

Diet Meal Plan 1

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

Diet Meal Plan 1

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

Diet Meal Plan 2

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

Diet Meal Plan 2

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

Diet Meal Plan 3

Day 1 st	Day 2 nd	Day 3 rd	Day 4 th
Breakfast <ul style="list-style-type: none"> 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat ½ cup of cereals (whole wheat) 	Breakfast <ul style="list-style-type: none"> 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat ½ cup of cereals (whole wheat) 	Breakfast <ul style="list-style-type: none"> 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat 2 rusks (whole wheat) with 2 teaspoons of tahini 	Breakfast <ul style="list-style-type: none"> 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat ½ cup of cereals (whole wheat)
Morning Snack (school) <ul style="list-style-type: none"> Sandwich with 2 slices of bread (whole wheat), 30g cottage cheese and vegetables (e.g. tomato, lettuce, cucumber) (1st break) 1 medium sized fruit (2nd or 3rd break) 	Morning Snack (school) <ul style="list-style-type: none"> Sandwich with 2 slices of bread (whole wheat), 30g cottage cheese and vegetables (e.g. tomato, lettuce, cucumber) (1st break) 1 medium sized fruit (2nd or 3rd break) 	Morning Snack (school) <ul style="list-style-type: none"> 1 round sesame bread (1st break) 1 medium sized fruit (2nd or 3rd break) 	Morning Snack (school) <ul style="list-style-type: none"> 1 round sesame bread (1st break) 1 medium sized fruit (2nd or 3rd break)
Lunch <ul style="list-style-type: none"> 90g roasted chicken's breast cooked with tomato sauce and herbs ¾ cup rice boiled cooked with 1 teaspoon of olive oil Fresh salad made with raw or boiled vegetables with 2 teaspoons of olive oil 	Lunch <ul style="list-style-type: none"> 1 cup pasta (whole wheat) cooked with 1 teaspoon of olive oil 30g grated cheese (low fat) Fresh salad made with raw or boiled vegetables with 2 teaspoons of olive oil 	Lunch <ul style="list-style-type: none"> 90g roasted fish cooked with 1 teaspoon of olive oil 1 medium sized baked potato Fresh salad made with raw or boiled vegetables with 1 teaspoon of olive oil 	Lunch <ul style="list-style-type: none"> 1 cup of lentils cooked with 2 teaspoons of olive oil Fresh salad made with raw or boiled vegetables with 1 teaspoon of olive oil 1 slice of whole wheat bread
Afternoon Snack <ul style="list-style-type: none"> 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat 1 medium sized fruit 	Afternoon Snack <ul style="list-style-type: none"> 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat 1 medium sized fruit 	Afternoon Snack <ul style="list-style-type: none"> 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat ½ cup of cereals (whole wheat) 	Afternoon Snack <ul style="list-style-type: none"> 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat 1 medium sized fruit
Dinner Greek Dakos salad (ingredients): <ul style="list-style-type: none"> 1 medium sized rusk whole wheat (60g) 30g cottage cheese grated or chopped tomato 2 teaspoons of olive oil 1 medium sized fruit 	Dinner <ul style="list-style-type: none"> Caesar's Salad (ingredients): <ul style="list-style-type: none"> lettuce 30g cottage cheese 30g roasted chicken's breast chopped 2 grated rusks 2 teaspoons of olive oil 	Dinner <ul style="list-style-type: none"> Sandwich with 2 slices of bread (whole wheat) and 30g cottage cheese and vegetables (e.g. tomato, lettuce, cucumber) 1 medium sized fruit 	Dinner Chef's salad: <ul style="list-style-type: none"> 1 egg boiled 30g cottage cheese 30g turkey boiled chopped plenty of vegetables 2 grated rusks 2 teaspoons of olive oil •
Before Bedtime <ul style="list-style-type: none"> 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat 	Before Bedtime <ul style="list-style-type: none"> 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat 	Before Bedtime <ul style="list-style-type: none"> 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat 	Before Bedtime <ul style="list-style-type: none"> 1 cup of milk (250ml) 1.5% fat or 1 cup (200g) of yogurt 2% fat

Diet Meal Plan 3

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

Diet Meal Plan 4

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

Diet Meal Plan 4

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

