



LIGHT MEALS

MONDAY

Fava beans with octopus, tomatoes & capers

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
518	36	57	10	18	17	3
(%) 26	72	19	25	72	27	13

TUESDAY

Whole grain penne with vegetables, tomato & soft cheese "Anthotiro"

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
570	18,5	96,5	4,5	4,1	11,5	2,1
(%) 29	37	32	11	16	18	11

WEDNESDAY

Fresh baked salmon with phinocchio, leek, orange sauce, ecraze potatoes

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
757	37	36	4	3	52	8
(%) 38	74	12	9	13	80	41

THURSDAY

Pork skewers – mustard glazed potatoes – boiled zucchini

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
675	57,1	25,1	3,0	3,4	35,7	10,4
(%) 34	114	8	8	14	55	52

FRIDAY

Tomatoes & peppers stuffed with rice

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
528	7,0	62,6	8,3	3,7	28,4	3,6
(%) 26	14	21	21	15	44	18

(%) : 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 Friday, to enhance the meal's protein content.
- ✓ Add a multi-color salad of non-starchy vegetables with 1 spoon of olive oil, on Monday , Tuesday and Wednesday, in order to increase your fiber and vitamin intake.

The 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



LIGHT MEALS

MONDAY

Green beans with tomato and parsley

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

Chickpeas with leeks, carrots, and curry sauce

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
589	23	75	14	20	23	3
(%) 29	47	25	35	81	36	14

WEDNESDAY

Grilled chicken fillets – boiled vegetables

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
390	43,6	11,6	4,3	5,5	18,9	3,3
(%) 20	87	4	11	22	29	17

THURSDAY

Cretan “sophegado” of vegetables with fresh spices

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
481	5	53	10	9	30	4
(%) 24	11	18	25	34	46	20

FRIDAY

Grilled fish with fresh rosemary, lemon & olive oil – steamed vegetables

NUTRITION FACTS PER SERVING						
Energy(kcal)	Protein (gr)	Carbohydrates (gr)	Sugar (gr)	Fiber (gr)	Total fat(gr)	Saturated fat (gr)
487	40	13	4	6	31	4
(%) 24	81	4	11	23	48	22

(%) : 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 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 Tuesday, in order to increase your fiber and vitamin intake.
- ✓ Add a slice of brown bread on Monday, Wednesday and Thursday, to boost the meal's carbohydrate content.

The 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