

**No Matter Where You Are Today** Work toward these goals to improve your health.

		<b>Mediterranean Style Goals</b>	<b>My Goals</b>
<b>EAT YOUR FILL</b>	 <p><b>CRUCIFEROUS VEGETABLES</b>   1 serving = 1 cup raw or 1/2 cup cooked Collard Greens, Kale, Mustard Greens, Watercress, Bok Choy, Arugula, Brussels Sprouts, Cabbage, Broccoli, Cauliflower, Radish, Turnip Greens</p> <p><b>NON-STARCHY VEGETABLES</b>   1 serving = 1 cup raw or 1/2 cup cooked Carrots (raw), Bell Peppers, Mushrooms, Asparagus, Tomatoes, Zucchini, Summer Squash, Eggplant, Artichoke, Leeks, Garlic, Onions, Celery, Cucumbers, Okra <b>Leafy:</b> Swiss Chard, Spinach, Romaine Lettuce, Leaf Lettuce, Iceberg Lettuce</p>	Daily 4-6 Servings	_____
	 <p><b>FRUITS</b>   1 serving = 1 medium piece or 1/2 cup <b>Berries:</b> Strawberries, Blackberries, Raspberries, Blueberries, Acai Berries, Cranberries <b>Citrus:</b> Oranges, Grapefruit, Pineapple, Lemons, Limes, Tangerines <b>Other:</b> Grapes, Pomegranates, Cantaloupe, Peaches, Plums, Cherries, Apples, Pears, Mango, Kiwifruit, Bananas</p>	Daily 2-3 Servings	_____
	 <p><b>LEGUMES</b>   1 serving = 1/2 cup cooked <b>Beans:</b> Edamame, Tofu, Kidney, Great Northern, Cannellini, Adzuki, Black, Pinto, Garbanzo, Fava, Lima, Navy <b>Peas:</b> Green, Split, Black-Eyed, Snap, Snow <b>Lentils:</b> Red, Yellow, Brown, Black, Green, Sprouted</p>	Daily 1-2 Servings	_____
<b>MODERATION</b>	 <p><b>STARCHY VEGETABLES</b>   1 serving = 1/2 cup cooked Carrots (cooked), Winter Squash, Sweet Potatoes, Yams, Corn, Turnips, Parsnips, White Potatoes</p>	Daily 3-5 Servings	_____
	 <p><b>WHOLE GRAINS</b>   1 serving = 1/2 cup cooked Steel Cut Oats, Barley, Buckwheat, Millet, Quinoa, Amaranth, Bulgur, Spelt, Teff, Triticale, Farro, Brown Rice, Wild Rice, Whole Grain Bread</p>		
	 <p><b>RAW NUTS &amp; SEEDS</b>   1 serving = 1/4 cup nuts or 2 tbsp seeds <b>Nuts:</b> Pistachios, Walnuts, Almonds, Pine Nuts, Pecans, Cashews, Brazil Nuts, Hazelnuts, Macadamias <b>Seeds:</b> Chia, Flax, Hemp, Sesame, Sunflower, Pumpkin</p>	Daily 2-3 Servings	_____
<b>LIMIT</b>	 <p><b>FISH, SEAFOOD &amp; EGGS</b>   1 serving = 3 ounces or 1 egg <b>LOWFAT DAIRY</b>   1 serving = Milk (1 cup), Yogurt (1 cup), Cheese (1 ounce)</p>	Daily 1-2 Servings	_____
	 <p><b>POULTRY</b>   1 serving = 3 ounces <b>RED MEAT</b>   1 serving = 3 ounces</p>	Weekly 1-2 Servings 0-1 Servings	POULTRY _____ RED MEAT _____
<b>AVOID</b>	 <p><b>PROCESSED FOODS &amp; SWEETS</b>   Servings vary Snack foods, Processed Meats, Cookies, Cakes, Candies, Desserts, Sodas</p>	Weekly 0-1 Servings	_____

\*If you choose an entirely plant based plan, include a vitamin B12 supplement.






## Plant Source Food Portions

-  = 1 cup raw Vegetables
-  = ½ cup cooked Vegetables
-  = ½ cup Fruit
-  = ½ cup cooked Beans/Lentils
-  = ½ cup cooked Whole Grains/Starchy Vegetables
-  = 2 tablespoons Nuts
-  = 2 tablespoons Nut Butter
-  = ⅓ of a medium Avocado

## Animal Source Food Portions

If you choose to include animal source foods (ASF), opt for naturally raised or wild meat, poultry, fish, eggs, or dairy. Additionally, aim to keep ASF to 15% or less of total daily calories. For a 2,000 calorie meal plan this equals 300 calories or less.

**Each portion below equals approximately 100 calories of ASF:**

-  = 3 ounces Very Lean Meat/Poultry/Fish
-  = 1 cup Fat free/Skim Milk
-  = 1 ½ Eggs
-  = 1 ounce Cheese
-  = 1 tablespoon Butter

## Portion Pointers

- 1. Portion Plate** – Use a salad plate instead of a dinner plate for meals.
- 2. Pretty Plates** – Serve meals on a plate or in a bowl instead of eating out of the package.
- 3. Valuable Vegetables** – Fill at least half your plate with vegetables.
- 4. Savor Your Meals** – Relax, turn off the TV, and enjoy the food you've prepared.
- 5. Wonderful Water** – Stay hydrated with water. Aim for eight, eight ounce glasses a day.
- 6. No Truancy** – Avoid skipping meals and only eat when you are truly hungry.

	EXAMPLE DAY	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	2 Fruits 1 cup Whole Grains 1 ounce Nuts/Seeds	Overnight Blueberry Oats	Greek Yogurt Parfait	Scrambled Eggs & Toast	Toasted Sweet Potatoes with Smashed Avocado
LUNCH	3+ cups Raw Non-starchy Vegetables 1/2 cup Beans 1 Fruit	Citrus Lentil Salad	Grilled Chicken Kale Caesar salad	Baba Ganoush Lettuce Wraps, 1 Fruit	Tabbouleh Superfood Bowl, 1 Fruit
DINNER	2+ cups Cooked Non-starchy Vegetables 1/2 cup Lentils, 1/2 cup Whole Grains 3 oz Fish	Grilled Salmon Greek Salad	Stuffed Peppers Side Salad	Pasta Primavera	Pita Pizza 1 Fruit

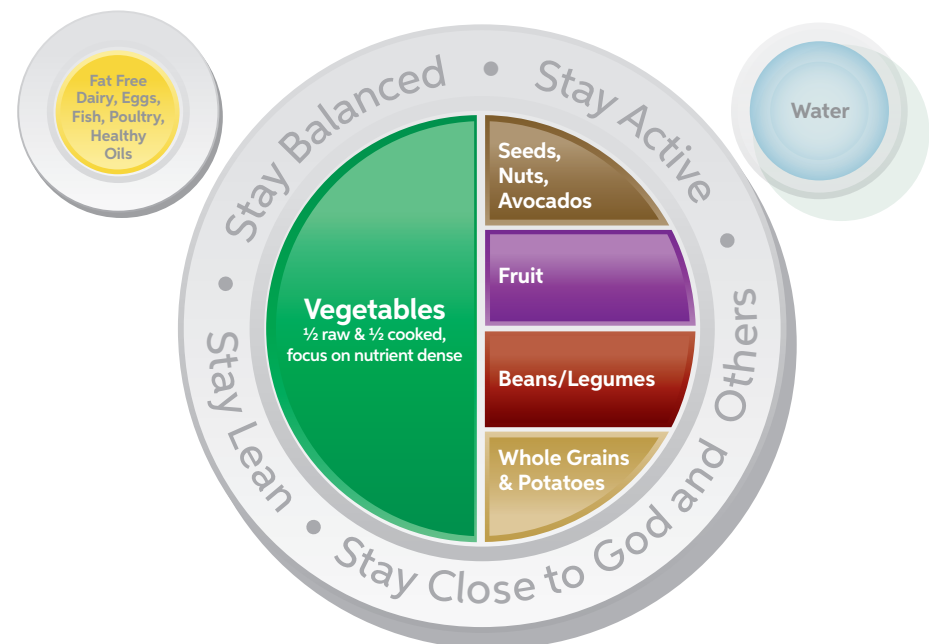
## Personalize Portions

Adjust portions to your body size, gender, activity level, and desired health outcomes. Some recipes will have leftovers; this is done intentionally to use for future meals.

## Hunger Scale



## Medi-Share Plate



## Vegetables

6 spears Asparagus	4 Red Bell Peppers
14 c Baby Kale	4 c Red Leaf Lettuce
4 tbsp Basil	1 Red Onion
1¼ c Broccoli, pieces	6 hearts Romaine
1 c Carrots	4 c Spinach
5½ c Cherry Tomatoes	5 oz Spinach, frozen
4 c Cucumber slices	4 cups Spring Mix
2 Eggplants	½ c Sugar Snap Peas
13 cloves Garlic	1 Sweet Potato, small
1 bunch Green Onion	1 Tomato
½ c Green Peas	1 15 oz can Tomatoes (diced)
3 tbsp Mint	1 Zucchini
2¾ c Parsley	



## Pantry/Dry Goods

¼ c Almonds	¼ c Green Olives	½ c Steel-cut Oats
Balsamic Vinegar	16 Kalamata Olives	½ tsp Thyme, dried
½ tsp Basil, dried	2 c Lentils	2 tbsp Walnuts
Black Pepper	2 tbsp Nutritional Yeast	1 15 oz can White Beans
½ c Bulgur (Buckwheat if GF)	2½ tsp Oregano, ground	1 slice Whole Grain Bread
1 c Cashews	1 c Olive Oil	12 oz Whole Grain Penne
1 tbsp Chia Seeds	Paprika	4 Whole Grain Pitas
2 15oz cans Chickpeas	1 c Quinoa	
¼ c Couscous	¼ c Raisins	
4 tbsp Cumin	2 tbsp Red Wine Vinegar	
1 tbsp Dijon Mustard	Sea Salt	
1 tsp Garlic Powder	Sesame Seed Butter (Tahini)	



## Fruits

1 Avocado  
2 c Blueberries  
2 Nectarines  
½ c 100% Orange Juice  
1 c 100% Lemon Juice



## Other

12 oz Chicken breast  
2 Eggs  
10 oz Feta Cheese  
6 oz Greek Yogurt, plain  
4 tbsp Hummus  
1¾ c Milk  
1 c Mozzarella Cheese  
¾ c Parmesan Cheese, grated  
12 oz Salmon

## Smart Shopping

- 1. Plan Ahead** – Keep an ongoing shopping list organized by store layout and stick to it.
- 2. Have a Snack** – Have a healthy snack before hitting the store to avoid impulse purchases.
- 3. Shop the Perimeter** – Fresh and frozen foods like fruits and vegetables are usually located around the perimeter of the store.
- 4. Buy in Bulk** – Whole grains, dried beans, nuts, and seeds are often cheaper in bulk.

DAY  
1

## Overnight Blueberry Oats

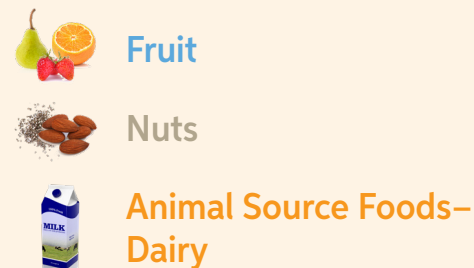
### GOOD SOURCE OF:



DAY  
2

## Greek Yogurt Parfait

### GOOD SOURCE OF:



DAY  
3

## Scrambled Eggs & Toast

### GOOD SOURCE OF:



DAY  
4

## Toasted Sweet Potatoes with Smashed Avocado

### GOOD SOURCE OF:



## Greek Yogurt Parfait

SERVES 1

### Ingredients

6oz Greek Yogurt  
1 c Blueberries  
2 tbsp Walnuts

### Preparation

Layer yogurt, berries, and nuts in a glass bowl or small mason jar until all ingredients are used.

## Overnight Blueberry Oats

SERVES 1

### Ingredients

1/2 c Steel-cut oats  
1/2 c milk or non-dairy milk  
1 tbsp Chia seeds  
1 c Blueberries (fresh or frozen)

### Preparation

Combine all ingredients well. Cover and refrigerate overnight. Oats can be enjoyed cold or warm. Add cinnamon or additional milk if desired.

## Toasted Sweet Potatoes with Smashed Avocado

SERVES 1

### Ingredients

1 small Sweet Potato  
1/2 small Avocado

### Preparation

Slice sweet potato lengthwise into 1/4 inch slices. Toast in a toaster or toaster oven on high until cooked through (if using a toaster, more than 1 cycle may be needed). Peel and divide avocado into sections, place sections on the sweet potatoes and gently smash the avocado with a fork. Alternatively, slice the avocado and arrange slices on the sweet potatoes.

## Scrambled Eggs & Toast

SERVES 1

### Ingredients

2 Eggs  
Black Pepper  
2 tbsp Milk  
1 slice Whole grain bread

### Preparation

Whisk together all ingredients until light and foamy. Heat a skillet over high heat. When the pan is hot, pour the eggs into the skillet. Stir slowly, lowering the heat to low. Continue stirring until no liquid remains. Remove from heat and serve with toast.

DAY  
1

## Citrus Lentil Salad

GOOD SOURCE OF:

 Whole Grains

 Fruit

 Seeds

DAY  
2

## Grilled Chicken Kale Caesar Salad

GOOD SOURCE OF:

 Vegetables

 Nuts

 Animal Source Foods–  
Poultry

DAY  
3

## Baba Ganoush Lettuce Wraps

GOOD SOURCE OF:

 Vegetables

 Seeds

DAY  
4

## Tabbouleh Superfood Bowl

GOOD SOURCE OF:

 Vegetables

 Whole Grains

 Beans

## Grilled Chicken Kale Caesar Salad

SERVES 4

### Salad

10 c Kale, stems removed, chopped  
12 oz Chicken, grilled

### Dressing

6 cloves roasted Garlic  
1 c Milk or unsweetened non-dairy milk  
1 c raw Cashews  
2 tbsp Nutritional Yeast  
2 tbsp Lemon Juice  
1 tbsp Dijon Mustard  
1/8 tsp Black Pepper

### Preparation

Combine dressing ingredients in a high-powered blender. Blend until creamy. Place kale in a large bowl. Add dressing and toss well. Add chicken and serve.

## Citrus Lentil Salad

SERVES 4

### Salad

1 c dry Lentils, rinsed  
4 c Baby Kale  
4 c Red Leaf Lettuce, chopped  
1/2 c Red Onion, chopped  
2 c Nectarine, chopped

### Dressing

1/2 c 100% Orange Juice  
2 tbsp Balsamic Vinegar  
1/4 c raw Almonds  
1/4 c Raisins  
1 clove Garlic

### Preparation

Cook lentils according to the package. Drain and set aside. Combine dressing ingredients in a high-powered blender. Blend until smooth. In a large bowl, combine salad ingredients. Add dressing and toss.

## Tabbouleh Superfood Bowl

SERVES 4

### Ingredients

1/2 c Bulgur (Buckwheat, if gluten free)	1 15 oz can Chickpeas, drain and rinse
2 c Parsley	4 tbsp Cumin
1 bunch Green Onion, chopped	Lemon juice to taste
1 large Tomato, diced	Pepper to taste
3 tbsp Mint, chopped	2 Romaine Lettuce Hearts
	4 tbsp Hummus

### Preparation

Put the bulgur in a small bowl, cover with cold water and let stand for 10 minutes, then drain. Place the bulgur in a clean kitchen towel or a double thickness of cheesecloth and squeeze dry. (If using buckwheat cook according to package instructions.) Transfer to a bowl, use a fork to separate into individual grains. Stir in parsley, green onions, tomato, mint, chickpeas, lemon juice and cumin. Season with pepper. Taste and add more lemon juice, if needed. Cover and refrigerate for at least 2 hours. Arrange romaine leaves around 6 bowls, place tabbouleh in the center and top with hummus.

## Baba Ganoush Lettuce Wraps

SERVES 4

### Ingredients

2 medium Eggplants	2 tsp Paprika
4 tbsp Olive Oil	4 tbsp Parsley
2 clove Garlic	1/4 tsp Sea Salt
1/2 c Lemon Juice	4 tbsp Sesame seed butter (Tahini)
	4 Hearts Romaine Lettuce, leaves separated

### Preparation

Preheat oven to 400 degrees F. Place eggplant in baking dish and drizzle with oil. Bake until tender, about 25 minutes. Allow eggplant to cool, then remove eggplant skin. Combine all ingredients except romaine hearts in a high-powered blender or food processor. Blend until smooth. Spoon eggplant mixture into romaine leaves and serve.



DAY  
1

## Grilled Salmon Greek Salad

### GOOD SOURCE OF:



Vegetables



Whole Grains



Animal Source Foods—  
Fish



Beans

DAY  
2

## Stuffed Peppers

### GOOD SOURCE OF:



Vegetables



Whole Grains



Beans

DAY  
3

## Pasta Primavera

### GOOD SOURCE OF:



Vegetables



Whole Grains



Animal Source Foods—  
Dairy

DAY  
4

## Pita Pizza

### GOOD SOURCE OF:



Vegetables



Whole Grains



Animal Source Foods—  
Dairy

## Stuffed Peppers

SERVES 4

### Ingredients

3 Red Bell Peppers	15 oz can White Beans, drain & rinse
1 tbsp Olive Oil	15 oz can Diced Tomatoes
½ Red Onion, diced	¼ tsp Oregano, ground
2 cloves Garlic, minced	½ tsp Thyme, dried
1 c Couscous, cooked	Black Pepper, to taste
5 oz Frozen Spinach, thawed & drained	½ c Parsley, chopped

### Preparation

Preheat oven to 400° F. Cut peppers in half vertically and remove seeds. Roast peppers in a glass baking dish 20-25 minutes. Add oil to a pan on medium-low heat. Once hot, add onion and cook until slightly softened. Add garlic and cook another 1-2 minutes. Add couscous, spinach, beans, tomatoes, oregano, and thyme, stirring until combined. Season to taste with black pepper. Carefully spoon mixture into each pepper half in the glass baking dish. Bake 15-20 minutes. Just before serving, garnish with parsley.

## Grilled Salmon Greek Salad

SERVES 4

### Ingredients

2 tbsp Olive Oil	1 c Chickpeas, canned
2 tbsp Red Wine Vinegar	4 c Spring Mix
4 tsp Basil	4 oz Feta Cheese
2 tsp Black Pepper	4 c Cucumber, sliced
2 tsp Oregano, ground	16 Kalamata Olives
2 c Quinoa, cooked	4 c Cherry Tomatoes, halved
2 c Lentils, cooked	12 oz Salmon, grilled

### Preparation

Whisk the olive oil, wine vinegar, basil, black pepper and oregano together. Toss dressing with quinoa and lentils, set aside. Drain and rinse chickpeas. Combine spring mix, feta, cucumber, olives, tomatoes and toss with quinoa mixture. Top with grilled salmon.

## Pita Pizza

SERVES 4

### Ingredients

¼ c Lemon Juice	4 Whole Grain Pitas
1 tsp Garlic Powder	4 c Spinach, torn to bite size
¼ tsp Oregano, ground	½ c Cherry Tomatoes, halved
½ tsp Basil, dried	¼ c Green Olives, chopped
½ c Olive Oil	1 c Mozzarella Cheese, shredded
	1 c Feta Cheese, crumbled

### Preparation

Preheat oven to 375° F. Whisk together lemon juice, garlic powder, oregano, basil, and oil. Brush oil mixture over pita breads and place on a baking sheet, set aside remaining dressing. Combine spinach, tomatoes, olives, and remaining dressing. Divide vegetable mixture between each pita, top with cheeses. Bake until cheese melts and pitas are toasted.

## Pasta Primavera

SERVES 6

### Ingredients

2 cloves Garlic, minced	1 Red Bell Pepper, diced
1 tbsp Olive Oil	1¼ c Broccoli, cut to 1in pieces
12 oz Whole Grain Penne	½ c Sugar Snap Peas, strings removed
6 spears Asparagus, cut to 1in pieces	½ c Green Peas, fresh or frozen
1 Zucchini, diced	10 Cherry Tomatoes, halved
1 c Carrots, thinly sliced	¾ c Parmesan Cheese, grated
	2 tbsp Basil, thinly sliced

### Preparation

Add oil to a large pot on medium-low heat. Once hot, add garlic and sauté until fragrant. Add pasta, 4 cups hot water, cover and bring to a boil. Once boiling, reduce heat to medium-high, uncover, and cook, stirring occasionally, until pasta is al dente. Stir in asparagus, zucchini, carrots, pepper, broccoli, snap peas, and peas, cook uncovered until vegetables are tender but still crisp. Stir in tomatoes and cheese. Just before serving, garnish with sliced basil.