

THE AUTHENTIC MEDITERRANEAN DIET MEAL PLAN

- Nutritionist Approved
- Based on the original Mediterranean Diet
- Easy to Follow

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BREAKFAST

- Choice #1: Whole grain bread with an unsweetened nut butter
- Choice #2: Barley rusk with olive oil, crumbled cheese and olives
- Choice #3: Greek style scrambled egg with tomatoes
- Choice #4: Full fat Greek yogurt with nuts, fruit and honey
- Choice #5: Whole grain bread + a piece of cheese + tomatoes

LUNCH

- Choice #1: Lathero: vegetables cooked with olive oil, herbs, & tomato sauce
- Choice #2: Pita, like spanakopita with a salad on the side.
- Choice #3: Chicken dish such as Greekstewed Chicken with a salad
- Choice #4: Beans, they are consumed as a thick stew or roasted.
- Choice #5: Small fatty fish such as sardines or anchovies roasted. Accompanied with boiled greens and drizzled with olive oil and some lemon. .

DINNER

- Choice #1: A large salad with an olive oil salad dressing, grated or crumbled cheese, and nuts
- Choice #2: Roasted vegetables in olive oil
- Choice #3: Omelet with feta accompanied by a simple salad
- Choice #4: Yogurt with rusks and fruit.
- Choice #5: A smaller serving of lunch .

SNACKS

- Choice #1: Tomato and olives with a whole wheat bread or rusk
- Choice #2: A serving of fruit
- Choice #3: 1/2 cup Greek yogurt with fruit
- Choice #4: A handful of nuts
- Choice #5: A handful of dried fruit

NOTES

- Aim to drink 1 ½ liters of water (6 cups) + herbal beverages a day
- Olive oil is the main source of fat, do not skimp
- Lathera dishes usually last 2-3 days
- Pites can be assembled (and baked) and frozen
- Try and eat your main (largest) meal as early as you can
- Cheese and yogurt are your main dairy sources
- Once a week chicken and once a week another type of meat or fish