

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>MAKE EACH DAY MEDITERRANEAN!</b></p> 		<p><b>GO FISH</b> Eat fish and seafood at least twice a week to boost brain and heart health.</p> <p>1</p>	<p><b>GET MOVING</b> Find ways to be more active by walking, biking, dancing, playing sports, or going to the gym. Make exercise an automatic part of your daily routine.</p> <p>2</p>	<p><b>THINK SOUP</b> Master a few easy ways to make your own minestrone or lentil soup for a hearty lunch or first course for dinner. Take some to work or freeze leftovers.</p> <p>3</p>	<p><b>SPREAD THE WORD</b> Plan a Mediterranean dinner party. Serve a simple tagine with couscous, a green salad, several wines to taste, and fresh fruit and cheese for dessert.</p> <p>4</p>	<p><b>EAT EGGS</b> If you have an egg, you have a meal. Hard cook them, make omelets, or scramble and tuck into wraps.</p> <p>5</p>
<p><b>PLAY WITH DESSERT</b> Dip strawberries in Greek yogurt and then into chopped nuts, or find other ways to enjoy fruit at the end of a meal.</p> <p>6</p>	<p><b>SPICE IT UP</b> Use flavorful spices and fresh and dried herbs, which are naturally high in antioxidants, to deliver great flavors to food without added salt or fat. Dust chicken with cumin, season salmon with fennel.</p> <p>7</p>	<p><b>REMEMBER DATES</b> Luscious Medjool dates are great portable snacks and energy boosters. Slice into salads or serve with Greek yogurt for dessert.</p> <p>8</p>	<p><b>OPEN THE OLIVES</b> Eat olives as snacks or hors d'oeuvres, add to salads and grain dishes, or thread onto skewers with other vegetables and grill until sizzling.</p> <p>9</p>	<p><b>ROAST VEGGIES</b> As soon as you bring carrots, onions, beets, peppers, squash, and other vegetables home from the store, toss them lightly with olive oil, roast at 425°F for 10 to 20 minutes. Enjoy for several days.</p> <p>10</p>	<p><b>DISCOVER DRIED FRUIT</b> Add raisins and chopped, dried fruit to grain dishes, or puree with garlic, olive oil, and lemon juice for a tasty dressing. Serve dried figs on pizza or marinated in wine for dessert.</p> <p>11</p>	<p><b>SHARE MEALS</b> Cook and eat with others as often as possible. Enjoying food with friends and family contributes to your good health!</p> <p>12</p>
<p><b>STAY HYDRATED</b> Drink water throughout the day and with all meals.</p> <p>13</p>	<p><b>GO MEATLESS</b> Cook a vegetarian meal one or two nights a week. Include beans and other vegetables, whole grains, nuts, and healthy fats such as olive oil, olives, avocados, nuts, peanuts, and seeds.</p> <p>14</p>	<p><b>PUT PASTA IN A POT</b> Plan healthy pasta meals by including chopped vegetables, canned beans, and a sprinkling of grated cheese.</p> <p>15</p>	<p><b>KEEP HUMMUS HANDY</b> Use hummus as a dip for raw vegetables, as a filling for hard-cooked eggs, and in place of mayonnaise in sandwiches and wraps.</p> <p>16</p>	<p><b>SUBSTITUTE WITH YOGURT</b> Use Greek yogurt instead of sour cream for dips, sauces, and in baked goods, and use it to flavor vegetables.</p> <p>17</p>	<p><b>STOCK YOUR PANTRY</b> Keep sun-dried tomatoes, canned beans, tuna, sardines, pasta, whole grains, herbs, spices, olive oil, olives, and balsamic vinegar on hand.</p> <p>18</p>	<p><b>HAVE AN AVOCADO</b> Peel and nick avocados to mash and serve on toast in the morning, include in salads, or use to fill hard-cooked eggs or to top pasta.</p> <p>19</p>
<p><b>SAVOR SEEDS</b> Oven roast or crush fennel, poppy, or sesame seeds or grind flax seeds to sprinkle on salads, grains, and veggies.</p> <p>20</p>	<p><b>REACH FOR BEANS</b> Drain and rinse a can of beans and add to soups and stews, or simply sauté in olive oil and garlic for a quick side dish or topping for pasta or rice.</p> <p>21</p>	<p><b>PLAN ON POTATOES</b> Find ways to include potatoes in weekly meals. Cut into wedges and roast; grate and sauté; add to soups and stews; or slice thinly, fry, and top with eggs.</p> <p>22</p>	<p><b>RELY ON TOMATOES</b> Add tomatoes to sandwiches, soups, and salads. Cut cherry tomatoes in halves, roast, and serve with pasta or grains.</p> <p>23</p>	<p><b>MAKE A MINI PIZZA</b> Top whole wheat pita bread or flatbread with tomato sauce or Greek yogurt, sprinkle with roasted vegetables and a bit of cheese. Bake at 425°F for 10 minutes.</p> <p>24</p>	<p><b>EAT LOTS OF VEGETABLES</b> Fill half your plate with them at lunch and dinner.</p> <p>25</p>	<p><b>RETHINK MEAT</b> Use small bits as a garnish for pasta, soups or salads, or limit portions to 3 ounces of chicken or lean meat.</p> <p>26</p>
<p><b>ALWAYS EAT BREAKFAST</b> Start your day with fiber-rich foods such as fruit and whole-grains that can keep you feeling pleasantly full for hours.</p> <p>27</p>	<p><b>USE GOOD FATS</b> Include sources of healthy fats in daily meals, especially avocados, extra-virgin olive oil, olives, nuts, peanuts, and sunflower seeds.</p> <p>28</p>	<p><b>MAKE YOUR OWN TRAIL MIX</b> Combine whole grain oat cereal, raisins, dried fruit, nuts, peanuts, seeds and coconut flakes. Grab a handful for breakfast, add to yogurt, or enjoy as a quick snack.</p> <p>29</p>	<p><b>EAT NUTS AND SEEDS</b> Include up to 2 tablespoons of peanuts, almonds, walnuts, pistachios, sunflower seeds, and pumpkin seeds in Greek yogurt, in salads, or with grains.</p> <p>30</p>	<p><b>BOIL WATER</b> Start a pot of water boiling as soon as you come home. Then use it to get your meal started by cooking pasta, grains, or greens.</p> <p>31</p>	<p><b>A TIP A DAY FOR THE MONTH OF MAY</b></p> 	