

My Med-South Plate

Putting together a med-south meal doesn't have to be tricky! Combine a healthy fat source with whole grains, protein, and fruit and veggies for a healthy and satisfying meal. Below are great options from each food group.

Healthy Fats

- Olive oil
- Canola Oil
- Soybean Oil
- Almonds
- Peanuts
- Walnuts
- Cashews
- Pistachios
- Nut butters
- Margarine
- Avocados
- Salmon
- Tuna
- Full Fat Mayonnaise
- Full Fat Salad Dressings

Veggies

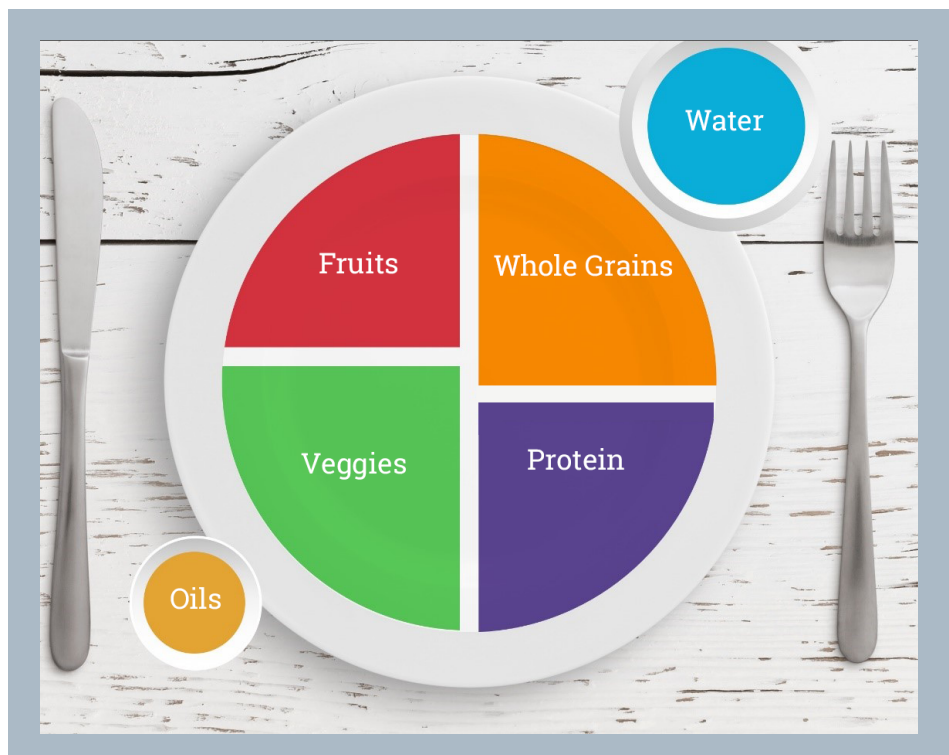
- Spinach
- Arugula
- Mixed Greens
- Carrots
- Peppers
- Broccoli
- Cauliflower
- Mushrooms
- Onions
- Brussels Sprouts
- Green beans
- Tomatoes
- Cucumbers
- Cabbage
- Zucchini

Protein

- Salmon
- Tuna
- Sardines
- Tilapia
- Chicken
- Turkey
- Beef
- Pork
- Eggs
- Beans
- Cheese
- Yogurt
- Nuts
- Tofu
- Lentils

Whole Grains

- Brown Rice
- Wild Rice
- Quinoa
- Whole Grain bread
- Whole Grain pasta
- Whole Grain crackers
- Oatmeal
- Popcorn
- Farro
- Barley
- Rye



My Med-South Plate Recipe Ideas

Below are some links to great online recipes that fit within the Med-south model. Use these recipes to spark your cooking imagination.

Breakfast

- [Apple Cinnamon Oatmeal with an Egg Boost](#)
- [Avocado Toast](#)
- [Baked Eggs and Spinach](#)
- [EVOO Oatmeal](#)
- [Baked Egg with Avocado, Tomato, and Citrus Salad](#)
- [Nut Butter Toast](#)
- [Huevos Rancheros](#)
- [Veggie Breakfast Wrap](#)

Dinner

- [Baked Snapper](#)
- [Mediterranean Bowl](#)
- [Asian Pork Chops](#)
- [Basil Chicken](#)
- [Cajun Style Gumbo](#)
- [Romesco Tilapia with Veggies](#)
- [Stuffed Peppers](#)
- [African Peanut Soup](#)
- [Bibb and Bean Burrito Bowl](#)

Lunch

- [Artichoke Heart Salad](#)
- [Chicken Burrito Bowl](#)
- [Black Bean and Kidney Bean Quinoa Salad](#)
- [Chicken Salsa Wraps](#)
- [Mediterranean Roll Ups](#)
- [Classic Egg Salad](#)
- [Chicken Tostadas](#)
- [Avocado Tuna Salad](#)

Snacks

- [Almond Tahini Cookies](#)
- [Avocado Hummus](#)
- [Black Bean Guacamole](#)
- [Squash Bruschetta](#)
- [Blueberry Lemon Parfait](#)
- [PB Banana Oat Bites](#)
- [Snack Mix](#)
- [Roasted Olives](#)
- [Spiced Pecans](#)