

Mediterranean Diet Menu for 1 Week

Day 1

Breakfast:
Omelet with veggies,
tomatoes and onions.
A piece of fruit.

Lunch:
Wholegrain sandwich
with vegetable.

Dinner:
A tuna salad,
dressed in olive oil.
A piece of fruit for
dessert.

Day 2

Breakfast:
Oatmeal with
raisins.

Lunch:
Leftover tuna salad from
the night before.

Dinner:
Salad with
tomatoes, olives
and feta cheese.

Day 3

Breakfast:
Omelet with veggies,
tomatoes and onions.
A piece of fruit.

Lunch:
Whole-grain
sandwich, with cheese
and fresh vegetable.

Dinner:
Mediterranean
lasagne.

Day 4

Breakfast:
Yogurt with sliced
fruit and nuts.

Lunch:
Leftover lasagne
from the night
before.

Dinner:
Broiled salmon,
served with brown
rice and vegetables.

Day 5

Breakfast:
Eggs and vegetables,
fried in olive oil.

Lunch:
Greek yogurt with
strawberries, Oats and nuts

Dinner:
Grilled lamb, with salad
and baked potato.

Day 6

Breakfast:
Oatmeal with raisins,
nuts and an apple.

Lunch:
Wholegrain sandwich
with vegetable.

Dinner:
Mediterranean pizza
made with whole wheat,
topped with cheese.

Day 7

Breakfast:
Omelet with veggies
and olives.

Lunch:
Leftover pizza from
the night before.

Dinner:
Grilled chicken, with
vegetables and a potato.
Fruit for dessert.

