7 DAY LOW CARB MEDITERRANEAN DIET PLAN

BY MEDMUNCH
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
Basil & Spinach Scramble

**Nutrition (per serving)**

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**INGREDIENTS**

- 2 tbsp olive oil
- 100g cherry tomatoes
- 4 eggs
- 60ml milk
- handful basil, chopped
- 200g baby spinach
- black pepper

**METHOD**

01/ Heat 1 tbsp oil in a pan and add the tomatoes. While they are cooking, beat the eggs in a jug and add the milk, black pepper and basil.

02/ Remove the the tomatoes from the pan and place on the plates. Add the oil, spinach and egg mixture to the pan, stirring occasionally until the eggs scramble. Once set, add to the plates and serve.
Sardines on Toast

**S U I T A B L E**  
Quick

**P R E P  T I M E**  
5 mins

**C O O K  T I M E**  
5 mins

**S E R V E S**  
2

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**I N G R E D I E N T S**

- 1 tbsp olive oil
- 1 onion
- 1 garlic clove, crushed
- 1 red chilli, chopped and deseeded
- 1 lemon, juice and zest
- 1 x 120g can of sardines in olive oil
- 2 slices of brown bread
- small bunch of parsley, chopped

**M E T H O D**

01 / Heat the oil in a frying pan, cook onions for a few minutes before adding the garlic, red chilli and lemon zest.

02 / Add sardines and heat for a few minutes until warm.

03 / Toast the bread. Add parsley and a squeeze of lemon juice to the sardines. Divide between toast before serving.
Berry Smoothie

**Suitable**
Vegetarian

**Prep Time**
10 mins

**Cook Time**
No Cook

**Serves**
2

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**Ingredients**

- 250g frozen berries
- 250g Greek yogurt
- 50ml milk
- 15g porridge oats
- 2 tsp honey (optional)

**Method**

01/ Whizz berries, yogurt and milk together until smooth. Stir through porridge oats and pour into glasses. Serve with a drizzle of honey.

**Notes:**

Try experimenting with different fruits. If too thick, add extra milk.
Lunch
Mixed Bean Salad

**S U I T A B L E**
Vegetarian

**P R E P T I M E**
10 mins

**C O O K T I M E**
No Cook

**S E R V E S**
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**I N G R E D I E N T S**

- 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

**M E T H O D**

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

**S U I T A B L E**
Vegan

**P R E P  T I M E**
20 mins

**C O O K  T I M E**
No Cook

**S E R V E S**
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**I N G R E D I E N T S**

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

**M E T H O D**

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.
Tomato & Watermelon Salad

**SUITABLE**
Vegetarian

**PREP TIME**
5 mins

**COOK TIME**
No Cook

**SERVES**
2

Nutrition (per serving)

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**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
- 100g 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.
Greek Salad

**S U I T A B L E**
Vegetarian

**P R E P  T I M E**
5 mins

**C O O K  T I M E**
No Cook

**S E R V E S**
2

### Nutrition (per serving)

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### Ingredients

- 120g tomatoes, quartered
- 1 cucumber, peeled, deseeded, then roughly chopped
- ½ red onion, thinly sliced
- 16 Kalamata olives
- 1 tsp dried oregano
- 50g feta cheese, crumbled
- 2 tbsp olive oil

### Method

01/ Place all of the ingredients in a large bowl and lightly season. Serve with wholemeal bread.
Carrot, Orange & Avocado Salad

**S U I T A B L E**
Vegan

**P R E P  T I M E**
10 mins

**C O O K  T I M E**
No Cook

**S E R V E S**
2

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**I N G R E D I E N T S**

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

**M E T H O D**

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.
Tomato & Feta Omelette

**SUITABLE**
Vegetarian

**PREP TIME**
5 mins

**COOK TIME**
5 mins

**SERVES**
2

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**INGREDIENTS**

- 2 tsp olive oil
- 4 eggs, beaten
- 8 cherry tomatoes, chopped
- 50g feta cheese, crumbled
- mixed salad leaves, to serve (optional)

**METHOD**

01/ Heat the oil in a frying pan, add the eggs and cook, swirling them occasionally. After a few minutes, scatter the feta and tomatoes. Cook for another minute before serving.
Dinner
Salmon & Harissa Yogurt

**INGREDIENTS**

- 50g couscous
- 2 tbsp sultanas
- small bunch coriander, chopped
- 1 tsp ground cinnamon, plus a pinch
- 200ml hot vegetable stock
- 1 tbsp honey
- 1 tbsp olive oil
- 2 salmon fillets
- 1 tbsp harissa paste
- 170g Greek yogurt

**METHOD**

**01** / Heat the grill. Put the couscous, sultanas, most of the coriander, 1 tsp cinnamon & seasoning into a bowl. Pour over hot vegetable stock and set aside for 5 minutes.

**02** / Mix together cinnamon, honey & oil. Put salmon on a baking tray, spread over the honey mixture and season. Cook under grill for 8 minutes until the fish is cooked through.

**03** / Meanwhile, swirl together the harissa and yogurt. Fluff up the couscous with a fork and serve with the fish and yogurt. Sprinkle with the remaining coriander.
Greek Salad Omelette

**Suitable**
Quick

**Prep Time**
5 mins

**Cook Time**
20 mins

**Serves**
2

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**Ingredients**

- 4 eggs
- handful of parsley leaves, chopped
- 1 tbsp olive oil
- ½ large red onion
- 100g cherry tomato,
- handful black olives
- 50g feta cheese, crumbled

**Method**

01/ Heat the grill to high. Whisk the eggs in a bowl with the chopped parsley, pepper and salt. Heat the oil in a frying pan, then fry the onion over a high heat for about 4 minutes until they start to brown. Add the tomatoes and olives and cook for about 2 minutes.

02/ Turn the heat to medium & add the eggs, cooking them for about 2 minutes, stirring until they begin to set. Add feta, then place the pan under the grill for 5-6 minutes until the omelette is golden. Cut into wedges and serve.
Grilled Aubergine Slices with Hummus

**Suitable**
Vegan/Quick

**Prep Time**
10 mins

**Cook Time**
15 mins

**Serves**
2

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**Ingredients**

1 aubergine, sliced lengthways
2 tbsp olive oil
2 slices brown bread
150g hummus
50g walnut, toasted
40g parsley, leaves chopped
100g cherry tomatoes, quartered
juice ½ lemon

**Method**

01 / Lay aubergine on baking sheet. Add olive oil, then season. Grill for 15 minutes, turning twice until cooked through. Whizz bread into crumbs.

02 / Spread houmous on aubergine slices. Tip breadcrumbs onto a plate, then press the houmous side of the aubergine into the crumbs to coat. Grill again, crumbside up, for 3 minutes. until golden.

03 / Add walnuts, parlsey & tomatoes in a bowl, season, then add lemon juice. Serve with salad.
Chicken & Peach Fusion

**S U I T A B L E**
Quick

**P R E P  T I M E**
10 mins

**C O O K  T I M E**
15 mins

**S E R V E S**
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**INGREDIENTS**

- 200g chicken breast
- 2 tbsp olive oil
- 2 ripe peaches, stoned and cut into quarters
- 2 tsp red wine vinegar
- ½ tbsp clear honey
- ½ red chilli, finely chopped
- 55g bag herb salad
- 50g feta cheese, crumbled
- broccoli/green beans to serve (optional)

**METHOD**

01/ Heat a frying pan. Place the chicken in ½ tbsp of oil, and season. Cook for 3-4 minutes on each side until cooked through. Add to a plate.

02/ Place peach slices in ½ tbsp oil with black pepper. Grill for 1-2 minutes each side.

03/ Mix the remaining olive oil, vinegar, honey and chilli. Toss with the salad leaves. Arrange the chicken with the peach slices on top and scatter with feta before serving.
Spicy Tomato Baked Eggs

**S U I T A B L E**
Quick

**P R E P  T I M E**
5 mins

**C O O K  T I M E**
20 mins

**S E R V E S**
2

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**I N G R E D I E N T S**

- 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

**M E T H O D**

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.
Moussaka

**INGREDIENTS**

- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 500g lean beef mince
- 400g can chopped tomatoes
- 2 tbsp tomato purée
- 2 tsp ground cinnamon
- 1 aubergine
- 200g pack feta cheese, crumbled
- Fresh mint
- brown bread, to serve (optional)

**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 aubergine half way through.

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

**NUTRITION**

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Chicken & Avocado Salad

**Suitable**
Quick

**Prep Time**
10 mins

**Cook Time**
10 mins

**Serves**
2

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**Ingredients**

- 2 skinless chicken breast
- 2 tsp olive oil (1 for the salad)
- 2 tsp smoked paprika

For the salad

- 1 avocado, diced
- ½ tsp red wine vinegar
- ½ tbsp parsley, chopped
- 120g tomatoes, chopped
- ½ red onion, thinly sliced

**Method**

01/ Heat grill to medium. Rub the chicken with 1 tsp of the olive oil and the paprika. Cook for 4-5 minutes each side until lightly charred and cooked through.

02/ Mix the salad ingredients together, season and add the rest of the oil. Thickly slice the chicken and serve with the salad.
7 Day Info
### 7-Day Meal Plan

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7. Day
Shopping List
This shopping list corresponds to the 7 day taster weekly meal plan, serving 2 people.

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<td>Garlic Clove</td>
</tr>
<tr>
<td>Lean Beef Mince</td>
<td>Lemons</td>
</tr>
<tr>
<td>Salmon Fillets</td>
<td>Onions</td>
</tr>
<tr>
<td>Sardines in Oil</td>
<td>Oranges</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>STORE</th>
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</thead>
<tbody>
<tr>
<td>Artichoke Hearts</td>
<td>AUBERGINE</td>
</tr>
<tr>
<td>Black Olives</td>
<td>Baby Spinach</td>
</tr>
<tr>
<td>Cannellini Beans</td>
<td>Carrots</td>
</tr>
<tr>
<td>Canned Tomatoes</td>
<td>Cucumber</td>
</tr>
<tr>
<td>Capers</td>
<td>Frozen Berries</td>
</tr>
<tr>
<td>Couscous</td>
<td>Frozen Spinach</td>
</tr>
<tr>
<td>Extra Virgin Olive Oil</td>
<td>Frozen Berries</td>
</tr>
<tr>
<td>Harissa Paste</td>
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<tr>
<td>Honey</td>
<td></td>
</tr>
<tr>
<td>Hummus</td>
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</tr>
<tr>
<td>Porridge Oats</td>
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</tr>
<tr>
<td>Red Wine Vinegar</td>
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<tr>
<td>Sultanas</td>
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<tr>
<td>Sundried Tomato Paste</td>
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<tr>
<td>Tomato Puree</td>
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<tr>
<td>Vegetable Stock</td>
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<tr>
<td>Walnuts</td>
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<table>
<thead>
<tr>
<th>HERBS &amp; SPICES</th>
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<tbody>
<tr>
<td>Chilli Flakes</td>
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<tr>
<td>Cinnamon</td>
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<tr>
<td>Fresh Basil</td>
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</tr>
<tr>
<td>Fresh Coriander</td>
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<tr>
<td>Fresh Parsley</td>
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<tr>
<td>Fresh Mint</td>
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<tr>
<td>Oregano</td>
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<tr>
<td>Rocket / Salad Leaves</td>
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<tr>
<td>Smoked Paprika</td>
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