



Mediterranean Diet: Sample One-day Menu

The Mediterranean Diet shouldn't be intimidating! Try including just one meal a day or one day a week following the Mediterranean Diet. Gradually, you may find yourself including more and more foods from the diet. Below is an example of what eating the Mediterranean way might look like for one day.

Breakfast	1 cup cooked oatmeal Top with: ½ sliced banana, ½ cup low-fat plain yogurt, drizzle with 1 Tbsp. olive oil and 1 tsp. honey
Snack	½ cup carrot sticks
Lunch	2 cups mixed greens with: 2 oz. broiled salmon, ½ cup grape tomatoes, ¼ cup sliced red onion, and 1 oz. feta cheese, tossed with 1 Tbsp. olive oil and some balsamic vinegar ½ whole-wheat pita bread with ¼ cup hummus Small apple
Snack	1 oz. pistachios
Dinner	Pasta primavera with: 1 cup whole wheat penne pasta, 2 cups roasted vegetables, and 2 ounces diced chicken breast, tossed with 1 Tbsp. olive oil, crushed garlic, herbs, and lemon juice ¾ cup berries over ½ cup low-fat plain yogurt One 5 oz. glass red wine



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