






## Recipes for day 2 Brazil



### Overview

 <b>Breakfast</b> Sweet tea	 <b>Early Snack</b> Sweet coffee	 <b>Lunch</b> Mashed potatoes pie with vegetables, Mango	 <b>Late Snack</b> Sweet tea	 <b>Dinner</b> Stuffed courgette
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### Total nutritious for the day

(1 portion for each meal – calculated for a 70-kg person):

Energy (kcal)	Protein (g)	Carbo-hydrates (g)	Fat (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)
2,264	<b>34.8 A</b>	333	85	830	791	<b>3,320 B</b>	286

A Please note that the minimum protein content is not met. Please ask your physician regarding a suitable therapeutic intervention.  
 B Caution if you have to restrict your daily potassium intake!

 Breakfast  
**Sweet tea**

### Total nutritious for the recipe

Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
372	5.2	60	317	104



## Ingredients

Ingredients

Sweet coffee

<b>Bread</b>	<b>70 g</b>	<b>Lemon tea</b>	<b>140 ml</b>
<b>Margarine</b>	<b>15 g</b>	<b>Sugar</b>	<b>10 g (2 tsp)</b>
<b>Mixed fruit jam</b>	<b>20 g</b>		



Early Snack  
**Sweet coffee**



## Total nutrients for the recipe

Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
269	5.7	210	393	210



## Ingredients

Ingredients

Sweet coffee

<b>Watermelon, fresh</b>	<b>200 g</b>	<b>Coffee</b>	<b>80 ml</b>
<b>Cracker</b>	<b>40 g</b>	<b>Sugar</b>	<b>10 g (2 tsp)</b>



Lunch  
**Mashed potato pie with vegetables, Mango**



## Total nutrients for the recipe

Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
532	9.9	238	22	1,499



## Ingredients

Mashed potato pie with vegetables

Mango

<b>Potatoes, cooked, mashed</b>	<b>272 g</b>	<b>Rocket, fresh</b>	<b>15 g</b>
<b>Parsnips, cooked</b>	<b>45 g</b>	<b>Olive oil</b>	<b>25 ml</b>
<b>Peas, fresh</b>	<b>40 g</b>	<b>Mango</b>	<b>150 g</b>
<b>Tomatoes, fresh</b>	<b>54 g</b>		
<b>Seasonings (onion )</b>	<b>1 g</b>		



## Cooking Instructions

### Mashed potato pie with vegetables

Preheat oven to 180 °C. Steam the parsnip and peas. Mix the vegetables with mashed potatoes and add seasonings. Use half the oil to grease an ovenproof pie plate or gratin dish. Top vegetable mixture with slices of tomatoes and then pour over the remaining oil. Bake for 30-40 minutes until golden brown. Serve potato and vegetable pie with a rocket salad.



## Late Snack Sweet tea



## Total nutrition for the recipe

Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
381	6.0	144	39	484



## Ingredients

Ingredients

<b>Passion fruits, fresh</b>	<b>140 g</b>	<b>Popcorn</b>	<b>20 g</b>
<b>Sugar</b>	<b>10 g (2 tsp)</b>	<b>Olive oil</b>	<b>20 ml</b>



Dinner  
**Stuffed courgette, Peach in syrup**



**Total nutritions for the recipe**

Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
605	7.6	164	16	866



**Ingredients**

Stuffed courgette

Peach in syrup

<b>Courgettes, fresh</b>	<b>100 g</b>	<b>Peach in syrup</b>	<b>120 g</b>
<b>Rice, cooked</b>	<b>150 g</b>		
<b>Cassavas, fresh</b>	<b>60 g</b>		
<b>Tomatoes, fresh</b>	<b>54 g</b>		
<b>Cabbage, fresh</b>	<b>25 g</b>		
<b>Onions, fresh</b>	<b>15 g</b>		
<b>Garlic, fresh</b>	<b>5 g</b>		
<b>Seasonings (herbs)</b>	<b>1 g</b>		
<b>Olive oil</b>	<b>25 ml</b>		



**Cooking Instructions**

**Stuffed courgette**

Preheat oven to a medium temperature (180 °C). Cut courgette in half lengthways and scoop out the pulpy centre with a teaspoon, leaving an outside shell, 1cm thick. Chop the pulp, slightly and put it to the side. Place the courgettes in a shallow baking dish or roasting tin, cover with foil and bake for 20 minutes or until tender.

Meanwhile, cook the rice in a pan of lightly salted boiling water for 12-15 minutes until just tender. In a pan, heat 2 tablespoons of olive oil, then add and fry the garlic and onion. Add the chopped cassava, cabbage, tomatoes and fry for 3 minutes. Stir in the courgette pulp and rice and season with salt, pepper and herbs. Fill the cooled courgette shells with the sauce mixture. Bake the filled courgettes on a baking sheet for approximately 15 minutes.



**Total nutritions for the recipe**

Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
105	0.4	14	4	157



**Ingredients**

Sweet tea

<b>Apples, fresh</b>	<b>120 g</b>	<b>Cidreira tee</b>	<b>140 ml</b>
		<b>Sugar</b>	<b>10 g (2 tsp)</b>