

STANDARD DIET 1800 KCAL → BODY WEIGHT MAINTENANCE

MEALS		MENU ^{1 TIME WEEKLY}
"WHITE" MEAT	BREAKFAST	Oats cream (quaker): Fresh milk ⁽¹⁾ 0-3.49% fat (1 cup)+ oat flakes (2 oz.)+ 1 banana (4 oz.)+ 1 tbs honey
	SNACK	Apple (1 small, 4 oz.) + 1 cereals bar (high in fiber, low in fat, ~90kcal)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetable soup + chicken, cooked, without skin (4 oz) + rice, cooked (2/3 cup) + rice, cooked (1 cup, 5oz.)
	SNACK	Fresh orange juice (1 cup)+ almonds, fresh (0.5 oz.)
	DINNER	Seasonal salad ⁽¹⁾ + rice, cooked (3.5 oz.) + 1 oz. Feta cheese

MEALS		MENU ^{2 TIMES WEEKLY}
"RED" MEAT	BREAKFAST	Fresh milk ⁽¹⁾ 0- 1.99% fat (1 cup) + 2 sl. Whole wheat bread (1oz. each) + ½ tbs tachini + ½ tsp honey
	SNACK	Blended juice (1 medium banana, 1 medium orange, 1 small apple) + 1 toast (2 slices whole wheat bread, 2 oz.) + 1 slice low/semi- fat cheese (1 oz.)+ 1sl. Low fat cold cuts (1 oz.)
	LUNCH	Seasonal salad (1) or vegetable soup + beef steak, without visible fat, cooked (or any other food), low in calories (3 oz.)+ cooked potatos (8 oz.)
	SNACK	Apple (1 small, 4.2 oz.)+ Raisins (0.5 oz.)
	DINNER	Seasonal salad (1) or vegetable soup + legumes (1/2 cup, 3.5 oz.) + bread (1 regular slices, about 1 oz.)+ 1 oz. feta cheese

MEALS		MENU ^{1 TIME WEEKLY}
FISH	BREAKFAST	Fresh milk ⁽¹⁾ 0-3.49% fat (1 cup)+ cereals (2 oz.)+ 1 banana (2 oz.)+ tsp honey
	SNACK	Strawberries (10 oz.)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetables soup + fish (5 oz.) + potatoes, baked (8 oz.)
	SNACK	Fresh orange juice (1 cup) + Whole wheat bread (1oz.) + ½ tbs tachini + ½ tsp honey
	DINNER	Seasonal salad ⁽¹⁾ + couscous, cooked (1 cup, 6 oz.)

MEALS		MENU ^{1 TIME WEEKLY}
GREEK- OLIVE OIL	BREAKFAST	Fresh orange juice (1 cup) + 1 toast (2 slices whole wheat bread, 2 oz.) + 1 slice low/semi- fat cheese (1 oz.)
	SNACK	Banana (1 medium, 4 oz.) + rice bar (0.5 oz)
	LUNCH	Fresh beans, cooked in olive oil, or other starchy vegetable (10oz.) + 2oz. Low fat cheese + 2sl. Whole wheat bread (1 oz each)
	SNACK	Apple (1 medium) + orange (1 medium)
	DINNER	Seasonal salad(1) + cooked fish (3 oz.) + potatoes, baked (8 oz)

MEALS		MENU ¹ TIME WEEKLY
LEGUMES	BREAKFAST	Yogurt 0-3.49% fat (7 oz.) + muesli (1oz.) + strawberries (5 oz.)+ 1 tbs honey + 1 tbs linseed, blended
	SNACK	Blended juice (1 medium banana, 4.2. oz., 1 small apple 4.2 oz., 1 medium orange)
	LUNCH	Seasonal salad ⁽¹⁾ + lentil soup with tomato sauce (1 serving, 10oz.) + feta cheese (2 oz.) + bread (2 slices, 2 oz.)
	SNACK	Apple (1 small, 4.2 oz.)
	DINNER	Seasonal salad (1) + homemade french fries (3.5 oz.) or baked potatoes (6 oz.) + 1 fried/ boiled egg (large) or 1 oz. Feta cheese.

MEALS		MENU ¹ TIME WEEKLY
STARCH	BREAKFAST	Fresh orange juice (1 cup) + 2 slices whole wheat bread, 2 oz.)+ 1 fried egg (large, 2 oz.)
	SNACK	Banana (1 medium, 4oz.)
	LUNCH	Seasonal salad ⁽¹⁾ + spaghetti, cooked (9 oz)+ homemade sauce + 3-4 grinded parmesan cheese
	SNACK	Yogurt, semi- fat 2- 3.49% (7 oz.) + apple, with its skin (1 small, 4 oz.) + 1 tbs honey + 1 tbs linseed, blended
	DINNER	Seasonal salad ⁽¹⁾ or vegetable soup + chicken, without its fat crust, cooked with homemade mustard sauce e.g. (4 oz.)

Nutritional Facts:	
Energy (Kcal)	1850
Proteins	2.7 oz. (16.7%)
Carbohydrates	8.5 oz. (52.6%)
Fats	2.2 oz. (31.2%)

TIPS:

⁽¹⁾ **Seasonal salad** (from non-starchy vegetables) may be raw or boiled. As for the total amount of olive oil (for lunch and dinner), it should be equal to 2 tablespoons (1 tablespoon= 3 teaspoons)

In meals such as meat, rice, sauces and purees try to add vegetables, so that the daily consumption of vegetables is increased (e.g. carrot puree, tomato sauce, broccoli bites)

Quantities are based on cooked food, normally prepared with ½ - 1 tbs olive oil per food serving.

Feel free to consult the unit "Food Groups" in order to make changes and to develop your own diet based on your own nutritional preferences.

Meat, fish and legumes belong in the group of proteins

Rice, potatoes and bread belong in the group of carbohydrates

Olive oil and nuts belong in the group of fat.



NutriNet

The Food Group of "**Free Foodstuff**" consists of products that include less than 20kcal/ portion or less than 5g of carbohydrates/ portion. You may consume up to 3 portions of "Free Foodstuff" daily. In case of hypertension problems, you have to be extremely careful with food that are high in salt.