

Mediterranean Diet Sample Menu (1500 kcal)

This handout includes a checklist for the Mediterranean diet along with 2 sample days of 1500 calories.

Use the sample menus to give you ideas for meals and snacks that follow the Mediterranean diet. The amount of food that you need each day depends on your age, sex, current weight, activity level and whether you want to lose weight. It may be different than the energy level offered on this sample menu.

Sample Menu 1 1500 kcal

<i>Breakfast</i>	
Low fat Greek yogurt (0%, 1%, 2%)	175 mL (¾ cup)
Muesli	125 mL (½ cup)
Sliced strawberries	250 mL (1 cup)
Tea, without sugar	250 mL (1 cup)
<i>Snack</i>	
Whole grain bread sticks	3
Hummus	60 mL (¼cup)
<i>Lunch</i>	
Lentil and Tomato Salad (see recipe below)	1 serving
Carrots	125 mL (½ cup)
Whole grain baguette	2 slices (1 in/2.5 cm)
Orange	1 medium
Water	

<i>Dinner</i>	
Greek Chicken (see recipe below)	1 serving
Green salad with cucumber, tomato, olives	375 mL (1 ½ cups)
Olive oil and vinegar dressing	15 mL (1 Tbsp)
Brown rice	175 mL (¾ cup)
Plum	1 medium
<i>Snack</i>	
Café au lait (coffee made with skim milk)	300 mL (1 ¼ cup)

Sample Menu 2

1500 kcal

<i>Breakfast</i>	
Whole grain bread, toasted	2 slices
Avocado	¼ fruit
Peach	1 medium
Herbal tea, without sugar	250 mL (1 cup)
<i>Snack</i>	
Low fat yogurt (0%, 1%, 2%)	175 mL (¾ cup)
Fruit salad	125 mL (½ cup)
<i>Lunch</i>	
Penne Salad with Asparagus and Tuna (see recipe below)	1 serving
Tomato, cucumber and feta salad	125 mL (½ cup)
Olive oil and vinegar dressing	5 mL (1 tsp)
Grapefruit	½ fruit

<i>Dinner</i>	
Zucchini and onion omelet	1 large egg
Olive oil	5 mL (1 tsp)
Cabbage and Celery Slaw (see recipe below)	1 serving
Whole grain bread	1 slice
Sliced honeydew melon	125 mL (½ cup)
Low-fat milk (skim, 1%, 2%)	250 mL (1 cup)
<i>Snack</i>	
Plain almonds	60 mL (¼ cup)

RECIPES:

<i>Lentil and Tomato Salad</i>		
3	Green onions, sliced	3
2	Tomatoes, coarsely chopped	2
19 oz can	Lentils, drained	540 mL can
¼ cup	Parsley, fresh, chopped	60 mL
½ cup	Olive oil & vinegar dressing	125 mL

1. In a medium bowl, combine green onions, tomatoes, lentils and parsley. Pour dressing over salad and toss.

Makes 6 servings. 164 calories per serving.

Source: Adapted from Dietitians of Canada: Cook! Celebrate food from field to table. 2007. © 2017 Dietitians of Canada.

<i>Greek Chicken</i>		
1 ½ lbs	Chicken breasts, boneless skinless, cut into 1-inch (2.5 cm) cubes	750 g
6	Garlic cloves, minced	6
5	Plum (Roma) tomatoes, chopped	5
1 cup	Onion, chopped	250 mL
1 cup	Red bell pepper, chopped	250 mL
¾ cup	Feta cheese, crumbled	175 mL
½ cup	Lemon juice, freshly squeezed, divided	125 mL
1 ½ Tbsp	Oregano, dried	22 mL
1 ½ Tbsp	Basil, dried	22 mL
2 Tbsp	Canola or olive oil	30 mL
½ cup	Kalamata olives, pitted	125 mL
½ cup	Basil, fresh, chopped	60 mL

1. Preheat oven to 375° F (190° C). In a large bowl, combine chicken, garlic, tomatoes, onion, red pepper, cheese, 75 mL (½ cup) of the lemon juice, oregano, basil and oil, stirring well to coat chicken. Spread in prepared 13-by-9 inch glass baking dish and cover with foil.

2. Bake for 30 minutes. Stir and replace foil, and bake for another 20-30 minutes or until chicken is no longer pink inside (internal temperature of 74°C (165°C)). Stir in the remaining lemon juice, olives and basil.

Makes 6 servings. 276 calories per serving.

Source: Adapted from Dietitians of Canada: Cook! Celebrate food from field to table. 2007. © 2017 Dietitians of Canada

<i>Penne Salad with Asparagus and Tuna</i>		
3 cups (about 10 oz)	Whole wheat penne pasta, dry	750 mL (about 300g)
3 cups (about 1 lb)	Fresh asparagus, trimmed and cut into bite-size pieces	750 mL (about 500 g)
2 cans (each 5.7 oz)	Water-packed tuna, unsalted, drained	2 (each 170 g)
1 cup	Red bell peppers, diced	250 mL
2 Tbsp	Chives or green onions, chopped	30 mL
2 Tbsp	Capers, drained (optional)	30 mL
Dressing:		
2 Tbsp	Balsamic or red wine vinegar	25 mL
2 Tbsp	Olive oil	25 mL
2 tsp	Dijon mustard	10 mL
1 tsp	Brown sugar	5 mL
½ tsp	Garlic, minced	2 mL
½ tsp	Ginger root, minced	2 mL
To taste	Pepper	To taste

1. In a large pot of boiling water, cook penne according to package directions or until tender but firm, adding asparagus during the last 2 minutes of cooking time, drain. Rinse under cold water; drain. Transfer to a large bowl. Add tuna, red peppers, chives and if using, capers. Set aside.

2. Dressing: In a small bowl or measuring cup, whisk together vinegar, oil, mustard, sugar, garlic and ginger. Season with pepper to taste. Pour over salad; toss gently to combine. Serve immediately.

Makes 8 servings. 248 calories per serving.

Source: Adapted from Dietitians of Canada: Cook Great Food. © 2017 Dietitians of Canada.

<i>Cabbage and Celery Slaw</i>		
½	Head cabbage, finely shredded	½
3	Green onions, finely chopped	3
3	Celery stalks, finely sliced	3
1 large	Orange	1 large
½ cup	Walnuts, toasted, chopped	125 mL
½ cup	Fresh parsley, chopped	125 mL
Dressing:		
½ cup	Yogurt, plain, low-fat	125 mL
½ cup	Mayonnaise, light	125 mL
2 Tbsp	Dijon mustard	30 mL
2 Tbsp	Lemon juice, freshly squeezed	30 mL
2 Tbsp	Olive or canola oil	30 mL
To taste	Black pepper, freshly ground	To taste

1. In a large bowl, combine cabbage, green onions and celery.
2. Using a knife, peel orange, removing as much of the white pith as possible. Cut orange in half, then lengthwise into quarters. Cut each quarter crosswise into ¼ - inch (0.5 cm) slices. Add to the cabbage mixture, along with any juice from the cutting board; toss to combine.
3. Dressing: in a small bowl, whisk together yogurt, mayonnaise,

mustard, lemon juice, oil and pepper to taste.

4. Pour dressing over salad and toss to coat. Cover and refrigerate for at least 30 minutes or for up to 8 hours before serving. Top with walnuts and parsley just before serving.

Makes 8 servings. 179 calories per serving.

Source: Adapted from Dietitians of Canada: Cook! Celebrate food from field to table. 2007. © 2017 Dietitians of Canada

Mediterranean Diet Menu Checklist

Use this checklist to help you follow a Mediterranean style of eating.

At every meal include:

- whole grains (brown rice, whole grain couscous, oats and whole grain breads and flours)
- 1-2 servings of fruit
- 2 or more servings of cooked or raw vegetables (at least one serving raw per day) at lunch and dinner

Every day have:

- At least 15 mL (1 Tbsp) olive oil (for cooking and as a dressing)
- At least 1.5 to 2.0 L (6-8 cups) per day of fluids such as:
 - | water
 - | herbal tea without sugar
 - | broth (low-fat and low-sodium).
- 2 servings of low fat milk products
 - | low fat milk
 - | yogurt, cheese and other fermented dairy foods.
- spices, herbs, garlic and onions
- 1-2 servings of olives, plain nuts or seeds.



Every week include:

- 2 or more servings (75 g (2 ½ oz)) of fish and seafood
- 2 servings of white meat
- up to 2-4 eggs
- 2 or more servings of legumes (dried beans, peas and lentils)
- 2 servings or less of red meat
- up to 1 serving of processed meat
- up to 3 servings of potatoes
- up to 2 servings of sweets or foods with added sugars.



Additional Resources

- | Mediterranean Diet: A Guide to Healthy Eating
[http://www.pennutrition.com/viewhandout.aspx?
Portal=UbY=&id=J8DmXgE=&PreviewHandout=bA==](http://www.pennutrition.com/viewhandout.aspx?Portal=UbY=&id=J8DmXgE=&PreviewHandout=bA==)
- | Canada's Food Guide <https://food-guide.canada.ca>

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