Med in 28

Your Practical Guide to Mediterranean Cooking

7 DAY PLAN (NO FISH)
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

**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

**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.

**Nutrition (per serving)**

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Tomato & Watermelon 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

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

- 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

**M E T H O D**

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

**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**  
5 mins

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

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

**M E T H O D**

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

**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

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

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

**M E T H O D**

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

**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**
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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.
Mixed Bean Salad

**Nutrition** (per serving)

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**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

**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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#### 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

**Suitable**
- Vegan

**Prep Time**
- 15 mins

**Cook Time**
- 15 mins

**Serves**
- 2

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### 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.
Your Practical Guide to Mediterranean Cooking in the UK
Moroccan Chickpea Soup

**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**
20 mins

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

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

**M E T H O 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.
Dinner
Quick Moussaka

**Suitable**
Quick

**Prep Time**
10 mins

**Cook Time**
20 mins

**Serves**
2

**Nutrition (per serving)**

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**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

**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.

**Nutrition (per serving)**

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

- 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.
Spiced Carrot & Lentil Soup

**Nutrition** (per serving)

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**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)**

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**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

**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.

**NUTRITION**

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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.
Snacks/Sides
Mediterranean Dip

**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**
0 mins

**S E R V E S**
4

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

- 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)

**M E T H O D**

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.

<table>
<thead>
<tr>
<th>Nutrition (per serving)</th>
<th>Kcal</th>
<th>Fat</th>
<th>Sat Fat</th>
<th>Carb</th>
<th>Sugar</th>
<th>Fibre</th>
<th>Protein</th>
<th>Salt</th>
</tr>
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<td>213</td>
<td>12g</td>
<td>7g</td>
<td>16g</td>
<td>2g</td>
<td>4g</td>
<td>12g</td>
<td>1.5g</td>
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</table>
Strawberry & Yogurt Parfait

**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.

<table>
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<tr>
<th>Nutrition (per serving)</th>
<th>Kcal</th>
<th>Fat</th>
<th>Sat Fat</th>
<th>Carb</th>
<th>Sugar</th>
<th>Fibre</th>
<th>Protein</th>
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<tbody>
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<td>161</td>
<td>4g</td>
<td>1g</td>
<td>23g</td>
<td>13g</td>
<td>2g</td>
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</table>
Honeyed Figs with Yogurt & Almonds

**SUITABLE**
Vegetarian

**PREP TIME**
5 mins

**COOK TIME**
0 mins

**SERVES**
1

### Nutrition (per serving)

<table>
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<tr>
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<th>Kcal</th>
<th>Fat</th>
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<th>Carb</th>
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<th>Salt</th>
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<tr>
<td></td>
<td>151</td>
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<td>1g</td>
<td>24g</td>
<td>11g</td>
<td>2g</td>
<td>4g</td>
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### 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
<table>
<thead>
<tr>
<th></th>
<th><strong>BREAKFAST</strong></th>
<th><strong>LUNCH</strong></th>
<th><strong>DINNER</strong></th>
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<tbody>
<tr>
<td>MON</td>
<td><strong>Banana Yogurt Pots</strong> (page 5)</td>
<td><strong>Cannellini Bean Salad</strong> (12)</td>
<td><strong>Quick Moussaka</strong> (27)</td>
</tr>
<tr>
<td>TUE</td>
<td><strong>Tomato and Watermelon Salad</strong> (7)</td>
<td><strong>Edgy Veggie Wraps</strong> (14)</td>
<td><strong>Spicy Tomato Baked Eggs</strong> (29)</td>
</tr>
<tr>
<td>WED</td>
<td><strong>Blueberry Oats Bowl</strong> (9)</td>
<td><strong>Carrot, Orange and Avocado Salad</strong> (16)</td>
<td><strong>Greek Salad Omelette</strong> (31)</td>
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<tr>
<td>THU</td>
<td><strong>Banana Yogurt Pots</strong> (5)</td>
<td><strong>Mixed Bean Salad</strong> (18)</td>
<td><strong>Spiced Carrot &amp; Lentil Soup</strong> (33)</td>
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<tr>
<td>FRI</td>
<td><strong>Tomato and Watermelon Salad</strong> (7)</td>
<td><strong>Panzanella Salad</strong> (20)</td>
<td><strong>Med Chicken, Quinoa &amp; Greek Salad</strong> (35)</td>
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<tr>
<td>SAT</td>
<td><strong>Blueberry Oats Bowl</strong> (9)</td>
<td><strong>Quinoa &amp; Stir Fried Veg</strong> (22)</td>
<td><strong>Grilled Vegetables with Bean Mash</strong> (37)</td>
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<tr>
<td>SUN</td>
<td><strong>Banana Yogurt Pots</strong> (5)</td>
<td><strong>Moroccan Chickpea Soup</strong> (24)</td>
<td><strong>Spicy Mediterranean Beet Salad</strong> (39)</td>
</tr>
</tbody>
</table>
Week 1

Shopping List

Med in 28
This shopping list corresponds to the 7 day taster weekly meal plan, serving 2 people. No snacks are included.

**DAIRY**
- Feta Cheese 450 g
- Milk 60 ml
- Eggs 8
- Greek Yogurt 1300 g

**BAKERY**
- Small Loaf of Wholemeal Bread 1
- Wholemeal Tortillas 2

**MEAT & FISH**
- Chicken Breast 200g
- Lean Beef Mince 250g

**STORE**
- Artichoke Hearts 145 g
- Extra Virgin Olive Oil
- Black Olives 50 g
- Cannellini Beans 800 g
- Tinned Chickpeas 800 g
- Chilli Flakes
- Fresh Coriander
- Cumin Seeds
- Ground Cinnamon
- Ground Cumin
- Haricot Beans 400 g
- Harissa Paste
- Houmous
- Honey (optional)
- Mint
- Quinoa 200 g
- Black Olives 50 g
- Porridge Oats 120 g
- Parsley 10 g

**FRUIT & VEG**
- Aubergine 1
- Avocado 2
- Baby Beetroot 8
- Broad Beans 50 g
- Frozen Blueberries 350 g
- Bananas 6
- Rocket Leaves 35 g
- Broccoli Head 1
- Carrots 500 g
- Cucumber 1
- Celery Stick 1
- Red Chilis 2
- Courgettes 2
- Garlic Clove 1
- Leek 150 g
- Lemons 2
- Onions 6
- Oranges 2
- Red Pepper 1
- Tomatoes 940 g
- Cherry Tomatoes 270 g
- Bunch of Spring Onions
- Tomatoes 1320 g
- Watermelon 1