

## Olive Sunshine Free 10-Day Sicilian Summer Mediterranean Menu

### DAY 1

#### Breakfast

##### [Greek Scrambled Eggs](#)

- 1 egg (50 g)
- 2 egg whites (60 g / ¼ cup)
- Tomato (100 g / ¾ cup diced)
- Sheep feta (15 g / 1 Tbsp crumbled)
- Whole grain bread (35 g / 1 slice)

#### Lunch

##### Cannellini Bean & Tomato Salad

- Cannellini beans (120 g / ¾ cup)
- Tomatoes & cucumber (200 g / 1½ cups)
- Olive oil (5 ml / 1 tsp)
- Whole wheat couscous (90 g cooked / ½ cup)
- Greek yogurt (60 grams / ¼ cup)

#### Snack

- Apple (150 g / 1 medium)

#### Dinner

##### Greek Tuna with Roasted Lemon Potatoes

- Tuna steak (120 g / 4 oz)
- Potatoes (150 g / 1 cup roasted)
- Lemon Parsley dressing (25 ml / 1.75 tsp)
- Garden fresh Tomato (150 g / 1 large tomato)

### DAY 2

#### Breakfast

- Almond yogurt (150 g / ⅔ cup)
- Berries (80 g / ½ cup)
- Chia seeds (10 g / 1 Tbsp)

#### Lunch

##### Sweet Potato & Roasted Chickpea Bowl

- Sweet potato (150 g / 1 cup cubes)
- Chickpeas (120 g cooked / ¾ cup)
- Greens (60 g / 2 cups)
- Tahini (5 g / 1 tsp)

#### Snack

- Almonds (15 g / about 12 almonds)

#### Dinner

##### Grilled Shrimp & Farro

- Shrimp (120 g / 4 oz)
- Farro (100 g cooked / ½ cup)
- Zucchini (250 g / 3 cups sliced)
- Olive oil (5 ml / 1 tsp)

### DAY 3 Breakfast

- Almond yogurt (150 g / ⅔ cup)
- Berries (80 g / ½ cup)
- Flaxseed (10 g / 1 Tbsp)

#### Lunch

- Black beans (120 g cooked / ¾ cup)
- Grilled chicken (120 g / 4 oz)
- Salad (200 g / 2 cups)

- Whole grain bread (35 g / 1 slice)

#### Snack

- Carrots (100 g)
- Hummus (30 g)

#### Dinner

##### Couscous Bowl

- Haas avocado (60 g / ½ medium)
- Zucchini (100 g / 1 cup)
- Mushrooms (100 g / 1 cup)
- Spinach (60 g / 2 cups)
- Wheat Couscous (100 g cooked / ½ cup)

### DAY 4

#### Breakfast

- Oats (30 g / ⅓ cup)
- Almond milk (150 ml / ⅔ cup)
- Walnuts (10 g)

#### Lunch

##### Sicilian Bean & Farro Salad

- White beans (120 g / ¾ cup)
- Farro (100 g cooked / ½ cup)
- Tomatoes (150 g / 1 cup)
- Celery (50 g / ½ cup)
- Olive oil (5 ml / 1 tsp)

#### Snack

- Almonds (15 g)

#### Dinner

##### [OS Pasta with Zucchini & Shrimp](#)

- Farfalle Pasta (70 g dry / 2½ oz)
- Shrimp (120 g / 4 oz)
- Zucchini (200 g / about 2 cups sliced)
- Olive oil (10 ml / 2 tsp)
- Lemon zest
- Oregano

### DAY 5

#### Breakfast

- 1 egg (50 g)
- 2 egg whites (60 g)
- Mushrooms (100 g / 1 cup)
- Whole grain bread (35 g / 1 slice)

#### Lunch

##### [OS Mediterranean Diet Chicken Shish Kebobs](#)

- Chicken (120 g cooked / 4 oz)
- Grilled vegetables (250 g / 3 cups)
- Whole wheat couscous (90 g cooked / ½ cup)

#### Snack

- Peach (150 g / 1 medium)

#### Dinner

##### Unrolled Sushi

- Rice (75 g dry / ⅓ cup dry)
- Salmon (120 g / 4 oz)
- Avocado (50 g / ⅓ avocado)
- Cucumber (100 g / 1 cup)

**DAY 6**

## Breakfast

- Almond yogurt (150 g / ⅔ cup)
- Berries (80 g / ½ cup)
- Chia seeds (10 g / 1 Tbsp)

## Lunch

- Quinoa (100 g cooked / ½ cup)
- Roasted vegetables (200 g / 2 cups)
- Roasted Chickpeas (100 g / ¾ cup)

## Snack

- Carrots (100 g / 1 cup sticks)
- Hummus (30 g / 2 Tbsp)

## Dinner

## Pita Pizza and Salad

- Whole grain pita bread (60 g / 1 medium)
- Crushed tomatoes (100 g / ½ cup)
- Olive oil (5 ml / 1 tsp)
- Mushrooms (120 g / 1½ cups sliced)
- Zucchini (80 g / ¾ cup sliced)
- Bell pepper (80 g / ¾ cup sliced)
- Artichoke hearts (80 g / ½ cup)
- Spinach (60 g / 2 cups raw)
- Sheep feta or goat cheese (28 g / 1 ounce)
- Side salad (120 g / 2 cups mixed greens and olive oil 5 ml / 1 tsp, lemon juice or vinegar)

**DAY 7**

## Breakfast

- Oats (30 g / ⅓ cup)
- Almond milk (150 ml / ⅔ cup)
- Pecans (10 g)

## Lunch

- Fava beans (120 g cooked / ¾ cup)
- Chicken breast (100 g / 3½ oz)
- Tomato salad (200 g / 1½ cups)
- Whole grain bread (35 g / 1 slice)

## Snack

- Pear (150 g)

## Dinner

[Greek Scrambled Eggs](#)

- 1 egg (50 g)
- 2 egg whites (60 g / ¼ cup)
- Tomato (100 g / ¾ cup diced)
- Sheep feta (15 g / 1 Tbsp crumbled)
- Whole grain bread (35 g / 1 slice)

**DAY 8**

## Breakfast

- Peach (150 g / 1 medium)
- Cooked barley (100 g / ½ cup)
- Almond yogurt (100 g)
- Almonds (10 g / 8–10 almonds)

## Lunch

- White beans (100 g cooked / ½ cup)
- Salad (120 g / 2 cups)
- Whole grain bread (35 g / 1 slice)

## Snack

- Apple (150 g)

## Dinner

## Olive Sunshine Stuffed Zucchini

- Zucchini (250 g / 2 medium)
- Chickpeas (100 g / ¾ cup)
- Tomatoes (100 g / ¾ cup)
- Herbs
- Barley (100 g cooked / ½ cup)

**DAY 9**

## Breakfast

- Almond yogurt (150 g / ⅔ cup)
- Berries (80 g / ½ cup)
- Chia seeds (10 g / 1 Tbsp)

## Lunch

- Quinoa (100 g cooked / ½ cup)
- Borlotti beans (120 g / 4 oz)
- Vegetables (200 g / 2 cups)

## Snack

- Nectarine (150 g / 1 medium)

## Dinner

[Bucatini Pomodoro with Shrimp](#)

- Whole wheat pasta (70 g dry / 2½ oz)
- Shrimp (120 g / 4 oz)
- Tomato sauce (150 g / ⅔ cup)
- Side salad (120 g / 2 cups)

**DAY 10**

## Breakfast

- Oats (30 g / ⅓ cup dry)
- Almond milk (150 ml / ⅔ cup)
- Walnuts (10 g / 1 Tbsp)

## Lunch Quinoa Egg Bowl

- Quinoa (100 g cooked / ½ cup)
- Chickpeas (120 g / ¾ cup)
- Feta (15 g) Sheep feta (15 g / 1 Tbsp)
- Tomato & cucumber salad (200 g / 1½ cups)

## Snack

- Pear (150 g / 1 medium)

## Dinner

## Roasted Sea Bass and Vegetables

- Fennel bulb (200 g / 2 cups sliced)
- Zucchini (200 g / 2 cups sliced)
- Olive oil (10 ml / 2 tsp)
- Garlic (1 clove / 3 g, minced)
- Oregano & thyme to taste
- Sea bass (120 g / 4oz)