pinch of salt. Marinate in this seasoning while preparing the rest of the meal. Add pine nuts (toasted, if possible) or walnuts before serving.

Potato and corn salad (serves 1)

- potato and corn salad, 150 g
- corn kernels (canned), 1 small can
- green of black olives, 3-4
- capers, 1 teaspoon
- EV olive oil, 1 teaspoon
- mustard, 1 teaspoon
- pepper

Boil the potatoes with the skin (to better preserve minerals and vitamin C).

In the mean time, drain the corn, cut the olives in pieces, chop the capers. Mix all together and add the oil, mustard and pepper (do not add salt, since olives and capers are already very salty). Peel the potatoes, cut in cubes and add to the other ingredients. Toss before serving.

Brown rice with stewed cuttlefish (serves 4)

- brown rice (e.g. black or red rice), 320 g
- cuttlefish/squid/ octoput (fresh or frozen), 400g
- peeled tomatoes, 800 g
- garlic, 2 cloves
- EV olive oil, 20 g + 10 g
- parsley, finely chopped, a bunch

Clean the cuttlefish (or other mollusks) and cut in pieces/stripes. Chop the garlic and fry it lightly in the oil, without burning it. Add the cuttlefish, sauté at high flame, then add the tomatoes, mashed with a fork. Cover and simmer approximately half an hour.

Cook the rice "al dente" (read the instructions on the package). Drain, add one tablespoon of oil.

Serve rice and fish side by side, and decorate with some freshly chopped parsley.