

HODA'S MEDITERRANEAN DIET

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Greek Omelet	Oatmeal with Fruit & Nuts	Peanut Butter Banana-Cinnamon English Muffin	Avocado Toast with Eggs	Smoothie	Savory Protein Pancake with Lemon-Dill Yogurt	Muffin with Eggs or Yogurt
LUNCH	Grilled Fish + Veggies	Mezze Plate with Hummus, Nuts and Fruit	Salad Jar	Lentil soup and veggies	Chicken and Spinach Wrap	Open-Faced Veggie Tuna Salad Sandwich	Quinoa Chickpea Tabbolueh
SNACK	Dried Apricots and Almonds	Rosemary-Parmesan Popcorn	¼ cup Hummus and Veggies	½ cup Pistachios in shell	Muffin	Hummus Deviled Eggs	Apple with 1 tbsp peanut butter
DINNER	Quinoa and Black Bean Stuffed Peppers	Chicken-Vegetable Kebabs and Cous Cous	Pesto Salmon with Artichokes and Potato	Shrimp Broccoli Scampi	Grilled Fish with Veggies and Soup Appetizer	Greek Turkey Burger with salad	Spanish Paella