

DIET MENU

Patient Name	Mrs. Mays Kourjiyeh
Current Weight	57.3 Kg
Target Weight	47.4 Kg (ideal body weight) – 53.3 Kg (Adjusted body weight) (Medium Body Frame size)
Water Daily Intake	2 L = 8 cups ½ hour before or 1 hour after a meal (without Exercise) 2.5 L = 10 cups (with exercise)
Physical Activity	Use stairs instead of elevators when possible – 3 times a week 1 hour interval walking first 10 mins warm up then you start 5 mins running then 3 mins fast walking for 45 mins then last 5 mins cool down
Follow up	

Drink 1 – 2 cup of water on empty stomach



Meal 1: 20 minutes after drinking water:

1 small banana or 2 biscuits santiveri light or 3 bites of delight biscuits or 1 small piece of cake go light gourmet or aruba or domo or orgran diet

Breakfast: 2 -3 hours after meal 1

1 loaf chia and quinoa or diabetic (Moulin d'or) or 6 big or 12 small light pop or 3 toast bran (moulin d'or) or 3 pieces cracotte (lu) or 1 loaf chia (chayeb bakery) or 1/3 markouk bread مع إزالة الطرف

In addition : one of the following:

- 1 slices white cheese : double crème or halloum light or akkawi light (1 pack divided into 8)
- 1 Tbsp Mix (thyme and olive oil) or 2 Tbsps low fat labneh
- 2 slices small turkey
- Once a week: 1 egg with egg yolk fried with spray coconut or canola oil
- Twice a week : 1 tbsp chocolate spread diet or 2 tbsps jam diet

+ Veggies: me2te, mint, rocket, ba2le without tomatoes without adding olive oil or olives

Or twice a week replace breakfast with 1 protein Bar less than 200 calories

Or once a week: half man2oushe zaatar or 1 croissant medium any flavor

Lunch: Preferable Between 1:00 -3:00 p.m.

It is advisable to consume:

- Beans: twice per week
- Fish: twice per week – grilled or cooked
- Chicken breast, skinless / Lean Meat: 3 times/week
- 1 cup= 240 ml, tsp = teaspoon, tbsp= Tablespoon
- Fresh or cooked salad with every lunch + 1 tsp olive oil
- You may substitute 1 tsp of olive oil with 1 tbsp Mayonnaise light

DAILY WITH LUNCH :

Fresh, steamed or cooked salad with every lunch + 1 tsp olive oil or 1 tbsp. mayonnaise light or 2 tbsps tarator

<p><u>Week 1</u> <u>Starting Wednesday 25th till Sunday 29th</u> <u>Wednesday – Thursday</u> 2 big wooden spoon meat stogonoph without rice <u>Friday</u> 1 small tuna in water + 1 ladle pasta boiled brown <u>Saturday - Sunday</u> 2 sticks taouk =8 pieces or 2 sticks lean kafta or 2 sticks lean meat =10 pieces or 1 chicken breast skinless size of palm without fingers = 90g after grill = half restaurant portion</p>	<p><u>Week 2</u> <u>Starting Monday 30th till Wednesday 8th</u> <u>Monday –Tuesday</u> Free quantity spinach with lean meat without rice <u>Wednesday –Thursday</u> 2 ladles white kidney beans with lean meat without rice <u>Friday - Saturday</u> 4 small pieces kibbeh kors grilled <u>Sunday</u> Grill same like last week <u>Monday –Tuesday</u> 2 ladles mdardara without bread <u>Wednesday</u> Free quantity mloukhiyeh mixed with chicken breast skinless without rice</p>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Snack 1: 2-3 hours after lunch

1 citrus fruit (choose from the list)
Or 2 times a week: you may substitute 1 fruit with 1 lite bite santiveri or 1 be fit virginias or mini santiveri or 10 pieces quinoa chips or 15 pieces humus chips (simply 7) or 3 cups of popcorn natural with little bit oil or half brownies or sable (go light gourmet) or 1 small bowls meghli or mhalavbiyeh or sahlab aw kashtaliyeh or custard (aruba or domo diet)

Dinner: preferable 2 to 3 hours before bedtime: (preferable between 6:00 and 8:00 p.m.)

Salad + 1 tsp olive oil
Or henedbeh with little bit oil
Or 6 tbsps baba ghanouj + cucumber and lettuce
Or steamed veggies + 2 tbsps tarator
Or tabouli without bulgur or fatouch without bread + 1 tsp olive oil
Or 3 ladles veggies soup: zucchini, eggplant, mushroom, onion, tomatoes, garlic, krumb instead of potato, parsley, little bit of carrots + 2 cubes kallo stock

Or twice per week especially when dining out in restaurants:

Salad with little olive oil (sauces allowed : lemon mustard sauce or lemon olive oil) no balsamic sauce + 1 portion protein (choose one of the following) without Carbohydrate (no potatoes, no bread, no humus bethini)	
<p><u>Grilled steak + salad</u> -1 piece grilled steak (not entrecote) = ½ Restaurant portion</p>	<p><u>Grilled taouk or meat</u> -1 stick taouk or lean meat cubes</p>
<p><u>Chicken breast</u> -1 pieces of chicken breast (Size of palm hand without fingers thick) =1/2 Restaurant portion</p>	<p><u>Salad choices served with proteins (choose one of the following)</u> -Chicken Caesar (without croutons) -Brasaola salad</p>

	<ul style="list-style-type: none">-1 raw salmon salad-Smoked salmon salad without bread- Goat cheese salad without bread- chicken kale salad (zaatar w zeit)
<u>White fish or salmon</u>	
1 white fish filet size of palm hand with fingers thick or 1 medium fish (hamour, jarbidi, breik or lo22os) (200 gr after grill) or 1 piece of grilled salmon =1/2 restaurant	