Med in 28

7 Day 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
Banana Yogurt Pots

**Suitable**
Vegetarian

**Prep Time**
5 mins

**Cook Time**
No Cook

**Serves**
2

**Nutrition (per serving)**

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**Ingredients**

225g / ⅞ cup Greek yogurt  
2 bananas, sliced into chunks  
15g / 2 tbsp 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.
**Tomato & Watermelon Salad**

- **Suitable:** Vegetarian
- **Prep Time:** 5 mins
- **Cook Time:** No Cook
- **Serves:** 2

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**Ingredients**
- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- ¼ tsp chilli flakes
- 1 tbsp chopped mint
- 120g / ⅝ cup tomatoes, chopped
- ½ watermelon, cut into chunks
- 100g / ⅔ cup 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.
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**
2

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<td>5g</td>
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**I N G R E D I E N T S**

- 60g / ⅔ cup porridge oats
- 160g / ⅗ cup Greek yogurt
- 175g / 1 ¾ cups 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

**INGREDIENTS**

- 600g / 3 cups cannellini beans
- 70g / ⅛ cup cherry tomatoes, halved
- ½ red onion, thinly sliced
- ½ tbsp red wine vinegar
- small bunch basil, torn

**METHOD**

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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<td>302</td>
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**SUITABLE**

Vegan

**PREP TIME**

5 mins

**COOK TIME**

No Cook

**SERVES**

2
Edgy Veggie Wraps

**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**
2

### Nutrition

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<td>6g</td>
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### Ingredients

- 100g / ½ cup cherry tomato
- 1 cucumber
- 6 kalamata olives
- 2 large wholemeal tortilla wraps
- 50g / ¼ cup feta cheese
- 2 tbsp hummus

### Method

01/ Chop the tomatoes, cut the cucumber into sticks, split the olives and remove the stones.

02/ Heat the tortillas.

03/ Spread the hummus over the wrap. Put the vegetable mix in the middle and roll up.
Carrot, Orange & Avocado Salad

**Suitable**
Vegan

**Prep Time**
10 mins

**Cook Time**
No Cook

**Serves**
2

**Nutrition** (per serving)

<table>
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<th>Kcal</th>
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<td>4g</td>
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**Ingredients**

1 orange, plus zest and juice of 1
2 carrots, halved lengthways and sliced with a peeler
35g / 1 ½ cups rocket / arugula
1 avocado, stoned, peeled and sliced
1 tbsp olive oil

**Method**

01/ Cut the segments from 1 of the oranges and put in a bowl with the carrots, rocket/arugula and avocado. Whisk together the orange juice, zest and oil. Toss through the salad, and season.
Mixed Bean Salad

**Nutrition (per serving)**

<table>
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<th>Kcal</th>
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<td>4g</td>
<td>9g</td>
<td>11g</td>
<td>1.5g</td>
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</table>

**INGREDIENTS**

- 145g / ⅘ cups jar artichoke heart in oil
- ½ tbsp sundried tomato paste
- ½ tsp red wine vinegar
- 200g / 1 cup cannellini beans, drained and rinsed
- 150g / ¾ cup tomatoes, quartered
- Handful Kalamata black olives
- 2 spring onions, thinly sliced on the diagonal
- 100g / ⅔ cups 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

INGREDIENTS

400g / 2 cups 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

**Nutrition (per serving)**

<table>
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**Ingredients**
- 100g / ⅓ cup quinoa
- 3 tbsp olive oil
- 1 garlic clove, finely chopped
- 2 carrots, cut into thin sticks
- 150g / 1 ⅔ cups leek, sliced
- 1 broccoli head, cut into small florets
- 50g / ⅛ cup tomatoes
- 100ml / ½ cup 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.
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**
- 2

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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 / 1¼ cups hot vegetable stock
- 200g can / 1 cup chopped tomatoes
- 200g can / 1 cup chickpeas, rinsed and drained
- 50g / ¼ cup 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
Moussaka

**Nutrition (per serving)**
- Kcal: 577
- Fat: 27g
- Sat Fat: 12g
- Carb: 46g
- Sugar: 6g
- Fibre: 8g
- Protein: 41g
- Salt: 2.8g

**INGREDIENTS**
- 1 tbsp olive oil
- ½ onion, finely chopped
- 1 garlic clove, finely chopped
- 250g / 9 oz lean beef mince
- 200g can / 1 cup chopped tomatoes
- 1 tbsp tomato purée
- 1 tsp ground cinnamon
- 200g / 1 cup can chickpeas
- 100g pack / ⅓ cup 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

**NUTrITION**

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<td>7g</td>
<td>5g</td>
<td>19g</td>
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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 / 4 cups 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.
Salmon with Potatoes & Corn Salad

**Nutrition** (per serving)

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<td>3g</td>
<td>43g</td>
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**INGREDIENTS**

200g / 1 ⅓ cups baby new potatoes  
1 sweetcorn cob  
2 skinless salmon fillets  
60g / ⅓ cup tomatoes

For the dressing

1 tbsp red wine vinegar  
1 tbsp extra-virgin olive oil  
Bunch of spring onions/scallions, finely chopped  
1 tbsp capers, finely chopped  
handful basil leaves

**METHOD**

01/ Cook potatoes in boiling water until tender, adding corn for final 5 minutes. Drain & cool.

02/ For the dressing, mix the vinegar, oil, spring onions / scallions, capers, basil & seasoning.

03/ Heat grill to high. Rub some dressing on salmon & cook, skinned-side down, for 7-8 minutes. Slice tomatoes & place on plate. Slice the potatoes, cut the corn from the cob & add to plate. Add the salmon & drizzle over the remaining dressing.
Spiced Carrot and Lentil Soup

**Suitable**
- Quick

**Prep Time**
- 10 mins

**Cook Time**
- 15 mins

**Serves**
- 2

**Nutrition (per serving)**

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<td>5g</td>
<td>11g</td>
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**Ingredients**

- 1 tsp cumin seeds
- pinch chilli flakes
- 1 tbsp olive oil
- 300g / 2 cups carrots, washed and coarsely grated
- 70g / ⅓ cup split red lentils
- 500ml / 2 ¼ cups hot vegetable stock
- 60ml / ¼ cup milk
- Greek yogurt, to serve

**Method**

01/ Heat a large saucepan and dryfry 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.
Mediterranean Chicken, Quinoa & Greek Salad

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<thead>
<tr>
<th>INGREDIENTS</th>
<th>M E T H O D</th>
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<tr>
<td>100g / ⅗ cup quinoa</td>
<td>01 / Cook the quinoa following the pack instructions, then rinse in cold</td>
</tr>
<tr>
<td>½ red chilli, deseeded and finely chopped</td>
<td>water and drain thoroughly</td>
</tr>
<tr>
<td>1 garlic clove, crushed</td>
<td>02 / Meanwhile, toss the chicken fillets in the olive oil with some</td>
</tr>
<tr>
<td>2 chicken breasts</td>
<td>seasoning, chilli and garlic. Lay in a hot pan and cook for 3-4 minutes</td>
</tr>
<tr>
<td>1 tbsp extra-virgin olive oil</td>
<td>each side or until cooked through</td>
</tr>
<tr>
<td>150g / ¾ cup tomatoes, roughly chopped</td>
<td>Transfer to a plate and set aside</td>
</tr>
<tr>
<td>handful pitted black kalamata olives</td>
<td>03 / Next, tip the tomatoes, olives, onion, feta and mint into a bowl.</td>
</tr>
<tr>
<td>½ red onion, finely sliced</td>
<td>Toss in the cooked quinoa. Stir through the remaining olive oil, lemon</td>
</tr>
<tr>
<td>50g / ½ cup feta cheese, crumbled</td>
<td>juice and zest, and season well. Serve with the chicken on top.</td>
</tr>
<tr>
<td>small bunch mint leaves, chopped</td>
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**Nutrition**

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**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**

20 mins

**S E R V E S**

2
Grilled Vegetables with Bean Mash

**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**
25 mins

**S E R V E S**
2

**N U T R I T I O N**
(per serving)

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<td>33g</td>
<td>9g</td>
<td>11g</td>
<td>19g</td>
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**I N G R E D I E N T S**

1 pepper, deseeded & quartered
1 aubergine, sliced lengthways
2 courgettes, sliced lengthways
2 tbsp olive oil

For the mash
400g can / 2 cups haricot beans, rinsed
1 garlic clove, crushed
100ml / ½ cup vegetable stock
1 tbsp chopped coriander

**M E T H O D**

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.
Spicy Mediterranean Beet Salad

**Suitable**

**Prep Time**
10 mins

**Cook Time**
30 mins

**Serves**
2

**Nutrition (per serving)**

<table>
<thead>
<tr>
<th>Kcal</th>
<th>Fat</th>
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<th>Carb</th>
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<th>Salt</th>
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<tbody>
<tr>
<td>548</td>
<td>20g</td>
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<td>6g</td>
<td>11g</td>
<td>23g</td>
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**Ingredients**

- 8 raw baby beetroots, or 4 medium, scrubbed
- ½ tbsp sumac
- ½ tbsp ground cumin
- 400g can / 2 cups chickpeas, drained and rinsed
- 2 tbsp olive oil
- ½ tsp lemon zest
- ½ tsp lemon juice
- 200g / ½ cup Greek yogurt
- 1 tbsp harissa paste
- 1 tsp crushed red chilli flakes
- mint leaves, chopped, to serve

**Method**

01 / Heat oven to 425F/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
Strawberry and Yogurt Parfait

**INGREDIENTS**

- 150g / ¾ cup punnet strawberries, chopped
- 1 tbsp sugar
- 150g / ½ cup 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.
Mediterranean Dip

**Nutrition (per serving)**

<table>
<thead>
<tr>
<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>
</thead>
<tbody>
<tr>
<td>213</td>
<td>12g</td>
<td>7g</td>
<td>16g</td>
<td>2g</td>
<td>4g</td>
<td>10g</td>
<td>1.5g</td>
</tr>
</tbody>
</table>

**INGREDIENTS**

- 400g can / 2 cups cannellini bean
- 200g / ¾ cups feta cheese
- 1 tbsp lemon juice
- 1 garlic clove, crushed
- 3 tbsp chopped dill, mint or chives (or 1 tbsp each)

**METHOD**

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.
Honeyed Figs with Yogurt & Almonds

Nutrition (per serving)

<table>
<thead>
<tr>
<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>
</thead>
<tbody>
<tr>
<td>151</td>
<td>5g</td>
<td>1g</td>
<td>24g</td>
<td>11g</td>
<td>2g</td>
<td>4g</td>
<td>0.1g</td>
</tr>
</tbody>
</table>

**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.
# 7 Day Meal Plan

<table>
<thead>
<tr>
<th>DAY</th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>Banana Yogurt Pots (page 5)</td>
<td>Cannellini Bean Salad (12)</td>
<td>Moussaka (27)</td>
</tr>
<tr>
<td>TUE</td>
<td>Tomato and Watermelon Salad (7)</td>
<td>Edgy Veggie Wraps (14)</td>
<td>Spicy Tomato Baked Eggs (29)</td>
</tr>
<tr>
<td>WED</td>
<td>Blueberry Oats Bowl (9)</td>
<td>Carrot, Orange and Avocado Salad (16)</td>
<td>Salmon with Potatoes and Corn Salad (31)</td>
</tr>
<tr>
<td>THU</td>
<td>Banana Yogurt Pots (5)</td>
<td>Mixed Bean Salad (18)</td>
<td>Spiced Carrot and Lentil Soup (33)</td>
</tr>
<tr>
<td>FRI</td>
<td>Tomato and Watermelon Salad (7)</td>
<td>Panzanella Salad (20)</td>
<td>Mediterranean Chicken, Quinoa &amp; Greek Salad (35)</td>
</tr>
<tr>
<td>SAT</td>
<td>Blueberry Oats Bowl (9)</td>
<td>Quinoa &amp; Stir Fried Veg (22)</td>
<td>Grilled Vegetables with Bean Mash (37)</td>
</tr>
<tr>
<td>SUN</td>
<td>Banana Yogurt Pots (5)</td>
<td>Moroccan Chickpea Soup (24)</td>
<td>Spicy Mediterranean Beet Salad (39)</td>
</tr>
</tbody>
</table>
This shopping list corresponds to the meal plan serving 2 people. No snacks are included.

Dairy
- Eggs 4
- Feta Cheese 350 g / 2 ⅓ cups
- Greek Yogurt 1300 g / 4 ⅓ cups
- Milk 60 ml / ¼ cup

Bakery
- Wholemeal Loaf of Bread 1
- Wholemeal Tortillas 2

Meat & Fish
- Salmon Fillets 2
- Chicken Breasts 2
- Lean Beef Mince 250 g / 9 oz

Spices & Herbs
- Crushed Red Chilli Flakes
- Cumin Seed
- Ground Cumin
- Ground Cinnamon
- Fresh Basil
- Fresh Coriander / Cilantro
- Fresh Parsley
- Fresh Mint
- Rocket / Arugula
- Sumac
- Tumeric

Store
- Artichoke Hearts 145 g / ⅝ cup
- Black Olives 50 g / ¼ cup
- Cannellini Beans 800 g / 4 cups
- Capers 8 g / 1 tbsp
- Canned Tomatoes 1200 g / 6 cups
- Chickpeas 800 g / 4 cups
- Extra Virgin Olive Oil
- Haricot Beans 400 g / 2 cups
- Harissa Paste
- Honey
- Hummus
- Porridge Oats 120 g / 1 ⅓ cups
- Quinoa 200 g / 1 ⅓ cups
- Red Wine Vinegar
- Split Red Lentils 70 g / ½ cup
- Sundried Tomato Paste
- Tomato Puree
- Vegetable Stock 1000 ml / 4 ¼ cup
- Walnuts 45 g / 6 tbsp

Fruit & Veg
- Aubergine / Eggplant 1
- Avocados 2
- Baby Beetroot 8
- Bananas 6
- Bell Pepper 1
- Broad Beans 50 g / ¼ cups
- Broccoli Head 1
- Blueberries 350 g / 3 ½ cups
- Carrots 500 g / 4 ½ cups
- Celery Stick 1
- Cherry Tomatoes 1220 g / 6 ⅛ cups
- Cucumber 1
- Garlic Clove 1
- Leek 150 g / 1 ⅓ cups
- Lemons 2
- New Potatoes 200 g / 1 ½ cups
- Onions 5
- Oranges 2
- Red Chillis 2
- Spring Onions / Scallions
- Sweetcorn Cob 1
- Watermelon 1
- Zucchini / Courgette 2
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- 4 easy-to-follow prescriptive meal plans
- Shopping lists for each week
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