



### THE MOST KNOWN DIETS:

Atkins diet: The Atkins diet consists of low carbohydrate, much fat and protein. Designd in 4 steps;

a) Introduction: The first 2 weeks every day less carbohydrates and much fat, protein based foods are consumed.

b) Balancing: The amount of nuts is increased, quite less fruit, vegetables including carbohydrate are added.

c) Thinning: Carbohydrate is added till the target weight is approached.

d) Protection: When the weight loss stops at ideal kilo, eating continues with the carbohydrates amount taken.

Foods that are free to eat: All kinds of meat, fatty fish and seafood, eggs, vegetable dairy products, yogurt, raw nuts, all kinds of healthy oils.

Disadvantages of Atkins diet: As a one-sided nutrition program is applied, vitamins and minerals from some foods in the body are reduced and fatigue, dizziness and lack of vitamins can be occurred.

Monday	Breakfast	Egg in oil, vegetable salad with olive oil
	Lunch	Chicken with olive oil, raw nuts
	Dinner	Meat meal and Salad

Tuesday	Breakfast	Egg with sausage
	Lunch	Chicken with vegetables
	Dinner	Chicken meatball, butter and vegetable

Wednesday	Breakfast	Omelette with buttered vegetables
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	Lunch	Olive, salad, shrimp
	Dinner	Chicken meatball, butter, vegetable

Thursday	Breakfast	Egg with much oil, tomatoes, cucumber
	Lunch	Fat meat
	Dinner	Salmon, salad

Friday	Breakfast	Pastrami, egg
	Lunch	Boiled chicken, raw nuts
	Dinner	Meatballs, green vegetables

Saturday	Breakfast	Omelet with much oil
	Lunch	Meatball
	Dinner	Meat meal, salad

Sunday	Breakfast	Eggs, pastrami
	Lunch	Meat meal
	Dinner	Grilled chicken

#### Dukan Diet:

The Dukan diet is a protein-based diet that removes carbohydrates from the diet. The most popular advantage is the lack of calorie count. Protein is unlimited.



Breakfast	Herbal tea, Cheese, Chicken breast
Lunch	Grilled meat, Yoghurt
Snack meal	Wholemeal pancakes
Dinner	Baked chicken, Grilled meat Yoghurt

#### Karatay Diet:

The specialty of the Karatay diet is to completely leave the carbohydrates and floury foods. Raw nuts are free. Consumption of 2 litres water per day is obligatory. At least 1 hour walk is recommended. In fact, this is not a diet, it is wholly a healthy eating.

08.00- 09.00	Breakfast	Egg-olive-cheese-dried apricot-tea-nuts
10.00	Snack meal	1 piece of fruit-yoghurt
13.00-14.00	Lunch	1 portion meat meal-salad-vegetable meal-ayran
15.00	Snack meal	1 handful of raw nuts
18.00-19.00	Dinner	Fish-salad-yoghurt

#### Alkali Nutrition:

In This diet, unlimited consumption is possible from the listed foods. Alkaline diets target eating according to pH values of foods. Fruit and vegetables can be consumed raw.

Breakfast	Yoghurt, Oat, Walnut, Plum, Cinnamon
Snack meal	1 piece of fruit-mineral water
Lunch	Rye bread, Broccoli soup, Salad
Snack meal	Fruit, Raw nuts, Tea



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Dinner	Fish, Salad with plenty of lemon
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Vegan Nutrition:

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Vegan nutrition rejects all kinds of animal food. Animal nutrients and vitamins are taken from vegetables and fruits.

Breakfast	Green tea, Cheese-olives, Eggs, Brown bread
Snack meal	Salad
Lunch	Cabbage meal, Yoghurt, Salad
Dinner	Yoghurt, Salad, Green vegetable meal
Night	Green tea



#### Mediterranean Diet:

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Olive oil and fish consumption are essential in Mediterranean diet. Omega 3, taken from fish and olive oil in the Mediterranean diet, is especially important for cardiovascular health. Omega 3 prevents the blood vessels in our body from becoming blocked.

Breakfast	Whole wheat bread, Salt-free cheese, Salt-free olive, Plenty of olive oil salad
Lunch	Tuna fish, Plenty oil-salad, Bran bread
Dinner	Vegetable, Yoghurt, Salad
Snack meal	Fruit - milk - raw nuts



This diet aims to lose weight very quickly. Low calorie much caffeine intake is very essential.

Breakfast	Coffee with sugar
Lunch	Eggs - feta cheese - fish - salad
Dinner	Boiled meat - salad - yogurt

Example of diet programs for healthy eating

Diet 1.

Breakfast	Snack	Lunch	Snack	Dinner
Egg Feta cheese Olive Tomato Cucumber Vegetables Tea 1-2 slices whole wheat bread	1 apple, or 1 handful of raw nuts	Meat meal, Salad, 1 slice whole wheat bread	1 apple, Or 1 handful of raw nuts	Vegetable meal, Salad, Yoghurt

Diet 2.

Breakfast	Snack	Lunch	Snack	Dinner
Egg Feta cheese Olive Tomato Cucumber Vegetables Tea 1-2 slices whole wheat bread	1 apple or 1 handful of raw nuts	Vegetable meal, Legumes Yoghurt Salad	1 apple or 1 handful of raw nuts	Fish Salad,

These diets are supported by appropriate exercise programs. We can live a healthy life by implementing similar nutrition programs regularly in our daily life. In addition to healthy eating patterns, regular exercise should not be forgotten.