

# Mediterranean Diet Plan

You should eat 5 times a day: Breakfast, lunch and dinner and 2 snacks

## The common principles of the Mediterranean Diet Plan are:

- An abundance of food from plant sources, including fruits and vegetables, potatoes, breads and grains, beans, nuts, and seeds.
- Emphasis on a variety of minimally processed and, wherever possible, seasonally fresh foods.
- Olive oil as the principal fat, replacing other fats and oils (including butter and margarine).
- Total fat ranging from less than 25 percent to over 35 percent of energy, with saturated fat no more than 7 to 8 percent of energy (calories).
- Daily consumption of low to moderate amounts of cheese and yogurt
- Weekly consumption of low to moderate amounts of fish and poultry
- Fresh fruit as the typical daily dessert
- Red meat a few times per month
- Regular physical activity at a level which promotes a healthy weight, fitness and well-being.
- Moderate consumption of wine, normally with meals; about one to two glasses per day for men and one glass per day for women

## Common Foods of the Mediterranean Diet

**Starches:** Bread, Pasta, Rice, Couscous, Polenta, Potatoes

**Fruits:** Olives, Avocados, Grapes

**Vegetables:** Spinach, Eggplant, Tomatoes, Broccoli, Peppers, Mushrooms, Garlic, Capers Beans

**Legumes, Nuts:** Almonds, walnuts and other nuts; Chick peas, white beans, lentils and other beans; peanuts

**Olive Oil**

**Cheese & Yogurt**

**Fish:** Shellfish, Sardines

**Poultry:** Chicken

**Eggs**

**Sweets:** Pastries, Ice Cream, Cookies

**Meat:** Veal, Lamb

**Drinks:** Water, flavored seltzer, diet iced tea with lemon wedge or diet soda.

## **Week 1 Day at a Glance**

### **Breakfast**

#### **- Creamy and Crunchy Yogurt**

Serve 6 ounces light yogurt, any flavor, in a bowl topped with 1 cup high-fiber cereal (such as Kashi Good Friends). You can choose 100 calories of any cereal such as 1 cup Cheerios or a heaping ½ cup of Raisin Bran. Top with 3 tablespoons chopped walnuts.

### **Lunch**

#### **- Vegetarian Pita Sandwich with Greek Cucumber Yogurt Sauce**

Mix together ½ cup plain light yogurt with ½ cup finely chopped cucumber, ½ minced garlic clove and a shake of salt and pepper if desired. Spread half of sauce (save remaining sauce for later use) on one 6 ½-inch whole-wheat pita and fill with 5 halved grape tomatoes and 1 cup string beans (or you can substitute with sugar snap peas or cucumber).

### **Snack**

#### **- 6 Graham Crackers with Sweet Creamy Spread**

Mix ½ cup fat-free sour cream with 1 tablespoon light maple syrup and ¼ teaspoon vanilla extract.

### **Dinner**

Mediterranean Sweet and Sour Chicken with 5oz. baby arugula, ½ cup brown rice and 4 oz. of wine

### **Ingredients**

- 2 teaspoon(s) olive oil
- 8 small (about 2 pounds with bones) skinless chicken thighs
- 1/4 teaspoon(s) salt
- 2 clove(s) garlic, crushed with press
- 1/2 cup(s) chicken broth

- 1/4 cup(s) red wine vinegar
- 2 teaspoon(s) cornstarch
- 2 teaspoon(s) brown sugar, or to taste
- 3/4 cup(s) (about half 10-ounce package) Mission figs, each cut in half
- 1/4 cup(s) salad olives, (chopped pimiento-stuffed olives)
- 1 bag(s) (5 ounces) baby arugula

## Directions

1. In nonstick 12-inch skillet, heat oil over medium-high heat until very hot. Add chicken and sprinkle with salt; cook 17 to 20 minutes or until chicken is browned and juices run clear when thickest part of thigh is pierced with tip of knife, turning chicken over once. Transfer chicken to plate. Add garlic to skillet and cook 30 seconds, stirring.
2. Meanwhile, in cup, with wire whisk, mix broth, vinegar, cornstarch, and sugar.
3. Stir broth mixture and add to skillet; heat to boiling. Boil 1 minute, stirring until browned bits are loosened from bottom of skillet and sauce thickens slightly. Stir in figs and olives; return chicken with any juices to skillet and heat through.
4. To serve, arrange arugula on 4 dinner plates. Spoon chicken mixture over arugula.
5. Serve with 1/2 cup cooked brown rice topped with 2 teaspoons light trans-fat free margarine. Enjoy 4 ounces of wine with dinner.

Daily Calorie Total: ***1,579***

55% Carbohydrates, 20% Protein, 20% Fat, 24 gm Fiber, 169 mg Cholesterol, 709 mg Calcium, 1,786 mg Sodium

For more information please visit [www.oldwayspt.org/med\\_pyramid.html](http://www.oldwayspt.org/med_pyramid.html) or [www.goodhousekeeping.com/health/diet/mediterranean-mpw1](http://www.goodhousekeeping.com/health/diet/mediterranean-mpw1).