



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>A TIP A DAY FOR THE MONTH OF MAY</b></p>		<p><b>VIVA LA PASTA</b> Easy, fast, and delicious! Pair your favorite whole wheat pasta with beans, tomatoes, vegetables, and olive oil.</p>	<p><b>LOVE LENTILS</b> Enjoy lentils in a salad, as a side dish, or as a “bed” for fish or meat.</p>	<p><b>SPREAD IT!</b> Enjoy creamy hummus, tzatziki, muhummara, babah ganoush, and tapenade on pita or crackers or in a sandwich instead of mayonnaise.</p>	<p><b>SMALL FISH</b> Add new fish to your life! Try some of the Mediterranean’s most healthy and delicious small fish: anchovies, sardines, and mackerel.</p>	<p><b>O IS FOR OLIVES</b> So many ways to add olives to your life! Salads, pasta dishes, and snacks are just the beginning!</p>
<p><b>SPICE STARS</b> Spices and herbs add flavor and fun to any dish! Try some new ones! Cumin, mint, oregano, and turmeric are all quintessential Mediterranean spices.</p>	<p><b>GO FOR GREENS</b> Greens mix with grains, greens mix with beans, greens can be the base! Try them all!</p>	<p><b>GREEK YOGURT</b> A full-bodied, creamy treat. It is at home for breakfast, lunch, a pick-me-up snack, and in cooking.</p>	<p><b>I ♥ OLIVE OIL</b> Try a new extra virgin olive oil today! Greek or Turkish, Moroccan, or Tunisian!</p>	<p><b>EGGS FOR DINNER</b> Eggs are not just for breakfast. Try a new egg dish for dinner—Tortilla Espanola or a Frittata from Italy or Shakshua (tomatoes and egg) from North Africa!</p>	<p><b>BEANS! BEANS!</b> Explore a new world of Mediterranean beans in soup or a creamy dip, with pasta, or as a side dish.</p>	<p><b>PEANUTS+ CITRUS</b> Enjoy a new dessert! Serve peanuts in their shell, paired with oranges or clementines.</p>
<p><b>AVOCADO TOAST</b> It’s yummy, whether for breakfast, lunch, or dinner! Enjoy mashed avocado on whole grain toast or pita.</p>	<p><b>FOOD FROM THE SEA</b> Aim for seafood twice a week and try different Mediterranean fish recipes. Flavor and health together!</p>	<p><b>MEZZE IS A MUST</b> Make your lunch a mezze lunch: hummus or muhummara, paired with raw carrots, cherry tomatoes, and whole grain pita bread.</p>	<p><b>MED WHOLE GRAINS</b> Try one of the recipes in Oldways’ new book—<i>Whole Grains Around the World</i>.</p>	<p><b>HAPPY NATIONAL WALNUT DAY!</b> Top your salad, yogurt, or fruit with a handful of delicious walnuts, loaded with healthy omega-3s.</p>	<p><b>TOMATO!</b> Tomatoes came from the New World to the Old World, making them a favorite in Mediterranean cooking. Add tomatoes to a dish today.</p>	<p><b>HEALTH IN A CAN</b> Canned beans are great if you are pressed for time. Equally useful are canned vegetables and tomatoes when fresh is out of season or out of reach.</p>
<p><b>MED VEGGIES</b> Make vegetables the star of a meal today! Change your routine by trying a Med pick like artichokes, fennel, eggplant, or fava beans.</p>	<p><b>HONEY HAPPINESS</b> Honey is not just for tea, coffee, or swapping for sugar. Add honey to your cooking for some extra flavor.</p>	<p><b>FABULOUS FIGS</b> Enjoy figs as a dessert, either alone or with cheese or ice cream. For an extra yummy treat, dip them in chocolate or stuff them with goat cheese and nuts.</p>	<p><b>MED BREAKFAST</b> Try the Oldways Mediterranean 1-2-3 breakfast: a whole grain, a fruit, and protein (eggs or Greek yogurt).</p>	<p><b>CHEESE!</b> Take a tour around the Mediterranean! Try Feta from Greece, Parmigiano-Reggiano from Italy, Manchego from Spain, or Halloumi from Cyprus.</p>	<p><b>PIZZA FRIDAY</b> It’s Friday. Make your own pizza with whole wheat crust and your favorite vegetables and cheese.</p>	<p><b>DRIED FRUIT</b> Don’t forget dried fruit like raisins, cherries, apricots, and others. They’re especially great for those days when you’re on the go!</p>
<p><b>PARTY PLATTERS</b> Instead of a deli platter, make a Med Platter. Olives, veggies, cornichons, hummus, and whole wheat pita toasts.</p>	<p><b>MED MEMORIAL DAY</b> For your Memorial Day BBQ this year, try shish kebabs paired with bulgur and walnut pilaf and a great green salad.</p>	<p><b>MED SOUPS</b> Soup is a great way to bring vegetables to the table. Try Spanish gazpacho or Italian pasta fagioli today!</p>	<p><b>NUTS TODAY</b> Nuts can add texture and healthy fats to many different dishes, sauces, snacks, and desserts. Almonds, walnuts, and pistachios are especially Mediterranean.</p>	<p><b>WALK! DANCE! BIKE!</b> Being active is just as important as the food you eat. Walking, dancing, and biking are all easy, fun ways to keep yourself moving!</p>	<p><b>MAKE EACH DAY MEDITERRANEAN</b> <a href="http://WWW.OLDWAYSPT.ORG">WWW.OLDWAYSPT.ORG</a></p>	