

Week 19: Monday, April 6 to Sunday, April 12, 2015

Plan of the Month: The Mediterranean Diet

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	Rusks topped with goat cheese and fig spread Coffee	Leftover lamb with panzanella salad	1 egg and kale salad	Greek yogurt with fresh strawberries	
Tuesday	2 eggs on rusks - spritzed with vinegar, olive oil and oregano Coffee	Chicken breast, leftover panzanella salad, rapini	Pasta e fagioli (pasta and beans)	Blueberries and walnuts	
Wednesday	2 eggs on rusks - spritzed with vinegar, olive oil and oregano Coffee	Pasta e fagioli (pasta and beans)	Carrots, hummus, grapes, 1 oz. parmesan cheese,	Blueberries and walnuts Slice of Lisa's delicious Irish bread with butter @ Bible Study	Said 'NO' to Girl Guide cookies...
Thursday	Bran buds with milk, topped with minced dried fig	Arugala salad, tomato, feta, olive oil Sardinies Slice chicken pesto flatbread	SPICE Spanish Restaurant: 2 calamari, Spanish sausage with apple and onion, 2.5 slices of ham, cheese, and fig flatbread Sangria, shared dessert	Grapes, walnuts, pineapple, watermelon	
Friday	Bran buds with milk, topped with minced dried fig	Arugala salad, kalamato olives, feta, olive oil Salmon	Lentil soup	Apple and walnuts	
Saturday	2 egg frittata with tomato and feta cheese	1 sausage with rapini	1 sausage with rapini	Apple and walnuts Grapes	Ahhh - leftovers! The curse of the single people everywhere!
Sunday	2 eggs on rusks - spritzed with vinegar, olive oil and oregano Coffee	1 sausage with rapini	Chicken Romaine and tomato salad topped with feta and kalmata olives	2 dried figs Skinny Vanilla Latte	