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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Meals** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | MÜSLIX Cereal | Whole grain bread | Bran muffin | MÜSLIX Cereal | Bran muffin with raisins | Whole grain bread | Whole grain bread |
| Plain Yogurt | Cottage cheese | Plain Yogurt | Plain Yogurt | Plain Yogurt | Cottage cheese | Omelet |
| Cantaloupe | Oranges | Strawberries and mango | Dates | Rasberries and blueberries | Honeydew melon | Grapefruit |
| Almonds | Almonds | Pistachios | Almonds |  | Marmalade and margarine | Jalsberg cheese |
|  |
| **Lunch** | Shrimp rice | Moussaka | Lemon chicken | Cod with grilled tomatoes | Frittata | White Kidney bean soup | Mushroom and Almond chicken |
| Greek Salad | Green salad and vinaigrette | Leek soup | Asparagus and orange salad | Couscous salad | Quinoa salad | Artichoke salad |
|  | Wheat Baguette | Peppers, zucchini and brown rice | Vegetable couscous | Vegetable soup and bread | Whole grain bread | Green beans and brown rice |
| Red grapes | Dried Fruits | Fruit Salad | Almond cake | Green grapes | Fruit Salad | Honeydew melon |
|  |
| **Dinner** | Chicken cacciatore and broccoli | Trout and green beans | Greek Tilapia grilled peppers | Pasta Primavera | Tuna pasta | Chicken with vegetables | Chick pea and vegetable couscous |
| Butternut squash soup | Vegetable salad | Spinach salad | White Kidney bean salad | Broccoli and cauliflower salad | Cheese and nut salad | Tomato and pepper soup |
| Potatoes | Mushroom Risotto | Bulgur |  |  |  |  |
| Fruit Salad | Honeydew melon | Green grapes | Oranges | Dates | Cantaloupe | Baklava |
| **Red wine with each dinner of the week** |

**Table A.1:** The7-day cyclic menu used during the controlled Mediterranean diet intervention