

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

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

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

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

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

I		
L		

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

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

Nutritional Facts:	
<b>Energy (Kcal)</b>	1500
<b>Proteins</b>	3.2 oz. (24%)
<b>Carbohydrate s</b>	5.6 oz. (42%)
<b>Fats</b>	2.1 oz. (35%)

### TIPS:

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

<sup>(2)</sup> **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.