

Mediterranean Diet Sample Menu (2000 kcal)

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

Use the sample menus for meals and snacks ideas. 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

2000 kcal

Breakfast	
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
Tea, herbal tea or coffee, without sugar	
Snack	
Low fat yogurt (0%, 1%, 2%)	175 mL (¾ cup)
Mixed berries	125 mL (½ cup)
Lunch	
Lentil and Tomato Salad (see recipe below)	1 serving
Whole grain bread	2 pieces
Chicken breast, baked	75 g (2 ½ oz)
Carrots, cut into sticks	2 medium
Apple	1 medium

Water	
Dinner	
Couscous Salad (see recipe below)	1 serving
Broccoli, steamed	125 mL (½ cup)
Salmon, baked	75 g (2 ½ oz)
Peach	1 medium
Water	
Snack	
Plain almonds	60 mL (¼ cup)
Kiwi	1 medium
Water	

Sample Menu 2

2000 kcal

Breakfast	
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, herbal tea or coffee, without sugar	
Snack	
Mixed dried apricots and raisins	60 mL (¼ cup)
Rye crackers	3
Jam	7.5 mL (½ Tbsp)

Lunch	
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	
Dinner	
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	
Snack	
Plain low fat Greek yogurt (0%, 1%, 2%)	175 mL (¾ cup)
Plain walnuts	60 mL (¼ cup)
Honey	5 mL (1 tsp)

RECIPES:

Lentil and Tomato Salad		
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	Corn kernels, frozen and thawed	375 mL
1 cup	Chickpeas, canned, 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 and stir until well combined. Set aside.

2. Place couscous in another large bowl and pour in 500 mL (2 cups) 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 large
1	Garlic clove, minced	1
2 Tbsp	Olive or canola oil, or soft margarine	30 mL
1 cup	Green or red bell pepper strips, cut into 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	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 Checklist

Use the checklist below to help you follow a Mediterranean-style of eating.

- Eat a variety of vegetables, fruits and whole grains (brown rice, whole grain couscous, oats and whole grain breads and flours) every day.
- Choose healthy (unsaturated) fats, such as unsalted, plain nuts and olive oil.
- Limit unhealthy (saturated) fats like butter, palm and coconut oil.
- Choose low fat milk and dairy products such as milk, cheese or yogurt.
- Have red meat only occasionally if you eat meat. Replace red meat with legumes, fish, seafood, poultry and eggs.
- Eat fish and seafood at least 2 times a week.
- Use spices, herbs, garlic and onions to flavour your food.
- Limit sweets and desserts to special occasions.
- Replace pop and juice with water, tea or coffee (without sugar)
- Be active every day.



Additional Resources

- Mediterranean Diet: A Guide to Healthy Eating <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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Notes

Additional Notes From Your Health Care Professional

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