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<th>MON</th>
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| **MED LUNCH ON A BUDGET**  
Need to tighten your food budget? Bring a Mediterranean soup – lentil, bean or minestrone – for your brown bag. | **REAP THE BENEFITS OF YOGURT**  
Use Greek yogurt instead of sour cream for dips, sauces, baked goods to slash calories and saturated fat. | **HEALTHY PASTA MEALS**  
A healthy pasta meal is the perfect meal on a plate – just chop the veggies, boil the pasta, and heat a fabulous pasta sauce. | **KIDS’ SNACKS**  
Give your kids hummus or mash up an avocado to serve with carrot and celery sticks for after school snacks. | **OMEGA 3s**  
Look for fish that are high in Omega 3s: salmon, sardines, mackerel, albacore tuna, and herring. | **OLIVE OIL TASTING**  
Have your dinner guests sample three different olive oils and use their choice on their salad. |
| **GO VEGETARIAN**  
Go vegetarian for three days this week – use peanuts, nuts, and beans of all kinds to get your healthy and delicious protein. | **SPRING ART**  
Artichokes are native to the Mediterranean. You can grill, sauté, roast, or stuff them with rice or shrimp. | **OLIVE OIL AND HUMMUS**  
Try olive oil in place of butter on mashed potatoes or add hummus to baked potatoes for a zesty taste! | **AGED BALSAMIC VINEGAR**  
Drizzle this wonderful condiment on chunks of Parmigiano-Reggiano or strawberries and enjoy its luscious flavor. | **HOST A WINE TASTING**  
Host a wine tasting! Sample two whites and two reds and see how they pair with your food. | **CHEESE COURSE**  
Cheese is not just for snacks or sandwiches. Think about serving a French cheese course instead of a sweet dessert. |
| **GREEK BREAKFAST**  
Imagine you are on a Greek island at breakfast time. Enjoy Greek yogurt, mixed with fruit, honey and nuts. | **GO NUTS**  
Sample peanuts and nuts as a snack, ground into sauces, or sprinkled on salads. They’re rich sources of protein, fiber, | **AVOCADO SPREAD**  
Try substituting avocado spread or hummus on your morning toast today! | **ITALIAN TRATTORIA**  
Pretend you’re having dinner in an Italian trattoria tonight. Sample recipes from the heart of Italy. | **RICE – A MED STANDARD**  
Try Italian risotto, Spanish paella, Greek dolmas or fragrant Turkish-style rice. | **FRUIT FOR DESSERT**  
Savor fresh fruit for dessert two or three days this week. |
| **POMEGRANATE FOR BREAKFAST**  
Try pomegranate juice for breakfast, instead of orange juice! You’ll love its flavor burst. | **SPICE IT UP**  
High-flavor herbs and spices, like basil, give great flavor to food without any added salt or fat. They’re also naturally high in antioxidants. | **TURKISH DINNER**  
Imagine this week you’re staying alongside the Bosphorus in Istanbul. Check out new Turkish fish recipes for dinner. | **OLIVES**  
Try two new and different types of olives – enjoy one variety for a snack and incorporate the second into a salad or main dish. | **PORTOBELLO MUSHROOMS**  
Serve sliced on whole grain toast for lunch, or use them in place of a meat burger and enjoy as a veggie burger. | **TOMATOES**  
Tomatoes are staples in Mediterranean kitchens. Add them to salads and soups, or try roasting them with a bit of olive oil. |

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