

THE  Mediterranean  
DIET

30-DAY CHALLENGE

MEAL PLAN

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Before beginning this or any other nutritional or exercise regimen, consult your physician to ensure it is appropriate for you.

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### The Mediterranean Diet 30-Day Challenge

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# Table of Contents

About This 30-Day Challenge .....	04
Week 1: Grocery List .....	11
Week 1 Meals.....	13
Day 1: Monday .....	14
Day 2: Tuesday .....	21
Day 3: Wednesday .....	26
Day 4: Thursday.....	30
Day 5: Friday .....	33
Day 6: Saturday .....	37
Day 7: Sunday .....	41
Week 2: Grocery List.....	45
Week 2 Meals.....	47
Day 8: Monday .....	48
Day 9: Tuesday .....	52
Day 10: Wednesday .....	56
Day 11: Thursday .....	60
Day 12: Friday .....	65
Day 13: Saturday .....	68
Day 14: Sunday .....	73
Week 3: Grocery List.....	77
Week 3 Meals.....	80
Day 15: Monday .....	81
Day 16: Tuesday .....	85
Day 17: Wednesday .....	90
Day 18: Thursday .....	94
Day 19: Friday .....	99
Day 20: Sunday.....	103
Week 4: Grocery List .....	108
Week 4 Meals.....	111
Day 21: Monday .....	112
Day 22: Tuesday .....	118
Day 23: Wednesday.....	122
Day 24: Thursday .....	126
Day 25: Friday .....	130
Day 26: Saturday .....	134
Day 27: Sunday .....	138
Day 28: Monday .....	141
Day 29: Tuesday .....	146
Day 30: Wednesday .....	149

# About This

## 30-Day Challenge

The healthy, balanced meals in this 30-day meal plan have been designed for someone who wants to achieve optimal health (and maybe lose some weight in the process), but who also wants to provide tasty, nutritious meals for their family. The recipes in **The Mediterranean Diet** are simple and suitable for anyone, right from the kids in the house to the grandparents.

It is assumed that breakfasts and lunches will be prepared for just one or two individuals. For example, a single person or a couple who have opted for weight loss and therefore will be eating separate breakfasts and lunches from their children (who will likely eat the usual cereal and sandwiches for these meals). Just double the servings to make enough for the whole family!

The dinners in this plan are designed to feed a family of four. A typical Mediterranean diet is not necessarily low in carbohydrates, in fact, it encourages an abundance of vegetables, legumes, and whole grains. However, opting for low carbohydrates has been shown to speed up weight loss in some cases. Those Mediterranean eaters who want to speed up their weight loss should have a look at our low- carb Mediterranean meal plan.

This diet, rich in savory foods, will keep you feeling full and satisfied. Some people suggest skipping breakfast as part of an “intermittent fast”. This means you keep your eating “window” to 8 hours, for example between 12 pm and 8 pm, or 10 am and 6 pm. The idea here is to give your body time to use your fat stores for energy. If you decide to go with this option remember to only drink black tea, coffee, or water until you break your fast.

However, if breakfast works for you, then by all means enjoy the recipes. Remember, this is meant to be a guide that teaches you and your family that there are plenty of healthy and tasty options if you know how to shop, prepare food and snack strategically.

The final “week” of this meal plan actually covers 10 days. There are 30 days in a month, but we wanted to keep this menu cycling through the work/school week. So each “week” starts on a Monday and ends on a Sunday, with a few extra days in the end to finish out the full 30 days.

## Tips and Hints for Success

To be consistent means that you have to do some planning ahead. At first, this will seem like extra work. But eventually, you'll get into the groove of shopping, re-purposing leftovers, and having healthy snacks at the ready. After you've been following these recipes for 30 days you'll also learn how to put healthy meals together all on your own.

Even if you decide not to make a strict Mediterranean lifestyle your way of eating for the rest of your life, being on this diet will dramatically change the way you think about food, and the way that you eat, for the better.

Find some helpful tips below.

### Get into bone broth.

Broth made from the simmered bones of chicken, beef, and turkey contains some of the best nutrition around. You can drink the bone broth as a meal by itself, or use small amounts of it to enhance the meals that you cook.

You don't need to make an extra shopping trip to make bone broth. Just use the bones of the meat that you were already serving to yourself and your family. If you make a habit to simmer up a pot of the bones remaining from your recent meal, you'll find that you always have bone broth when you need it. In fact, this is how our grandparents and great-grandparents did it. They knew how to get every last drop of goodness out of the food items that they purchased. They were able to stretch ingredients for much longer, simply by using their resourcefulness and ingenuity.

Stock your cabinets with Mason jars and lids. Your bone broth will store well, in both the refrigerator and freezer, in these. You just have to remember to take out a new jar of broth from the freezer as the old one finishes.

Plastic is not the ideal storage container for your bone broth supply. Remember to leave a little room at the top of the jar because liquid expands after it's frozen. You don't want your Mason jars of wonderful bone broth shattering in the freezer.

Stretch the simmer time - keep adding water. You probably think of making soup and boiling the ingredients for a few hours. Your chicken and beef marrow bones



can go the distance. In fact, the more you continue to add water to the pot and keep them simmering the more the bones break down with rich calcium, minerals, and other vital nutrition, to keep your bones and teeth strong, and your body healthy.

Try to use bones from grass-fed animals. Feedlot cows and chickens are not the way to go, this is because these animals are fed a poor diet and remain trapped in cramped, dark living quarters. Not only is this inhumane, but the animals are not being fed the diet they need for optimal health which is then passed down to you and your family when you eat meat.

Invest in a second freezer. You can probably find a chest freezer for a good price in your local advertiser or on social media marketplaces. Another option is to just have a second refrigerator with a freezer. This will be an ideal spot to store your overflow of bone broth jars.

Keep it simple. The way to make a chore out of bone broth preparation is by pressuring yourself to keep to a high standard of special ingredients. Sure, if you also add garlic, onion, herbs, and vegetables to your broth, it will be even more nutritious. But you can always do this later - like when you decide to make soup for your family. For now, just get the bones into a big pot and cover with water, then simmer. If you work outside the home, plug in your slow cooker, and your bone broth will be ready to use when you arrive home from work.

Add apple cider vinegar to your bone broth. Acid extracts the nutrition from the chicken or beef bones. Your bone broth will be even more delicious and nutrient-rich with a tablespoon or two of vinegar added while cooking.

Don't forget about broth made from shellfish and even regular fish. Next time you make a special meal of mussels or shrimp, don't toss those shells out just yet. Put them in a pot of water on the stove to simmer for 15 to 30 minutes. Strain and package in a Mason jar. Now you have yummy seafood stock, which contains its own unique nutrition and tons of minerals.

## What can you do with bone broth?

- Warm up a cup and add some cayenne pepper, garlic or other herbs and spices.
- Thaw a jar of it to make soup out of. Just cook the other ingredients, such as veggies and leftover meat. Pour in the broth and you're on your way to homemade soup in less than 30 minutes.

- Add a small amount of bone broth to anything you're cooking - side dishes such as mashed turnips or cauliflower (for those on the low-carb plan), whole-grain pasta, or brown rice (for those on the standard Mediterranean plan), sautéed vegetable dishes and more.
- Drink a cup of warm bone broth on its own.

### **Foods To Go - What Can You Take Along So You Won't be Tempted to Cheat?**

The biggest temptation to start eating processed foods is when you're out and about, and that "hangry" feeling hits. You have no snacks in the car or on your person to sustain you. The Burger King or Dunkin Donuts drive-thru window beckons enticingly. The cafeteria at work is serving cheesy quesadillas. It's all so tempting.

This is NOT the way to be successful in **The Mediterranean Diet**. Instead of falling prey to the temptation of convenience foods, get into the habit of stocking up on healthy fats, and fibrous veggie snacks that you can take on the go. This will keep your fuel tank reasonably filled while you're out at work or running errands.

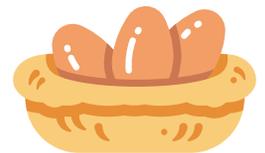
## **What to Buy**

- Lunch Box - soft, wipeable fabric and vinyl-lined are best.
- Storage containers - small ones with tight-fitting, snap-on lids will minimize the mess.
- Plastic forks spoons, napkins, and cups to keep in the car. Just keep them in a bag in the trunk.
- A reusable, aluminum, or glass water bottle to prevent unnecessary trips to the soda machine or drink counter.

## **What Foods to Stock**

### **Eggs.**

Get into the habit of boiling and storing a pot of eggs so you can grab a few each day to stash in your food bag before you head out the door.



## Avocados.

Avocado is an amazingly delicious and versatile source of omega 6 fats that can be added to or served as a side with many dishes. The more you can diversify your fats (as opposed to just eating tons of butter and cheese, the better for your long-term health and success on this diet.



## Canned fish.

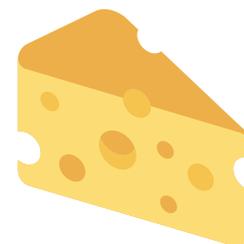
If you're a fan of tuna and salmon salads, you're in luck. Fatty fish, such as salmon, is one of the best protein choices on **The Mediterranean Diet**. In fact, it is recommended that you eat more than 3 servings of fish or seafood each week. Sardines are some of the healthiest fish you can find, so if you enjoy those you can keep your pantry stocked with a variety of sardine, selections to pack in your lunch box.



(Sugarless gum might be a good thing to have if you'd like to avoid post-lunch tuna breath.)

## Low-fat dairy.

A traditional Mediterranean diet will include small amounts of low- fat yogurt, sour cream, etc. and very rarely butter or cream. This is because these foods are high in saturated fats and have been shown to increase cholesterol. It is best to cook with mono-unsaturated fats such as olive oil.



## Meat.

Red meat can be included in a Mediterranean diet, however, it is recommended that you have less than one portion per day. Rather opt for "white" meats such as chicken or fish. If you purchase red meat at the store, choose leaner cuts. Remove the skin of your chicken and cut the fat off your meat before cooking. This is because those are all sources of saturated (the bad kind of) fat and we want to avoid it when following **The Mediterranean Diet**.



## A wide variety of vegetables.

All veggies are welcome on **The Mediterranean Diet**. This is because different vegetables contain different vitamins, minerals and phytochemicals (this helps protect us from heart disease and cancer). They are also a great source of fiber which helps our digestive system.



## Nuts and seeds.

Nuts and seeds are a terrific source of healthy fats that will fill you up fast. They are also great sources of vitamin E, iron, and fiber. Variety is the way to go! Enjoy almonds, peanuts, macadamias, Brazil nuts, pistachios, sesame seeds, sunflower seeds, pumpkin seeds, among others. Change it up every day to get the most benefit!



## Tips for Maintaining Healthy Digestion

How healthy is your digestive system? Some signs that it is struggling include unintentional weight changes, poor sleep, or constantly feeling tired, bloating, skin problems, and the development of random food intolerances, such as wheat or dairy.

But it's not all doom and gloom. There are things you can do to help improve your gut health. It starts with managing your stress levels. Find ways that help you to de-stress after a long day at the office or running after your kids. This can be as simple as keeping a good book at your bedside to read before bed or downloading a meditation app. Set a reminder on your phone so that it can become a habit.

The next step is to make sure that you get enough sleep. This means at least 7 to 9 hours per night. Have a warm shower before bed, create a calming environment using candles and soft lighting, turn your mobile devices off well before bedtime, and try not to drink caffeine after 12 pm.

Drink your bone broth. Bone broth is full of collagen which may be beneficial in keeping the lining of your gut strong. This is important in maintaining a healthy digestive system.

Now for the eating part. Chew your food. Slowly. Your digestive system wouldn't have to work as hard to digest your food if you took your time eating it. Eat as a family and not in front of the TV. Eating in front of a TV or while distracted at your work desk can lead to overeating, which means you'll be left feeling uncomfortable and bloated.

Include fermented foods such as yogurt or sauerkraut. These help to increase the number of microorganisms you have in your gut, which ultimately helps you digest your food better and keeps your immune system strong.

Eat as many different kinds of fruit and vegetables as you can. And as often as you can. They contain fiber, which helps to keep your digestive system regular.

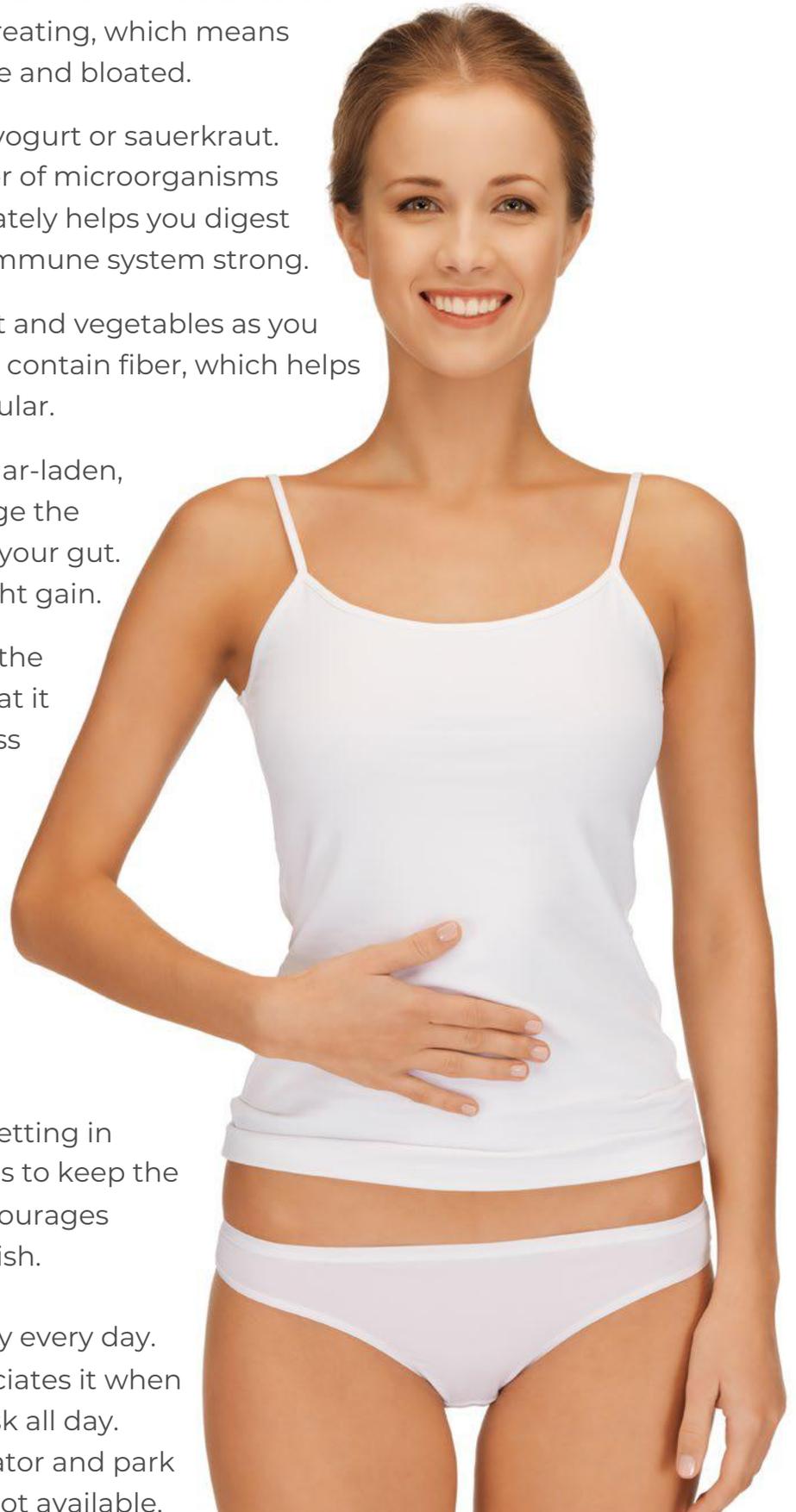
Avoid processed foods. Eating sugar-laden, processed foods actually encourage the wrong kind of bacteria to grow in your gut. Leading to bad cravings and weight gain.

Avoid too much red meat. Part of the danger of eating lots of meat is that it takes much longer for meat to pass through the digestive tract. This may lead to poor digestive health.

Make green smoothies. A great way to keep the healthy fiber coming is to add kale or spinach to your morning.

Stay hydrated. Make sure you're getting in enough water every day. This helps to keep the lining of your gut healthy and encourages the good microorganisms to flourish.

Try to get in a little physical activity every day. Our digestive system really appreciates it when we're not sitting slouched at a desk all day. Take the stairs instead of the elevator and park your car in the furthest parking spot available.



# WEEK 1:

## GROCERY LIST

### PRODUCE:



Bell peppers, 2  
Tomatoes, 3, for slicing  
Cherry tomatoes, 1 punnet  
Avocados, about 6  
Spaghetti squash, 1 total  
Onions, minimum 2  
Garlic  
Celery, 1 bunch  
Ginger, fresh  
Flat-leaf parsley and basil, 1 bunch  
Banana, 1 bunch  
Red skinned potatoes, 3 large

Cabbage, 1 small  
Kale, 1 bunch or 1 bag  
Salad greens, 1 bags  
  
Baby spinach, 1 small container  
Lemons or limes, 4 to 6  
Broccoli, 2 heads  
Carrots, 1 bunch  
Radishes, 1 bunch  
Turnips, 4 medium sized  
Cucumber, 1 medium  
Apple, 1

### DAIRY:



Eggs-2 dozen  
Fat- free sour cream-2 small containers  
Fat free half-and-half

Low-fat yogurt, 1 quart  
Fat-free ricotta, 1 medium size  
container

### MEATS:

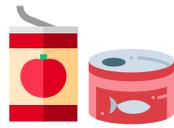
Chicken thighs-2 lbs.



Chicken breasts, 1

Lean ground beef, grass fed, 4 lbs.

## CANNED GOODS:



Salmon, 1 medium can  
Black olives, 1 can  
Chickpeas, 1 can  
Chopped tomatoes, 1 can

Hot sauce  
Canned beets (using the juice for  
pickled eggs)  
Black beans, 2 cans

## BULK GOODS:

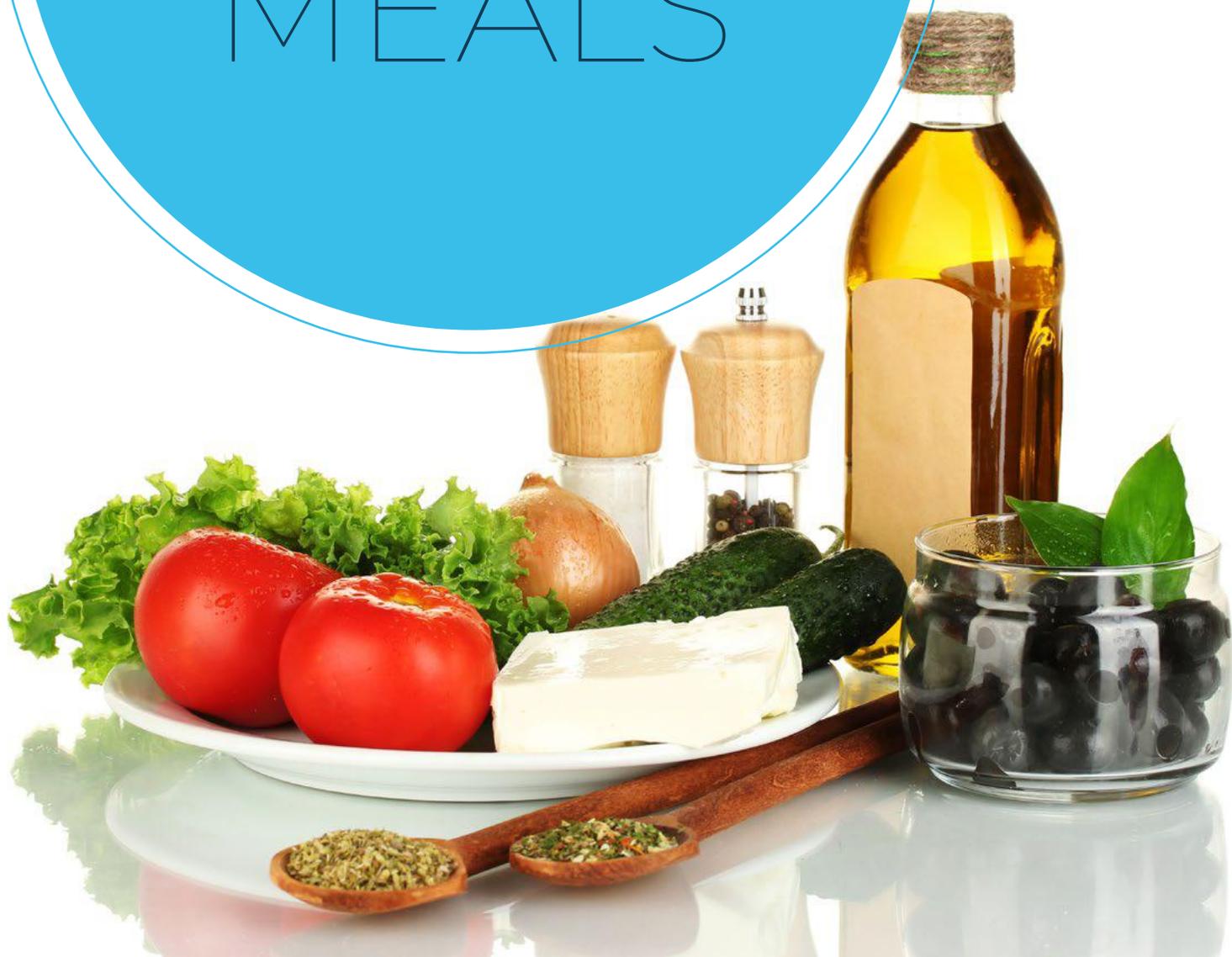


Almonds  
Sesame seeds  
Coconut  
70% Dark chocolate chips  
Quinoa  
Olive oil  
Balsamic vinegar  
Red wine vinegar  
Salsa  
Chicken broth, 2 quarts  
Natural peanut butter, 1 jar

Pumpkin seeds  
Cashews  
Macadamia nuts  
Rolled oats  
Cinnamon  
Vanilla extract  
Apple cider vinegar  
Honey  
Dried sage  
Whole-wheat bread, 1 loaf  
Brown rice

# WEEK 1

## MEALS



# Day 1: Monday

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## BREAKFAST

### Salmon Omelet



This is a hearty and filling breakfast. If you wish to omit lunch preparation, you can save half to enjoy again later. A splash of citrus or unsweetened cranberry juice in your morning water will help to balance the richness of this omelet nicely.

Serves 1

### INGREDIENTS:

2 eggs

1 1/2 Tbs. olive oil

4 oz. previously cooked salmon fillet or half  
a can of salmon, cut into bite-sized pieces

2 green onions, sliced

1 slice whole-wheat bread

2 oz. mixed lettuce

1 tsp. balsamic vinegar

Salt and pepper, to taste

### TO MAKE:

Beat the eggs and season with salt and pepper. Heat 1 tablespoon of olive oil in a skillet on medium heat. Pour in beaten eggs and allow edges to cook, gently moving eggs around pan with a spatula. When eggs begin to solidify, use the spatula to carefully flip the omelet. Distribute salmon around the center of the omelet, sprinkle green onion over the top. Cover with a lid. When the omelet is cooked to your liking, use the spatula to gently fold in half and press down lightly. Remove from heat. Serve with a slice of toasted whole-wheat bread and mixed lettuce with a drizzle of olive oil and balsamic vinegar. Season with salt and pepper, to taste. Enjoy!

# LUNCH

## Spinach Salad with Avocado Slices, Macadamia Nuts and Grilled Chicken



This fresh and zesty spinach salad provides a boost of vitamins, minerals, and roughage. And with healthy fats thanks to the avocado and macadamia nuts. This refreshing salad is a winner for sure.

To start this recipe, make the vinaigrette about half an hour in advance to give the garlic time to meld with the other flavors. If you like an onion with your salad, here's a tip: after slicing it, place it in a bowl of cool water for about 10 minutes. This will make them milder and sweeter.

Serves 1

### INGREDIENTS:

2 cups fresh baby spinach leaves, washed and patted dry

2 Tbs. raw onion, sliced thinly (optional)

2 Tbs. homemade olive oil based vinaigrette

1/2 avocado, sliced

1 medium chicken breast (without skin), grilled

2 Tbs. macadamia nuts, roughly chopped

Salt and pepper, to taste

### TO MAKE:

Arrange spinach leaves in a bowl and mix with homemade olive oil vinaigrette. Slice up the avocado and arrange it over the top. Add slices of the grilled chicken breast and finally the macadamia nuts. Season with salt and pepper to taste.

# LUNCH

## Olive Oil Vinaigrette



### INGREDIENTS:

3 Tbs. olive oil

2 Tbs. red wine vinegar

1 clove garlic, minced

Salt and pepper, to taste

### TO MAKE:

Place the minced garlic in a Mason jar or recycled dressing container with a lid. Add the vinegar and oil, and a pinch of salt and pepper each. Place the cover on the jar or bottle and shake vigorously. Let sit, so that the garlic oils can mingle with the other ingredients while you prepare the rest of the meal.

## SNACK

### Strawberries and Yogurt



Strawberries are a great source of antioxidants and vitamin C. They're also low in calories making them a great snack for those looking to lose weight

Serves 1

#### INGREDIENTS:

1/2 cup low-fat yogurt

4 medium strawberries, halved

#### TO MAKE:

Eat the yogurt and strawberries together or separately. Can also be blended into a smoothie.

## DINNER

# Crock Pot Chicken Thighs with Tangy Mustard Sauce



This is a great make-ahead dinner that you can add to the slow cooker in the morning and have it ready to serve by 6 pm. **The Mediterranean Diet** encourages whole grains so we have paired this dish with some nutty brown rice.

Serves 4

### INGREDIENTS:

2 lb. chicken thighs  
2 Tbs. spicy brown mustard  
¼ cup fresh ginger, grated  
1 tsp. yellow curry powder

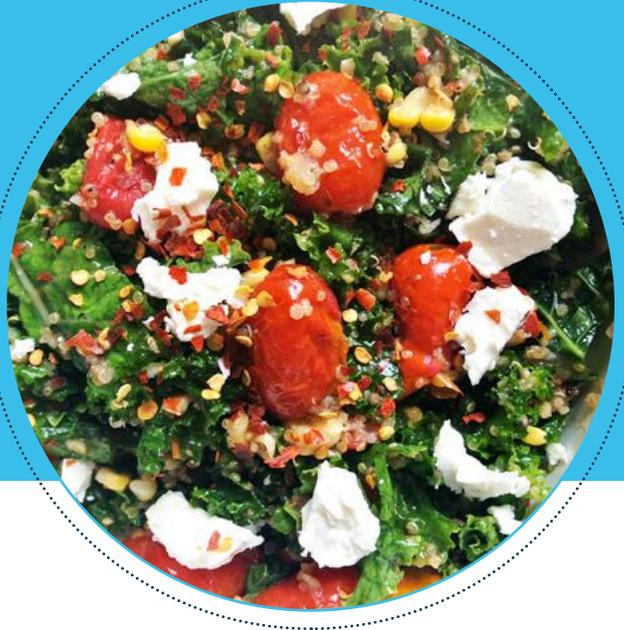
½ cup fresh parsley, chopped  
2 cups brown rice, cooked

### TO MAKE:

Add all ingredients, apart from the parsley and brown rice, to the slow cooker and stir together. Cover and cook on a low setting for 6 to 8 hours. Sprinkle fresh, chopped parsley over the chicken mixture just before serving. Serve over a bed of brown rice.

## DINNER

### Marinated Kale Salad with Cherry Tomatoes



Kale is a nutrient-dense, green leafy vegetable that is great to incorporate into your diet. It is high in fiber and packed with lots of important vitamins and minerals.

Serves 4

#### INGREDIENTS:

- 3 cups raw kale, cleaned and drained/patted dry
- 12 cherry tomatoes, halved
- 1/4 cup balsamic vinaigrette dressing (see recipe below)

#### TO MAKE:

Separate kale leaves from the ribs and discards the ribs. Place kale leaves in a large salad bowl. Use kitchen shears to snip kale leaves into bite-sized pieces. Pour prepared balsamic vinaigrette over the kale leaves and toss thoroughly. Cover with plastic wrap and allow to marinate in the refrigerator for an hour or two.

Check the salad and toss again to ensure that every leaf has been submerged. When it's time to prepare the evening meal, slice the cherry tomatoes and incorporate into the kale salad, giving everything one final toss before serving.

# DINNER

## Balsamic Vinaigrette Dressing



It's a good idea to keep a batch or two of homemade vinaigrette on hand in the refrigerator for when you need it. You'll also realize how much more delicious an all-natural dressing can be when compared to store-bought.

Serves 4

### INGREDIENTS:

½ cup virgin olive oil

½ cup balsamic vinegar

Pinch of salt

Pinch of pepper

2 cloves garlic, minced

### TO MAKE:

Place all ingredients in a jar or bottle with lid. Shake well with the cover on. Pour mixture over the salad.

# Day 2: Tuesday

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## BREAKFAST

### Yogurt and Fresh Berries with Nutty “Granola”



Heart-healthy nuts and seeds deliver an extra boost of friendly fats to this crunchy granola-style breakfast and yogurt.

Serves 1

### INGREDIENTS:

1 cup low-fat yogurt

½ cup fresh berries such as blueberries, strawberries, raspberries

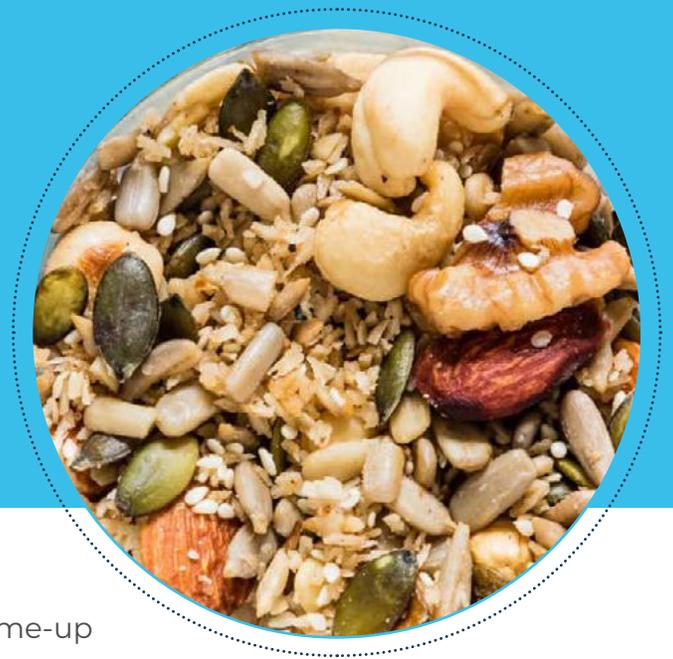
½ cup nutty “granola” – see recipe below

### TO MAKE:

Scoop yogurt into a bowl. Top with nutty “granola”. Spoon berries over the top. Stir and enjoy.

# BREAKFAST

## Nutty “Granola”



Make a big batch of this granola on a sheet pan, and take a jar with wherever you go. It's the perfect pick-me-up snack to fuel up before the gym or while on a hike.

Serves 4

### INGREDIENTS:

¼ cup olive oil  
½ cup almonds  
½ cup pumpkin seeds  
¼ cup cashews  
1 tsp. vanilla extract

½ cup sesame seeds  
½ cup coconut flakes  
½ cup rolled oats  
1 tsp. cinnamon

### TO MAKE:

Preheat oven to 325F. Mix all ingredients and spread on a baking sheet. Bake uncovered, for about 15 minutes, turning granola about halfway through, to ensure even cooking. Remove from oven and allow to cool.

# LUNCH

## Quick Salmon Chowder



This lunch recipe was selected to use the leftover salmon from your breakfast omelet yesterday. If you do not have leftover salmon, another option is to serve a lunch of leftover chicken thighs. We have substituted the usual heavy cream with fat-free half-and-half to lower the saturated fat content of the meal, without skimping on the creaminess.

Serves 1

### INGREDIENTS:

- |   |  |
|---|--|
| 2 Tbs. olive oil                        | 1 large red-skinned potato, peeled and cubed |
| 1 clove garlic, minced                  | 2 cups chicken broth/stock                   |
| 1/2 Tbs. sage                           | 1 cup fat-free half-and-half                 |
| 1/2 a small onion, diced                | Salt and pepper to taste                     |
| 2 stalks of celery, sliced              |  |
| 4 oz. salmon, canned or leftover fillet |  |

### TO MAKE:

Saute garlic, sage, onion, and celery in olive oil until tender. Season with salt and pepper. Add salmon pieces, potato, and chicken broth. Simmer for about 10 minutes. Pour in the half-and-half and continue to cook on low heat for several minutes until it reduces slightly. Serve warm.

# SNACK

## Fresh Veggie Slices With Creamy Cashew Dip



**The Mediterranean Diet** encourages regular consumption of nuts in moderate portions. That's why we have included this cashew dipping sauce instead of the usual ranch dressing option.

Once you get into the habit of whipping up your own homemade dips and dressings, you'll wonder why you ever served the preservative-laden store-bought versions. It takes mere minutes to make.

Serves 4

### INGREDIENTS:

1 cup raw cashews

1 Tbs. lemon juice

4 Tbs. apple cider vinegar

4 Tbs. olive oil

1/2 Tbs. honey

1/4 teaspoon garlic powder

1/4 cup fresh basil and parsley

Salt and pepper, to taste

### TO MAKE:

Blend all ingredients together until smooth. Serve with veggies slices such as raw broccoli, bell pepper, cucumber or carrots.

# DINNER

## Ground Beef Taco Salad



It's Taco Tuesday. This is a fun meal because you can place all ingredients in separate bowls so family members can pick and choose what they would like in their salad. We have added in some black beans because it is recommended that on [The Mediterranean Diet](#) you have legumes more than 3 times a week, if possible.

Serves 4

### INGREDIENTS:

- 1 Tbs. olive oil
- 1 1/2 to 2 lbs. lean ground beef
- 1/2 tsp. cumin
- 1 Tbs. paprika
- 1/2 tsp. chili powder
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1/4 tsp. cayenne pepper
- 1/2 tsp. oregano
- 1 small onion, diced
- 1 cup tomatoes, diced
- 1 can pitted black olives, chopped
- 4 cups "spring greens" mix
- 2 avocados
- Hot sauce (optional)
- Salsa
- 2 cans black beans, drained and rinsed
- 1 jar prepared homemade vinaigrette (see recipe from earlier)

### TO MAKE:

Cook the ground beef in a large frying pan on medium heat in olive oil. Mix in the spices and continue to stir as the meat cooks. When all the pink is gone and the meat is browned to your liking, remove from heat and drain.

Prepare bowls of taco ingredients and arrange them on the table. Your family can set themselves up with a delicious bed of healthy greens and vinaigrette, topped with prepared taco meat and other toppings.

# Day 3: Wednesday

## BREAKFAST

### Apple and Cinnamon Overnight Oats



This delicious, creamy breakfast is a great option for those busy mornings. Simply prep the oats the night before and you're ready to go. The oats provide fiber while the apple provides lots of phytonutrients which help keep your immune system strong and may protect you from some cancers!

Serves 1

#### INGREDIENTS:

1/2 cup rolled oats  
1/2 cup low- fat yogurt  
1/4 tsp. cinnamon

1 apple, diced or grated 2  
Tbs. almonds, chopped  
1 tsp. honey (optional)

#### TO MAKE:

Combine the rolled oats, yogurt and cinnamon. Add 1/4 cup water, and stir well. Refrigerate overnight. Before serving, stir through the apple and almonds.

# LUNCH

## Chickpea and Veggie Medley



We can't forget that there may very well be leftover taco ingredients in the refrigerator from last night's tasty Taco Tuesday extravaganza. They'll be perfect for a Mediterranean-friendly chickpea and veggie medley at noon or so. Here is your second portion of legumes for the week!

Serves 2

### INGREDIENTS:

- 1 Tbs. olive oil
- ¼ cup diced onion
- 1 clove garlic, minced
- ½ tsp each: ground cumin, paprika, dried herbs
- 1 can chickpeas, drained and rinsed
- ¼ cup diced bell peppers, red or green
- 2 cups fresh spinach leaves
- 2 Tbs. homemade vinaigrette (recipe shared earlier)

### TO MAKE:

In a large frying pan, saute the onion, garlic, and spices in the olive oil over medium-high heat. Continue cooking, stirring frequently, until the onion becomes translucent and soft. Add the chickpeas and peppers. Continue to cook for about 10 minutes stirring often. Serve hot, poured over a bed of fresh, uncooked spinach, with vinaigrette.

## SNACK

### Celery with Homemade Sour Cream Dip



Celery is the best vegetable to use for dips. It is crunchy and refreshing. For today's afternoon snack, you can either prepare a simple sour cream dip, or if you have leftover cashew dressing, dip your celery in that. We have used a fat-free sour cream because the full-fat version would be too high in saturated fats to make it part of a Mediterranean diet.

Serves 2

#### INGREDIENTS:

1 cup fat-free sour cream

2 tsp. of onion powder

Salt and pepper to taste

#### TO MAKE:

Mix all ingredients. Serve with celery sticks.

# DINNER

## “Unstuffed Cabbage”



Cabbage is known as a prebiotic. This means it helps to feed all the good bacteria in our gut. This is really important when it comes to our digestive health. For this recipe, you should have your ingredients all ready and waiting for you thanks to yesterday's and today's meals. Leftover ground beef and/or leftover chickpeas (with peppers and onions added) will be perfect.

Serves 2

### INGREDIENTS:

3 Tbs. olive oil

3 cloves garlic, minced

1/2 cup or one small onion, diced (omit if you already have enough onion from today's leftovers)

1 small cabbage, sliced up into shreds

Any remaining ground beef and/or chickpeas from yesterday's and today's meals

1 large can of tomato sauce (not the kind with sugar or corn syrup added, please)

2 Tbs. apple cider vinegar

1 Tbs. caraway or fennel seeds

Salt and pepper to taste

Cayenne pepper if you can take the heat!

### TO MAKE:

In a large skillet, saute the garlic and onions in olive oil. Add the shreds of cabbage and leftover ground beef and/or chickpeas. Pour in the tomato sauce. Add the vinegar and caraway or fennel seeds. Season with salt and pepper, and cayenne if you like it spicy. Mix well. Allow it to simmer for about 30 minutes or so until the cabbage has softened. Add a little extra water or bone broth to keep it from drying out if need be.

# Day 4: Thursday

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## BREAKFAST

### Green Smoothie



A green smoothie is a great breakfast option on [The Mediterranean Diet](#). This nutritious, drinkable breakfast will keep your digestion in balance and provide you with all sorts of vitamins and minerals!

Serves 1

#### INGREDIENTS:

2 kale leaves, with ribs removed

1/2 cup low- fat yogurt

1/2 cup berries (such as blueberries  
or raspberries)

1 banana

1/2 cup frozen cranberries

1/2 tsp. vanilla extract

2 Tbs. sesame seeds

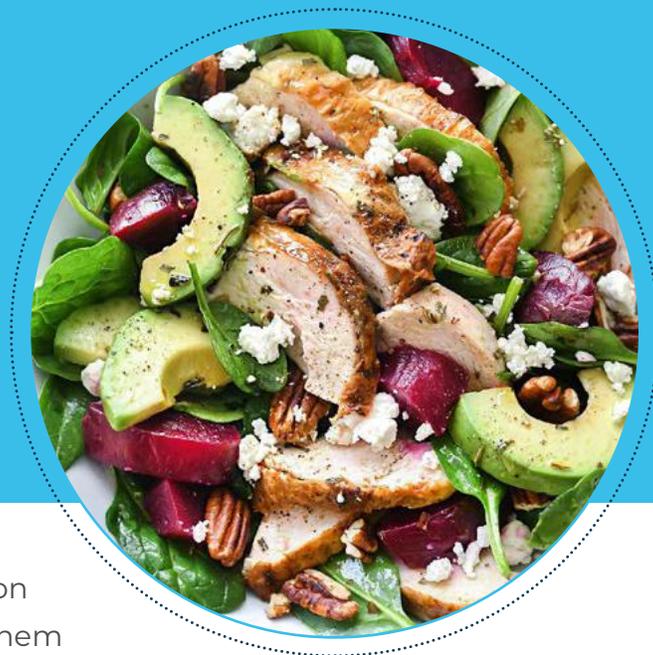
1 cup water

#### TO MAKE:

Blend all ingredients along with a cup of ice. Pour into your prettiest glass and drink up!

## LUNCH

### Leftover Chicken Thighs Over a Bed of Marinated Kale and Quinoa Salad



Remember those zesty chicken thighs we prepared on Monday? You probably still have a serving or two of them leftover, so make use of this delicious food for a simple but tasty and quick-to-prepare lunch. We have added in some quinoa as a low-calorie, high protein whole-grain addition!

Serves 1

#### INGREDIENTS:

Leftover chicken thighs

Kale salad with balsamic vinaigrette

1/2 cup quinoa, cooked according to package

#### TO MAKE:

You can serve the cooked chicken thighs hot or cold, your choice. Either quickly zap them in the microwave and serve over the cold salad and quinoa, OR chop them up and mix with the kale greens.

## DINNER

### Chicken Thigh Taco Salad Bowl



Some people don't appreciate the amazing potential of leftovers. But you will when you see what wonderful meals you can make with just a few simple tweaks to the dinners you prepared earlier in the week. Got chicken thighs, and leftover taco toppings? You're on your way to "Lunch Taco Thursday"! We have substituted the usual cheddar cheese with a low-fat cream cheese, still creamy but a healthier option.

Serves

### INGREDIENTS:

Leftover cooked chicken thighs, cubed  
1/2 cup low fat cream cheese  
1/4 cup black olives  
1 cup lettuce greens  
2 Tbs. homemade vinaigrette

1/4 cup bell peppers,  
diced 1/2 avocado, cubed  
1/8 cup onion, diced  
2 Tbs. hot sauce

### TO MAKE:

Toss the lettuce greens with vinaigrette and arrange on a plate. Place the cubed chicken thighs, hot or cold, over the lettuce. Top with peppers, onions, olives, shredded cheddar, hot sauce, avocado pieces, and sour cream. Such a yummy lunch!

## SNACK

1 oz.  
*Macadamia nuts*



# Day 5: Friday

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## BREAKFAST

*Veggie omelet and whole-wheat toast, with an after breakfast treat of chopped strawberries*



Friday's veggie-packed breakfast will be a satisfying start to the day. Never be afraid to add in little extra vegetables whenever you can. Even at breakfast!

Serves 1

### INGREDIENTS:

- |                           |                              |
|---------------------------|------------------------------|
| 1 tsp. olive oil          | 8 olives, pitted and chopped |
| 1 garlic clove, minced    | 1 tsp. dried mixed herbs     |
| 1/4 cup red pepper, diced | 1 cup baby spinach           |
| 1 Tbs. onion, diced       | 2 eggs                       |
| 1/4 cup mushrooms, diced  | Salt and pepper, to taste    |
|                           | 1/2 cup strawberries         |

### TO MAKE:

Saute the garlic, red pepper, onion, mushrooms, olives, and dried herbs in olive oil over medium heat for 2 minutes until the onion becomes soft. Place in a bowl and mix through the baby spinach. Beat the eggs with a tablespoon of water, salt, and pepper. Reheat the same skillet to medium heat and place the beaten eggs into it. Allow cooking for a few minutes until the base has set. Place the vegetable mix over half the omelet and once it has set enough fold it over. Gently slide it out of the pan and enjoy with a freshly toasted slice of whole-wheat bread and a side of fresh strawberries.

# LUNCH

## Salmon Salad With Cucumber Slices and Avocado



If you're a fan of salmon, you'll love this simple Mediterranean-friendly lunch that is reminiscent of the classic tuna salad but with a bit of an Asian flair.

Serves 2

### INGREDIENTS:

1 can of salmon, bones and skin removed  
1 stalk celery, sliced  
2 tsp. soy sauce or Bragg's amino  
1 Tbs. apple cider vinegar  
1 Tbs. toasted sesame oil  
Salt and pepper to taste  
3 tsp. wasabi mayo

Hot sauce (check label and choose a brand with no added sugar or sweeteners)  
1 medium cucumber  
1/2 avocado  
2 Tbs. toasted sesame seeds, toasted

### TO MAKE:

Combine salmon, diced celery, soy sauce, vinegar, sesame oil, and salt and pepper in a mixing bowl. Stir everything together until well combined.

Remove skin from the cucumber and slice thin. Arrange on a plate. Slice avocado and place on the plate. Top with 2 scoops of the salmon salad. Drizzle wasabi mayo and hot sauce over the top if desired. Finish with a sprinkle of toasted sesame seeds.

# SNACK

## Pickled, Hard Boiled Eggs



If you have access to farm-fresh eggs from free-range chickens, these tend to have more nutrition due to the chickens' diet of protein-rich insects and omega-rich green grass—it's even better!

It's also a nice change of pace to pickle the eggs and keep a stash of these protein-rich snacks in the refrigerator. We have omitted the usual sugar for a more tangy, healthier pickle.

Serves 9 (2 eggs per snack)

### INGREDIENTS:

2 cups white vinegar

1 cup beet juice (can be made by simmering beets and draining the juice, or purchase canned beets and pour the juice from the can into your pickling brine)

1/2 cup salt

4 cloves garlic

18 eggs

1 medium onion, sliced in rings

6 whole cloves

1 sprig of dill

### TO MAKE:

Hard-boil the eggs by placing in a pan of water and bringing to a boil. Once the water begins bubbling, turn off the heat, and cover with a lid. Let sit for 12 minutes.

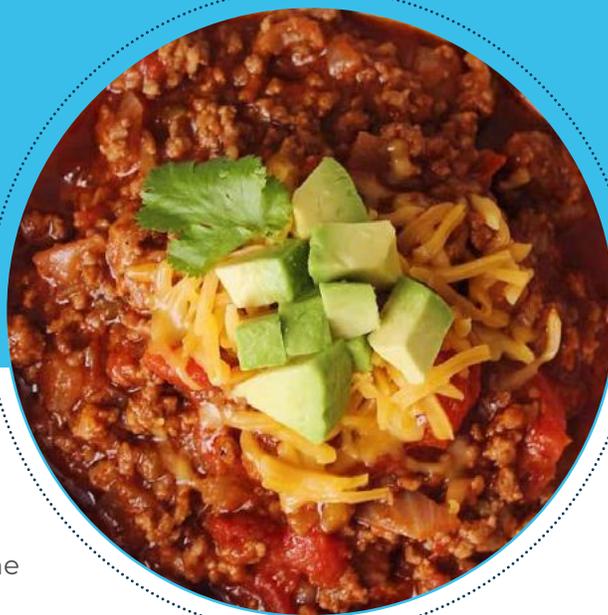
When the eggs are done, remove from the stove and run cold water into the pot to bring the temperature down. Continue running water into the pot until cold. Let eggs rest in the cool water for about 15 more minutes. Remove shells and outer membrane from eggs, taking care not to break them.

Next, make your egg pickling brine by combining the vinegar, salt, and other ingredients in a large pot. Bring to a quick simmer, then remove from the heat – this is to dissolve the salt in the liquid. Pour pickling brine into a large glass jar that will fit all 18 eggs. You can also opt to use Mason jars for this, and place 4 or 5 eggs plus the pickling ingredients in each jar.

Let eggs soak in the brine for up to 2 weeks. When pickled to your liking, eat, and enjoy.

# DINNER

## Crock Pot Chili



With the weekend coming up, this will be the perfect go-to stored meal. Just put all ingredients together in the slow cooker and set to low before heading out for work in the morning. When you arrive home, dinner will be waiting.

Serves 4

### INGREDIENTS:

2 lbs. lean ground beef, preferably the kind that comes from grass-fed cows  
1 large onion, diced  
2 bell peppers, chopped  
1 large can diced tomatoes  
3 cloves garlic, minced  
2 Tbs. cumin

2 Tbs. chili powder  
3 tsp. cayenne pepper  
Salt and pepper to taste  
1 can mixed beans, drained and rinsed  
2 cups brown rice, cooked  
1 container fat-free sour cream  
2 avocados

### TO MAKE:

In a large skillet, brown the ground beef on medium heat, stirring frequently using a spatula. Add spices and continue to cook until sufficiently browned to your liking, then remove from heat. Drain excess liquid from the meat and transfer to the slow cooker.

Add diced onions, peppers, garlic, and canned diced tomatoes. Season with salt, pepper, and cayenne to taste. Cook in a slow cooker on low heat setting for 6 to 8 hours.

When ready to serve mix through the beans and serve with brown rice, chopped avocado, and sour cream. Serve hot and enjoy!

# Day 6: Saturday

## BREAKFAST

### Yogurt, Banana and Nutty "Granola"



Whether your Saturday mornings are spent relaxing, working, or as the kickoff for a busy weekend of fun and adventure, the nutty "granola" you made earlier in the week is sure to keep you going!

Serves 1

### INGREDIENTS:

1 cup low-fat yogurt

1 banana, sliced

1/2 tsp. cinnamon

½ cup nutty "granola" – see recipe on page 22

### TO MAKE:

Scoop yogurt into a bowl. Top with nutty "granola". Place sliced banana and cinnamon over the top. Stir and enjoy.

## LUNCH

### Leverage Those Leftovers



Who says lunch has to be sandwiches when there are delicious, homemade meals leftover and waiting for you to heat up and enjoy? Today is a perfect day to check the refrigerator and make use of whatever is left over. You might find some remnants of the beef and cabbage medley from Thursday, veggie omelet from Friday's breakfast or even some hearty chili from yesterday evening.

## LUNCH

### Light Lunch



After that delicious and filling breakfast, you may be looking for something light to tide you over. Try these minimal-preparation options for your mid-day meal:

Pickled eggs and mixed nuts (peanuts, almonds, macadamias, etc.) or a can of sardines with a side of marinated kale or spinach leaves with vinaigrette and slices of avocado.

## SNACK

# Chocolate Coconut Peanut Butter Bombs



Sometimes it's nice to indulge your sweet tooth while eating the Mediterranean way. After a full week of sticking to mostly savory foods, why not experiment with this sweet treat. Dark chocolate has less sugar and dairy in it than ordinary milk chocolate, and it's packed with loads of antioxidants.

Serves 10

### INGREDIENTS:

1 cup 70% dark chocolate chips

1/2 cup sugar-and salt-free peanut butter  
(make sure it's a little runny!)

2 Tbs. honey

Salt (optional-for topping)

### TO MAKE:

Line a muffin tray with muffin liners or grease with a little olive oil. In a small mixing bowl combine the peanut butter and honey. You can microwave or heat it up in a bowl over boiling water if it's very solid. In a saucepan, melt the dark chocolate over low heat. Pour a little chocolate into each muffin liner, just enough to cover the bottom. Place into the fridge for about 10 to 15 minutes to set. Spoon a little of the peanut butter mixture on top of the chocolate base of each muffin liner. Pour the remaining chocolate over the top of each one. Sprinkle the salt over. Place in the freezer for 30 minutes until completely set. Store in the freezer for an emergency sweet treat!

## DINNER

# Ground Beef and Spaghetti Squash Casserole with Whole-Wheat Spaghetti



Hooray, it's the weekend! You could opt to explore some Mediterranean-style options at your local eating establishments for a change of pace. You could even cheat today... you've earned it! But if you'd prefer to keep a good thing going, then why not utilize the ground beef chili leftovers that you have on hand, and combine them with spaghetti squash? This is so healthy, delicious, and easy to make!

Serves 4

### INGREDIENTS:

1 spaghetti squash

3 Tbs. olive oil

3 cloves garlic, minced

3 cups leftover ground beef chili

1 tin chopped tomatoes

1 cup low-fat ricotta cheese

2 cups whole-wheat pasta, cooked

1/2 cup chopped parsley

### TO MAKE:

Preheat oven to 350 F. Slice the spaghetti squash in half and place in a baking pan. Drizzle olive oil over the squash and bake for 30 to 40 minutes or until the outer skin begins to brown a bit and squash seem soft from the outside like it's going to collapse. Remove from the oven and allow to cool for about 15 minutes. Once cool, use a fork to remove the seeds and fluff up the squash's insides.

Next, grease the sides and bottom of a baking dish. Remove spaghetti squash from the skin and place it inside the pan. Drizzle on a bit more olive oil, and mix in the minced garlic. Top with the ground beef chili from the previous evening's meal. Stir through a tin of chopped tomatoes. Add a layer of ricotta cheese. Bake at 350 degrees for about 20 minutes. Serve over a bed of whole-wheat spaghetti and top with fresh parsley.

# Day 7: Sunday

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## BREAKFAST

### *Ricotta and Fresh Berries*



Funny how breakfast on the weekend makes us typically think of eggs and bacon. However, if you're eating for **The Mediterranean Diet**, you may want to opt for something a little lighter. You've got some ricotta from last night's delicious spaghetti squash casserole.

Serves 1

### INGREDIENTS:

1/2 cup low-fat ricotta

1 cup mixed berries—strawberries, blueberries, raspberries or blackberries

2 slices whole-wheat bread, toasted

1 tsp. honey.

### TO MAKE:

Scoop ricotta onto the slices of whole-wheat toast, top with berries, and drizzle with a little honey. Eat and enjoy!

## LUNCH

### Leftover Ground Beef and Spaghetti Squash Casserole



Sundays are for resting. Enjoy the leftovers from last night and follow it up with a little snack of celery and peanut butter!

## SNACK

### 2 hard-boiled or pickled eggs, and 2 stalks of celery with peanut butter

Serves 1

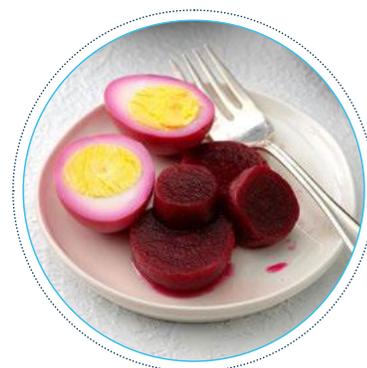
#### INGREDIENTS:

1 Tbs. natural peanut butter

2 stalks of celery

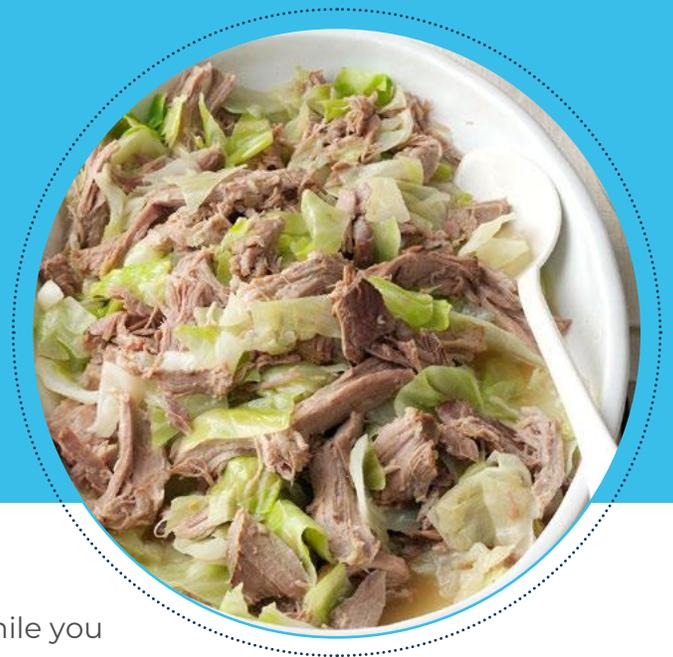
#### TO MAKE:

Slice each stalk of celery in half or in 3 pieces long ways. Use a knife or spoon to fill the center with natural, additive-free peanut butter. Yummy and filling, too.



## DINNER

# Slow Cooker Pork Roast and Cabbage



This is another simple and tasty recipe that you can set up in the crockpot to simmer away all day while you take care of important matters.

Serves 4

### INGREDIENTS:

2 Tbs. olive oil

2 lb. pork tenderloin or small pork roast, end cut

1 clove garlic, minced

1 small onion, sliced

1/2 cabbage, sliced into shreds

2 Tbs. apple cider vinegar

Salt and pepper, to taste

2 cups brown rice, cooked

### TO MAKE:

Coat the pork roast with olive oil, salt and pepper, and place in the slow cooker, fat side down. Add minced garlic and onion slices, top with cabbage shreds. Add apple cider vinegar. Cook on the low setting for about 6 hours. Serve with mashed turnips (recipe below) and a side of brown rice.

# DINNER

## Mashed Turnips



This is a delicious alternative to mashed potato, that makes use of another underutilised but very healthy vegetable!

Serves 4

### INGREDIENTS:

4 medium sized turnips, chopped  
1/2 cup chicken broth  
4 Tbs. olive oil

1 clove garlic, minced  
Salt and pepper, to taste  
1/3 cup low-fat sour cream

### TO MAKE:

Place turnips in a medium-sized sauce pan and cover with water. Bring to boil over medium or medium-high heat. Once turnips begin to bubble, lower heat and simmer on medium-low until turnips are soft. Remove from heat and drain. Return to stove top and add chicken broth, olive oil, garlic, salt, pepper, and sour cream, and bring up to a boil again, then lower heat and continue to simmer, stirring frequently. Remove from heat and use a potato masher to mash the turnips.

# WEEK 2: GROCERY LIST

Please note that we've listed all items that will be necessary to make the week's recipes. Before heading out to the store, check your fridge and pantry in case you already have some of these items on hand. Things like vinegar, oil, mustard, and mayo tend to last longer than one week.

## PRODUCE:



- Cucumbers, 2 medium
- Bell peppers, 4 total
- Cabbage, 1 small
- Cilantro, 1 bunch
- Broccoli crowns, 2 total
- Scallions, 2 bunches
- Cherry tomatoes, 1 pint
- Mint or dill, fresh, 1 bunch
- Onions
- Carrots, 1 bunch
- Raspberries & strawberries,  
1 punnet each
- Baby spinach & mixed lettuce, 1  
packet each
- Garlic
- Cauliflower, 1 head
- Eggplant, 2 large
- Pear, 1
- Banana, 1 bunch
- Parsley, flat-leaf, one bunch
- Basil, 1 bunch
- Celery, 1 bunch
- Limes/ lemons, 4 to 6
- Avocados, 4 total
- Cucumber, 1
- Red onion, 1
- Sweet potato, 1

## FROZEN FOODS

- Cranberries, frozen, 1 bag
- Kale, frozen, 1 bag



- Jumbo shrimp, uncooked

## MEATS:

- Chicken thighs, 1 package, 2 to 3 lbs.
- Chicken breasts, without skin, 4
- White fish of choice, 4 fillets

## DAIRY



Sour cream, 1 small container  
Ricotta, 1 small container  
Low-fat yogurt, 1 quart  
Fat-free half-and-half, 1 container

Eggs-17 total  
Cheddar, shredded, 1 medium package  
Feta cheese, 1 package  
Low-fat Cream Cheese, 1 package  
Low-fat Mozzarella Cheese, 1 package

## CANNED GOODS:



Roasted red peppers, 1 jar  
Black beans, 1 can  
Chickpeas, 2 cans  
Tuna, 1 can

Artichoke hearts, 1 jar  
Peanut butter, natural  
Bone broth, 2 quarts-best if homemade, but store-bought is okay, too

## BULK GOODS:

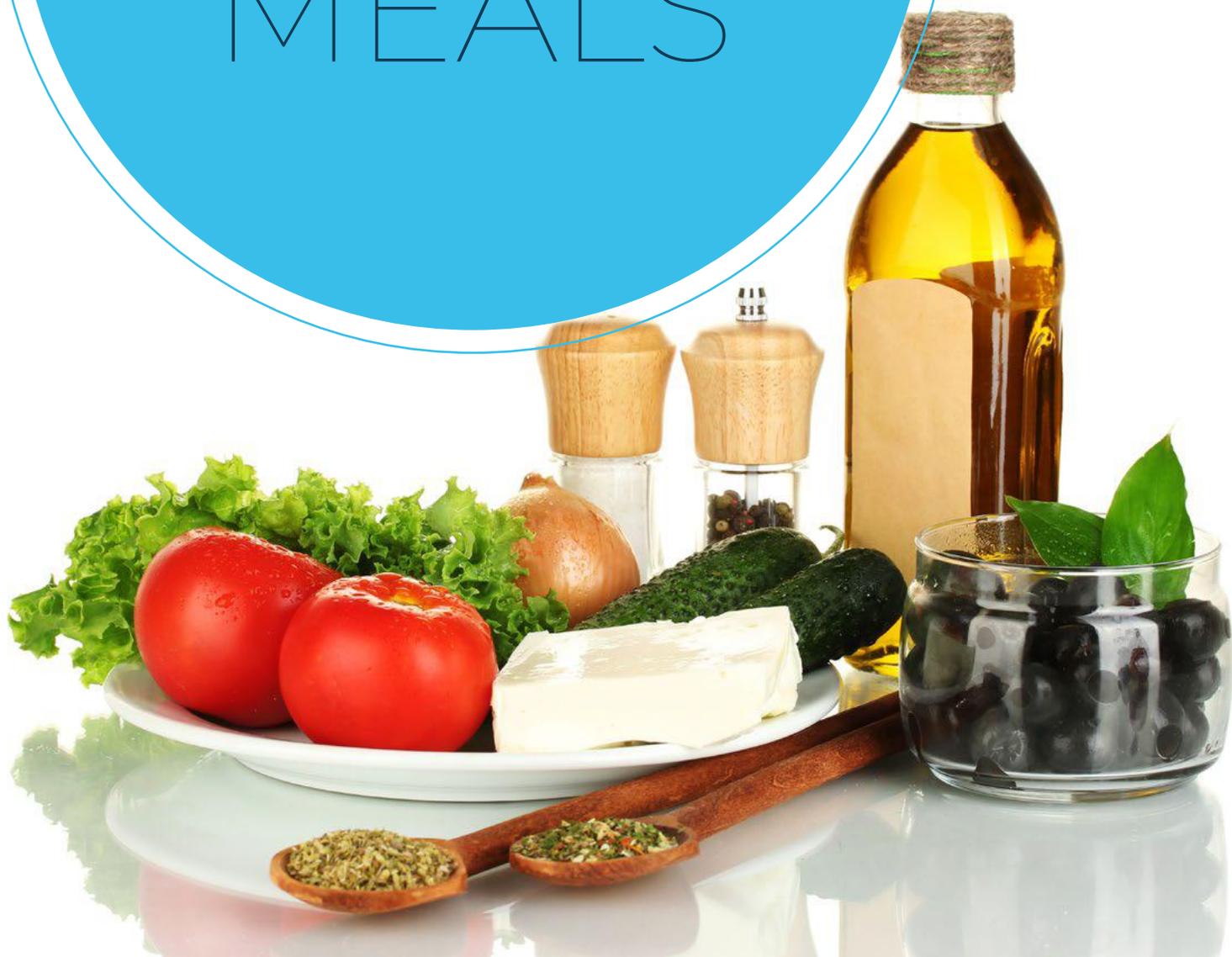


Calamata olives  
Chickpea flour  
Shredded coconut  
Dill, dried  
Honey  
Cashews  
Olive oil  
Balsamic vinegar  
Apple cider vinegar  
Garlic powder  
Quinoa

Chives, dried  
Rolled oats  
Whole-wheat bread, 1 loaf  
Dates, 1 packet  
Whole-wheat noodles  
Whole-wheat pitas  
Almonds  
Hummus, 1 punnet  
Whole-wheat crackers  
Sundried tomatoes  
Paprika

# WEEK 2

## MEALS



# Day 8: Monday

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## BREAKFAST

### Cranberry Smoothie



This filling and refreshing smoothie makes for an energizing, high fiber start to your day.

Serves 1

### INGREDIENTS:

1 cup low-fat yogurt

1/2 cup kale

1/2 cup frozen

cranberries

1/4 cup rolled oats

1 tsp. vanilla extract

1 banana

1 tsp. honey (optional)

### TO MAKE:

In a blender, puree all ingredients together. Pour into a tall glass and enjoy.

## LUNCH

### Cold Creamy Cucumber Soup



This soup is a refreshing change of pace from the other meals that you've eaten on **The Mediterranean Diet** so far. The beef broth adds body and deep flavor, plus considerable nutrition.

Serves 1

#### INGREDIENTS:

- |                               |                                     |
|-------------------------------|-------------------------------------|
| 2 Tbs. olive oil              | 1/2 tsp. yellow curry powder        |
| 1 medium cucumber, sliced,    | 1/2 cup beef broth                  |
| 1 small onion, finely chopped | 1/2 cup fat-free half-and-half      |
| 1 clove garlic, minced        | 1/4 cup fresh mint or dill, chopped |
|                               | Salt and pepper, to taste           |

#### TO MAKE:

Start by lightly sautéing the onion and garlic with the olive oil. Once the onion is translucent, turn the heat down to very low and add cucumber slices to the pan. Once the cucumber slices wilt (just takes one or two minutes) pour in beef broth and cream. Season with salt and pepper.

Remove from the heat and allow to cool slightly. Use either an immersion blender or a traditional blender to blend all ingredients to a smooth puree. Chill for a minimum of 30 minutes.

Serve cold, with a garnish of more mint or dill.

## SNACK

Cashew Dip (recipe from week 1),  
Carrot sticks & a Hard boiled egg

# DINNER

## Eggplant and Mozzarella Sandwiches



If you love eggplant then you will love this recipe. Bet you didn't know you could go "meatless" and still be satisfied afterward. This unique and tasty recipe will become a common meal in your household!

Mozzarella is a healthier option for cheese lovers. It is lower in sodium and in calories. We have chosen a low-fat version here to lower the saturated fat content of the meal.

Serves 4

### INGREDIENTS:

2 eggplant

2 Tbs. olive oil

Salt and pepper, to taste

8 slices low-fat mozzarella

1 cup flat-leaf parsley, chopped

4 Tbs. capers

4 Tbs. balsamic vinaigrette (see recipe from Week 1)

8 slices whole-wheat bread

### TO MAKE:

Preheat oven to 350 F. Slice eggplant short ways into rounds. Place eggplant into a baking dish and drizzle with olive oil. Season with salt and pepper. Bake in the oven for 30 minutes until the eggplant is soft and slightly golden brown. Remove eggplant slices from the oven and allow to cool slightly.

Utilizing a fork place the eggplant onto the toast. Place the mozzarella slices on top. Grill in the oven for another 5 to 10 minutes until the mozzarella melts. Dress with fresh chopped parsley, capers, and balsamic vinaigrette.

## DINNER

### Spinach Salad with Calamata Olives



This side salad is the perfect, fresh accompaniment to your eggplant and mozzarella sandwiches.

Serves 4

#### INGREDIENTS:

3 cups fresh baby spinach leaves  
1 cup calamata olives, pitted  
1/2 red onion, finely diced  
1/3 medium cucumber, finely diced

3 Tbs. olive oil  
2 Tbs. red wine vinegar  
Salt and pepper to taste

#### TO MAKE:

Pour oil and vinegar in the bottom of a salad bowl. Sprinkle in salt and pepper. Add spinach leaves and toss. Add remaining ingredients.

# Day 9: Tuesday

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## BREAKFAST

### *Peanut Butter and Yogurt*



This is a surprisingly filling, delicious meal that will kick-start your day in all the right ways. Only takes a minute to mix, eat, and be on your way. And kids love it!

Serves 1

### INGREDIENTS:

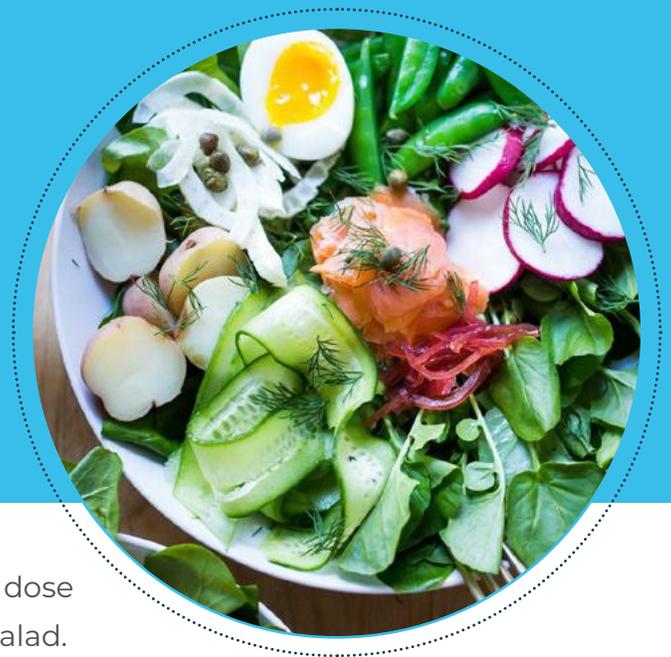
- 1 cup low-fat yogurt
- 2 Tbs. natural peanut butter
- 1 pear, sliced

### TO MAKE:

In a bowl, add the peanut butter first and use the back of a spoon to stir it around to a spreadable consistency. Add yogurt and mix thoroughly. Enjoy with some sliced pear to dip in!

# LUNCH

## Sardines, Hard Boiled Egg and Cucumber Avocado Salad



Avocado, sardines and sesame seeds provide a good dose of a variety of healthy fats in this delicious, yet light, salad.

Serves 2

### INGREDIENTS:

1 can sardines in olive oil

1 egg, hard boiled

1/2 medium cucumber, sliced

1 avocado, cut into chunks

2 cups mixed lettuce leaves

2 Tbs. red wine vinaigrette (see recipe from week 1)

2 Tbs. toasted sesame seeds

### TO MAKE:

On a salad plate, place the cucumber slices, and avocado chunks onto the lettuce leaves. Dress with vinaigrette. Open the can of sardines and arrange on top of the salad. Slice the hard boiled egg and arrange on top. Eat! Enjoy.

## SNACK

### Coconut Peanut Butter Balls



Here's a Mediterranean-friendly treat that you can make at home – no baking needed

#### INGREDIENTS:

1 cup chickpea flour  
1/2 cup peanut butter  
1/4 cup olive oil

1 cup dates, soaked for an hour and chopped  
1 cup shredded coconut, toasted

#### TO MAKE:

Start by placing the peanut butter, chopped dates, and olive oil in a large bowl. Gradually stir in chickpea flour to thicken. When the consistency seems right to form firm little cookie balls, stop adding flour. Roll into bite-sized balls and place on a cookie sheet. Roll in the toasted coconut and chill in the refrigerator for about an hour.

Makes enough for several days of Mediterranean-friendly snacking.

# DINNER

## Sushi night out!



It's Day 9 of your Mediterranean eating experience, and you've earned a night out at a restaurant. Sushi is delicious. Go for salmon and tuna which provide a good dose of healthy omega-3 fats! Try to avoid the sweet sauces, mayo, and dressings if you can. Just stick with the wasabi and ginger for flavor!

### YOUR MEDITERRANEAN-FRIENDLY SUSHI CHOICES CAN INCLUDE INGREDIENTS SUCH AS...

Any kind of fish, including tuna, fatty tuna, white tuna, salmon, mackerel, and many more

Cooked shrimp

Egg

Cucumber – almost always a staple ingredient at sushi restaurants

Avocado – also a popular ingredient at sushi restaurants

Sesame seeds

Miso soup

# Day 10: Wednesday

## BREAKFAST

*Bone broth, 1 cup*



Don't be surprised if you find yourself with unusual cravings whilst on this diet. One unexpected development is that you'll branch out to new and exciting breakfasts that you probably never thought of before. Just think, there's more to life than cereal and pancakes. If bone broth satisfies you, then indulge in it any time of day, even first thing in the morning.



# LUNCH

## Egg Salad Over Baby Spinach with Cherry Tomatoes



This is the perfect lunch for meal prep. Great for busy workday lunches. Simply prepare a big batch of hard-boiled eggs on a Sunday. Cut the cherry tomatoes and place them into sealed containers so that they're ready to go when you need them.

Serves 1

### INGREDIENTS:

2 eggs, hard boiled

1 Tbs. light mayo (reduced oil)

1 Tbs. mustard (optional)

Salt and pepper, to taste

1 cup baby spinach leaves

4 cherry tomatoes, sliced in half

1 Tbs. red wine vinegar

1 Tbs. olive oil

### TO MAKE:

Peel eggs, place in a large bowl and crumble with a fork until the desired consistency is reached. Mix in mayonnaise and mustard, salt and pepper to taste. Arrange baby spinach leaves on a salad plate, dress with vinegar and oil, and place two scoops of egg salad on top.

## SNACK

1. Beef Bone Broth
2. Celery and Cucumbers with Homemade Herbed Cream Cheese



### HOMEMADE HERBED CREAM CHEESE

Have we mentioned how easy it is to ditch the additives and fillers that are present in so many packaged foods? It doesn't take much effort at all to make a delicious, healthy homemade cream cheese using fresh or dried herbs. As we've mentioned always try go for the low-fat version.

Serves 1

#### INGREDIENTS:

1 package low-fat cream cheese  
1 Tbs. dried dill  
3 tsp. dried, chopped chives

3 tsp. dehydrated onion bits  
Salt and pepper, to taste

#### TO MAKE:

Let the cream cheese soften on the counter for about 15 minutes or until it's easy to work with. Place the entire block of cream cheese in the mixing bowl. Add herbs, salt, and pepper. Mix well. Spread on your favorite healthy, Mediterranean-friendly veggies such as celery, raw broccoli or cauliflower, cucumbers, cherry tomatoes, or radishes.

# DINNER

1. Sautéed Leftover Pork and Cabbage
2. Side of whole-wheat noodles



## SAUTÉED LEFTOVER PORK AND CABBAGE

Bring leftovers back to life. Today is the last day you can safely use up the remaining pork from Sunday's delicious meal. Take a cue from smart restaurant owners. Leftovers cook up beautifully in a sauté pan with assorted, healthy vegetables.

Serves 4

### INGREDIENTS:

- |                               |                                    |
|-------------------------------|------------------------------------|
| 2 Tbs. olive oil              | 1/2 a red bell pepper, diced       |
| 2 cloves garlic, minced       | 2 Tbs. soy sauce or Bragg's Amino  |
| 1 tsp. fresh ginger, minced   | Leftover pork                      |
| 1 stalk celery, diced         | 1 scallion, chopped                |
| 1/2 medium onion, diced       | 4 cups whole-wheat noodles, cooked |
| 2 cups fresh cabbage, chopped | Salt and pepper, to taste          |

### TO MAKE:

Heat up a large skillet and coat bottom with olive oil. Saute garlic, ginger, oil, celery, and onion. Add cabbage and red pepper, turning frequently. Add soy sauce, pork, and noodles, continuing to toss frequently. When food is cooked through, remove from pan. Top with chopped scallion and season to your taste.

# Day 11: Thursday

## BREAKFAST

### Farm Eggs Poached in Bone Broth



If you've been reading up on [The Mediterranean Diet](#), then you may have learned that bone broth is a great source of nutrition.

Here's an easy, 5-minute breakfast to make that incorporates bone broth, assuming you have it on hand. You could also use store-bought beef stock, but the assumption is that the broth which has been simmering on low for days on your stovetop likely contains more beneficial nutrition than the ones subjected to high heat in factories.

Serves 1

### INGREDIENTS:

2 eggs from free-range, local chickens

Salt and pepper, to taste

1 cup bone broth

2 cups baby spinach

1 sweet potato, chopped

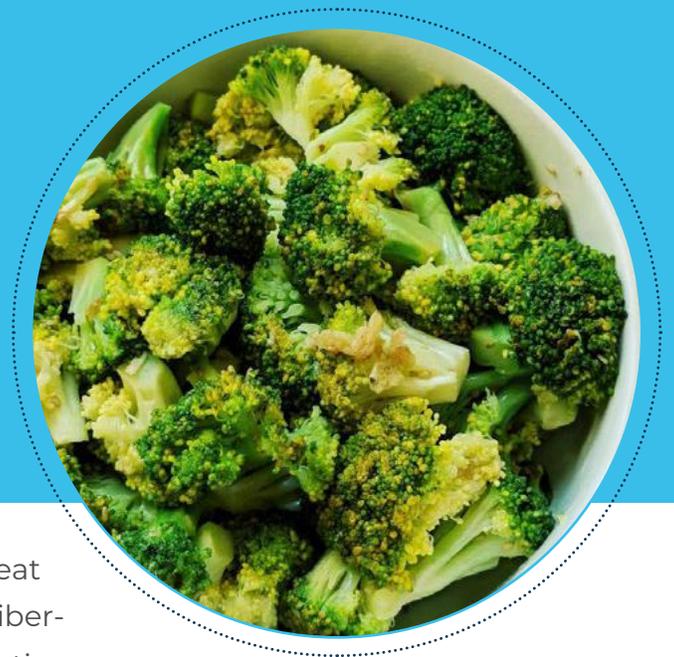
### TO MAKE:

Pour a cup of homemade bone broth into a large skillet and heat to medium-high until broth begins to simmer. Boil the sweet potatoes in the broth until tender. Crack in the eggs. Bring to a swift boil, then cover tightly and let bubble for maybe just a minute longer. Turn off the heat and let eggs continue to cook in the hot liquid, for maybe 3 minutes. Check periodically until eggs are done to your liking. Yolks can be runny or solid, depending on your preference.

Season with salt and pepper. Stir through the baby spinach. Serve immediately.

# BREAKFAST

## Steamed Broccoli With Garlic



Not just for omelets, a helping of broccoli can be a great and healthy start to your day. This is one of the best, fiber- and vitamin-rich vegetables to promote healthy digestion.

Like other cruciferous vegetables, broccoli fights free radicals in the body (because it contains antioxidants) and is considered a superfood.

Serves 1

### INGREDIENTS:

1 Tbs. olive oil

1/4 head of fresh broccoli, florets removed

2 cloves garlic, minced

1/2 cup bone broth

1/2 tsp. sesame seeds

Salt and pepper, to taste

### TO MAKE:

Saute the minced garlic in the olive oil. Add broccoli to the pan and cook quickly on medium high heat, tossing frequently to ensure even cooking on all sides. Pour in bone broth and bring the heat up until the broth begins to simmer. Remove from heat as soon as broccoli becomes fork-tender, but don't allow broccoli to lose its green color.

# LUNCH

## Antipasto Plate



We have put together a healthy antipasto plate for you to enjoy as lunch. This is best served shared but you can have it all to yourself if you want!

Serves 1

### INGREDIENTS:

5 whole-wheat crackers

2 roasted red peppers

2 hard boiled eggs, sliced

8 olives

Handful of roasted almonds

1/2 cup strawberries, halved

2 Tbs. hummus

1/2 cup artichoke hearts

2 cups spinach leaves

2 Tbs. red wine vinaigrette

### TO MAKE:

Toss spinach leaves with vinaigrette. Arrange the remaining ingredients on a large plate.

Enjoy!

## DINNER

### Crock Pot Chicken Thighs with Balsamic and Red Wine



Remember that chicken skin is high in saturated fats, so on [The Mediterranean Diet](#), we remove the skin before we cook.

Serves 4

#### INGREDIENTS:

2 lbs. chicken thighs  
1 Tbs. balsamic vinegar  
2 cloves garlic, minced  
1 cup water

1/2 cup dry red wine  
Salt and pepper, to taste  
2 cups brown rice, cooked

#### TO MAKE:

Place all ingredients in a crockpot and cover tightly. Set on high heat for 3 to 4 hours. Come home. Dinner is served! Serve chicken thighs on a bed of brown rice and cauli mash (see recipe below).

# DINNER

## Mashed Cauli



Mashed cauliflower is a tasty addition to any meal. The creaminess complements the rich sauce of the chicken immensely!

Serves 4

### INGREDIENTS:

1 head of cauliflower  
2 Tbs. olive oil  
2 cloves garlic, minced

1/4 cup bone broth  
1/2 cup fresh parsley, chopped  
Salt and pepper, to taste

### TO MAKE:

Start by roasting the entire head of cauliflower. Next, take the roasted cauliflower and place in a saucepan with a tablespoon of olive oil and minced garlic. While the cauliflower is cooking, you can break it up into smaller pieces using a pair of sharp kitchen shears. Saute the cauliflower on medium heat until you get the aroma of the garlic. Next, season with salt and pepper, and pour in the bone broth.

Use a potato masher to mash the cauliflower together with another tablespoon of olive oil.

# Day 12: Friday

## BREAKFAST

### Broccoli and Spinach Omelette



Here's a great use for the remaining veggies in your fridge from this week's grocery shop. You may have some cooked leftovers, or you can use up what's left of any fresh vegetables.

Serves 1

### INGREDIENTS:

2 eggs

1 Tbs. olive oil

Assorted leftover vegetables - broccoli, cauliflower, spinach

1 Tbs. onion, diced

2 slices low-fat mozzarella

1/4 avocado

1 slice whole-wheat bread

Salt and pepper, to taste

### TO MAKE:

Beat eggs with a tablespoon of water, and season with salt and pepper. Heat a skillet on the stovetop. Add olive oil, onion, and vegetables to the pan, cooking through or reheating as necessary. Pour eggs over the veggies. Lower the heat, add the mozzarella slices, and cover tightly. Eggs should be fully cooked within about 5 minutes. Serve with slices of avocado and whole-wheat toast.

## LUNCH

### Loaded Chicken Salad Over a Bed of Spinach



Here's a way to re-purpose the chicken thighs you made for dinner yesterday evening... chicken salad!

Serves 1

#### INGREDIENTS:

Leftover chicken, mashed with a fork

1/4 avocado, cut into cubes

2 Tbs. low-fat cream cheese

10 olives

1/2 can black beans, rinsed and drained

1/2 cup raspberries

1 stalk celery, diced

2 chives, diced

2 cups baby spinach

Salt and pepper, to taste

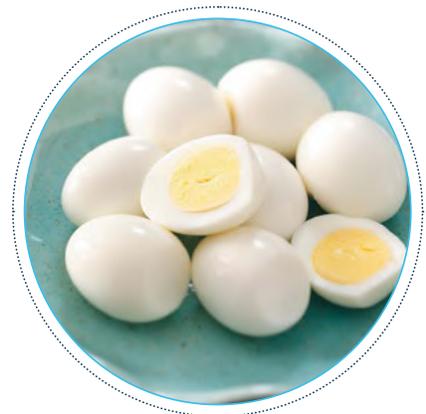
#### TO MAKE:

Combine all ingredients in a large bowl. Serve atop a bed of fresh baby spinach.

## SNACK

1. 2 Tbs. Hummus and carrot sticks

2. Hard boiled or pickled egg



# DINNER

## Chicken Pitas



This is another great meal for the whole family to share. Simply prepare all the ingredients and place in little bowls on the table for everyone to build their own pitas.

Serves 4

### INGREDIENTS:

4 chicken breast, grilled

8 Tbs. hummus

1 can olives

1 medium cucumber, diced

1 packet sundried tomatoes (in olive oil)

1/2 red onion, finely diced

4 cups baby spinach, dressed with olive oil and balsamic vinegar

1 can chickpeas, drained and rinsed

4 whole-wheat pita breads

### TO MAKE:

Grill the chicken breast as you like. Season with salt and pepper, and your choice of dried or fresh herbs. Place the remaining ingredients in small bowls on the table. Allow everyone to build their own healthy, Mediterranean pita!

# Day 13: Saturday

## BREAKFAST

### Green Smoothie With Mixed Berries



A green smoothie makes the perfect high-energy breakfast drink to kick-start your day. Just remember to start by blending the flax seeds to ensure that they're adequately pulverized into a powder. Add the rest of the ingredients next, then fill about 3/4 of the way with water.

Serves 2

#### INGREDIENTS:

1/2 cup frozen kale

1/2 cup frozen cranberries

1/2 avocado

1 cup mixed berries such as strawberries, blueberries, blackberries

1 cup low-fat yogurt

1/4 cup flax seeds

2 bananas

1 cup ice

#### TO MAKE:

Blend the flax seeds into a powder. Add the remaining ingredients. Blend on medium then high settings until smooth. Pour into a tall glass and drink up!

## LUNCH

### Broccoli Cheese Bake



Now here's some comfort food that the whole family can enjoy. It is vegetarian but the addition of low-fat cheese, chickpeas and quinoa should make it hearty enough!

Serves 2

#### INGREDIENTS:

- |                                     |                          |
|-------------------------------------|--------------------------|
| 2 Tbs. olive oil                    | 2 tsp. oregano           |
| 1 head broccoli                     | 1/2 cup almond flour     |
| 4 eggs, beaten                      | 1 cup quinoa, cooked     |
| 2 cups low-fat mozzarella           | Salt and pepper to taste |
| 1 can chickpeas, drained and rinsed |                          |

#### TO MAKE:

Use the olive oil to grease the bottom and sides of a baking pan. In a large bowl, combine all ingredients with the exception of the mozzarella and quinoa, and mix well. Pour into a baking dish and top with mozzarella. Bake at 350 F for about 20 minutes or until done to your liking. Serve on a bed of quinoa.

## SNACK

1. 1 cup bone broth
2. 1/2 cup mixed nuts



# DINNER

## Sautéed Mushrooms and Onions



Your Saturday night dinner will be tress French thanks to these sumptuous sides - savory mushrooms and onions, and beautiful fresh asparagus served in a chilled salad. All of which are great prebiotics so amazing for your digestion. Make the side dishes first, set aside and cover before putting the fish in the pan.

Serves 4

### INGREDIENTS:

1 Tbs. dry rubbed sage

4 Tbs. olive oil

1 medium package of mushrooms, white or baby Portobello, sliced

1 medium sweet onion, finely minced

Splash of dry red wine

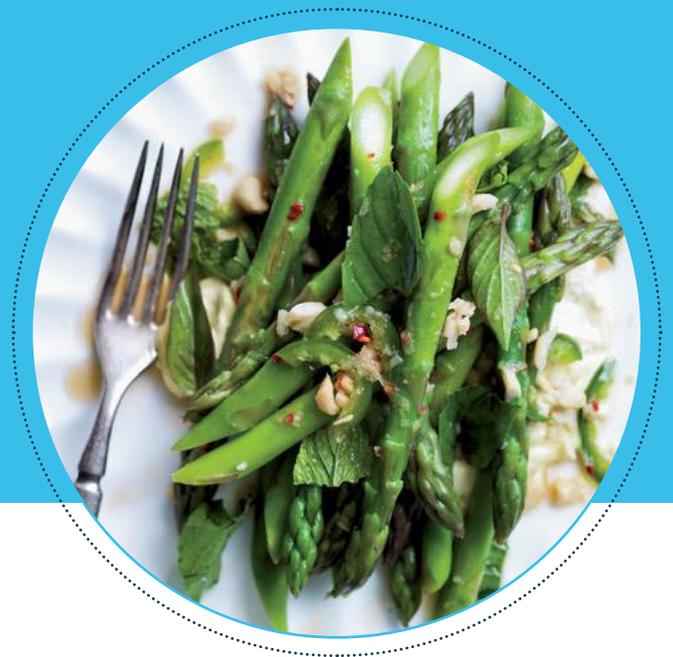
Salt and pepper, to taste

### TO MAKE:

Add olive oil and sage to a cold frying pan and heat to medium-high. Add in the mushrooms. The pan should be hot because mushrooms are watery and we want to brown them if possible. When mushrooms are tender, add in the minced onion, and a bit more olive oil if necessary. Add a glug of wine and bring to a boil, then reduce heat to a simmer. Season with salt and pepper to taste.

## DINNER

### Asparagus Salad with Capers, Parsley and Vinaigrette



Serves 4

#### INGREDIENTS:

- 1 bunch of asparagus, rinsed, and with the woody ends popped off
- 3 Tbs. olive oil
- 2 Tbs. balsamic vinegar
- 2 Tbs. finely minced onion
- 1/2 cup flat leaf parsley, chopped
- 2 Tbs. capers
- Salt and pepper, to taste

#### TO MAKE:

Blanch the asparagus by cooking quickly on medium-high in a shallow pan of water until tender (but still a bright green color), then quickly removing from heat and plunging into an ice water bath. While asparagus is cooling, chop your onion and parsley, and mix these together along with the capers. Pour the olive oil and balsamic vinegar into this mixture and mix well. Drain asparagus, and place on a serving platter. Top with the parsley, caper and vinegar mix. Season with salt and pepper.

# DINNER

## Pan Fried Fish



Serves 4

### INGREDIENTS:

4 fillets of white fish of your choice

3 Tbs. olive oil

2 lemons, juiced

Salt and pepper, to taste

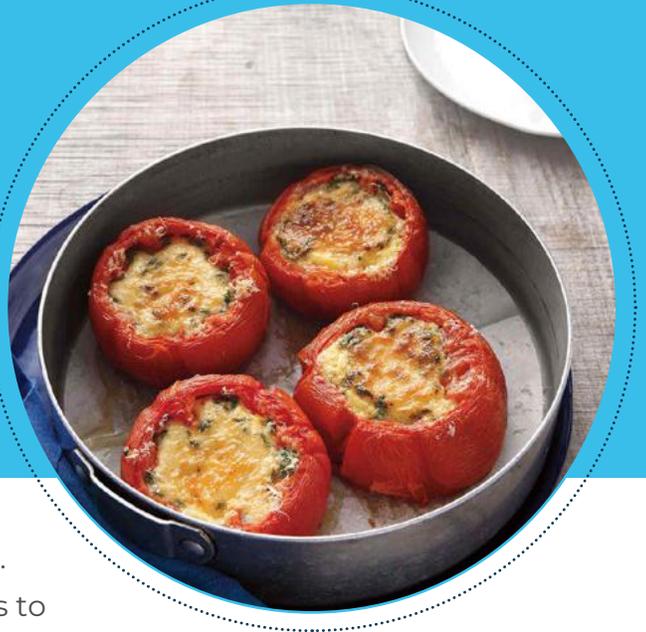
### TO MAKE:

Start by getting out a big skillet, turn up the burner to medium-high. Pan-fry the fish. Season with salt and pepper. Finish it off with a squeeze of lemon.

# Day 14: Sunday

## BREAKFAST

### Peppers and Eggs with Parmesan Cheese and Sliced Tomato



Peppers and eggs is a New York deli breakfast favorite. We pair it here with low-fat mozzarella and fresh herbs to freshen it a bit.

Serves 1

#### INGREDIENTS:

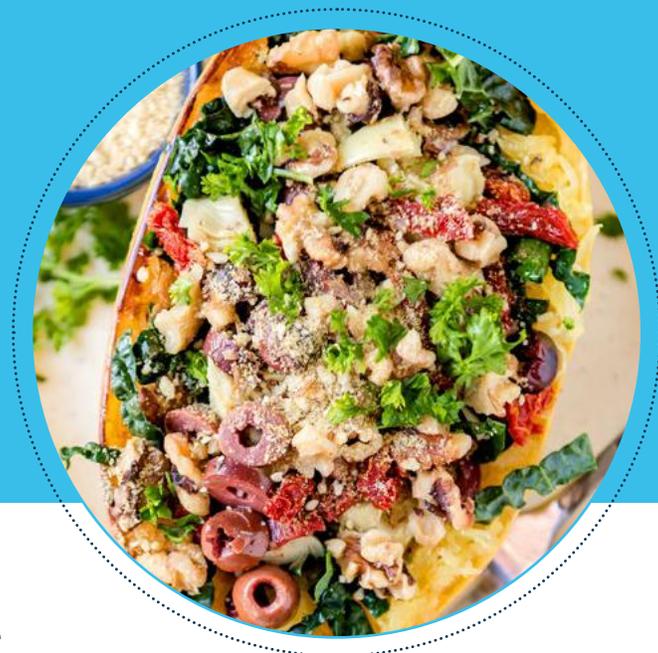
2 Tbs. olive oil	1/2 a tomato, sliced
2 eggs	3 Tbs. low-fat mozzarella
1 bell pepper, diced	2 Tbs. fresh parsley
2 Tbs. onion, diced	Salt and pepper, to taste

#### TO MAKE:

Crack eggs into a bowl, add a tablespoon of water and whisk. Season with salt and pepper to taste. Heat olive oil in a large skillet to medium heat. Add the pepper and onion. Sauté until tender. Pour eggs into the pan. Sprinkle with mozzarella cheese. Cover and cook on very low heat until eggs are set and fully cooked. Serve with a side of fresh raw tomato slices and parsley.

# LUNCH

## Tuna Salad



Who doesn't love a good tuna salad? Serve this with some crunchy whole-wheat bread or quinoa if you're feeling extra hungry.

Serves 1

### INGREDIENTS:

1/2 can tuna, drained  
1 Tbs. olive oil  
10 olives  
1/3 avocado, sliced  
1/2 a bell pepper, diced  
2 cups baby spinach

3 Tbs. sundried tomatoes, in olive oil  
1 Tbs. balsamic vinegar  
1 Tbs. light mayo (reduced oil)  
1/2 lemon, juiced  
Salt and pepper, to taste

### TO MAKE:

Combine all ingredients in a bowl. Serve with roasted red bell peppers (see recipe below.) Season with salt and pepper. Squeeze fresh lemon over the top.

## LUNCH

### Homemade Roasted Peppers



Serves 1

#### INGREDIENTS:

- 1 bell pepper
- 2 Tbs. olive oil
- 1 Tbs. red wine vinegar
- 1 clove garlic, minced
- Salt and pepper, to taste

#### TO MAKE:

If you don't have any jarred peppers, you can roast one up if you're feeling inspired. Just place the entire pepper on the stove burner and turn it on medium-high. When the skin scorches, turn the pepper and continue to cook on the burner. Keep turning until all sides are scorched and you can easily peel off the skin. Place skinned pepper in a clean jar with a lid. Add 1 smashed clove of garlic, vinegar, oil, and salt and pepper.

## SNACK

1. *Chocolate Peanut Butter Fat Bombs*
2. *Pickled egg*



# DINNER

1. *Chicken Thighs with Peanut Sauce*
2. *Sautéed Mixed Veggies*
3. *Rice noodles*



Serves 4

## INGREDIENTS:

- 2 Tbs. olive oil
- 2 lb. chicken thighs, skin removed
- 2 cloves garlic, minced
- 1 tsp. fresh ginger, minced
- 1 tsp. cayenne pepper
- 1/4 cup onion, finely diced
- 2 Tbs. soy sauce or Bragg's Amino
- 1 Tbs. vinegar
- 2 scallions, chopped
- 2 Tbs. natural peanut butter
- 1 lime, juice of
- 1/4 cup fresh cilantro, chopped
- 1 bag mixed veggies
- 4 cups rice noodles

## TO MAKE:

Heat up a large skillet on the stovetop. Add the olive oil, chicken thighs, garlic, ginger, cayenne pepper, and onion. Brown the meat on all sides, then add the soy sauce and vinegar. Let cook for about 20 minutes, or until chicken is no longer pink in the middle. Sprinkle with scallions and toss well. Remove from the heat. Stir in the peanut butter and lime. Season with salt and pepper if desired.

Cook mixed veggies in the microwave on high for about 3 minutes. Season with salt and pepper, drizzle with olive oil. Serve the chicken on a bed of rice noodles with mixed veg.

# WEEK 3:

## GROCERY LIST

Once again, this is a complete grocery list that includes everything you'll need to make all the recipes listed. Your best bet is to scour the cabinets and refrigerator to take stock of what's already available. This way, you won't come home with duplicates, and you can make the best use of what you have already.

### PRODUCE:



Bell peppers, 4 total

Turnips, 4 medium

Kale, 1 head

Asparagus, 1 bundle

Cabbage, 1 medium

Celery, 1 bag

Salad greens

Onions

Garlic

Fresh ginger

Cherry tomatoes, 1 punnet

Bananas, 1 bunch

Plums, 6 total

Eggplant, 1 large Strawberries

Blueberries

Raspberries or blackberries

Parsley & basil, 1 bunch each

Cilantro & mint, 1 bunch each

Spaghetti squash, 1 total

Carrots, 1 bunch

Scallions, 2 bunches

Baby spinach, 1 packet

Lemons

Avocado, 1

### MEATS:



Ground turkey, 1 lb.

Mini chicken fillets, for 4 servings

## FISH

Frozen shrimp, wild-caught

Smoked salmon



## DAIRY

Eggs, 2 dozen

Low-fat yogurt, 1 quart

Low-fat milk

Low-fat ricotta, 1 small container

Parmesan, grated, small packet

Low-fat mozzarella, 2 packages

Fat-free sour cream, 1 small container

## FROZEN FOODS

Frozen spinach, cut leaf

Frozen stir-fry vegetables

## CANNED GOODS:



Tomato sauce, unsweetened

Diced tomatoes, 2 medium cans

Salmon, 1 can

Artichoke hearts, 2 cans

Black olives, 2 cans

Calamata olives, 1 jar

Beef or chicken broth, 3 large cans total

Sardines, 1 can

Reduced fat coconut milk, 1 can

Thai red curry paste

White beans, 1 can

## BULK GOODS:



Sesame seeds

Peanut

Whole-wheat bread

Whole-wheat pasta



Shirataki noodles

Rosemary, dried

Natural peanut butter

Mustard

Light mayonnaise (reduced oil)

Olive oil

Red wine vinegar

Capers

Garlic or Dill Pickles (no sugar)

Baking soda

Worcestershire sauce

Chilli flakes

Pumpkin seeds

Dried mixed herbs

Cinnamon

Almonds

Pine nuts

Hummus, 1 punnet

Dried mixed herbs

Shredded coconut

Horseradish, prepared, jarred in vinegar

Tahini (sesame paste)

Paprika

Dill

Fish sauce

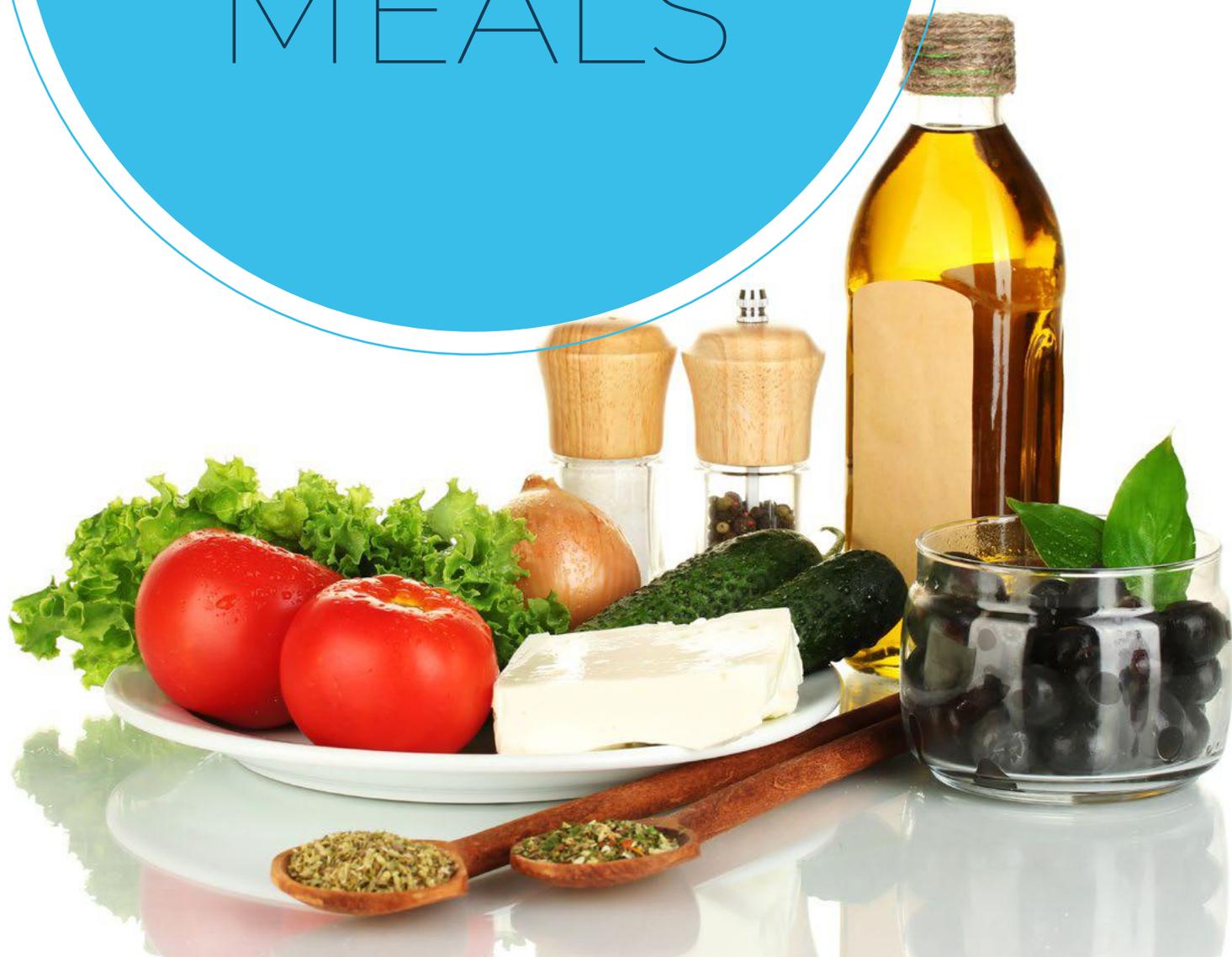
Soy sauce

Hot sauce

Baking powder

# WEEK 3

## MEALS

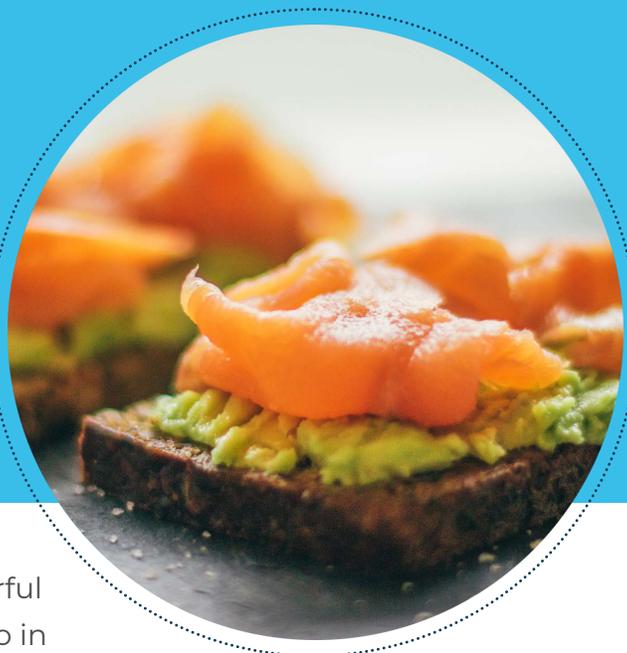


# Day 15: Monday

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## BREAKFAST

### *Smoked Salmon and Avocado on Whole-Wheat Toast*



This is a wholesome, satisfying breakfast full of wonderful vitamins, minerals, and healthy fats. Have it ready to go in a flash. Just perfect for those rushed mornings!

Serves 1

### INGREDIENTS:

2 slices whole-wheat bread, toasted

1/2 ripe avocado, mashed

2 oz. smoked salmon

1/2 lemon, juice of

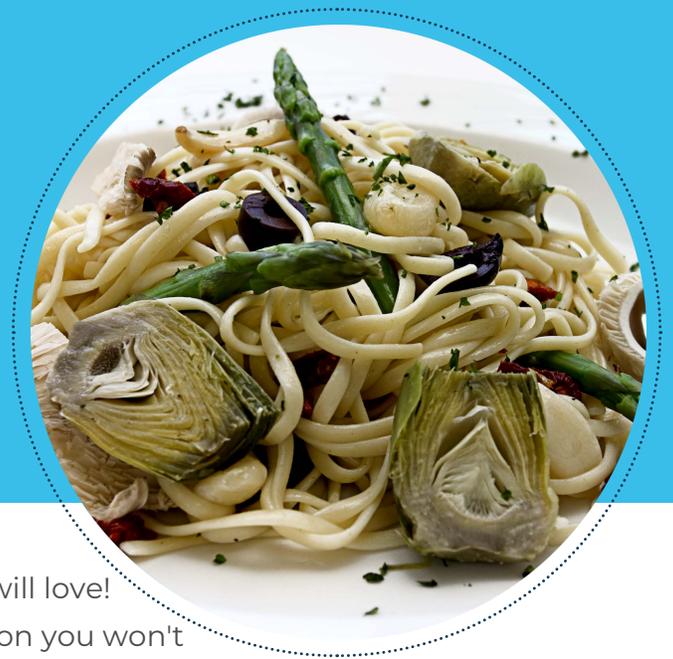
Salt and pepper, to taste

### TO MAKE:

Toast your 2 slices of whole-wheat bread. Top with mashed avocado, smoked salmon and a squeeze of lemon juice. Season with salt and pepper.

# LUNCH

## Artichoke and Olive Whole-Wheat Pasta



This is a Mediterranean lunch that the whole family will love! Although there is no meat with this flavor combination you won't even miss it.

Serves 2

### INGREDIENTS

3 oz. whole-wheat pasta

2 Tbs. olive oil

2 cloves garlic

1 cup cherry tomatoes

6 oz. artichokes

1/2 cup olives, pitted

1/2 tsp. chilli flakes

1 lemon, juice and zest of

3 Tbs. Parmesan cheese, grated

3 Tbs. fresh basil, chopped

2 Tbs. pumpkin seeds

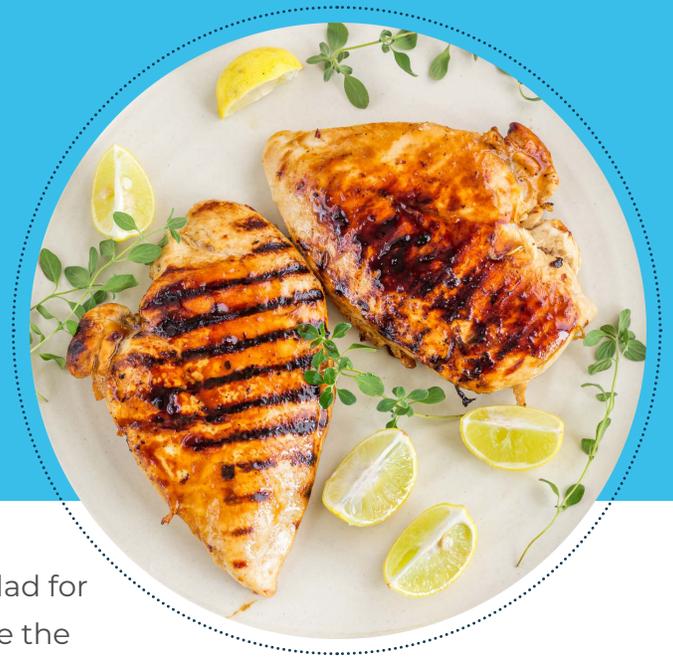
Salt and pepper, to taste

### TO MAKE:

Bring a pot of water to boil. Cook the pasta until tender. Heat the olive oil in a large skillet. Sauté the garlic, cherry tomatoes, artichokes, and olives. Stir in the chili flakes, lemon zest, and juice. After 2 minutes add the cooked pasta to the skillet. Stir through the Parmesan cheese. Serve immediately. Top with fresh basil. Season with salt and pepper, to taste.

## Dinner

### Grilled Chicken and Greek-style Salad



We pair grilled chicken with a minty, fresh quinoa salad for this meal. Remember to only use olive oil and remove the skin of the chicken before you cook it.

Serves 4

#### INGREDIENTS:

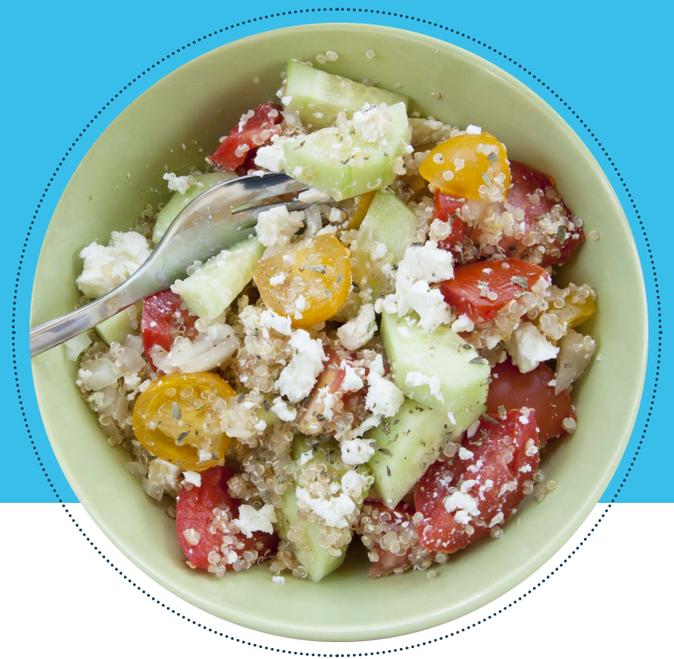
2 Tbs. olive oil  
14 oz. mini chicken fillets  
2 tsp. dried mixed herbs

#### TO MAKE:

Pan-fry the mini chicken fillets in olive oil and the dried mixed herbs until cooked through (about 3 to 4 minutes each side). Serve with a side of the Greek-style quinoa salad (see recipe below).

## DINNER

# Greek-Style Quinoa Salad



Serves 4

### INGREDIENTS:

2 cups quinoa  
3 cups cherry tomatoes, halved  
1 red onion, finely diced  
1/3 cup roasted, salted cashews  
3 cups baby spinach  
4 oz. low-fat feta cheese

4 Tbs. balsamic vinaigrette  
1/4 cup fresh mint, chopped  
Salt and pepper, to taste

### TO MAKE:

Prepare the quinoa according to the package instructions. Add remaining ingredients and serve alongside the grilled mini chicken fillets

# Day 16: Tuesday

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## BREAKFAST

### Peanut Butter Smoothie



Serves 1

#### INGREDIENTS:

- 1 cup low-fat yogurt
- 2 Tbs. natural peanut butter
- 1/2 cup blueberries
- 1 banana
- 1 tsp. cinnamon
- 1/2 cup ice

#### TO MAKE:

Blend all ingredients together with 1/2 cup water. Pour into a tall glass and enjoy!

## LUNCH

### Homemade Baba Ganoush With Yogurt, Cucumbers and Olives



Enjoy a bit of Mediterranean flavor with this wonderful baba ganoush recipe that you can easily make at home by popping an eggplant in the oven to roast.

Serves 3

#### INGREDIENTS:

1 eggplant

1/2 cup tahini

2 Tbs. toasted sesame oil

1 Tbs. toasted sesame seeds

1/2 cup fresh parsley

Juice of 1 lemon

Salt and pepper to taste

1 cup low-fat yogurt

1 cucumber, sliced thin

1/3 cup Calamata olives

#### TO MAKE:

Preheat oven to 400 degrees. Place eggplant, whole, on a baking dish or tray and bake until soft. Remove from the oven and let cool. Slice open eggplant and remove as many of the seeds as you can. Add to a blender along with other ingredients. Puree into a paste. Season with salt and pepper.

Serve with the yogurt, cucumbers, and olives.

## SNACK

### Chocolate Peanut Butter Fat Bombs

## DINNER

### Spaghetti Squash and Pine Nuts



Choose your favorite white fish to have with this meal. We have added spaghetti squash and fresh cucumber sides as the perfect compliments!

Serves 4

#### INGREDIENTS:

- 1 spaghetti squash
- 2 Tbs. olive oil
- 2 or 3 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 2 Tbs. pine nuts, toasted

#### TO MAKE:

Preheat oven to 350 degrees. Cut the spaghetti squash into cubes. Add garlic and season with salt and pepper. Roast until soft. Top with fresh parsley and toasted pine nuts.

## DINNER

### Cucumber Salad with Sour Cream and Dill



Fresh and zingy cucumber salad complements the fish and sweet squash nicely in this Mediterranean-friendly meal.

Serves 4

#### INGREDIENTS:

2 medium cucumbers  
1/3 cup onion, diced  
1/2 cup fat-free sour cream

2 Tbs. white vinegar  
1 Tbs. dried dill  
Salt and pepper to taste

#### TO MAKE:

Slice the cucumbers thin. Combine with all other ingredients and mix well. Cover with lid and allow to marinate for about a half-hour before serving.

# DINNER

## Pan Seared Fish



Serves 4

### INGREDIENTS:

2 Tbs. olive oil

4 fillets white fish

2 cloves garlic, minced

1 lemon, juice and zest of

Salt and pepper, to taste

### TO MAKE:

Heat the olive oil in a frying pan to medium heat. Add the garlic and pan-fry the fish until cooked through. Finish it off with a squeeze of lemon juice and seasoning.

# Day 17: Wednesday

## BREAKFAST

### Shrimp Omelet



Shrimp plus delicate green onion make for a delicious and savory egg breakfast.

Serves 1

#### INGREDIENTS:

6 shrimp, can be leftover or frozen and thawed, remove shells

1 Tbs. olive oil

2 eggs, beaten

3 scallions, chopped

1/2 avocado, sliced

Salt and pepper to taste

#### TO MAKE:

If shrimp are frozen, they should thaw in a bowl of cool water for about 20 minutes prior to cooking this meal. Rinse and drain when ready. Heat the olive oil in a skillet on medium. Saute the shrimp until they turn pink and curl up. Use kitchen shears to cut the shrimp into bite-sized pieces. Add olive oil if necessary, then pour in the egg. Carefully move the egg around the pan to prevent edges from sticking. Sprinkle scallions. Place a cover on the pan and turn off the heat. Eggs will continue to cook. Serve with sliced avocado.

## LUNCH

1. Leftover  
babaganoush, spaghetti  
squash and fish
2. Fresh blueberries



## SNACK

1. 2 pickled eggs
2. Hummus &  
carrot sticks



## DINNER

# Kale and Cabbage Slaw with Homemade Vinaigrette



Here's a fresh and fun new way to ensure you get your cruciferous veggies in! Chilled veggie slaw gives a nice flavor contrast to any Mediterranean meal. Plus, these veggies are so nutritious.

Serves 4

### INGREDIENTS:

2 cups fresh kale, ribs removed, leaves  
snipped to bite-size pieces  
1 cup cabbage grated  
1/3 cup onion, finely diced  
2 Tbs. mustard  
2/3 cup light mayonnaise (reduced oil)

1 tsp. grated fresh ginger  
2 Tbs. soy sauce  
1/2 cup olive oil  
1/3 cup apple cider vinegar  
1/2 cup toasted sesame seeds

### TO MAKE:

Add all ingredients to a large mixing bowl and toss well. Let the kale marinate in this mixture for about 2 hours before serving. Serve alongside your bunless burgers (recipe below).

## DINNER

# Bun-less Turkey Burgers



We have left off the buns to keep this meal light and refreshing.

Serves 4

### INGREDIENTS:

- 1 lb. ground turkey
- 1 large egg, beaten
- 2 cloves garlic, minced
- 1 Tbs. Worcestershire sauce
- 3 Tbs. fresh parsley, chopped
- Salt and pepper, to taste

### TO MAKE:

In a large mixing bowl, combine all ingredients. Mix well. Form into 4 patties. Cook the patties in olive oil over medium heat for about 5 minutes on each side. Serve with the kale and cabbage slaw.

# Day 18: Thursday

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## BREAKFAST

### Berry Blast Yogurt Smoothie



Give yourself a blast of energy thanks to tangy berries and protein-rich yogurt in this blended morning wake-me-up.

Serves 2

#### INGREDIENTS:

1/2 cup fresh strawberries  
1/4 cup frozen blueberries  
1/4 cup frozen cranberries  
1/2 cup ice

1 cup low-fat yogurt  
1 tsp. vanilla extract  
1 banana

#### TO MAKE:

Blend all ingredients in a blender with 1/4 cup of water. Pour into a glass or to-go container with a lid. A perfect, healthy, and refreshing take-along breakfast.

# LUNCH

## Let's Have Lunch Out!



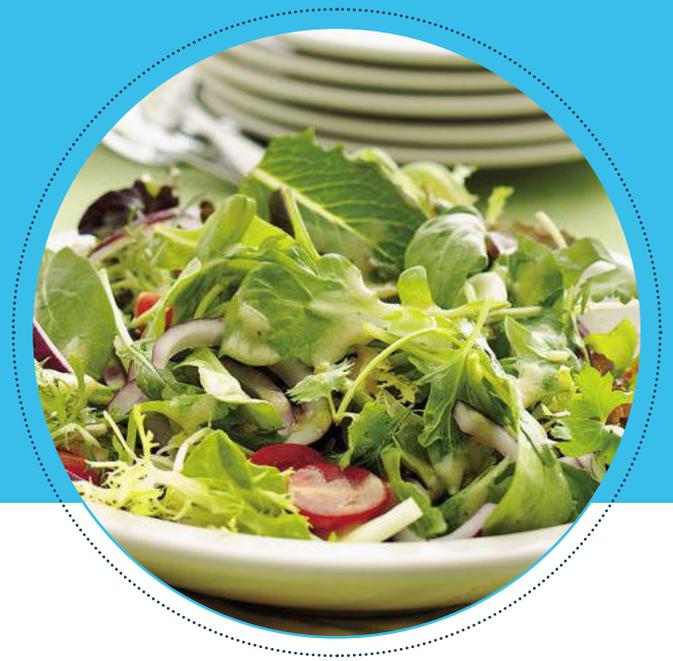
You've been working so hard sticking to **The Mediterranean Diet**. Treat yourself today with lunch out. Stop by your nearest Panera and enjoy a green salad topped with chicken and avocado dressing. Alternatively, see below for a quick and easy salad recipe to have for lunch.

### INGREDIENTS:

- Lettuce
- Spinach
- Onion
- Avocado
- Chicken
- Eggs
- Turkey
- Vinegar and Oil

# LUNCH

## Chicken Salad with Mustard Vinaigrette



Serves 1

### INGREDIENTS:

- 1 chicken breast, without skin, grilled
- 1 Tbs. light mayonnaise (reduced oil)
- 1/2 cup dill pickles, diced
- 2 cups mixed salad greens
- 2 Tbs. olive oil vinaigrette (recipe from week 1)
- 1 Tbs. almond, chopped

### TO MAKE:

Slice chicken. Mix with mayo and diced pickles. Toss salad greens with vinaigrette. Arrange on a dinner plate. Serve and enjoy!

## SNACK

### Fresh Veggies with Quick and Easy Homemade Avocado Dip



Once you get into the practice of making homemade dips and dressings, you'll wonder why you bothered with store-bought all those years. This is a great way to eliminate unwanted extra ingredients from your diet. We have added onion to this one for an extra dose of veggies!

Serves 1

#### INGREDIENTS:

1/2 ripe avocado

1/4 cup low-fat yogurt

2 Tbs. fresh cilantro, chopped

1 Tbs. lime juice

2 Tbs. onion, finely diced

Salt and pepper, to taste

#### TO MAKE:

In a small bowl, mash all ingredients together until well combined. Serve with a selection of veggies to dip, such as carrot sticks, cucumber, cherry tomatoes, and peppers.

## DINNER

# Chicken, White Bean and Kale Soup



White beans serve as a great source of fiber and extra protein in this hearty winter dish.

Serves 4

### INGREDIENTS:

- 2 Tbs. olive oil
- 1 onion, finely diced
- 2 cloves garlic, minced
- 1 lb. chicken breast, without skin, sliced
- 1 large carrot, chopped
- 1 Tbs. dry rubbed sage
- 1 tsp. dried mixed herbs
- 1/4 tsp. chilli powder
- 2 tsp. soy sauce
- 4 1/2 cups chicken stock
- 2 Tbs. tomato paste
- 1 bunch of kale, ribs removed and chopped
- 1 can white beans, drained and rinsed
- 1/2 cup fresh, flat-leaf parsley, chopped
- Salt and pepper, to taste

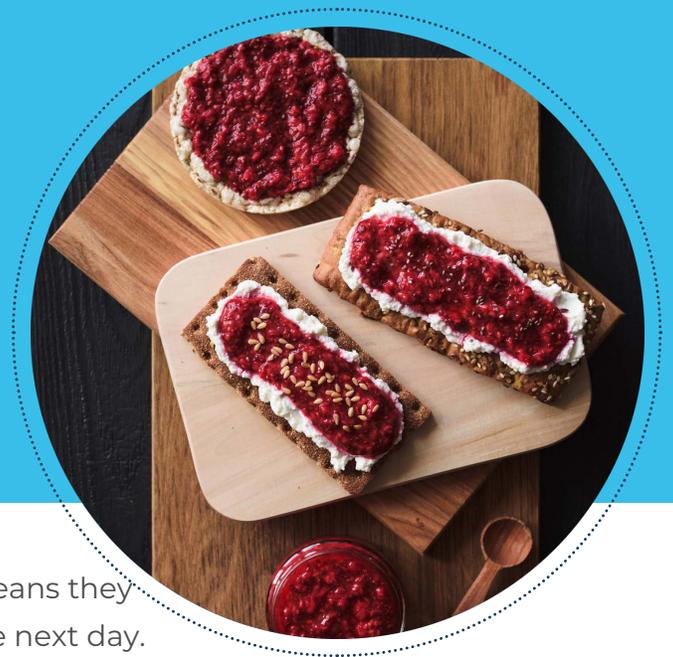
### TO MAKE:

In a large pot, saute onion and garlic in olive oil for a few minutes until soft. Add the pieces of chicken and cook for 3 minutes. Add the carrot herbs, chili powder, soy sauce, and stir. Add in the hot chicken stock and tomato paste. Mix well. Bring to the boil then reduce to a simmer. Allow simmering for about 15 minutes. Add in the kale and white beans. Season with salt and pepper to taste. Simmer for another 5 minutes then serve with fresh parsley.

# Day 19: Friday

## BREAKFAST

### Ricotta and Raspberry Toast



Some people swear by “intermittent fasting”. This means they don’t eat between the hours of 8 pm and 12 noon the next day.

If you’re not into big breakfasts, this may be more your speed... or you can prepare this interesting breakfast. It’s up to you, so go with how you feel.

Serves 1

#### INGREDIENTS:

2 slices whole-wheat bread

1/4 cup low-fat ricotta

2 tsp. honey

1/2 cup raspberries

2 Tbs. fresh mint, chopped

#### TO MAKE:

Toast the bread. Mix the honey and ricotta cheese together. Spread it on each slice of toast. Top with raspberries and fresh mint.

# LUNCH

## Sardines and Hard Boiled Eggs with Spicy Mayo over Mixed Greens



Did you know that sardines are one of the healthiest fish that you can buy? They are also extremely economical, and the healthy Omega-3s present in sardines makes them ideal if you're following **The Mediterranean Diet**.

Serves 2

### INGREDIENTS:

1 can of sardines

2 hard boiled eggs

2 cups mixed salad greens

2 Tbs. red wine vinaigrette (see recipe from Week 1)

1 Tbs. spicy mayo (recipe below)

### TO MAKE:

Open the can of sardines. Peel and slice the eggs. Present the salad greens on a dinner plate and dress with the vinaigrette. Place the fish and sliced eggs in the center. Place spicy mayo on the side for dipping.

## LUNCH

### Spicy Mayo Recipe



#### INGREDIENTS:

- 1 cup light mayonnaise (reduced oil)
- 3 Tbs. hot sauce without sugar or sweeteners

#### TO MAKE:

Mix ingredients. Serve as a side condiment for meats, as a veggie dip, or with low-carb crackers.

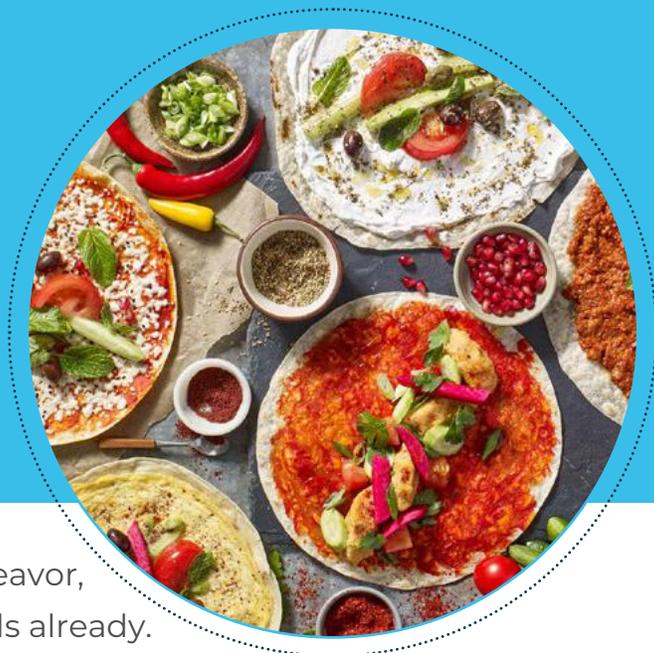
## SNACK

1. *Small handful mixed nuts*
2. *1/2 cup mixed berries*



## DINNER

### Treat Yourself to a Restaurant Experience



You're well into your Mediterranean dieting endeavor, and we're guessing you've dropped some pounds already. Kudos for following our tips for making use of all the healthful, choices on your grocery list. Learning to pack healthy Mediterranean-friendly snacks... transforming those leftovers. Tonight, treat yourself to a pat on the back and a Mediterranean-friendly dinner out at your favorite Greek restaurant!

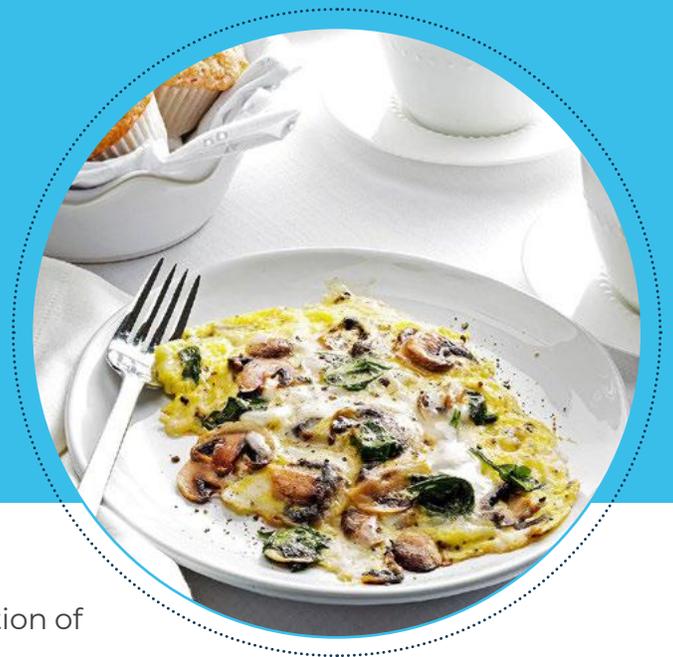
**Tips for eating out:** Choose lean proteins such as chicken or fish. Better yet opt for a dish based around beans (such as hummus.) Select whole-grain sides such as brown rice or whole-wheat pita bread. If those aren't on the menu then select a vegetable side without cream or cheese. Order a large salad for everyone to share. Leave off the dressing (it can be packed with lots of sugar!) and rather allow each person to dress their salad with balsamic vinegar and olive oil.

# Day 20: Sunday

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## BREAKFAST

### Spinach and Mushroom Omelet



You can never go wrong starting your day with a portion of vegetables. Enjoy this protein-packed breakfast after a walk around your neighborhood or a Sunday workout.

Serves 1

### INGREDIENTS:

2 eggs  
1/2 Tbs. olive oil  
2 tbs. diced onion  
5 mushrooms, sliced  
2 Tbs. low-fat mozzarella, grated  
1 cup fresh baby spinach leaves  
2 Tbs. fresh basil, chopped  
1 slice whole-wheat bread, toasted  
Salt and pepper, to taste

### METHOD:

Beat eggs with a tablespoon of water and season with salt and pepper. Heat a skillet on the stovetop. Add olive oil, onion, and mushrooms to the pan. Pour eggs over the veggies. Lower the heat, add the mozzarella, and spinach. Cover with a lid. Eggs should be fully cooked within about 5 minutes. Serve with fresh basil and whole-wheat toast.

# BREAKFAST

## Whole-Wheat Pancakes



Not your grandma's pancake recipe, but this whole-wheat version may quickly become your favorite. Using whole-wheat instead of refined white flour adds fiber and all the vitamins and minerals that come with it.

Serves 2

### INGREDIENTS:

1 cup low-fat milk  
1 Tbs. apple cider vinegar  
1 cup whole-wheat flour  
1 tsp. baking powder  
1/2 tsp. baking soda  
Pinch of salt  
1/2 tsp. cinnamon

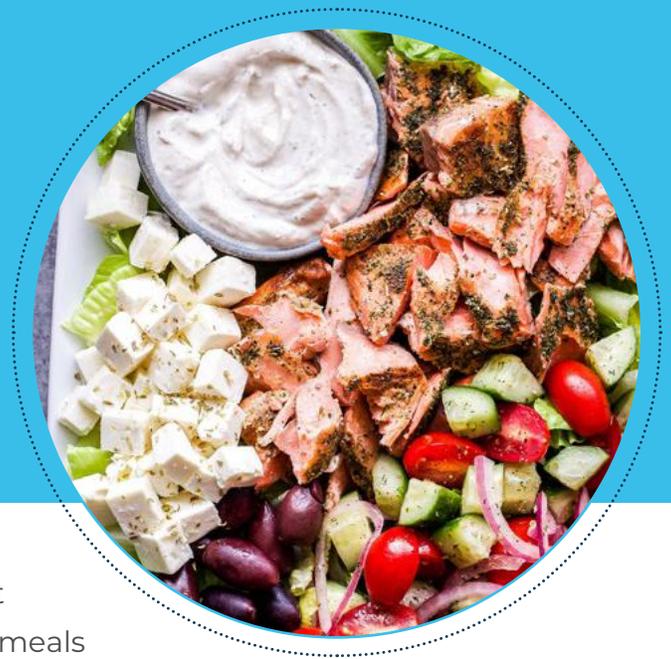
1 egg  
2 1/2 Tbs. olive oil  
1 tsp. vanilla extract  
2 Tbs. honey  
1 banana  
1/2 cup raspberries

### TO MAKE:

Combine the milk and vinegar in a bowl. Stir and leave to sit for 10 minutes. In a bigger bowl whisk together the flour, baking powder, baking soda, salt, and cinnamon. Add the egg, 1 1/2 tablespoons of olive oil, and vanilla extract to the milk mixture. Whisk until completely mixed. Slowly pour the liquid ingredients into the dry ingredients while mixing. Leave to sit for 5 minutes. Heat 1 teaspoon of olive oil in a large skillet. Quickly stir the batter once more and pour it into the skillet. Swirl the pan to spread the batter evenly. Cook until you see small bubbles form on the surface. Flip and cook until golden brown on both sides. Continue until all the batter is used up. Serve with honey, sliced banana, and raspberries.

# LUNCH

## Tahini and Yogurt with Healthy Veggie Slices and Salmon



Tahini is a blend of sesame seeds. With its healthy fat content, it's extremely good for you and makes your meals that much more satisfying.

Serves 1

### INGREDIENTS:

2 Tbs. tahini	2 celery ribs, sliced
1/4 cup low-fat yogurt	10 olives, pitted and halved
1/2 lemon, juice of	2 cups mixed lettuce
1/3 cucumber, diced	1 Tbs. olive oil
1/2 bell pepper, diced	1 Tbs. balsamic vinegar
1/2 can salmon	

### TO MAKE:

Mix the tahini and yogurt together. Add a squeeze of lemon juice. Serve with a salad made with the remaining ingredients.

## SNACK

### Almonds, Mozzarella and Fresh Berries



#### INGREDIENTS:

1/4 cup raw almonds

4 slices low-fat mozzarella

1/2 cup berries - strawberries, blueberries, raspberries, blackberries or a combination of these

#### TO MAKE:

Arrange on serving plate. Enjoy!

## DINNER

# Coconut Shrimp Curry Soup with Whole-Wheat Noodles



Shrimp are high in protein and low in fat. They also contain important vitamins and minerals such as zinc, magnesium, calcium, and iron. This dish is a wonderful mix of Asian and Mediterranean flavors. Real fusion!

Serves 4

### INGREDIENTS:

2 Tbs. olive oil

24 wild-caught shrimp, thawed

4 cups whole-wheat noodles

3 Tbs. prepared Thai red curry paste

2 cloves garlic, minced

1 cup unsweetened, reduced fat coconut  
milk

1 bag frozen “Asian stir-fry” vegetable medley

Juice of 1 lime

5 scallions, chopped

1/2 cup fresh cilantro, chopped

Salt, black pepper and cayenne, to taste

### TO MAKE:

Tip: About a half-hour, before you’re ready to prepare dinner, thaw the shrimp by running cool water over them in a colander, then set the colander into a bowl of cool water.

Prepare noodles as directed on package and set aside.

Clean and chop all vegetables into bite-sized pieces and set aside. Heat the olive oil and garlic in a skillet. Add red curry paste and shrimp. Cook until shrimp turn pink and curl up, then remove. Add more oil to skillet if necessary. Stir-fry veggies. Return shrimp to the pan and add the coconut milk. Add lime juice and fresh cilantro and scallions. Gently toss with noodles. Remove from heat. Season to your liking.

Serve with extra cayenne pepper if you enjoy spicy food!

# WEEK 4:

## GROCERY LIST

Once again, this is a complete grocery list that includes everything you'll need to make all the recipes listed. Your best bet is to scour the cabinets and refrigerator to take stock of what's already available. This way, you won't come home with duplicates, and you can make the best use of what you have already.

### PRODUCE:



Salad greens  
Collard greens, 1 bunch  
Celery  
Garlic, 1 bunch  
Fresh basil  
Fresh thyme  
3 onions  
Parsley, rosemary & thyme, 1 bunch each  
1 spaghetti squash  
Broccoli rabe, 1 bunch  
Scallions, 1 bunch  
Cucumbers, 2  
1 red bell pepper  
Collard greens, 1 bunch  
Eggplants, 2  
Bananas, 1 bunch  
Apple, 1

Beet greens, 1 bunch  
Turnips, about 4  
Avocados, 5 total  
Eggplant, one total  
Mushrooms, 1 small container  
Cabbage, 1 medium  
Swiss Chard, 1 bunch  
Beet greens, 1 bunch  
Plums, 6 small  
Blueberries, 2 pints  
Raspberries or strawberries, 2 pint  
Large tomato, 1 & cherry tomatoes, 1 punnet  
Limes & lemons  
Sweet potatoes, 4  
Potato, 2  
Baby potatoes, 1 lb.  
Baby carrots, 14 oz.

### DAIRY



Low-fat ricotta, small container  
Low-fat yogurt, 2 quarts  
Feta, reduced fat, 3 oz.

Fat-free cottage cheese, 1 pint  
Low-fat cream cheese  
Creme fraiche, small container

## MEATS:



Soup bones for making bone broth

Whole chicken

Lean ground beef, 2- 3 lb.

Chicken breasts, without skin, 4

Turkey legs, 4 to 6

## FISH



Trout/ salmon, 9 fillets

White fish of choice, 4 fillets

Smoked salmon, 2 oz.

## FROZEN FOODS



Kale, 1 package

Frozen blueberries

## CANNED GOODS:



Bone broth, about 2 quarts

Tomato sauce - can be jarred if  
unsweetened, about 2 quarts total  
needed

Canned whole tomatoes, peeled, 1  
large can

Diced tomato, 1 small can

Sauerkraut, medium jar

Sardines, 1 can

Pickles (choose a brand with no  
sweeteners or additives)

Tuna, 1 can

## BULK GOODS:



Almonds, about 2 cups

Flax seeds, about 2 cups



Olive oil

Apple cider vinegar

Hot sauce

Sunflower seeds

70% Dark chocolate chips

Hummus, 1 punnet

Flour

Beef broth

Whole- wheat bread crumbs

Almond flour

Light mayo (reduced oil)

Black olives

Whole-wheat noodles

Mustard

Mixed nuts, about 4 cups

Flaked almonds

Whole-wheat bread

Honey

Pumpkin seeds

Brown rice

Rolled oats

Unsweetened cocoa powder

Cinnamon

Peanut butter, natural

Almond butter

Vanilla extract

Fish sauce

Soy sauce or Bragg's Amino

Shirataki noodles, 2 packages

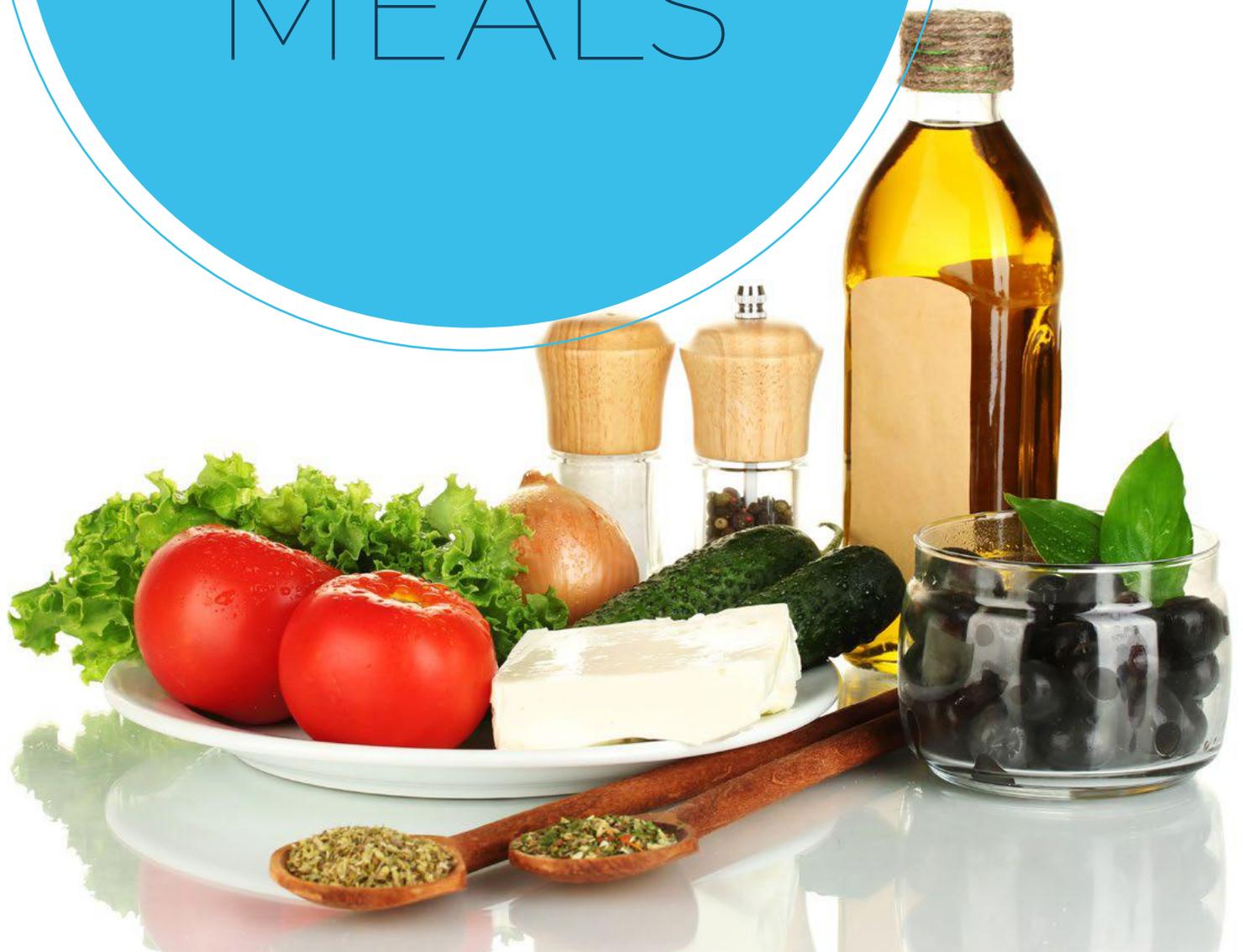
Rosemary

Cloves

Tahini

# WEEK 4

## MEALS



# Day 21: Monday

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## BREAKFAST

### Salmon and Ricotta Omelet



Serves 1

#### INGREDIENTS:

1 Tbs. olive oil

1/4 onion, finely diced

2 eggs

1/2 cup low-fat ricotta

1/2 can salmon

1/4 cup fresh parsley, chopped

1/3 avocado, sliced

1 slice whole-wheat bread, toasted

Salt and pepper, to taste

#### TO MAKE:

Beat eggs with a tablespoon of water and season with salt and pepper. Heat a skillet on the stove top. Add olive oil and onion to the pan. Saute for a few minutes. Pour in the eggs. Lower the heat, add the ricotta and salmon. Cover with a lid. Eggs should be fully cooked within about 5 minutes. Serve with slices of avocado and whole-wheat toast.

## LUNCH

### Shrimp and Vegetable Soup



Here's a healthy and delicious way to use up any leftover shrimp from yesterday night's Asian-Mediterranean friendly feast. You're basically adding broth to the remains of the meal and heating in a pot.

Serves 2

#### INGREDIENTS:

Leftover cooked shrimp

2 cups chicken broth

1 Tbs. fish sauce

1 tsp. soy sauce

Any remaining vegetables from previous night

1/2 cup shredded cabbage

1/2 cup bell pepper, diced

3 mushrooms, chopped

2 scallions, chopped

1/4 cup cilantro, chopped

#### TO MAKE:

Place shrimp and veggies into a saucepan. Pour broth over. Add the fish sauce and soy sauce. Cook until broth bubbles, then simmer on low for about 5 minutes. Turn off heat and add cilantro and scallion.

## SNACK

### *Peanut Butter and Yogurt*



Serves 1

#### INGREDIENTS:

1 Tbs. natural peanut butter

1/2 cup low-fat yogurt

1 banana, sliced

#### TO MAKE:

Place peanut butter into the bowl. Use the back of a spoon to spread the peanut butter evenly over the bottom of the bowl. Add yogurt and mix together. Serve with sliced banana.

# DINNER

## Italian Mediterranean Meatballs and Whole-Wheat Spaghetti



Here's a super healthy dinner that the whole family can enjoy. See what your children think of this healthy alternative to spaghetti, whole-wheat spaghetti! We have added a sprinkling of Parmesan cheese as a treat. Parmesan cheese is lower in fat than other cheese so a good option to top your pasta with.

Serves 4

### INGREDIENTS:

4 cups whole- wheat pasta

6 cups tomato sauce (see recipe below)

12 meatballs (see recipe below)

4 Tbs. Parmesan cheese, grated

### TO MAKE:

Prepare the whole-wheat pasta according to the package instructions. Pour tomato sauce over the top, and add 2-3 meatballs to each plate. Top with grated Parmesan cheese.

## HOMEMADE TOMATO SAUCE

Better to make your own homemade tomato sauce than opt for the jarred kind, most of which contain sugar, corn syrup, or both. If you decide to opt-out of making sauce from scratch, Rao's is a good brand that does not contain added sugar.

Serves 4

### INGREDIENTS:

2 Tbs. olive oil	3 sprigs of fresh thyme, to be removed later
3 cloves garlic, minced	2 tsp. salt
2 cans tomato sauce, no added sweeteners •	2 tsp. black pepper
1 can whole Italian tomatoes, peeled	
Fresh basil, several sprigs	

### TO MAKE:

Heat the oil in a saucepan to medium heat. Add garlic and continue to heat, stirring frequently, until the aroma is present. Do not burn the garlic! Add tomato sauce. Use your fingers to mash the whole canned tomatoes and add to the sauce. Season with fresh herbs (to be removed later). Stir in salt and pepper.

Cook on medium heat until the sauce begins to bubble. Then turn down the heat setting to low or medium-low, and partially cover. Let the sauce cook for about 30 to 40 minutes, stirring occasionally. Adjust heat as necessary to keep sauce cooking at a slow simmer.



## MEDITERRANEAN MEATBALLS

The hallmark of really good meatballs is that you can't tell where one flavor ends and the next begins. To achieve this, you must finely mince all the ingredients together. Almond flour substitutes ordinary bread crumbs, adding in an extra portion of healthy fats.

Serves 4

### INGREDIENTS:

1 1/2 to 2 lbs. lean ground beef, preferably farm raised free-range  
1 cup grated Parmesan cheese  
1 cup almond flour  
2 eggs, beaten

2 cloves garlic, minced  
1/2 cup flat -leaf parsley, minced  
2 Tbs. olive oil  
Salt and pepper, to taste

### TO MAKE:

Preheat oven to 350 F. Combine all ingredients in a large bowl. Form into tablespoon-sized balls and place on a baking tray or pan. Drizzle with olive oil. Bake for about 30 to 40 minutes, or until meatballs are cooked through.



# Day 22: Tuesday

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## BREAKFAST

### Cottage Cheese With Plums



Remember **The Mediterranean Diet** encourages as wide a variety of fruit and vegetables as possible. Enjoy plums with some low-fat cottage cheese for a tangy and refreshing breakfast.

Serves 1

#### INGREDIENTS:

2 slices whole-wheat bread, toasted

1/2 cup fat-free cottage cheese

1 plum, sliced

2 Tbs. flaked almonds, toasted

1 tsp. honey

#### TO MAKE:

Spread the cottage cheese over the toast. Top with the sliced plums and flaked almonds. Finish it off with a drizzle of honey. Enjoy your breakfast!

# LUNCH

## Quick Homemade Tomato Soup



This is an easy way to use up leftover tomato sauce if you have some handy. Please note that canned tomato soup that you find on your grocery store shelves is generally not great because of the added corn syrup.

Serves 2

### INGREDIENTS:

1 cup tomato sauce (the jarred kind, but try to find a brand with no sugar or corn syrup, such as Rao's)

1 1/2 cup chicken broth

1/2 cup low-fat yogurt

2 Tbs. fresh basil, chopped

2 slices whole-wheat bread, toasted

2 Tbs. pumpkin seeds

Salt and pepper to, taste

### TO MAKE:

Combine tomato sauce and chicken broth, and whisk together in a saucepan. Bring to a boil, then reduce heat and simmer for about 7 minutes. Let it cool a bit before stirring in the yogurt and topping with the basil. Serve with a slice of whole-wheat toast and a sprinkle of pumpkin seeds.

## SNACK

### Sardines and Hard Boiled Eggs



Some people find the smell of sardines to be offensive. However, if you rinse your mouth out and bring along some good peppermint sugar-free gum, you should be okay with these as your healthy Mediterranean-friendly snack. If you really can't stand sardines, you can substitute with some hummus or a handful of nuts.

#### INGREDIENTS:

1 hard boiled egg

1 can of sardines

# DINNER

## Pepper Pot Soup



You don't hear of this traditional favorite much these days. However, the leftover ground beef from the other evening's Mediterranean meatball fest will work perfectly in this quick and easy yet satisfying dinner.

Serves 4

### INGREDIENTS:

1 Tbs. olive oil

1 onion, chopped

1 bell pepper, chopped

2 cloves garlic, minced

Leftover Mediterranean meatballs

Leftover tomato sauce

4 cups beef broth

Salt and lots of pepper

### TO MAKE:

Cook the onion, pepper, and garlic in olive oil in a saucepan. When onions are translucent and veggies are tender, add in the leftover meatballs and crush with a fork. Add tomato sauce and beef broth. Season liberally with pepper, and add salt, to taste.

# Day 23: Wednesday

## BREAKFAST

### Mediterranean French Toast



This Mediterranean-style French toast is a bit different to your usual egg-and-milk soaked white bread fried in butter. With just a few small changes you can make it a much healthier breakfast. The kids won't even be able to tell!

Serves 2

### INGREDIENTS:

- |  |                            |
|--|----------------------------|
| 1 egg, beaten                            | Pinch of salt              |
| 1/2 cup fat-free milk                    | 4 slices whole-wheat bread |
| 3 Tbs. honey                             | 2 bananas, sliced          |
| 1 tsp. vanilla extract                   |                            |
| 1 tsp. cinnamon (plus extra for topping) |                            |

### METHOD:

In a bowl, combine the beaten egg, milk, 1 tablespoon of honey, vanilla extract, cinnamon, and salt. Whisk well. Dunk the bread into the mixture quickly. One slice at a time. Transfer the dunked bread to a hot griddle. Cook for a few minutes on each side until slightly crunchy and golden brown. Top with extra cinnamon, honey, and sliced banana.

## LUNCH

1. 2 hard boiled or pickled eggs
2. Leftover cabbage and kale slaw



## SNACK

1. Bone Broth
2. 1/2 cup low-fat cottage cheese
3. Slice of whole-wheat toast

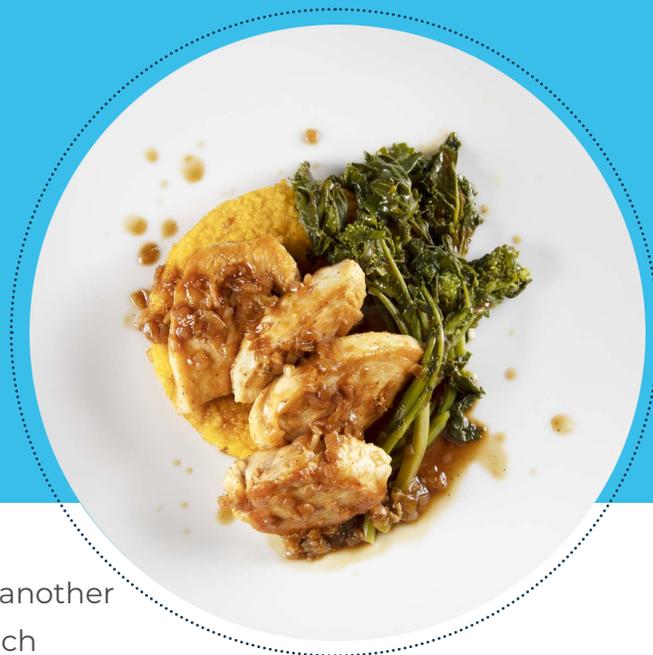


Chock full of calcium, minerals, and other nutrients, bone broth is amazingly good for your health. If you can find a source to simmer up your own bone broth from local, free-range farm animals, even better. Even just a small cup of bone broth will help you to feel full and satisfied.

Serve your bone broth alongside a toasted slice of whole-wheat bread spread with low-fat cottage cheese.

## DINNER

### Grilled Chicken and Broccoli Rabe



Broccoli rabe is a stalky, bitter cousin of broccoli. It is another cruciferous vegetable, like broccoli and cabbage, which makes it a prebiotic and therefore great for gut health too.

Serves 4

#### INGREDIENTS:

4 medium (4 oz.) chicken breasts,  
without skin  
3 cloves garlic, minced  
1 Tbs. olive oil

1 bunch broccoli rabe  
1/2 cup bone broth  
4 cups brown rice, cooked  
1 lemon, juice of  
Salt and pepper, to taste

#### TO MAKE:

**TIP:** to reduce the extreme bitterness of broccoli rabe, blanch it prior to cooking. Blanching involves bringing your vegetables to a boil in water, simmering for a few minutes, then plunging into an ice bath to stop the vegetables from cooking further. After blanching your broccoli rabe, place in a bowl, covered, for use in the recipe again shortly.

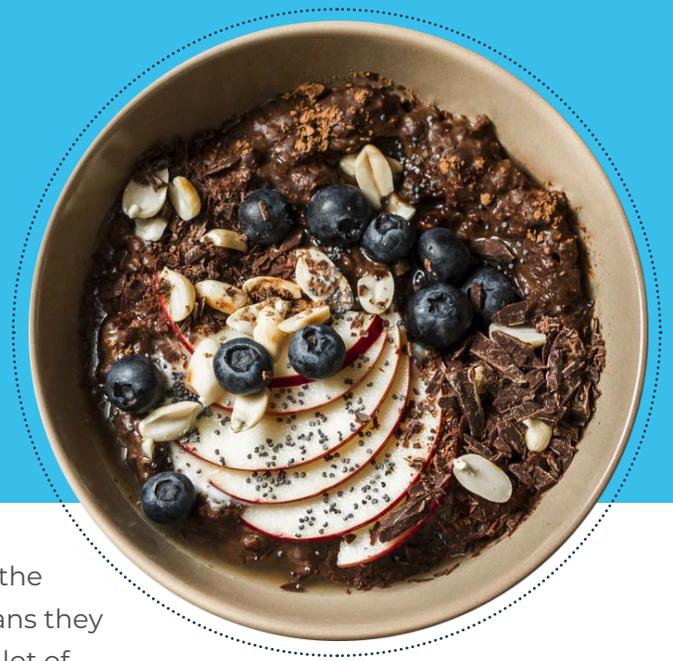
Prepare the brown rice according to package in instructions. Cook the chicken breasts in a large skillet on medium to medium-high heat in a tablespoon of olive oil. Grill for about 10 minutes on each side. Add minced garlic to the pan along with the blanched broccoli rabe. Stir everything together. Pour in bone broth and cook on low a few minutes more.

Serve on a bed of brown rice and a squeeze of fresh lemon juice.

# Day 24: Thursday

## BREAKFAST

### *Chocolate Overnight Oats*



This breakfast is a real winner with the kids. It must be the chocolate. If you are looking to lose weight then leave out the honey and add extra berries. They contain fiber which means they will keep you feeling fuller for longer whereas honey has a lot of calories but won't fill you up!

Serves 1

### INGREDIENTS:

1/2 cup rolled oats

1 Tbs. unsweetened cocoa powder

1 tsp. honey

1/2 tsp. vanilla extract

Pinch of salt and cinnamon

1 Tbs. natural peanut butter

1/2 apple, grated

1 Tbs. sunflower seeds

1/2 cup berries

### TO MAKE:

Combine all ingredients (except for the berries) together in a bowl or jar. Mix well. Store in the fridge overnight. Top i with berries just before serving.

# LUNCH

## Eggcellent Egg Salad Over Salad Greens



Here's a jazzed-up version of egg salad that will give you some extra bang for your Mediterranean buck thanks to the addition of healthy and fun veggies. Points for creative use of pickles here.

Serves 1

### INGREDIENTS:

2 hard-boiled eggs, peeled

3 Tbs. light mayo (reduced oil)

1 stalk of celery, diced

10 black olives, chopped

1 pickle, diced

1 Tbs. mustard

Salt and pepper, to taste

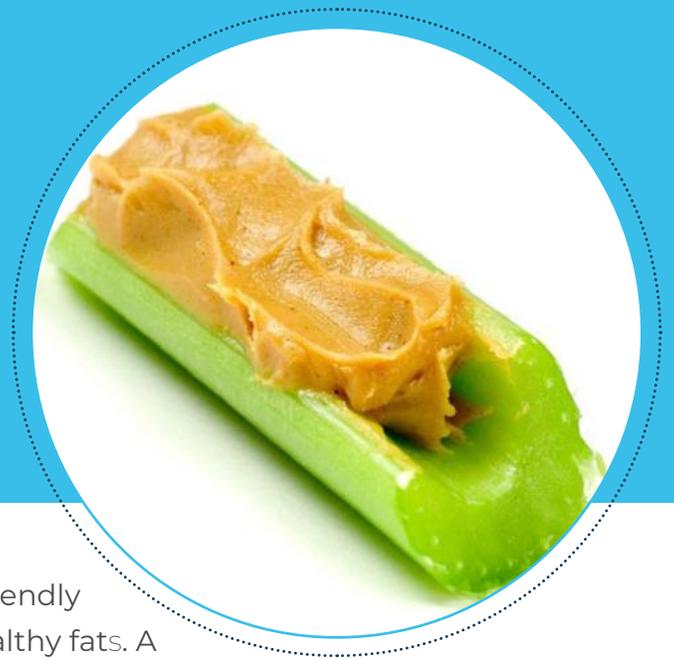
### TO MAKE:

Place hard-boiled eggs in a bowl. Use a fork to break up eggs into small bits. Add all other ingredients and mix well.

Add salad greens to a plate. Scoop egg salad over the greens. Enjoy!

## SNACK

### *Celery with peanut butter*



Celery with peanut butter is a very Mediterranean-friendly and satisfying snack that contains both fiber and healthy fats. A perfect take-along for when you need to fuel up while out and about.

Serves 1

#### **INGREDIENTS:**

3 stalks of celery, cut in half short ways  
2 Tbs. peanut butter

#### **TO MAKE:**

Spread peanut butter on celery strips. If you're taking this snack to go, place in a container, and cover with a lid.

# DINNER

## Baked Trout with Potatoes and Roasted Tomatoes



This recipe uses up the soup that you prepared for your Mediterranean lunch on Tuesday. If you don't have access to fresh-caught trout, you can always make this with salmon instead. Quick and easy, and it makes a hearty and satisfying meal.

Serves 4

### INGREDIENTS:

1 cup cherry tomatoes  
3 Tbs. olive oil  
4 (6 oz.) trout fillet  
2 Tbs. rosemary  
2 Tbs. thyme

1 lb. baby potatoes  
1 clove garlic, minced  
4 Tbs. fresh parsley, chopped  
1/2 lemon, juice of

### TO MAKE:

Preheat oven to 450 F. Line a baking tray with baking paper. Combine cherry tomatoes and 1/2 a tablespoon of olive oil in a small bowl. Season with salt, and pepper. Prepare the salmon fillets by brushing them with 1 teaspoon of the olive oil and season with the rosemary, thyme, salt and pepper. Set them aside. Cut the potatoes in half and place in a bowl. Toss them together with 2 tablespoons of olive oil, minced garlic, salt, and pepper. Place the potatoes cut side down on the lined baking tray. Bake for 8 minutes then stir them. Place the salmon fillets and tomatoes on top of the potatoes and roast until the potatoes are soft and the salmon is cooked through (about 10 more minutes). Serve with fresh parsley and a squeeze of lemon juice.

# Day 25: Friday

## BREAKFAST

### Almond Bombs



This is an almond version of the “Chocolate Peanut Butter Bombs” recipe from week 1. These are perfect for a quick snack, to satisfy a sweet-tooth craving, or yes, even for breakfast.

### INGREDIENTS:

- 1 cup 70% dark chocolate chips
- 1/2 cup sugar-and salt-free peanut butter  
(make sure it's a little runny!)
- 2 Tbs. honey

### TO MAKE:

Line a muffin tray or grease with a little olive oil. In a small mixing bowl, combine the almond butter and honey. You can microwave or heat it up in a bowl over boiling water if it is a little solid. In a saucepan, melt the dark chocolate over low heat. Pour a little chocolate into each muffin liner, just enough to cover the bottom. Place into the fridge for about 10 to 15 minutes to set. Spoon a little of the peanut butter mixture on top of the chocolate base of each muffin liner. Pour the remaining chocolate over the top of each one. Sprinkle the salt over. Place in the freezer for 30 minutes until completely set. Store in the freezer for an emergency sweet treat!

## LUNCH

### Trout and Scallion Cream Cheese Spread with Fresh Veggies for Dipping



This versatile dip tastes even more amazing when prepared using smoked trout. However, if you don't have access to a meat smoker, you can just cook the trout in a pan on the stove, then cool completely, before making into a tasty, spreadable dip. Feel free to substitute salmon for the trout if it's not something you can easily come by.

Serves 1

#### INGREDIENTS:

1 trout fillet, fully cooked or smoked  
4 oz. low-fat cream cheese, softened  
3 scallions, diced  
Salt and pepper, to taste

1/2 red pepper  
1/2 cucumber  
1 celery stalk

#### TO MAKE:

Slice up the red pepper, cucumber, and celery for dipping and set aside. Place trout fillets in a mixing bowl. Use a fork to break up the trout and mash. Combine with remaining ingredients in a large bowl. Mix well. Serve with sliced veggies.

## SNACK

### Hummus on a slice of whole-wheat bread

# DINNER

## Moussaka Medley



This is a Mediterranean-friendly version of the normal cheese-ladan moussaka. Enjoy it with your whole family!

Serves 4

### INGREDIENTS:

2 eggplants, sliced lengthwise (1/4 inch thick)  
3 Tbs. olive oil  
1 large onion, finely diced  
1 lb. lean ground beef  
1 1/2 Tbs. dried mixed herbs  
1/2 tsp. cinnamon  
1/2 tsp. paprika  
2/3 cup red wine  
1 can chopped tomatoes

1 tsp. honey  
1/2 cup beef broth  
2 large potatoes, peeled and thinly sliced  
5 Tbs. whole-wheat bread crumbs  
Cheese topping (see recipe below)  
4 cups baby spinach

### TO MAKE:

Place eggplant slices into a bowl and sprinkle liberally with salt. Allow to sit for 5 minutes to draw out the moisture. Pat the eggplants dry and place onto a baking tray. Place under the broiler and broil until both sides of the eggplant are golden brown. Set aside.

Heat 2 tablespoons of the olive oil in a medium-sized skillet. Sauté the onion until translucent. Add the ground beef. Stir until it is not brown anymore. Drain any excess fat. Add the dried herbs, cinnamon, salt, pepper, and paprika. Mix well. Add the wine and bring to the boil for 1 minute. Stir in the chopped tomatoes, honey, and broth. Simmer on a low heat for 30 minutes or so.

Preheat the oven to 350F. Boil the sliced potatoes until they are soft. Drain them and set aside. Grease a baking dish with olive oil. Add the beef mixture and sprinkle with the bread crumbs. Spread the cheese topping over the top. Bake for 40 minutes. Place under the broiler for another last 5 minutes to get a nice golden brown color. Serve on a bed of baby spinach.

## DINNER

### Mediterranean-Friendly Cheese Topping



#### INGREDIENTS:

3/4 cup low-fat yogurt

3 eggs, beaten

1 Tbs. flour

1/2 cup low-fat ricotta

3 1/2 oz. feta cheese, crumbled

Salt and pepper, to taste

#### TO MAKE:

Whisk all ingredients together. Season with salt and pepper.

# Day 26: Saturday

## BREAKFAST

1 cup bone broth  
1 cup low-fat yogurt  
1/2 cup Nutty "Granola"



## LUNCH

Leftover trout/ moussaka



## SNACK

### Blueberries and cream cheese toast



#### INGREDIENTS:

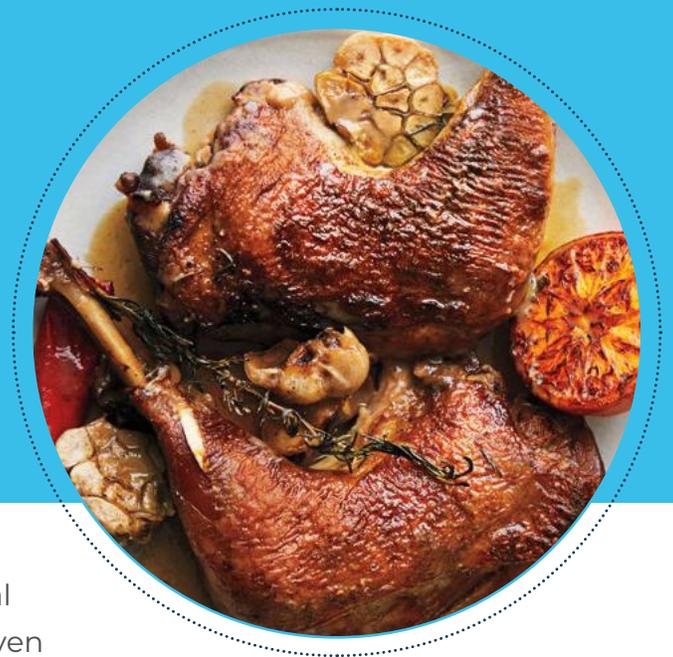
- 2 Tbs. low-fat cream cheese
- 1/2 cup fresh blueberries
- 1 slice whole-wheat bread, toasted
- 1 tsp. honey
- Pinch of salt

#### TO MAKE:

Spread the cream cheese over the toast, top with blueberries and a drizzle of honey. Finish it off with a sprinkle of salt.

## DINNER

### Baked Turkey Legs with Roasted Potatoes



Turkey legs are one of the most healthful, economical and fuss-free meals to make. Just pop them in the oven with a bit of seasoning and in about an hour you'll have the most flavorful, juicy, and delicious dinner.

Serves 4

#### INGREDIENTS:

4 turkey legs  
2 cloves garlic, minced  
1 Tbs. dried rosemary  
14 oz. baby carrots

4 sweet potatoes, cut into large chunks  
2 Tbs. olive oil  
Salt and pepper, to taste

#### TO MAKE:

Set oven to 350 degrees. Place turkey legs in baking pan. Cover with herbs and minced garlic. Scatter the baby carrots and potatoes around the turkey legs. Drizzle with olive oil. Season all with salt and pepper. Bake for about an hour. Use a meat thermometer to check for doneness.

Serve with collard greens (recipe below).

# DINNER

## Collard Greens



Collard greens are similar to bitter greens in a way that they taste better if blanched prior to cooking in a recipe. To blanch, simply bring to a boil in a pot of water, let simmer for several minutes, then remove while still-green and plunge into an ice water bath to cease cooking.

Serves 4

### INGREDIENTS:

2 Tbs. olive oil

1 small onion, diced

2 cloves garlic, minced

2 cups collard greens, blanched

Red pepper flakes

Salt and pepper, to taste

### TO MAKE:

Heat the olive oil in a skillet on the stovetop. When the oil is hot, add the onion, garlic and blanched collard greens. Cook on medium heat for a few minutes. Season with salt, pepper, and red pepper flakes.

# Day 27: Sunday

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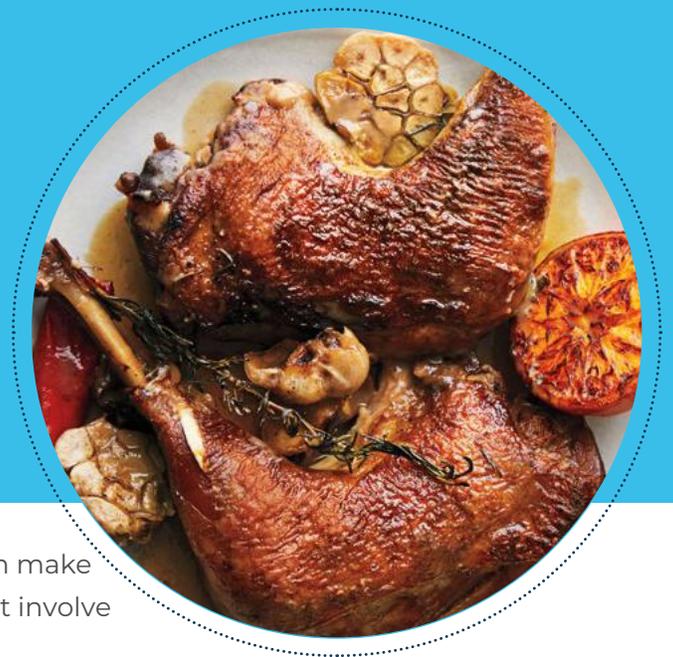
## BREAKFAST

1. Hard boiled eggs, 1/2 avocado and whole-wheat toast
2. Mixed berries



## LUNCH

### Leftover Turkey and Collards Omelet



Most people think of spinach in omelets, but really you can make a delicious egg breakfast out of any leftovers you have that involve meat and vegetables.

Serves 2

#### INGREDIENTS:

1 Tbs. olive oil

4 eggs

1/2 cup turkey leg meat, shredded

1/2 cup cooked collard greens

1/4 cup onion, finely diced

2 slices whole-wheat bread, toasted

1/4 cup fresh parsley, chopped

Salt and pepper, to taste

#### TO MAKE:

Beat eggs with a tablespoon of water and season with salt and pepper. Heat a skillet on the stovetop. Add olive oil. Pour the eggs in. Lower the heat, add the turkey and collard greens. Cover with a lid. Eggs should be fully cooked within about 5 minutes. Serve with fresh parsley and whole-wheat toast.

## SNACK

1. Raspberries

2. Mixed nuts



# DINNER

## White Fish with Cabbage and Sauerkraut



Sauerkraut is fermented which means it is filled with lots of good bacteria that help support your digested system. It brings a fresh, vinegar flavor to this dish!

Serves 4

### INGREDIENTS:

4 fillets of white fish  
2 lemons, juice of  
2 cups sauerkraut  
1 onion, sliced  
1 Tbs. olive oil  
4 oz. creme fraiche

1/3 cup fresh parsley, chopped  
Salt and pepper, to taste  
4 cups brown rice, cooked

### TO MAKE:

Preheat oven to 350 F. Prepare brown rice according to package instructions. Saute the onions in olive oil over medium heat until soft. Then spoon into a baking dish. Spread the sauerkraut over the onions and mix. Place the fish into the baking dish. Squeeze fresh lemon juice over and drizzle with creme fraiche. Season with salt and pepper. Cover with foil and bake in the oven for 15 minutes. Take foil off and bake for another 10 minutes uncovered. Serve with a sprinkling of fresh parsley.

# Day 28: Monday

## BREAKFAST

### Green Avocado Smoothie



Avocado gives this smoothie a velvety and smooth consistency. Don't knock it before you've tried it!

Serves 1

#### INGREDIENTS:

1/2 avocado

1 cup low-fat yogurt

2 Tbs. flax seeds

1/2 cup spinach

1/2 cup frozen blueberries

1 banana

1/2 cup ice

1/4 cup water

#### TO MAKE:

Blend all ingredients together until smooth and creamy.

## LUNCH

### Smoked Salmon, Avo and Tomato Salad



Tomatoes provide a nice, acidic contrast to the creamy avocado and luxurious smoked salmon.

Serves 1

#### INGREDIENTS:

2 oz. smoked salmon

1/2 ripe avocado

2 cups baby spinach

2 Tbs. pumpkin seeds

1/3 cucumber, finely diced

1/2 cup cherry tomatoes, halved

1 Tbs. olive oil

2 tsp. red wine vinegar

Salt and pepper, to taste

#### TO MAKE:

Combine all ingredients in a bowl and season with salt and pepper to taste.

## SNACK

1. Leftover Fish and Kraut
2. Guacamole with Veggie Slices

# DINNER

## Roasted Sage and Rosemary Chicken



People think that roast chicken is complicated to make but it's actually one of the easiest and most delicious meals that barely needs your attention. If you can, get an organic bird for the best flavor and highest nutrition content. We have swapped potatoes for turnips to give this dish an interesting spin! We advise against eating the skin as it is high in saturated fat.

Serves 4-6

### INGREDIENTS:

Whole chicken, organic or local free-range farm-raised if you can get it

1 Tbs. dried sage

1 Tbs. dried rosemary

3 cloves garlic, sliced long ways y

3 Tbs. olive oil

Salt and pepper, to taste

### TO MAKE:

Set the oven to 350 degrees. Remove gizzards from the chicken's cavity. Rinse the bird, then pat dry with paper towels. Place in a baking pan, timer side up if there is one. Cut slits into the meatiest parts of the chicken. Into the slits, stuff slices of fresh garlic. Mix the olive oil together with the sage and rosemary. Coat the chicken with this mixture, making sure to get some of it into the slits as well, for the best flavor. Sprinkle with salt and pepper.

Place in oven and bake for about an hour and a half, or until the timer pops. The skin should be golden brown and slightly crisped in places. Remove from oven and place on stovetop to cool. Tent the chicken with tin foil to let the meat rest for about 10 minutes before serving.

## DINNER

# Roasted Turnips with Onions



Serves 4

### INGREDIENTS:

4 turnips, sliced

1/2 cup chicken or beef broth

1/2 cup onion, sliced into rings

2 Tbs. olive oil

Salt and pepper, to taste

### TO MAKE:

Preheat oven to 350 degrees. Add all ingredients to a Pyrex baking dish. Bake for 20-30 minutes, or until turnips are tender.

## DINNER

### Swiss Chard with Diced Tomato, Garlic and Olive Oil



Swiss Chard is another healthy green vegetable that has only recently begun to get the attention it deserves. This is a perfect side dish to go with any type of meat or fish meal. Best of all, you can check off your high-fiber vegetable requirements for this delicious and hearty dinner.

Serves 4

#### INGREDIENTS:

1 bunch of Swiss Chard, any variety  
2 cloves garlic, smashed  
2 Tbs olive oil  
1 Tbs. fish sauce

1 can diced tomato  
2 tsp. soy sauce  
Splash of red wine vinegar

#### TO MAKE:

Clean and chop the Swiss chard, paying special attention to the stalky ends which should be cut into bite-sized pieces. Heat the oil in a skillet on medium. Add the garlic cloves. Once you get the aroma of the garlic, you can add the stalky pieces of the chard first. Add the fish sauce and soy saucel. Cook on medium-low until tender, then add the leaves of the Swiss Chard. Add the tomatoes. Splash in some vinegar. Remove from heat and serve along with your roast chicken or other meat.

# Day 29: Tuesday

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## BREAKFAST

### Cottage Cheese With Fresh Plums



Serves 1

#### INGREDIENTS:

- 1 cup low-fat cottage cheese
- 2 fresh plums
- 2 slices whole-wheat bread, toast
- Pinch of salt

#### TO MAKE:

Spread the cottage cheese on the toast. Top with slices of fresh plum and a pinch of salt.

## LUNCH

### Baconless BLT



Bacon is a very fatty cut of meat so we have left it off this meal and substituted it with tuna! More like a TLT!

Serves 1

#### INGREDIENTS:

1 can tuna

2 Tbs. light mayonnaise (reduced oil)

1 large tomato, sliced

1/2 head of iceberg lettuce

2 slices whole-wheat bread, toasted

#### TO MAKE:

Mix the tuna and mayo together. Spread over the whole-wheat bread, and add tomato and lettuce.

## SNACK

### Mixed nuts



## DINNER

### Chicken and Vegetable Soup



Chicken soup is easiest to make when it's created using a roast chicken from the prior evening's meal. If you're going to "commit" to a whole chicken, you may as well make it easy on yourself and toss the bones in a pot of water as soon as possible. This is one of the healthiest and most economical ways to get every last drop of nutrition from your food. Way to utilize Mediterranean-friendly leftovers, too!

Serves 4

#### INGREDIENTS:

2 Tbs. olive oil

1 clove garlic, minced

2 stalks celery, sliced

2 cups cabbage, shredded

1 cup mushrooms, sliced

2 cups kale, chopped

Leftover chicken from the previous evening's meal

Leftover Swiss chard and tomatoes

Leftover turnips

4-6 cups chicken broth

#### TO MAKE:

In the bottom of a quart saucepan, heat the freshly chopped vegetables in a bit of olive oil with the garlic. Sauté everything together until veggies are tender. Add cooked veggies such as Swiss chard with tomatoes. Pour in broth and simmer on medium-low for about 30 minutes. Add in the leftover chicken meat. Serve hot.

# Day 30: Wednesday

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## BREAKFAST

### Kale and Berry Smoothie with Flaxseeds



Nothing beats a drinkable, healthy, protein, fiber, and healthy-fat-rich breakfast. This tart berry smoothie blends up quickly for an easy breakfast for on-the-go Mediterranean dieters. Drink half and save the rest for later if you like!

Serves 2

#### INGREDIENTS:

1/4 cup flax seeds

2 kale leaves with ribs removed

1 cup frozen berries

2 bananas

1 cup low-fat yogurt

1 tsp. vanilla extract

1/4 ice

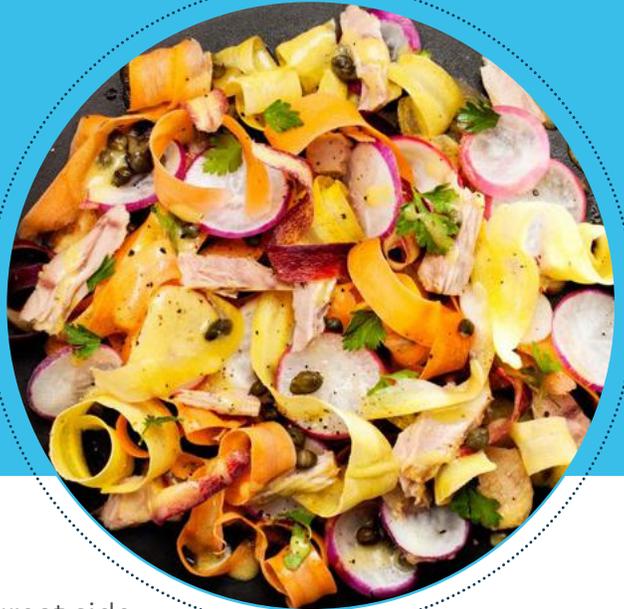
1/4 cup water

#### TO MAKE:

Blend all ingredients together until smooth.

# LUNCH

## Jarred Tuna Filets Sautéed Beet Greens



These vitamins and mineral-rich, leafy greens cook up quickly on the stovetop. Beet greens make a great side-dish alternative if you're tired of the same old spinach and broccoli routine.

Serves 2

### INGREDIENTS:

Beet greens cut from one bunch of fresh beets  
2 cloves garlic, smashed  
2 Tbs. olive oil

1 tsp. fish sauce  
1 Tbs. soy sauce or Bragg's Amino  
1 Tbs. apple cider vinegar  
1 can tuna, drained

### TO MAKE:

Make sure that the beet greens are well-scrubbed and rinsed before starting. Chop the stalks into bite-sized pieces, then loosely chop the leaves. Heat the olive oil in a skillet on medium. Add the beet green stalks and garlic cloves. When the stalks become tender, add the leaves plus all other ingredients. Use a wooden spoon to move the vegetables around the pan to ensure even cooking. Cook for about 5 minutes more, then remove from heat. Serve with tuna.

## SNACK

### Tahini and Yogurt with Cucumbers



Serves 1

#### INGREDIENTS:

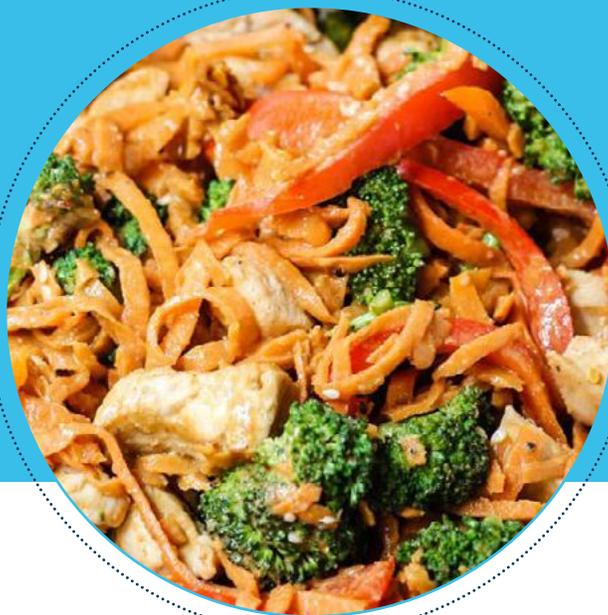
- 2 Tbs. tahini paste
- 1/2 cup low-fat yogurt
- 1 small cucumber, sliced
- 1 large carrot, sliced

#### TO MAKE:

Place tahini and yogurt in a bowl. Place cucumber and carrot slices on a plate. Enjoy!

# DINNER

## Chicken with Savory Peanut Sauce and Veggies over Whole-wheat Noodles



To make this, utilize the leftover chicken and diced tomatoes from Monday night's dinner.

Serves 4

### INGREDIENTS:

Leftover chicken pieces

2 Tbs. olive oil

1 Tbs. red curry paste

2 Tbs. peanut butter

1 Tbs. fish sauce

1 Tbs. soy sauce

1 Tbs. red curry paste

1/2 bell pepper, cut into bite-sized pieces

1/2 an onion, cut into chunks

3 tsp. fresh grated ginger

1/2 cup mushrooms, sliced

3 cups cabbage, sliced into shreds

1/2 cup diced tomatoes

5 scallions, chopped

Juice of 1 lime

1/3 cup toasted peanuts, chopped

4 cups whole-wheat noodles, cooked

### TO MAKE:

Prepare the whole-wheat noodles according to package directions. Set aside in a covered bowl. Heat up a large skillet on medium-high. Add the olive oil, red curry paste, and veggies. Stir-fry until tender yet crisp, then remove from pan and set aside in a large bowl covered with a dinner plate. Add chicken to the still-hot skillet. Add garlic, ginger, peanut butter, fish sauce, and soy sauce. Cook to bubbling, just a few minutes. Remove from heat. Add veggies back to the pan and give a brief blast on medium-high to make sure everything is hot. Carefully toss in the whole-wheat noodles. Squeeze in the fresh lime and toss once more. Top with scallions and peanuts.

# BONUS CHAPTER:

## *How To See Better (and Faster) Results On The Mediterranean Diet*

Several years ago, I noticed there was one single thing the most successful people do to see better (and even faster) results on **The Mediterranean Diet**.

I'd like you to try it as well — and I've found a way to make it super easy. In fact, it will take just 29 seconds a day.

What am I talking about?

Well, the folks that lose the most weight, feel the most energy, and see the biggest improvements on their blood markers...

**MAKE**  
**100% SURE** TO EAT  
**6-12 SERVINGS** OF  
**FRUITS** AND  
**VEGGIES**  
**EVERY SINGLE DAY.**



You see, eating pasta, chicken alfredo, and pizza is the EASY part. And yes, those foods are important to your overall health.

But, vegetables are the “secret” behind the healing power of the Mediterranean Diet.

Simply because they are chock-full of healthy antioxidants and phytochemicals that rejuvenate every cell in your body.

Ever wonder why Europeans are so much thinner and healthier than Americans? Well, that’s because vegetables like broccoli, arugula, asparagus, and kale are staples at Sunday lunches in Italy and France.

However, it’s easy for the Europeans to make sure they always eat their “greens.” Entire families often live under the same roof, which means Grandma will often cook while the adult children work.

But American culture is different. We don’t usually live with our elderly parents or in-laws. So, we don’t have anyone to do the cooking.

In fact, you probably do it all.

You cook dinner, clean the house, and pay the bills.

You juggle everyone’s needs, and try to make sure your family is happy and healthy.

So after a stressful day at work, you **deserve** to kickback and relax — not wash, chop and prepare vegetables. Trust me, I’ve been in your shoes!

Luckily, I found a way for you to get every single fruit and veggie your body needs in just 29 seconds a day — no juicing, blending, or chopping veggies required.

How? With a ready-mix superfood drink called **Daily Energy**.



Each scoop of Daily Energy contains a whopping 60 fruits, veggies, enzymes, spices, herbs, and superfoods. One glass helps you cover all of your nutritional bases, so no more feeling guilty or seeing lackluster results.

Plus, it's so easy to make that even a 5-year-old could prepare a glass.

Just stir one scoop into a glass of water.

**Sip it down.**

*And Voilà*

you'll give your body every nutrient it needs to stay healthy, energized and trim.



Daily Energy is so healthy and pure, I bet even Italian grandmothers would give it their stamp of approval.

Just take a look at what you're getting with every scoop:

**Supergreens for heart, lung and immune health**

Spirulina, chlorella, wheatgrass, organic alfalfa, organic spinach, broccoli, and barley grass.

## **Citrus and tropical fruits for vision, joint and heart health.**

Organic apples, cherries, rose hip berries, pineapples, and papayas.

## **Stress-busting adaptogens to feel that laid-back Mediterranean vibe without flying to Greece.**

Rhodiola rosea, ashwagandha, astragalus, and sunflower extract to help maintain healthy cortisol levels.

## **Digestive enzymes, prebiotics and probiotics for better digestion, nutrient absorption and easy weight loss.**

### **Plus, a few extra “supernutrients” for good measure:**

- ▶ CoQ10, which quite literally recharges every cell in your body.
- ▶ ECGC, a tea extract that helps boost your metabolism so fat burns off faster.
- ▶ Beets for better blood pressure, blood sugar, and overall energy.
- ▶ Ginger for soothing stiff, achy joints
- ▶ And dozens many more.

Plus, it's certified organic and made in an FDA-approved facility. That means no GMOs, no artificial colors, no artificial flavors, no heavy metals, and no other junk.

Every ingredient comes from real farms where the focus is on the quality of the ingredient - not the quantity. Drinking Daily Energy is almost as natural as eating fruit right off the vine at a farm in France.

## **But what about taste?**

Most other “greens” products taste like grass. But Daily Energy has a fruity, tangy taste. Even my kids look forward to drinking it.

## **Okay, how much will this set me back?**

I reached out to Phil at Spring of Life (the company that makes Daily Energy). I told him about our mission to help people improve their health through the Mediterranean diet and lifestyle.

Well, he got so excited, he said:

**“ You know what... I’ll send you a link that will give all of your readers 40% off Daily Energy. It’s the least I can do. ”**

I was blown away. Because a 40% discount brings Daily Energy down a measly \$2.30 per day. And when you consider one tiny tin of cherries costs \$8 bucks at Whole Foods, \$2.30 for over 60 superfoods is an absolute steal.

Plus, you get a 60-day guarantee. Just try it for a month. If you’r or any reason, let us know and you’ll receive a speedy and courteous refund. You’ve got nothing to lose by giving it a shot.

Look, I don’t recommend many supplements. But I promise you — Daily Energy will make your health journey just a little bit easier, so you’ll see results just a little bit faster.

So, I’d like you to pick this up. Just make sure you use the link below to receive your 40% discount.



***Click to get 40% off Daily Energy and see better (and faster) results on The Mediterranean Diet.***

**CLICK HERE NOW!**