

SIMPLE MEDITERRANEAN RECIPES



HOW TO BUILD A BALANCED MEAL

Aim to include:

- Protein
- Whole grain or fruit
- Vegetables
- Healthy fat (olive oil, nuts, seeds)



BREAKFAST

Egg + Greens Toast

Eggs, sautéed spinach, whole-grain toast, olive oil

Includes: Choline • Iron • Protein

👉 Tip: Add avocado for extra flavor



LUNCH

Mediterranean Lentil Bowl

Lentils, cucumber, tomato, olive oil, lemon, herbs

Includes: Iron • Protein • Folate



DINNER

Salmon + Grain Bowl

Salmon, quinoa, roasted vegetables, olive oil

Includes: Omega-3s • Protein • Vitamin D



SNACKS

Oat + Nut Energy Bites

Oats, nut butter, chia/flax seeds, honey

Includes: Protein • Omega-3s

👉 Use bulk oats and seeds

Yogurt + Fruit + Nuts

Greek yogurt, berries, walnuts

Includes: Protein • Calcium • Omega-3s

