



LIGHT MEALS

MONDAY**Green beans with potatoes in tomato sauce**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
351	5,7	40,1	7,4	8,2	20,8	2,8
(%) 18	11	13	19	33	32	14

TUESDAY**Spinach with purgur, tomato, fennel**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
383	9,3	45,1	3,4	6,5	20,1	2,8
(%) 19	19	15	9	26	31	14

WEDNESDAY**Roasted chicken with mashed potatoes and fresh tomato**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
764	38	36	6	3	52	10
(%) 38	76	12	15	11	80	51

THURSDAY**Green peas in lemon sauce with artichokes and carrots and lemon zest**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
367	10,1	30,9	14,8	10,9	24,1	3,1
(%) 18	20	10	37	44	37	16

FRIDAY**Cuttlefish with spinach and mediterranean herbs**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
496	59,1	15,3	5,1	5,7	21,8	3,3
(%) 25	118	5	13	23	34	17

(%) : Daily Percentage Values based on a 2,000 calorie diet. Your daily values may be different depending on your calorie needs.

For a balanced meal...

- ✓ Add cheese on Monday, Tuesday and Thursday, to enhance the meal's protein content.
- ✓ Add a multi-color salad of non-starchy vegetables with 1 spoon of olive oil, on Friday, in order to increase your fiber and vitamin intake.
- ✓ Add a slice of brown bread on Monday, to boost the meal's carbohydrate content.

he preparation of low calorie meals is achieved by reducing the fats and oils and replacing some of the ingredients with those of lower calories.

The nutritional information is based upon an analysis provided by:

Elena Bellou PhD,

Clinical Dietitian-Nutritionist

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LIGHT MEALS

MONDAY**Chickpeas soup**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
550	22	70,4	13	18,9	21,9	2,7
(%) 28	44	23	33	76	34	14

TUESDAY**Eggplants with tomato, feta cheese & basil**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
413	7,9	23,5	11,5	10,8	34,3	8,2
(%) 21	16	8	29	43	53	41

WEDNESDAY**Grilled chicken burgers from fresh ground chicken– steamed vegetables**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
512	46,4	10,5	4,5	5,5	31,3	0,9
(%) 26	93	4	11	22	48	5

THURSDAY**Pork with cranberry and raisin sauce- rice pilaf**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
740	34	33	1	1	51	17
(%) 37	67	11	3	5	79	85

FRIDAY**Roasted cod with tomato, capers, olives & saffron – steamed vegetables**


NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
438	44	14,2	5,3	6,8	21,8	3,1
(%) 22	88	5	13	27	34	16

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For a balanced meal...

- ✓ Add cheese on Monday, to enhance the meal's protein content.
- ✓ Add a multi-color salad of non-starchy vegetables with 1 spoon of olive oil, on Monday and Thursday, in order to increase your fiber and vitamin intake.
- ✓ Add a slice of brown bread on Tuesday, Wednesday, and Friday, to boost the meal's carbohydrate content.

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LIGHT MEALS

MONDAY**Green peas in oil with fresh tomato, potatoes & dill**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
408	10,7	49,9	12,4	10,7	19,7	2,7
(%) 20	21	17	31	43	30	14

TUESDAY**Traditional "Briam" mixed vegetables in tomato sauce with fresh herbs**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
449	5	49,2	9,5	8	27,9	3,8
(%) 22	10	16	24	32	43	19

WEDNESDAY**Fresh salmon with teriyaki sauce – steamed vegetables with olive oil**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
489	59	15	6	7	19	6
(%) 24	119	5	14	27	30	31

THURSDAY**Pasta linguine with shrimps, cheery tomatoes , fennel & ouzo**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
646	39,4	81,2	4,6	8,7	15,8	2,1
(%) 32	79	27	12	35	24	11

FRIDAY**Lentil soup**


NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
421	23,5	57,3	8,0	20,8	12,5	1,7
(%) 21	47	19	20	83	19	9

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For a balanced meal...

- ✓ Add cheese on Monday and Tuesday, to enhance the meal's protein content.
- ✓ Add a multi-color salad of non-starchy vegetables with 1 spoon of olive oil, on Thursday and Friday, in order to increase your fiber and vitamin intake.
- ✓ Add a slice of brown bread on Wednesday and Friday, to boost the meal's carbohydrate content.

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LIGHT MEALS

MONDAY**Holiday****TUESDAY****Beef soup with traditional trahana, vegetables & curry**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
458	39	18	4	2	25	7
(%) 23	78	6	9	7	39	33

WEDNESDAY**Fresh roasted sea bass with fresh rosemary, lemon & olive oil - boiled vegetables**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
481	40	13	5	6	31	4
(%) 24	79	4	11	25	47	21

THURSDAY**Chickpeas in a pot with leek, zucchini, carrot & yellow curry paste**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
465	17,9	59,1	10,8	15,5	18,9	2,4
(%) 23	36	20	27	62	29	12

FRIDAY**Green peas in oil with potatoes & dill**

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
344	11,1	44,4	13,2	8,8	14,5	2,0
(%) 17	22	15	33	35	22	10

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For a balanced meal...

- ✓ Add cheese on Thursday and Friday, to enhance the meal's protein content.
- ✓ Add a multi-color salad of non-starchy vegetables with 1 spoon of olive oil, on Tuesday and Thursday, in order to increase your fiber and vitamin intake.
- ✓ Add a slice of brown bread on Tuesday and Wednesday, to boost the meal's carbohydrate content.

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