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MediSoft Fat Free Hospital Diet (3 weeks)

breakfast: every morning cup of tea, one slice of toasted bread and an orange

MONDAY

Lunch

1 orange or 1 grapefruit
1 boiled egg
2 cups of low fat yoghurt
2 biscuits or toasted slices of bread

Diner

2 tomato's
2 boiled eggs
½ head of lettuce *)
1 pot of low fat yoghurt
2 biscuits or toasted slices of bread

TUESDAY

Lunch

1 orange or 1 grapefruit
1 boiled egg
2 pots of low fat yoghurt
2 biscuits or toasted slices of bread

Diner

1 beefsteak tartar **)
1 tomato
1 orange or 1 grapefruit
1 pot of low fat yoghurt
1 beschuit of toasted slices of bread

WEDNESDAY

Lunch

1 orange or 1 grapefruit
1 boiled egg
2 cups of low fat yoghurt
2 biscuits or toasted slices of bread

Diner

125 gr. steak or roastbeef **)
1 orange
1 biscuit or toasted slice of bread
1 pot of low fat yoghurt

THURSDAY

Lunch

125 gr. quark
1 tomato
1 gherkin
1 biscuit or toasted slice of bread

Diner

1 steak tartar **)
2 tomato's
1 apple
1 biscuit or toasted slice of bread

FRIDAY

Lunch

1 tomato
1 biscuit or toasted slice of bread
200 gr. fish at your own choice

Diner

½ head of lettuce *)
1 boiled egg
1 tomato
1 pot of low fat yoghurt
1 biscuit or toasted slice of bread

*) With the lettuce a dressing of a little oil, vinegar and salt can be used. **) The meat should be grilled.
On Saturday and Sunday eat as usual (not too much). Coffee and tea [without milk and sugar] are unlimited.
Daily a minimum of 2 liters of water (without additives). In 3 weeks time a loss off approximately 20 Lbs.
To remain on the same weight, you should use to the diet on Monday's and for the rest of the week eat normal.