

## Diet Meal Plan 1

Day 1 <sup>st</sup>	Day 2 <sup>nd</sup>	Day 3 <sup>rd</sup>	Day 4 <sup>th</sup>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (preferably whole wheat)</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>2 rusks (preferably whole wheat) with 2 teaspoons of jam</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>2 rusks (preferably whole wheat) with 2 teaspoons of tahini</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (preferably whole wheat)</li> </ul>
<b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (preferably whole wheat) and 1 slice of cheese (low fat) and vegetables (e.g. tomato, lettuce, cucumber) (1<sup>st</sup> break)</li> <li>1 medium sized fruit (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul>	<b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (preferably whole wheat) and 1 slice of cheese (low fat) and vegetables (e.g. tomato, lettuce, cucumber) (1<sup>st</sup> break)</li> <li>1 medium sized fruit (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul>	<b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>1 round sesame bread (60g) (1<sup>st</sup> break)</li> <li>1 medium sized fruit (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul>	<b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>1 round sesame bread (60g) (1<sup>st</sup> break)</li> <li>1 medium sized fruit (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul>
<b>Lunch</b> <ul style="list-style-type: none"> <li>90g chicken's leg without skin cooked with lemon or tomato (homemade tomato sauce) with 1 teaspoon of olive oil</li> <li>1 medium sized baked potato with 1 teaspoon of olive oil</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon of olive oil</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>1 cup of pasta cooked with 1 teaspoon of olive oil</li> <li>30g grated cheese (preferably low fat)</li> <li>Fresh salad made with raw or boiled vegetables with 2 teaspoons of olive oil</li> </ul>	<b>Lunch</b> <b>Omelet (ingredients):</b> <ul style="list-style-type: none"> <li>2 eggs</li> <li>Vegetables (e.g. mushrooms, peppers, tomato)</li> <li>1 teaspoon of olive oil</li> <li>1 slice of bread (30g) (preferably whole wheat)</li> <li>Fresh salad made with raw or boiled vegetables with 2 teaspoons of olive oil</li> <li>1 medium sized fruit</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>1 cup of bean soup cooked with 2 teaspoons of olive oil</li> <li>30g cheese (low fat)</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon of olive oil</li> </ul>
<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit</li> </ul>	<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit</li> </ul>	<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (preferably whole wheat)</li> </ul>	<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit</li> </ul>
<b>Dinner</b> <b>Greek Dakos salad (ingredients):</b> <ul style="list-style-type: none"> <li>1 medium sized rusk (60g)</li> <li>30g cheese (low fat)</li> <li>grated or chopped tomato</li> <li>2 teaspoons of olive oil</li> <li>1 medium sized fruit</li> </ul>	<b>Dinner</b> <ul style="list-style-type: none"> <li>Caesar's Salad (ingredients): <ul style="list-style-type: none"> <li>plenty of vegetables</li> <li>30g grated cheese (preferably low fat)</li> <li>30g chicken chopped</li> <li>½ cup of croutons</li> <li>2 teaspoons of olive oil or 4 teaspoons of mayonnaise</li> </ul> </li> <li>1 medium sized fruit</li> </ul>	<b>Dinner</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (preferably whole wheat) and 1 slice of cheese (low fat) and 1 slice of turkey boiled and vegetables (e.g. Tomato, lettuce, cucumber)</li> <li>1 medium sized fruit</li> </ul>	<b>Dinner</b> <b>Chef's salad:</b> <ul style="list-style-type: none"> <li>1 egg boiled</li> <li>30g grated cheese (low fat)</li> <li>30g turkey boiled chopped</li> <li>plenty of vegetables</li> <li>½ cup of croutons</li> <li>2 teaspoons of olive oil or 4 teaspoons of mayonnaise</li> </ul>
<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>

## Diet Meal Plan 1

<b>Day 5<sup>th</sup></b>	<b>Day 6<sup>th</sup> Weekend</b>	<b>Day 7<sup>th</sup> Weekend</b>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>• ½ cup of cereals (preferably whole wheat)</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>• ½ cup of cereals (preferably whole wheat)</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>• ½ cup of cereals (preferably whole wheat)</li> </ul>
<b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>• Sandwich with 2 slices of bread (preferably whole wheat) and 1 slice of cheese (low fat) and vegetables (e.g. tomato, lettuce, cucumber) (1st break)</li> <li>• 1 medium sized fruit (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul>	<b>Morning Snack</b> <ul style="list-style-type: none"> <li>• Sandwich with 2 slices of bread (preferably whole wheat) and 4 teaspoons of tahini</li> <li>• 1 medium sized fruit</li> </ul>	<b>Morning Snack</b> <ul style="list-style-type: none"> <li>• Sandwich with 2 slices of bread (preferably whole wheat) and 4 teaspoons of tahini</li> <li>• 1 medium sized fruit</li> </ul>
<b>Lunch</b> <ul style="list-style-type: none"> <li>• 1 cup of green beans cooked with 2 teaspoons of olive oil</li> <li>• 1 medium sized baked potato</li> <li>• Fresh salad made with raw or boiled vegetables with 1 teaspoon of olive oil</li> <li>• 1 slice of bread (30g) (preferably whole wheat)</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>• 90g fish roasted with 1 teaspoon of olive oil</li> <li>• ½ cup of rice boiled</li> <li>• Fresh salad made with raw or boiled vegetables with 2 teaspoons of olive oil</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>• 90g shrimps cooked with homemade tomato sauce and 1 teaspoon of olive oil</li> <li>• 1 cup of pasta cooked (preferably whole wheat)</li> <li>• 1 tablespoon of grated cheese</li> <li>• Fresh salad made with raw or boiled vegetables with 1 teaspoon of olive oil</li> </ul>
<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>• 1 medium sized fruit</li> </ul>	<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>• 1 medium sized fruit</li> </ul>	<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>• 1 medium sized fruit</li> </ul>
<b>Dinner</b> <ul style="list-style-type: none"> <li>• 1 chicken souvlaki roasted (100g)</li> <li>• Fresh salad made with raw or boiled vegetables with 2 teaspoons of olive oil</li> <li>• 1 pita bread (60g) without olive oil</li> </ul>	<b>Dinner</b> Homemade Pizza (ingredients): <ul style="list-style-type: none"> <li>• 1 pita bread (60g)</li> <li>• vegetables (e.g. tomato, peppers, onions, mushrooms)</li> <li>• 30g grated cheese (low fat)</li> <li>• 1 slice of turkey boiled chopped</li> </ul>	<b>Dinner</b> <ul style="list-style-type: none"> <li>• Sandwich with 2 slices of bread (preferably whole wheat), 1 slice of cheese (low fat) and 1 slice of turkey boiled and vegetables (e.g. tomato, lettuce, cucumber)</li> </ul>
<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>

### Comments

(In the box below please record if you do anything different from what is recommended in your diet meal plan)

[illegible]

## Diet Meal Plan 2

<b>Day 1<sup>st</sup></b> <b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul> <b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (whole wheat) and 1 slice of cheese (low fat) and vegetables (e.g. tomato, lettuce, cucumber) (1<sup>st</sup> break)</li> <li>1 medium sized fruit (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul> <b>Lunch</b> <ul style="list-style-type: none"> <li>90g salmon roasted</li> <li>1/3 cup rice boiled (preferably brown) cooked with 1 teaspoon of olive oil</li> <li>Fresh salad made with raw or boiled vegetables with 2 teaspoons olive oil</li> </ul> <b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit</li> </ul> <b>Dinner</b> Greek Dakos Salad (ingredients): <ul style="list-style-type: none"> <li>1 medium sized rusk (60g)</li> <li>30g cheese (low fat)</li> <li>grated or chopped tomato</li> <li>2 teaspoons olive oil</li> <li>1 medium sized fruit</li> </ul> <b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Day 2<sup>nd</sup></b> <b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>2 rusks (whole wheat) with 1 teaspoon of jam</li> </ul> <b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (toasted) (whole wheat) and 1 slice of cheese (low fat) and vegetables (e.g. tomato, lettuce, cucumber) (1<sup>st</sup> break)</li> <li>1 medium sized fruit (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul> <b>Lunch</b> <ul style="list-style-type: none"> <li>1 cup pasta cooked with 1 teaspoon of olive oil</li> <li>60g grated cheese (preferably low fat)</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon olive oil</li> </ul> <b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit</li> </ul> <b>Dinner</b> <ul style="list-style-type: none"> <li>Caesar's Salad (ingredients): <ul style="list-style-type: none"> <li>lettuce</li> <li>30g grated cheese (low fat)</li> <li>1 egg boiled</li> <li>30g turkey boiled and chopped</li> <li>½ cup. croutons whole wheat</li> <li>2 teaspoons of olive oil or 2 teaspoons of mayonnaise light</li> </ul> </li> </ul> <b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Day 3<sup>rd</sup></b> <b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>2 rusks (whole wheat) with 2 teaspoons tahini</li> </ul> <b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>1 round sesame bread (60g) (1<sup>st</sup> break)</li> <li>1 medium sized fruit (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul> <b>Lunch</b> Omelet (ingredients): <ul style="list-style-type: none"> <li>2 eggs white and 1 egg yolk</li> <li>vegetables (e.g. mushrooms, peppers, tomato)</li> <li>30g grated cheese (low fat)</li> <li>2 teaspoons of olive oil</li> <li>1 slice of bread (30g) (whole wheat)</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon olive oil</li> </ul> <b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul> <b>Dinner</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (whole wheat) and 1 slice of cheese (low fat), 1 slice of turkey boiled and vegetables (e.g. tomato, lettuce, cucumber)</li> <li>1 medium sized fruit</li> </ul> <b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Day 4<sup>th</sup></b> <b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul> <b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>1 round sesame bread (60g) (1<sup>st</sup> break)</li> <li>1 medium sized fruit (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul> <b>Lunch</b> <ul style="list-style-type: none"> <li>1 cup of chickpeas cooked with 2 teaspoons of olive oil</li> <li>30g cheese (low fat)</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon olive oil</li> <li>1 medium sized fruit</li> </ul> <b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit</li> </ul> <b>Dinner</b> Chef's salad: <ul style="list-style-type: none"> <li>1 egg boiled</li> <li>30g grated cheese (low fat)</li> <li>30g turkey boiled chopped</li> <li>plenty of vegetables</li> <li>½ cup of croutons</li> <li>2 teaspoons of olive oil or 4 teaspoons of mayonnaise</li> </ul> <b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>
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## ***Diet Meal Plan 2***

<b>Day 5<sup>th</sup></b>	<b>Day 6<sup>th</sup> Weekend</b>	<b>Day 7<sup>th</sup> Weekend</b>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul>
<b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (whole wheat) and 1 slice of cheese (low fat) and vegetables (e.g. tomato, lettuce, cucumber) (1<sup>st</sup> break)</li> <li>1 medium sized fruit (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul>	<b>Morning Snack</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (whole wheat) and 4 teaspoons of tahini and 2 teaspoons honey</li> <li>1 medium sized fruit</li> </ul>	<b>Morning Snack</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (preferably whole wheat) and 4 teaspoons of tahini and 2 teaspoons honey</li> <li>1 medium sized fruit</li> </ul>
<b>Lunch</b> <ul style="list-style-type: none"> <li>1 cup peas cooked with fresh tomato sauce and 2 teaspoons of olive oil</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon olive oil</li> <li>1 slice of bread (30g) (whole wheat)</li> <li>1 medium sized fruit</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>90g sardine roasted</li> <li>½ cup of rice boiled (preferably brown)</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon olive oil</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>90g chicken's leg cooked with homemade tomato sauce or lemon and 1 teaspoon of olive oil</li> <li>1 medium sized baked potato</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon olive oil</li> </ul>
<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit</li> </ul>	<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit</li> </ul>	<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit</li> </ul>
<b>Dinner</b> <ul style="list-style-type: none"> <li>1 chicken souvlaki roasted (110g)</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon olive oil</li> <li>½ pitta bread whole wheat (30g) without olive oil</li> </ul>	<b>Dinner</b> Homemade Pizza (ingredients): <ul style="list-style-type: none"> <li>1 pita bread whole bread(60g)</li> <li>vegetables (e.g. tomato, peppers, onions, mushrooms)</li> <li>30g grated cheese (low fat)</li> <li>1 slice of turkey boiled chopped</li> </ul>	<b>Dinner</b> Homemade Pizza (ingredients): <ul style="list-style-type: none"> <li>1 pita bread whole bread(60g)</li> <li>vegetables (e.g. tomato, peppers, onions, mushrooms)</li> <li>30g grated cheese (low fat)</li> <li>1 slice of turkey boiled chopped</li> </ul>
<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>

## Comments

(In the box below please record if you do anything different from what is recommended in your diet meal plan)

[illegible]

### ***Diet Meal Plan 3***

<b>Day 1<sup>st</sup></b>	<b>Day 2<sup>nd</sup></b>	<b>Day 3<sup>rd</sup></b>	<b>Day 4<sup>th</sup></b>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>2 rusks (whole wheat) with 2 teaspoons of tahini</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul>
<b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (whole wheat), 30g cottage cheese and vegetables (e.g. tomato, lettuce, cucumber) (1<sup>st</sup> break)</li> <li>1 medium sized fruit (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul>	<b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (whole wheat), 30g cottage cheese and vegetables (e.g. tomato, lettuce, cucumber) (1<sup>st</sup> break)</li> <li>1 medium sized fruit (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul>	<b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>1 round sesame bread (1<sup>st</sup> break)</li> <li>1 medium sized fruit (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul>	<b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>1 round sesame bread (1<sup>st</sup> break)</li> <li>1 medium sized fruit (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul>
<b>Lunch</b> <ul style="list-style-type: none"> <li>90g roasted chicken's breast cooked with tomato sauce and herbs</li> <li>3/4 cup rice boiled cooked with 1 teaspoon of olive oil</li> <li>Fresh salad made with raw or boiled vegetables with 2 teaspoons of olive oil</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>1 cup pasta (whole wheat) cooked with 1 teaspoon of olive oil</li> <li>30g grated cheese (low fat)</li> <li>Fresh salad made with raw or boiled vegetables with 2 teaspoons of olive oil</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>90g roasted fish cooked with 1 teaspoon of olive oil</li> <li>1 medium sized baked potato</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon of olive oil</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>1 cup of lentils cooked with 2 teaspoons of olive oil</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon of olive oil</li> <li>1 slice of whole wheat bread</li> </ul>
<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit</li> </ul>	<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit</li> </ul>	<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul>	<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit</li> </ul>
<b>Dinner</b> Greek Dakos salad (ingredients): <ul style="list-style-type: none"> <li>1 medium sized rusk whole wheat (60g)</li> <li>30g cottage cheese</li> <li>grated or chopped tomato</li> <li>2 teaspoons of olive oil</li> <li>1 medium sized fruit</li> </ul>	<b>Dinner</b> <ul style="list-style-type: none"> <li>Caesar's Salad (ingredients):               <ul style="list-style-type: none"> <li>lettuce</li> <li>30g cottage cheese</li> <li>30g roasted chicken's breast chopped</li> <li>2 grated rusks</li> <li>2 teaspoons of olive oil</li> </ul> </li> </ul>	<b>Dinner</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (whole wheat) and 30g cottage cheese and vegetables (e.g. tomato, lettuce, cucumber)</li> <li>1 medium sized fruit</li> </ul>	<b>Dinner</b> Chef's salad: <ul style="list-style-type: none"> <li>1 egg boiled</li> <li>30g cottage cheese</li> <li>30g turkey boiled chopped</li> <li>plenty of vegetables</li> <li>2 grated rusks</li> <li>2 teaspoons of olive oil</li> <li></li> </ul>
<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>

### ***Diet Meal Plan 3***

<b>Day 5<sup>th</sup></b>	<b>Day 6<sup>th</sup> Weekend</b>	<b>Day 7<sup>th</sup> Weekend</b>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul>
<b>Morning Snack( school)</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (whole wheat) and 30g cottage cheese (low fat) and vegetables (e.g. tomato, lettuce, cucumber) (1<sup>st</sup> break)</li> <li>1 medium sized fruit (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul>	<b>Morning Snack</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (whole wheat) and 4 teaspoons of tahini</li> <li>1 medium sized fruit</li> </ul>	<b>Morning Snack</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (whole wheat) and 4 teaspoons of tahini</li> <li>1 medium sized fruit</li> </ul>
<b>Lunch</b> <ul style="list-style-type: none"> <li>1 cup peas cooked with fresh tomato sauce, 1/2 medium sized potato and 2 teaspoons of olive oil</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon olive oil</li> <li>1 medium sized fruit</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>90g roasted fish cooked with 1 teaspoon of olive oil</li> <li>1/3 cup of rice boiled (brown)</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon olive oil</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>90g shrimps cooked with homemade tomato sauce and 1 teaspoon of olive oil</li> <li>1 cup of pasta (whole wheat) cooked</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon olive oil</li> </ul>
<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit</li> </ul>	<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit</li> </ul>	<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit</li> </ul>
<b>Dinner</b> <ul style="list-style-type: none"> <li>1 chicken souvlaki roasted (100g)</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon of olive oil</li> <li>½ pita bread whole wheat (30g) without olive oil</li> </ul>	<b>Dinner</b> Homemade Pizza (ingredients): <ul style="list-style-type: none"> <li>1 pita bread whole bread(60g)</li> <li>vegetables (e.g. tomato, peppers, onions, mushrooms)</li> <li>30g cottage cheese</li> <li>1 slice of turkey boiled chopped</li> </ul>	<b>Dinner</b> Homemade Pizza (ingredients): <ul style="list-style-type: none"> <li>1 pita bread whole bread(60g)</li> <li>vegetables (e.g. tomato, peppers, onions, mushrooms)</li> <li>30g cottage cheese</li> <li>1 slice of turkey boiled chopped</li> </ul>
<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>



## Comments

(In the box below please record if you do anything different from what is recommended in your diet meal plan)

[illegible]

## Diet Meal Plan 4

<b>Day 1<sup>st</sup></b> <b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul> <b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (whole wheat) and 30g cottage cheese and vegetables (e.g. tomato, lettuce, cucumber) (1<sup>st</sup> break)</li> <li>1 medium sized fruit (ideally unpeeled) (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul> <b>Lunch</b> <ul style="list-style-type: none"> <li>90g roasted chicken's breast without skin, cooked with tomato sauce and herbs</li> <li>½ cup of brown rice boiled</li> <li>Fresh salad made with raw or boiled vegetables, with 2 teaspoons of olive oil</li> </ul> <b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit (ideally unpeeled)</li> </ul> <b>Dinner</b> Greek Dakos salad (ingredients): <ul style="list-style-type: none"> <li>1 medium rusk whole wheat (60g)</li> <li>30g cottage cheese</li> <li>grated or chopped tomato</li> <li>2 teaspoons of olive oil</li> <li>1 medium sized fruit (ideally unpeeled)</li> </ul> <b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Day 2<sup>nd</sup></b> <b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul> <b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (whole wheat) and 30g cottage cheese and vegetables (e.g. tomato, lettuce, cucumber) (1<sup>st</sup> break)</li> <li>1 medium sized fruit (ideally unpeeled) (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul> <b>Lunch</b> <ul style="list-style-type: none"> <li>1 cup of pasta (whole wheat) cooked with 1 teaspoon of olive oil</li> <li>30g grated cheese (low fat)</li> <li>Fresh salad made with raw or boiled vegetables with 2 teaspoons of olive oil</li> </ul> <b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit (ideally unpeeled)</li> </ul> <b>Dinner</b> Caesar's Salad (ingredients): <ul style="list-style-type: none"> <li>lettuce</li> <li>30g cottage cheese</li> <li>30g roasted chicken's breast without skin chopped</li> <li>2 grated rusks unsalted</li> <li>2 teaspoons of olive oil</li> <li>1 medium sized fruit (ideally unpeeled)</li> </ul> <b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Day 3<sup>rd</sup></b> <b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>2 rusks unsalted (whole wheat) with 2 teaspoons of tahini</li> </ul> <b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>1 round sesame bread whole wheat (1<sup>st</sup> break)</li> <li>1 medium sized fruit (ideally unpeeled) (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul> <b>Lunch</b> <ul style="list-style-type: none"> <li>90g roasted chicken's breast without skin cooked with lemon and 1 teaspoon of olive oil</li> <li>1 medium sized baked potato with its skin</li> <li>Fresh salad made with raw or boiled vegetables with 2 teaspoons of olive oil</li> </ul> <b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul> <b>Dinner</b> <ul style="list-style-type: none"> <li>Sandwich with 2 slices of bread (whole wheat) and 60g cottage cheese and vegetables (e.g. tomato, lettuce, cucumber)</li> <li>1 medium sized fruit (ideally unpeeled)</li> </ul> <b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<b>Day 4<sup>th</sup></b> <b>Breakfast</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>½ cup of cereals (whole wheat)</li> </ul> <b>Morning Snack (school)</b> <ul style="list-style-type: none"> <li>1 round sesame bread whole wheat (1<sup>st</sup> break)</li> <li>1 medium sized fruit (ideally unpeeled) (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul> <b>Lunch</b> <ul style="list-style-type: none"> <li>1 cup of lentils cooked with 2 teaspoons of olive oil</li> <li>Fresh salad made with raw or boiled vegetables with 1 teaspoon of olive oil</li> <li>1 slice of whole wheat bread (30g)</li> </ul> <b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>1 medium sized fruit (ideally unpeeled)</li> </ul> <b>Dinner</b> Caesar's Salad (ingredients): <ul style="list-style-type: none"> <li>30g cottage cheese</li> <li>30g roasted chicken's breast without skin chopped</li> <li>2 grated rusks unsalted</li> <li>1 teaspoon of olive oil</li> <li>plenty of vegetables</li> </ul> <b>Before Bedtime</b> <ul style="list-style-type: none"> <li>1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>
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## ***Diet Meal Plan 4***

<p><b>Day 5<sup>th</sup></b></p> <p>Breakfast</p> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>• ½ cup of cereals (whole wheat)</li> </ul> <p>Morning Snack(school)</p> <ul style="list-style-type: none"> <li>• Sandwich with 2 slices of bread (toasted) (whole wheat) and 30g cottage cheese (low fat) and vegetables (e.g. tomato, lettuce, cucumber) (1<sup>st</sup> break)</li> <li>• 1 medium sized fruit (ideally unpeeled) (2<sup>nd</sup> or 3<sup>rd</sup> break)</li> </ul> <p>Lunch</p> <ul style="list-style-type: none"> <li>• 1 cup of peas cooked with fresh tomato sauce and 2 teaspoons of olive oil</li> <li>• 1 slice of bread whole wheat (30g)</li> <li>• Fresh salad made with raw or boiled vegetables with 2 teaspoons olive oil</li> <li>• 1 medium sized fruit (ideally unpeeled)</li> </ul> <p>Afternoon Snack</p> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>• 1 medium sized fruit (ideally unpeeled)</li> </ul> <p>Dinner</p> <ul style="list-style-type: none"> <li>• 1 chicken breast souvlaki roasted (100g)</li> <li>• Fresh salad made with raw or boiled vegetables with 2 teaspoons of olive oil</li> <li>• ½ pita bread whole wheat (30g) without olive oil</li> </ul> <p>Before Bedtime</p> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<p><b>Day 6<sup>th</sup> Weekend</b></p> <p>Breakfast</p> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>• ½ cup of cereals (whole wheat)</li> </ul> <p>Morning Snack</p> <ul style="list-style-type: none"> <li>• Sandwich with 2 slices of bread (whole wheat and unsalted) and 4 teaspoons of tahini and 1 teaspoon of honey</li> <li>• 1 medium sized fruit (ideally unpeeled)</li> </ul> <p>Lunch</p> <ul style="list-style-type: none"> <li>• 90g roasted fish</li> <li>• 1/3 cup of rice boiled (brown)</li> <li>• Fresh salad made with raw or boiled vegetables with 2 teaspoons of olive oil</li> </ul> <p>Afternoon Snack</p> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>• 1 medium sized fruit (ideally unpeeled)</li> </ul> <p>Dinner</p> <p>Greek Dakos salad (ingredients):</p> <ul style="list-style-type: none"> <li>• 1 medium rusk whole wheat (60g)</li> <li>• 30g cottage cheese</li> <li>• grated or chopped tomato</li> <li>• 1 teaspoon of olive oil</li> </ul> <p>Before Bedtime</p> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>	<p><b>Day 7<sup>th</sup> Weekend</b></p> <p>Breakfast</p> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>• ½ cup of cereals (whole wheat)</li> </ul> <p>Morning Snack</p> <ul style="list-style-type: none"> <li>• Sandwich with 2 slices of bread (whole wheat) and 3 teaspoons of tahini and 1 teaspoon of honey</li> <li>• 1 medium sized fruit (ideally unpeeled)</li> </ul> <p>Lunch</p> <ul style="list-style-type: none"> <li>• 90g shrimps cooked with homemade tomato sauce and 1 teaspoon of olive oil</li> <li>• 1 cup of pasta (whole wheat) cooked</li> <li>• 1 tablespoon of grated cheese</li> <li>• Fresh salad made with raw or boiled vegetables with 2 teaspoons of olive oil</li> </ul> <p>Afternoon Snack</p> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> <li>• 1 medium sized fruit (ideally unpeeled)</li> </ul> <p>Dinner</p> <ul style="list-style-type: none"> <li>• Sandwich with 2 slices of bread (whole wheat), 60g cottage cheese and vegetables (e.g. tomato, lettuce, cucumber)</li> <li>• 1 medium sized fruit (ideally unpeeled)</li> </ul> <p>Before Bedtime</p> <ul style="list-style-type: none"> <li>• 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat</li> </ul>
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### Comments

(In the box below please record if you do anything different from what is recommended in your diet meal plan)

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