



Italian Meal Plan

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

Light and sweet.

1 shot espresso
1 slice bread
1 pat butter
1 Tbsp fruit jam

8-12oz caffe americano (1-2 shots espresso diluted with water)
1 small pastry (¼-½ cup)

8-12oz caffe americano
1 biscotti (1oz)

When milk is added to coffee, food is not usually consumed.
5oz cappuccino (espresso with milk foam)

8-12oz caffe americano
1 small pastry (¼-½ cup)

8-12oz caffe americano
1 biscotti (1oz)

8oz cafe latte (coffee or espresso with milk and milk foam)

Lunch

Main meal. Often split into courses.

Typically the largest meal of the week.

Antipasto:
5 green olives

Primo:
¾ cup minestrone soup

Secondo:
3oz roasted chicken breast with garlic, lemon and herbs

Contorno (side dish):
½ cup seasonal roasted vegetables

Dolchi:
1 small pastry (¼-½ cup)

8oz water

Lunches for the rest of the week typically consist of 1-3 courses.

Primo:
½ cup cooked pasta with light drizzle of pesto

Secondo:
1 salmon fillet prepared with olive oil and herbs

Contorno:
¼ cup cherry tomatoes

¼ cup sauteed spinach with olive oil

8oz water

Antipasto:
2 small bruschetta topped with sliced green olives and Parmesan cheese

Primo:
¾ cup minestrone soup

8oz water

Primo:
1 cup pasta e fagioli

Secondo:
3oz roasted chicken with lemon and garlic

Insalata:
¾ cup cold arugula salad drizzled with olive oil, vinegar, salt and pepper

8oz water

Secondo:
1 sea bass fillet prepared with light drizzle of pesto

Contorno:
½ cup seasonal roasted vegetables

8oz water

Antipasto:
2 small bruschetta rubbed with garlic, topped with diced tomatoes and olive oil

Secondo:
1 slice frittata with mushroom, asparagus and Parmesan cheese

8oz water

Antipasto:
5 green olives

Secondo:
2 pizza slices with asiago cheese and roasted vegetables

8oz water

Dinner

Keep it light.

¾ cup risotto cooked with tomato and spinach

8oz water

1 cup pasta e fagioli (pasta and bean soup)

8oz water

¾ cup cooked pasta with olive oil, garlic and herbs

½ cup seasonal roasted vegetables

8oz water

1 slice frittata with mushroom, asparagus and Parmesan cheese

8oz water

¾ cup cooked pasta with lemon, herbs, garlic and diced tomatoes

1oz asiago cheese

8oz water

1 cup pasta e fagioli

8oz water

1 cup minestrone soup

8oz water

Snack

Only if needed.

1oz mozzarella cheese
½ cup grapes

1oz pistachios (small handful)
1 fresh pear

1oz roasted pumpkin seeds (small handful)
½ cup nonfat Greek yogurt

1oz mozzarella cheese
1 fresh pear

1oz dark chocolate
½ cup grapes

1oz pistachios
1 fresh apricot

1oz dark chocolate
½ cup nonfat Greek yogurt