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Introduction

Thank you and welcome to my book, "The Mediterranean Diet for Beginners: An Easy Step by Step Plan to Eating Healthy, Losing Weight and Living Longer." The best part is that you've already started your journey to building a better you by downloading this book.

Eat the Mediterranean way with the help of tips, tricks, and advice that you can easily incorporate into your lifestyle. This book will show you how to make easy-to-execute changes in your diet in order to encourage you to eat healthy, help you lose weight, and gear you towards living longer. By including more fresh vegetables and fruits in your menu, getting your protein from good sources, swapping your usual refined grains for real whole grains, and limiting your consumption of red meat and sugars, you will find that living a healthy lifestyle, having a lean and fit body, and keeping your heart healthy is truly possible.

Here's to eating the Mediterranean way!

Chapter 1 ABCs Of The Mediterranean Diet

A – An excellent diet plan for people who have diabetes

The Mediterranean diet works well for people who have a diabetic condition. A number of guidelines on diabetes management are similar to the Mediterranean diet essentials. Both encourage you to:

1. Eat plenty of vegetables and fruits, with at least one-half of your plate consisting of non-starchy veggies.
2. Go for lean protein choices, with at least two servings of fish included in your weekly menu.
3. Choose healthy carbohydrates, including whole grains, starchy vegetables, and beans.
4. Use healthy fats (unsaturated) in most of your meals.
5. Reduce your consumption of sweets.
6. Indulge in regular physical activity.

The Mediterranean diet not only encourages you to eat well-balanced meals; it also allows you to have full control of your portion sizes. This is what makes it a good diet plan for diabetics and non-diabetics alike. The Mediterranean diet is effective in helping you lose weight as well as live a healthier and longer life. In fact, studies have shown that this diet plan is an effective means of preventing type 2 diabetes, stroke, heart attack, and premature death.

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B – Based on foods traditionally served in Greece and Italy back in the 60's

- A number of research studies have indicated how exceptionally healthy were the people who lived there during that time. The same research studies have also noted that these individuals were less likely to suffer from a number of killer diseases.
- As part of the lifestyle of these people, the Mediterranean diet also encouraged them to eat healthfully in the company of family members and friends. Eating as well as cooking and cleaning were considered activities that were meant to be done and enjoyed with other people. This is the reason these people were not just physically healthy, but mentally and emotionally healthy as well.

C – Cuisine a la Mediterranean is plant-based

You will find that a major part of the Mediterranean diet plan is centered on plants. It encourages you to consume on a daily basis the following foods: vegetables and fruits, beans, whole grains, seeds and nuts, spices and herbs, and olive oil. The Mediterranean diet is also big on the consumption of fresh vegetables and fruits that are in season.

D – Dashes of spice and herbs are allowed

The Mediterranean diet may have you think that you will have to resign yourself to eating bland foods. But it actually allows you to have your fill of flavorful dishes, thanks to the spices and herbs you can use as food seasonings. Relying on the powerful flavors of spices and herbs makes it all too easy for you to reduce your need to add fat, salt, and sugar to your dishes. You can even add citrus juice to your arsenal of natural flavor enhancers.

E – Excellent way to use olive oil in cooking

The Mediterranean diet plan uses olive oil as its staple fat. In fact, eating the Mediterranean way allows you to do away with using solid fats like butter and margarine altogether. This is an effective way of avoiding the consumption of trans fats and saturated fats, which are known to have damaging effects to your arteries as well as cause your cholesterol levels to rise. Meanwhile, the consumption of olive oil (which contains high amounts of heart-healthy monounsaturated fats) in place of saturated fats allows you to have your cholesterol levels reduced.

F – Fine with eating whole grains, legumes, nuts, and beans every day

These food items are considered as everyday staples in the Mediterranean diet. You can easily incorporate whole grains, legumes, and beans into your weight loss diet plan, especially if you make sure to consume them in the right portion sizes. Meanwhile, you can get your fair share of healthy fats (unsaturated) from nuts.

G – Gets you to include fish and other lean proteins in your dishes

- When following the Mediterranean diet plan, you will find that you can easily get your protein from good animal sources, which includes fish. In fact, the Mediterranean diet encourages eating 1 serving of fish at least 2 times weekly. By eating salmon, trout, halibut, sardines, albacore tuna, herring, and mackerel at the recommended portions, you allow the health of your heart and brain to improve.
- Other animal protein sources, like low-fat dairy, cheese, eggs, and chicken are also allowed in the Mediterranean diet, although these should be consumed in smaller daily portions; otherwise, you can have them one to two times every week.
- Meanwhile, you can also include red meat in your Mediterranean diet plan, but you have to make sure that you consume no more than three ounces, the size of which equals the size of your palm.

H – High-sugar foods are restricted

You may still satisfy your sweet tooth when going on the Mediterranean diet, but you need to put a limit on your intake of high-sugar foods. Desserts served in the Mediterranean diet plan are usually fruit-inspired; you will find that many desserts are actually plain fruits. When it comes to other types of desserts, the Mediterranean diet does let you enjoy it on rare occasions. Just remember to limit yourself to small portions, which are usually just adequate for satisfying your cravings for sweets.

I – Intake of alcohol is an option

The Mediterranean diet promotes drinking plenty of water as well as moderate amounts of alcohol (wine).

- Men are advised to consume only up to two drinks in a day; meanwhile, just one drink daily is recommended for women.
- 1 wine serving / 1 drink = 1 five-ounce portion

J – “Just be active” is part of the plan

It is important to see to it that your Mediterranean diet plan is designed in combination with regular physical activity. Traditionally, the Mediterranean people engaged in active work inside and outside their homes. Common physical activities, such as walking, were considered a regular part of their daily lives.

You can easily fit exercise into your daily schedule. At work, you could take a break every hour to simply stretch and walk. When running errands, you might walk to your destination instead of using your car. Cleaning your house from top to bottom and working out at the local gym during your after-work hours are also great ideas for incorporating physical activity into your life. This is the reason the Mediterranean diet is not only considered as a weight loss or health improvement diet plan, but as a lifestyle as well.

Chapter 2 Food Guide For Eating The Mediterranean Way

A lower incidence of heart disease has been noted in people residing in the Mediterranean region. This may be a good indication of the Mediterranean diet's potential to keep your heart healthy, but you have to consider your portion sizes as well as overall calorie intake. Consuming large portions of unsaturated fat and healthy foods allowed in the Mediterranean diet can still contribute to weight gain and a shorter life span.

It is best to pick fewer servings from the following Mediterranean diet-approved food groups. It also helps to ensure that you match your serving sizes to the ones listed below:

FOODS YOU CAN EAT

Tip No. 1: It is important that you choose healthy, unprocessed foods as the basis of your Mediterranean diet plan.

You can eat these regularly...

1. Vegetables

- Serving size = 4 to 8 servings daily
- Examples: ½ cup of cooked vegetables / 1 cup of raw vegetables
- Includes: All non-starchy vegetables
- Does not include: Potatoes, winter squash, corn, and peas (starchy vegetables)

2. Fruits

- Serving size = 2 to 4 servings daily
- Examples: ¼ cup of dried fruit / ½ cup of fruit juice / 1 small piece of fruit
- Includes: Bananas, strawberries, melons, apples, oranges, grapes, pears, dates, and peaches
- Tips: 1) Go for whole fruits – they are rich in nutrients as well as fiber. 2) Canned fruits and frozen fruits are good as well – just make sure that the canned fruits come with a light syrup and the frozen fruits have little sugar added, or none at all. 3) Fruit juices are allowed – just have them in small amounts (8 ounces or less daily), as they tend to have as much added sugar as regular sweetened beverages.

3. Nuts, seeds, and legumes

- Serving size = 1 to 3 servings daily
- Examples: 12 to 15 pieces of almonds / 20 pieces of peanuts / 7 to 8 pieces of pecans or walnuts / 2 tablespoons of sesame seeds or sunflower seeds / 1 tablespoon peanut butter / ½ cup of lentils, navy beans, pinto beans, kidney beans, garbanzo, black beans, soy beans, or split peas
- Includes: Macadamia nuts, pumpkin seeds, almonds, cashews, walnuts, hazelnuts, sunflower seeds, peanuts, beans, lentils, peas, pulses, and peanuts
- Tips: 1) Strive to consume one to two daily servings of seeds/nuts (rich in unsaturated fats). 2) Aim to have one to two daily servings of legumes (rich in protein, fiber, and minerals).

4. Whole grains and starchy vegetables

- Serving size = 4 to 6 servings daily
- Includes: Whole wheat, buckwheat, whole oats, rye, corn, barley, whole grain pasta, whole wheat bread, yams, yams, turnips, sweet potatoes, and potatoes. ● Examples: whole wheat bread (1 slice) / whole grain bun (1/2 of a large piece) / whole grain cereal (1/2 cup, cooked) / whole wheat pita (6-inch) / corn, potatoes, peas, or winter squash (1/2 cup) / whole grain roll (1 small piece) / whole grain crackers (6 pieces) / whole wheat pasta (1/2 cup, cooked) / barley or brown rice (1/2 cup, cooked)

5. Fish and seafood

- Serving size = 2 to 3 servings weekly (1 serving = 3 ounces)
- Examples: Tuna, trout, sardines, salmon, shrimp, crab, oysters, mackerel, mussels, and clams

6. Healthy fats

- Serving size = 4 to 6 servings daily
- Includes: olive oil (extra virgin), avocado oil, olives, and avocados
- Examples: Light margarine (2 teaspoons) / regular mayonnaise (1 teaspoon) / regular salad dressing (2 tablespoons) / canola oil (1 teaspoon) / olive oil (1 teaspoon) / olives (5 pieces) / avocado (1/8 piece)

You can eat these in moderation...

1. Poultry

- Serving size = 1 to 3 servings weekly (1 serving = 3 ounces)
- Includes: Turkey, duck, and chicken

2. Eggs

- Serving size = Egg whites in unlimited amounts; 4 egg yolks weekly
- Includes: Chicken eggs / quail eggs / duck eggs

3. Dairy products (low-fat)

- Serving size = 1 to 3 servings daily
- Examples: Skim milk (1 cup) / light yogurt (1 cup) / low-fat cheese (1 ounce)

You can eat these at rare times...

1. Red meat

- Serving size = 3 to 4 times monthly
- Examples: Beef, lamb, pork, veal, and other red meats

2. Red wine

- Serving size = 1 glass daily
- Note: Avoid red wine if you have an alcohol addiction, have a problem with controlling your alcohol consumption, have high blood pressure, or are taking medicines that should not be taken with alcohol.

FOODS YOU SHOULD AVOID

Tip No. 2: Know that the key to losing weight and living long and healthy is to eat single-ingredient, whole foods.

1. Added sugar

- Includes: Table sugar, soda, ice cream, and candies

2. Refined grains

- Includes: Refined wheat pasta and white bread

3. Transfats

- Includes: Margarine and other trans-fat-containing processed foods

4. Refined oils

- Includes: Canola oil, soybean oil, and cottonseed oil

5. Processed meat

- Includes: Hotdogs, sausages, and other processed meat

6. Highly processed foods

- Includes: All forms of “low-fat” foods or “diet” foods

Chapter 3 Mediterranean Diet Tips And Tricks

You will find the Mediterranean diet much easier to incorporate into your lifestyle if you always see to it that you take time to enjoy your meals. This means eating your real breakfast slowly, not hurriedly gobbling up a granola bar; eating your lunch at the table, not wolfing down a sandwich while watching TV in the den; and sitting down to a dinner with family or friends. This way, you get to be more in touch with your body's cues for hunger and fullness, and this helps you eat just enough to get satisfied.

Here are tips and tricks you can follow to help you stick to the Mediterranean diet for life:

1. Include vegetables in each of your meals.

You simply cannot get enough of vegetables, which is why you can allow yourself to eat as much as three to eight servings in a day. Depending on the type of vegetable, you can consider one-half cup to two cups as equal to one serving size.

- Make sure to choose vegetables that come in different colors so that you get as much vitamins and antioxidants as possible.
- You can have spinach with your cheddar omelet for breakfast, tuck into a bowl of steaming vegetable soup during lunch, and sitting down to a refreshing green salad as well as some roasted carrots at dinner.
- To ensure that you get to indulge in vegetables every day, treat yourself to big green salads; they let you consume several vegetable servings in one sitting.

2. Treat your sweet tooth to the delicious and mouth-watering taste of fruits.

Give in to your desire to have dessert, but make sure it is fruit. Fresh fruits do only satisfy your sweet cravings in a healthy way, they also provide you with high levels of vitamin C, fiber, and antioxidants.

- You may add a bit of sugar to your fruit, if that is what it takes to have you eat more fruits. Try drizzling honey over pear slices, or sprinkling some brown sugar on sliced grapefruit.
- Make sure you always have fruits at home; place them in a spot that you can easily see. That way, whenever you feel hungry in between meals, you can just reach for them and treat yourself to a healthy snack. It also helps to always bring a piece of fruit (or two) when you go to work.
- Each time you shop for groceries, see to it that you buy a new fruit to try. This is a great way of broadening your fruit choices.

3. Stock up on seeds, nuts, low-fat dairy, and low-fat cheese.

These are better snack options compared to processed snack foods that contain too much fat, sugar, and/or salt.

- Instead of snacking on packaged snack foods like cookies and chips, treat yourself to a handful of sunflower seeds, walnuts, or almonds. You save yourself this way from consuming high amounts of added sugars, trans fats, and saturated fats. • Plain yogurt (non-fat) is a great complement to your fresh fruits.

4. As much as possible, use healthy oils in place of margarine and butter.

When it comes to cooking and baking, olive oil should be your go-to fat; it goes well with many dishes and does your heart a lot of good with its rich monounsaturated fats content.

- Consider using extra-virgin olive that is of high quality; the extra money you spend on buying it goes a long way towards helping you create a number of healthy dishes for many weeks to come.
- You can season your olive oil with balsamic vinegar – this goes truly well with bread. Just dip and eat.
- You may also try using walnut oil, canola oil, and other plant-based oils. These are also great alternatives to butter (its high saturated fat content increases your chances of suffering from heart disease). Plus, they contain high levels of omega-3 fatty acids as well as monounsaturated fats that help keep your heart healthy.

5. Expand your protein horizon.

You can do away with most red meat by getting your good protein instead from turkey and chicken (make sure to remove the skin), beans, fish, and nuts. Switching from red meat to these protein choices allows you to reduce your intake of unhealthy saturated fats.

- Start by eating any kinds of fish twice a week. Just keep in mind that it should be broiled, steamed, grilled – prepared in any which way except by frying.
- You can't go wrong with tuna, salmon, and other types of fatty fish. They are naturally abundant in omega-3 fatty acids.
- It helps to think of meat from now on as a flavoring for your dishes, not the main meal. Instead, make vegetables and whole grains the focus of your meals. For instance, you can try using a bit of pancetta (diced) in your pasta's tomato sauce.

- In case you feel like you absolutely have to have some steak, know that there is nothing wrong indulging in it occasionally. Just make sure to go for flank steak, strip steak, sirloin, top loin, and other lean cuts. And don't forget to keep your portions down to three to four ounces.

6. Have fun experimenting with “real” whole grains.

It is best to limit yourself to whole grain bread, rice, pasta, and other “real” whole grains. These foods have retained their natural whole state and have not undergone any refining process. Consider the following grains:

- *Barley*: This grain is rich in fiber. You will find it quite filling, especially when you eat it as part of a steamy mushroom soup.
- *Quinoa*: This grain is actually a staple of the ancient Incas. You will find quinoa a wonderful food item to have in your pantry, especially if you are looking for something satisfying but that can be prepared quickly. Quinoa can be cooked in only twenty minutes, which is why it is a particularly great side dish to have during weeknights.
- *Oatmeal*: Whipping up a bowl of hot oatmeal for breakfast during cold winter mornings is a breeze.
- *Popcorn*: Popcorn is actually a type of whole grain – and a low-calorie one at that (just remember not to put butter or caramel on it). Prepare your popcorn in an air-popper. If you have to put something on it, consider drizzling olive oil on it.

Make sure to complement your consumption of “real” whole grains with other types of whole grain products. Whole wheat pasta and bread are Mediterranean diet-approved items you can have your fill of. It also helps if you see to it that whole grain products you buy have the word “whole grain” or “whole” on their packages, as well as in their list of ingredients. Better yet, choose whole grain products that list whole grain as their first ingredient.

If you find it quite a challenge to switch from your refined favorites to “real” whole grains, you can always use whole grain mixtures of rice and pastas. You can also make your own whole grain blends at home by simply mixing one part whole grains with one part refined ones.

7. Prepare your own dishes and snacks (and other tips for practicing the Mediterranean diet).

This is actually a sound idea, especially since the Mediterranean diet is based on a healthy lifestyle that includes preparing your foods right in the comforts of your kitchen. The problem is that your fast-paced lifestyle might not make it easy for you to cook more of your meals at home. The lack of time might make you think twice then about fully embracing the Mediterranean way of eating.

But there are plenty of ways you can practice the Mediterranean way of healthy eating. Just follow these helpful tips for preparing your meals on the go:

- Make sure to always have yogurt (non-fat, low-fat, or low-fat Greek are best) in the refrigerator. You can just combine four ounces of yogurt with fresh berries and chopped nuts. The result is a perfect snack to quickly eat when you are pressed for time.
- Keep a wide array of nuts (dry-roasted or raw are best, and they should be unsalted) handy in your purse or drawer. Make your own nuts combo from soy nuts, almonds, walnuts, pistachios, pecans, and cashews.
- You can double your recipes on purpose so that you can rest assured that there will always be leftovers that you can have for lunch the day after. Consider doubling up on stews and soups – both taste really delicious when eaten the next day because their ingredients were allowed to sit and then soap up all those flavors.
- Stock up on a variety of whole fruits: Great examples include oranges, pears, peaches, bananas, small apples, Clementines, and nectarines.
- There is no reason why you should not stock up on pre-cut fruits as well. At the store, you can always find fruits as well as vegetables which are individually packaged in small portions that make them great snack options.
- You can never go wrong with filling your pantry and refrigerator with good old peanut butter; same goes with almond butter, balsamic vinegar, and hummus. These items work well as dips with fruit, vegetables, and pita bread (whole wheat). You might be lucky enough to find hummus and peanut butter that are sold in convenient single serving packages.
- Don't forget your beverage: Make sure to stock up on pineapple chunks or fruit cocktail that are canned in their own juices.

8. Eat out wisely.

Eating the Mediterranean diet does not mean being resigned to eating at home for good. You can always eat out or order in – just follow these tricks:

- Choose rice, beans, fresh fruit, or fresh vegetables as side dishes.
- Have a Greek salad but with its dressing set aside on the plate.
- If it is on the menu, have some bean soup or broth-based vegetable soup.
- If available, order a cucumber salad or a tomato salad.
- Steer clear of fried menu items and double-decker sandwiches.

Chapter 4 A 7-Day Mediterranean Diet Meal Plan To Get You Started

The Mediterranean diet does not have you following a rigid list of guidelines in order to help you achieve your goals of losing weight, becoming healthier, and living longer. The fact is that the people living in the Mediterranean area did not necessarily eat the exact same foods. Below is a sample 7-day menu plan that you can try out, and then modify later to suit your personal preferences and needs.

MONDAY

Breakfast – Tasty Pancakes

- Pour fat-free milk (3/4 cup) in a mixing bowl. Add a large egg (1 piece), low-fat plain/flavored yogurt (1 ½ cups), and buckwheat/whole wheat pancake mix (1 cup). Mix well. Cook and serve topped light maple syrup (2 tablespoons), fat-free milk (1 cup), and fresh strawberries (1 cup).
- This recipe yields five servings. You can have one serving and freeze the rest.

Lunch – Healthy Chickpea Salad

- Place canned chickpeas (7 ½ ounces) in a colander and rinse for two minutes. Drain well before transferring to a large mixing bowl. Add olive oil (2 teaspoons), sliced black olives (1 tablespoon), chopped white onion (1/4 cup), ground black pepper (1/4 teaspoon), chopped green pepper (1/4 cup), and white vinegar (1 ½ tablespoons). Toss well to combine before serving over romaine lettuce leaves (2 cups).

Dinner – Chicken and Cherry Tomato Kabobs

- Cut a raw chicken breast (4 ounces) into bite-sized chunks. Place the chicken chunks in a small bowl and add fat-free Italian dressing (1/4 cup), before placing in the refrigerator to marinate overnight. Meanwhile, lay chopped white onion (1/4 cup), cherry tomatoes (10 pieces), and chopped green pepper (1/4 cup) on a large plate. Arrange the marinated chicken, white onion, green pepper, and cherry tomato pieces alternately on skewers before setting on the grill.
- Toast a whole wheat pita pocket (6-inch piece) over the grill. Serve this with hummus (2 tablespoons) and with your chicken and cherry tomato kabobs.
- You can finish this off with fat-free milk (1 cup) combined with strawberry drink mix (1 tablespoon).

TUESDAY

Breakfast – Granola and Yogurt Parfait

- Get a wide-mouthed clear glass and fill it with layers of light strawberry-flavored yogurt (6 ounces), raspberries (1 cup), and low-fat granola (2 tablespoons). Start with 1/3 portions of the yogurt, fruit, and granola and keep on until you have layered all the ingredients.

Lunch – Chicken Pot Pie

- Take it easy with this lunch by simply heating a purchased chicken pot pie; make sure to follow the instructions on the package. Serve immediately with grape tomatoes (10 pieces).

Dinner – Mozzarella Sandwich with Tomatoes

- Take a French baguette roll (6-inch length and 3-inch diameter) and slice it into lengthwise halves. Top the baguette halves with shredded mozzarella cheese (1/3 cup, 33-percent reduced-fat) before placing in the oven to bake for four to six minutes at 250 degrees (or until the cheese has started melting).
- Cut red tomatoes (2 large pieces) into half-inch slices. Meanwhile, take the baguette out of the oven and top with a sprinkling of dried oregano and dried basil as well as the tomato slices.

WEDNESDAY

Breakfast – Yogurt (Greek) with Oats and Strawberries

Lunch – Artichoke and turkey sandwich

- Take two slices of whole wheat bread and spread with light mayonnaise (1 tablespoon). Stuff the sandwich with shredded mozzarella cheese (1/3 cup, 33percent reduced-fat), artichoke hearts (4 to 6 pieces), and sliced turkey breast (3 ounces). You can serve your artichoke and turkey sandwich with red grapes (1 cup), green grapes (1 cup), or baby carrots (15 pieces).

Dinner – Grilled sea bass with arugula leaves (half a bag), one ear of corn, sugar snap peas (1 cup cooked), and light margarine (2 teaspoons, zero trans-fat)

THURSDAY

Breakfast – Pancakes with Raspberries

- Heat the frozen pancakes left over from your Monday breakfast. Serve them with light maple syrup (2 tablespoons), raspberries (1/2 cup), and fat-free milk (1 cup).

Lunch – Do a repeat of your Wednesday lunch consisting of grilled sea bass and baby arugula leaves.

Dinner – Baklava and Frittata

- Serve frittata with baby spinach leaves (2 cups), balsamic vinegar (2 tablespoons), and fat-free milk (1 cup). Pair this with whole wheat toast (1 slice) and light margarine (2 teaspoons, trans-fat-free).

FRIDAY

Breakfast – Yogurt Delight

- Place light yogurt (6 ounces) in a small bowl. Top with high-fiber cereal (1 cup, low-calorie) and chopped walnuts (3 tablespoons).

Lunch – Pita Sandwich with Yogurt and Cucumber Sauce

- Combine plain light yogurt (1/2 cup), minced garlic clove (1/2 piece), and finely chopped cucumber (1/2 piece) together. Add a pinch of salt and a dash of pepper.
- Take one piece of whole wheat pita (6 ½-inch). Spread half of your yogurt and cucumber sauce on the pita sandwich before filling with grape tomatoes (5 halved pieces), and string beans (1 cup).
- Serve your pita sandwich with fresh cherries (1 cup).

Dinner – Sit down to broiled salmon with vegetables and brown rice.

SATURDAY

Breakfast – Bagel with Peanut Butter and Choco Milk Drink

- Take a whole wheat bagel (1-oz piece) and spread peanut butter (1 tablespoon) on top. Enjoy with fat-free milk (1 cup) combined with chocolate syrup (2 teaspoons) and green grapes (1 cup) or red grapes (1 cup).

Lunch – Pizza with Green Salad

- Eat a slice of cheese pizza (large, thin-crust) with mushrooms, onions, peppers, and other vegetable toppings. You can enjoy this with a salad of green veggies (2 cups) and regular dressing (2 tablespoons).

Dinner – Lamb Souvlaki

Have some lamb souvlaki (about the size of a soap bar) with rice or couscous (about the size of a baseball). Enjoy your meat with a heap of vegetables. You can even add in a salad with a bit of dressing (1 tablespoon) as well as half a glass of wine (about 2 ounces).

SUNDAY

Breakfast – Raisins and Ricotta Spread Pita

- Take a whole wheat pita (preferably 6 ½ in size). Meanwhile, combine ricotta cheese (1/3 cup, fat-free) with peanut butter (1 tablespoon) and honey (1 tablespoon). Spread this mixture onto your pita before sprinkling raisins (1 tablespoon) on top.

Lunch – Delicious Tuna

- In a mixing bowl, toss together drained and flaked tuna (12 ounces), chopped and pitted olives (1/4 cup), sliced green onions (2 pieces), whole wheat bread (6 slices), mayonnaise dressing (1/4 cup), chopped red peppers (1/4 cup), and drained capers (1 tablespoon).
- Serve your delicious tuna with bread and some green vegetables.

Dinner – Shrimp Salad

- In a small bowl, combine white wine vinegar (1/4 cup), lemon juice (1 tablespoon), olive oil (1 teaspoon), and dried basil (1 teaspoon) or chopped fresh basil (1/2 cup).
- Meanwhile, place twelve pieces of medium-size shrimp (or 9 pieces of large-size shrimp) in a bowl. Add the basil marinade and let the shrimp sit for half an hour or overnight.
- Set the marinated shrimp on the grill. Once cooked through, combine the shrimp on with romaine lettuce (2 cups) and serve with blueberries (1 cup).

Conclusion

Thank you again for downloading this book!

I hope this book, Mediterranean Diet for Beginners: An Easy Step by Step Plan to Eating Healthy, Losing Weight and Living Longer, was able to help you get started with living a healthier life. I hope you appreciate the weight-friendly and heart-healthy benefits of following the Mediterranean diet. It is with great hope that this book has shown how easy it is to tweak your existing diet in order to embrace the Mediterranean way of eating. As you've discovered throughout this book, it's a cut above the rest in terms of simplicity and convenience.

The next step is to make sure that you shop wisely when it comes to buying food at the grocery store. Know that you can usually score plenty of real, whole foods at the store's perimeter. It helps to constantly go for the unprocessed (or at least minimally processed) food items; if your budget allows it, try going organic as much as possible. And steer clear from now on of unhealthy foods – don't bring them inside your home. It is best to keep your home free from white bread, pastries, crackers, ice cream, sodas, and candies. Doing so will help you continue your Mediterranean diet without difficulty.

I wish you the best of luck for your continued success!

Did You Like Mediterranean Diet for Beginners?

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