


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


<https://www.erttheo.com/blog/en/healthy-food-for-kids/>

MONDAY


Elena Perea

 **BREAKFAST**


- Ham omelette

 **LUNCH**

- Sardines and sprouts

 **DINNER**

- Quiche with carrots and legumes


 **SNACK**

- Homemade sugar free nut bar


<https://www.erttheo.com/blog/en/elena-perea/>

TUESDAY


Cristina Blázquez

 **BREAKFAST**


- Whole wheat toast with olive oil
- A glass of 2% milk
- A bowl of fruit

 **LUNCH**

- Mixed sautéed vegetables
- A fried egg
- Whole wheat bread

 **DINNER**

- Oven baked zucchini boats filled with tuna, tomato, and gouda cheese
- Fruit and a glass of milk


 **SNACK**

- Mixed nuts: cashews, hazelnuts, raisins, pistachios
- Natural yogurt mixed with fruits


<https://www.erttheo.com/blog/en/cristina-blazquez/>

WEDNESDAY


Gema Hidalgo

 **BREAKFAST**


- Natural orange juice
- Oatmeal
- Dried apricot

 **LUNCH**

- Cheese stuffed tomatoes
- Chickpeas
- Whole wheat toast
- Yogurt

 **DINNER**

- Salad topped with avocado, mushrooms, and ginger
- Beef tenderloin
- Whole wheat toast

 **SNACK**

- Pear with nuts
- Carrots with Burgos cheese
- Toast, yogurt, and kiwi

<https://www.erttheo.com/blog/en/gema-hidalgo/>

THURSDAY

José María Puya

 **BREAKFAST**

- Whole wheat toast with nut butter
- Natural juice

 **LUNCH**

- Rice with beef and vegetable stew
- Seasonal fruit

 **DINNER**

- Baked eggplant or zucchini boats filled with mozzarella cheese
- Seasonal fruit

 **SNACK**

- Seasonal fruit smoothie made with whole milk

<https://www.erttheo.com/blog/en/jose-maria-puya/>

FRIDAY

Lidia Tormo

 **BREAKFAST**

- Glass of whole milk or vegetable milk
- Whole milk natural yogurt
- Bowl of fruit with dried nuts and seeds

If still hungry, whole wheat toast with homemade hazelnut butter and a banana or whole wheat toast with avocado and tomato.

 **LUNCH**

- Pasta with pesto sauce topped with chicken and vegetables

 **DINNER**

- Veggie burger with vegetables and beetroot sauce


 **SNACK**

- Oatmeal energy cookies and nuts


<https://www.erttheo.com/blog/en/lidia-tormo/>

SATURDAY


M^a Teresa Hernández

 **BREAKFAST**


- Oatmeal made with milk
- Cacao 70% or drinkable yogurt without added sugars
- Toast with olive oil

 **LUNCH**

- Couscous with zucchini and onion
- 2 tomatoes
- Yogurt

 **DINNER**

- Potato purée
- Sautéed peas
- Roasted chicken with lettuce
- Fruit

 **SNACK**

- Semicurated cheese sandwich
- Apple
- Oatmeal cookies and a banana

<https://www.erttheo.com/blog/en/m-teresa-hernandez-garcia/>



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MONDAY

María 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

<https://www.erttheo.com/blog/en/maria-rojo/>

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

SNACK

- Yogurt with fruit and nuts
- Oatmeal cookies, a banana, and cinnamon

<https://www.erttheo.com/blog/en/marta-tejon/>

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
- Scrambled eggs with shrimp and asparagus
- Seasonal fruit

SNACK

- Oat pancakes with a banana
- Tuna fish sandwich with tomato
- Quark (or Greek yogurt), oats, and fresh fruit

<https://www.erttheo.com/blog/en/antonio-ballesteros/>

THURSDAY

Zairen Mindfit

BREAKFAST

- Oatmeal
- Spanish omelette (eggs and potatoes)
- Fruit

LUNCH

- Chicken cutlet
- Whole grain rice
- Steamed vegetables

DINNER

- Egg whites with vegetables and avocado

SNACK

- Banana with peanut butter
- Natural Greek yogurt (no sugar added)

<https://www.erttheo.com/blog/en/zairen-mindfit/>

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

SNACK

- Piece of fruit
- Dehydrated fruit
- Natural fruit smoothie

<https://www.erttheo.com/blog/en/isasi/>

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

<https://www.erttheo.com/blog/en/jordi-costa/>



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MONDAY

Natalia Calvet

BREAKFAST

- Spanish omelette (eggs and potatoes)
- Cherry tomatoes
- Hazelnuts
- Fruit

LUNCH

- Salad topped with chicken and olives
- Chickpeas and spinach
- Banana

DINNER

- Cream of vegetable soup
- Salmon with carrot chips and a potato

SNACK

- Greek yogurt with walnuts and strawberries

<https://www.erttheo.com/blog/en/natalia-calvet/>

TUESDAY

Natalia Moragues

BREAKFAST

- Milk with a pinch of sugar free cacao powder
- Whole wheat toast with tomato

LUNCH

- Salad topped with chicken, cheese, nuts, and tomato
- Chickpea soup

DINNER

- Roasted vegetables
- Scrambled eggs with mushroom and potato

SNACK

- Fruit
- Natural (raw) or toasted nuts

<https://www.erttheo.com/blog/en/natalia-moragues/>

WEDNESDAY

Sara Jiménez

BREAKFAST

- Oatmeal with 2% milk, cinnamon, hazelnuts, and fruit

LUNCH

- Lentil stew with vegetables
- Chicken strips
- Fruit

DINNER

- Grilled salmon
- Baked potato with vegetables
- Apple

SNACK

- Mashed banana with chocolate (80% cacao) and hazelnuts
- Soft cheese with natural yogurt

<https://www.erttheo.com/blog/en/sara-jimenez/>

THURSDAY

Silvia Diets

BREAKFAST

- Oatmeal with milk, nuts, and raisins

LUNCH

- Lentil stew with rice
- Grilled hake fish with zucchini
- Whole wheat bread
- Seasonal fruit

DINNER

- Rice soup
- Spanish omelette (eggs and potatoes) with onion
- Classic salad
- Yogurt with chopped fruit

SNACK

- Toast with avocado and seeds
- Whole wheat bread with olive oil, tomato, and cheese
- Seasonal fruit

<https://www.erttheo.com/blog/en/silvia-diets/>

FRIDAY

Sara Garcés

BREAKFAST

- A glass of milk with cinnamon
- Whole wheat toast with homemade hazelnut butter

LUNCH

- Chickpea salad with tomato, cucumber, red pepper, corn, avocado, and olive oil
- Piece of fruit

DINNER

- Grilled wild asparagus and zucchini
- Two fried eggs (free range)

SNACK

- Natural yogurt with nuts and fruit
- Whole wheat sandwich with hummus and pepper

<https://www.erttheo.com/blog/en/sara-garces/>

SATURDAY

Nur Al Ali y Carlota Martínez

BREAKFAST

- Milk with sugar free granola
- Strawberries

LUNCH

- Baked salmon and roasted asparagus
- Whole grain rice

DINNER

- Salad with oven-baked pumpkin and yogurt-based dressing
- Turkey breast

SNACK

- Whole wheat toast with a Tbsp of butter and natural nuts
- Whole wheat sandwich with tuna fish
- Smoothie (made with Greek yogurt)

<https://www.erttheo.com/blog/en/nur-al-ali-carlota-martinez/>



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MONDAY

Silvana Vigo

BREAKFAST

- Smoothie with vegetable protein and nuts
- Sandwich with lunch meat

LUNCH

- Hake fish with steamed vegetables
- Fruit

DINNER

- Steamed vegetables with potato

SNACK

- Tuna sandwich

<https://www.erttheo.com/blog/en/silvana-vigo/>

TUESDAY

Antonio Castillo

BREAKFAST

- Whole wheat tortilla with 2 scrambled eggs and avocado
- Mixed berries
- Glass of skim milk

LUNCH

- Turkey sandwich on whole wheat bread with provolone cheese (optional), lettuce (or spinach) and tomato
- Small apple, sliced

DINNER

- Whole wheat personal pita pizza made with low fat mozzarella cheese and vegetables

SNACK

- Whole wheat pita bread with hummus and nuts

<https://www.erttheo.com/blog/en/a-castillo/>

WEDNESDAY

Nathan Diaz

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

<https://www.erttheo.com/blog/en/nathan-diaz/>

THURSDAY

Allison Tropf

BREAKFAST

- 2 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

<https://www.erttheo.com/blog/en/allison-tropf/>

FRIDAY

Kylene Bogden

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

<https://www.erttheo.com/blog/en/kylene-bogden/>

SATURDAY

Andrea Sorinas

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 whole milk natural yogurt

DINNER

- Vegetable stew with potatoes, peas, and carrots
- Scrambled eggs with mushroom and shrimp
- Fruit or natural whole milk yogurt

SNACK

- Fruit or natural whole milk yogurt + home-made granola (without added sugar)

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