

Med in 28

Your *Practical Guide*
to Mediterranean Cooking



7 DAY TASTER PLAN

Important Note

The information in this book reflects the author's research, experiences and opinions and is not intended as medical advice. Before beginning any nutritional or exercise program, consult your doctor or physician to ensure it's appropriate for you.

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Breakfast



Banana Yogurt Pots



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 236 | 7g | 2g | 32g | 19g | 4g | 14g | 0.1g |

INGREDIENTS

225g Greek yogurt
2 bananas, sliced into chunks
15g walnuts, toasted and chopped

METHOD

01/ Place some of the yogurt into the bottom of a glass. Add a layer of banana, then yogurt and repeat. Once the glass is full, scatter with the nuts.



Tomato & Watermelon Salad



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 177 | 13g | 5g | 13g | 10g | 1g | 5g | 1.4g |

INGREDIENTS

1 tbsp olive oil
 1 tbsp red wine vinegar
 ¼ tsp chilli flakes
 1 tbsp chopped mint
 120g tomatoes, chopped
 250g watermelon, cut into chunks
 50g feta cheese, crumbled

METHOD

01/ For the dressing, Mix the oil, vinegar, chilli flakes and mint and then season.

02/ Put the tomatoes and watermelon into a bowl. Pour over the dressing, add the feta, then serve.



Blueberry Oats Bowl



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 235 | 4g | 1g | 38g | 14g | 5g | 13g | 0.1g |

INGREDIENTS

60g porridge oats
160g Greek yogurt
175g blueberries
1 tsp honey

METHOD

01/ Put the oats in a pan with 400ml of water. Heat and stir for about 2 minutes. Remove from the heat and add a third of the yogurt.

02/ Tip the blueberries into a pan with the honey and 1 tbsp of water. Gently poach until the blueberries are tender.

03/ Spoon the porridge into bowls and add the remaining yogurt and blueberries.





Lunch



Cannellini Bean Salad



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 302 | 0g | 0g | 54g | 5g | 25g | 20g | 1.2g |

INGREDIENTS

600g cans cannellini beans
 70g cherry tomatoes, halved
 ½ red onion, thinly sliced
 ½ tbsp red wine vinegar
 small bunch basil, torn

METHOD

01/ Rinse and drain the beans and mix with the tomatoes, onion and vinegar. Season, then add basil just before serving.



Edgy Veggie Wraps



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 310 | 11g | 5g | 39g | 6g | 8g | 11g | 1.6g |

INGREDIENTS

100g cherry tomato
1 cucumber
6 Kalamata black olives
2 large wholemeal tortilla wraps
50g feta cheese
2 tbsp houmous

METHOD

01/ Chop the tomatoes, cut the cucumber into sticks, split the olives and remove the stones.
02/ Heat the tortillas.
03/ Spread the houmous over the wrap. Put the vegetable mix in the middle and roll up.



Carrot, Orange & Avocado Salad



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 338 | 27g | 5g | 26g | 13g | 11g | 4g | 0.1g |

INGREDIENTS

1 orange, plus zest and juice of 1
 2 carrots, halved lengthways and sliced with a peeler
 35g bag rocket
 1 avocado, stoned, peeled and sliced
 1 tbsp olive oil

METHOD

01/ Cut the segments from 1 of the oranges and put in a bowl with the carrots, rocket and avocado. Whisk together the orange juice, zest and oil. Toss through the salad, and season.



Mixed Bean Salad



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 240 | 12g | 5g | 22g | 4g | 9g | 11g | 1.5g |

INGREDIENTS

145g jar artichoke heart in oil
 ½ tbsp sundried tomato paste
 ½ tsp red wine vinegar
 200g can cannellini beans, drained and rinsed
 150g pack tomatoes, quartered
 handful Kalamata black olives
 2 spring onions, thinly sliced on the diagonal
 100g feta cheese, crumbled

METHOD

01/ Drain the jar of artichokes, reserving 1-2 tbsp of oil. Add the oil, sun-dried tomato paste and vinegar and stir until smooth. Season to taste.

02/ Chop the artichokes and tip into a bowl. Add the cannellini beans, tomatoes, olives, spring onions and half of the feta cheese. Stir in the artichoke oil mixture and tip into a serving bowl. Crumble over the remaining feta cheese, then serve.



Panzanella Salad



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 452 | 35g | 6g | 37g | 7g | 11g | 6g | 1.1g |

INGREDIENTS

400g tomatoes
 1 garlic clove, crushed
 1 tbsp capers, drained and rinsed
 1 ripe avocado, stoned, peeled and chopped
 1 small red onion, very thinly sliced
 2 slices of brown bread
 2 tbsp olive oil
 1 tbsp red wine vinegar
 small handful basil leaves

METHOD

01/ Chop the tomatoes and put them in a bowl. Season well and add the garlic, capers, avocado and onion. Mix well and set aside for 10 minutes.

02/ Meanwhile, tear the bread into chunks and place in a bowl. Drizzle over half of the olive oil and half of the vinegar. When ready to serve, scatter tomatoes and basil leaves and drizzle with remaining oil and vinegar. Stir before serving.



Quinoa & Stir Fry Veg



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 473 | 25g | 3g | 56g | 9g | 9g | 11g | 0.3g |

INGREDIENTS

100g quinoa
 3 tbsp olive oil
 1 garlic clove, finely chopped
 2 carrots, cut into thin sticks
 150g leek, sliced
 150g broccoli, cut into small florets
 50g tomatoes
 100ml vegetable stock
 1 tsp tomato purée
 juice ½ lemon

METHOD

01/ Cook the quinoa according to pack instructions. Meanwhile, heat 3 tbsp of the oil in a pan, then add the garlic and quickly fry for 1 minute. Throw in the carrots, leeks and broccoli, then stir-fry for 2 minutes until everything is glistening.

02/ Add the tomatoes, mix together the stock and tomato purée, then add to the pan. Cover and cook for 3 minutes. Drain the quinoa and toss in the remaining oil and lemon juice. Divide between warm plates and spoon the vegetables on top.



Moroccan Chickpea Soup



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 408 | 11g | 2g | 63g | 3g | 10g | 15g | 2.0g |

INGREDIENTS

1 tbsp olive oil
 ½ medium onion, chopped
 1 celery sticks, chopped
 1 tsp ground cumin
 300ml hot vegetable stock
 200g can chopped tomatoes
 200g can chickpeas, rinsed and drained
 50g frozen broad beans
 zest and juice ½ lemon
 coriander & bread to serve

METHOD

01/ Heat the oil in a saucepan, then fry the onion and celery for 10 minutes until softened. Add the cumin and fry for another minute.

02/ Turn up the heat, then add the stock, tomatoes, chickpeas and black pepper. Simmer for 8 minutes. Add broad beans and lemon juice and cook for a further 2 minutes. Top with lemon zest and coriander.





Dinner



Quick Moussaka



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 577 | 27g | 12g | 46g | 6g | 8g | 41g | 2.8g |

INGREDIENTS

1 tbsp olive oil
 ½ onion, finely chopped
 1 garlic clove, finely chopped
 250g lean beef mince
 200g can chopped tomatoes
 1 tbsp tomato purée
 1 tsp ground cinnamon
 200g can chickpeas
 100g pack feta cheese, crumbled
 dried mint
 brown bread, to serve

METHOD

01/ Heat the oil in a pan. Add the onion and garlic and fry until soft. Add the mince and fry for 3-4 minutes until browned.

02/ Tip the tomatoes into the pan and stir in the tomato purée and cinnamon, then season. Leave the mince to simmer for 20 minutes. Add the chickpeas half way through.

03/ Sprinkle the feta and dried mint over the mince. Serve with toasted bread.



Spicy Tomato Baked Eggs



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 417 | 17g | 4g | 45g | 7g | 5g | 19g | 0.8g |

INGREDIENTS

1 tbsp olive oil
 2 red onions, chopped
 1 red chilli, deseeded & chopped
 1 garlic clove, sliced
 small bunch coriander, stalks and leaves chopped separately
 800g can cherry tomatoes
 4 eggs
 brown bread, to serve

METHOD

01/ Heat the oil in a frying pan with a lid, then cook the onions, chilli, garlic and coriander stalks for 5 minutes until soft. Stir in the tomatoes, then simmer for 8-10 minutes.

02/ Using the back of a large spoon, make 4 dips in the sauce, then crack an egg into each one. Put a lid on the pan, then cook over a low heat for 6-8 mins, until the eggs are done to your liking. Scatter with the coriander leaves and serve with bread.



Salmon with Potatoes & Corn Salad



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 479 | 21g | 3g | 27g | 2g | 3g | 43g | 0.5g |

INGREDIENTS

200g baby new potatoes
1 sweetcorn cob
2 skinless salmon fillets
60g tomatoes

For the dressing

1 tbs red wine vinegar
1 tbs extra-virgin olive oil
1 shallot, finely chopped
1 tbs capers, finely chopped
handful basil leaves

METHOD

- 01/ Cook potatoes in boiling water until tender, adding corn for final 5 minutes. Drain & cool.
- 02/ For the dressing, mix the vinegar, oil, shallot, capers, basil & seasoning.
- 03/ Heat grill to high. Rub some dressing on salmon & cook, skinned-side down, for 7-8 minutes. Slice tomatoes & place on plate. Slice the potatoes, cut the corn from the cob & add to plate. Add the salmon & drizzle over the remaining dressing.



Spiced Carrot & Lentil Soup



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 238 | 7g | 1g | 34g | 1g | 5g | 11g | 0.3g |

INGREDIENTS

1 tsp cumin seeds
pinch chilli flakes
1 tbsp olive oil
300g carrots, washed and coarsely
grated (*no need to peel*)
70g split red lentils
500ml hot vegetable stock (*from a
cube is fine*)
60ml milk
Greek yogurt, to serve

METHOD

01/ Heat a large saucepan and dry-fry the cumin seeds and chilli flakes for 1 minute. Scoop out about half of the seeds with a spoon and set aside. Add the oil, carrot, lentils, stock and milk to the pan and bring to the boil. Simmer for 15 minutes until the lentils have swollen and softened.

02/ Whizz the soup with a stick blender or in a food processor until smooth. Season to taste and finish with a dollop of Greek yogurt and a sprinkling of the reserved toasted spices.



Med Chicken with Quinoa Greek Salad



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 473 | 21g | 6g | 57g | 5g | 13g | 16g | 2.5g |

INGREDIENTS

100g quinoa
 ½ red chilli, deseeded and finely chopped
 1 garlic clove, crushed
 200g chicken
 1 tbsp extra-virgin olive oil
 150g tomato, roughly chopped
 handful pitted black kalamata olives
 ½ red onion, finely sliced
 50g feta cheese, crumbled
 small bunch mint leaves, chopped
 juice and zest ½ lemon

METHOD

01/ Cook the quinoa following the pack instructions, then rinse in cold water and drain thoroughly.

02/ Meanwhile, toss the chicken fillets in the olive oil with some seasoning, chilli and garlic. Lay in a hot pan and cook for 3-4 minutes each side or until cooked through. Transfer to a plate and set aside

03/ Next, tip the tomatoes, olives, onion, feta and mint into a bowl. Toss in the cooked quinoa. Stir through the remaining olive oil, lemon juice and zest, and season well. Serve with the chicken on top.



Grilled Vegetables with Bean Mash



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 314 | 16g | 2g | 33g | 9g | 11g | 19g | 0.1g |

INGREDIENTS

1 pepper, deseeded & quartered
 1 aubergine, sliced lengthways
 2 courgettes, sliced lengthways
 2 tbsp olive oil

For the mash

400g can haricot beans, rinsed
 1 garlic clove, crushed
 100ml vegetable stock
 1 tbsp chopped coriander

METHOD

01/ Heat the grill. Arrange the vegetables over a grill pan & brush lightly with oil. Grill until lightly browned, turn them over, brush again with oil, then grill until tender.

02/ Meanwhile, put the beans in a pan with garlic and stock. Bring to the boil, then simmer, uncovered, for 10 minutes. Mash roughly with a potato masher. Divide the vegetables and mash between 2 plates, drizzle over oil & sprinkle with black pepper & coriander.



Spicy Mediterranean Beet Salad



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 548 | 20g | 4g | 58g | 6g | 11g | 23g | 1.7g |

INGREDIENTS

8 raw baby beetroots, or 4 medium, scrubbed
 ½ tbsp za'atar
 ½ tbsp sumac
 ½ tbsp ground cumin
 400g can chickpeas, drained and rinsed
 2 tbsp olive oil
 ½ tsp lemon zest
 ½ tsp lemon juice
 200g Greek yogurt
 1 tbsp harissa paste
 1 tsp crushed red chilli flakes
 mint leaves, chopped, to serve

METHOD

01/ Heat oven to 220C/200C fan/gas 7. Halve or quarter beetroots depending on size. Mix spices together. On a large baking tray, mix chickpeas and beetroot with the oil. Season with salt & sprinkle over the spices. Mix again. Roast for 30 minutes.

02/ While the vegetables are cooking, mix the lemon zest and juice with the yogurt. Swirl the harissa through and spread into a bowl. Top with the beetroot & chickpeas, and sprinkle with the chilli flakes & mint.





Snacks / Sides



Mediterranean Dip



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 213 | 12g | 7g | 16g | 2g | 4g | 12g | 1.5g |

INGREDIENTS

400g can cannellini bean
 200g feta cheese
 1 tbsp lemon juice
 1 garlic clove, crushed
 3 tbsp chopped dill, mint or chives
 (or 1 tbsp each)

METHOD

01/ Drain and rinse beans. Tip into a food processor with feta, lemon juice and garlic. Whizz until smooth. Add dill, mint or chives, and season with pepper.



Strawberry & Yogurt Parfait



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 161 | 4g | 1g | 23g | 13g | 2g | 9g | 0.1g |

INGREDIENTS

150g punnet strawberries, chopped
 1 tbsp sugar
 150g Greek yogurt
 4 small amaretti biscuit, crushed

METHOD

01/ In a small bowl, mix the strawberries with half the sugar, then roughly mash them with a fork. Mix the remaining sugar into the yogurt, then layer up 6 glasses with amaretti biscuits, yogurt and strawberries.



Honeyed Figs with Yogurt & Almonds



| Nutrition (per serving) | Kcal | Fat | Sat Fat | Carb | Sugar | Fibre | Protein | Salt |
|----------------------------|------|-----|---------|------|-------|-------|---------|------|
| | 151 | 5g | 1g | 24g | 11g | 2g | 4g | 0.1g |

INGREDIENTS

2 figs
2 tbsp Greek yogurt
1 tbsp honey
2 pinches of cinnamon
handful flaked toasted almonds

METHOD

01/ Cut the figs in half. Spoon over the yogurt, then drizzle with honey. Sprinkle with cinnamon and a few flaked toasted almonds.





Resources



7. Day

Meal Plan




| | BREAKFAST | LUNCH | DINNER |
|-----|---------------------------------|---------------------------------------|--|
| MON | Banana Yogurt Pots (page 5) | Cannellini Bean Salad (12) | Quick Moussaka (27) |
| TUE | Tomato and Watermelon Salad (7) | Edgy Veggie Wraps (14) | Spicy Tomato Baked Eggs (29) |
| WED | Blueberry Oats Bowl (9) | Carrot, Orange and Avocado Salad (16) | Salmon with Potatoes & Corn Salad (31) |
| THU | Banana Yogurt Pots (5) | Mixed Bean Salad (18) | Spiced Carrot & Lentil Soup (33) |
| FRI | Tomato and Watermelon Salad (7) | Panzanella Salad (20) | Med Chicken, Quinoa & Greek Salad (35) |
| SAT | Blueberry Oats Bowl (9) | Quinoa & Stir Fried Veg (22) | Grilled Vegetables with Bean Mash (37) |
| SUN | Banana Yogurt Pots (5) | Moroccan Chickpea Soup (24) | Spicy Mediterranean Beet Salad (39) |



7. Day
Shopping List



This shopping list corresponds to the 7 day taster weekly meal plan, **servicing 2 people. No snacks are included.**

DAIRY

| | |
|---------------------------------------|--------|
| <input type="checkbox"/> Feta Cheese | 400 g |
| <input type="checkbox"/> Milk | 60 ml |
| <input type="checkbox"/> Eggs | 4 |
| <input type="checkbox"/> Greek Yogurt | 1300 g |

BAKERY

| | |
|--|---|
| <input type="checkbox"/> Small Loaf of Wholemeal Bread | 1 |
| <input type="checkbox"/> Wholemeal Tortillas | 2 |

MEAT & FISH

| | |
|--|------|
| <input type="checkbox"/> Salmon Fillets | 2 |
| <input type="checkbox"/> Chicken Breast | 200g |
| <input type="checkbox"/> Lean Beef Mince | 250g |

STORE

| | |
|--|-------|
| <input type="checkbox"/> Artichoke Hearts | 145 g |
| <input type="checkbox"/> Extra Virgin Olive Oil | |
| <input type="checkbox"/> Black Olives | 50 g |
| <input type="checkbox"/> Cannellini Beans | 800 g |
| <input type="checkbox"/> Capers | 8g |
| <input type="checkbox"/> Tinned Chickpeas | 800g |
| <input type="checkbox"/> Chillli Flakes | |
| <input type="checkbox"/> Fresh Coriander | |
| <input type="checkbox"/> Cumin Seeds | |
| <input type="checkbox"/> Ground Cinnamon | |
| <input type="checkbox"/> Ground Cumin | |
| <input type="checkbox"/> Haricot Beans | 400 g |
| <input type="checkbox"/> Harissa Paste | |
| <input type="checkbox"/> Houmous | |
| <input type="checkbox"/> Honey (<i>optional</i>) | |
| <input type="checkbox"/> Mint | |
| <input type="checkbox"/> Quinoa | 200 g |
| <input type="checkbox"/> Black Olives | 50 g |
| <input type="checkbox"/> Porridge Oats | 120 g |
| <input type="checkbox"/> Red Wine Vinegar | |
| <input type="checkbox"/> Rocket | 35 g |

| | |
|--|---------|
| <input type="checkbox"/> Split Red Lentils | 70g |
| <input type="checkbox"/> Sumac | |
| <input type="checkbox"/> Sundried Tomato Paste | |
| <input type="checkbox"/> Tomato Puree | |
| <input type="checkbox"/> Vegetable Stock | 1000 ml |
| <input type="checkbox"/> Walnuts | 45 g |
| <input type="checkbox"/> Canned Chopped Tomatoes | 1200 g |
| <input type="checkbox"/> Za'atar | |

FRUIT & VEG

| | |
|---|-------|
| <input type="checkbox"/> Aubergine | 1 |
| <input type="checkbox"/> Avocado | 2 |
| <input type="checkbox"/> Baby Beetroot | 8 |
| <input type="checkbox"/> Broad Beans | 50g |
| <input type="checkbox"/> Frozen Blueberries | 350g |
| <input type="checkbox"/> New Potatoes | 200g |
| <input type="checkbox"/> Bananas | 6 |
| <input type="checkbox"/> Rocket Leaves | 35g |
| <input type="checkbox"/> Basil Leaves | 70g |
| <input type="checkbox"/> Broccoli Head | 1 |
| <input type="checkbox"/> Carrots | 500g |
| <input type="checkbox"/> Cucumber | 1 |
| <input type="checkbox"/> Celery Stick | 1 |
| <input type="checkbox"/> Red Chillis | 2 |
| <input type="checkbox"/> Courgettes | 2 |
| <input type="checkbox"/> Garlic Clove | 1 |
| <input type="checkbox"/> Leek | 150g |
| <input type="checkbox"/> Lemons | 2 |
| <input type="checkbox"/> Onions | 5 |
| <input type="checkbox"/> Oranges | 2 |
| <input type="checkbox"/> Red Pepper | 1 |
| <input type="checkbox"/> Shallot | 1 |
| <input type="checkbox"/> Tomatoes | 1000g |
| <input type="checkbox"/> Cherry Tomatoes | 170 |
| <input type="checkbox"/> Bunch of Spring Onions | |
| <input type="checkbox"/> Sweetcorn Cob | 1 |
| <input type="checkbox"/> Tomatoes | 1320g |
| <input type="checkbox"/> Watermelon | 1 |

Ready to Start Your 28 Day Mediterranean Diet Plan

Like these recipes and meal plans and want a full 28 day plan?

As you've seen from this 7 day plan, eating healthy Mediterranean-style food can be both easy and delicious. Our 28 day plan expands on this 7 day taster plan with 4 new weeks of recipes, meal plans and shopping lists with extra information on how to sustain healthy weight loss and eating habits in the future.

Let's kickstart healthy eating habits, lose the weight you've always wanted and keep it off for good.

[Start Your 28 Day Plan](#)

