

**Choose one option from each meal**

Breakfast: 8.00-9.00

**Drink a glass of water**

● **Choice 1:**

1 slice of brown toast + 2 tablespoons of low-fat feta cheese + a cup of cucumber slices + tomatoes (half of cucumber and half of tomato) + a cup of coffee without sugar + 5 unroasted walnuts halves.

● **Choice 2:**

1 slice of toast + 2 spoons of low-fat labneh + mixed vegetable slices (half piece of each type and only two types are allowed) + 6 pieces of unroasted almonds.

● **Choice 3 (twice a week):**

1 slice of toast or a quarter of a loaf of brown bread + one egg fried with a teaspoon of olive oil with a quarter cup of vegetables (mushrooms + green onions or as desired) + half a cup of vegetables (half of medium sized one).

Snack 11.00-12.00

- **Choice number 1:** A cup of coffee with skimmed milk without sugar + 3 small dates.
- **Choice number 2:** A cup of tea with skimmed milk without sugar + a quarter cup of dried fruits (4 pieces).

Lunch 2.00-3.00 pm

**Drink a glass of water**

● **Choice 1:**

A cup of mixed vegetable salad with lemon and a teaspoon of olive oil + 8 tablespoons of steamed rice (spices as desired) without oil + a piece of grilled fish without oil 60 g.

- **Choice 2:**

2 small grilled or boiled potatoes (without oil) + half a cup of boiled or grilled vegetables with a teaspoon of olive oil (carrots, peas, broccoli) with 60 g chicken breast cut into slices.

- **Choice 3:**

8 tablespoons of pasta with homemade tomato sauce without oil with 60 g grilled chicken or shrimp + a cup of vegetable salad with lemon and pomegranate molasses with a teaspoon of olive oil.

<b>Snack 6:00 pm</b>
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**Drink a glass of water**

- **Choice 1:** 8 strawberries with a cup of skimmed milk + a cup of green tea without sugar.
- **Choice 2:** 2 teaspoons of low-fat coffee map + 1 teaspoon of Nescafe without sugar + 1 small pear.
- **Choice 3:** a mixture of milk and banana milkshake (1 small banana with a cup of skimmed milk).

<b>Dinner: 8.00-9.00 pm</b>
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**Drink a glass of water**

- **Choice 1:**

1 slice of brown toast + 2 tablespoons of low-fat labneh + half a cup of vegetables (half piece of each type and two types only) + half a cup of mushroom soup without cream.

- **Choice 2:**

A cup of low-fat milk + 30 g (half a cup) Bran Flakes (with a teaspoon of honey as desired).

- **Choice 3:**

A cup of vegetable salad (contains half a cup of sweet corn + 30 gm of tuna in water and drain it + the vegetables you prefer).

**General tips and advices:**

- ❖ Do not exceed drinking more than two cups per day of coffee or tea without milk and sugar.
- ❖ Drink a glass of water before every meal.
- ❖ Increase your physical activity during the day and exercise for one hour, 3 days a week.
- ❖ Use a sugar substitute instead of regular sugar.
- ❖ Use a very small amount of vegetable oils.
- ❖ Reduce the use of salt as much as possible.
- ❖ Drink enough water, 8-10 glasses of water a day.