



NutriNet

STANDARD DIET 1500 KCAL
→ BODY WEIGHT LOSS
(LOW CALORIC DIET - LCD)

MEALS		MENU <small>1 TIME WEEKLY</small>
“WHITE” MEAT	BREAKFAST	Fresh orange juice (1 cup) + rusks or 1 sl. Whole wheat bread (1 oz.)+ 1 oz. low- fat cheese + 1 oz. Turkey, or any other low fat sausage(salted or smoked)
	SNACK	Banana (1 medium, 4oz.)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + chicken, without its fat crust, cooked (5 oz.) + potato baked (1 medium, 5.5oz)
	SNACK	Yogurt, low- fat (0-1.99%) (8 oz.) + 1 tbs linseed, grinded + apple, with its skin (1 small) +
	DINNER	Seasonal salad ⁽²⁾ + barley rusk (1 oz.) + feta, or any other medium- fat cheese (2 oz.)

MEALS		MENU <small>1 TIME WEEKLY</small>
“RED”MEAT	BREAKFAST	Fresh milk ⁽¹⁾ 0-3.49% fat (1 cup)+ oat flakes or cereals(1 oz.)+ ½ banana (2 oz.)
	SNACK	Fresh orange juice (1 cup) + almonds, or any other type of nuts, fresh (0.3 oz.)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + beef steak, without visible fat, or any other low- fat type of meat (5 oz.)+ barley rusks (2 oz.)
	SNACK	Figs, fresh (2 small, 2.5 oz.) + Yogurt, low- fat (0- 1.99%) (4 oz.)
	DINNER	Lentils and tuna Salad: Seasonal salad ⁽²⁾ (e.g. carrot) + lentils, boiled (3.5oz.)+ tuna, conserved (2.5 oz.)

MEALS		MENU <small>2 TIMES WEEKLY</small>
FISH	BREAKFAST	Yogurt, low- fat (2-3.49%) (8 oz.) + oat flakes (1 oz.) + apple, with its skin (1 small) + 1 tbs linseed, grinded
	SNACK	Tangerines (2 small)+ whole wheat rusks (1 oz.)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + fish, grilled/cooked (6 oz.) + 1 potato, boiled (1 medium, 5 oz.)
	SNACK	Cherries, fresh (3 oz.) + Yogurt, low- fat (0- 1.99%) (4 oz.)
	DINNER	Seasonal salad ⁽²⁾ + potato, boiled (3 oz..) + 2 oz. feta cheese, or any other medium- fat cheese

MEALS		MENU <small>1 TIME WEEKLY</small>
GREEK- OLIVE OIL	BREAKFAST	Fresh orange juice (1 cup) + omelet with vegetables (1 whole egg, 2 oz. + 2 egg whites, 2 oz. Low fat cheese
	SNACK	Apple, with its skin (1 small) + Tangerines (2 small)+ Yogurt, low- fat (0- 1.99%) (4 oz.)
	LUNCH	Fresh beans, cooked in olive oil, or other starchy vegetable (10oz.) + 3oz. Low fat cheese + 1sl. Whole wheat bread
	SNACK	Fresh grapefruit juice, white (1 cup)
	DINNER	Yogurt, low- fat (0-1.99% (8 oz.) + 1 tbs linseed, grinded + whole wheat rusks (1oz.)

LEGUMES	MEALS	MENU <small>1 TIME WEEKLY</small>
	BREAKFAST	Fresh milk ⁽¹⁾ 0- 1.99% fat (1 cup) + 1 sl. Whole wheat bread (1oz.) + ½ tbs tachini + ½ tsp honey
	SNACK	Fresh orange juice (1 cup)
	LUNCH	Seasonal salad ⁽²⁾ + chickpeas, boiled (1 cup, 5.5 oz.) + 2 oz. feta cheese, or any other medium- fat cheese (e.g. chickpeas salad)
	SNACK	1 banana (4 oz.) + Fresh milk ⁽¹⁾ 0- 1.99% fat (1/2 cup) (π.χ. milkshake)
	DINNER	Seasonal salad ⁽²⁾ or vegetable soup + fish, grilled/cooked (4 oz.)

STARCH	MEALS	MENU <small>1 TIME WEEKLY</small>
	BREAKFAST	Yogurt, low- fat (2-3.49%) (8 oz.) + oat flakes (1 oz.) + apple, with its skin (1 small) + 1 tbs linseed, grinded+ cinnamon
	SNACK	Fresh orange juice (1 cup)
	LUNCH	Seasonal salad ⁽²⁾ + spaghetti or rice, boiled (1 cup) + prawns, cooked (3 oz.)
	SNACK	1 pear (3 oz.) + 0.5 low fat cheese
	DINNER	Seasonal salad ⁽²⁾ + 1 oz. grinded parmesan or feta cheese + chicken, without skin (4oz.)

Nutritional Facts:	
Energy (Kcal)	1.500
Proteins	3.2 oz. (24%)
Carbohydrates	5.6 oz. (42%)
Fats	2.1 oz. (35%)

TIPS:

⁽¹⁾ **Fresh milk** has to be; skimmed or semi- skimmed or low- fat. Semi- skimmed or low- fat should better be preferred!

⁽²⁾ **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.

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.