

7-DAY HEALTHY MEDITERRANEAN MENU

MONDAY

Breakfast	Lunch	Snack	Dinner
Greek yogurt parfait: ◦ 1 cup Greek yogurt ◦ ½ cup berries ◦ 2 T walnuts ◦ 1 t honey Coffee or tea w. low-fat milk	Bruschetta on whole grain bread 1 Orange Sparkling or flat water	Small handful of nuts or peanuts	Springtime Soup Risotto with grilled shrimp (or chicken) and vegetables Small whole grain roll Glass of red wine & water One scoop gelato w. berries

TUESDAY

Breakfast	Lunch	Snack	Dinner
Whole grain toast w. 1 T honey 1 piece of fruit Coffee or tea w. low-fat milk	Lentil Soup with Grano Pasta salad Biscotti and a cup of coffee Glass of water	Hummus and whole grain pita chips	Roasted chicken w. roasted red peppers and parmesan Stuffed Artichokes Mashed Potatoes w. Kale and Olive Oil Glass of wine & water Small piece of olive oil cake w. berries

WEDNESDAY

Breakfast	Lunch	Snack	Dinner
Fruit smoothie w. flaxseed oil Small fruit scone Coffee or tea w. low-fat milk	Fava Bean Soup Wild Rice and Lentil Salad Iced tea or glass of wine Glass of water Piece of fruit	1 cup chopped cucumber, red pepper and carrot w. spicy, red pepper hummus	Orange and arugula salad Spaghetti Zucchini Carbonara Slice of whole grain bread w. Extra virgin olive oil Glass of wine & water Espresso and 2 cookies

THURSDAY			
Breakfast	Lunch	Snack	Dinner
Sliced cucumbers and tomatoes Small wedge of cheese Small whole grain pastry Coffee or tea w. low-fat milk	Salad Nicoise Slice whole grain bread w. flavored dipping oil Glass of water Glass of wine (optional) Crème Caramel	Double espresso or cup of coffee with non-fat milk Small piece of chocolate	Meze Plate: ◦ hummus & tabouleh ◦ dolmas ◦ tzatziki w. whole grain pita Cheese w. whole grain bread Glass of wine & water
FRIDAY			
Breakfast	Lunch	Snack	Dinner
1 slice whole grain toast 1 T peanut butter 8 ounce glass of pomegranate juice Cappuccino with 2% milk	Mixed greens salad with: ◦ 1 ounce warm goat cheese ◦ ½ ounce walnuts ◦ 2 T mustard vinaigrette 1 slice baguette & 1 peach Glass of white wine & water	3 T Tapenade on whole grain crackers (3)	4 ounces grilled salmon 1 cup pasta & vegetables w. 1 T extra virgin olive oil 1 piece whole grain bread Bowl of gelato & berries Glass of red wine & water
SATURDAY			
Breakfast	Lunch	Snack	Dinner
Scrambled eggs w. spinach 1 slice whole grain toast 1 t fruit jam Coffee or tea w. low-fat milk	Gazpacho & Med Salad: ◦ spinach ◦ avocado ◦ sundried tomatoes ◦ feta w. balsamic vinaigrette Glass of water & wine piece of fruit	Cheese – a small chunk of Parmigiano-Reggiano or wedge of French Brie	Caprese salad Grilled sea bass w. olives and vegetables, and orzo Fruit Tart Glass of wine & water
SUNDAY			
Breakfast	Lunch	Snack	Dinner
Mixed Citrus Salad 1 piece Almond Coffee Cake Capuccino w. low-fat milk or Espresso or tea	Skewers of Marinated Lamb with Artichokes and Lemons Rice w. herbs w. Greek salad Glass of wine & water Small piece of fruit	Glass of iced tea with a handful of peanuts in their shell	Pizza Margherita w. greens Focaccia w. extra virgin olive oil Glass of wine & water Clementine and peanuts