

Diet regimen 3 (with Orly)

1

Breakfast: yoghurt + potatoes + 1 orange

Lunch: 1 slice meat + 1 cup pasta+ 1 slice cheddar cheese+ 1 fruit

Dinner: 1 slice cheddar cheese+ 1 whole wheat bread + 1 boiled egg+ salad

2

Breakfast: 1 egg + 2 whole wheat toasts + 1 slice cheese + 1 orange

Lunch: 1 slice grilled meat + boiled zucchini + 1 cup pasta + ice cream cone

Dinner: 1 slice cheese+ 1 whole wheat bread+ ½ beans + salad

3

Breakfast: 1 spoon honey + 1 whole wheat bread+ 1 piece chocolate + 1 fruit

Lunch: 1 slice grilled meat + 1 cup vegetable soup + 1 fruit

Dinner: ¼ of a chicken + 1 whole wheat bread+ salad

4

Breakfast: 1 cup yoghurt + 1 fruit

Lunch: 2 grilled fish+ 1 whole wheat bread+ 1 cup corn flakes+ ¾ cup skimmed milk

Dinner: 2 slices luncheon meat + 1 slice cheddar cheese+ 1 whole wheat bread

5

Breakfast: 1 boiled egg+ 1 whole wheat bread+ biscuits (2 pieces)

Lunch: ¼ boiled or grilled shrimps or 2 grilled fish + ½ cup rice + salad+ 1 fruit

Dinner: ¼ of a chicken + 1 whole wheat bread+ salad



EVA PHARMA
Securing Your Health

6

Breakfast: white cheese+ 1 whole wheat bread+ 1 fruit

Lunch: grilled meat (1 slice) + potatoes + boiled vegetables+ ½ cup pop corn

Dinner: pizza (1 slice) + cottage cheese+ salad

7

Breakfast: corn flakes (1 cup) + ½ cup skimmed milk+ cake (1 slice) + 1 fruit

Lunch: 2 grilled fish+ 1 whole wheat bread+ 1 fruit

Dinner: ¼ of a chicken + 1/4 brown bread+ salad