

# Week 21: Monday, April 21 to Sunday, April 26, 2015

# Plan of the Month: The Mediterranean Diet

|                  | Breakfast  | Lunch  | Dinner   | Snack  | Comments                         |
|------------------|--|--|--|--|----------------------------------|
| <b>Monday</b>    | 2 hardboiled eggs on rusks, spritzed with vinegar, olive oil, and oregano - yum!<br>Coffee | Romaine Salad topped with tuna, olive oil and vinegar  | Salmon<br>Romaine salad with olive oil and lemon juice                   | Apple and almonds<br>Blueberries and walnuts<br>Strawberries |                                  |
| <b>Tuesday</b>   | 4 rusks topped with goat cheese, honey and pistachios<br>Coffee                            | Salmon<br>Romaine salad with olive oil and lemon juice   | Verdura (greens stew with beans)   | Strawberries and walnuts<br>Pear and walnuts                 | Cooking class at Longo's!        |
| <b>Wednesday</b> | 4 rusks topped with goat cheese, honey and pistachios<br>Coffee                            | Quinoa pasta with chickpeas, olive oil and parsley   | Small steak with grilled onions and mushroom, carrots and broccoli       | Apple, pear and cheese<br>Grapes<br>Lupini beans             |                                  |
| <b>Thursday</b>  | 2 egg frittata with tomato, parsley and garlic   | Romaine Salad topped with chicken, olive oil and vinegar   | Beet ravioli<br>Kale chips<br>grapefruit, pear juice<br>organic desserts | Grapes and walnuts<br>Lupini beans                           | Dinner with Michelle and Renata! |
| <b>Friday</b>    | 2 egg omlette with parsley and parmesean cheese  | Chicken and string beans   | Pastina (chicken broth with Italian noodles)                             | Pear and walnuts   |                                  |
| <b>Saturday</b>  | 2 eggs, 2 rusks, 2 carrots<br>Coffee   | Lamb chop<br>Romaine salad with tomatoes   | Buffet at the Casino:<br>Roast beef, salad, roast vegetable              | Pineapples<br>Coffee and lemon square                        | Saw The Monkees at Casino RAMA   |
| <b>Sunday</b>    | 4 rusks topped with goat cheese, honey and pistachios<br>Coffee                            | Lunch at Tabule:<br>Hummus, Cauliflower, Tabule, Falafel, Pita<br>Kunafa Ashta (dessert) and Lebanese coffee | Pastina (chicken broth with Italian noodles)                             | Skinny Vanilla Latte   | Lunch with Rona and Donna : )    |