

Mediterranean Diet Sample Menu (2000 kcal)

This handout includes a checklist for the Mediterranean diet along with 2 sample days of 2000 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.



Steps you can take

Sample Menu 1

2000 kcal

<i>Breakfast</i>	
Whole grain baguette, toasted	2 slices (1 in/2.5 cm)
Olive oil	7.5 mL (½ Tbsp)
Tomato, sliced	1 medium
Lower fat mozzarella cheese (20% M.F. or less)	50 g (1 ½ oz)
Mandarin	1 small
Herbal tea, without sugar	250 mL (1 cup)
<i>Snack</i>	
Low fat yogurt (0%, 1%, 2%)	175 mL (¾ cup)
Mixed berries	125 mL (½ cup)
<i>Lunch</i>	
Lentil and Tomato Salad (see recipe below)	1 serving

Whole grain bread	2 pieces
Chicken breast, baked	75 g (2 ½ oz)
Carrot sticks	1 medium
Apple	1 medium
Water	
<i>Dinner</i>	
Couscous Salad (see recipe below)	1 serving
Broccoli, steamed	125 mL (½ cup)
Salmon, baked	75 g (2 ½ oz)
Peach	1 medium
Water	
<i>Snack</i>	
Plain almonds	60 mL (¼ cup)
Kiwi	1 medium
Water	

Sample Menu 2

2000 kcal

<i>Breakfast</i>	
Oatmeal, cooked	175 mL (¾ cup)
Low-fat milk (skim, 1%, 2%)	250 mL (1 cup)
Hazelnuts, chopped	15 mL (1 Tbsp)

Banana, sliced	1 medium
Tea, without sugar	250 mL (1 cup)
<i>Snack</i>	
Mixed dried apricots and raisins	60 mL (¼ cup)
Rye crackers	3
Jam	7.5 mL (½ Tbsp)
<i>Lunch</i>	
Whole grain bread	2 slices
Scrambled eggs with sautéed red peppers	2 large
Olive or canola oil	10 mL (2 tsp)
Spinach and pear salad	375 mL (1 ½ cups)
Olive oil and vinegar dressing	15 mL (1 Tbsp)
Water	
<i>Dinner</i>	
Fish and Vegetable Chowder (see recipe below)	2 servings
Whole grain bread	2 slices
Olive oil	7.5 mL (½ Tbsp)
Cucumbers, sliced	125 mL (½ cup)
Watermelon, sliced	125 mL (½ cup)
Water	
<i>Snack</i>	
Plain low fat Greek yogurt (0%, 1%, 2%)	175 mL (¾ cup)

Plain walnuts	60 mL (¼ cup)
Honey	5 mL (1 tsp)

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>Couscous Salad</i>		
2	Shallots, finely chopped	2
1	English cucumber, diced	1
1	Tomato, diced	1
1	Carrot, grated	1
1	Clove garlic, minced	1
½	Red or yellow bell pepper, diced	½
1 ½ cup	Frozen corn kernels, thawed	375 mL
1 cup	Canned chickpeas, drained and rinsed	250 mL
½ cup	Spinach, chopped	125 mL
½ cup	Olive oil and red wine vinegar dressing	125 mL
To taste	Ground black pepper and fresh herbs	To taste
2 cups	Whole wheat couscous	500 mL

1. In a large bowl, combine shallots, cucumber, tomato, carrot, garlic, red pepper, corn, chickpeas and spinach. Stir in dressing, pepper and herbs to taste until well combined. Set aside.

2. Place couscous in another large bowl and pour in 2 cups (500 mL) of boiling water; stir with a fork, cover and let stand for 15 minutes or until all the water is absorbed. Fluff with a fork.

3. Add couscous to vegetables. Cover and refrigerate for at least 1 hour or for up to 2 days.

4. Serve cold or heat in the microwave.

Makes 8 servings. 378 calories per serving.

Source: Adapted from Dietitians of Canada: Simply Great Food. Quick.

easy and delicious recipes. © 2017 Dietitians of Canada.

<i>Fish and Vegetable Chowder</i>		
1	Large onion, chopped	1
1	Clove garlic, minced	1
2 Tbsp	Olive or canola oil, or soft margarine	30 mL
1 cup	Green or red bell pepper strips	250 mL
1 cup	Cauliflower florets	250 mL
1 cup	Broccoli florets	250 mL
1 cup	Tomato, chopped	250 mL
½ cup	Celery, chopped	125 mL
1 Tbsp	Parsley, fresh, chopped	15 mL
1 lb	Cod fillets, cut into chunks	500 g
2 ½ cups	Hot chicken broth, low sodium	625 mL
¼ tsp	Thyme, dried	1 mL
¼ tsp	Basil, dried	1 mL
¼ tsp	Black pepper, freshly ground	1 mL

1. In a large saucepan over medium heat, cook onion and garlic in oil for 3 minutes. Add pepper strips, cauliflower, broccoli, tomato, celery and parsley; cook for 2 minutes. Add fish; cover and cook for 2 minutes. Add chicken broth and seasonings and simmer for about 5 minutes or until fish flakes with a fork and vegetables are tender-crisp.

Makes 6 servings. 157 calories per serving.

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

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

These resources are provided as sources of additional information believed to be reliable and accurate at the time of publication and should not be considered an endorsement of any information, service, product or company.



Notes

Additional Notes From Your Health Care Professional

Distributed by: