

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 1: BREAKFAST**

- FRUITS & VEGETABLES: Cherries
- GRAINS & LEGUMES: Whole-wheat bread
- NUTS & SEEDS: Peanut butter
- DAIRY & EGGS: Plain Greek yogurt
- PANTRY STAPLES: Coffee or tea
- OTHER: _____

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 1: LUNCH**

- FRUITS & VEGETABLES: Grapes
 Red bell peppers
 Romaine lettuce or baby spinach
- GRAINS & LEGUMES: Hummus
 Whole-grain wraps
- NUTS & SEEDS: Walnuts
- OTHER: _____

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

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 1: DINNER**

- FRUITS & VEGETABLES: Asparagus
 Cucumbers
 Garlic
 Lemons
 Lettuce
 Pears
 Tomatoes
- GRAINS & LEGUMES: Farro
- FISH & MEAT: Salmon steaks
- PANTRY STAPLES: Cider or wine vinegar
 Crushed red pepper flakes
 Extra-virgin olive oil
 Pepper
 Salt
- OTHER: _____



**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.



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 2: LUNCH**

- FRUITS & VEGETABLES: Cucumbers
 Green bell peppers
 Lemons
 Mangoes
 Parsley (fresh)
 Romaine lettuce
 Radishes
 Scallions
 Tomatoes
- GRAINS & LEGUMES: Whole-grain pitas
- DAIRY & EGGS: Feta cheese
- OTHER: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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: _____



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

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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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**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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: _____

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.

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 4: BREAKFAST**

- FRUITS & VEGETABLES: Avocado
 Cherry tomatoes
 Lemons
 Melon
 Scallions
 Tomatoes
- GRAINS & LEGUMES: Whole-wheat English muffins
- DAIRY & EGGS: Eggs
- PANTRY STAPLES: Coffee or tea
- OTHER: _____

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

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

- FRUITS & VEGETABLES: Apples
 Baby spinach
 Lemons
- GRAINS & LEGUMES: Hummus
 Whole-grain rolls
- DAIRY & EGGS: Herbed feta cheese
- PANTRY STAPLES: Cider or wine vinegar
 Extra-virgin olive oil
- OTHER: _____

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

- FRUITS & VEGETABLES: Cherry tomatoes
 Cucumbers
 Garlic
 Lettuce
 Tomatoes
- GRAINS & LEGUMES: Whole-wheat penne
- DAIRY & EGGS: Parmesan cheese
- PANTRY STAPLES: Cider or wine vinegar
 Dijon mustard
 Extra-virgin olive oil
 Honey
 Salt
- OTHER: Raspberry Sorbet



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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: _____

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.



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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: _____



**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: _____

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



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN**

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: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN**

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



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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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**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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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Only wash and trim strawberries when you're ready to use them. Prewashing makes them spoil faster.

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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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**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: _____

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.



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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.

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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: _____



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**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 9: DINNER**

- FRUITS & VEGETABLES: Celery
 Garlic
 Lemons
 Mixed salad greens
 Onions
 Raspberries
 Tomatoes
- GRAINS & LEGUMES: Whole-grain linguini
- 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.



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: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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.



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 11: BREAKFAST**

- FRUITS & VEGETABLES: Blueberries
 Tomatoes
- GRAINS & LEGUMES: Whole-wheat bread
- DAIRY & EGGS: Eggs
 Feta cheese
- PANTRY STAPLES: Coffee or tea
- OTHER: _____

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 11: LUNCH**

- FRUITS & VEGETABLES: Avocados
 Carrots
 Garlic
 Ginger (fresh)
 Kalamata olives
 Onions
- GRAINS & LEGUMES: Hummus
 Whole-wheat pitas
- PANTRY STAPLES: Cayenne
 Chicken or vegetable stock
 Cumin seeds
 Extra-virgin olive oil
- OTHER: _____

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 11: DINNER**

- FRUITS & VEGETABLES: Avocados
 Cucumbers
 Garlic
 Lemons or limes
 Mixed salad greens
 Onions
 Red or yellow bell peppers
 Tomatoes
 Yukon gold potatoes
 Zucchini
- NUTS & SEEDS: Walnuts
- DAIRY & EGGS: Plain Greek yogurt
- FISH & MEAT: Chicken breast
- PANTRY STAPLES: Cider or wine vinegar
 Dijon mustard
 Extra-virgin olive oil
 Honey
 Salt
- OTHER: _____

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.



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 12: BREAKFAST**

- FRUITS & VEGETABLES: Strawberries

- GRAINS & LEGUMES: Whole-grain cereal

- DAIRY & EGGS: Milk

- PANTRY STAPLES: Coffee or tea

- OTHER: _____
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**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 12: LUNCH**

- FRUITS & VEGETABLES: Apples
- Baby spinach
- Celery
- Garlic

- GRAINS & LEGUMES: Hummus
- Whole-wheat pitas

- FISH & MEAT: Smoked turkey

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

- OTHER: _____
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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.

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 12: DINNER**

- FRUITS & VEGETABLES: Baby spinach
- Carrots
- Celery
- Garlic
- Onions
- Peaches
- Sweet potatoes
- Tomatoes
- Zucchini

- Canned diced tomatoes

- GRAINS & LEGUMES: Barley

- DAIRY & EGGS: Feta cheese

- PANTRY STAPLES: Cider or wine vinegar
- Coconut milk (light)
- Cumin (ground)
- Curry powder
- Extra-virgin olive oil
- Pepper
- Salt

- OTHER: _____
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**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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.

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 13: LUNCH**

- FRUITS & VEGETABLES: Garlic
 Grapes
 Mushrooms
 Olives
 Romaine lettuce
 Scallions
- GRAINS & LEGUMES: Whole-wheat pitas
- DAIRY & EGGS: Goat cheese
- PANTRY STAPLES: Balsamic vinegar
 Extra-virgin olive oil
- OTHER: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 13: DINNER**

- FRUITS & VEGETABLES: Arugula
 Avocados
 Garlic
 Limes
 Onions
 Red or yellow bell peppers
 Strawberries
 Tarragon (fresh)
 Zucchini
- 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: _____



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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**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: _____

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



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**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 15: BREAKFAST**

- FRUITS & VEGETABLES: Blueberries
- GRAINS & LEGUMES: Whole-grain muffins
- DAIRY & EGGS: Plain Greek yogurt
- PANTRY STAPLES: Coffee or tea
- OTHER: _____

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.



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 15: LUNCH**

- FRUITS & VEGETABLES: Lemons
 Mixed salad greens
 Scallions
- GRAINS & LEGUMES: Whole-grain crackers
 Whole-grain croutons
- DAIRY & EGGS: Parmesan cheese
- FISH & MEAT: Cider or wine vinegar
 Extra-virgin olive oil
 Pepper
 Salt
- OTHER: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 15: DINNER**

- FRUITS & VEGETABLES: Mushrooms
 Plums
 Tomatoes
 Frozen spinach
- GRAINS & LEGUMES: Whole-wheat bread
- DAIRY & EGGS: Cheese of your choice
 Eggs
 Milk
- PANTRY STAPLES: Dijon mustard
 Extra-virgin olive oil
- OTHER: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 16: BREAKFAST**

- FRUITS & VEGETABLES: Cilantro (fresh)
 Garlic
 Onions
 Oranges
 Canned diced tomatoes
- GRAINS & LEGUMES: Whole-wheat bread
- DAIRY & EGGS: Eggs
- PANTRY STAPLES: Coffee or tea
 Extra-virgin olive oil
 Fruit jam
 Pepper
 Salt
- OTHER: _____

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 of the least.



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 16: LUNCH**

- FRUITS & VEGETABLES: Carrots
 Kiwis
 Raisins
- GRAINS & LEGUMES: Whole-wheat tortillas or wraps
- NUTS & SEEDS: Peanut butter
- OTHER: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 16: DINNER**

- FRUITS & VEGETABLES: Cucumbers
 Garlic
 Parsley (fresh)
 Tarragon (fresh)
 Watermelon
- GRAINS & LEGUMES: Bulgur
- DAIRY & EGGS: Parmesan cheese
 Plain Greek yogurt
- FISH & MEAT: Halibut, cod, or salmon
- PANTRY STAPLES: Extra-virgin olive oil
 Pepper
 Salt
 Thyme (dried)
- OTHER: _____



**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: _____
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**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 17: LUNCH**

- FRUITS & VEGETABLES: Apples
- Garlic
- Lemons
- Mint (fresh)
- Parsley (fresh)
- Tomatoes

- GRAINS & LEGUMES: Bulgur
- Whole-grain pitas

- PANTRY STAPLES: Pepper
- Salt

- OTHER: _____
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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.



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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: _____
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**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 18: BREAKFAST**

- FRUITS & VEGETABLES: Pears
- GRAINS & LEGUMES: Whole-wheat bread
- DAIRY & EGGS: Eggs
 Goat cheese
- PANTRY STAPLES: Coffee or tea
- OTHER: _____



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

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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.

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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: _____



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**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 19: BREAKFAST**

- FRUITS & VEGETABLES: Melon
- GRAINS & LEGUMES: Whole-wheat baguette
- DAIRY & EGGS: Swiss cheese
- PANTRY STAPLES: Coffee or tea
 Fruit jam
- OTHER: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 19: LUNCH**

- FRUITS & VEGETABLES: Kalamata olives
 Lemons
 Red onions
 Spinach
 Tomatoes
- GRAINS & LEGUMES: Whole-wheat orzo
 Whole-wheat pitas
- DAIRY & EGGS: Feta cheese
- PANTRY STAPLES: Cider or wine vinegar
 Extra-virgin olive oil
 Salt
- OTHER: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 19: DINNER**

- FRUITS & VEGETABLES: Arugula
 Celery
 Garlic
 Lemons
 Onions
- Canned diced tomatoes
- GRAINS & LEGUMES: Brown rice
- NUTS & SEEDS: Walnuts
- DAIRY & EGGS: Feta cheese
 Plain Greek yogurt
- PANTRY STAPLES: Cider or wine vinegar
 Clam juice
 Extra-virgin olive oil
 Honey
 Salt
 Thyme (dried)
- OTHER: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 20: BREAKFAST**

- FRUITS & VEGETABLES: Bananas
- GRAINS & LEGUMES: Whole-grain English muffins
- DAIRY & EGGS: Plain Greek yogurt
- PANTRY STAPLES: Coffee or tea
- OTHER: _____
- _____
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- _____
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- _____
- _____
- _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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: _____
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- _____
- _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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.



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 2 1: BREAKFAST**

- FRUITS & VEGETABLES: Grapes
- GRAINS & LEGUMES: Whole-wheat bread
- DAIRY & EGGS: Eggs
- PANTRY STAPLES: Coffee or tea
- OTHER: _____



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**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 2 1: 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: _____

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.



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**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 2 1: 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: _____



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

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 22: BREAKFAST**

- FRUITS & VEGETABLES: Apples
- Raisins
- GRAINS & LEGUMES: Oatmeal
- NUTS & SEEDS: Walnuts
- DAIRY & EGGS: Plain Greek yogurt
- PANTRY STAPLES: Coffee or tea
- OTHER: _____
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- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 22: LUNCH**

- FRUITS & VEGETABLES: Corn kernels
- Lemons
- Mixed salad greens
- Pears
- GRAINS & LEGUMES: Canned chickpeas
- Whole-wheat pitas
- NUTS & SEEDS: Walnuts
- DAIRY & EGGS: Feta cheese
- PANTRY STAPLES: Cider or wine vinegar
- Extra-virgin olive oil
- Salt
- OTHER: _____
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**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 22: DINNER**

- FRUITS & VEGETABLES: Garlic
- Green beans
- Lemons
- Parsley (fresh)
- Pears
- GRAINS & LEGUMES: Whole-grain pasta shells
- DAIRY & EGGS: Parmesan cheese
- FISH & MEAT: Canned clams
- PANTRY STAPLES: Clam juice
- Extra-virgin olive oil
- OTHER: _____
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- _____
- _____
- _____

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.



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 2 3: BREAKFAST**

- FRUITS & VEGETABLES: Blueberries
 Oranges
- GRAINS & LEGUMES: Whole-grain bagels
- DAIRY & EGGS: Soft cheese of your choice
- PANTRY STAPLES: Coffee or tea
- OTHER: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 2 3: 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: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 2 3: 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.



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 24: BREAKFAST**

- FRUITS & VEGETABLES: Oranges
 Pears
- GRAINS & LEGUMES: Cinnamon-raisin bread
- DAIRY & EGGS: Goat cheese
- PANTRY STAPLES: Coffee or tea
- OTHER: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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: _____

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.



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 2 5: BREAKFAST**

- FRUITS & VEGETABLES: Assorted fruit

- GRAINS & LEGUMES: Whole-wheat bread

- DAIRY & EGGS: Plain Greek yogurt

- PANTRY STAPLES: Apple butter
 Coffee or tea

- OTHER: _____



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

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 2 5: LUNCH**

- FRUITS & VEGETABLES: Garlic
 Lemons
 Mixed salad greens
 Oranges
 Parsley (fresh)
 Tomatoes

- GRAINS & LEGUMES: Lentils
 Whole-wheat pitas

- FISH & MEAT: Canned Tuna

- PANTRY STAPLES: Pepper
 Salt

- OTHER: _____



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

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 2 5: DINNER**

- FRUITS & VEGETABLES: Garlic
 Lemons
 Onions
 Spinach
 Sweet potatoes

- GRAINS & LEGUMES: Quinoa

- FISH & MEAT: Scallops

- PANTRY STAPLES: Extra-virgin olive oil
 Pepper
 Salt

- OTHER: _____

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.

**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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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- _____
- _____
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- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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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**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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.



THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 2 7: BREAKFAST

- FRUITS & VEGETABLES: Bell peppers
 Onions
 Raspberries
- GRAINS & LEGUMES: Whole-wheat pitas
- DAIRY & EGGS: Eggs
 Kasseri cheese
- PANTRY STAPLES: Coffee or tea
- OTHER: _____

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 2 7: LUNCH

- FRUITS & VEGETABLES: Avocados
 Cherry tomatoes
 Lemons
 Mixed salad greens
 Plums
 Canned or jarred artichoke hearts
- GRAINS & LEGUMES: Whole-wheat pitas
- DAIRY & EGGS: Goat cheese
- FISH & MEAT: Shrimp
- PANTRY STAPLES: Cider wine or vinegar
 Extra-virgin olive oil
 Salt
- OTHER: _____



THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
DAY 2 7: DINNER

- FRUITS & VEGETABLES: Avocados
 Garlic
 Lemons or limes
 Mixed salad greens
 Onions
 Frozen peas
- GRAINS & LEGUMES: Whole-wheat linguini
- DAIRY & EGGS: Eggs
 Parmesan cheese
- PANTRY STAPLES: Extra-virgin olive oil
 Pepper
 Salt
- OTHER: _____



**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: _____



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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



**THE OLDWAYS 4-WEEK
MEDITERRANEAN DIET MENU PLAN
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: _____

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.

