

Customer Name:					Week #	1 of 4				
2000 daily calories										
					dates					
Saturday	Lunch	made	fridge	freezer	Saturday	Dinner	made	fridge	freezer	
appetizer	sweet potatoes and green beans salad				appetizer	Mandarin salad with peanuts				
entree	penne pasta with red peppers tomatoes and onions				entree	Chicken stir fry asian with brown rice				
bread	whole wheat bread 2 slices/ balsamic and evoo dipping sauce				bread	whole wheat bread 2 slices/ balsamic and evoo dipping sauce				
Sunday	Lunch				Sunday	Dinner				
appetizer	garden salad with italian dressing				appetizer	Marinated caprese ciliegine salad (mozzarella and cherry tomatoes)				
entree	Lentils soup and potatoes				entree	Spaghetti and clams white wine				
bread	whole wheat bread 2 slices/ balsamic and evoo dipping sauce				bread	whole wheat bread 2 slices/ balsamic and evoo dipping sauce				
Monday	Lunch				Monday	Dinner				
appetizer	Broccoli and Garlic soup				appetizer	Cauliflower and sage soup				
entree	Greek salad with feta cheese fennels and olives (no green peppers)				entree	Chicken sorrentina with Polenta (olives, capers,tomatoes) roast asparagus				
bread	whole wheat bread 2 slices/ balsamic and evoo dipping sauce				bread	whole wheat bread 1 slices/ balsamic and evoo dipping sauce				
Tuesday	Lunch				Tuesday	Dinner				
appetizer	Salad garden small with italian dressing				appetizer	Spinach soup with tomatoes				
entree	Pasta e fagioli soup (pinto beans- vegetarian)				entree	Salisbury steak with garlic mashed potatoes and side of carrots and peas				
bread	whole wheat bread 2 slices/ balsamic and evoo dipping sauce				bread	whole wheat bread 2 slices/ balsamic and evoo dipping sauce				
Wednesday	Lunch				Wednesday	Dinner				
appetizer	Mushroom and Potatoes soup				appetizer	Zucchini and squash soup				
entree	Italian sald with mozzarella tomatoes creamy beans, olives				entree	Linguine shrimp fra diavola with broccoli				
bread	whole wheat bread 2 slices/ balsamic and evoo dipping sauce				bread	whole wheat bread 2 slices/ balsamic and evoo dipping sauce				
Thursday	Lunch				Thursday	Dinner				
appetizer	garden salad with italian dressing				appetizer	Corn soup				
entree	Egg noodle Fettuccine with meat sauce				entree	Tilapia fillet lemon and capers wt rigatoni pomodoro sauteed spinach				
bread	whole wheat bread 2 slices/ balsamic and evoo dipping sauce				bread	whole wheat bread 2 slices/ balsamic and evoo dipping sauce				
Friday	no meal provided. Menu decided on your own				Friday	no meal provided. Menu decided on your own				
customer decides on their own day of food, it means that they have chosen and organized their meals for a specific day without relying on the meal service or without following the recommended menu provided by the chef. In this case, the customer takes full control and responsibility for planning and preparing their own meals for that particular day.										
Notes:										
no butter, cooking done with extra virgin olive oil low salt dressing for salad made fresh beans dry no salt chicken stock salt free durum food variance based on the latest Mediterranean Diet Pyramid 2022 portions based on the 2018 Italian food guidelines for healthy eating										
Compliance with American dietary guidelines 2025 snacks- fruit- breakfast at customer choice suggestion no manufactured food yes on eggs 3 intakes a week maximum										
No salt added to the food No extra condiments in bottles dry spices (cumin, paprika, chiii pepper, red pepper etc.) food to be rehated at 165 F or above for 15 seconds										
This menu was developed by a certified chef with the help of the DIY Mediterranean Diet Meal Plan Builder™, and it meets the guidelines of The New Modern Mediterranean Diet Italian Pyramid, and it can potentially contribute to increasing your lifespan.										
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