

MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: <i>Easy Harissa Shakshuka</i> (p. 80)</p> <p>SNACK: <i>Spanish Snack Mix:</i> Combine 1 cup each walnuts, diced Manchego cheese and dried apricots. Divide into 4 servings. (Eat 1 serving; refrigerate leftovers.)</p> <p>LUNCH: <i>Tomato Salad & Hummus:</i> Swirl ½ cup hummus on plate. Toss ½ cup halved cherry tomatoes with 2 tbsp minced cilantro, 1 tsp EVOO, ½ tsp vinegar and pinch each salt and pepper. Spread over hummus and sprinkle with ½ tsp paprika. Serve with 1 pita, toasted and cut into wedges.</p> <p>SNACK: 3 stalks celery with ¼ cup tzatziki</p> <p>DINNER: 1 serving Butternut Squash Pasta with Mascarpone (p. 77; save leftovers)</p> <p>1 cup halved strawberries</p>	<p>BREAKFAST: <i>Pomegranate Raspberry Smoothie</i> (p. 76; drink 1, freeze leftovers as directed)</p> <p>1 egg, hard-boiled</p> <p>SNACK: <i>Paprika Roasted Chickpeas:</i> Drain and dry 1 can chickpeas; toss with 1 tbsp EVOO and pinch each salt and pepper. Spread on baking sheet and bake at 400°F until crispy, about 40 minutes, stirring every 10 minutes. Toss with 1 tsp paprika. Divide into 4 servings. (Eat 1 serving; save leftovers.)</p> <p>LUNCH: <i>Mediterranean Panzanella</i> (p. 80)</p> <p>SNACK: ½ avocado, sliced, with ½ tsp harissa and pinch salt</p> <p>DINNER: <i>Squash & Spinach Salad:</i> Toss 1 cup Butternut Squash Pasta (leftovers, p. 77) with 1 cup spinach, ¼ cup chickpeas, 1 tsp EVOO, ½ tsp vinegar and pinch each salt and pepper. Top with 2 tbsp feta and ¼ tsp paprika.</p> <p>1 cup halved strawberries</p>	<p>BREAKFAST: 1 cup Butternut Squash Pasta (leftovers, p. 77) with 1 egg, cooked in 1 tsp EVOO, and ½ tsp chopped cilantro</p> <p>SNACK: 3 stalks celery with ¼ cup hummus</p> <p>LUNCH: 1 serving Yellow Bell Pepper & Potato Soup with Saffron (p. 79, save leftovers)</p> <p>1 serving Spanish Snack Mix (leftovers)</p> <p>SNACK: 1 cup halved strawberries</p> <p>DINNER: <i>Spicy Spinach Salad:</i> Toss 2 cups spinach with ½ cup halved cherry tomatoes, ¼ cup each diced Manchego and chickpeas, 1½ tbsp basil, 1 tbsp EVOO and ½ tsp each harissa and vinegar. Top with 2 tbsp chopped walnuts.</p>
<p>NUTRIENTS: Calories: 1,353, Fat: 76.5 g, Sat. Fat: 22.5 g, Carbs: 132 g, Fiber: 27 g, Sugars: 40 g, Protein: 44 g, Sodium: 2,433 mg, Cholesterol: 262 mg</p>	<p>NUTRIENTS: Calories: 1,390, Fat: 90 g, Sat. Fat: 15.5 g, Carbs: 126 g, Fiber: 33 g, Sugars: 37 g, Protein: 31 g, Sodium: 1,480 mg, Cholesterol: 203 mg</p>	<p>NUTRIENTS: Calories: 1,439, Fat: 94.5 g, Sat. Fat: 22 g, Carbs: 112 g, Fiber: 26 g, Sugar: 34 g, Protein: 44 g, Sodium: 1,843 mg, Cholesterol: 247 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: 1 serving Pomegranate Raspberry Smoothie (leftovers, p. 76; thawed)</p> <p>1 egg, hard-boiled</p> <p>SNACK: 3 stalks celery with ¼ cup tzatziki</p> <p>LUNCH: 1 serving Yellow Bell Pepper & Potato Soup with Saffron (leftovers, p. 79)</p> <p>1 serving Paprika Roasted Chickpeas (leftovers)</p> <p>SNACK: 1 cup halved strawberries</p> <p>DINNER: <i>Pita Pizza:</i> Brush 1 pita with 1 tsp EVOO and toast. Top with 1½ tbsp olive tapenade, ¼ cup sliced roasted red bell peppers, 1 tbsp feta and 1 tsp cilantro.</p> <p>1 cup spinach tossed with 1 tsp EVOO and ¾ tsp vinegar</p>	<p>BREAKFAST: <i>Mediterranean Avo Toast:</i> Top 1 pita, toasted, with ½ avocado, sliced, ¼ tsp paprika and 1 egg, cooked in 2 tsp EVOO. Top with pinch each salt and pepper and 1 tsp cilantro.</p> <p>SNACK: 1 serving Pomegranate Raspberry Smoothie (leftovers, p. 76; thawed)</p> <p>LUNCH: 1 serving Yellow Bell Pepper & Potato Soup with Saffron (leftovers, p. 79)</p> <p>1 serving Spanish Snack Mix (leftovers)</p> <p>SNACK: ½ cup cherry tomatoes with ¼ cup hummus</p> <p>DINNER: <i>Spanish Chickpea Salad:</i> Toss together 2 servings Paprika Roasted Chickpeas (leftovers), 1 cup spinach, ½ yellow bell pepper, chopped, 2 tbsp basil, 1 tsp each EVOO and harissa, ½ clove garlic, minced, ¾ tsp vinegar and pinch each salt and pepper</p>	<p>BREAKFAST: <i>Spinach Eggs with Feta:</i> Cook 2 cups spinach in 2 tsp EVOO just until wilted. Add 2 eggs, beaten, and stir until cooked. Sprinkle with pinch each salt and pepper and 1 tbsp feta.</p> <p>SNACK: 3 stalks celery with ¼ cup tzatziki</p> <p>LUNCH: <i>Veggie Pita Sandwich</i> (p. 79)</p> <p>1 serving Yellow Bell Pepper & Potato Soup with Saffron (leftovers, p. 79)</p> <p>SNACK: 1 serving Pomegranate Raspberry Smoothie (leftovers, p. 76; thawed)</p> <p>DINNER: <i>Tzatziki Salad:</i> Spread ½ cup tzatziki on plate. Top with ¾ cup halved cherry tomatoes, tossed with 1 stalk celery, sliced, ½ cup chickpeas, 1 tsp cilantro, 1 tsp each EVOO and vinegar and pinch each salt and pepper. Serve with ½ pita, toasted and cut into wedges.</p>	<p>BREAKFAST: <i>Easy Harissa Shakshuka</i> (p. 80)</p> <p>SNACK: 1 serving Spanish Snack Mix (leftovers)</p> <p>LUNCH: <i>Open-Face Avocado Sandwich:</i> Top 1 pita, toasted, with ½ avocado, sliced, and pinch each salt and pepper. Top with ¼ cup chickpeas, 1 tbsp cilantro and ¾ tsp red pepper flakes; drizzle with 1 tsp EVOO.</p> <p>SNACK: <i>Ginger Raspberry Compote:</i> Toss ½ cup frozen raspberries, thawed, with 1 oz pomegranate juice and ½ tsp minced ginger; muddle slightly. Top with 1 tbsp mascarpone and ½ tsp basil.</p> <p>DINNER: <i>Chickpea Chopped Salad:</i> Toss together 1 cup spinach, ¼ cup chickpeas, ½ yellow bell pepper, chopped, 1 stalk celery, minced, 1 tbsp each olive tapenade and EVOO, 2 tsp vinegar and ¼ tsp red pepper flakes. Sprinkle with 1 tsp cilantro.</p>
<p>NUTRIENTS: Calories: 1,068, Fat: 48 g, Sat. Fat: 10 g, Carbs: 138 g, Fiber: 26 g, Sugars: 42 g, Protein: 29 g, Sodium: 1,650 mg, Cholesterol: 205 mg</p>	<p>NUTRIENTS: Calories: 1,717, Fat: 94 g, Sat. Fat: 18 g, Carbs: 186 g, Fiber: 42 g, Sugars: 52 g, Protein: 50 g, Sodium: 1,924 mg, Cholesterol: 216 mg</p>	<p>NUTRIENTS: Calories: 1,386, Fat: 71 g, Sat. Fat: 19 g, Carbs: 153 g, Fiber: 30.5 g, Sugars: 48 g, Protein: 52 g, Sodium: 2,463 mg, Cholesterol: 443 mg</p>	<p>NUTRIENTS: Calories: 1,356, Fat: 80 g, Sat. Fat: 18 g, Carbs: 127 g, Fiber: 32 g, Sugars: 33 g, Protein: 42 g, Sodium: 1,573 mg, Cholesterol: 235 mg</p>