**MONDAY**

- **BREAKFAST**
  - Ham omelette

- **LUNCH**
  - Sardines and sprouts

- **DINNER**
  - Quiche with carrots and legumes

- **SNACK**
  - Homemade sugar free nut bar

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**TUESDAY**

- **BREAKFAST**
  - Whole wheat toast with olive oil

- **LUNCH**
  - Mixed sautéed vegetables

- **DINNER**
  - Oven baked zucchini boats filled with tuna, tomato, and gouda cheese

- **SNACK**
  - Mixed nuts: cashews, hazelnuts, raisins, pistachios

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**WEDNESDAY**

- **BREAKFAST**
  - Natural orange juice

- **LUNCH**
  - Cheese stuffed tomatoes

- **DINNER**
  - Salad topped with avocado, mushrooms, and ginger

- **SNACK**
  - Pear with nuts

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**THURSDAY**

- **BREAKFAST**
  - Whole wheat toast with nut butter

- **LUNCH**
  - Rice with beef and vegetable stew

- **DINNER**
  - Baked eggplant or zucchini boats filled with mozzarella cheese

- **SNACK**
  - Seasonal fruit smoothie made with whole milk

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**FRIDAY**

- **BREAKFAST**
  - Glass of whole milk or vegetable milk

- **LUNCH**
  - Couscous with zucchini and onion

- **DINNER**
  - Potato purée

- **SNACK**
  - Semicurated cheese sandwich

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**SATURDAY**

- **BREAKFAST**
  - Oatmeal made with milk

- **LUNCH**
  - Pasta with pesto sauce topped with chicken and vegetables

- **DINNER**
  - Veggie burger with vegetables and beetroot sauce

- **SNACK**
  - Oatmeal energy cookies and nuts

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**H E L P F U L  H I N T S**

- Use the images in the document as guides for what you can eat.
- For more recipes and nutritional information, visit the website: [https://www.ertheo.com/blog/en/healthy-food-for-kids/](https://www.ertheo.com/blog/en/healthy-food-for-kids/)

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**EROHEO**

**EDUCATION & SPORT**

**ERTHEO**

MONDAY
- Maria Rojo
- **BREAKFAST**
  - 2% milk with unsweetened cacao
  - Whole wheat roll or soy roll with olive oil, ham, turkey, or fresh cheese
  - Natural juice or fruit
- **LUNCH**
  - Salad with roasted peppers
  - Grilled blue fish
  - Fruit
- **DINNER**
  - Cream of vegetable soup or noodle soup
  - Grilled turkey breast
  - Fruit

TUESDAY
- Marta Tejón
- **BREAKFAST**
  - Milk (without sugar)
  - Whole wheat toast with extra virgin olive oil
  - A piece of seasonal fruit
- **LUNCH**
  - Complete salad (lettuce, tomato, carrot, etc.)
  - Whole grain rice with sautéed vegetables and a fried egg
  - Seasonal fruit
- **DINNER**
  - Eggplant stuffed with chicken and vegetables
  - Whole milk yogurt (no added sugars) with strawberries

WEDNESDAY
- Antonio Ballesteros
- **BREAKFAST**
  - Whole wheat toast with tomato, olive oil, and avocado
  - Fruit smoothie with milk
- **LUNCH**
  - Calabrese salad (tomato, fresh cheese, basil)
  - Pasta with salmon and broccoli
- **DINNER**
  - Quinoa or rice and vegetable stir fry
  - Seasonal fruit

THURSDAY
- Zairen Mind
- **BREAKFAST**
  - Oatmeal
  - Spanish omelette (eggs and potatoes)
  - Fruit
- **LUNCH**
  - Chicken cutlet
  - Whole grain rice
  - Steamed vegetables
- **DINNER**
  - Egg whites with vegetables and avocado

FRIDAY
- Yo Isasi
- **BREAKFAST**
  - Spanish omelette (eggs and potatoes) with pieces of rye or spelt toast
  - Fruit
- **LUNCH**
  - Whole grain rice with vegetables
  - Grilled organic chicken
- **DINNER**
  - Whole grain pasta (spelt) with vegetables

SATURDAY
- Jordi Costa
- **BREAKFAST**
  - Oatmeal with a banana and nuts
- **LUNCH**
  - Soft sprout salad with peanuts and avocado
  - Grilled chicken breast
  - Whole grain rice
  - Fruit and water
- **DINNER**
  - Cream of zucchini and potato soup
  - Spanish omelette (eggs and potatoes)
  - Natural whole milk yogurt
- **SNACK**
  - Nuts and dates from the vine

---

**Sports-educational programs in camps and professional academies all around the world**


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- Maria Rojo
- **BREAKFAST**
  - 2% milk with unsweetened cacao
  - Whole wheat roll or soy roll with olive oil, ham, turkey, or fresh cheese
  - Natural juice or fruit
- **LUNCH**
  - Salad with roasted peppers
  - Grilled blue fish
  - Fruit
- **DINNER**
  - Cream of vegetable soup or noodle soup
  - Grilled turkey breast
  - Fruit

**TUESDAY**
- Marta Tejón
- **BREAKFAST**
  - Milk (without sugar)
  - Whole wheat toast with extra virgin olive oil
  - A piece of seasonal fruit
- **LUNCH**
  - Complete salad (lettuce, tomato, carrot, etc.)
  - Whole grain rice with sautéed vegetables and a fried egg
  - Seasonal fruit
- **DINNER**
  - Eggplant stuffed with chicken and vegetables
  - Whole milk yogurt (no added sugars) with strawberries

**WEDNESDAY**
- Antonio Ballesteros
- **BREAKFAST**
  - Whole wheat toast with tomato, olive oil, and avocado
  - Fruit smoothie with milk
- **LUNCH**
  - Calabrese salad (tomato, fresh cheese, basil)
  - Pasta with salmon and broccoli
- **DINNER**
  - Quinoa or rice and vegetable stir fry
  - Seasonal fruit

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- Zairen Mind
- **BREAKFAST**
  - Oatmeal
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  - Fruit
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  - Whole grain rice
  - Steamed vegetables
- **DINNER**
  - Egg whites with vegetables and avocado

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- Yo Isasi
- **BREAKFAST**
  - Spanish omelette (eggs and potatoes) with pieces of rye or spelt toast
  - Fruit
- **LUNCH**
  - Whole grain rice with vegetables
  - Grilled organic chicken
- **DINNER**
  - Whole grain pasta (spelt) with vegetables

**SATURDAY**
- Jordi Costa
- **BREAKFAST**
  - Oatmeal with a banana and nuts
- **LUNCH**
  - Soft sprout salad with peanuts and avocado
  - Grilled chicken breast
  - Whole grain rice
  - Fruit and water
- **DINNER**
  - Cream of zucchini and potato soup
  - Spanish omelette (eggs and potatoes)
  - Natural whole milk yogurt
- **SNACK**
  - Nuts and dates from the vine

---

**Sports-educational programs in camps and professional academies all around the world**

<table>
<thead>
<tr>
<th>Day</th>
<th>Name</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Natalia Calvet</td>
<td>• Spanish omelette (eggs and potatoes)</td>
<td>• Salad topped with chicken and olives</td>
<td>• Roasted vegetables</td>
<td>• Greek yogurt with walnuts and strawberries</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Milk with a pinch of sugar free cacao powder</td>
<td>• Salad topped with chicken, cheese, nuts, and tomato</td>
<td>• Baked potato with vegetables</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>• Whole wheat toast with tomato</td>
<td>• Chickpea soup</td>
<td>• Apple</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>• Fruit</td>
<td>• Fruit</td>
<td>• Mashed banana with chocolate (80% cacao) and hazelnuts</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Natural (raw) or toasted nuts</td>
<td></td>
<td>• Soft cheese with natural yogurt</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Natalia Moragues</td>
<td>• Milk with a pinch of sugar free cacao powder</td>
<td>• Chickpea salad with tomato and olives</td>
<td>• Rice soup</td>
<td>• Natural yogurt with nuts and fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Whole wheat toast with tomato</td>
<td>• Spanish omelette (eggs and potatoes)</td>
<td>• Spanish omelette (eggs and potatoes) with onion</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>• Lentil stew with vegetables</td>
<td>• Chicken strips</td>
<td>• Classic salad</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>• Lentil stew with rice</td>
<td>• Whole wheat bread</td>
<td>• Yogurt with chopped fruit</td>
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<tr>
<td></td>
<td></td>
<td>• Grilled hake fish with zucchini</td>
<td>• Seasonal fruit</td>
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<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Sara Jiménez</td>
<td>• Oatmeal with 2% milk, cinnamon, hazelnuts, and fruit</td>
<td>• Lentil stew with rice</td>
<td>• Grilled wild asparagus and zucchini</td>
<td>• Whole wheat toast with a Tbsp of butter and natural nuts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Whole wheat toast with tomato</td>
<td>• Whole wheat toast with homemade hazelnut butter</td>
<td>• Two fried eggs (free range)</td>
<td>• Whole wheat sandwich with tuna fish</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Oatmeal with milk, nuts, and raisins</td>
<td></td>
<td>• Natural yogurt with nuts and fruit</td>
<td>• Smoothie (made with Greek yogurt)</td>
</tr>
<tr>
<td>Thursday</td>
<td>Silvia Diets</td>
<td>• A glass of milk with sugar free cacao powder</td>
<td>• Lentil stew with rice</td>
<td>• Grilled wild asparagus and zucchini</td>
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<tr>
<td></td>
<td></td>
<td>• Whole wheat toast with homemade hazelnut butter</td>
<td>• Whole wheat bread</td>
<td>• Two fried eggs (free range)</td>
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<tr>
<td></td>
<td></td>
<td>• Lentil stew with rice</td>
<td>• Seasonal fruit</td>
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<tr>
<td></td>
<td></td>
<td>• Grilled hake fish with zucchini</td>
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</tr>
<tr>
<td>FRIDAY</td>
<td>Sara Garcés</td>
<td>• A glass of milk with sugar free cacao powder</td>
<td>• Lentil stew with rice</td>
<td>• Grilled wild asparagus and zucchini</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Whole wheat toast with homemade hazelnut butter</td>
<td>• Whole wheat bread</td>
<td>• Two fried eggs (free range)</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>• Lentil stew with rice</td>
<td>• Seasonal fruit</td>
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<tr>
<td></td>
<td></td>
<td>• Grilled hake fish with zucchini</td>
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</tr>
<tr>
<td>SATURDAY</td>
<td>Nur Al Ali y Carlota Martínez</td>
<td>• Milk with sugar free cacao powder</td>
<td>• Baked salmon and roasted asparagus</td>
<td>• Salad with oven-baked pumpkin and yogurt-based dressing</td>
<td>• Whole wheat toast with a Tbsp of butter and natural nuts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Whole wheat toast with homemade hazelnut butter</td>
<td>• Whole grain rice</td>
<td>• Turkey breast</td>
<td></td>
</tr>
</tbody>
</table>

**BREAKFAST**
- Whole wheat toaster waffles with 2 tablespoons vanilla Greek yogurt, 1 tablespoon peanut butter
- 1 small bowl of berries of choice

**LUNCH**
- Tuna salad: can tuna, Greek yogurt, mustard, 1 pickle
- Whole wheat cracker or tortilla
- Small bowl of raw veggie of choice with hummus

**DINNER**
- Roast chicken breast
- Roasted sweet potato (cubed, steamed, or mashed)
- Broccoli
- Small bowl of pineapple

**SNACK**
- Turkey and cheese roll ups
- 1 banana or apple

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**BREAKFAST**
- Whole milk with pure cacao powder (unsweetened)
- Homemade cookies
- 1 piece of fruit

**LUNCH**
- Salad with lentils and whole grain rice
- Baked white fish with roasted onion, carrot, and leek
- Fruit or natural whole milk yogurt

**DINNER**
- Salmon + brown rice + cooked green veggies
- Baked apple slices sautéed in 1 teaspoon of coconut oil and sprinkled with cinnamon
- Water or milk

**SNACK**
- Smoothie with: almond milk (or coconut milk), frozen pineapple, frozen strawberry, spinach + 1 Tbsp chia seeds
- Fruit or natural whole milk yogurt + home-made granola (without added sugar)

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**BREAKFAST**
- 1 Hard boiled egg
- Small bowl of strawberries
- Small bowl of oatmeal
- Glass of skim milk

**LUNCH**
- Teriyaki chicken breast
- Cilantro rice
- Roasted broccoli

**DINNER**
- Oven roasted salmon
- Small bowl of whole grain penne pasta
- Roasted green beans

**SNACK**
- Greek yogurt
- Small bowl of blueberries

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**BREAKFAST**
- Oatmeal with ½ banana and 2 tsp of peanut butter
- 2 scrambled eggs
- Lemon water

**LUNCH**
- Grilled chicken
- Baked sweet potato
- Side salad with olive oil and vinegar dressing
- Sports drink if lunch is before practice

**DINNER**
- Salmon + brown rice + cooked green veggies
- Baked apple slices sautéed in 1 teaspoon of coconut oil and sprinkled with cinnamon
- Water or milk

**SNACK**
- Smoothie with: almond milk (or coconut milk), frozen pineapple, frozen strawberry, spinach + 1 Tbsp chia seeds
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