

STANDARD DIET 2200 KCAL BODY WEIGHT MAINTENANCE

MEALS		MENU ¹ TIME WEEKLY
W H I T E M E A T	BREAKFAST	Oats cream (quaker): Fresh milk ⁽¹⁾ 0-3.49% fat (1 cup)+ oat flakes (3 oz.)+ 1 banana (4 oz.)
	SNACK	Apple (1 small, 4 oz.) + Pear (3 oz.)+ 1 cereals bar (high in fiber, low in fat, ~90kcal)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetable soup + chicken, without its fat crust, cooked with homemade mustard sauce e.g. (5 oz.) + boiled corn (4 oz) + wild rice, cooked (2 cups, 11oz.)
	DINNER	Seasonal salad ⁽¹⁾ + couscous, cooked (1 ½ cup) + 2 oz. Feta cheese

MEALS		MENU ² TIMES WEEKLY
R E D M E A T	BREAKFAST	Fresh milk ⁽¹⁾ 0- 3.49% fat (1 cup) + 2 sl. Whole wheat bread (1oz. each) + ½ tbs tachini + ½ tsp honey+ Kiwi (2 small)
	SNACK	Blended juice (1 medium banana, 4.2. oz., 1 small apple 4.2 oz., 1 medium orange) +1 sandwich (2 whole wheat bread slices for 2 oz., 1 oz. cheese medium in fat, low fat cold cuts (0.5 oz.)
	LUNCH	Seasonal salad (1) or vegetable soup + beef steak, without visible fat, cooked (or any other food), low in calories (5.2 oz.)+ cooked potato (4 small, 12 oz.)
	SNACK	Apple (1 small, 4.2 oz.)+ Raisins (0.5 oz.)
	DINNER	1 sandwich, whole wheat (3 oz. bread) + 1 oz low fat cheese λιπαρά + 0.5 oz ham + olives+ green vegetables

MEALS		MENU ¹ TIME WEEKLY
F I S H	BREAKFAST	Fresh milk ⁽¹⁾ 0-3.49% fat (1 cup)+ oat flakes (3 oz.)+ ½ banana (2 oz.)
	SNACK	Fresh orange juice (1 ½ cups)
	LUNCH	Seasonal salad (1)or vegetable soup + fish (5 oz.) + Baked potatos (12 oz.)
	SNACK	Grapes (~20, 1.5 oz.) + whole wheat bread (1 slice, 1 oz.) with 1tsp tachini/ margarine + a little honey
	DINNER	Seasonal salad (1) + homemade french fries (8 oz.) + 1 fried egg + Kiwis (2 small, 2.5 oz each)

MEALS		MENU ¹ TIME WEEKLY
G R E E K - O I L V E O	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 (1 oz.)
	SNACK	Pear (1 medium, 6 oz.) + orange (1 medium, 4 oz.)
	LUNCH	Peas with olive and tomato sauce (or other cooked vegetables) (1 restaurant serving 12 oz.) + feta cheese (2 oz.) + bread (3 slices, 3 oz.)
	SNACK	Yogurt, semi- fat (2-3.49%) (1cup, 7 oz.) + muesli (1 oz.) +apple with skin (1 small, 4 oz.) + 1 tbs linseed, blended
	DINNER	Seasonal salad(1) + cooked fish (3 oz.) + wild rice, cooked (8 oz.)

MEALS		MENU ^{1 TIME WEEKLY}
L	BREAKFAST	Yogurt, semi- fat (2-3.49%) (1 cup, 7 oz.) + oat flakes (2 oz) + kiwis (2 servings, 5 oz.) + banana (1 medium, 4 oz.) + 1tbs. linseed, blended
E	SNACK	Blended juice (1 medium banana, 1 medium orange, 1 small apple)
G	LUNCH	Seasonal salad(1) + lentil soup with tomato sauce (1 serving, 10oz.) + feta cheese (2 oz.) + bread (2 slices, 2 oz.)
U	SNACK	Apple (1 small, 4.2 oz.)+ Bread sticks, whole wheat (2 small, 1 oz.)
M	DINNER	Seasonal salad (1) + chicken, without its fat crust, cooked (2 oz.) + wild rice, cooked (2 cups, 11 oz.)

MEALS		MENU ^{1 TIME WEEKLY}
S	BREAKFAST	Fresh orange juice(1 ½ cup) + 1 toast (2 slices whole wheat bread, 2 oz.) + 1 slice low/semi- fat cheese (1 oz.) + omelet of 1 egg (2.5 oz.)
T	SNACK	Apple (4 oz) + grapes (1.8 oz.) + fresh almonds or other nuts (0.5 oz.)
A	LUNCH	Seasonal salad(1) + spaghetti, cooked (2 cups, 9 oz.) + homemade sauce + 4 tbs grinded parmesan
R	SNACK	Yogurt, semi- fat (2-3.49%) (7 oz) + 1 banana, medium (4oz) + 2 whole wheat rusks (1 oz.)
C	DINNER	Seasonal salad (1) or vegetable soup + legumes (1/2 cup, 3.5 oz.) + bread (1 regular slices, about 1 oz.)+ 2 oz. feta cheese

Nutritional Facts:	
Energy (Kcal)	2200
Proteins	3.4 oz(17.4%)
Carbohydrate s	10.4 oz (53.5%)
Fats	2.6 oz (30.3%)

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.

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.