

PHASE 3C MENU

2 Eurodiet meals a day plus your own lunch and dinner



Please remember to drink at least 2 litres of fluid a day: this can be in the form of water and unsweetened* teas and coffee

(*sweetener can be used to replace sugar)

Everything in red is what you can on to your Eurodiet day if coming from the previous phase.

BREAKFAST

- 1 **Eurodiet** meal
- + 1 portion of **unrefined** cereals
- + 1 piece of fruit and/or 1 dairy protein

LUNCH

- 1 portion of permitted protein
- + 1 portion of vegetables or salad
- + 1 portion of unrefined cereals
- + 1 portion of permitted fruit
- + ½ portion of refined cereal

SNACK

- 1 **Eurodiet** meal
- + 1 portion of permitted fruit
- + 1 portion of nuts

DINNER

- 1 portion of permitted protein
- + 1 portion of vegetables or salad
- + 1 portion of unrefined cereals
- + 1 portion of permitted fruit
- + ½ portion of refined cereal

AFTER PHASE 3C MOVE ONTO PHASE 4