

Supplementary Table S1: Diet plan for weight loss.

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

W H I T E M E A T	MEALS	MENU 1 TIME WEEKLY
	BREAKFAST	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)
	SNACK	Banana (1 medium, 4oz.)
	LUNCH	Seasonal salad ⁽²⁾ or vegetable soup + chicken, without its fat crust, cooked (5 oz.) + potato baked (1 medium, 5.5oz)
	SNACK	Yogurt, low- fat (0-1.99%) (8 oz.) + 1 tbs linseed, grinded + apple, with its skin (1 small) +
	DINNER	Seasonal salad ⁽²⁾ + barley rusk (1 oz.) + feta, or any other medium- fat cheese (2 oz.)

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

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

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

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