

Week 20: Monday, April 13 to Sunday, April 19, 2015

Plan of the Month: The Mediterranean Diet

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	2 egg frittata with tomato and feta cheese	Salad - romaine lettuce, tomato, cucumber, egg, cheese, chicken	Lentil soup with 2 rusks	Blueberries and walnuts	
Tuesday	Rusks topped with goat cheese and fig spread Coffee	Salad - romaine lettuce, tomato, cucumber, egg, cheese, chicken	Quinoa pasta with tuna, olive oil, garlic and hot peppers	Red pepper and hummus Apple	
Wednesday	2 eggs, 2 rusks, carrot Coffee	Quinoa pasta with tuna, olive oil, garlic and hot peppers	Tomato and bean salad	Greek yogurt with fresh strawberries	
Thursday	Rusks topped with goat cheese and fig spread Coffee	Chicken Marsala, rice, broccoli and carrots	Cod and potatoes Salad Lupini beans	Grapes, walnuts, pineapple, watermelon	
Friday	2 eggs, 2 rusks, red pepper Coffee	Tuna with olive oil, garlic, oregano, on 2 rusks	Tomato and bean salad	Skinny Vanilla Latte at Starbucks	Day off to finish Spring Cleaning
Saturday	2 egg frittata with tomato and feta cheese Coffee	Tomato and bean salad	Potluck at Tanya's: quiche, chickpea salad, 2 biscotti, 2 pieces gourmet chocolate	Apple and walnuts	
Sunday	2 rusks, carrot, hummus Coffee	Chicken, broccoli and beets	Greek yogurt topped with blueberries and honey	Pear and almonds	