THE Mediterranean DIET

30-DAY CHALLENGE

THE RECIPE BOOK

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The Mediterranean Diet 30-Day Challenge

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BREAKFAST RECIPES

Breakfast Muffins

SERVES:
6-8

PREP TIME: **10 MIN**
COOK TIME: **15 MIN**
TOTAL TIME: **25 MIN**

INGREDIENTS

3 tbsp. plain oatmeal (or other breakfast cereal without sugar)

3 eggs

2 tbsp. water

2 tbsp. flaxseed meal

3 tbsp. olive oil

2 tbsp. erythritol

1 tsp. vanilla extract

1 tsp. baking powder

DIRECTIONS

1. Preheat oven to 325 F and grease a muffin tray with olive oil.
2. In a bowl, combine all ingredients and mix well.
3. Pour batter into the muffin tray and bake for 15-18 minutes.
4. Remove from tray and serve.

Pancakes

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **10 MIN**
TOTAL TIME: **20 MIN**

INGREDIENTS

½ cup almond flour

3 eggs

½ tsp. cinnamon

1 tbsp. avocado oil

½ cup low-fat cream cheese

2 tbsp. sugar- and salt- free peanut butter (the runnier the better!)

3 bananas, sliced

DIRECTIONS

1. Place almond flour, eggs, cinnamon, oil and cream cheese into a blender. Blend until well combined.
2. In a frying pan, pour 2-3 tablespoons of the pancake mixture and cook for 1-2 minutes per side.
3. Remove from the pan and top with cinnamon, peanut butter and sliced banana.

Breakfast Sandwich

SERVES:
1

PREP TIME: **5 MIN**
COOK TIME: **5 MIN**
TOTAL TIME: **10 MIN**

INGREDIENTS

1 egg, hard-boiled/scrambled

2 slices whole-wheat bread, toasted

1 tbsp. low-fat cottage cheese

1/2 avocado, sliced

Handful of baby spinach

Salt and pepper, to taste

DIRECTIONS

1. Prepare the egg according to your liking.
2. Toast the whole-wheat bread.
3. Spread the cottage cheese over the toast and top with the egg, avocado slices and baby spinach.
4. Season with salt and pepper, and top with the other slice of toast.

Power Breakfast With Green Sauce

SERVES:
3

PREP TIME: **10 MIN**
COOK TIME: **10 MIN**
TOTAL TIME: **20 MIN**

INGREDIENTS

1 cup arugula

1/2 cup olive oil

1 cup parsley

1 cup baby spinach

4 garlic cloves

4 tbsp. hemp hearts

Salt and pepper, to taste

10 asparagus tips

2 eggs, hard-boiled

1 slice whole-wheat bread, toasted

DIRECTIONS

1. Preheat the oven to 325 F.
2. Prepare the green sauce by placing the arugula, olive oil, parsley, baby spinach, garlic cloves, and hemp hearts in blender. Blend until smooth.
3. Place the asparagus on a baking tray. Drizzle with olive oil and sprinkle with salt. Bake for 15 minutes.
4. Prepare the eggs.
5. Serve the eggs with a slice of toast, the asparagus spears and a drizzle of the sauce.

Pepper Rings

SERVES:
2

PREP TIME: **10 MIN**
COOK TIME: **10 MIN**
TOTAL TIME: **20 MIN**

INGREDIENTS

2 red bell peppers

1 tbsp. avocado oil

4 eggs

2 tbsp. Parmesan cheese

Salt and pepper, to taste

Rosemary

DIRECTIONS

1. Cut peppers into 4 rings and place them in the skillet. Add the avocado oil.
2. Crack each egg into a mug one at a time. Pour into each pepper ring. Add salt and a sprinkle of Parmesan cheese to each.
3. Allow to cook to your liking. Top with rosemary, to taste. Serve immediately.

Egg Bites

SERVES:
2

PREP TIME: **10 MIN**
COOK TIME: **20 MIN**
TOTAL TIME: **30 MIN**

INGREDIENTS

4 eggs

½ cup low-fat mozzarella, grated

½ cup fat-free cottage cheese

½ tsp. each: salt, pepper, paprika

4 scallions, sliced

2 cups baby spinach

1 tbsp. each: balsamic vinegar, olive oil

DIRECTIONS

1. Preheat oven to 325 F and grease a muffin tray with olive oil.
2. In a bowl, combine all ingredients (apart from the baby spinach) together and mix well.
3. Pour the mixture into a muffin tray and bake for 25 minutes.
4. Dress the baby spinach with balsamic vinegar and olive oil on a serving plate.
5. Remove the cooked muffin from the tray and place on top of a bed of baby spinach.

Breakfast Bowl

SERVES:
1

PREP TIME: **10 MIN**
COOK TIME: **10 MIN**
TOTAL TIME: **20 MIN**

INGREDIENTS

2 tsp. olive oil

1/2 onion, diced

1/2 cup mushrooms, sliced

1/2 red bell pepper, sliced

1/2 cup cherry tomatoes, halved

1/2 cup spinach, chopped

2 eggs

Handful of fresh mixed herbs, chopped

½ avocado

DIRECTIONS

1. In a bowl, beat the eggs and set aside.
2. Heat the olive oil in a skillet and saute the onions, mushrooms, bell pepper, cherry tomatoes and spinach until soft. Season with salt and pepper.
3. Add the eggs to the skillet with the vegetables and allow to cook for a few minutes before stirring to create scrambled eggs.
4. Stir through fresh herbs.
5. Serve with sliced avocado.

Breakfast Potatoes

SERVES:
2

PREP TIME: **10 MIN**
COOK TIME: **10 MIN**
TOTAL TIME: **20 MIN**

INGREDIENTS

2 large potatoes

1 tbsp. olive oil

1/2 onion, diced

1 clove garlic, minced

½ tsp. each: paprika, garlic powder, salt

4 eggs, scrambled

Handful of fresh parsley, chopped

DIRECTIONS

1. Peel and cut potatoes into quarters. Microwave for 4 minutes or until soft. Allow it to cool. Dice the potatoes.
2. In a skillet, add the olive oil, onion and garlic. Cook for a few minutes.
3. Add the spices and continue to stir.
4. After a few minutes, add the chopped potato and mix. Cook for about 10 minutes until crunchy and golden brown.
5. Scramble the eggs to your liking.
6. Serve the sauted potatoes with the scrambled eggs and top with fresh parsley.

Mini Breakfast Meatloaves

SERVES:

4

PREP TIME: **10 MIN**
COOK TIME: **30 MIN**
TOTAL TIME: **40 MIN**

INGREDIENTS

1 lb. lean ground beef

1 carrot, grated

1 zucchini, grated

1 egg

1/2 cup low-fat mozzarella

1/4 cup fresh parsley, chopped

Salt and pepper, to taste

2 cups baby spinach

2 tbsp. each: olive oil, balsamic vinegar

DIRECTIONS

1. Preheat oven to 325 F and grease a muffin tray with olive oil.
2. Combine all ingredients in a bowl. Mix well.
3. Divide the mixture into 6-8 portions and pack into a muffin tray.
4. Bake for 30 minutes.
5. Dress the baby spinach with balsamic vinegar and olive oil on a serving plate.
6. Remove the cooked meatloaf from the tray and place on top of the bed of baby spinach.

Jalapeno Muffins

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **30 MIN**
TOTAL TIME: **40 MIN**

INGREDIENTS

2 eggs

1 cup almond flour

2 tbsp. coconut flour

1 tsp. baking powder

Salt and pepper, to taste

1/2 tsp. each: smoked paprika, garlic powder

2/3 cup low-fat mozzarella, grated

3 tbsp. Parmesan cheese

3 tbsp. olive oil

DIRECTIONS

1. Preheat oven to 325 F and grease a muffin tray with olive oil.
2. Combine all ingredients (keep half the cheese aside) in a bowl and mix well.
3. Spoon mixture into the muffin tray and top with the remaining grated cheese.
4. Bake for about 30 minutes or until a knife/ toothpick inserted comes out clean.
5. Allow to cool completely and serve.

LUNCH RECIPES

Cashew & Broccoli Soup

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **30 MIN**
TOTAL TIME: **40 MIN**

INGREDIENTS

1 cup raw cashews

2 tbsp. olive oil

1/2 onion, diced

2 garlic cloves, minced

1 cup chicken broth

1 large head broccoli, in florets

2 stalks celery, chopped

2 carrots, chopped

4 slices whole-wheat bread, toasted

DIRECTIONS

1. Place the cashews in a bowl and cover with water. Soak overnight.
2. Blend the chicken broth and soaked cashews until smooth. Add a little extra water if necessary. Set a few tablespoons of the mixture aside to top the soup with.
3. Heat the olive oil to medium heat. Saute the onion and garlic for a few minutes before adding the broccoli, celery and carrots. Mix.
4. Allow it to cook for about 5 minutes. Season with salt and pepper.
5. Add 4 cups of boiling water and mix. Allow it to cook uncovered for 10 minutes.
6. Blend the broccoli mixture on high until smooth. Taste and season with salt and pepper.
7. Mix the broccoli soup with the cashew cream.
8. Serve with an extra spoon of cashew cream and a slice of whole-wheat toast.

Taco Soup

SERVES:
8

PREP TIME: **10 MIN**
COOK TIME: **10 MIN**
TOTAL TIME: **20 MIN**

INGREDIENTS

2 tbsp. olive oil

1/2 onion, diced

2 garlic cloves, minced

1 lb. lean ground beef

1 can black beans, drained

1 can chopped tomatoes

1 can corn, drained

2 cups bone broth

1/2 tbsp. chilli powder

1/2 tsp. each: garlic powder, onion powder,

dried oregano, paprika, cumin, salt, pepper

1/2 cup low-fat yoghurt

2 avocados, diced

Handful of fresh cilantro, chopped

DIRECTIONS

1. Heat the olive oil to medium heat in a pot. Saute the onion and garlic for a few minutes.
2. Add the ground beef and allow it to brown.
3. Add the black beans, chopped tomatoes, corn, bone broth and spices. Mix. Taste and adjust seasoning if necessary.
4. Allow it to simmer for 30 minutes.
5. Serve with a spoon of yoghurt, diced avocado and fresh cilantro.

Chicken Soup

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **30 MIN**
TOTAL TIME: **40 MIN**

INGREDIENTS

1 tbsp. olive oil

1 onion, diced

2 cloves garlic, minced

2 stalks celery, sliced

2 medium carrots, chopped

1/2 tbsp. dried Italian herbs

5 cups bone broth

10 oz. chicken breast, grilled and shredded

7 oz. frozen peas

1/2 lemon, juiced

Salt and pepper, to taste

4 slices whole-wheat toast

DIRECTIONS

1. Heat the olive oil in a pot to medium heat. Add the onions, garlic, celery, carrot and dried herbs. Saute for 10 minutes.
2. Add the bone broth and bring to a boil. Reduce to a simmer and allow to cook, covered, for 10 more minutes.
3. Blend half of the soup until smooth and add back to the pot.
4. Add the shredded chicken breast and frozen peas. Taste and season with salt and pepper.
5. Serve with a squeeze of fresh lemon juice and a slice of toasted whole-wheat bread.

Spinach Soup

SERVES:
2

PREP TIME: **5 MIN**
COOK TIME: **15 MIN**
TOTAL TIME: **20 MIN**

INGREDIENTS

1 tbsp. olive oil

1/2 onion, diced

2 cloves garlic, minced

1 tsp. each: cumin, paprika

4 cups spinach, chopped

5 cups vegetable broth

1 can butter beans, drained

2 slices whole-wheat bread, toasted

DIRECTIONS

1. Heat the olive oil in a pot to medium heat. Saute the onion and garlic for a few minutes until soft.
2. Add the spices and stir.
3. Add the spinach and vegetable broth. Simmer for 20 minutes.
4. Add the butter beans and leave to simmer for another 5 minutes.
5. Blend everything together until smooth. Pour back into the pot. Taste and adjust seasoning to your taste.
6. Serve with a slice of whole-wheat toast.

Toscana Soup

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **30 MIN**
TOTAL TIME: **40 MIN**

INGREDIENTS

1 lb. Italian turkey sausage

1 onion, diced

3 potatoes, sliced

2 cloves garlic, minced

2 tsp. dried oregano

4 cups bone broth

1 can reduced-fat coconut milk

1/2 cup fat-free half-and-half cream

4 cups spinach, chopped

Salt and pepper, to taste

DIRECTIONS

1. Add olive oil to a pot and brown the sausages for a few minutes. Remove from the pot and set aside.
2. Add the onion to the same pot and saute for 5 minutes.
3. Add the potatoes and stir for a few minutes.
4. Add in the dried oregano, bone broth and browned sausages.
5. Bring to a boil then reduce to a simmer until the potatoes have softened, about 20 minutes.
6. Stir in the coconut milk and half-and-half cream. Taste and season.
7. Stir through chopped spinach and simmer for another 10 minutes or until the spinach is soft.

Broccoli, Lemon & Parmesan Soup

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **20 MIN**
TOTAL TIME: **30 MIN**

INGREDIENTS

2 tbsp. olive oil

1 onion, diced

2 cloves garlic, minced

1 large head of broccoli, into florets

3 cups bone broth

1 lemon, juice and zest

1/3 cup Parmesan cheese, grated

Handful fresh parsley, chopped

4 slices whole-wheat bread, toasted

DIRECTIONS

1. Heat the olive oil in a pot. Add the onion and garlic. Saute for a few minutes until the onions are translucent and soft.
2. Add the broccoli florets and cook until slightly brown.
3. Add the broth and bring to a boil. Simmer for 20 minutes.
4. Combine the broccoli soup, lemon, and Parmesan cheese in a blender. Blend until smooth and creamy.
5. Serve with fresh parsley and a slice of whole-wheat bread.

Cauliflower Soup

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **30 MIN**
TOTAL TIME: **40 MIN**

INGREDIENTS

1 large head of cauliflower, into florets

1 can chickpeas, drained

2 tbsp. olive oil

1 tsp. each: smoked paprika, ground cumin

Salt and pepper, to taste

1 red onion, diced

2 cloves garlic, minced

2 potatoes, peeled and cubed

4 cups bone broth

1/2 lemon, juiced

Handful fresh basil, chopped

DIRECTIONS

1. Preheat the oven to 425 F.
2. Place the cauliflower florets and chickpeas into a baking tray and drizzle with a tablespoon of olive oil. Season with paprika, cumin, salt and pepper. Bake for 25 minutes.
3. Heat 1 tablespoon of olive oil in a pot. Saute garlic, onion, and potatoes for a few minutes.
4. Add the roasted cauliflower, chickpeas and bone broth to the pot and stir. Let it simmer for 20 minutes.
5. Transfer the cauliflower mixture to a blender and blend until smooth and creamy.
6. Pour the mixture back into the pot, add fresh lemon juice, and stir. Taste and adjust seasoning.
7. Serve with a handful of fresh basil.

Broccoli Cheese Soup

SERVES:
2

PREP TIME: **10 MIN**
COOK TIME: **20 MIN**
TOTAL TIME: **30 MIN**

INGREDIENTS

2 tbsp. olive oil

1 red onion, diced

2 cloves garlic, minced

1 large head broccoli, into florets

3 cups bone broth

1 cup reduced-fat coconut milk

6 oz. fat-free cream cheese

1 tbsp. hot sauce (optional)

Salt and pepper, to taste

DIRECTIONS

1. Heat the olive oil in a pot. Add the onion and garlic. Saute until soft.
2. Add the broccoli florets, bone broth and coconut milk. Stir. Allow it to simmer for 15 minutes.
3. Pour into a blender and add cream cheese. Season with salt and pepper. Blend until smooth and creamy.
4. Pour soup back into the pot. Add hot sauce (optional) and salt and pepper, to taste.

Queso Soup

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **30 MIN**
TOTAL TIME: **40 MIN**

INGREDIENTS

1 tbsp. avocado oil

1 lb. ground turkey

1 onion, diced

2 cloves garlic, minced

3 cups bone broth

1 can chopped tomatoes

1 tbsp. taco seasoning

1 tsp. garlic powder

6 oz. cream cheese

Handful of fresh cilantro, chopped

DIRECTIONS

1. Heat the olive oil to medium heat in a pot.
2. Add the ground turkey, diced onion and garlic. Allow to brown for a few minutes while stirring.
3. Add the bone broth, chopped tomatoes, taco seasoning and garlic powder. Stir.
4. Bring to a boil, then leave to simmer for 20 minutes.
5. Stir through the cream cheese. Taste and season.
6. Serve with fresh cilantro.

Crab Soup

SERVES:
6

PREP TIME: **10 MIN**
COOK TIME: **10 MIN**
TOTAL TIME: **20 MIN**

INGREDIENTS

2 tbsp. olive oil

1 onion, diced

2 stalks celery, chopped

2 cups fish stock

1 cup coconut milk

1 cup coconut cream

1 lb. crabmeat

1 tsp. dried Italian herbs

2 tsp. paprika

1/2 tsp. hot sauce

1/3 cup Parmesan cheese, grated

5 green onions, chopped

DIRECTIONS

1. Heat the olive oil at medium heat. Saute the onion and celery for 8 minutes.
2. Pour in the fish stock, coconut milk and coconut cream. Whisk well.
3. Stir in the crabmeat, herbs, paprika and hot sauce.
4. Simmer a few more minutes until the crabmeat is fully cooked.
5. Serve hot with a sprinkle of Parmesan cheese and chopped spring onions.

Chicken & Avo Salad

SERVES:
2

PREP TIME: **10 MIN**
COOK TIME: **10 MIN**
TOTAL TIME: **20 MIN**

INGREDIENTS

1 tbsp. olive oil

2 chicken breasts, grilled

2 cups cherry tomatoes, halved

1 yellow bell pepper, diced

Handful of fresh herbs, chopped

1 avocado, sliced

Parmesan cheese, grated

2 cups mixed lettuce

2 tbsp. reduced oil mayonnaise

Salt and pepper, to taste

DIRECTIONS

1. Combine all ingredients in a bowl.
2. Mix well. Season with salt and pepper.

Broccoli Salad

SERVES:
2

PREP TIME: **10 MIN**
COOK TIME: **10 MIN**
TOTAL TIME: **20 MIN**

INGREDIENTS

2 chicken breasts, grilled

1 head broccoli, into florets

1/2 red onion, finely diced

1 tbsp. sesame seeds, toasted

3 tbsp. raisins

3 tbsp. walnuts, chopped

1/4 cup reduced oil mayonnaise 1

tbsp. apple cider vinegar

1 tbsp. honey

DIRECTIONS

1. Cut the grilled chicken breasts into slices or cubes. Place into a large bowl.
2. Add the broccoli florets, red onion, sesame seeds, raisins and walnuts. Mix.
3. Prepare the dressing by combining the mayonnaise, apple cider vinegar and honey.
4. Pour the dressing over the salad and mix well.

Green Spring Salad

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **20 MIN**
TOTAL TIME: **30 MIN**

INGREDIENTS

1/2 lb. baby potatoes

1/2 cup frozen peas

6 oz. asparagus spears

2 cups mixed lettuce

2 zucchini, thinly sliced

4 tbsp. olive oil

2 tbsp. lemon juice

Handful of fresh mint

1 tsp. mustard

1 tsp. honey

Salt and pepper, to taste

2 tbsp. pine nuts, toasted

DIRECTIONS

1. Boil the potatoes until tender. Allow them to cool completely.
2. Boil the frozen peas. Place directly into ice-cold water afterwards so they stay green. Set aside.
3. Toss the asparagus in a teaspoon of olive oil. Grill them until cooked through and slightly charred.
4. Add the mixed lettuce, boiled potatoes, peas and zucchini.
5. In a blender, combine the olive oil, lemon juice, mint, mustard, honey, salt and pepper. Blend on high. Taste and adjust seasoning.
6. Pour the dressing over the salad and top with toasted pine nuts.

Egg Salad

SERVES:
4

PREP TIME: **5 MIN**
COOK TIME: **9 MIN**
TOTAL TIME: **14 MIN**

INGREDIENTS

6 hard-boiled eggs

2 celery stalks, chopped

4 green onions, chopped

1 green pepper, diced

1 tsp. mustard

1/2 cup reduced oil mayonnaise

Whole-wheat crackers or bread

DIRECTIONS

1. Place hard-boiled eggs in a bowl.
2. Add the chopped celery, green onions and green peppers.
3. Stir through the mayonnaise and mustard.
4. Serve with whole-wheat crackers or bread.

Caesar Salad

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **20 MIN**
TOTAL TIME: **30 MIN**

INGREDIENTS

3 chicken breasts

1 tbsp. olive oil

2 tsp. dried Italian herbs

6 oz. romaine lettuce

½ cup reduced oil mayonnaise

1 tbsp. chopped fillets of anchovies

1 garlic clove

1 tbsp. mustard

½ lemon, juice and zest

1 tbsp. Parmesan cheese

DIRECTIONS

1. Preheat the oven to 400 F.
2. Place the chicken breast into a baking tray. Drizzle with olive oil. Season with mixed herbs, salt and pepper.
3. Bake chicken in the oven for 15 to 20 minutes or until cooked through. Slice and set aside.
4. Prepare the dressing by blending together the mayonnaise, anchovies, garlic, mustard, lemon zest and juice, and Parmesan.
5. Combine the romaine lettuce and chicken breast in a bowl. Drizzle with the dressing and enjoy. Optional: Add olives for a tastier treat!

Mediterranean Pasta Salad

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **30 MIN**
TOTAL TIME: **40 MIN**

INGREDIENTS

10 oz. farfalle pasta

1/2 cucumber, diced

2 cups cherry tomatoes, halved

1/2 cup olives, pitted and sliced

3 oz. low-fat feta cheese

1/2 red onion, diced

1 avocado, diced

1/4 cup olive oil

3 tbsp. red wine vinegar

1 tsp. honey.

2 tsp. dried Italian herbs

DIRECTIONS

1. Prepare the pasta according to package instructions. Set aside to cool.
2. Combine the cucumber, cherry tomatoes, olives, feta, onion and avocado in a bowl.
3. Prepare the dressing by combining the olive oil, red wine vinegar, honey and Italian herbs.
4. Pour the dressing over the salad. Add the pasta. Mix to combine.

Chicken Salad

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **30 MIN**
TOTAL TIME: **40 MIN**

INGREDIENTS

4 chicken breasts

1 tbsp. olive oil

1 tsp. dried Italian mixed herbs

3/4 cup cashews

2 tbsp. honey

2 tbsp. apple cider vinegar

1 garlic clove, minced

Salt and pepper, to taste

2 ribs celery

1 cup red grapes, halved

1/4 cup raisins

½ cup pecans, roughly chopped

DIRECTIONS

1. Soak the cashews in water overnight. Discard the water.
2. Preheat oven to 425 F.
3. Place the chicken breast on a baking tray. Drizzle with olive oil and season with dried herbs, salt and pepper. Bake for 20- 25 minutes. Chop into smaller pieces and place in a large bowl.
4. Prepare the cashew dressing by blending together the soaked cashews, 1/4 cup water, honey, apple cider vinegar, garlic, salt and pepper. Add a little extra water if it is too thick.
5. Add the chopped celery, grapes, raisins and pecans.
6. Pour over the dressing and mix well.

Tuna Salad

SERVES:
4

PREP TIME: **5 MIN**
COOK TIME: **0 MIN**
TOTAL TIME: **5 MIN**

INGREDIENTS

2 cans tuna, drained

1 tbsp. fresh dill, chopped

4 eggs, hard-boiled

4 tbsp. reduced oil mayonnaise

1 tbsp. low-fat sour cream

1 tsp. mustard

1/2 red onion, diced

Salt and pepper, to taste

DIRECTIONS

1. Combine all ingredients in a bowl and mix.
2. Season with salt and pepper to taste.

Spinach Salad

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **30 MIN**
TOTAL TIME: **40 MIN**

INGREDIENTS

4 cups baby spinach

1 avocado, diced

2 cups strawberries, sliced

2 cans butter beans, drained and rinsed

3 tbsp. pumpkin seeds, toasted

1/4 cup olive oil

2 tbsp. Dijon mustard

2 tbsp. honey

1/4 cup apple cider vinegar

Salt and pepper, to taste

DIRECTIONS

1. Add the baby spinach, avocado, strawberries, butter beans and pumpkin seeds to a large bowl.
2. Prepare the dressing by mixing together the olive oil, Dijon mustard, honey and apple cider vinegar.
3. Pour the dressing over the salad, and season with salt and pepper, to taste.

Cauliflower Salad

SERVES:
2

PREP TIME: **10 MIN**
COOK TIME: **10 MIN**
TOTAL TIME: **20 MIN**

INGREDIENTS

1 large head cauliflower, into florets

1 can chickpeas, drained and rinsed

2 tsp. harissa spice blend

2 tbsp. olive oil

4 cups arugula

1/2 cup pomegranate arils

1/2 cup tahini

1 cup lemon juice

1 Tbs. olive oil

1 tsp. each: Dijon mustard, honey

1 garlic clove, minced

Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 400 F.
2. Place the cauliflower and chickpeas into a baking dish. Top with harissa spice and olive oil. Toss to combine. Bake for 20 minutes stirring halfway.
3. Add the arugula and pomegranate arils to a big bowl.
4. Prepare the dressing by mixing together the tahini, lemon juice, olive oil, Dijon mustard, honey, minced garlic, salt and pepper. Add salt and pepper, to taste.
5. Add the roasted cauliflower and chickpeas to the arugula. Pour over the dressing and toss to combine.

DINNER
RECIPES

Shrimp Stir-fry

SERVES:

4

PREP TIME: **10 MIN**
COOK TIME: **20 MIN**
TOTAL TIME: **30 MIN**

INGREDIENTS

3 tbsp. olive oil

1 lb. shrimp

8 cups mixed vegetables

(mushrooms, peppers, carrots

etc.), chopped

1 tsp. fresh ginger, grated

2 garlic cloves, minced

1/4 cup soy sauce

Red pepper flakes

1 1/2 cups brown rice

DIRECTIONS

1. Prepare brown rice according to package instructions.
2. Combine ginger, garlic, soy sauce, a tablespoon of olive oil and a pinch of red pepper flakes in a small bowl. Mix well.
3. Heat 2 tablespoons of olive oil in a skillet and add the shrimp. Cook until pink. Remove from the pan and set aside.
4. Add the vegetables to a pan and saute for a few minutes.
5. Add the shrimp and sauce into the pan. Stir while cooking for another minute.
6. Serve over a bed of brown rice.

Salmon Bake

SERVES:

4

PREP TIME: **10 MIN**
COOK TIME: **25 MIN**
TOTAL TIME: **35 MIN**

INGREDIENTS

8 baby tomatoes, thickly sliced

2 cups cherry tomatoes, halved

1 tbsp. olive oil

Salt and pepper, to taste

4 salmon fillets

1/3 cup olives, pitted

1 lemon, zest

1/4 cup fresh basil, chopped

4 cups baby spinach

DIRECTIONS

1. Preheat oven to 375 F and place the potatoes and cherry tomatoes into a baking dish. Drizzle with olive oil. Bake for 15 minutes.
2. Add the salmon to the dish, as well as the olives and lemon zest. Bake for another 10 minutes.
3. Serve on a bed of baby spinach mixed with the chopped fresh basil.

Stuffed Peppers

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **30 MIN**
TOTAL TIME: **40 MIN**

INGREDIENTS

2 red bell peppers, halved

2 tbsp. olive oil

1 cup whole-wheat couscous

1 cup bone broth

1 onion, diced

1 can chickpeas, drained and rinsed

1/3 cup dates, pitted and chopped

1/2 tsp. each: paprika, cumin, ground ginger

1/3 cup fresh parsley, chopped

1/2 cup low-fat yoghurt

Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 400 F.
2. Place bell peppers on a baking tray and drizzle with a tablespoon of olive oil. Bake for 10 minutes.
3. Bring bone broth to a boil. Add couscous and cover the pot. Let it boil for another 5 to 10 minutes before fluffing with a fork.
4. Add a tablespoon of olive oil to a pan and saute the chopped onions for a few minutes until translucent and soft.
5. Add the couscous, chickpeas, chopped dates, spices and fresh parsley. Stir.
6. Spoon the mixture into the roasted peppers. Bake for 15 minutes.
7. Serve with a dollop of yoghurt. Season with salt and pepper.

Seafood Soup

SERVES:
2

PREP TIME: **10 MIN**
COOK TIME: **25 MIN**
TOTAL TIME: **35 MIN**

INGREDIENTS

1 tbsp. olive oil

1 onion, diced

1 red bell pepper, chopped

2 garlic cloves, minced

1 can diced tomatoes

1 1/2 cup bone broth/ fish stock

1 lemon, juice and zest

2 tsp. mixed Italian dried herbs

1 bay leaf

1 lb. fish fillets, cut into pieces

1/3 cup fresh basil, chopped

Salt and pepper, to taste

DIRECTIONS

1. Heat the oil in a large pot over medium heat. Add the onion and bell pepper. Saute for 5 minutes.
2. Add the garlic and saute for another minute.
3. Add the can of tomatoes, fish stock, lemon juice and zest, dried herbs and bay leaf. Bring to a boil and reduce to a simmer with the lid on for 15 minutes.
4. Add the pieces of fish and cook without the lid for 5 minutes.
5. Serve with fresh basil and season to taste.

BBQ Chicken Wraps

SERVES:
2

PREP TIME: **10 MIN**
COOK TIME: **25 MIN**
TOTAL TIME: **35 MIN**

INGREDIENTS

4 chicken breasts

2 tbsp. olive oil

1 tbsp. barbecue spice

2 tbsp. lemon juice

1 green bell pepper, thinly sliced

2 cups cherry tomatoes, halved

1/2 red onion, sliced

1/3 cup olives, pitted

2 oz. low-fat feta cheese, crumbled

2 oz. arugula

1 cup low-fat yoghurt

1 garlic clove, minced

4 wholegrain wraps

DIRECTIONS

1. Preheat oven to 325 F.
2. Season the chicken breast with a tablespoon of olive oil, barbecue spice and half the lemon juice.
3. Place into the oven and bake for 25 minutes or until cooked through.
4. Prepare the salad by combining the bell pepper, tomatoes, red onion, olives, feta cheese and arugula in a bowl. Dress with olive oil. Season with salt and pepper.
5. Combine the yoghurt with the garlic. Mix.
6. Serve the chicken breast, sliced, on a wrap with salad and a drizzle of garlic yoghurt.

Slow-Cooked Chickpeas

SERVES:
4

PREP TIME: **20 MIN**
COOK TIME: **130 MIN**
TOTAL TIME: **150 MIN**

INGREDIENTS

7 oz. dried chickpeas,

soaked overnight

1 tbsp. olive oil

1 onion, chopped

3 garlic cloves, minced

2 cans chopped tomatoes

4 cups vegetable stock

2 Tbs. each: fresh thyme, oregano

1 lb. butternut, in pieces

5 baby marrow, chopped

1 eggplant, chopped

4 slices whole-wheat bread

DIRECTIONS

1. Heat the olive oil in a large pot over medium heat. Add the onion and garlic. Saute for 10 minutes.
2. Add the chickpeas, chopped tomatoes, stock and herbs. Mix well.
3. Cover with a lid and bring to a boil. Reduce to a simmer and allow to cook covered with a lid for 90 minutes.
4. Add the remaining vegetables and cook for 25 minutes.
5. Take the lid off and allow to simmer for 15 minutes until the vegetables and chickpeas are cooked through.
6. Serve with a slice of toasted whole-wheat bread.

Lemon & Herb Chicken

SERVES:

4

PREP TIME: **10 MIN**
COOK TIME: **40 MIN**
TOTAL TIME: **50 MIN**

INGREDIENTS

4 chicken thighs

1/3 cup lemon juice

1 tbsp. lemon zest

3 tbsp. olive oil

1 tbsp. red wine vinegar

3 garlic cloves, minced

1 tbsp. each: dried basil, oregano

8 baby potatoes, halved

1 red onion, quartered

1 red bell pepper

1/4 cup olives

DIRECTIONS

1. In a bowl combine lemon juice, lemon zest, olive oil, red wine vinegar, garlic and herbs.
2. Pour half of the mixture over the chicken thighs. Marinate for 1 hour or overnight for best results. Keep the remaining marinade mixture.
3. Preheat the oven to 420 F.
4. Place the chicken into a baking dish and arrange the vegetables around it. Pour over the remaining marinade.
5. Cover with a lid and bake for 35 minutes.
6. Remove the lid or cover and bake the chicken and potatoes for another 5 minutes or until browned.

Turkey Meatballs

SERVES:

4

PREP TIME: **15 MIN**
COOK TIME: **25 MIN**
TOTAL TIME: **40 MIN**

INGREDIENTS

1/2 cup whole- wheat bread crumbs

1/2 cup skim milk

1 egg, beaten

1 oz. Parmesan cheese, grated

1/3 cup fresh parsley, chopped

1 tsp. dried oregano

1 lb. lean ground turkey

Salt and pepper

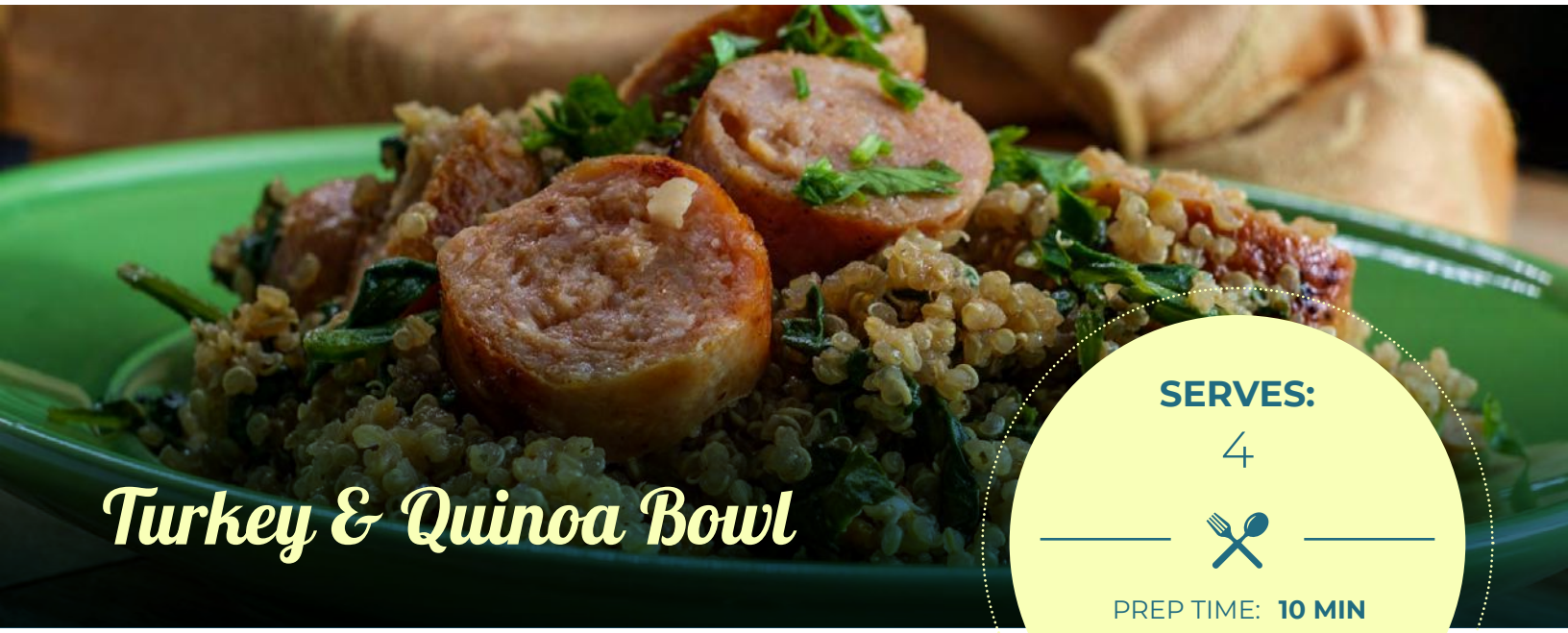
2 cans chopped tomatoes

2 cloves garlic, minced

Handful of fresh basil, chopped

DIRECTIONS

1. Add the bread crumbs, milk, egg, Parmesan, parsley, oregano and ground turkey to a bowl. Mix well.
2. Form into small balls.
3. Place the chopped tomatoes into a pan. Add the minced garlic and cook in medium heat.
4. Place the meatballs into the tomato sauce and simmer for 20 minutes covered with a lid.
5. Remove the lid, stir gently and cook for another 5 minutes.
6. Serve with fresh basil.



Turkey & Quinoa Bowl

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **30 MIN**
TOTAL TIME: **40 MIN**

INGREDIENTS

2 tbsp. olive oil

1 lb. Italian turkey sausage, cut into pieces

1 red onion, diced

2 garlic cloves, minced

1 can chopped tomatoes

1 tsp. dried oregano

2/3 cup quinoa

4 cups baby spinach

1/3 cup low-fat feta, crumbled

2 tbsp. balsamic vinegar

1 avocado, diced

DIRECTIONS

1. Heat a tablespoon of olive oil to medium heat in a pan. Pan-fry the pieces of turkey sausage, onion and garlic for 5 minutes.
2. Stir in the chopped tomatoes and dried oregano.
3. Bring to a boil. Stir in the quinoa. Reduce heat and simmer for 15 minutes.
4. Serve on a bed of baby spinach, dressed with balsamic vinegar and olive oil. Top with diced avocado and crumbled feta cheese.

Mediterranean Shrimp

SERVES:

4

PREP TIME: **10 MIN**
COOK TIME: **10 MIN**
TOTAL TIME: **20 MIN**

INGREDIENTS

2 cups brown rice

1 lb. shrimp

2 tsp. each: smoked paprika, dried

oregano, ground coriander

3 tbsp. olive oil

1 red onion, diced

3 garlic cloves, minced

2 bell peppers, diced

1 can chopped tomatoes

1/3 cup bone broth

1 lemon, juiced

DIRECTIONS

1. Prepare brown rice according to package instructions.
2. Place shrimp in a bowl. Add the paprika, oregano and coriander. Mix until shrimp is evenly coated.
3. Heat the olive oil to medium heat and saute the red onion, garlic cloves and bell peppers. Stir while cooking for 3 minutes.
4. Add the shrimp. Cook for a minute. Add the chopped tomatoes and lemon juice.
5. Cook for another 5 minutes before serving over brown rice.

DESSERT RECIPES

Cheesecake Fat Bombs

SERVES:
12

PREP TIME: **10 MIN**
COOK TIME: **0 MIN**
TOTAL TIME: **10 MIN**

INGREDIENTS

2 oz. frozen strawberries

6 oz. cream cheese

1 oz. xylitol

1 tsp. vanilla extract

DIRECTIONS

1. Puree the strawberries using a blender.
2. In a bowl mix together the sweetener, vanilla extract and pureed strawberries.
3. Microwave the cream cheese and combine with the rest of the ingredients.
4. Divide into 10-12 round silicone moulds and freeze for 1-2 hours before serving.

Brownies

SERVES:
12

PREP TIME: **10 MIN**
COOK TIME: **20 MIN**
TOTAL TIME: **30 MIN**

INGREDIENTS

½ cup almond flour

½ tsp baking powder

2/3 cup xylitol

½ cup unsweetened cocoa powder

1 tbsp. instant coffee

Pinch of salt

1/2 cup olive oil

2 oz. dark chocolate

1 egg

½ tsp vanilla extract

DIRECTIONS

1. Preheat oven to 325 F and grease a baking dish with olive oil.
2. In a medium bowl whisk almond flour, baking powder, xylitol, cocoa powder, instant coffee and salt.
3. In another bowl melt the chocolate and olive oil. Slowly whisk in the eggs and vanilla.
4. Add to dry ingredients and mix well.
5. Transfer batter into a baking dish and bake for 20 minutes.
6. Plate baked brownies and serve.

Blueberry Nice Cream

SERVES:
2

PREP TIME: **10 MIN**
COOK TIME: **0 MIN**
TOTAL TIME: **10 MIN**

INGREDIENTS

1 cup frozen blueberries

2 frozen bananas

1 cup unsweetened almond milk

2 tbsp. shredded coconut, toasted

DIRECTIONS

1. Add the blueberries, bananas and almond milk to a food processor or blender. Blend until smooth. Scrape edges down, as needed.
2. Place in a container and freeze for 2-3 hours or until the ice cream is firm.
3. Serve in a cup topped with shredded coconut.

Crepes

SERVES:
2

PREP TIME: **10 MIN**
COOK TIME: **5 MIN**
TOTAL TIME: **15 MIN**

INGREDIENTS

5 eggs

5 oz. low-fat cream cheese

1 tsp. cinnamon

1 tsp. vanilla extract

1 tbsp. xylitol

1 tsp. olive oil

2 tbsp. sugar- and salt-free

peanut butter

2 tbsp. honey

2 bananas, sliced

DIRECTIONS

1. Blend the eggs, cream cheese, cinnamon, vanilla extract and a tablespoon of the xylitol.
2. Heat the olive oil to medium heat. Pour the batter in and cook for a minute or two per side.
3. Serve the crêpes with peanut butter, honey, banana and extra cinnamon.

Naan

SERVES:
4

PREP TIME: **10 MIN**
COOK TIME: **30 MIN**
TOTAL TIME: **40 MIN**

INGREDIENTS

½ cup coconut flour

1 tbsp. psyllium husk

1 tbsp. olive oil

½ tsp. baking powder

½ tsp. salt

1 cup boiling water

DIRECTIONS

1. In a bowl mix, all ingredients and refrigerate for a few hours.
2. Divide the dough into 6 balls and roll flat.
3. Heat a cast-iron skillet over medium heat and cook for 2-3 minutes on each side.

Peanut Butter Cookies

SERVES:
12

PREP TIME: **10 MIN**
COOK TIME: **30 MIN**
TOTAL TIME: **40 MIN**

INGREDIENTS

1 cup sugar- and salt-free

peanut butter

1 tsp. vanilla extract

1 tsp. baking powder

½ tsp. salt

½ cup xylitol

1 egg

DIRECTIONS

1. Preheat oven to 325 F and line a baking tray with parchment paper.
2. Mix all ingredients together in a large bowl.
3. Refrigerate for 15-20 minutes.
4. Roll dough into balls and place on parchment paper.
5. Use the back of a fork to press each ball down into a cookie shape.
6. Bake for 12-15 minutes.

Microwave Cake

SERVES:
2

PREP TIME: **10 MIN**
COOK TIME: **3 MIN**
TOTAL TIME: **13 MIN**

INGREDIENTS

3 tbsp. almond flour

1 tbsp. cocoa powder

1 egg, beaten

1 tbsp. olive oil

1 tbsp. honey

1 tsp. vanilla extract

1/2 tsp. baking powder

Salt

2 oz. low-fat cream cheese

1 tbsp. honey

1 cup mixed berries

DIRECTIONS

1. Combine almond flour, cocoa powder, egg, olive oil, honey, vanilla extract, baking powder and a pinch of salt in a bowl. Mix well.
2. Place mixture in a mug and microwave on high for 3 minutes.
3. Mix the cream cheese and honey together.
4. Serve the mug cake with a dollop of cream cheese frosting and fresh berries.

Lemon Fat Bomb

SERVES:
16

PREP TIME: **10 MIN**
COOK TIME: **0 MIN**
TOTAL TIME: **10 MIN**

INGREDIENTS

7 oz. low-fat cream cheese

1/2 cup almond flour

1 oz. xylitol

2 tsp. fresh lemon juice

2 tsp. lemon zest

1 tsp. vanilla extract

1 cup unsweetened shredded coconut

DIRECTIONS

1. Combine all ingredients except for the shredded coconut in a bowl. Mix well.
2. Freeze for 10 minutes.
3. Place coconut and a teaspoon of xylitol on a plate.
4. Remove the dough from the freezer and form balls before rolling in the shredded coconut.
5. Freeze for 30 minutes.

Peanut Butter Balls

SERVES:
12

PREP TIME: **10 MIN**
COOK TIME: **0 MIN**
TOTAL TIME: **10 MIN**

INGREDIENTS

1 cup peanuts, finely chopped

1 cup sugar- and salt-free peanut butter

1 cup xylitol

6 oz. sugar-free dark chocolate chips

DIRECTIONS

1. Line a baking tray with parchment paper.
2. In a bowl mix the peanuts, peanut butter and xylitol.
3. Freeze for 10 minutes.
4. Divide the dough into 12 pieces and shape into balls. Place on the lined baking tray.
5. Melt the chocolate chips. Dip each peanut butter in the melted chocolate then place them back on the tray.
6. Refrigerate for an hour or until set.

Nutty Brownies

SERVES:
12

PREP TIME: **10 MIN**
COOK TIME: **25 MIN**
TOTAL TIME: **35 MIN**

INGREDIENTS

1/2 cup unsweetened

cocoa powder

1/2 cup xylitol

1/2 tsp. baking soda

1/4 tsp. xantham gum

Salt

2 eggs, beaten

1/4 cup avocado oil

1 tsp. vanilla extract

1/2 cup walnuts, chopped

DIRECTIONS

1. Preheat the oven to 350 F and line a baking tray with parchment paper.
2. Sift the cocoa powder, xylitol, baking soda, xantham gum and salt in a bowl.
3. Mix eggs, oil, and vanilla extract in a separate bowl.
4. Combine the wet and dry ingredients. Stir through the chopped walnuts.
5. Pour into the lined baking tray.
6. Bake for 25 minutes. Allow it to cool before serving.

Coffee Smoothie

SERVES:
1

PREP TIME: **5 MIN**
COOK TIME: **0 MIN**
TOTAL TIME: **5 MIN**

INGREDIENTS

2 tsp. instant coffee

1 tbsp. peanut butter

1/2 tsp. vanilla extract

1 cup unsweetened almond milk

1 frozen banana

1 tsp. xylitol

DIRECTIONS

1. Place all ingredients in a blender. Blend until smooth.
2. Pour in a glass and serve.

Pumpkin Smoothie

SERVES:
1

PREP TIME: **5 MIN**
COOK TIME: **0 MIN**
TOTAL TIME: **5 MIN**

INGREDIENTS

1 cup unsweetened almond milk

2 tbsp. unsweetened pumpkin puree

1/2 tsp. vanilla extract

1 frozen banana

1 tsp. pumpkin pie spice

DIRECTIONS

1. Place all ingredients in a blender. Blend until smooth.
2. Pour in a glass and serve.

Cashew Smoothie

SERVES:
1

PREP TIME: **5 MIN**
COOK TIME: **0 MIN**
TOTAL TIME: **5 MIN**

INGREDIENTS

1 cup cashew milk

2 tbsp. cashew nut butter

1 frozen banana

1/2 tsp. cinnamon

1 tsp. honey

1/2 ice

DIRECTIONS

1. Place all ingredients in a blender. Blend until smooth.
2. Pour in a glass and serve.

Berry Smoothie

SERVES:
1

PREP TIME: **5 MIN**
COOK TIME: **0 MIN**
TOTAL TIME: **5 MIN**

INGREDIENTS

2/3 cup unsweetened almond milk

1/2 low-fat yoghurt

1 tsp. xylitol

1/2 cup mixed berries

1 frozen banana

DIRECTIONS

1. Place all ingredients in a blender. Blend until smooth.
2. Pour in a glass and serve.

Raspberry Cream Smoothie

SERVES:
1

PREP TIME: **5 MIN**
COOK TIME: **0 MIN**
TOTAL TIME: **5 MIN**

INGREDIENTS

1 cup unsweetened almond milk

1 oz. low-fat cream cheese

2/3 cup frozen raspberries

1 tsp. xylitol

1/2 tsp. vanilla extract

1/2 cup ice

DIRECTIONS

1. Place all ingredients in a blender. Blend until smooth.
2. Pour in a glass and serve.

Avocado Smoothie

SERVES:
1

PREP TIME: **5 MIN**
COOK TIME: **0 MIN**
TOTAL TIME: **5 MIN**

INGREDIENTS

1/2 avocado

2/3 cup unsweetened

almond milk

1/2 cup low-fat yoghurt

1 frozen banana

1 tsp. lime juice

1 tsp. xylitol

1/2 cup ice

DIRECTIONS

1. Place all ingredients in a blender. Blend until smooth.
2. Pour in a glass and serve.

Omega Smoothie

SERVES:
1

PREP TIME: **5 MIN**
COOK TIME: **0 MIN**
TOTAL TIME: **5 MIN**

INGREDIENTS

1 frozen banana

1 tbsp. unsweetened cocoa powder

2 tbsp. chia seeds

1 tbsp. flax seeds

1 tbsp. walnuts, chopped

1 cup unsweetened almond milk 1/2

cup ice

DIRECTIONS

1. Place all ingredients in a blender. Blend until smooth.
2. Pour in a glass and serve.

Fat Bomb Smoothie

SERVES:
1

PREP TIME: **5 MIN**
COOK TIME: **0 MIN**
TOTAL TIME: **5 MIN**

INGREDIENTS

1/2 avocado

2 tbsp. chia seeds

2 tbsp. almond butter

1 cup unsweetened almond milk

1 frozen banana

1 tbsp. cocoa powder

Pinch of salt

1/2 cup ice

DIRECTIONS

1. Place all ingredients in a blender. Blend until smooth.
2. Pour in a glass and serve.

Cinnamon Protein Smoothie

SERVES:
1

PREP TIME: **5 MIN**
COOK TIME: **0 MIN**
TOTAL TIME: **5 MIN**

INGREDIENTS

1 cup unsweetened cashew milk

1 tsp. cinnamon

1 tbsp. flax seeds

1 oz. vanilla whey protein powder

1 frozen banana

1/2 cup ice

DIRECTIONS

1. Place all ingredients in a blender. Blend until smooth.
2. Pour in a glass and serve.

Tropical Smoothie

SERVES:
1

PREP TIME: **5 MIN**
COOK TIME: **0 MIN**
TOTAL TIME: **5 MIN**

INGREDIENTS

1 frozen banana

1/2 cup mango

1/2 cup pineapple

1 1/2 cup reduced-fat coconut

milk

1/2 cup ice

DIRECTIONS

1. Place all ingredients in a blender. Blend until smooth.
2. Pour in a glass and serve.

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, flavonoids 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're unsatisfied for 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!