


















A SAMPLE WEEK ON THE MEDITERRANEAN DIET:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	 <p>Greek yogurt parfait</p>	 <p>Asparagus & mushroom frittata</p>	 <p>Spinach scramble</p>	 <p>Peanut butter chia pudding</p>	 <p>Eggs, arugula & smoked salmon</p>
Lunch	 <p>Edamame quinoa salad</p>	 <p>Tuna salad lettuce wraps</p>	 <p>Spiralized veggie hummus wraps</p>	 <p>Shirataki Noodle chicken stir fry</p>	 <p>Turkey, bean & veggie chili</p>
Dinner	 <p>One pan Steak asparagus & shrooms</p>	 <p>Japanese eggplant & tofu stir-fry</p>	 <p>Baked chicken, tomatoes, avocado & spinach salad</p>	 <p>Mayo-Dijon salmon & broccoli</p>	 <p>Fish tacos with pineapple salsa</p>