

# MEDITERRANEAN Diet Menu

|   | breakfast  | lunch  | dinner   | snack  |
|---|--|--|--|--|
| 1 | greek yogurt with strawberries and oats                      | wholegrain sandwich with vegetables                  | a tuna salad, dressed in olive oil<br>a piece of fruit for dessert | orange<br>raspberries topped with whole-milk strained yogurt |
| 2 | oatmeal with raisins   | leftover tuna salad from the night before            | salad with tomatoes, olives and feta cheese                        | plum<br>carrots<br>hummus                                    |
| 3 | omelet with veggies, tomatoes and onions<br>a piece of fruit | wholegrain sandwich with cheese and fresh vegetables | mediterranean lasagne  | plums<br>raspberries topped with whole-milk strained yogurt  |
| 4 | yogurt with sliced fruits and nuts                           | leftover lasagne from the night before               | broiled salmon , served with brown rice and vegetables             | orange<br>plums  |
| 5 | eggs and vegetables, fried in olive oil                      | greek yogurt with strawberries, oats and nuts        | grilled lamb, with salad and baked potato                          | plum<br>orange   |
| 6 | oatmeal with raisins, nuts and an apple                      | wholegrain sandwich with vegetables                  | mediterranean pizza made with whole wheat topped with cheese       | orange<br>carrots<br>hummus                                  |
| 7 | omelet with veggies and olives                               | leftover pizza from the night before                 | grilled chicken with vegetables and a potato<br>fruit for dessert  | raspberries topped with whole-milk strained yogurt           |