



*mediterranean diet*  
**Weekly Meal Plan**



## SUNDAY

lunch - Brothy Beans with Miso, Lemon & Herb  
dinner - Chicken Stuffed Pasta, artichokes



## MONDAY

lunch - Cottage Cheese, blueberries, Pumpkin seeds  
dinner - leftover chicken stuffed pasta



## TUESDAY

lunch - grilled chicken platter w/ spicy yogurt  
dinner - takeout



## WEDNESDAY

lunch - leftover grilled chicken w/ veggies  
dinner - mushroom omelet w/ spinach

## THURSDAY

lunch - balela salad, blueberries  
dinner - baked enchillada casserole

## FRIDAY

lunch - smoked salmon with naan  
dinner - pasta, salad, sauteed veggies

## SATURDAY

lunch - leftover pasta, oranges, trail mix  
dinner -out (chicken, veggies, salad, roll)

# Mediterranean Diet This Week Texas

**Christian G. Meyer**

## **Mediterranean Diet This Week Texas:**

*The Truth About Olive Oil* Joyce Zborower, M.A., 2012-08-15 The Truth about Olive Oil Benefits Curing Methods Remedies Forward by Jim Henry President Texas Olive Ranch Executive Director Texas Olive Oil Council The Truth about Olive Oil is NOT a cook book There are no recipes for cooking in the Mediterranean style There are no pizza recipes If anything you could say this book is about a celebration of the benefits the lowly little olive showers on those who embrace its many flavors and colors by using it both internally by eating it and externally by rubbing it on their skin and in their hair Its health giving benefits anti oxidant and anti inflammatory properties are legendary and can be traced back to its earliest uses well before the time of Christ In the pages of this book I hope to stimulate further interest in the use of olives and olive oil by presenting various how to do it scenarios that are practical and fun For instance making table olives is an easy and fun thing to do that takes very little actual doing on your part Most of the curing time can be spent by your doing other things while the curing medium does the job of making the fruit edible I provide specific instructions on how to do this And what about getting olives from your own tree s pressed so you can enjoy home grown olive oil You might think that only commercial growers can do this Well I found two commercial olive oil processors who will accept your smaller loads of olives combine them with other small loads do the pressing and the bottling and return the resultant oil to you on a prorated basis In addition I tell you about the various grades of olive oil and what they mean to you in terms of their nutritional value I think you ll be quite surprised at what you discover The external uses of olive oil and some internal uses as well all involve using this liquid as a form of folk remedy It s a skin lotion to soothe rough chapped elbows or lips it s a diaper rash cure it s a massage oil for easing aches and pains it s a lot of things and we ve only just scratched the surface There are more inside the book What you ll get out of reading this book is a greater appreciation for this elixir that can enhance your life and health in ways you may never even have thought of Other information about The Truth About Olive Oil Genre cooking Mediterranean low cholesterol Tags olive oil nutrition benefits of olive oil curing olives olive oil benefits does olive oil go bad olive oil for skin extra virgin olive oil Reviews The Truth About Olive Oil was originally published in August of 2012 Since then it has accrued many wonderful reviews by its Amazon purchasers and currently Dec 7 2013 sports an overall 4 stars from 12 reviews Here is an excerpt from inside this book not the same as the Look Inside This Book excerpt Nothing in Nature is pure Ordinarily we automatically think of pure as a good thing so when discussing pure in relation to things we put in our mouths and swallow it may be difficult to turn our thinking 180 and realize that if we need edibles to be as close to Nature as possible and we do we don t want pure Pure no health benefits no enzymes no phytochemicals no micro nutrients In other words to borrow a concept from my other book How to Eat Healthy pure pica a non nutritious edible that may change how the cells use food End of Excerpt    **Food and You** Sharon Faelten, 1996 Discusses the connection between food and women s appetites hormones weight emotions and overall health    **The Oxford Encyclopedia of Food and Drink in America** Andrew F. Smith, 2004

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