

STANDARD DIET 2000 KCAL FOR BODY WEIGHT MAINTENANCE

MEALS		MENU <small>ONCE PER WEEK</small>
W H I T E M E A T	BREAKFAST	Fresh milk 0-3.49% fat + oat flakes (2/3 cup, 60g.) + banana (1 medium-sized fruit, 120g) (you can eat like porridge)
	BRUNCH	Apple (1 small, 120g) + High-fiber cereal bar (1 bar) (approx. 80-90 kcal, 15-20g carbohydrates and 1-3g fat/ bar)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetable soup + chicken, without skin, roasted (85-112g)+ wild rice, cooked (1 ½ cup, 250g)
	AFTERNOON SNACK	Orange juice, fresh (1 cup) + fresh almonds (or other nut varieties) (15g)
	DINNER	Seasonal salad ⁽¹⁾ + groats, cooked (1 cup, 180g) + cheese, feta (60g)

MEALS		MENU <small>TWICE PER WEEK</small>
R E D M E A T / M I N C E D M E A T	BREAKFAST	Fresh milk 0-3.49% fat (1 cup) + whole wheat bread (2 slices 50-60g) + ½ tablespoon tahini + a little bit of honey or jam of each slice + Kiwifruit (2 fruits, 130-140g)
	BRUNCH	Juice (1 banana medium-sized 120g, 1 small apple 120g, 1 medium sized orange) + 1 whole wheat toast (30g bread + 30g low-fat cheese)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetable soup + beef, round sirloin tip side steak, roasted (or other lean meat or low-fat meat) (85g) + potato, baked (3 small potatoes, 250-260g)
	AFTERNOON SNACK	Apple (1 small, 120g) + raisins (15-20g)
	DINNER	Seasonal salad ⁽¹⁾ or vegetable soup + legumes (e.g. in salad or in soup) (½ cup, 100g) + cheese, feta (30g) + bread (2 slices 50-60g)

MEALS		MENU <small>ONCE PER WEEK</small>
F I S H	BREAKFAST	Fresh milk 0-3.49% fat + breakfast cereals (50-60g) + banana (1 medium-sized, 120g)
	BRUNCH	Orange juice, fresh (1 cup)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetable soup + fish cooked (150g) + baked potato (3 small potatoes, 250-260g)
	AFTERNOON SNACK	Grape (40g) + toast with tahini and honey (50-60g whole wheat bread + 1 tablespoon tahini + 1 teaspoon honey)
	DINNER	Seasonal salad ⁽¹⁾ + fried or baked potatoes, homemade (2 small potatoes, 160-170g) + 30g feta cheese + Kiwifruit (2 fruits, 140g)

MEALS		MENU <small>ONCE PER WEEK</small>
V E G E	BREAKFAST	Orange juice, fresh (1 cup) + 1 toast (whole wheat bread, 2 slices 50-60g) + 30g low-fat cheese + turkey fillet (15g)
	BRUNCH	Pear (1 medium-sized, 180g) + orange (1 medium-sized, 130g)

T A B L E D I S H E S	LUNCH	Green beans in tomato sauce (or other vegetable dishes) (1 restaurant portion size, 350g) + cheese, feta (60g) + bread (2 slices, 50-60g)
	AFTERNOON SNACK	Low-fat yoghurt (2-3.49%) (1 single serve cup container, 200g) + apple with skin (1 small, 120g) + strawberries (1 cup, 140-150g) + linseed (1 tablespoon, ground)
	DINNER	Seasonal salad ⁽¹⁾ + fish, roasted (85g) + white rice, cooked (1 ½ cup, 240g)

L	MEALS	MENU <small>ONCE PER WEEK</small>
E	BREAKFAST	Yoghurt 0-3.49% fat (1 single-serve cup, 200g) + oat flakes (2/3 cup, 60g)+ kiwifruit (2 fruits, 130-140g) + banana (1/2 medium-sized, 60g) + linseed, ground (1 tablespoon)
G	BRUNCH	Juice (1 medium-sized banana 120g, 1 small apple 120g, 1 medium-sized orange) + fresh almonds (or other nut varieties) (7-8g)
U	LUNCH	Seasonal salad ⁽¹⁾ + lentils soup cooked in tomato sauce (1 serving, 300g) + feta, cheese (60g) + bread (2 slices 50-60g)
M	AFTERNOON SNACK	Apple (1 small, 120g)
E	DINNER	Seasonal salad ⁽¹⁾ + omelette (1 egg, 2 egg whites) + barley rusk (60-90g)
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P	MEALS	MENU <small>ONCE PER WEEK</small>
A	BREAKFAST	Orange juice, fresh (1 cup) + whole wheat bread (2 slices, 50-60g) + 1 egg whole, cooked, hard-boiled (1 large, 45-50g) + low-fat cheese (30g)
S	BRUNCH	Apple (1 small, 120g) + grapes (40g) + fresh almonds (or other nut varieties) (15g)
T	LUNCH	Seasonal salad ⁽¹⁾ + spaghetti, cooked (2 cups, 280g) + cheese, grated parmesan (2 tablespoons, 10g) + sauce, homemade
A	AFTERNOON SNACK	Low-fat yoghurt (2-3.49%) (1 single-serve cup, 200g) + banana (1 medium-sized, 120g)
D	DINNER	Seasonal salad ⁽¹⁾ or vegetable soup + chicken without skin, roasted (60g) + barley rusk (30g)
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Nutrition Facts:	
Energy (Kcal)	2050
Protein	90.5 γρ. (17.6%)
Carbohydrates	262 γρ. (51%)
Fat	73.5 γρ. (32.2%)

Note:

(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)

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.