

# Mediterranean Style Meals

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## Breakfast:

- Plain Greek yogurt topped with berries, granola and walnuts
- Toasted whole grain bread topped with avocado slices and a soft boiled egg
- Vegetable omelet filled with spinach, mushrooms, tomatoes and onions
- Poached egg with tomato slices and ricotta cheese



## Lunch:

- Lentil & kale soup with a side of pita and hummus
- Traditional Greek salad topped with roasted chicken and bulgur
- Pesto chicken wrap with fresh veggies
- Homemade minestrone soup made with white beans and a side of whole grain crackers
- Chicken avocado wrap with raw veggies
- Tuna salad sandwich with spinach and spring onions and a side salad



- Leafy salad with fresh vegetables, crumbled feta cheese, and roasted chick peas
- Pesto pasta salad with lentils

## Supper:

- Roasted salmon paired with a wheat berry salad consisting of olive oil vinaigrette, feta cheese, parsley, and tomatoes & cucumbers
- Pasta dish consisting of roasted red peppers, capers, spinach, mushrooms and a garlic and olive oil sauce
- Stuffed peppers with brown rice, ground turkey and tomato sauce
- Arugula and goat cheese pizza on a whole wheat pita with a side garden salad
- Brown rice stir fry with diced tomatoes, kidney beans, swiss chard and broccolini
- Roasted beet salad with goat cheese and arugula, paired with a piece of baked fish
- Spaghetti squash topped with tomato sauce and a side salad

## Snacks/desserts:

- Fresh fruit drizzled with honey
- Fresh strawberries with a piece of dark chocolate
- Greek yogurt with fruit
- Trail mix
- Roasted chick peas or sunflower seeds
- Guacamole and veggies
- Dates and nuts

