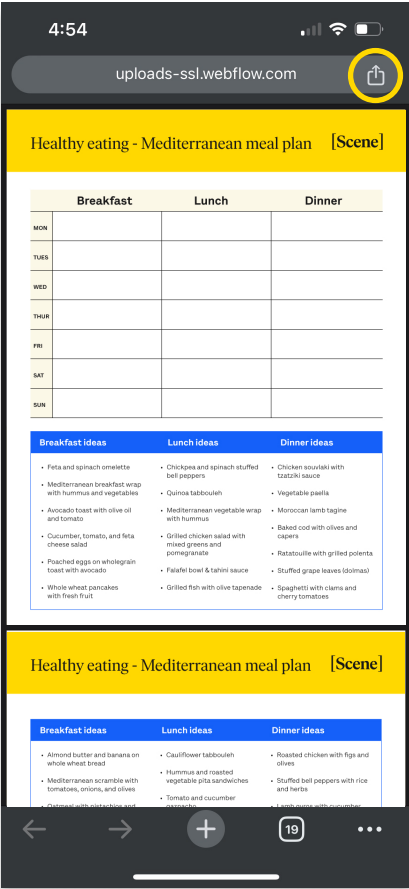


How to use this tool

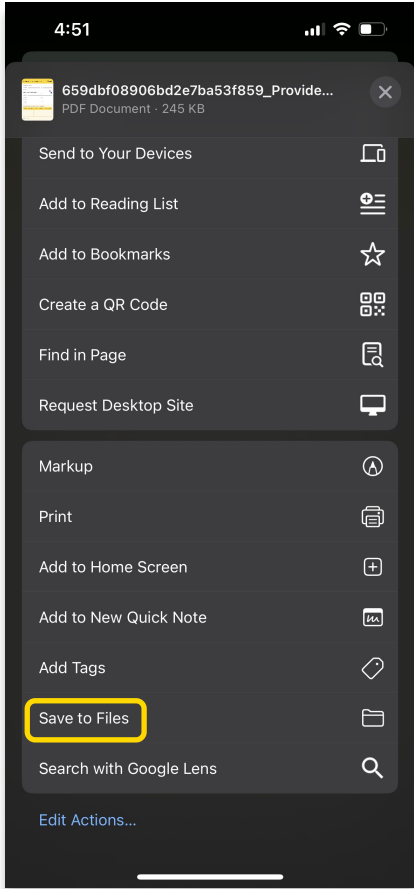
If you want to use the digital version

1. If you download on desktop, once you open up the form you will see light blue boxes above the lines. Click on each blue box and type your answers into the form.
2. If you download on mobile, once you open up the form you won't see boxes but you will be able to type above each line. Zoom in, click and type your answers into the form.
3. Take it with you when you see your provider.
4. Click the 'download the app' or 'email the care team' button on the last page to get more help.

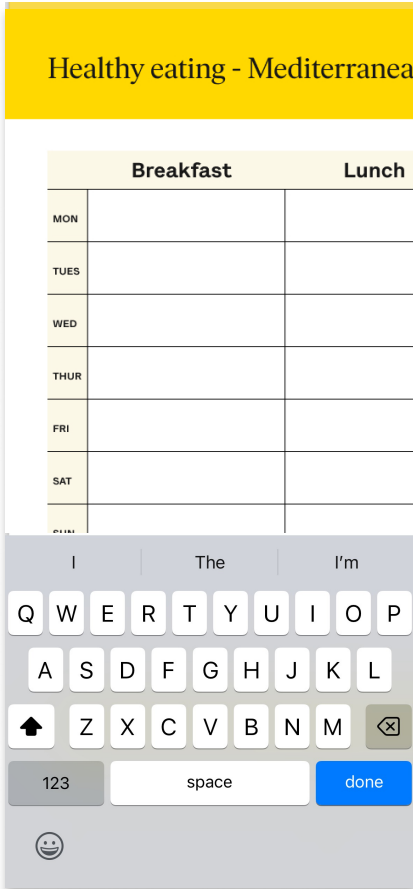
How to download and edit on iOS



Click the top right icon



Select 'Save to Files'



Open up, zoom in and edit by clicking on lines & typing

If you want to use the print version

1. Print it out and fill it in whenever you go to a new provider.
2. Take it with you when you see your provider.
3. Scan the QR code on the last page to get more help.

Healthy eating - Mediterranean meal plan

[Scene]

	Breakfast	Lunch	Dinner
MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			

Breakfast ideas	Lunch ideas	Dinner ideas
- Feta and spinach omelette - Mediterranean breakfast wrap with hummus and vegetables - Avocado toast with olive oil and tomato - Cucumber, tomato, and feta cheese salad - Poached eggs on wholegrain toast with avocado - Whole wheat pancakes with fresh fruit	- Chickpea and spinach stuffed bell peppers - Quinoa tabbouleh - Mediterranean vegetable wrap with hummus - Grilled chicken salad with mixed greens and pomegranate - Falafel bowl & tahini sauce - Grilled fish with olive tapenade	- Chicken souvlaki with tzatziki sauce - Vegetable paella - Moroccan lamb tagine - Baked cod with olives and capers - Ratatouille with grilled polenta - Stuffed grape leaves (dolmas) - Spaghetti with clams and cherry tomatoes

Healthy eating - Mediterranean meal plan

[Scene]

Breakfast ideas	Lunch ideas	Dinner ideas
• Almond butter and banana on whole wheat bread • Mediterranean scramble with tomatoes, onions, and olives • Oatmeal with pistachios and apricots • Smoothie bowl with spinach, avocado, and kiwi • Whole wheat crepes with lemon and sugar • Baked sweet potato with yogurt and honey	• Cauliflower tabbouleh • Hummus and roasted vegetable pita sandwiches • Tomato and cucumber gazpacho • Artichoke and pea risotto • Lentil and vegetable soup • Mediterranean pasta salad with sun-dried tomatoes • Stuffed zucchini with quinoa and pine nuts	• Roasted chicken with figs and olives • Stuffed bell peppers with rice and herbs • Lamb gyros with cucumber yogurt sauce • Baked shrimp with feta and tomatoes • Vegetarian moussaka • Grilled octopus with olive oil and lemon

Want help with the next steps?
Download our app to talk with
your care team, or send an email!

Download the app

Email the care team

Or email the
care team by
scanning the
QR code

