### Fruits & Vegetables:
- Cherries
- Asparagus
- Cucumbers
- Garlic
- Lemons
- Lettuce
- Pears
- Tomatoes

### Grains & Legumes:
- Farro

### Nuts & Seeds:
- Peanut butter
- Walnuts

### Other:
- Coffee or tea
- Whole-wheat bread
- Whole-grain wraps
- Hummus
- Grapes
- Red bell peppers
- Romaine lettuce or baby spinach
- Whole-grain wraps
- Walnuts

---

### Pantry Staples:
- Cider or wine vinegar
- Crushed red pepper flakes
- Extra-virgin olive oil
- Pepper
- Salt

### Other:
- Coffee or tea
- Whole-wheat bread
- Whole-grain wraps
- Hummus
- Grapes
- Red bell peppers
- Romaine lettuce or baby spinach
- Whole-grain wraps
- Walnuts

---

Vegetables are vitally important to the Med Diet. At the store today pick up a veggie you’ve never tried before.

---

Learn more about the Mediterranean Diet at www.oldwayspt.org.
### THE OLDWAYS 4-WEEK MEDITERRANEAN DIET MENU PLAN

#### DAY 2: BREAKFAST

**Fruits & Vegetables:**
- Bananas

**Grains & Legumes:**
- Oatmeal

**Nuts & Seeds:**
- Almonds

**Dairy & Eggs:**
- Milk

**Pantry Staples:**
- Coffee or tea
- Honey

**Other:**
- Topping oatmeal with almonds or other nuts? Try toasting them in a dry skillet on medium heat to make them even more flavorful.

Learn more about the Mediterranean Diet at www.oldwayspt.org.

#### DAY 2: LUNCH

**Fruits & Vegetables:**
- Cucumbers
- Green bell peppers
- Lemons
- Mangos
- Parsley (fresh)
- Radishes
- Scallions
- Tomatoes

**Grains & Legumes:**
- Whole-grain pitas

**Dairy & Eggs:**
- Feta cheese

**Other:**
- (Blank)

Learn more about the Mediterranean Diet at www.oldwayspt.org.

#### DAY 2: DINNER

**Fruits & Vegetables:**
- Berries of your choice
- Cherry tomatoes
- Cucumbers
- Garlic
- Parsley (fresh)
- Red onions
- Yellow onions
- Canned chopped green chilies
- Canned diced tomatoes

**Grains & Legumes:**
- Canned cannellini beans
- Whole-wheat couscous

**Fish & Meat:**
- Chicken breast

**Pantry Staples:**
- Cider or wine vinegar
- Cumin (ground)
- Extra-virgin olive oil
- Pepper
- Salt

**Other:**
- (Blank)

Learn more about the Mediterranean Diet at www.oldwayspt.org.
### Day 3: Breakfast

**Fruits & Vegetables:**
- Avocado
- Cherry tomatoes
- Lemons
- Scallions
- Strawberries

**Grains & Legumes:**
- Beans of your choice
- Whole-wheat tortillas or wraps

**Dairy & Eggs:**
- Eggs
- Monterey Jack or Swiss cheese

**Pantry Staples:**
- Coffee or tea
- Salt

**Other:**
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- ____________________
- ____________________
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- ____________________
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Learn more about the Mediterranean Diet at [www.oldwayspt.org](http://www.oldwayspt.org).

### Day 3: Lunch

**Fruits & Vegetables:**
- Celery
- Cucumbers
- Garlic
- Lemons
- Lettuce
- Onions
- Parsley (fresh)
- Tarragon (fresh)
- Tomatoes

**Grains & Legumes:**
- Lentils
- Whole-grain pitas

**Dairy & Eggs:**
- Feta cheese
- Plain Greek yogurt

**Pantry Staples:**
- Cumin (ground)
- Dijon mustard
- Extra-virgin olive oil
- Pepper
- Salt
- Tomato paste
- Vegetable or chicken stock

**Other:**
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**Roll citrus fruit on the countertop under a bit of pressure from your hand to get juices flowing before squeezing them.**

Learn more about the Mediterranean Diet at [www.oldwayspt.org](http://www.oldwayspt.org).

### Day 3: Dinner

**Fruits & Vegetables:**
- Assorted mixed vegetables
- Cucumbers
- Grapes
- Lemons
- Lettuce
- Tomatoes

**Grains & Legumes:**
- Canned chickpeas
- Whole-grain pitas

**Dairy & Eggs:**
- Mozzarella cheese

**Pantry Staples:**
- Cider or wine vinegar
- Extra-virgin olive oil
- Tomato sauce

**Other:**
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- ____________________
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Learn more about the Mediterranean Diet at [www.oldwayspt.org](http://www.oldwayspt.org).
<table>
<thead>
<tr>
<th>Fruits &amp; Vegetables:</th>
<th>Cherry tomatoes</th>
<th>Cucumbers</th>
<th>Tomatoes</th>
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<tbody>
<tr>
<td>Grains &amp; Legumes:</td>
<td>Whole-wheat penne</td>
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<tr>
<td>Dairy &amp; Eggs:</td>
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<td>Pantry Staples:</td>
<td>Cider or wine vinegar</td>
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<tr>
<td>Other:</td>
<td>Raspberry Sorbet</td>
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</table>

Store all varieties of tomatoes on the counter, not in the refrigerator, for the best flavor.

Learn more about the Mediterranean Diet at www.oldwayspt.org.
### Day 5: Breakfast

**Fruits & Vegetables:**
- Berries of your choice

**Grains & Legumes:**
- Whole-grain cereal

**Nuts & Seeds:**
- Almonds

**Dairy & Eggs:**
- Eggs

**Pantry Staples:**
- Coffee or tea

**Other:**

### Day 5: Lunch

**Fruits & Vegetables:**
- Carrots
- Green beans
- New potatoes
- Romaine Lettuce

**Grains & Legumes:**
- Whole-grain bread

**Dairy & Eggs:**
- Eggs

**Fish & Meat:**
- Fish, shrimp, or canned tuna

**Pantry Staples:**
- Balsamic vinegar
- Extra-virgin olive oil
- Salt

**Other:**

### Day 5: Dinner

**Fruits & Vegetables:**
- Carrots
- Melon
- Red bell peppers
- Sweet potatoes
- Winter squash

**Grains & Legumes:**
- Whole-grain wraps

**Pantry Staples:**
- Extra-virgin olive oil
- Pepper
- Salt

**Other:**

---

Don’t just stock your pantry...stock your freezer, too! Having frozen vegetables, fruits, and seafood on hand means being able to get a meal on the table quickly.

Learn more about the Mediterranean Diet at www.oldwayspt.org.
**THE OLDWAYS 4-WEEK MEDITERRANEAN DIET MENU PLAN**

**DAY 6: BREAKFAST**

- **FRUITS & VEGETABLES:**
  - □ Bananas

- **GRAINS & LEGUMES:**
  - □ Oat muffins

- **DAIRY & EGGS:**
  - □ Plain Greek yogurt

- **PANTRY STAPLES:**
  - □ Coffee or tea

- **OTHER:**
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**DAY 6: LUNCH**

- **FRUITS & VEGETABLES:**
  - □ Avocados
  - □ Garlic
  - □ Lemons or limes
  - □ Mixed salad greens
  - □ Olives

- **GRAINS & LEGUMES:**
  - □ Hummus
  - □ Tabbouleh salad
  - □ Whole-wheat pitas

- **DAIRY & EGGS:**
  - □ Tzatziki

- **PANTRY STAPLES:**
  - □ Extra-virgin olive oil
  - □ Pepper
  - □ Salt

- **OTHER:**
  - □ ________________

---

**DAY 6: DINNER**

- **FRUITS & VEGETABLES:**
  - □ Garlic
  - □ Peas
  - □ Yellow potatoes

- **FISH & MEAT:**
  - □ Sirloin steak

- **PANTRY STAPLES:**
  - □ Dijon mustard
  - □ Extra-virgin olive oil
  - □ Oregano (dried)
  - □ Pepper
  - □ Salt
  - □ Tarragon (dried)
  - □ Wine vinegar

- **OTHER:**
  - □ Blueberry sorbet

---

Learn more about the Mediterranean Diet at www.oldwayspt.org

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Plain Greek yogurt is super versatile! It tastes great mixed with fruit and granola, and can be used in place of sour cream or mayonnaise in many different dishes. Use it in salad dressings, dips, and sauces.

---

Learn more about the Mediterranean Diet at www.oldwayspt.org
### DAY 7: BREAKFAST

- **Fruits & Vegetables:**
  - Bananas
  - Grapefruit juice

- **Grains & Legumes:**
  - Granola

- **Dairy & Eggs:**
  - Plain Greek yogurt

- **Pantry Staples:**
  - Coffee or tea

- **Other:**
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### DAY 7: LUNCH

- **Fruits & Vegetables:**
  - Baby spinach
  - Fresh herbs of your choice
  - Red or orange bell peppers
  - Strawberries
  - Zucchini

- **Nuts & Seeds:**
  - Walnuts

- **Dairy & Eggs:**
  - Eggs
  - Goat cheese

- **Pantry Staples:**
  - Cider or wine vinegar
  - Extra-virgin olive oil
  - Tarragon (dried)

- **Other:**
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### DAY 7: DINNER

- **Fruits & Vegetables:**
  - Arugula
  - Cherry tomatoes
  - Cucumbers
  - Figs (fresh)
  - Fresh herbs of your choice
  - Garlic
  - Green beans
  - Onions

- **Grains & Legumes:**
  - Whole-wheat linguini

- **Fish & Meat:**
  - Shrimp

- **Pantry Staples:**
  - Extra-virgin olive oil
  - Pepper
  - Salt

- **Other:**
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Learn more about the Mediterranean Diet at www.oldwayspt.org.
### THE OLDWAYS 4-WEEK MEDITERRANEAN DIET MENU PLAN

#### DAY 8: BREAKFAST

**FRUITS & VEGETABLES:**
- Raisins

**GRAINS & LEGUMES:**
- Oatmeal

**NUTS & SEEDS:**
- Almonds

**DAIRY & EGGS:**
- Plain Greek yogurt

**PANTRY STAPLES:**
- Coffee or tea

**OTHER:**
- ____________________
  - ____________________
  - ____________________
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**Note:** Raisins and almonds make a great pairing for oatmeal. But there are lots of other great dried fruits and nuts available in the supermarket, too. Experiment with different varieties and combinations like dried cranberries and walnuts, or dried cherries and hazelnuts.

---

#### DAY 8: LUNCH

**FRUITS & VEGETABLES:**
- Kalamata olives (pitted)
- Romaine lettuce
- Tomatoes

**GRAINS & LEGUMES:**
- Whole-wheat pitas

**DAIRY & EGGS:**
- Feta cheese

**PANTRY STAPLES:**
- Balsamic vinegar
- Extra-virgin olive oil
- Oregano (dried)
- Pepper
- Salt

**OTHER:**
- ____________________
  - ____________________
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#### DAY 8: DINNER

**FRUITS & VEGETABLES:**
- Cauliflower
- Garlic
- Mixed salad greens
- Onions
- Parsley (fresh)
- Pineapple (fresh)
- Red bell peppers
- Tarragon (fresh)
- Yellow squash

**GRAINS & LEGUMES:**
- Canned chickpeas
- Whole-wheat couscous

**DAIRY & EGGS:**
- Plain Greek yogurt

**PANTRY STAPLES:**
- Cumin (ground)
- Dijon mustard
- Extra-virgin olive oil
- Pepper
- Salt

**OTHER:**
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---

Learn more about the Mediterranean Diet at [www.oldwayspt.org](http://www.oldwayspt.org).
### DAY 9: BREAKFAST

**Fruits & Vegetables:**
- Oranges
- Tomatoes

**Grains & Legumes:**
- Whole-wheat bread

**Dairy & Eggs:**
- Eggs

**Pantry Staples:**
- Coffee or tea

**Other:**
- ____________
  - ____________
  - ____________
  - ____________
  - ____________
  - ____________
  - ____________

Learn more about the Mediterranean Diet at www.oldwayspt.org.

### DAY 9: LUNCH

**Fruits & Vegetables:**
- Apples
- Carrots
- Celery
- Garlic
- Onions
- Potatoes
- Spinach
- Canned diced tomatoes

**Grains & Legumes:**
- Canned cannellini beans
- Whole-grain pitas

**Pantry Staples:**
- Chicken stock
- Extra-virgin olive oil
- Pepper
- Rosemary (dried)
- Salt

**Other:**
- ____________
  - ____________
  - ____________
  - ____________
  - ____________
  - ____________
  - ____________

**Fish & Meat:**
- Mussels

**Pantry Staples:**
- Cider or wine vinegar
- Extra-virgin olive oil
- Salt
- White wine (dry)

**Other:**
- ____________
  - ____________
  - ____________
  - ____________
  - ____________
  - ____________
  - ____________

**Mussels are a great seafood choice. They’re high in protein, low in fat, loaded with nutrients, and are farmed in an environmentally sustainable way.**

### DAY 9: DINNER

**Fruits & Vegetables:**
- Celery
- Garlic
- Lemons
- Mixed salad greens
- Onions
- Raspberries
- Tomatoes

**Grains & Legumes:**
- Whole-grain linguini

**Pantry Staples:**
- Cider or wine vinegar
- Extra-virgin olive oil
- Salt
- White wine (dry)

**Other:**
- ____________
  - ____________
  - ____________
  - ____________
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  - ____________
  - ____________

Learn more about the Mediterranean Diet at www.oldwayspt.org.
### THE OLDWAYS 4-WEEK
### MEDITERRANEAN DIET MENU PLAN

#### DAY 10: BREAKFAST

**FRUITS & VEGETABLES:**
- Figs (fresh)
- Oranges

**GRAINS & LEGUMES:**
- Cinnamon-raisin bread

**DAIRY & EGGS:**
- Goat cheese

**PANTRY STAPLES:**
- Coffee or tea

**OTHER:**
- ______________________
- ______________________
- ______________________
- ______________________

---

#### DAY 10: LUNCH

**FRUITS & VEGETABLES:**
- Avocados
- Baby spinach
- Lemons
- Oranges
- Red onions
- Yellow onions

**GRAINS & LEGUMES:**
- Canned black, pinto, or garbanzo beans
- Whole-grain pitas

**PANTRY STAPLES:**
- Cider or wine vinegar
- Extra-virgin olive oil
- Salt

**OTHER:**
- ______________________
- ______________________
- ______________________
- ______________________

**Drain and rinse canned beans before using them to reduce the amount of sodium in your recipe.**

---

#### DAY 10: DINNER

**FRUITS & VEGETABLES:**
- Cucumbers
- Fresh herbs of your choice
- Garlic
- Green beans
- Lettuce
- Tomatoes

**GRAINS & LEGUMES:**
- Whole-wheat couscous

**FISH & MEAT:**
- Pork tenderloin

**PANTRY STAPLES:**
- Cider or wine vinegar
- Dijon mustard
- Extra-virgin olive oil
- Oregano (dried)
- Pepper
- Rosemary (dried)
- Salt

**OTHER:**
- Orange sorbet
- ______________________
- ______________________
- ______________________
- ______________________

---

Learn more about the Mediterranean Diet at www.oldwayspt.org.
<table>
<thead>
<tr>
<th><strong>Fruits &amp; Vegetables:</strong></th>
<th><strong>Avocados</strong></th>
<th><strong>Cucumbers</strong></th>
<th><strong>Garlic</strong></th>
<th><strong>Lemons or limes</strong></th>
<th><strong>Mixed salad greens</strong></th>
<th><strong>Onions</strong></th>
<th><strong>Red or yellow bell peppers</strong></th>
<th><strong>Tomatoes</strong></th>
<th><strong>Yukon gold potatoes</strong></th>
<th><strong>Zucchini</strong></th>
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</thead>
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<td><strong>Nuts &amp; Seeds:</strong></td>
<td><strong>Walnuts</strong></td>
<td><strong>Dairy &amp; Eggs:</strong></td>
<td><strong>Plain Greek yogurt</strong></td>
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<tr>
<td><strong>Dairy &amp; Eggs:</strong></td>
<td><strong>Eggs</strong></td>
<td><strong>Feta cheese</strong></td>
<td><strong>Fish &amp; Meat:</strong></td>
<td><strong>Chicken breast</strong></td>
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<td><strong>Pantry Staples:</strong></td>
<td><strong>Coffee or tea</strong></td>
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<td><strong>Other:</strong></td>
<td><strong>Blueberries</strong></td>
<td><strong>Tomatoes</strong></td>
<td><strong>Avocados</strong></td>
<td><strong>Carrots</strong></td>
<td><strong>Garlic</strong></td>
<td><strong>Ginger (fresh)</strong></td>
<td><strong>Kalamata olives</strong></td>
<td><strong>Onions</strong></td>
<td><strong>Hummus</strong></td>
<td><strong>Whole-wheat pita</strong></td>
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<td><strong>Grains &amp; Legumes:</strong></td>
<td><strong>Whole-wheat bread</strong></td>
<td><strong>Grains &amp; Legumes:</strong></td>
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<td><strong>Pantry Staples:</strong></td>
<td><strong>Cayenne</strong></td>
<td><strong>Chicken or vegetable stock</strong></td>
<td><strong>Cumin seeds</strong></td>
<td><strong>Extra-virgin olive oil</strong></td>
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<td><strong>Other:</strong></td>
<td><strong>Coffee or tea</strong></td>
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<td><strong>Nuts &amp; Seeds:</strong></td>
<td><strong>Walnuts</strong></td>
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<tr>
<td><strong>Dairy &amp; Eggs:</strong></td>
<td><strong>Plain Greek yogurt</strong></td>
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<td><strong>Fish &amp; Meat:</strong></td>
<td><strong>Chicken breast</strong></td>
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<tr>
<td><strong>Pantry Staples:</strong></td>
<td><strong>Cider or wine vinegar</strong></td>
<td><strong>Dijon mustard</strong></td>
<td><strong>Extra-virgin olive oil</strong></td>
<td><strong>Honey</strong></td>
<td><strong>Salt</strong></td>
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</tbody>
</table>

*Skip the peeling! Leave the skins and peels on your potatoes and cucumbers to make sure you are getting as many nutrients and as much fiber as possible out of your vegetables. Not peeling also saves you time in the kitchen.*
Fruits & Vegetables:
- Baby spinach
- Carrots
- Celery
- Garlic
- Onions
- Peaches
- Sweet potatoes
- Tomatoes
- Zucchini

Grains & Legumes:
- Barley

Dairy & Eggs:
- Feta cheese

Pantry Staples:
- Cider or wine vinegar
- Coconuts milk (light)
- Curry powder
- Extra-virgin olive oil
- Honey
- Salt

Other:
- Coffee or tea
- Whole-grain cereal

There are lots of great options for hummus in the supermarket. Try a different flavor each time you pick up a package to keep your meals interesting.
### Day 13: Breakfast

| Fruits & Vegetables: | Oranges |
| Grains & Legumes:    | Whole-wheat bread |
| Dairy & Eggs:        | Eggs |
| Pantry Staples:      | Coffee or tea |
| Other:               | Super fresh eggs can be difficult to peel after boiling. Use the fresh eggs for scrambling or poaching and the eggs that have been in the refrigerator for a few days for boiling. |

### Day 13: Lunch

| Fruits & Vegetables: | Garlic, Arugula, Avocados, Grapes, Limes, Onions, Red or yellow bell peppers, Strawberries, Tarragon (fresh), Zucchini |
| Grains & Legumes:    | Whole-wheat pitas |
| Dairy & Eggs:        | Goat cheese |
| Pantry Staples:      | Balsamic vinegar, Extra-virgin olive oil |
| Other:               | |

### Day 13: Dinner

| Fruits & Vegetables: | |
| Grains & Legumes:    | Brown rice |
| Fish & Meat:         | Salmon fillet |
| Pantry Staples:      | Dijon mustard, Extra-virgin olive oil |
| Other:               | |
THE OLDWAYS 4-WEEK MEDITERRANEAN DIET MENU PLAN
DAY 14: BREAKFAST

FRUITS & VEGETABLES:
- Melon

GRAINS & LEGUMES:
- Whole-grain cereal

DAIRY & EGGS:
- Milk

PANTRY STAPLES:
- Coffee or tea

OTHER:
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Learn more about the Mediterranean Diet at www.oldwayspt.org.

THE OLDWAYS 4-WEEK MEDITERRANEAN DIET MENU PLAN
DAY 14: LUNCH

FRUITS & VEGETABLES:
- Peaches
  - Tomatoes

GRAINS & LEGUMES:
- Rye bread
  - Whole-grain crackers

DAIRY & EGGS:
- Plain Greek yogurt

FISH & MEAT:
- Canned tuna

OTHER:
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Learn more about the Mediterranean Diet at www.oldwayspt.org.

THE OLDWAYS 4-WEEK MEDITERRANEAN DIET MENU PLAN
DAY 14: DINNER

FRUITS & VEGETABLES:
- Baby spinach
  - Cherries
  - Garlic
  - Mixed salad greens
  - Tomatoes

GRAINS & LEGUMES:
- Canned cannellini beans
  - Whole-grain croutons
  - Whole-wheat rotini or ziti

DAIRY & EGGS:
- Parmesan cheese

PANTRY STAPLES:
- Cider or wine vinegar
  - Dijon mustard
  - Extra-virgin olive oil
  - Honey
  - Pepper
  - Salt

OTHER:
- ________________
- ________________
- ________________
- ________________
- ________________
- ________________
- ________________
- ________________
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- ________________
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Purchase olive oil in dark glass or opaque containers and store it in a cool, dark place to preserve its quality.

Learn more about the Mediterranean Diet at www.oldwayspt.org.
<table>
<thead>
<tr>
<th>Fruits &amp; Vegetables:</th>
<th>Fruits &amp; Vegetables:</th>
<th>Fruits &amp; Vegetables:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberries</td>
<td>Lemons</td>
<td>Mushrooms</td>
</tr>
<tr>
<td></td>
<td>Mixed salad greens</td>
<td>Plums</td>
</tr>
<tr>
<td></td>
<td>Scallions</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Grains &amp; Legumes:</td>
<td>Grains &amp; Legumes:</td>
<td>Grains &amp; Legumes:</td>
</tr>
<tr>
<td>Whole-grain muffins</td>
<td>Whole-grain crackers</td>
<td>Whole-wheat bread</td>
</tr>
<tr>
<td></td>
<td>Whole-grain croutons</td>
<td></td>
</tr>
<tr>
<td>Dairy &amp; Eggs:</td>
<td>Dairy &amp; Eggs:</td>
<td>Dairy &amp; Eggs:</td>
</tr>
<tr>
<td>Plain Greek yogurt</td>
<td>Parmesan cheese</td>
<td>Cheese of your choice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Eggs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Milk</td>
</tr>
<tr>
<td>Pantry Staples:</td>
<td>Pantry Staples:</td>
<td>Pantry Staples:</td>
</tr>
<tr>
<td>Coffee or tea</td>
<td>Dijon mustard</td>
<td>Dijon mustard</td>
</tr>
<tr>
<td></td>
<td>Extra-virgin olive oil</td>
<td>Extra-virgin olive oil</td>
</tr>
<tr>
<td>Other:</td>
<td>Other:</td>
<td>Other:</td>
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<td></td>
</tr>
</tbody>
</table>

**DAY 15: BREAKFAST**

Purchase whole-grain muffins at the store, or make your own at home. If you are used to baking with white flour, try using whole white wheat. It is milder in flavor than regular whole-wheat flour and can help your family acclimate to eating whole grains.

Learn more about the Mediterranean Diet at www.oldwayspt.org.
### The Oldways 4-Week Mediterranean Diet Menu Plan

#### Day 16: Breakfast

<table>
<thead>
<tr>
<th>Fruits &amp; Vegetables:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cilantro (fresh)</td>
</tr>
<tr>
<td>Garlic</td>
</tr>
<tr>
<td>Onions</td>
</tr>
<tr>
<td>Oranges</td>
</tr>
<tr>
<td>Canned diced tomatoes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grains &amp; Legumes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole-wheat bread</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dairy &amp; Eggs:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pantry Staples:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee or tea</td>
</tr>
<tr>
<td>Extra-virgin olive oil</td>
</tr>
<tr>
<td>Fruit jam</td>
</tr>
<tr>
<td>Pepper</td>
</tr>
<tr>
<td>Salt</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other:</th>
</tr>
</thead>
<tbody>
<tr>
<td>______</td>
</tr>
</tbody>
</table>

---

**Be sure to read labels at the supermarket! As a rule of thumb, the fewer ingredients a product has, the healthier it is. Ingredients are listed in descending order, from the greatest amount to the least.**

Learn more about the Mediterranean Diet at www.oldwayspt.org.

---

#### Day 16: Lunch

<table>
<thead>
<tr>
<th>Fruits &amp; Vegetables:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots</td>
</tr>
<tr>
<td>Kiwis</td>
</tr>
<tr>
<td>Raisins</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grains &amp; Legumes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole-wheat tortillas or wraps</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nuts &amp; Seeds:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut butter</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other:</th>
</tr>
</thead>
<tbody>
<tr>
<td>______</td>
</tr>
</tbody>
</table>

Learn more about the Mediterranean Diet at www.oldwayspt.org.

---

#### Day 16: Dinner

<table>
<thead>
<tr>
<th>Fruits &amp; Vegetables:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cucumbers</td>
</tr>
<tr>
<td>Garlic</td>
</tr>
<tr>
<td>Parsley (fresh)</td>
</tr>
<tr>
<td>Tarragon (fresh)</td>
</tr>
<tr>
<td>Watermelon</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grains &amp; Legumes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bulgur</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dairy &amp; Eggs:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parmesan cheese</td>
</tr>
<tr>
<td>Plain Greek yogurt</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fish &amp; Meat:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Halibut, cod, or salmon</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pantry Staples:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extra-virgin olive oil</td>
</tr>
<tr>
<td>Pepper</td>
</tr>
<tr>
<td>Salt</td>
</tr>
<tr>
<td>Thyme (dried)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other:</th>
</tr>
</thead>
<tbody>
<tr>
<td>______</td>
</tr>
</tbody>
</table>

Learn more about the Mediterranean Diet at www.oldwayspt.org.
### THE OLDWAYS 4-WEEK MEDITERRANEAN DIET MENU PLAN

#### DAY 17: BREAKFAST

**Fruits & Vegetables:**
- [ ] Strawberries

**Grains & Legumes:**
- [ ] Whole-wheat bread

**Nuts & Seeds:**
- [ ] Peanut butter

**Dairy & Eggs:**
- [ ] Plain Greek yogurt

**Pantry Staples:**
- [ ] Coffee or tea

**Other:**
- [ ] 

---

#### DAY 17: LUNCH

**Fruits & Vegetables:**
- [ ] Apples
- [ ] Garlic
- [ ] Lemons
- [ ] Mint (fresh)
- [ ] Parsley (fresh)
- [ ] Tomatoes

**Grains & Legumes:**
- [ ] Bulgur
- [ ] Whole-grain pitas

**Pantry Staples:**
- [ ] Pepper
- [ ] Salt

**Other:**
- [ ] 

---

#### DAY 17: DINNER

**Fruits & Vegetables:**
- [ ] Blueberries
- [ ] Carrots
- [ ] Celery
- [ ] Cherry tomatoes
- [ ] Garlic
- [ ] Mixed salad greens
- [ ] Onions
- [ ] Rosemary
- [ ] Raisins

**Grains & Legumes:**
- [ ] Canned chickpeas
- [ ] Whole-wheat couscous

**Fish & Meat:**
- [ ] Turkey breast

**Pantry Staples:**
- [ ] Extra-virgin olive oil
- [ ] Red wine vinegar
- [ ] Salt

**Other:**
- [ ] 

---

If you can't find the fresh herbs a recipe calls for, you can use dried herbs instead. Just use 1/3 the amount listed in the recipe if you are using dried herbs instead of fresh.

Learn more about the Mediterranean Diet at [www.oldwayspt.org](http://www.oldwayspt.org).
### THE OLDWAYS 4-WEEK MEDITERRANEAN DIET MENU PLAN

#### DAY 18: BREAKFAST

<table>
<thead>
<tr>
<th>Fruits &amp; Vegetables:</th>
<th>□ Pears</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains &amp; Legumes:</td>
<td>□ Whole-wheat bread</td>
</tr>
</tbody>
</table>
| Dairy & Eggs:        | □ Eggs  
                      | □ Goat cheese |
| Pantry Staples:      | □ Coffee or tea |
| Other:               | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |

**Learn more about the Mediterranean Diet at www.oldwayspt.org.**

#### DAY 18: LUNCH

| Fruits & Vegetables: | □ Bell peppers  
                      | □ Celery        |
|----------------------|----------------|
|                      | □ Garlic       |
|                      | □ Lemons       |
|                      | □ Mushrooms    |
|                      | □ Onions       |
|                      | □ Zucchini     |
| Grains & Legumes:    | □ Hummus       
                      | □ Lentils      |
|                      | □ Whole-grain baguette |
| Dairy & Eggs:        | □ Feta cheese |
| Pantry Staples:      | □ Cumin (ground) |
|                      | □ Extra-virgin olive oil |
|                      | □ Pepper       |
|                      | □ Salt         |
|                      | □ Tomato paste |
|                      | □ Vegetable or chicken stock |
| Other:               | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |
|                      | □ ____________ |

**Freeze leftover tomato paste in an icecube tray. Just pop it out and drop it in the pot the next time you need it.**

**Learn more about the Mediterranean Diet at www.oldwayspt.org.**

#### DAY 18: DINNER

| Fruits & Vegetables: | □ Cherry tomatoes  
                      | □ Fresh herbs of your choice |
|----------------------|---------------------|
|                      | □ Kalamata olives   |
|                      | □ Mixed salad greens|
| Grains & Legumes:    | □ Whole-grain flatbread or pizza crust |
| Dairy & Eggs:        | □ Feta cheese       |
|                     | □ Plain Greek yogurt |
| Pantry Staples:      | □ Cider or wine vinegar |
|                     | □ Extra-virgin olive oil |
|                     | □ Oregano (dried)   |
|                     | □ Salt               |
| Other:               | □ ____________       |
|                      | □ ____________       |
|                      | □ ____________       |
|                      | □ ____________       |
|                      | □ ____________       |
|                      | □ ____________       |
|                      | □ ____________       |
|                      | □ ____________       |
|                      | □ ____________       |
|                      | □ ____________       |

**Learn more about the Mediterranean Diet at www.oldwayspt.org.**

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---
<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruits &amp; Vegetables:</strong></td>
<td>Kalamata olives</td>
<td>Arugula</td>
</tr>
<tr>
<td></td>
<td>Lemons</td>
<td>Celery</td>
</tr>
<tr>
<td></td>
<td>Red onions</td>
<td>Garlic</td>
</tr>
<tr>
<td></td>
<td>Spinach</td>
<td>Lemons</td>
</tr>
<tr>
<td></td>
<td>Tomatoes</td>
<td>Onions</td>
</tr>
<tr>
<td><strong>Grains &amp; Legumes:</strong></td>
<td>Whole-wheat orzo</td>
<td>Brown rice</td>
</tr>
<tr>
<td></td>
<td>Whole-wheat pitas</td>
<td>Canned diced tomatoes</td>
</tr>
<tr>
<td><strong>Dairy &amp; Eggs:</strong></td>
<td>Feta cheese</td>
<td>Feta cheese</td>
</tr>
<tr>
<td><strong>Pantry Staples:</strong></td>
<td>Cider or wine vinegar</td>
<td>Plain Greek yogurt</td>
</tr>
<tr>
<td></td>
<td>Extra-virgin olive oil</td>
<td>Clam juice</td>
</tr>
<tr>
<td></td>
<td>Salt</td>
<td>Extra-virgin olive oil</td>
</tr>
<tr>
<td><strong>Other:</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Day 20: Breakfast

**Fruits & Vegetables:**
- Bananas

**Grains & Legumes:**
- Whole-grain English muffins

**Dairy & Eggs:**
- Plain Greek yogurt

**Pantry Staples:**
- Coffee or tea

**Other:**

### Day 20: Lunch

**Fruits & Vegetables:**
- Baby spinach
- Olives
- Tomatoes

**Grains & Legumes:**
- Whole-grain wraps

**Dairy & Eggs:**
- Goat cheese

**Pantry Staples:**
- Balsamic vinegar
- Extra-virgin olive oil
- Salt

**Other:**

### Day 20: Dinner

**Fruits & Vegetables:**
- Clementines
- Dill (fresh)
- Garlic
- Lemons
- Lettuce
- Tomatoes

**Grains & Legumes:**
- Whole-wheat pitas

**Dairy & Eggs:**
- Plain Greek yogurt

**Fish & Meat:**
- Chicken breast

**Pantry Staples:**
- Cumin (ground)

**Other:**

Iceberg is just one of many varieties of lettuce. Other varieties include bibb, escarole, leaf, oak leaf and romaine. Try a different variety each time you shop.
### Day 21: Breakfast

<table>
<thead>
<tr>
<th>Fruits &amp; Vegetables:</th>
<th>□ Grapes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains &amp; Legumes:</td>
<td>□ Whole-wheat bread</td>
</tr>
<tr>
<td>Dairy &amp; Eggs:</td>
<td>□ Eggs</td>
</tr>
<tr>
<td>Pantry Staples:</td>
<td>□ Coffee or tea</td>
</tr>
<tr>
<td>Other:</td>
<td>□ _____________</td>
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<tr>
<td></td>
<td>□ _____________</td>
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<td></td>
<td>□ _____________</td>
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<tr>
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<td>□ _____________</td>
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<tr>
<td></td>
<td>□ _____________</td>
</tr>
</tbody>
</table>

---

### Day 21: Lunch

| Fruits & Vegetables: | □ Apples
|                      | □ Celery
|                      | □ Mixed salad greens |
| Nuts & Seeds:        | □ Peanut butter
|                      | □ Walnuts |
| Dairy & Eggs:        | □ Plain Greek yogurt |
| Fish & Meat:         | □ Chicken |
| Pantry Staples:      | □ Oregano (dried) |
| Other:               | □ _____________ |
|                      | □ _____________ |
|                      | □ _____________ |
|                      | □ _____________ |
|                      | □ _____________ |

---

### Day 21: Dinner

| Fruits & Vegetables: | □ Avocado
|                      | □ Basil (fresh)
|                      | □ Cherry tomatoes
|                      | □ Garlic
|                      | □ Lemons
|                      | □ Mixed salad greens
|                      | □ Oranges
|                      | □ Tomatoes |
| Grains & Legumes:    | □ Whole-wheat farfalle |
| Dairy & Eggs:        | □ Parmesan cheese |
| Pantry Staples:      | □ Balsamic vinegar
|                      | □ Extra-virgin olive oil
|                      | □ Pepper
|                      | □ Salt |
| Other:               | □ _____________ |
|                      | □ _____________ |
|                      | □ _____________ |
|                      | □ _____________ |
|                      | □ _____________ |

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Peanut butter enjoys celebrity status in the United States, but other spreads can satisfy nutty cravings, too. Try almond or cashew butter or sunflower seed butter if someone in your family is allergic to tree nuts.
### THE OLDWAYS 4-WEEK MEDITERRANEAN DIET MENU PLAN

#### DAY 22: BREAKFAST

<table>
<thead>
<tr>
<th>Category</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits &amp; Vegetables</td>
<td>- Apples</td>
</tr>
<tr>
<td></td>
<td>- Raisins</td>
</tr>
<tr>
<td>Grains &amp; Legumes</td>
<td>- Oatmeal</td>
</tr>
<tr>
<td>Nuts &amp; Seeds</td>
<td>- Walnuts</td>
</tr>
<tr>
<td>Dairy &amp; Eggs</td>
<td>- Plain Greek yogurt</td>
</tr>
<tr>
<td>Pantry Staples</td>
<td>- Coffee or tea</td>
</tr>
<tr>
<td>Other</td>
<td>- [Blank]</td>
</tr>
</tbody>
</table>

#### DAY 22: LUNCH

<table>
<thead>
<tr>
<th>Category</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits &amp; Vegetables</td>
<td>- Corn kernels</td>
</tr>
<tr>
<td></td>
<td>- Lemons</td>
</tr>
<tr>
<td></td>
<td>- Mixed salad greens</td>
</tr>
<tr>
<td></td>
<td>- Pears</td>
</tr>
<tr>
<td>Grains &amp; Legumes</td>
<td>- Canned chickpeas</td>
</tr>
<tr>
<td></td>
<td>- Whole-wheat pitas</td>
</tr>
<tr>
<td>Nuts &amp; Seeds</td>
<td>- Walnuts</td>
</tr>
<tr>
<td>Dairy &amp; Eggs</td>
<td>- Feta cheese</td>
</tr>
<tr>
<td>Pantry Staples</td>
<td>- Cider or wine vinegar</td>
</tr>
<tr>
<td></td>
<td>- Extra-virgin olive oil</td>
</tr>
<tr>
<td></td>
<td>- Salt</td>
</tr>
<tr>
<td>Other</td>
<td>- [Blank]</td>
</tr>
</tbody>
</table>

#### DAY 22: DINNER

<table>
<thead>
<tr>
<th>Category</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits &amp; Vegetables</td>
<td>- Garlic</td>
</tr>
<tr>
<td></td>
<td>- Green beans</td>
</tr>
<tr>
<td></td>
<td>- Lemons</td>
</tr>
<tr>
<td></td>
<td>- Parsley (fresh)</td>
</tr>
<tr>
<td></td>
<td>- Pears</td>
</tr>
<tr>
<td>Grains &amp; Legumes</td>
<td>- Whole-grain pasta shells</td>
</tr>
<tr>
<td>Dairy &amp; Eggs</td>
<td>- Parmesan cheese</td>
</tr>
<tr>
<td>Fish &amp; Meat</td>
<td>- Canned clams</td>
</tr>
<tr>
<td>Pantry Staples</td>
<td>- Clam juice</td>
</tr>
<tr>
<td></td>
<td>- Extra-virgin olive oil</td>
</tr>
<tr>
<td>Other</td>
<td>- [Blank]</td>
</tr>
</tbody>
</table>

Look for clam juice in the supermarket in the same section as canned tuna and other seafood, next to the fresh seafood counter near the cocktail sauce, or in the juice aisle near lemon, lime, and tomato juices.

Learn more about the Mediterranean Diet at www.oldwayspt.org.
### Day 23: Breakfast

**Fruits & Vegetables:**
- Blueberries
- Oranges

**Grains & Legumes:**
- Whole-grain bagels

**Dairy & Eggs:**
- Soft cheese of your choice

**Pantry Staples:**
- Coffee or tea

**Other:**

---

### Day 23: Lunch

**Fruits & Vegetables:**
- Apples
- Carrots
- Garlic
- Mixed salad greens

**Grains & Legumes:**
- Whole-grain tortillas

**Nuts & Seeds:**
- Slivered almonds

**Dairy & Eggs:**
- Plain Greek yogurt

**Fish & Meat:**
- Canned tuna

**Pantry Staples:**
- Cider or wine vinegar
- Dijon mustard
- Extra-virgin olive oil
- Honey
- Salt

**Other:**

---

### Day 23: Dinner

**Fruits & Vegetables:**
- Cherry tomatoes
- Figs (fresh)
- Garlic
- Green bell peppers
- Lemons
- Mixed salad greens
- Mushrooms
- Onions
- Red bell peppers

**Grains & Legumes:**
- Brown rice

**Fish & Meat:**
- Sirloin

**Pantry Staples:**
- Cider or wine vinegar
- Dijon mustard
- Extra-virgin olive oil
- Italian herb seasoning (dried)
- Salt

**Other:**

---

Resist the temptation to store herbs and spices next to or above the stove. Preserve their flavor and nutrients for as long as possible by storing them in a cool, dark, and dry cupboard.

Learn more about the Mediterranean Diet at www.oldwayspt.org.
### DAY 24: BREAKFAST

**Fruits & Vegetables:**
- Oranges
- Pears

**Grains & Legumes:**
- Cinnamon-raisin bread

**Dairy & Eggs:**
- Goat cheese

**Pantry Staples:**
- Coffee or tea

**Other:**
- [ ]
- [ ]
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- [ ]
- [ ]
- [ ]

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### DAY 24: LUNCH

**Fruits & Vegetables:**
- Grapes
- Lettuce
- Onions
- Tomatoes

**Grains & Legumes:**
- Canned black, pinto, or garbanzo beans
- Whole-wheat pitas

**Nuts & Seeds:**
- Walnuts

**Dairy & Eggs:**
- Swiss cheese

**Pantry Staples:**
- Extra-virgin olive oil

**Other:**
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
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- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

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### DAY 24: DINNER

**Fruits & Vegetables:**
- Melon
- Mixed salad greens
- Onions
- Red or orange bell peppers
- Tomatoes
- Tarragon (fresh)
- Zucchini

**Grains & Legumes:**
- Whole-grain rolls

**Dairy & Eggs:**
- Eggs
- Parmesan cheese

**Pantry Staples:**
- Cider or wine vinegar
- Extra-virgin olive oil
- Pepper
- Salt

**Other:**
- [ ]
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Egg whites contain protein and almost no fat, but egg yolks are also nutritionally valuable. Egg yolks contain most of an egg’s vitamins and minerals.
### DAY 25: BREAKFAST

<table>
<thead>
<tr>
<th>Fruits &amp; Vegetables:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted fruit</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Grains &amp; Legumes:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole-wheat bread</td>
<td></td>
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<tr>
<td>Dairy &amp; Eggs:</td>
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<tr>
<td>Plain Greek yogurt</td>
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<tr>
<td>Pantry Staples:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple butter</td>
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<tr>
<td>Coffee or tea</td>
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<tr>
<td>Other:</td>
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</tbody>
</table>

### DAY 25: LUNCH

<table>
<thead>
<tr>
<th>Fruits &amp; Vegetables:</th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Garlic</td>
<td></td>
<td></td>
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<tr>
<td>Lemons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mixed salad greens</td>
<td></td>
<td></td>
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<tr>
<td>Oranges</td>
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<tr>
<td>Parsley (fresh)</td>
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<tr>
<td>Tomatoes</td>
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<td></td>
</tr>
<tr>
<td>Grains &amp; Legumes:</td>
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<td></td>
</tr>
<tr>
<td>Lentils</td>
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<tr>
<td>Whole-wheat pitas</td>
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<tr>
<td>Fish &amp; Meat:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canned Tuna</td>
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<tr>
<td>Pantry Staples:</td>
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<tr>
<td>Pepper</td>
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<tr>
<td>Salt</td>
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<td>Other:</td>
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</tbody>
</table>

### DAY 25: DINNER

<table>
<thead>
<tr>
<th>Fruits &amp; Vegetables:</th>
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<th></th>
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</thead>
<tbody>
<tr>
<td>Garlic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemons</td>
<td></td>
<td></td>
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<tr>
<td>Onions</td>
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<tr>
<td>Spinach</td>
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<tr>
<td>Sweet potatoes</td>
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<td></td>
</tr>
<tr>
<td>Grains &amp; Legumes:</td>
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</tr>
<tr>
<td>Quinoa</td>
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<tr>
<td>Fish &amp; Meat:</td>
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<td></td>
</tr>
<tr>
<td>Scallops</td>
<td></td>
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<tr>
<td>Pantry Staples:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Extra-virgin olive oil</td>
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<tr>
<td>Pepper</td>
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<tr>
<td>Salt</td>
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<tr>
<td>Other:</td>
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</tbody>
</table>

Quinoa is a favorite of whole-grain cooks because its tiny grains are ready to eat in just 15 minutes! It is also a complete protein and is gluten-free, making it a great choice for the vegetarian and celiac communities.

Learn more about the Mediterranean Diet at www.oldwayspt.org.
### Day 26: Breakfast

- **Fruits & Vegetables:**
  - [ ] Melon

- **Grains & Legumes:**
  - [ ] Whole-grain English muffins

- **Nuts & Seeds:**
  - [ ] Peanut butter

- **Pantry Staples:**
  - [ ] Coffee or tea

- **Other:**
  - [ ] _______________
  - [ ] _______________
  - [ ] _______________
  - [ ] _______________
  - [ ] _______________

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### Day 26: Lunch

- **Fruits & Vegetables:**
  - [ ] Bell peppers
  - [ ] Blueberries
  - [ ] Celery
  - [ ] Fresh herbs of your choice

- **Grains & Legumes:**
  - [ ] Barley

- **Fish & Meat:**
  - [ ] Shrimp

- **Pantry Staples:**
  - [ ] Capers
  - [ ] Cider or wine vinegar
  - [ ] Extra-virgin olive oil
  - [ ] Salt

- **Other:**
  - [ ] _______________
  - [ ] _______________
  - [ ] _______________
  - [ ] _______________
  - [ ] _______________
  - [ ] _______________

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### Day 26: Dinner

- **Fruits & Vegetables:**
  - [ ] Avocados
  - [ ] Cucumbers
  - [ ] Garlic
  - [ ] Lemons or limes
  - [ ] Lettuce
  - [ ] Onions
  - [ ] Raspberries
  - [ ] Tomatoes
  - [ ] Zucchini

- **Grains & Legumes:**
  - [ ] Whole-wheat couscous

- **Dairy & Eggs:**
  - [ ] Parmesan cheese

- **Fish & Meat:**
  - [ ] Chicken

- **Pantry Staples:**
  - [ ] Extra-virgin olive oil
  - [ ] Oregano (dried)
  - [ ] Pepper
  - [ ] Salt

- **Other:**
  - [ ] _______________
  - [ ] _______________
  - [ ] _______________
  - [ ] _______________
  - [ ] _______________

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**Skip the powdered cheese and purchase Parmesan cheese by the wedge. It is less processed, and has better flavor and more nutrients.**

Learn more about the Mediterranean Diet at [www.oldwayspt.org](http://www.oldwayspt.org).
**Fruits & Vegetables:**
- Avocados
- Cherry tomatoes
- Lemons
- Mixed salad greens
- Plums

**Grains & Legumes:**
- Whole-wheat linguini

**Dairy & Eggs:**
- Eggs
- Parmesan cheese

**Pantry Staples:**
- Extra-virgin olive oil
- Pepper
- Salt

Kasseri cheese is a semi-hard Greek cheese made of sheep’s milk. Look for it in the specialty cheese case near the produce section of your supermarket.
**THE OLDWAYS 4-WEEK MEDITERRANEAN DIET MENU PLAN**

**DAY 28: BREAKFAST**

**FRUITS & VEGETABLES:**
- Avocados
- Strawberries

**GRAINS & LEGUMES:**
- Whole-wheat bread

**DAIRY & EGGS:**
- Plain Greek yogurt

**PANTRY STAPLES:**
- Coffee or tea

**OTHER:**
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Learn more about the Mediterranean Diet at www.oldwayspt.org.

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**DAY 28: LUNCH**

**FRUITS & VEGETABLES:**
- Assorted mixed fruit
- Assorted mixed vegetables

**GRAINS & LEGUMES:**
- Whole-wheat pitas

**DAIRY & EGGS:**
- Mozzarella cheese

**PANTRY STAPLES:**
- Extra-virgin olive oil
- Tomato sauce

**OTHER:**
- Oatmeal raisin cookies
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Learn more about the Mediterranean Diet at www.oldwayspt.org.

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**DAY 28: DINNER**

**FRUITS & VEGETABLES:**
- Basil (fresh) or baby spinach
- Celery
- Cucumbers
- Onions
- Red or yellow bell peppers
- Tomatoes

**GRAINS & LEGUMES:**
- Brown rice
- Canned cannellini beans

**FISH & MEAT:**
- Canned tuna

**PANTRY STAPLES:**
- Cider or wine vinegar
- Extra-virgin olive oil
- Pepper
- Salt

**OTHER:**
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Canned tuna used to come only packed in water or oil in a can. Now tuna comes in different sized cans, in pouches, and seasoned with herbs and spices. Experiment with different options to find what works best for your family.