

### ***Diet regimen 2 (with Orly) for weight maintenance***

Follow this regimen in combination with Orly if you want to maintain your healthy weight or if your diet contains too many fatty foods.

Dosage of Orly: 2 capsules daily - 1 capsule before Lunch & 1 before Dinner. The Orly capsule decreases the absorption of dietary fats and urges the body to burn its own fat stores.

If you have a light dinner, you can skip taking Orly with your meal.

#### **1**

Breakfast: 1 low fat yoghurt + 1 brown bread + 1 boiled potatoes

Lunch: green salad + steamed vegetables + 2 pieces of lean meat + rice (4 spoons) + 1 fruit

Dinner: 1 brown bread + 1 boiled egg + 1 cube of cream cheese

#### **2**

Breakfast: skimmed milk (1cup) + 1 brown bread + 1 boiled egg + 1 cube of cream cheese

Lunch: steamed vegetables + 1 piece of fried chicken + rice (4 spoons) + 1 fruit

Dinner: 1 brown bread + beans (5 spoons) + 1 cube of cream cheese + green salad

#### **3**

Breakfast: 1 brown bread + beans (3 spoons) + skimmed milk (1cup) + 1 fruit

Lunch: vegetablesoup + 2 pieces of lean meat + rice (4 spoons) + 1 fruit

Dinner: 1 brown bread + 1 boiled egg + green salad + orange juice (with saccharine)

#### **4**

Breakfast: 1 low fat yoghurt + 1 brown bread + 1 spoon of low fat cheese + 1 Fruit

Lunch: green salad + grilled fish (300 gm) + 1 brown bread + corn flakes (1 cup)

Dinner: 2 slices of cold cuts + 1 slice of cheddar cheese + 1 brown bread + skimmed milk (1cup)

#### **5**

Breakfast: 1 slice of brown bread + 1 boiled egg + 2 biscuits + skimmed milk (1cup)

Lunch: 1 piece of fried chicken + rice (4 spoons) + green salad + 1 fruit

Dinner: 2 slices of roumycheese + 1 spoon of white cheese + green salad + 1 brown bread

**6**

Breakfast: 1 slice of brown bread + 1 spoon of white cheese + skimmed milk (1 cup) + 1 fruit

Lunch: fried potatoes (100gm) + 2 pieces of lean meat + steamed vegetables + 1 brown bread

Dinner: 1 slice of pizza + low fat cheese + green salad + 1 brown bread

**7**

Breakfast: beans (3 spoons) + 1 brown bread + skimmed milk (1/2 cup) + 1 slice of cake

Lunch: grilled fish (300 gm) + rice (4 spoons) + green salad + 1 fruit

Dinner: 1 slice of brown bread + 1 cube of cream cheese + green salad+ 1 boiled egg