

3rd STAGE

REINTRODUCING CARBOHYDRATES

(See approved quantities on reverse)



PATIENT DETAILS

Name and Surname _____ Products: _____ /day Authorised period: _____ /days
 _____ Start Date _____

BREAKFAST



- 30 g - 40 g of wholemeal bread.
- 10 g of butter or olive oil.
- Whole egg or 1 slice of ham or 25g of cheese (20-30%MG) or 90-100g of turkey slices.

MIDDAY



- Essential Product
- With Tyrosine
- Fruit

LUNCH



- Approved Vegetables
- Protein ration
- Vegetables and approved Starches (*)

AFTERNOON



- Fruit
- Essential Product
- With tryptophan

DINNER



- Approved Vegetables
- Protein ration

(*) One helping of vegetables or approved starches can be taken twice a week without bread.

Carbohydrate intake in ascending order: **1** Fruit **2** Dairy **3** Bread **4** Vegetables/Starches



	BREAKFAST	LUNCH	DINNER
Hair & Nails			
Magnesium Carbonate			
Essential LX			
Lipo Essential			
Linfo Essential			
Hepato Essential			
Omega 3 Lipid			
Omega 3 Plus			
CLA Essential			

Others: _____

APPROVED VEGETABLES. RAW OR COOKED.

- All vegetables raw or cooked to be consumed as needs require within moderation.
- To be oven cooked, boiled, steamed, stir fried, grilled or baked in papillote and with approved dressings.

VEGETABLES AND STARCHES

Recommended quantity is equivalent to 1 yoghurt in size or half a glass of water (once cooked). To be served as a side dish alongside the protein meal not as the main meal itself.

- Wholegrain rice
- Chickpeas
- Peas
- Broad beans
- White beans
- Lentils
- Whole-grain pasta
- Quinoa
- Semolina
- Tapioca
- 1 small potato

APPROVED DAIRY PRODUCTS*

- 125 ml of semi skimmed milk
- 30 or 40 g of goat's or sheep's cheese
- 1 protein yoghurt (natural or soy)
- 50g of fresh cheese (cottage cheese)

* All dairy products to be low in fat

APPROVED DRESSINGS

- Spices and aromatic plants in dehydrated form
- 1 small tablespoon of White wine vinegar or lemon juice
- 1 small tablespoon of Dijon Mustard
- (*) chives, coriander, parsley, curcuma, ginger, basil, dill and mint. (*) to be consumed fresh or in dehydrated form
- Tamari soy sauce (in moderation)
- Salt; 2,5 to 3gms per day
- 1-2 tablespoons of Olive Oil
(Spray recommended for accurate measure)

RECOMMENDATIONS IN CASE OF:

- **Hunger Pangs:** If intolerable, you can take an extra Essential product or an Essential snack bar.
- **Constipation:** Eat cooked vegetables. You can also take Essential Magnesium Carbonate. If symptoms persist refer to your Doctor/GP.

IMPORTANT

The diet plan is through medical prescription and must be taken with the approval of your Doctor/GP. Notify your consultant if you are taking any other medicines or if you have any allergies or other food intolerances. It is essential to follow the advice and prescription of your consultant for the diet plan to be successful.

OBSERVATIONS

QUANTITIES OF APPROVED PROTEINS

Grilled, oven cooked, steamed or baked in papillote.

- Red Meat (beef, lamb, pork etc): 100 g
- White Meat (turkey, chicken, rabbit etc): 130 g
- Fish/Shellfish: 150 g
- Iberian Ham: 90 g (4 slices)
- 2 whole eggs or 4 egg whites
- 60g of Iberian ham + 1 whole egg or 2 egg whites
- 1 small tin of tuna + 1 whole egg or 2 egg whites

APPROVED FRUITS

- 125 g of pears, apples and oranges (1 small slice each)
- 60 g of grapes (7-8 grapes of a medium size)
- 125 g of apricots (3 small slices)
- 125 g of plums (1 medium size)
- 90 g of cherries (10-12 cherries)
- 100 g of kiwi (1 medium size)
- 170 g of strawberries (8-9 medium size strawberries)
- 90 g of melon (1 small slice)
- 250 g of watermelon (1 medium slice)
- 90 g of pineapple (1 medium slice)
- 90 g of peach (1 small peach)
- 50-75 g of tangerines (1 small size)

APPROVED TYPES OF BREAD

- 1 slice of wholemeal bread
- 30 g of wholemeal baguette
- 2 wholemeal rusks
- 30 g of wholemeal cereal flakes (no sugar)

APPROVED DRINKS

- Still or Sparkling Water (Min. 1,5 litres per day)
- Infusions (no added sugar)
- Natural Coffee (unroasted)
- Essential Milk serum (no other milk allowed)
- 50ml of Soy based drink (if on approved list)
- Allowable sweeteners – sucrose, stevia and aspartame

