

·Low calorie diet (approximately, 1,300 kcal)

BREAKFAST	·Two non-fat yoghurts, with muesli (~ 50 g)
MID-MORNING	·One apple unpeeled (~ 130 g)
LUNCH	<ul style="list-style-type: none"> ·Sautéed peas (~ 200 g) with onion (~ 30 g), and a spoonful of virgin olive oil (~ 10 ml) with bay leaves ·Fillet of mackerel with vegetables (~ 200 g of mixed vegetables) with a spoonful of virgin olive oil (~ 10 ml) ·One slice of wholemeal bread (~ 15 g) ·One slice of melon (~ 125 g)
MID-AFTERNOON	·Seasonal fruit salad (~ 150 g)
EVENING MEAL	<ul style="list-style-type: none"> ·Mixed salad (~ 250 g) ·Spring garlic (or garlic greens) with wholegrain rice and almonds (~200 g) ·One slice of wholemeal bread (~ 15 g) ·One medium pear (~ 130 g)