

MEDITERRANEAN DIET

Mediterranean Foods

Vegetables: Greens

Onions

Cucumbers

Bell Peppers

Tomatoes

Spinach

Asparagus

Celery

Fruits: Apples Oranges Peaches Lemon Juice Pears (Canned and Frozen)

Seeds/Nuts: Unsalted hazle nuts, walnuts (Costco), wheat germ

Herbs: Oregano, rosemary, thyme, parsley, cilantro, basil, Bay leaf, turmeric, fennel, paprika

Beans: Lentils Cannellini Pinto Black Chick peas Cous-cous

Dairy: Yogurt (protein) – 2% Greek

Cheese: Feta Goat Mozzarella Sharp cheeses (cheddar) Parmesan Pecorino Romano

Grains (whole): Oats Bulgur (Partially cooked whole wheat, then dried)

Eggs

Breads: Heavy/ Multi-Grain High Fiber (non bleached flour) Whole Wheat Flatbread Wraps or Tortillas

Pasta: Wholegrain (CHO)

Meat: Chicken Lamb (gyro)

Few times/wk

Fish: Mackerel (fresh) Albacore Wild Tuna in Olive Oil Salmon Cod Tilapia Anchovies

Olives: Kalamata

Olive Oil: Extra-Virgin

1. Supermarket: California Olive Ranch Everyday
Extra Virgin Olive Oil
 - a. \$9.99/500cc (\$0.59/oz.)
2. High-End: Gaea Fresh Extra Virgin Olive Oil
 - a. \$18.99/17oz(\$1.12/oz.)
 - From Greece
 - Use only on raw applications (not for cooking)

Note: 1. Dark, glass bottles

2. Store in dark cupboard; away from light/heat

3. Store up to a year; 3 months after opened.

4. Best by 24-32 months after bottled (which may be 1-2 yrs after pressed)

Try within 12 months of harvest, since starts to degrade at 18 months.

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5. Avoid using with cooking (avoid) because too expensive; as condiment on salads and food-
"high-end" oil only for drizzling.

Salt: Khosher or Sea Salt

Wine: 10 oz/day (men); 5 oz/day (women)

Garlic Cloves

Pita Bread: Whole Wheat

Mediterranean MEAL PRINCIPLES

Plate: ½ Vegetables and fruits (1cup)

¼ protein: Beans, eggs, chicken, seafood, meat (1/2cup)

¼ whole grains

Meat: Less than or equal to 4oz.; a few times a week (use as side-dish or flavoring another dish, like stew)

Seafood: 2-3x/week

Protein: Order of Choices- #1 Poultry #2 Seafood #3 Red Meat

Herbs: Oregano, rosemary, thyme, parsley--on pasta, fish, salads, grain dishes

Dessert (nightly)

- Baked apples with nuts/raisins
- Grilled peaches with honey
- Berries with yogurt topping
- Dark chocolate square

Mediterranean Meal/ DIET PRINCIPLES

Focus: Vegetables/ Fruits

Nuts/ Seeds

Beans/ Legumes/ Whole Grains

Olive/ Olive Oil

Herbs/ Spices

Oily (fat) Fish/ Seafood

Poultry/ Eggs/ Cheese/ Yogurt

Moderation: Red Meat Sweets Wine

Cut Back: Processed Meat Added Sugar Refined grains Sodium Empty-Calorie Beverages

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MEDITERRANEAN SHOPPING

Fresh Produce Section: Seasonal Fruits/ Vegetables Fresh Herbs

Fish Counter:

Canned Fish Aisle: Tuna, salmon, sardines

Frozen Food Aisle: Fruits/ Vegetables; Any vegetable w/o sauce; Frozen Fruits in Every Breakfast; Frozen Fish Fillets

Rice and Grains Aisle: Most Whole Grains ("whole" on label)

- Oats Rye berries Sorghum
- Bulgur Farro Spelt
- Wheat berries Quinoa Barley Brown Rice
- Wild Rice (w/o flavorings)

Dairy Case: Type of milk (to taste)

Cheese

Yogurt (to taste): watch sugar in flavored yogurt; buy plain yogurt and add fruit.

MEDITERRANEAN PANTRY

- Olives
- Beans (canned and dried): cook a batch per week; rinse and drain to remove sodium,
- Nuts/Seeds: Almonds, pecans, peanuts, pistachios, walnuts, chia seeds, ground flax seed, pumpkin seeds, sesame seeds
- Whole grains/ Brown Rice: Sorghum, quinoa, spelt, farro
- Peanut butter
- Pasta: Dried
- Canned/ Jarred Vegetables:
 - Canned: No-salt tomatoes, jarred roasted bell peppers, artichoke hearts, capers
- Olive Oil/Vinegar: Extra-Virgin Red Wine/ Balsamic
- Salt: Kosher, Sea Salt
- Garlic Cloves

Cart: ½ fruits, vegetables, plant-based foods

½ protein: seafood, meat, poultry

Olives: Kalamata, Green

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Olives: Kalamata, Green

Onions: Red

Mushrooms

Tomato Paste (low sodium)

Tzatziki Sauce

FOOD PROCESSING

- | | | |
|----------------------------------|-------------------------|---|
| - Minimal: Canned Fish | Frozen Fish, Vegetables | Fruits Canned beans, vegetables, fruits |
| Dried Pasta | Plain Yogurt | Bagged produce |
| Grains | Extra-Virgin Olive Oil | |
| - Highly: Frozen Dinners/ Pizzas | | Salad Dressings, Condiments, Sauces |
| Fast Food | | Crackers/ Chips |
| Deli Meats, Sausage, Bacon | | Shelf-Stable Baking Goods |

OILS

Seedless (preferred)

Olive*

Avocado*(expensive)

Coconut

Walnut

Macadamia

Ghee (clarified butter)

Sesame

Flaxseed

Palm

*For Cooking

Seed

Soybean

Corn

Sunflower

Rapeseed

Canola

Linseed

Peanut

PROTEIN

Recommended Intake: 0.8 Gm/Kg or 0.36 Gm/lb.

Actively Training: 1.7Gm/Kg or 0.77 Gm/lb.

Breakfast: Greek Yogurt: 17 Gm per ¼ cup

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Pumpkin Seeds: 8 Gm per ¼ cup

Strawberry: < 1 Gm/strawberry

Pecans: 2.5 Gm per ¼ cup

Smoothie: Whey protein powder (scoop)

Frozen berries (bag)

Spirulina

Bananas

Fruits/Vegetables

Lunch: Tuna Salad Bowl

- Grated Parmesan Cheese: 1oz = 10 Gm
- Garbanzo Beans: ½ cup = 7 Gm
- Spinach: 2 cups = 2 Gm
- Tuna: 4oz (1can) = 20 Gm
- Apple: ½ apple < 1 Gm

Add-On: Cod- 1 serving = 40 Gm

Salmon/Tuna = 30 Gm/serving

Fruit

Nuts

Seeds (hemp or pumpkin): ¼ cup = 8 Gm

-add on yogurt, oatmeal, salads

Meat: 1oz = 7 Gm (chicken, turkey)

Dinner: Chickpeas/Lentils- 1 cup= 18 Gm

- Cook potful (fridge); add to soup/salads or eat alone.

Tofu: Sprinkle cornstarch on and pan fry to crisp; and peanut sauce or pesto.

Edamame

Tempeh (soy): 18-20 Gm/serving

Farro: 1 cup = 6.5 Gm (nutty and chewy)

Black beans: ½ cup = 18 Gm

Eggplant: 1 cup < 1 Gm

Higher Protein Gains

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Farro- Twice the protein of rice, and much more fiber. Simmer in boiling water. A few cups for several meals.

Quinoa: 1 cup = 8 Gm

Vegetables

Broccoli: 1 cup= 2.6 gm

- Chopped vegetables for snacks, salads, stews, soups.