

# HEALTHY MEDITERRANEAN

## SIMPLE AND QUICK IDEAS FOR FAMILIES

### 1. Lemon Chicken Plate

- Grilled or baked chicken (olive oil + lemon)
- Rice or roasted potatoes
- Cucumber slices or carrots
- Kid tip: Keep sauces on the side

### 2. Hummus Wrap or Pita

- Pita or wrap + hummus
- Add turkey, chicken, or chickpeas
- Crunchy veggies (optional)
- Great for picky eaters—plain works!

### 3. Simple Mediterranean Pasta

- Pasta + olive oil
- Add cherry tomatoes or peas
- Optional protein: chicken or beans
- Very familiar, very flexible

### 4. Fish Nuggets

- Baked cod or salmon cut into nuggets
- Olive oil + breadcrumbs
- Serve with ketchup or yogurt dip
- (Mediterranean fish without the “fishy” vibe)

### 5. Build-Your-Own Rice Bowl

- Rice or quinoa
- Chicken, beans, or falafel
- Veggies + drizzle of olive oil
- Kids choose what goes in

### 6. Snack-Style Mediterranean Plate

- Pita or crackers
- Hummus
- Fruit + cucumbers
- Olives (optional)
- Counts as dinner on busy nights

### 7. Mediterranean Snacks Kids Love

- Apple slices + nut butter
- Yogurt with honey and fruit
- Dates or raisins
- Popcorn with olive oil
- Hard-boiled eggs

### Parent Tips

Mediterranean = simple, not fancy

Olive oil or avocado is the main fat

Let kids build their own plates

Familiar foods first, new foods on the side

