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21 Days Of Healthy Nutrition Booklet

KA210-SCH - Small-Scale Partnerships
in School Education

Erasmus+

1. *Day 1: Latvian Start*

- Breakfast: Rye bread with smoked salmon and a side of Latvian quark.
- Lunch: Buckwheat salad with roasted vegetables.
- Dinner: Grilled Baltic herring served with a mixed berry salad.

2. *Day 2: Forest Feast*

- Breakfast: Buckwheat porridge with fresh forest berries.
- Lunch: Latvian quark and blueberry smoothie.
- Dinner: Baked potatoes with a side of grilled mushrooms.

3. *Day 3: Smoked Delights*

- Breakfast: Smoked fish omelet with herbs.
- Lunch: Rye bread sandwich with quark, cucumber, and dill.
- Dinner: Buckwheat pancakes topped with smoked trout.

4. *Day 4: Rye & Fish*

- Breakfast: Rye bread toast with herring and sliced radishes.
- Lunch: Latvian quark and cucumber salad.
- Dinner: Grilled Baltic herring with a side of mashed potatoes.

5. *Day 5: Berry Boost*

- Breakfast: Berry and yogurt parfait.
- Lunch: Buckwheat and roasted vegetable wrap.
- Dinner: Grilled salmon with a side of quinoa.

6. *Day 6: Potato Power*

- Breakfast: Potato and mushroom frittata.
- Lunch: Latvian quark-stuffed baked potatoes.
- Dinner: Roasted vegetables and smoked trout quinoa bowl.

7. *Day 7: Weekly Reflection*

- Reflect on the week, noting favorite meals and any adjustments needed.

8. *Day 8: Turkish Start*

- Breakfast: Turkish yogurt with honey and chopped apricots.
- Lunch: Spinach and feta börek with a side salad.
- Dinner: Grilled fish with a pomegranate glaze.

9. *Day 9: Olive Oil Elegance*

- Breakfast: Olive oil and tomato toast.
- Lunch: Lentil soup with a drizzle of olive oil.
- Dinner: Eggplant and lentil moussaka.

10. *Day 10: Apricot Delight*

- Breakfast: Apricot and almond smoothie.
- Lunch: Turkish lentil and vegetable stew.
- Dinner: Grilled chicken kebabs with apricot salsa.

11. *Day 11: Mediterranean Bliss*

- Breakfast: Mediterranean omelet with olives and tomatoes.
- Lunch: Olive oil-drizzled quinoa salad with fresh vegetables.
- Dinner: Stuffed eggplant with ground turkey and spices.

12. *Day 12: Fish Feast*

- Breakfast: Turkish-style scrambled eggs with herbs.
- Lunch: Grilled fish tacos with a pomegranate slaw.
- Dinner: Olive oil-poached salmon with a side of quinoa.

13. *Day 13: Börek Day*

- Breakfast: Spinach and feta börek.
- Lunch: Turkish lentil and bulgur salad.
- Dinner: Eggplant and chickpea curry.

14. *Day 14: Weekly Reflection*

- Reflect on the week, considering taste preferences and energy levels

15. *Day 15: Fusion Breakfast*

- Breakfast: Buckwheat pancakes with Turkish yogurt and mixed berries.
- Lunch: Mediterranean-style quinoa bowl with smoked trout.
- Dinner: Grilled chicken with olive oil and herb marinade.

16. *Day 16: Nutrient-Rich Mix*

- Breakfast: Apricot and quark smoothie.
- Lunch: Turkish lentil soup with a side of Latvian rye bread.
- Dinner: Roasted vegetable and quinoa-stuffed bell peppers.

17. *Day 17: Baltic and Turkish Blend*

- Breakfast: Rye bread with Turkish yogurt and sliced apricots.
- Lunch: Olive oil-drizzled buckwheat salad.
- Dinner: Grilled Baltic herring with eggplant and lentil sides.

18. *Day 18: Fusion Dinner*

- Breakfast: Mediterranean omelet with Latvian quark.
- Lunch: Spinach and feta-stuffed baked potatoes.
- Dinner: Grilled fish with a side of Turkish lentils.

19. *Day 19: Balanced Fusion*

- Breakfast: Turkish-style scrambled eggs with smoked fish.
- Lunch: Quinoa and chickpea salad with a pomegranate vinaigrette.
- Dinner: Eggplant and lentil moussaka with a side of rye bread.

20. *Day 20: Celebration Fusion Meal*

- Breakfast: Buckwheat porridge with a variety of fresh berries.
- Lunch: Turkish lentil and vegetable stew with a side of Baltic herring.
- Dinner: Grilled chicken kebabs with a pomegranate glaze, accompanied by a quinoa and vegetable medley.

21. *Day 21: Final Reflection*

- Reflect on the entire 21-day journey, celebrate achievements, and plan for a continued healthy lifestyle.

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