

# 7-DAY MEDITERRANEAN MENU AUTUMN~WINTER

## BREAKFAST

1 cup Greek yogurt, 1 T honey,  
1 sliced pear  
2 slices whole grain toast, 2 T jam  
Coffee or tea  
*(milk/sugar optional)*

## BREAKFAST

2 slices whole grain toast  
1/2 avocado, sliced  
2 slices tomato  
1 hard boiled egg  
Cafe latte with 2% milk

## BREAKFAST

1 cup whole grain hot cereal  
1 T slivered almonds, 2 T raisins  
1 slice whole wheat toast, 1 T jam  
Coffee or tea  
*(Milk/sugar optional)*

## BREAKFAST

8 oz. **Fruit and Yogurt Smoothie**  
1 slice whole grain toast, 1 T jam  
Coffee or tea  
*(milk/sugar optional)*

## BREAKFAST

1 cup whole grain cereal with  
2% milk, and 1/4 cup berries  
1 slice whole grain toast, 1 T jam  
Cappuccino with 2% milk

## BREAKFAST

1 serving **Mediterranean Scramble**  
1 slice whole grain toast, 1 T jam  
Coffee or tea  
*(milk/sugar optional)*

## BREAKFAST

1 cup sliced fruit,  
1/2 cup Greek yogurt  
2 slices whole grain toast,  
2 T peanut butter  
Coffee or tea  
*Milk and sugar optional*

## MONDAY

### LUNCH

**Hummus Vegetable Wrap**  
1 cup grapes  
2 macaroons  
Iced tea or water

## TUESDAY

### LUNCH

**Mediterranean Mushroom Pita**  
1 wedge of cheese  
1 apple  
Iced tea or water

## WEDNESDAY

### LUNCH

1 cup Leftover **Pasta**  
1 piece crusty bread  
1 apple  
Ice tea or water

## THURSDAY

### LUNCH

1 serving **Citrus Salad with olive oil vinaigrette**  
1 whole wheat pita with  
1/4 cup hummus dip  
2 squares of dark chocolate  
Ice tea or water

## FRIDAY

### LUNCH

1 cup leftover **Ratatouille** in a whole-grain wrap with lettuce  
1 pear  
1 wedge of brie  
Iced tea or water

## SATURDAY

### LUNCH

1 cup **Wild Rice and Lentil Salad**  
3 whole grain crackers  
Iced tea or water

## SUNDAY

### LUNCH

2 T hummus, 2 T baba ganoush, 6 olives, 1/2 cup sliced veggies w. toasted pita  
2 squares of dark chocolate  
2 clementines  
Iced tea or water

## DINNER

**Baked Salmon** filet + bread  
1 cup **Braised Potatoes**  
1 cup sauted spinach with garlic and olive oil  
1 glass wine optional

## DINNER

1 1/2 cups **Pasta with Butternut Squash and Sage**  
1 cup mixed green salad,  
1 T olive oil/red wine vinegar  
1 piece crusty bread  
1 glass wine optional

## DINNER

**Fish in Crazy Water**  
1 cup couscous  
1 cup roasted zucchini & fennel  
1 glass of wine optional

## DINNER

1 1/2 cups **Ratatouille**  
1 cup brown rice  
1 piece of crusty bread  
1/2 cup fruit sorbet  
1 glass of wine optional

## DINNER

1 1/2 cups **Minestrone Soup**  
1 piece crusty bread  
1 cup greens, 1 t. feta, 1/4 cup carrots and cucumbers  
3 amaretti cookies  
1 glass of wine optional

## DINNER

1 serving **Moroccan Spiced Roasted Chicken**  
1 cup bulgur, 2 T shredded carrots,  
1 T raisins, 1 T lemon juice  
1 glass of wine optional

## DINNER

1 1/2 cups **Baked Pasta and Zucchini**  
1 cup mixed greens with  
1 T olive oil and lemon  
1 piece crusty bread  
1 glass of wine optional



**7-DAY  
MEDITERRANEAN MENU  
NUTRITION ANALYSIS  
DAILY TOTALS**

**MONDAY**

Calories: 1750, Fat: 59g, Sodium: 1698mg, Carbohydrates: 115g, Protein: 64g

**TUESDAY**

Calories: 1687, Fat: 59g, Sodium: 1878mg, Carbohydrates: 231g, Protein: 71g

**WEDNESDAY**

Calories: 1712, Fat: 37g, Sodium: 887mg, Carbohydrates: 273g, Protein: 78g

**THURSDAY**

Calories: 1662, Fat: 58g, Sodium: 1236mg, Carbohydrates: 261g, Protein: 38g

**FRIDAY**

Calories: 1824, Fat: 69g, Sodium: 1816mg, Carbohydrates: 240g, Protein: 51g

**SATURDAY**

Calories: 1738, Fat: 74g, Sodium: 1811mg, Carbohydrates: 206g, Protein: 78g

**SUNDAY**

Calories: 1836, Fat: 66g, Sodium: 1812mg, Carbohydrates: 242g, Protein: 58g

\*\*\* The nutrition analysis for each day does not include the optional glass of wine. Feel free to enjoy a glass of wine with dinner or have an extra snack each day if you are striving for a 2000 calorie daily diet.



## 7-DAY MEDITERRANEAN MENU

— ❧ — RECIPES — ❧ —

### *Monday Lunch*

#### **Hummus Vegetable Wrap**

Serves 4

#### **Ingredients:**

4 whole grain 10-inch wraps  
2 cups hummus, your choice of flavor  
2 cups chopped romaine lettuce  
1 cucumber, diced  
1 red pepper, seeded and sliced  
½ red onion, thinly sliced

#### **Preparation:**

Place all four wraps on a flat surface. Spread ½ cup hummus evenly over each, leaving some space around the edges. Divide the lettuce, cucumber, red pepper and onion evenly over each.

Roll them up, tucking in the edges. Wrap each in tin foil for easy lunchtime transport or enjoy immediately!

Per serving: 388 calories, 16g fat (3g saturated), 765mg sodium, 50g carbohydrates, 15g protein

Recipe from the Mediterranean Foods Alliance

### *Monday Dinner*

#### **Baked Salmon**

Serves 4

Any leftovers from this recipe taste great chopped over a salad.

#### **Ingredients:**

4 5-6 ounce filets of salmon  
2 tablespoons olive oil  
1 lemon, zest half of it and slice the other half into 4 pieces  
1 teaspoon salt  
½ teaspoon black pepper  
1 teaspoon dried oregano, crushed

#### **Preparation:**

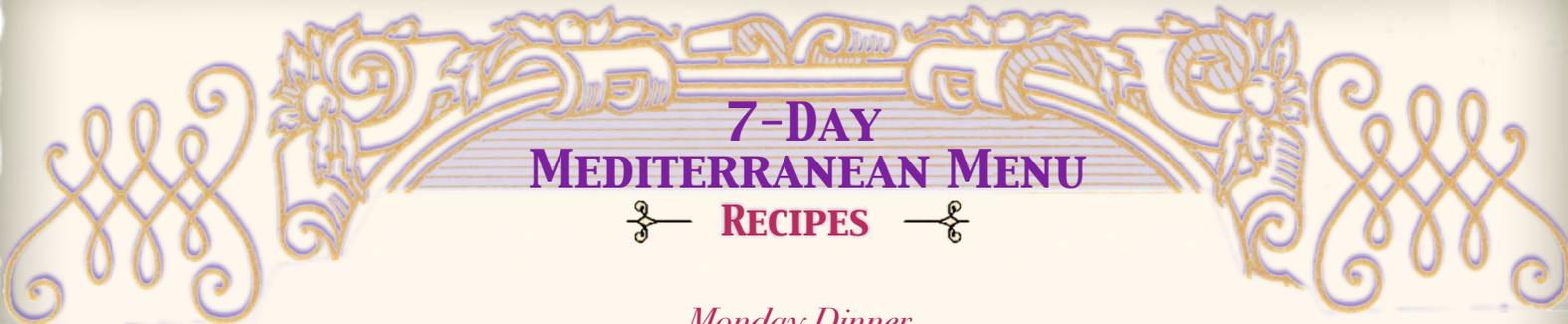
Preheat oven to 400° F.

Rub each filet with olive oil and lemon zest. Season them with salt, pepper and oregano. Place them on a baking sheet lined with parchment paper or foil and bake in the oven for 15-20 minutes, or until the fish flakes easily with a fork.

Serve each filet with a piece of lemon.

Per serving: 351 calories, 26g fat (5g saturated), 664mg sodium, 0g carbohydrates, 29g protein

Recipe from the Mediterranean Foods Alliance



## 7-DAY MEDITERRANEAN MENU

— ❧ — RECIPES — ❧ —

### *Monday Dinner*

#### **Braised Potatoes**

Serves 4

#### **Ingredients:**

1 1/2 pounds small red, yellow or white potatoes, scrubbed  
3 tablespoons extra virgin olive oil  
1 cup water or reduced sodium chicken stock  
2 bay leaves  
2-3 garlic cloves, lightly crushed  
Salt and black pepper

#### **Preparation:**

If the potatoes are larger than a golf ball, cut them in half. If you are leaving them whole, check to see if they have thick skins by scraping your thumbnail across the skin. If the skin doesn't tear, remove a strip of skin around the middle of each potato with a vegetable peeler, allowing the flavors of the braising liquid to penetrate the potato.

Add potatoes to a saucepan large enough to hold them in a single layer without crowding. Add the olive oil and pour in enough water or stock to come halfway up the sides of the potatoes. Add the bay leaves and garlic. Season with salt and pepper. Cover and bring to a simmer over medium heat. When the liquid is simmering, lower the heat to bring it to a gentle simmer. Braise, lifting the lid and turning the potatoes with a spoon once halfway through cooking, until the potatoes are just tender, about 20 minutes. Remove the lid, increase the heat to high, and boil, gently shaking the pan until the liquid evaporates and you can hear the oil sizzle, about 5 minutes. Serve hot.

Per serving: 211 calories, 10g fat (1g saturated), 149mg sodium, 27g carbohydrates, 4g protein

Recipe by Molly Stevens from [The Oldways Table](#)

### *Tuesday Lunch*

#### **Mediterranean Mushroom Pita**

Serves 4

#### **Ingredients:**

1 10-ounce package of button mushrooms, washed and cut into quarters  
2 tablespoons extra virgin olive oil  
1 tablespoon balsamic vinegar  
3 tablespoons black olives, chopped  
1/4 red onion, minced  
1 garlic glove, minced  
1 teaspoon dried oregano, crushed  
4 leaves romaine lettuce, each torn in two  
2 medium whole wheat pitas, cut in half

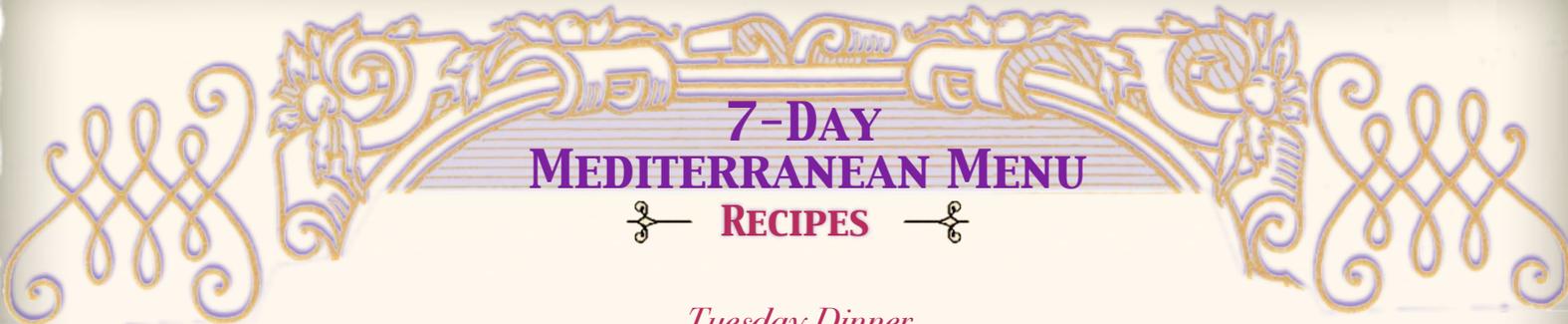
#### **Preparation:**

In a medium bowl, combine mushrooms, olive oil, vinegar, olives, onion, garlic, oregano and black pepper. Toss well to combine all ingredients, making sure the mushrooms are coated well. Allow to rest overnight in the refrigerator, to marinate. To serve, place a leaf of lettuce in each pita half and fill them with 1/4 of the mushroom mixture.

If you bring lunch to work or school, you can keep your pita fresh by packing the mushrooms in a separate container and assembling your pita right before eating. This way, you don't risk a soggy sandwich!

Per serving: 175 calories, 9g fat (1g saturated), 268mg sodium, 22g carbohydrates, 5g protein

Recipe from the Mediterranean Foods Alliance



**7-DAY  
MEDITERRANEAN MENU**  
— **RECIPES** —

*Tuesday Dinner*

**Pasta with Butternut Squash and Sage**

Makes 8 appetizer servings or 6 main course servings

**Ingredients:**

4 cups butternut squash, cut into 2-inch pieces (about 1 ¼ pounds)  
1 tablespoon extra virgin olive oil  
1 medium onion, chopped  
2 cloves garlic, chopped  
1 ½ cups reduced sodium vegetable or chicken broth  
2 tablespoons fresh sage, finely chopped  
1 pound pasta (fusilli or penne), preferably whole grain  
2 tablespoons flat-leaf parsley, chopped  
1/2 cup (plus extra for sprinkling) Parmigiano-Reggiano, freshly grated  
Salt and freshly ground pepper, to taste

**Preparation:**

Finely chop squash pieces in a food processor; set aside.

Heat oil in a large nonstick skillet over medium heat. Add onion and garlic; sauté until onions are soft, 8 to 10 minutes. Add squash and broth. Bring to a boil, reduce heat to medium-low and simmer, covered and stirring occasionally, until squash is tender. Stir in sage and simmer 10 minutes more.

Meanwhile, cook pasta in a large pot of boiling, salted water until just tender. Drain pasta and return to pot. Add squash mixture, parsley and 1/2 cup Parmigiano-Reggiano, stirring until mixed. Season with salt and pepper. Serve sprinkled with additional Parmigiano-Reggiano.

Per serving (main course serving): 329 calories; 6g fat (2g saturated), carbohydrates 58g, 15g protein, 7 g dietary fiber.

Recipe by Rosie Schwartz from The Enlightened Eater's Whole Foods Guide



## 7-DAY MEDITERRANEAN MENU

— ❧ — RECIPES — ❧ —

### *Wednesday Dinner*

#### **Fish in Crazy Water**

Serves 4

#### **Ingredients:**

4 6-ounce pieces skinless fish fillet (halibut, cod, flounder or tilapia)  
Salt and black pepper  
2 large garlic cloves, peeled  
2 tablespoons extra virgin olive oil, plus a little for drizzling  
1 1/2 pounds ripe, firm tomatoes, seeded and cut into 3/8-inch dice (3 cups)  
2 tablespoons finely chopped Italian parsley  
1 1/2 tablespoons drained capers, rinsed and finely minced (optional)

#### **Preparation:**

Season the fish on both sides with salt and pepper. Lightly crush the garlic cloves and put them in a large sauté pan, add the olive oil and heat over medium heat. When the garlic starts to sizzle, gently shake and tilt the pan so the cloves are immersed and sizzling at one side of the pan in a pool of the oil. When the cloves begin to turn golden brown, place the pan flat on the burner so the oil covers the entire surface. Add the fish in the pan and tilt so you can spoon some of the garlic oil over the exposed side of the fish.

Season the tomatoes with salt and pepper. Add the tomatoes and parsley, evenly distributing them over the entire surface of the fish and in between the fillets. Cover and lower the heat so the pan juices come to a slow, even boil. Add the capers 2 to 3 minutes later so their flavor will not overpower the rest of the dish. Continue to simmer until the fish is opaque and slightly firm 3 to 4 minutes. Serve (immediately)!

Per serving: 229 calories, 8g fat (1g saturated), 195mg sodium, 7g carbohydrates, 32g protein

Recipe by MFA Culinary Advisor David Shalleck from [Mediterranean Summer](#)

### *Thursday Breakfast*

#### **Fruit Smoothie**

Serves 2

#### **Ingredients:**

1 cup strawberries, de-stemmed  
1 banana, peeled  
1 1/4 cup orange juice  
5 tablespoons Greek yogurt  
2 teaspoons flax-seed oil (optional)  
Ice

#### **Preparation:**

Blend all ingredients until smooth, and serve ice cold! Garnish with a strawberry for a little extra flair. Be creative. Swap your favorite fruit in place of strawberries to create your own mixture.

Per serving: 161 calories, 5g fat (2g saturated), 24mg sodium, 37g carbohydrate, 4g protein

Recipe courtesy of International Collection



# 7-DAY MEDITERRANEAN MENU

— ❧ — RECIPES — ❧ —

## *Thursday Lunch*

### **Citrus Salad with Olive Oil Vinaigrette**

Serves 4

#### **Ingredients:**

- 1 10-ounce bag baby spinach leaves
- 1 orange, peeled and sectioned
- 1 grapefruit, peeled and sectioned
- 1 avocado, peeled and diced
- 1/4 red onion, thinly sliced
- 1/4 cup peanuts, crushed

#### **Vinaigrette:**

- 2 teaspoons honey
- 1 teaspoon Dijon mustard (optional)
- 2 tablespoons red wine vinegar OR lemon juice
- 1/8 cup extra virgin olive oil
- 1/2 teaspoon salt

#### **Preparation:**

For the vinaigrette, mix all ingredients in a small bowl with a whisk. Set aside. Divide the spinach, orange sections, grapefruit sections, avocado, onion and peanuts evenly between four plates. Drizzle the dressing over each salad.

Per serving: 316 calories, 25g fat (4g saturated), 116mg sodium, 22g carbohydrate, 6g protein

Recipe from the Mediterranean Foods Alliance

## *Thursday Dinner*

### **Ratatouille**

Serves 6

#### **Ingredients:**

- 1 large Italian eggplant, trimmed, diced into 1 inch pieces
- 2 large bell peppers, red and green, seeded and cut into large pieces
- 1 red onion, diced into 1/2 inch pieces
- 1/3 cup extra virgin olive oil
- 2 tablespoons fresh oregano (or 1 tablespoon dried)
- 2 tablespoons fresh thyme (or 1 tablespoon dried)
- 2 tablespoons balsamic vinegar
- 1 garlic clove, crushed
- 1 1/2 cups cherry tomatoes, halved
- 1/2 teaspoon salt and freshly ground black pepper

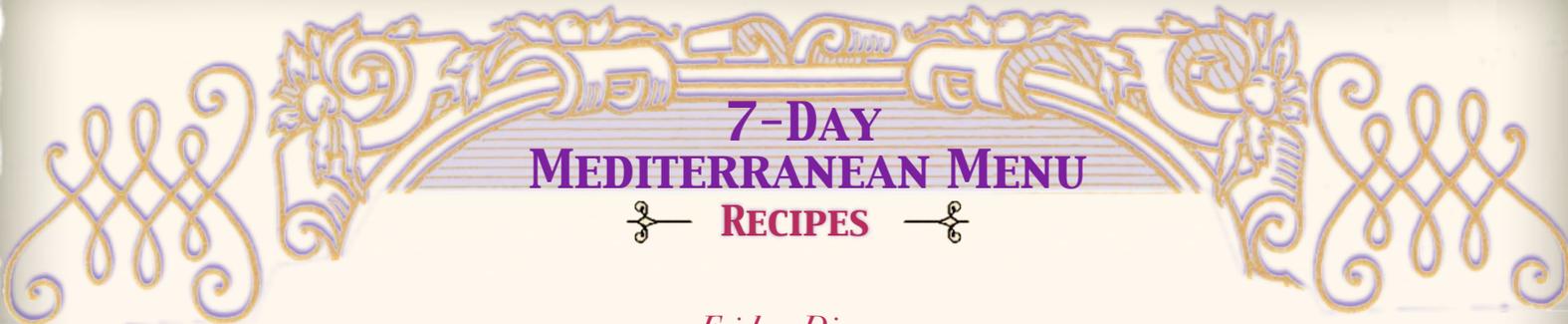
#### **Preparation:**

Preheat oven to 400° F. In a large bowl, combine eggplant, peppers, onion, olive oil, oregano, thyme and toss to coat all vegetables with the oil and herbs. Place in a large roasting pan and cook until eggplant is browned and the peppers and onions are slightly charred, 20-25 minutes.

In a large serving bowl, combine the cooked mixture with vinegar, garlic, tomatoes, salt and pepper. Serve warm or at room temperature.

Per serving: 151 calories, 12g fat (2g saturated), 297mg sodium, 11g carbohydrates, 2g protein

Recipe by Robin Kline, MS, RD from *The Oldways Table*, adapted for the MFA



## 7-DAY MEDITERRANEAN MENU

— ❧ — RECIPES — ❧ —

### *Friday Dinner*

#### **Minestrone Soup**

Serves 4

#### **Ingredients**

2 tablespoons olive oil  
1 yellow onion, diced  
2 carrots, peeled and chopped  
2 stalks celery, chopped  
2-3 garlic cloves, minced  
1 pound Swiss chard, spinach or kale, stems cut and leaves chopped  
1 large potato, peeled and cubed  
1 14-ounce can diced tomatoes  
1 fresh rosemary sprig (or 2 teaspoons dried)  
1 can cannellini beans, drained and rinsed  
2 cans low-sodium chicken or vegetable broth  
1 ounce piece of Parmesan cheese rind (found at cheese counters, but optional)  
1/4 cup small shape, dried pasta

#### **Preparation:**

In a large pot heat the oil over medium heat. Add onion, carrots, celery and garlic. Sauté until onion is translucent, about 10 minutes. Add Swiss chard or kale and potato, sauté for about 2 minutes. Add the tomatoes, undrained, and rosemary and simmer until the greens are wilted.

Add the Parmesan rind (if using) and pasta to the vegetable mixture. Cook at a low simmer until the potatoes and pasta are cooked through, 10-15 minutes. Stir in the whole beans and simmer until soup thickens. Discard the Parmesan rind (if using) and rosemary stem before serving (the leaves will have fallen off).

Per serving: 346 calories, 9g fat (1g saturated), 483mg sodium, 56g carbohydrates, 16g protein  
Recipe from the Mediterranean Foods Alliance

### *Saturday Breakfast*

#### **Mediterranean Scramble**

Serves 4

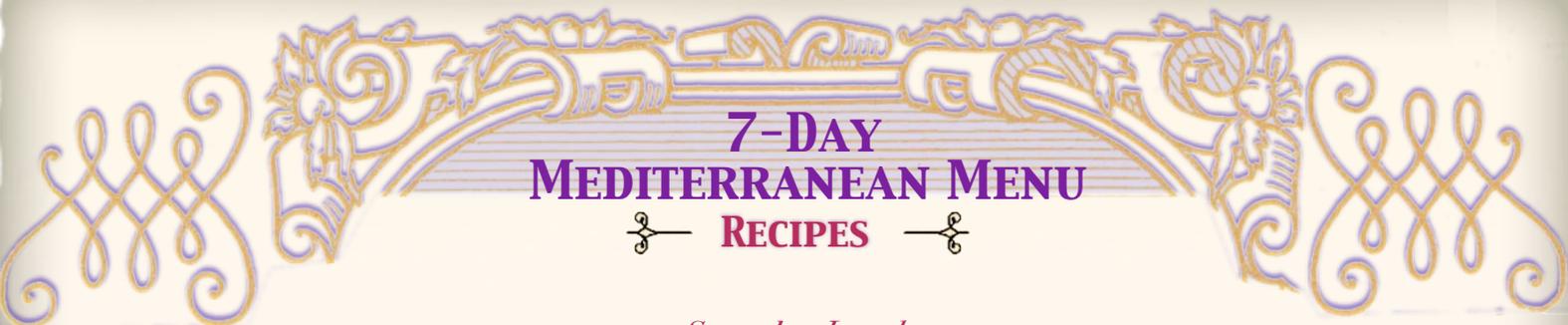
#### **Ingredients:**

1 14-ounce can diced tomatoes, drained  
2 tablespoons extra virgin olive oil  
2 garlic cloves, minced  
1 bay leaf  
8 large eggs  
1/4 cup minced cilantro  
2 teaspoons ground cumin  
1/2 teaspoon salt and pepper

#### **Preparation:**

Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring, until onions are golden but not browned, about 10 minutes. Add tomatoes, garlic and bay leaf and cook, until most of the liquid has evaporated, about 5 minutes. Remove the bay leaf. In a large bowl, whisk eggs, cilantro, cumin, salt and pepper. Pour egg mixture into the skillet, decrease heat to medium and cook, stirring gently, until eggs are set. Serve hot.

Per serving: 234 calories, 17g fat (4g saturated), 560mg sodium, 8g carbohydrates, 14g protein  
Recipe from the Mediterranean Foods Alliance



## 7-DAY MEDITERRANEAN MENU

— ❧ — RECIPES — ❧ —

### *Saturday Lunch*

#### **Wild Rice and Lentil Salad**

Serves 6

##### **Ingredients:**

1 cup low sodium vegetable or chicken broth  
1 cup brown or wild rice blend  
1 cup dry green lentils  
1/2 cup extra virgin olive oil  
1/4 cup fresh lemon juice  
1/4 cup red wine vinegar  
2 garlic cloves, minced and mashed  
6 scallions, coarsely chopped  
2 cups halved cherry tomatoes or diced regular tomatoes  
2 cups coarsely chopped fresh arugula  
1 cup crumbled feta cheese

##### **Preparation:**

Combine 1 cup water and stock in a saucepan over high heat. Bring to a boil. Add rice, cover, and simmer on medium heat until liquid has been absorbed, about 30 minutes. Meanwhile, place lentils in a saucepan over medium heat and cover with 1 1/2 cups water. Simmer until just tender, about 15 minutes. Drain and let cool. In a large salad bowl, combine the cooked rice and lentils.

Vinaigrette: whisk together olive oil, lemon juice, vinegar and garlic in a small bowl. Pour dressing over lentils and rice. Add chopped scallions and tomatoes. Place in the refrigerator and chill for at least 2 hours. Just before serving, add the arugula and feta.

Per serving: 472 calories, 25g fat (7g saturated), 299mg sodium, 48g carbohydrates, 16g protein

Recipe by Ellen Ecker Ogden from The Oldways Table

### *Saturday Dinner*

#### **Moroccan Spiced Roasted Chicken**

Serves 6

##### **Ingredients:**

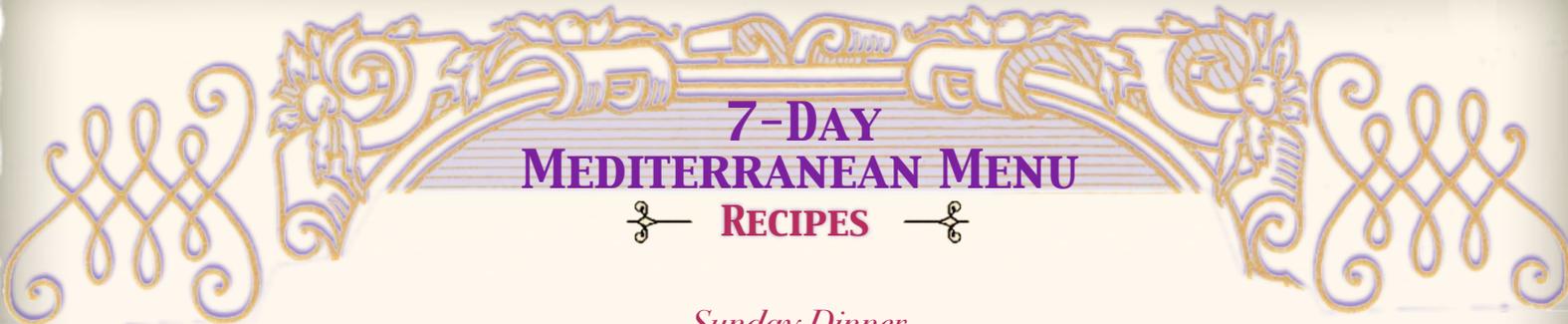
1 chicken, about 3 pounds  
3 tablespoons olive oil  
1 lemon, zested and then cut into 8 pieces  
1 teaspoon ground cumin  
1/2 teaspoon salt and ground black pepper  
1/2 teaspoon chili powder (optional)  
1/2 teaspoon cinnamon  
1/2 large bunch fresh cilantro, washed  
1/2 large bunch fresh flat-leaf parsley, washed

##### **Preparation:**

Rinse chicken and pat dry with paper towels. In a small bowl, stir together olive oil, lemon zest, cumin, pepper, chili powder (if using), salt and cinnamon. Rub the mixture over the outside of the chicken. Place the lemon pieces, cilantro and parsley inside the chicken cavity. Allow the chicken to rest in the refrigerator for one hour. Heat oven to 425° F. Roast chicken, breast side up, for 10 minutes. Turn the heat down to 375° F and continue to roast for an additional 45 minutes, basting every 10 minutes.

Per serving: 381 calories, 29g fat (7g saturated), 492mg sodium, 0g carbohydrates, 28g protein

Recipe from the Mediterranean Foods Alliance



## 7-DAY MEDITERRANEAN MENU

— ❧ — RECIPES — ❧ —

### *Sunday Dinner*

#### **Baked Pasta with Zucchini**

Serves 8

#### **Ingredients:**

1 pound short pasta such as farfalle or macaroni  
2 pounds zucchini, about 4 medium  
2 15-ounce jars tomato sauce  
4 tablespoons olive oil  
8 ounces mozzarella cheese, shredded

#### **Preparation:**

Preheat the oven to 425° F. With one tablespoon olive oil, grease a baking dish. Place a large pot of salted water over high heat and bring it to a boil.

Meanwhile, wash and slice the zucchini into 1/2 inch thick rounds. Heat 2 tablespoons of olive oil in a pan over medium high heat and fry the zucchini until they are lightly golden.

Add the pasta to the boiling water and cook for half the time required on the package instructions. Drain the pasta and toss it with the remaining tablespoon of olive oil.

Spread a thin layer of the pasta on the bottom of the pan, cover it with a layer of zucchini slices, then add 1/3 of the tomato sauce and a thin layer of cheese. Repeat the process until all of the ingredients have been used, finishing with a layer of cheese. Bake in the oven for 20 minutes or until the top layer begins to turn brown and the sauce is bubbling.

Per Serving: 317 calories, 15g fat (5g saturated), 618mg sodium, 33g carbohydrates, 13g protein

Recipe by Diane Seed from [The Top One Hundred Pasta Sauces](#)