Mediterranean Sample Meal Plan

Breakfast: Quick roasted tomato & feta bruschetta

**Ingredients**

- Cherry tomatoes, 10 cherry tomatoes, mixed colour, halved
- Extra virgin olive oil, ½ tsp
- Avocado, 3 tbsp, mashed
- Whole grain bread, 2 slices, toasted
- Feta cheese, reduced fat, crumbled, ¼ cup
- Basil, fresh, 4 leaves
- Black pepper, 1 dash
- Lime, ¼ lime, cut into wedges
- Strawberries, ½ pint, hulled, halved

**Instructions**

Preheat the oven to 400°F. Scatter the tomatoes in a small roasting pan. Spray lightly with oil, season. Roast for 5 minutes until just softened.

Spread the avocado over the toast. Top with feta and roasted tomatoes. Sprinkle with basil. Season and serve with lime wedge.

Serve with a side of strawberries.

**Makes 1 serving.**

Each serving provides: Vegetables 1.2, Fruits 1, Carbohydrates 2.3, Protein/Dairy 0.8, Fats 2, Sweets 0, 437 calories.
Lunch: Italian chicken bread salad

**Ingredients**

Whole grain bread, 2 slices, look for a whole grain sourdough  
Extra virgin olive oil, 2 tsp  
Chicken breast, raw, 3 oz, trimmed  
Dried mixed herbs, ½ tsp  
Cherry tomatoes, 5 cherry tomatoes, halved  
Cucumber, ½ medium, halved, chopped  
Red bell pepper, ¼ pepper, chopped  
Red onion, ¼ medium, thinly sliced  
Basil, fresh, 1 tbsp, chopped, or parsley  
Baby spinach, ½ cup, shredded  
Balsamic vinegar, 1 tsp  
Black pepper, 1 dash

**Instructions**

Preheat oven to 400°F.

Tear the bread into chunks. Place onto a baking tray. Drizzle with 1 teaspoon of oil and turn to coat both sides. Bake 10 minutes until golden and toasted. Set aside.

Meanwhile, coat chicken with 1 teaspoon of olive oil and sprinkle both sides with spice blend. Heat a non-stick skillet over medium-high heat. Once hot, add chicken, cook 1 minute each side until golden. Place onto another baking tray and finish cooking in the oven, on a rack below the bread, for 8 minutes or until cooked through. Let stand 5 minutes then thinly slice.

Combine the tomatoes, cucumber, red bell pepper, onions, basil and baby spinach in a bowl. Add the bread and chicken. Drizzle balsamic vinegar over the salad. Season with pepper. Serve.

**Makes 1 serving.**

Each serving provides: Vegetables 2, Fruits 0, Carbohydrates 2.3, Protein/Dairy 0.9, Fats 1.7, Sweets 0, 398 calories.
Dinner: Fish stew with green beans & cherry tomatoes with blueberry & almond yogurt

Ingredients

Whitefish, raw, 6 oz, skinless and boneless
Black pepper, 1 dash
Extra virgin olive oil, 4 tsp
Garlic, 1 clove, crushed
Leek, 1 leek, thinly sliced
Green hot chili pepper, raw, ½ pepper, thinly sliced
Cherry tomatoes, canned, 1 can
Green beans, 1 cup, ends trimmed, halved
Asparagus, 1 bunch, trimmed, halved
Baby spinach, 2 handfuls
Capers, 2 tsp, drained, drained
Lemon, 1 fruit(s) (2-3/8” dia), wedges, to serve (optional)

Extra Ingredients, 1 serving

Nonfat plain Greek yogurt, 7 oz
Blueberries, ¾ cup
Almonds, unsalted, 6 almonds, crushed

Instructions

Cut the fish into 1.5 inch chunks. Season well. Heat a non-stick skillet over medium-high heat. Add 2 teaspoons of olive oil and fish, then cook 1 minute each side or until the fish just starts to brown. Remove to a plate.

Add the remaining oil to the pan with garlic, leek and chilli, sauté for 2 minutes until the leek is soft. Add tomatoes and a quarter cup water, bring to gentle simmer. Return the fish, poking into the sauce. Add the beans and asparagus. Cover and simmer 2 to 3 minutes until fish is cooked through. Remove from the heat, stir in spinach and sprinkle with capers. Serve with lemon wedges (optional).

TIPS: You may need to pat the fish dry with paper towel before cooking, this will depend on the fish you buy. The fish stew will keep 1 to 2 days in a glass or ceramic airtight container in the coldest part of the fridge. Reheat slowly, covered over medium-low heat.

Serve a portion for dinner and transfer remaining portion to an airtight container for use later in the week.

DESSERT: To make a tasty dessert, add the yogurt to a bowl and top with blueberries and almonds.

Makes 2 servings.

Each serving provides: Vegetables 3.2, Fruits 1.3, Carbohydrates 0, Protein/Dairy 2.2, Fats 2.7, Sweets 0, 507 calories.
Snack: Vegetables & fruit

**Ingredients**

- Fruit, any type, 1 small piece
- Vegetable sticks (carrot, celery, cucumber, bell pepper), 1 cup

**Instructions**

Enjoy unlimited servings of vegetables and fruits throughout the day.

**Makes 1 serving**

Each serving provides: Vegetables 1, Fruits 1, Carbohydrates 0, Protein/Dairy 0, Fats 0, Sweets 0, 86 calories.