

# 1 WEEK OF MEDITERRANEAN EATING

Clean Eating

Not only is the Mediterranean diet delicious but it also boasts many health benefits. Did you know that it even supports brain health as you age? Follow this one-week Mediterranean meal pan to help nourish your brain and support your overall health.

BY JESSE LANE LEE

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <p><b>2 servings Spanakopita Egg Casserole</b> (save leftovers, freeze 2 servings)</p>	 <p><b>1 serving Herby Chicken Kebabs with Olive-Studded Orzo</b> (save leftovers)</p>	 <p><b>1 serving Spanish Chickpea &amp; Red Bell Pepper Soup</b> (freeze leftovers)</p>	<p>Calories: 1,466 Fat: 70 g, Sat. Fat: 21 g, Carbs: 122 g, Fiber: 23 g, Sugars: 14 g, Protein: 86 g, Sodium: 2,000 mg Cholesterol: 95 mg</p>
TUESDAY	 <p><b>2 servings Spanakopita Egg Casserole</b> (leftovers)</p>	 <p><b>1 serving Mediterranean Lamb &amp; Eggplant Bolognese</b> (save leftovers, freeze 1 serving)</p>	 <p><b>1 serving Herby Chicken Kebabs with Olive-Studded Orzo</b> (leftovers)</p>	<p>Calories: 1,430, Fat: 63 g, Sat. Fat: 26 g, Carbs: 118 g, Fiber: 21 g, Sugars: 22 g, Protein: 93 g, Sodium: 1,702 mg, Cholesterol: 149 mg</p>
WEDNESDAY	 <p><b>1 serving Mediterranean Salad with Crispy Chickpeas &amp; Herbed Vinaigrette</b> (save leftovers)</p>	 <p><b>1 serving Herby Chicken Kebabs with Olive-Studded Orzo</b> (leftovers)</p>	 <p><b>1 serving Mediterranean Lamb &amp; Eggplant Bolognese</b> (leftovers)</p>	<p>Calories: 1,522, Fat: 72 g, Sat. Fat: 20 g, Carbs: 133 g, Fiber: 28 g, Sugars: 28 g, Protein: 82 g, Sodium: 1,695 mg, Cholesterol: 344 mg</p>
THURSDAY	 <p><b>1 serving Mediterranean Salad with Crispy Chickpeas &amp; Herbed Vinaigrette</b> (leftovers)</p>	 <p><b>1 serving Grilled Eggplant Caprese</b> (save leftovers); <b>1 serving Halibut with Olive Tapenade Crust</b> (save leftovers)</p>	 <p><b>1 serving Herby Chicken Kebabs with Olive-Studded Orzo</b> (leftovers)</p>	<p>Calories: 1,673, Fat: 86 g, Sat. Fat: 21 g, Carbs: 126 g, Fiber: 24 g, Sugars: 22 g, Protein: 105 g, Sodium: 1,974 mg, Cholesterol: 401 mg</p>
FRIDAY	 <p><b>1 serving Mediterranean Salad with Crispy Chickpeas &amp; Herbed Vinaigrette</b> (leftovers)</p>	 <p><b>1 serving Mediterranean Lamb &amp; Eggplant Bolognese</b> (leftovers)</p>	 <p><b>1 serving Grilled Eggplant Caprese</b> (leftovers); <b>1 serving Halibut with Olive Tapenade Crust</b> (leftovers)</p>	<p>Calories: 1,617, Fat: 89 g, Sat. Fat: 25 g, Carbs: 114 g, Fiber: 29 g, Sugars: 26 g, Protein: 86 g, Sodium: 1,842 mg, Cholesterol: 364 mg</p>
SATURDAY	 <p><b>1 serving Mediterranean Salad with Crispy Chickpeas &amp; Herbed Vinaigrette</b></p>	 <p><b>1 serving Spanish Chickpea &amp; Red Bell Pepper Soup</b> (leftovers)</p>	 <p><b>1 serving Grilled Eggplant Caprese</b> (leftovers); <b>1 serving Halibut with Olive Tapenade Crust</b> (leftovers)</p>	<p>Calories: 1,653, Fat: 96 g, Sat. Fat: 20 g, Carbs: 118 g, Fiber: 31 g, Sugars: 18 g, Protein: 79 g, Sodium: 2,140 mg, Cholesterol: 310 mg</p>
SUNDAY	 <p><b>2 servings Spanakopita Egg Casserole</b> (leftovers from frozen)</p>	 <p><b>1 serving Mediterranean Lamb &amp; Eggplant Bolognese</b> (leftovers)</p>	 <p><b>1 serving Grilled Eggplant Caprese</b> (leftovers); <b>1 serving Halibut with Olive Tapenade Crust</b> (leftovers)</p>	<p>Calories: 1,525, Fat: 80 g, Sat. Fat: 31 g, Carbs: 99 g, Fiber: 22 g, Sugars: 20 g, Protein: 97 g, Sodium: 1,849 mg, Cholesterol: 169 mg</p>

# GROCERY LIST

## PROTEINS & DAIRY

- ☐ 12 boneless, skinless chicken tenders (1¼ lbs)
- ☐ 4 6-oz boneless, skinless halibut fillets
- ☐ ½ lb ground lamb
- ☐ 12 large eggs
- ☐ 9 oz feta cheese
- ☐ 6 oz fresh mozzarella
- ☐ 1 small container full-fat ricotta cheese
- ☐ 1 small carton light cream
- ☐ 2 15-oz BPA-free cans chickpeas
- ☐ 1 carton low-sodium chicken broth

## VEGGIES & FRUITS

- ☐ 1 large head garlic
- ☐ 2 small yellow onions
- ☐ 1 red onion
- ☐ 3 eggplants
- ☐ 1 head romaine lettuce
- ☐ 5 oz baby spinach
- ☐ 1 English cucumber
- ☐ 4 heirloom tomatoes
- ☐ 18 oz grape tomatoes
- ☐ 1 bunch fresh parsley
- ☐ 1 bunch fresh basil
- ☐ 1 bunch fresh mint
- ☐ 1 bunch fresh chives
- ☐ 1 bunch fresh dill
- ☐ 1 lemon

## WHOLE GRAINS

- ☐ 1 bag whole-wheat orzo
- ☐ 1 pkg whole-grain spaghetti
- ☐ 1 pkg Israeli couscous (aka pearl couscous)

## NUTS, SEEDS & OILS

- ☐ 1 bottle olive oil
- ☐ 1 bottle olive oil cooking spray

## PANTRY STAPLES

- ☐ 3 14.5-oz BPA-free cans unsalted diced tomatoes
- ☐ 1 can unsalted tomato paste
- ☐ 1 jar pitted Kalamata olives
- ☐ 1 jar pitted black olives
- ☐ 1 jar capers
- ☐ 1 12-oz jar roasted red peppers
- ☐ 1 jar preserved lemon
- ☐ 1 bottle red pepper flakes
- ☐ 1 bottle sea salt
- ☐ 1 bottle ground black pepper
- ☐ 1 bottle dried oregano
- ☐ 1 bottle ground cinnamon
- ☐ 1 bottle smoked paprika
- ☐ 1 bottle unsalted Mediterranean herb blend
- ☐ 1 bottle white wine vinegar
- ☐ 1 bottle balsamic vinegar
- ☐ 1 bottle Dijon mustard