

days/ meals	breakfast		s1	
	<u>patient</u>	<u>caregiver</u>	<u>patient</u>	<u>caregiver</u>
<u>sat</u>	egg+tomato	oatmeal+banana or kale pache	green apple	nut+fruits
<u>sun</u>	boiled mushroom +boiled eggs	egges+mushroom +kale+bacon+ toast	fruites+ pistachios	peaches + peanuts
<u>mon</u>	egges with spinach	desserts+ omelet with various veggies	grass-fed yogort with berries & coconut flakes	tea + cake +halva
<u>tue</u>	coconut milk+ curry fitata	ash shole ghalamkar	dry granula bar	falode water melon (garmak/ hendavane)
<u>wed</u>	egg+tomato+ bell pepper	oatmeal+straberries or adasi	fruites+ pistachios	dried fruits + saffron tea
<u>thu</u>	boiled mushroom +boiled eggs+ toast	egges+mushroom +kale+bacon+ toast or halim	grass-fed yogort with berries & coconut flakes	shole zard
<u>fri</u>	egges with spinach	kale pache or bacon with eggs	dry granula bar	ash reshte

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<u>lunch</u>		<u>s2</u>		<u>din</u>
<u>pationt</u>	<u>caregiver</u>	<u>pationt</u>	<u>caregiver</u>	<u>pationt</u>
boilled chicken + vegetable+ low fat yogurt	large green salad+yogort+ spageti	air popped popcorn	cofee or tea+ dark chocolate	kubideh kebab+ rice+ grilled tomato
gorme sabzi(vegetable soup+ yogurt	gorme sabzi(vegetable soup+ yogurt	fruits	dried fruits + saffron tea	chiken barbecue with rice + grilled tomato
chiken barbecue with rice + grilled tomato +shirazi salad	chiken schnitzel + whole grain bread +tomato & pickled cucumber	raw ennergy bar	chocolate mousse	salmon with butter & vegetable
chiken tah-chin +salad+ yogurt	berian food + whole grain bread	kiwi smoothie +fruites	cofee(mocha)+ cake or ash reshte	daisy+ fresh vegetable+ dough
kubideh kebab+ rice+ grilled tomato+ dough	cheese burger+ macaroni saled + fresh vegetable	apple slices with nut butter	kachi	rice+ mirza ghasemi +dough+ fersh vegetabkr
rice with boiled chicken+ salad	rice with beat mix + boiled tomato + dough	air popped popcorn	falode water melon (garmak/ hendavane)	rice+ sour chicken + fresh vegtable
rice + gooseberry stew+ yogurt	berian food + whole grain bread	fruits	fruites+ khakshir syrop	kubideh kebab+ rice+ grilled tomato

<u>ner</u>	<u>s3</u>	
<u>caregiver</u>	<u>patient</u>	<u>caregiver</u>
rice with beat mix + boiled tomato + dough	low fat milk+cereal biscuites	fruits or milk +cereal biscuites
kubideh kebab+ rice+ grilled tomato	falode water melon (garmak/ hendavane)	tea + cakes or fruits+ fereni
fesenjan with rice +dough	fresh vegetable	fruits or milk +cereal biscuites
barberry rice with chicken+ salad +dough	banana smoothie +fruits	tea + cakes or fruits
grilled fish with rice +3 date	strabbery smoothie +fruits	fruits or milk +cereal biscuites
rice+ eggplant stuffing stew+ vegetable+dough	peach smoothie +fruits	fereni+ fruits
chicken tah-chin +salad+ yogort	low fat milk+cereal biscuites	majoon smoothi +cereal biscuites