



MAY IS INTERNATIONAL MEDITERRANEAN DIET MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>TAKE A WALK Take a <i>passeggiata</i>, an evening walk around the neighborhood tonight.</p>	<p>ENJOY EGGS Make eggs for dinner. Cook them your favorite way and enjoy with whole grain toast and a big green salad.</p>	<p>FRUIT FOR DESSERT Enjoy fresh fruit for dessert tonight. Try berries with Greek yogurt, or just plain fruit.</p>	<p>GO MEATLESS Go meatless today. Get creative with whole grains, legumes, nuts and seeds, vegetables cheese, and yogurt.</p>	<p>FOOD & FRIENDS Invite a couple friends over for an impromptu dinner; savor your food and the conversation.</p>	<p>FRIENDLY FISH Open up a can of sardines (or your favorite canned or pouched fish) and enjoy with whole grain crackers for a snack or make a sandwich for lunch.</p>
<p>GRAB A GRAIN Cook up a large batch of whole grains – like bulgur, farro, or brown rice – and refrigerate or freeze to use throughout the week.</p>	<p>PICK PULSES Try two different kinds of pulses—dry peas, beans, lentils, or chickpeas—today.</p>	<p>PREP PASTA Prep for a few lunches this week. Toss cooked whole wheat pasta with sun-dried tomatoes, basil, feta, olives, and olive oil and chill.</p>	<p>AVOCADO Spread your toast or bagel this morning with mashed avocado, rather than butter or cream cheese.</p>	<p>NUTTY SNACK When that afternoon hunger hits today, try snacking on a palmful of nuts (walnuts or peanuts, for example).</p>	<p>GET PICKLED Add some pickled vegetables to your dinner or lunch plate today. Pickling is an important way to preserve vegetables, and it adds a nice crunch.</p>	<p>HAVE SOME SEAFOOD Plan a seafood dinner for next week. Look for fatty fish, such as salmon, tuna, and mackerel.</p>
<p>GET MOVING Get moving to clear your head for the week ahead. Go for a hike, turn up the music and dance, or clean the house.</p>	<p>TEA TIME Enjoy a cup of mint tea (Moroccan-style) in the afternoon or after dinner tonight.</p>	<p>CHEESE Snack on a traditional Mediterranean cheese like Parmigiano-Reggiano, Chèvre, or Manchego.</p>	<p>MED FRUIT Try a native Mediterranean fruit today: Mandarin oranges, figs, persimmons, or pomegranates. Olives count!</p>	<p>EASY PASTA Sauté anchovies, garlic, and red pepper flakes in olive oil. Toss with whole wheat spaghetti and sprinkle with cheese. Simple and delicious!</p>	<p>EAT OUT Treat yourself—and a friend!—to a meal out at a Mediterranean restaurant.</p>	<p>SAVE SOUP Make a large batch of your favorite soup and freeze the leftovers. Next time you're in a rush, you'll have a healthy meal ready to go!</p>
<p>TRY OLIVES Check out the olive bar or olive section at your supermarket and pick out a kind you've never tried before.</p>	<p>ROAST IT Toss broccoli or cauliflower florets with olive oil, salt, and pepper, and roast in a 400°F oven for 30-45 minutes. Top with chopped peanuts for a crunchy garnish.</p>	<p>MEZZE PLATE Put together a mezza (small bites) plate for lunch. Some options: olives, stuffed grape leaves, sun-dried tomatoes, hummus, pita, roasted red peppers.</p>	<p>ADD HERBS Chop up your favorite fresh herbs and add them to a green salad. Basil, mint, and cilantro are especially refreshing.</p>	<p>DIPS & SPREADS Pick up a Mediterranean dip or spread at the store. Tzatziki (yogurt), tapenade (olive), and baba ghanouj (eggplant) are great options.</p>	<p>GREEK YOGURT For dessert or a sweet snack, enjoy Greek yogurt topped with honey and chopped walnuts.</p>	<p>SPICY POPCORN Did you know popcorn is a whole grain? Toss popcorn with olive oil and Mediterranean spices (za'atar is especially good) for a movie night snack.</p>
<p>A VEGETABLE AT EVERY MEAL Eat at least one serving of vegetables at every meal. Try a veggie omelet for breakfast and a green salad for lunch, for example.</p>	<p>SAVOR SEEDS Sprinkle seeds—sunflower, pumpkin, sesame—on your soup or salad today.</p>	<p>TUNA & TOAST Make a Mediterranean tuna melt. Mix together flaked canned tuna, olive oil, lemon juice and parsley, and spoon on top of whole grain toast. Top with mozzarella cheese and broil.</p>	<p>CELEBRATE! Congratulations! Celebrate completing the Make Each Day Mediterranean Med Month Challenge with a glass of wine or sparkling cider.</p>	<p>MAKE EACH DAY MEDITERRANEAN WWW.OLDWAYSPT.ORG</p>		