







Riso Scotti “RICE-BASED DIET”: varied, nutritionally balanced, with no restrictions, it allows you to gradually lose weight and get in your best shape for summer.

What defines the “RICE-BASED DIET” is within the features of rice itself: its proteins are all easy to digest; rice satisfies four times as much as bread and has a significant potassium level, which helps fluids drainage and swelling reduction.

Today we can find a lot of rice-based products that can provide us a varied and balanced menu. Before getting on a diet, some suggestions may help. Doct. Maria Antonietta Bianchi, Science of Nutrition Specialist, suggests: “It’s better to make sure you are in good health before going on a diet in order to lose weight; the program has to be strictly followed day by day, nothing more and nothing less, and it’s essential avoiding drinks containing sugar or alcohol and anything that’s not been clearly included. Weight your foods; weights in the diet refers to raw food, clear from discarding. While eating, drink mineral water moderately and during the day drink as much as possible. You can have coffee or tea, with artificial sweeteners. Use dietetic salt on foods, raw oil and milk or wine for cooking meat. Aromatic herbs and flavouring such as marjoram, parsley, basil, organ, tarragon, onion, garlic, sage and rosemary will bring fantasy and appeal to your meals”.

-  The “RICE-BASED DIET” supplies 1300kcal a day
-  Follow the program for max three weeks
-  The loss of weight depends on the starting overweight and on the primary metabolism, which is the energy the body needs at physical and mental rest
-  Let’s get in shape!

DAY

01
MONDAY

BREAKFAST:

1 glass of **Riso Scotti Chiccolat**, 1 teaspoon sugar
3 **Risette rice cakes**
Coffee or tea with sweetener



SNACK:

150 gr varied fruit in season

LUNCH:

150 gr whiting fish
Mixed salad with 1 tablespoon **Riso Scotti rice bran oil**, dietetic salt, lemon
2 **Riso Scotti rice crackers**
1 peach



SNACK:

150 gr varied fruit in season

DINNER:

70 gr “**Risotto del Dr Scotti**” with mushrooms
50 gr Mozzarella cheese
2 pears





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DAY

02
TUESDAY

BREAKFAST:

1 glass of **Riso Scotti Chiccolat**, 1 teaspoon sugar

2 **Granin di Riso Scotti biscuits**

Coffee or tea with sweetener



SNACK:

150 gr varied fruit in season

LUNCH:

1 low fat cheese serving
70 gr fresh vegetables with 1 tablespoon **Riso Scotti rice bran oil**

1 plain yogurt
Strawberries with lemon

SNACK:

150 gr varied fruit in season



DINNER:

30 gr **Riso Scotti Oro parboiled rice**

Boiled vegetables with 1 tablespoon **Riso Scotti rice bran oil**

2 hard-boiled eggs mixed salad dressed with plain yogurt or mustard,
1 tablespoon **Riso Scotti rice bran oil**



DAY

03
WEDNESDAY

BREAKFAST:

1 glass of **Riso Scotti Chiccolat**, 1 teaspoon sugar

15 gr **Riso Scotti Cioccoriso**

Coffee or tea with sweetener



SNACK:

150 gr varied fruit in season

LUNCH:

100 gr grilled white meat or 100 gr fish

Boiled spinach with 1 tablespoon **Riso Scotti rice bran oil**, salt and lemon

2 **Riso Scotti "Grissini" rice breadsticks**

1 apple

SNACK:

150 gr varied fruit in season



DINNER:

2 tomatoes filled with boiled **Riso Scotti Basmati rice**

Boiled cauliflower with 1 tablespoon **Riso Scotti rice bran oil**

1 yogurt
1 **Riso Scotti Risette rice cake**



DAY

04
THURSDAY

BREAKFAST:

1 glass of **Riso Scotti Chiccolat**, 1 teaspoon sugar

2 **Granin di Riso Scotti biscuits**

Coffee or tea with sweetener



SNACK:

150 gr varied fruit in season

LUNCH:

60 gr Ricotta cheese mixed salad with 1 teaspoon **Riso Scotti rice bran oil**, salt and lemon

2 **Riso Scotti rice crackers**

2 slices of melon

SNACK:

150 gr varied fruit in season



DINNER:

80 gr **Riso Scotti rice pasta** dressed with raw sauce

60 gr raw ham

Boiled artichokes with 1 tablespoon **Riso Scotti rice bran oil**, salt and lemon





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DAY
05
FRIDAY

BREAKFAST:

1 glass of **Riso Scotti Chiccolat**, 1 teaspoon sugar

1 **Granin di Riso Scotti biscuit**

Coffee or tea with sweetener



SNACK:

150 gr varied fruit in season

LUNCH:

120 gr bresaola and rucola salad, with 1 tablespoon **Riso Scotti rice bran oil**, salt and lemon

2 **Riso Scotti Risette rice cakes**

Fresh plain tomatoes sprinkled with origan

Strawberries with lemon.



SNACK:

150 gr varied fruit in season

DINNER:

80 gr **Riso Scotti rice spaghetti** with tomatoes and mushrooms

Steamed fennel with 1 tablespoon **Riso Scotti rice bran oil**

1 yogurt or 30 gr cheese



DAY
06
SATURDAY

BREAKFAST:

1 glass of **Riso Scotti Chiccolat**, 1 teaspoon sugar

15 gr **Riso Scotti Cioccoriso**

Coffee or tea with sweetener



SNACK:

150 gr varied fruit in season

LUNCH:

60 gr **Riso Scotti rice Fusilli** dressed with 80 gr plain tuna fish

Grilled peppers with 1 tablespoon **Riso Scotti rice bran oil**

1 fruit in season



SNACK:

150 gr varied fruit in season

DINNER:

Vegetables soup

Carrot salad dressed with 1 tablespoon **Riso Scotti rice bran oil**

1 yogurt

3 **Riso Scotti Risette rice cakes**



DAY
07
SUNDAY

BREAKFAST:

1 glass of **Riso Scotti Chiccolat**, 1 teaspoon sugar

1 **Granin di Riso Scotti biscuit**

Coffee or tea with sweetener



SNACK:

150 gr varied fruit in season

LUNCH:

60 gr "**Risotto del Dr Scotti**" with Saffron

30 gr ham
Fresh salad with one teaspoon **Riso Scotti rice bran oil**

2 **Riso Scotti Grissini rice breadsticks**

1 peach



SNACK:

150 gr varied fruit in season

DINNER:

150 gr grilled chicken breast or turkey

Boiled spinach with 1 tablespoon **Riso Scotti rice bran oil**, salt and lemon

2 **Riso Scotti rice crackers**

