



## Mediterranean Diet

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	1c high fiber cereal 1c fat free milk 1 banana ¾ c strawberries	1c low fat yogurt 2 slices whole wheat bread 2 tsp tub margarine* Apple	1c oatmeal 1c fat free milk 2 Tbsp raisins 1 slice whole wheat toast 1 tsp tub margarine*	1c low fat yogurt 1 English Muffin 2 tsp tub margarine* ¼ cantaloupe	1c high fiber cereal 1c fat free milk ½ c blueberries 1 slice whole wheat toast w/jam	1c low fat yogurt 1 bran muffin 1 tsp tub margarine* 1/8 honeydew melon	1 egg 2 slices whole wheat toast 2 tsp tub margarine* Orange
<b>Lunch</b>	1/6 cheese & spinach quiche tossed salad 1 Tbsp olive oil/vinegar Grapes	Grilled vegetables: 1 sm zucchini 1 sm yellow squash 1 sm potato ½ sm eggplant ½ red pepper 1 Tbsp olive oil 2 oz mozzarella	Baked potato w/2 oz cheese & ½ c broccoli Salad w/1 Tbsp olive oil/vinegar Peach	Large Greek salad: 2 oz Feta cheese 10 Greek olives 2 Tbsp olive oil/vinegar 2 slices pita bread	Salad: 2 whole tomatoes sliced 4 oz mozzarella Fresh basil leaves 2 Tbsp olive oil/balsamic vinegar 2 slices Italian bread 2 tsp olive oil	Grilled skinless chicken breast on whole wheat bun w/lettuce, tomato, 1 tsp mayonnaise Baked potato wedges: 1 med potato 2 tsp olive oil ½ c broccoli sprinkled w/2 tsp parmesan cheese	¾ c low fat cottage cheese 1½ c sliced melon 8 low fat crackers ½ c pudding made with fat free milk
<b>Snack</b>	1½ oz box raisins	¼ c peanuts	Trail mix (no coconut)	6 dried apricot halves	2 plums	Grapes	¼ c dried sour cherries
<b>Dinner</b>	1c minestrone soup 2 slices bread 2 tsp olive oil Salad 3 oz grilled Salmon 1c green beans w/ 1 Tbsp slivered almonds Orange	¼ of large vegetarian pizza Salad w/1 Tbsp olive oil/vinegar 1¼ c watermelon	2c lentil soup Salad: Raw spinach ½ tomato ¼ c water chestnuts onion 1 Tbsp pine nuts 1Tbsp olive oil/vinegar 2 slices bread 2 tsp olive oil Pear	3 oz Flounder ½ c carrots, onions, peppers, garlic, 1 tsp olive oil mixed w/1c rice 1c split pea soup (no ham) ½ c spinach 1/8 honeydew melon	Cook together: 2 oz skinless chicken 2 sm potatoes 1 carrot onion/peppers 1c tomato 1 tsp olive oil Serve over 1c couscous prepared w/olive oil	1c black beans prepared w/garlic, 1 tsp olive oil 1½ c rice 2 Tbsp chopped onion Salad (on lettuce leaf): 1 tomato sliced ¼ avocado sliced 1 tsp olive oil	2c pasta w/1-2c marinara sauce w/cubed eggplant (no meat) Salad: Lettuce, tomato, onion 1 Tbsp parmesan cheese 1 Tbsp olive oil/vinegar 2 slices bread 2 tsp olive oil
<b>Snack</b>	¼ c soy nuts	Peach	6 ginger snaps 1c fat free milk	¼ c peanuts	½ c fat free vanilla frozen yogurt ½ c sliced strawberries 1 Tbsp chopped walnuts	¼ c sunflower seeds	16 black olives

\* Margarine used should be Benecol or Take Control; in Canada: President's Choice "Too Good To Be True" and Lactantia "Olivina"