

# 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.