Med in 28

VEGETARIAN MEDITERRANEAN 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
Fruity Bircher Muesli

**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

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**INGREDIENTS**

- 1 apple, coarsely grated
- 50g porridge oats
- 25g flaxseeds
- ½ tsp ground cinnamon
- 100g Greek yogurt
- 1 banana, sliced
- 10g raisins

**METHOD**

01 / Place the grated apple, oats, seeds and cinnamon into a bowl. Stir in the yogurt and 100ml of cold water, cover and leave in the fridge overnight.

02 / Spoon muesli into bowls and top with sliced bananas and raisins

**Notes:**

*Try adding some chopped nuts such as almonds or walnuts.*
Tomato & Watermelon Salad

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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.
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 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.
Lunch
Edgy Veggie Wraps

**Suitable**
Vegetarian

**Prep Time**
10 mins

**Cook Time**
No Cook

**Serves**
2

**Nutrition**
(per serving)

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**Ingredients**

- 100g cherry tomato
- 1 cucumber
- 6 kalamata 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.
Cannellini Bean Salad

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

**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

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

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

**Nutrition (per serving)**

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Tangy Couscous Salad

**Suitable**
Vegetarian

**Prep Time**
5 mins

**Cook Time**
10 mins

**Serves**
2

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**Ingredients**

- 200g couscous
- vegetable stock
- 2 courgettes
- 1 tbsp olive oil
- 50g feta cheese, crumbled
- 20g pack parsley, chopped
- juice 1 lemon

**Method**

01/ Cook the couscous in vegetable stock according to pack instructions. Trim the ends off the courgettes, then cut into slices.

02/ Heat the oil in a pan. Add the courgette and season. Cook for 2 minutes, then turn over and cook until soft. Tip into a large bowl along with the cooked couscous. Add remaining ingredients, mix through and serve.
Mixed Bean Salad

**INGREDIENTS**

- 145g jar artichoke heart in oil
- ½ tbsp sun-dried 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.
**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.
Moroccan Chickpea Soup

**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

**METHO D**
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.

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**Nutrition (per serving)**

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Turkish Bugur Pilaf

**INGREDIENTS**

- 2 tbsp extra virgin olive oil
- 1 medium onion, finely chopped
- 1 bell pepper, finely chopped
- 2 garlic cloves, minced
- 100 g mushrooms, finely chopped
- 2 tbsp tomato paste
- 1 tsp salt
- 1 tsp cumin
- ¼ tsp cinnamon
- ¼ tsp turmeric
- 225 g bulgur wheat
- 2 tomatoes, roughly chopped
- 375 ml vegetable stock

**METHOD**

01/ In a saucepan, warm the oil over medium heat. Add the onion and bell pepper and cook until softened, about 5 minutes. Add the garlic and mushrooms and cook until mushrooms have released their juices, about 5 minutes.

02/ Add the tomato paste, salt, cumin, cinnamon, and turmeric and cook, stirring constantly, for 1 minute to toast the spices and coat the onions in the tomato paste.

03/ Add the tomatoes and stock. Bring to boil, then reduce the heat to low and simmer, covered, for 15-20 minutes or until the water is absorbed and bulgur is cooked. Season with more salt and pepper, to taste.
Your Practical Guide to Mediterranean Cooking in the UK
Dinner
Quinoa & Stir-Fried Veg

S U I T A B L E
Vegan

P R E P T I M E
15 mins

C O O K T I M E
15 mins

S E R V E S
2

Nutrition (per serving)

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I N G R E D I E N T S

- 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 puree
- Juice ½ lemon

M E T H O D

01 / Cook the quinoa according to pack instructions. Meanwhile, heat 3 tbsp of olive 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 puree, 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 plates and spoon the vegetables on top.
Spicy Tomato Baked Eggs

**Nutrition (per serving)**

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**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.
Grilled Vegetables with Bean Mash

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**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.
Greek Salad Omelette

**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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**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

**M E T H O D**

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.
Spicy Mediterranean Beet Salad

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**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.
Grilled Aubergines & Tabbouleh

**INGREDIENTS**

- 70g bulgur wheat
- 1 garlic clove, crushed
- 2 tbsp olive oil
- 1 aubergine, thinly sliced
- 200g can chickpeas, drained
- 70g cherry tomatoes, halved
- ½ red onion, chopped
- 50g feta cheese, crumbled
- bunch of mint, leaves chopped
- juice of 1 lemon

**METHOD**

01/ Cook the bulgur wheat according to pack instructions, then drain well. In a bowl, mix the garlic and olive oil and drizzle some of the olive oil over both sides of the aubergine strips. Sear the strips in a frying pan for 3 minutes each side until charred.

02/ Tip the bulgur wheat into a bowl with the chickpeas, tomatoes, onion, feta & mint, then pour over theremaining oil and lemon juice. Mix & season well, then serve with aubergines.

**Nutrition**

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Aubergine Lentil Bake

**Suitable**

**Prep Time**
15 mins

**Cook Time**
45 mins

**Serves**
2

**Nutrition**

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**Ingredients**

- 1 aubergine, sliced lengthways
- 2 tbsp olive oil
- 70g lentils
- 2 onions, finely chopped
- 2 garlic cloves, finely chopped
- 150g cooked butternut squash
- 200g can chopped tomatoes
- ½ small pack basil leaves
- 60g feta

**Method**

01 / Heat oven to 220C/200C fan/gas
7. Add oil to each aubergine side. Lay on baking sheets, season and bake for 15-20 minutes, turning once. Cook lentils following pack instructions.

02 / Heat oil in frying pan. Add onions and garlic and cook until soft. Add squash & tomatoes, plus ½ can of water. Simmer for 10-15 minutes until the sauce thickens. Stir in lentils, basil & seasoning.

03 / Spoon layer of lentils into baking dish, then aubergine slices and repeat. Scatter feta and bake for 15 more minutes until cheese is golden.
# 7-Day Meal Plan

<table>
<thead>
<tr>
<th></th>
<th><strong>Breakfast</strong></th>
<th><strong>Lunch</strong></th>
<th><strong>Dinner</strong></th>
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<tr>
<td><strong>MON</strong></td>
<td>Fruity Bircher Museli (page 5)</td>
<td>Edgy Veggie Wraps (12)</td>
<td>Quinoa and Stir Fried Vegetables (26)</td>
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<tr>
<td><strong>TUE</strong></td>
<td>Tomato and Watermelon Salad (7)</td>
<td>Cannellini Bean Salad (14)</td>
<td>Spicy Tomato Baked Eggs (28)</td>
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<td><strong>WED</strong></td>
<td>Basil and Spinach Scramble (9)</td>
<td>Tangy Couscous Salad (16)</td>
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<td><strong>THU</strong></td>
<td>Fruity Bircher Museli (5)</td>
<td>Mixed Bean Salad (18)</td>
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<td><strong>FRI</strong></td>
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<td>Carrot, Orange and Avocado Salad (20)</td>
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<td><strong>SAT</strong></td>
<td>Basil and Spinach Scramble (9)</td>
<td>Moroccan Chickpea Soup (22)</td>
<td>Grilled Aubergine and Tabbouleh (36)</td>
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<td><strong>SUN</strong></td>
<td>Fruity Bircher Museli (5)</td>
<td>Turkish Bulgur Pilaf (24)</td>
<td>Aubergine Lentil Bake (38)</td>
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This shopping list corresponds to the meal plan serving 2 people.

**Dairy**
- Feta Cheese 510 g
- Greek Yogurt 500 g
-Large Eggs 16
-Milk 120 ml

**Bakery**
- Wholemeal Bread Loaf 1
- Wholemeal Tortillas 2

**Spices & Herbs**
- Cinnamon
- Crushed Red Chilli Flakes
- Cumin
- Fresh Basil
- Fresh Coriander
- Fresh Parsley
- Fresh Mint
- Sumac
- Tumeric

**Store**
- Artichoke Hearts 145
- Bulgur Wheat 305 g
- Cannellini Beans 800 g
- Couscous 200 G
- Canned Chickpeas 800 G
- Canned Chopped Tomatoes 1200 G
- Extra Virgin Olive Oil
- Flax Seeds 75 g
-Harissa Paste
-Houmous
-Kalamata Black Olives 100 g

**Fruit & Veg**
- Lentils 70 g
- Porridge Oats 150 g
- Quinoa 100 g
-Raisins 30 g
-Red Wine Vinegar
-Rocket Leaves 35 g
-Sundried Tomato Paste
-Tomato Puree
-Vegetable Stock 1000 ml

- Apples 3
- Aubergine (Eggplant) 2
-Avocado 1
-Baby Beetroot 8
-Baby Spinach 400 g
-Bananas 3
-Bell Pepper 1
-Broad Beans 50 g
-Broccoli 150 g
-Butternut Squash 1
-Carrots 4
-Celery Stick 1
-Cherry Tomatoes 940 g
-Courgette (Zucchini) 1
-Cucumber 1
-Garlic Cloves 7
-Leek 150 g
-Lemons 4
-Mushrooms 100 g
-Onions 7
-Red Chilli 1
-Spring Onions 2
-Watermelon 500 g