

STANDARD DIET 1200 KCAL
→ BODY WEIGHT LOSS
(LOW CALORIC DIET - LCD)

	MEALS	MENU ¹ TIME WEEKLY
"WHITE" MEAT	BREAKFAST	Fresh orange juice (1 cup)+ 1 sl. Whole what bread (1 oz.) + 1 oz. cheese (low or medium fat)
	SNACK	Banana (1/2 medium, 2oz.) + almonds, fresh (0.3 oz.)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + chicken, without its fat crust, cooked (5 oz.) + rice, cooked (1/2 cup)
	SNACK	Apple, with its skin (1 small)
	DINNER	Seasonal salad ⁽²⁾ + barley rusk (1 oz.) + feta, or any other medium- fat cheese (1 oz.)

	MEALS	MENU ² TIMES WEEKLY
"RED" MEAT	BREAKFAST	Fresh milk ⁽¹⁾ 2-3.49% fat (1 cup)+ oat flakes or cereals(1 oz.)
	SNACK	Banana (1/2 medium, 2oz.) + almonds, fresh (0.3 oz.)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + beef silverside, or any other low or medium-fat type of meat (oz.)+ rice, cooked (1/3 cup)
	SNACK	Figs, fresh (2 small, 2.5 oz.)
	DINNER	Seasonal salad ⁽²⁾ + 1 potato, boiled (3 oz.) + 1 oz. feta, or any other medium- fat cheese

	MEALS	MENU ¹ TIME WEEKLY
FISH	BREAKFAST	Yogurt, low- fat (2-3.49%) (8 oz.) + oat flakes (1 oz.) + apple, with its skin (1 small) + cinnamon
	SNACK	Cherries, fresh (1/2 cup, 3oz.)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + fish, grilled/cooked (4 oz.) + 1 potato, boiled (1 medium, 5 oz.)
	SNACK	Tangerines (2 small)
	DINNER	Yogurt, low- fat (2-3.49%) (8 oz.) + almonds, or any other type of nuts, fresh (0.3 oz.)+ 1 whole grain rusk (0.5 oz.)

	MEALS	MENU ¹ TIME WEEKLY
GREEK- OLIVE OIL	BREAKFAST	Fresh orange juice (1 cup)+ 1 sl. Whole what bread (1 oz.) + 1 egg, boiled (large, 2.5 oz)
	SNACK	Apple, with its skin (1 small)
	LUNCH	Fresh beans, cooked in olive oil, or other starchy vegetable (10oz.) + 3oz. Low fat cheese
	SNACK	Yogurt, low- fat (2-3.49%) (8 oz.) + 2 tbs linseed, grinded + 1 whole grain rusk (0.5 oz.)
	DINNER	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)

MEALS		MENU ¹ TIME WEEKLY
LEGUMES	BREAKFAST	Fresh milk ⁽¹⁾ 2-3.49% fat (1 cup) + muesli(1 oz.)+ 1 banana, medium (2 oz.)
	SNACK	Apple, with its skin (1 small)
	LUNCH	Seasonal salad ⁽²⁾ + chickpeas, boiled (1 cup, 5.5 oz.) + 1 oz. feta cheese, or any other medium- fat cheese (e.g. chickpeas salad)
	SNACK	Fresh grapefruit juice, white (2/3 cup) + almonds, or any other type of nuts, fresh (0.3 oz.)
	DINNER	Seasonal salad ⁽²⁾ or vegetable soup + fish, grilled/cooked or tuna (3 oz.)

MEALS		MENU ¹ TIME WEEKLY
STARCH	BREAKFAST	Yogurt, low- fat (2-3.49%) (8 oz.) + oat flakes (1 oz.) + 1 tbs linseed, grinded +apple, with its skin (1 small) + cinnamon
	SNACK	Fresh orange juice (1 cup)+ 1 bread stick (0.5 oz.)
	LUNCH	Seasonal salad ⁽²⁾ + spaghetti, boiled (1 cup) + 1 oz. grinded parmesan or feta cheese
	SNACK	Tangerines (2 small)
	DINNER	Seasonal salad ⁽²⁾ or vegetable soup + beef steak, without visible fat, or any other low- fat type of meat (4 oz.)

Nutritional Facts:	
Energy (Kcal)	1200
Proteins	2.5 oz. (23%)
Carbohydrates	4.6 oz. (43%)
Fats	1.7 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.



NutriNet

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.