

Live your life



Introduction

The Mediterranean diet is one of the world's healthiest eating patterns and is associated with a reduced risk of various lifestyle related diseases. It is one of the contributors to the longer life span of many who live in the region. This healthy Mediterranean meal plan emphasises eating fresh whole foods and including a wide variety of fruits and vegetables, nuts, seeds, legumes and wholegrains. It also features eggs, fish and lean chicken. Use this as a guide and enjoy the delicious flavours of the Mediterranean!

Notes about this meal plan:

- This meal plan provides an average of 8700 kilojoules per day and is based on the average energy requirements of active 18-65 year old adults. Your energy requirements vary depending on age, activity, health status, height and weight. For personalised advice, seek the services of an Accredited Practising Dietitian.
- This meal plan provides the minimum number of serves from each of the core food groups as recommended in the Australian Guide to Healthy Eating* for adults (other than women over 51 years and men over 70 years who may require additional milk, cheese or yoghurt).
- This meal plan provides 9 eggs per week.
- Note it is also important to drink plenty of water.
- This meal plan has been developed by an Accredited Practising Dietitian at Food & Nutrition Australia.
- Those with a medical issue should seek advice from their healthcare practitioner before changing their diet.


*Australian Guide to Health Eating, NHMRC, Commonwealth of Australia, 2013
<http://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>



Meal Plan- Mediterranean

Prepared for Australian Eggs by Food & Nutrition Australia, May 2021



	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
Breakfast	<p>Tomato, Avocado and Scrambled Eggs on Toast</p> <p>2 slices of wholegrain toast topped with sliced tomatoes + ½ avocado + 2 scrambled eggs. + 1 glass of milk/calcium fortified nut milk</p>	<p>Greek Yoghurt with Raspberries</p> <p>1 cup of Greek yogurt with raspberries, shredded almonds and cinnamon. Drizzle with honey.</p>	<p>Roast Vegetable Rosti with Poached Eggs (1 serve)</p> <p>+ 1 glass of milk/calcium fortified nut milk</p>  <p>https://bit.ly/rosti-poached-eggs</p>	<p>Muesli Yoghurt</p> <p>1 cup (200g) of natural yoghurt with 1 tsp chia/linseeds and ¼ cup dry toasted muesli + 1 serve of fruit (e.g. 1 medium banana or 2 plums)</p>	<p>Porridge</p> <p>½ cup dried rolled oats with 1 cup milk + 1 tbsp linseeds + 1 cup fruit salad</p>	<p>Wholegrain Cereal</p> <p>¾ cup wholegrain cereal with 1 cup milk + 1 serve of fruit (e.g. bundle of grapes or 2 mandarins)</p>	<p>Fig & Ricotta Toast</p> <p>2 slices of wholegrain toast with ½ cup ricotta cheese/ goat's cheese + 1 cup chopped figs + pistachios.</p>
Lunch	<p>Tuna and Salad Wrap</p> <p>100g tinned tuna + cheese + ¼ avocado + 2 cups salad vegetables (e.g. lettuce, cucumber, carrot, capsicum) + 1 slice barley/wholegrain wrap. + Bundle of grapes</p>	<p>Easy Fish Pie Recipe (1 serve)</p>  <p>https://bit.ly/easy-fish-pie</p>	<p>Watermelon Chickpea Salad</p> <p>1 cup watermelon mixed with ½ sliced cucumber, crumbled fetta cheese, cherry tomatoes + 1 cup chickpeas + fresh herbs and mints + lime juice. Served with wholegrain bread</p>	<p>Lentil, Vegetable & Barley Soup</p> <p>¾ cup lentils with 1 cup vegetables, vegetable stock and 1 cup cooked barley + 1 medium wholegrain bread roll</p>	<p>Black Bean Bruschetta on Sourdough</p> <p>Sourdough topped with ½ cup mashed avocado, cherry tomatoes, fetta cheese and ½ cup black beans, squeezed with lime juice.</p>	<p>Spiced Sweet Potato and Chickpea Fritters with Soft Boiled Eggs (1 serve)</p> <p>+ 1 tub of yoghurt</p>  <p>https://bit.ly/ChickpeaFrittersEggs</p>	<p>Mixed Beans Salad</p> <p>1 cup mixed beans and 2 cups of salad greens with olives and tomatoes + fetta cheese + 2 tbsp hummus + olive oil dressing and vinegar Served with wholegrain pita bread.</p>
Dinner	<p>Broccoli Falafels with Buckwheat, Egg and Herb Salad (1.5 serve)</p>  <p>https://bit.ly/falafel-egg-salad</p>	<p>Wholegrain Pizza</p> <p>Topped with tomato paste, shredded lean chicken, 1 cup grilled vegetables (e.g. eggplant, carrots, cucumber, cherry tomatoes), shredded cheese and 1 tbsp pine nuts</p>	<p>Greek Chicken Bowl</p> <p>Pan-fried 100g chicken breast, ½ cup cherry tomato, small cucumber and ½ onion with olive oil, served over 1 cup cooked brown rice. Topped with plain Greek yoghurt or tzatziki sauce and fetta cheese. Squeeze with lemon juice.</p>	<p>Baked Salmon with Quinoa & Vegetables</p> <p>1 medium salmon fillet (120g), baked & served with 1 cup cooked quinoa + haloumi + 2 cups cooked vegetables (e.g. cauliflower, broccoli, carrots) + 2 tsp oil in cooking or as a dressing with lemon juice</p>	<p>Bourghal Wheat Salad with a Poached Egg (1 serve)</p>  <p>https://bit.ly/BourghalWheatSalad</p>	<p>Chicken & Pasta Salad</p> <p>100g lean chicken + 1 cup cooked pasta + 2 cups leafy green vegetables + ½ avocado + fetta cheese/ haloumi + olive oil</p>	<p>Garlic & Oregano Steak with Vegetables</p> <p>100g lean steak marinated in olive oil, garlic and oregano, grilled + 1.5 cups roasted vegetables + 1 cup mashed sweet potatoes</p>
Dessert/ Supper	<p>Yoghurt with Pistachios</p> <p>1 tub natural yoghurt with 2 tbsp pistachios</p>	<p>Fruit Salad with Ricotta Cheese</p> <p>1 cup fresh fruit salad mixed through ½ cup ricotta cheese</p>	<p>Fruit Smoothie</p> <p>1 cup milk + 1 serve of fruit (e.g. a small mango or mixed berries), blended</p>	<p>Fresh Fruit & Cheese Platter</p> <p>Slice and serve a variety of fresh fruits in season with cheese.</p>	<p>Fruit Pop</p> <p>Made with frozen fruits (e.g. mango or berries) with Greek yoghurt.</p>	<p>Fruit Salad</p> <p>1 cup fresh fruit salad (e.g. strawberries, blueberries, apple and orange)</p>	<p>Yoghurt with Mixed Berries</p> <p>1 tub yoghurt with mixed berries + cinnamon</p>
Snacks	<p>1 serve of fruit (e.g. 1 medium orange or banana or 2 kiwifruits)</p>	<p>Handful of roasted nuts</p>	<p>2 wholegrain crackers with hummus and cucumber slices</p>	<p>Handful of walnuts</p>	<p>Hummus with cucumber and carrot sticks</p>	<p>2 wholegrain crackers with Avocado spread</p>	<p>Sweet Potato Pikelets (1 serve)</p>  <p>https://bit.ly/sweet-potato-pikelets</p>