



## Egg of the Week: Mediterranean Balance

### OBJECTIVE

Plan balanced meals with **eggs**, integrating **whole grains**, **vegetables** and **olive oil**, in accordance with the principles of Mediterranean food.

### YOUR MISSION

Plan **2 egg meals** for this week and record them in your **Plan of the Week**.

You can use the suggestions below or adapt them to what you have at home.

### Meal suggestions

1. **Potato, courgette and herb tortilla**  
Served with **lettuce and orange salad**.
2. **Bowl of barley** with black-eyed peas, cherry tomatoes, olives and **poached egg**.

### Step 1- Register in the Plan of the Week

| Day of the week | Meal | Dish components |
|-----------------|------|-----------------|
|                 |      |                 |
|                 |      |                 |
|                 |      |                 |
|                 |      |                 |
|                 |      |                 |

### Step 2 - Check the balance

Check if your meal includes:

- Egg
- Whole grain cereal
- Vegetables
- Olive oil



### Mediterranean tip

Combining **eggs** with **whole grains, vegetables and olive oil** is what makes the difference in a

**Balanced**, nutritious and sustainable dish.

### Final reflection

It answers the following questions:

1. What makes these meals **nutritionally balanced**?

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2. What other meals in your day to day could you **integrate eggs** into in a balanced way?

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3. What ingredients can you vary while maintaining the Mediterranean logic?

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