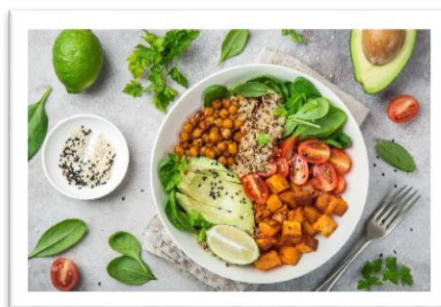




Mediterranean Diet Short Cuts

The following are some tips and ideas to help you incorporate principles of the Mediterranean Diet:

- Simplify meal prep by planning meals in advance. It can be helpful to focus on a few standard recipes which you can make during the week. Planning ahead can also help make grocery shopping easier and help you save money.
- Keep your pantry full. Use what you have on hand to make quick and easy recipes. Some examples:
 - Canned chickpeas drizzled with olive oil, lemon, a sprinkle of oregano, some parmesan or feta and some chopped tomatoes and cucumber
 - Grab a can of tuna or salmon, season with lemon and olive oil and serve with a salad and a slice of whole grain bread
 - Spread tuna onto whole grain bread, top with some grated cheddar and heat for a simple tuna melt
- Keep breakfast simple with no cooking.
 - Plain Greek yogurt, fruit (eg. thawed frozen berries), nuts, grain/seed mix
 - Whole grain toast, natural peanut butter, fruit
- Have planned leftovers for lunch the next day. Cook extra proteins in larger quantities to make another meal.
 - Combine leftover chicken with vegetables for a quick stir fry
 - Add leftover meat or beans for a wrap or burrito
 - Add leftover meat or chickpeas to a salad



- Prep whole grains in batches.
 - Choose a grain or two for the week's meals, like quinoa, freekeh, bulgur, sorghum, brown rice or farro – freeze extra portions
 - Prep additions like edamame, cauliflower, green onion and cilantro
 - Toss cucumber, parsley, mint, cilantro, tomatoes and a simple vinaigrette with cooked grains for a quick tabbouleh; top with an egg or cooked chicken
- Prep veggies ahead.
 - Roast or sauté a big batch of root vegetables such as sweet potatoes, butternut squash, celery root, Brussels sprouts and onions for bowls, side dishes and additions to salads all week long
- Use frozen vegetables.
 - Sauté onion, add frozen vegetables such as peas or green beans, add tomato sauce and simmer for about an hour - serve with whole grain bread and feta cheese
 - Microwave frozen veg as a quick side to a meal
- Make a meal out of appetizers/finger foods.
 - Add a few tomatoes, carrot sticks, cucumber slices, olives, cheese and some whole grain bread for a quick lunch
- Use your freezer to help you meal prep.
 - Chop a lot of onions and freeze in order to use in other recipes
 - Make pesto and freeze in ice cube trays - you can later thaw for a quick sauce with pasta, spread one on a sandwich or use as a flavour boost in another recipe
 - Make extra portions of soups and casseroles and freeze in individual portions
- Embrace canned legumes (beans, lentils, chickpeas) – drain and rinse



Enjoy a variety of flavours and colours each day!

