



Meet Mediterranean

Quick tips to get started

- Enjoy an array of vegetables
- Feature fish two times a week
- Bring on the beans, peas and lentils
- Opt for olive oil
- Finish off your meal with fruit
- Lighten up on sweets, dairy, and red meat

IDEAS TO INSPIRE YOU

- **Oatmeal**
with non-fat milk or milk alternative, apples, cinnamon, chopped walnuts
- **Avocado toast**
with hard-boiled egg, sunflower seeds, drizzle of olive oil, squeeze of lemon
- **Whole grain bowl**
made with brown rice, barley, chicken, red/green/orange pepper strips, broccoli florets, pesto
- **Tuna wrap**
with black olives, light mayo, dill, shredded lettuce, squeeze of lemon
- **Greek salad**
made with tomato, cucumber, red onion, green pepper, chickpeas, feta, red wine vinegar, olive oil
- **Roasted ginger salmon**
with whole wheat couscous, roasted asparagus
- **Broiled lemon chicken**
with basil potatoes, sautéed green beans with walnuts
- **Baked halibut**
with tomato, eggplant, zucchini over quinoa

5 HUNGER SAVERS

About 100-125 calories each

- 1 3 Tbsp hummus + 1 cup carrot chips
- 2 5 olives + ¼ cup reduced-fat feta cheese
- 3 1 cup red pepper strips + 12 whole almonds
- 4 1 oz mozzarella + 1 cup cherry tomatoes + balsamic vinegar
- 5 4 whole dried apricots + 15 pistachios