

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.