

Mediterranean Diet



Breakfast	Breakfast quinoa with dried fruit and chopped nuts	Spinach, red pepper and mushroom frittata	Blueberry and pecan overnight oats	Avocado toast on whole wheat bread and a poached egg	Berries, raw nuts, and sliced brie
Lunch	Grilled vegetable and hummus pita pocket and medium orange	Large Greek salad with feta cheese and fresh blueberries	Quinoa bowl with grilled chicken, veggies and sweet potato	Hearty vegetable and lentil soup with whole wheat crackers	Turkey avocado sandwich on whole wheat bread with raw veggies
Dinner	Mediterranean pizza with whole wheat crust, pesto sauce, and Kalamata olives	Grilled chicken and mixed vegetable skewers	Grilled shrimp on a bed of mixed greens	Grilled salmon with quinoa and roasted asparagus	Lentil noodle pasta with red sauce and roasted brussel sprouts
Snacks	Greek yogurt with mixed berries	2 small plums	Olives and cherry tomatoes	Raw vegetables dipped in hummus	Cucumber and tomato slices
	Raw walnuts	Raw almonds	Dried apricots	Mixed fresh berries	Raw pistachios