



The Mediterranean Nutritionist

Janet Bond Brill, PhD, RDN, FAND, LDN | Nutrition, Health and Fitness Expert
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Week One: Mediterranean Meal Plan/Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk at least 30 minutes	Walk at least 30 minutes/strength train	Walk at least 30 minutes	Walk at least 30 minutes/strength train	Walk at least 30 minutes	Walk at least 30 minutes	Walk at least 30 minutes
Breakfast Oatmeal raisin muffins♥ Fresh blueberries	Breakfast (on the road) At Au Bon Pain: Oatmeal with raisins, almonds, brown sugar and fat free milk/flaxseeds Berries	Breakfast Steel-cut Oatmeal Soy milk Flax seeds Dried cranberries Fresh mango with lime	Breakfast Spinach egg white omelet Soy sausages 100% Whole wheat toast Grapefruit segments	Breakfast Cold oatmeal♥ Soy milk Flax seeds Dried cranberries	Breakfast Steel-cut Oatmeal Soy milk Flax seeds Dried cranberries Melon	Breakfast Oatmeal-walnut pancakes♥ Fresh raspberries
Snack Walnuts on fat-free Greek yogurt, dried figs, Splenda if desired	Snack Walnuts on fat-free Greek yogurt, dried figs, Splenda if desired	Snack Walnuts on fat-free Greek yogurt, dried figs, Splenda if desired	Snack Walnuts on fat-free Greek yogurt, dried figs, Splenda if desired	Snack Walnuts on fat-free Greek yogurt, dried figs, Splenda if desired	Snack Walnuts on fat-free Greek yogurt, dried figs, Splenda if desired	Snack Starbuck's soy latté Dried figs
Lunch Greek salad♥ Whole wheat pita	Lunch (brown bag) Almond nut butter and banana sandwich on 100% whole wheat bread Bag of mini carrots	Lunch Fresh veggie pita pocket sandwich♥	Lunch Roasted tomato soup♥ Soy deli turkey and veggie sandwich on 100% whole wheat bread Baked potato chips	Lunch Salsa♥ with "Light" tortilla chips Vegetarian Mexican bean wrap♥	Lunch At the Japanese restaurant: Edamame Miso soup Assorted sashimi Brown rice	Lunch Tuna and tofu salad♥
Snack Apple	Snack Starbuck's soy latté Orange	Snack Apple	Snack Cannellini bean dip with pita chips♥ Apple	Snack Soy yogurt Fresh blackberries	Snack Veggies/ hummus♥ dip	Snack Nectarine
Dinner* Mixed greens with shallot vinaigrette♥ Salmon with braised lentils♥ Wild rice salad♥ Dinner roll with EVOO	Dinner* Whole grain bread dipped in EVOO Linguine with fresh garden vegetables♥ Spinach with pine nuts and raisins ♥	Dinner* Steamed halibut with vegetables in parchment♥ Roasted beets with lemon vinaigrette♥ Curried whole wheat couscous♥	Dinner* Arugula salad with figs and walnuts♥ Shrimp with artichoke and garlic sauce♥ Barley mushroom pilaf♥	Dinner* Green pea and lima bean soup♥ Grilled swordfish♥ Roasted Brussels sprouts♥ Quinoa with walnuts♥ Whole grain bread dipped in EVOO	Dinner* Basil pesto Crostini♥ Mixed greens with shallot vinaigrette♥ Whole-grain pasta with roasted eggplant, olives and tomatoes♥	Dinner* Mixed greens with parsley chive dressing♥ Bean and turkey chili♥ Brown rice
Green tea Dark chocolate	Green tea Dark chocolate	Green tea Dark chocolate	Hot chocolate♥	Green tea Dark chocolate	Green tea Dark chocolate	Green tea Chocolate brownies♥

♥ Heart healthy recipe included * Optional glass or two of red wine with dinner EVOO= extra virgin olive oil



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Week Two: Mediterranean Meal Plan/Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk at least 30 minutes	Walk at least 30 minutes/strength train	Walk at least 30 minutes	Walk at least 30 minutes/strength train	Walk at least 30 minutes	Walk at least 30 minutes	Walk at least 30 minutes
Breakfast Cold Oatmeal♥ Soy milk Flaxseeds Dried cranberries Kiwi slices	Breakfast (at the diner) Oatmeal with cinnamon, raisins and slivered almonds/flaxseeds Cantaloupe	Breakfast Steel-cut Oatmeal♥ Soy milk Flaxseeds Dried cranberries Fresh strawberries	Breakfast Cold Oatmeal♥ Soy milk Flaxseeds Dried cranberries Fresh papaya with lime	Breakfast Egg white omelet with spinach 100% whole wheat toast Grapefruit sections	Breakfast Steel-cut Oatmeal Soy milk Flaxseeds Dried cranberries Fresh orange sections	Breakfast Oatmeal-walnut pancakes♥ Fresh blueberries
Snack Walnuts on fat-free Greek yogurt, dried figs, Splenda if desired	Snack Walnuts on fat-free Greek yogurt, dried figs, Splenda if desired	Snack Walnuts on fat-free Greek yogurt, dried figs, Splenda if desired	Snack Walnuts on fat-free Greek yogurt, dried figs, Splenda if desired	Snack Walnuts on fat-free Greek yogurt, dried figs, Splenda if desired	Snack Walnuts on fat-free Greek yogurt, dried figs, Splenda if desired	Snack Walnuts on fat-free Greek yogurt, dried figs, Splenda if desired
Lunch Spinach salad♥ Lentil soup♥	Lunch Whole wheat pizza with arugula, eggplant and caramelized onions♥	Lunch Portobello pizzas♥ Whole grain pita	Lunch Roasted Red Pepper Hummus♥ and vegetables on whole-grain wrap	Lunch Tuna and cannellini bean salad♥ Whole grain pita	Lunch At the Chinese restaurant: Steamed tofu stir-fry with veggies Brown rice Green tea/2 fortune cookies	Lunch Red Lentil Curry♥
Snack Pear Soy nuts	Snack Apple Soy crisps	Snack Apple	Snack Baba Ghanoush♥ on whole-wheat pita chips♥	Snack Baby carrots Peach	Snack Apple	Snack Raw veggies with hummus dip♥
Dinner* Apple carrot salad♥ Pan-seared salmon Roasted cauliflower♥ Oven-roasted potatoes♥	Dinner* Spinach salad with orange slices and olive oil vinaigrette Steamed Red Snapper with Black Bean Sauce♥ Pea pods with almonds♥ Brown rice	Dinner* Arugula salad♥ Grilled Tuna Romesco♥ Chickpeas with roasted peppers♥	Dinner* Spinach salad with apples, pears and walnuts♥ Mussels marinara♥ Side of whole grain pasta with tomato sauce Kale with white beans♥	Dinner* Mixed greens with lemon, shallot and mustard vinaigrette♥ Branzino with broccoli de rabe♥ Barley mushroom pilaf ♥	Dinner* Spinach salad with orange slices and olive oil vinaigrette Whole grain bread dipped in EVOO Herbed red beans and brown rice♥ Braised red cabbage with olives♥	Dinner* At the steakhouse: Salad bar: spinach, assorted veggies, chickpeas and olive oil vinaigrette Grilled salmon Baked sweet potato Steamed broccoli
Green tea Dark chocolate	Hot chocolate♥	Green tea Dark chocolate	Green tea Chocolate brownies♥	Green tea Dark chocolate	Green tea Dark chocolate	Green tea Dark chocolate

♥ Heart healthy recipe included * Optional glass or two of red wine with dinner EVOO= extra virgin olive oil