

May

is International **Mediterranean Diet** Month

Are you up for the #MedMonth Challenge? Eating the Mediterranean Diet is within your reach! This May, spend a little time each day with Oldways to learn about how you can incorporate principles of the Mediterranean Diet into your life, one day at a time.

Post this calendar on your fridge—it's your reminder to stop by [Make Every Day Mediterranean](#) on Facebook for a daily tip, idea, or encouragement!



2
Say hello to
walnut pesto
& pasta



4
Take a breather!
Pause & reflect

5
Eat **less meat**

6
Common Med
foods & flavors



8
Learn to
love **seafood**

9
Swap out sugar



11
Learn about
fattoush

12
Remember
the **Pyramid?**



14
Reflect on
highs & lows

15
12 ways to
use **kale**



17
Hummus 101

18
Thrifty
cooking tips

19
Phone-a-friend

20
EVOO 101



22
Rinsing beans
& **chickpeas**

23
All about
grain bowls

24
12 ways to
use **peanuts**



26
Avocado toast,
Med-style



28
You made it!

Join the **#MedMonth Challenge!** [OldwaysPT.org/Challenge](#)