

STANDARD DIET 1800 KCAL (HYPOCALORIC DIET) FOR WEIGHT LOSS

	MEALS	MENU 1 TIME WEEKLY
"WHITE "MEAT"	BREAKFAST	Fresh orange juice (1 ½ cup) + 1 toast (2 slices whole wheat bread, 2 oz.) + 1 slice low/semi- fat cheese (1 oz.) + 1 slice low fat ham or other type of meat (1 oz.)
	SNACK	Banana (1 medium, 4 oz.)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetable soup + chicken, without its fat crust, cooked (6 oz.) + baked potatoes (2 small, 5 oz.)
	SNACK	Apple with skin (1 small, 4 oz.) + low- fat yogurt (0-1.99%) (1/2 cup, 3.3 oz.) + 1 tbs. Linseed, blended + whole wheat rusk (0.5 oz.)
	DINNER	Seasonal salad ⁽¹⁾ + 1 big rusk (1 oz.) + manouri cheese or other low fat cheese (2 oz.)

	MEALS	MENU 2 TIMES WEEKLY
"RED "MEAT"	BREAKFAST	Fresh milk, 0-3.49% fat ⁽¹⁾ (1 cup) + breakfast cereals (2 oz.) + Banana (1 medium, 4 oz.)
	SNACK	Tangerines, fresh (2 small) + whole wheat bread sticks (1 piece, 0.5 oz.)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetable soup + beef steak, without visible fat, cooked (or any other food), low in calories (5 oz.) + Barley rusks (2 oz.)
	SNACK	Apple with skin (1 small, 4 oz.) + low- fat yogurt (0-1.99%) (1/2 cup, 3.3 oz.) + 1 tbs. Linseed, blended + whole wheat rusk (0.5 oz.)
	DINNER	Lentils and Tuna salad: Seasonal salad ⁽²⁾ (e.g. carrot) + 3.5 oz. Lentils, boiled + 3 oz. Tuna

	MEALS	MENU 1 TIME WEEKLY
FISH	BREAKFAST	Yogurt 2-3.49% fat (1 cup, 7oz.) + oat flakes (2/3 cup, 1.8 oz) + apple with skin (1 small, 4.2 oz.) + 1 tbs. linseed, blended
	SNACK	Tangerines, fresh (2 small) + whole wheat bread sticks (1 piece, 0.5 oz.)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetable soup + grilled fish (7 oz.) + Baked potatoes (3 small, 6 oz.)
	SNACK	Milkshake: Banana (1/2 medium, 2 oz.) + Fresh milk, 0-3.49% fat ⁽¹⁾ (1/2 cup)
	DINNER	Seasonal salad (1) + 1 big rusk (1 oz.) + manouri cheese or other low fat cheese (2 oz.)

	MEALS	MENU 1 TIME WEEKLY
"OILY GREEK DISHES"	BREAKFAST	Fresh orange juice (1 cup) + omelette with vegetables (e.g. 1 whole egg, 1.5 oz.. + 2 egg whites + 2 oz. Low fat cheese + tomato/mushrooms/pepper) + rusks or whole wheat bread (2 oz.)
	SNACK	Apple with skin (1 small, 4 oz.) + Tangerines, fresh (2 small)
	LUNCH	Peas with olive and tomato sauce (or other cooked vegetables) (1 restaurant serving 12 oz.) + low fat cheese (4 oz.) + whole wheat bread (1 slice, 1 oz.)
	SNACK	Semi- fat cheese (1 oz.) + whole wheat bread sticks (1 piece, 0.5 oz.)
	DINNER	Yogurt 2-3.49% fat (10 oz.) + oat flakes (1 oz) + 1 tbs. linseed, blended



MEALS		MENU 1 TIME WEEKLY
LEGUMES	BREAKFAST	Fresh milk 0- 1.99% fat + whole wheat bread (2 slices, normal, 2 oz.)+ ½ tbs. tachini/margarine + 1tsp honey or homemade jar
	SNACK	Fresh orange juice (1 cup) + Semi- fat cheese (1 oz.) + whole wheat bread sticks (1 piece, 0.5 oz.)
	LUNCH	Seasonal salad ⁽¹⁾ + lentil soup with tomato sauce (1 serving, 10oz.) + feta cheese (2 oz.)
	SNACK	Banana (1 medium, 4 oz.) + low- fat yogurt (0-1.99%) (1/2 cup, 3.3 oz.) + 1tbs. Linseed, blended + whole wheat rusk (0.5 oz.)
	DINNER	Seasonal salad ⁽¹⁾ or vegetable soup+ corn (1/2 cup, 2.7 oz.) + cooked fish (4 oz.)

MEALS		MENU 1 TIME WEEKLY
PASTA	BREAKFAST	Fresh milk, 0- 1.99% fat ⁽¹⁾ (1 cup) + Banana (1 medium, 4 oz.)
	SNACK	Apple with skin (1 small, 4.2 oz.) + fresh almonds (1 oz.)
	LUNCH	Seasonal salad ⁽¹⁾ + spaghetti, cooked (2 cup, 8 oz.) + homemade tomato sauce + 5 tbs grinded parmesan
	SNACK	Pear (1 small, 3 oz.)
	DINNER	Seasonal salad ⁽¹⁾ + chicken, without its fat crust, cooked (4 oz.)

Nutrition Facts:	
Energy (Kcal)	1800
Protein	105g (23.4%)
Carbohydrates	190g (42.3%)
Fat	71g (35.4%)

Comments:

⁽¹⁾ **Fresh milk** should be totally/ semi- skimmed or low- fat.

⁽²⁾ **Seasonal salad** may be raw or boiled. As for the total amount of olive oil (for lunch and dinner), it should be equal to 2 ½ tablespoons (1 tablespoon= 3 teaspoons)
 Feel free to consult the unit "Food Groups" in order to make changes and to develop your own Database based on your own nutritional preferences.

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

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

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.