

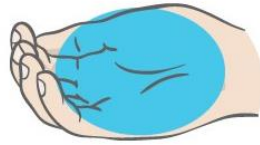
Mediterranean Balanced Plate



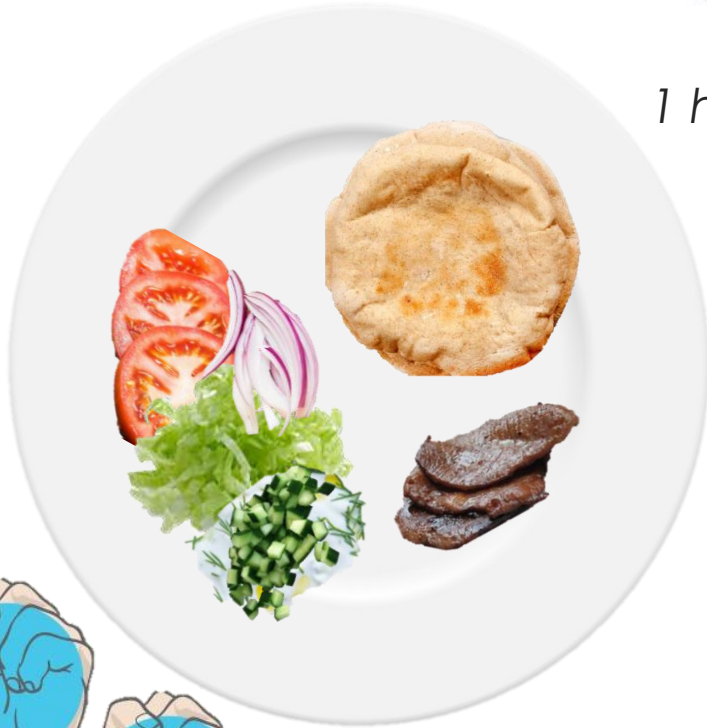
The basic tenants of a Mediterranean diet can be found in many cultures and include fruits, vegetables, grains, beans, nuts, seeds, plus seafood and modest amounts of meat.



Balanced Plate Example



pita
1 handful



lamb
1 palm



lettuce, tomato, onion, cucumber tzatziki
1 or 2 fists

Balanced Plate Example



Cioppino (Seafood Stew)

+



Crostini

+



Arugula Salad



Balanced Plate Example



+



Mujadara (Lentil and Rice with Onions)

Fattoush (Cucumber Tomato and Radish salad)

