Med in 28

Your Practical Guide to Mediterranean Cooking

7 DAY TASTER 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
Breakfast Blues
Porridge

**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**

½ cup (50g) porridge oats
⅔ cup (200ml) milk
½ tsp vanilla extract
2 tbsp Greek yogurt
½ cup (25g) chia seeds
¾ cup (150g) blueberries
⅓ cup (25g) flaked almonds

**M E T H O D**

01 / Mix the porridge oats, milk, vanilla extract, Greek yogurt and chia seeds in a bowl and soak for one minute. Once the oats have softened, add some of the blueberries.

02 / Place the mixture into two bowls and add any remaining berries and almonds.

**Notes:**

You can replace the blueberries with other berries.
**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
¼ cup (120g) cherry tomatoes, chopped
1 ½ cups (250g) watermelon, cut into chunks
½ cup (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
- ⅔ cup (100g) cherry tomatoes
- 4 eggs
- ¼ cup (60ml) milk
- handful basil, chopped
- 6 cups (180g) 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
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

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

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

- ¾ cup (120g) cherry tomatoes, chopped
- 1 cucumber, peeled, deseeded and roughly chopped
- ½ red onion, thinly sliced
- ⅓ (60g) or about 16 Kalamata olives
- 1 tsp dried oregano
- ½ cup (50g) feta cheese, crumbled
- 2 tbsp olive oil

**M E T H O D**

01/ Place all of the ingredients in a large bowl and lightly season. Serve with wholemeal bread.
Falafel 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**
2 Cook

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

2 wholemeal wraps
4 falafels (about 3.5 oz / 100g)
½ avocado
Small bunch of parsley, chopped
1 lemon, juiced
1 tbsp harissa

For the tahini sauce
¼ cup (60g) Greek yogurt
½ tbsp tahini
½ lemon, juiced
1 garlic clove, crushed
¼ tsp ground cumin

**M E T H O D**

01 / To make the tahini sauce, add the ingredients plus some seasoning to a bowl and mix together.

02 / Heat a dry frying pan over a medium heat and warm the flatbread for 1 minute, flipping halfway through. Spoon some tahini sauce on the flatbread along with the falafel and tahini. Scatter the parsley, squeeze the lime juice and add the harissa. Roll and serve.
Carrot, Orange & Avocado Salad

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**INGREDIENTS**

1 orange, plus zest and juice of 1
2 carrots, halved lengthways and sliced with a peeler
½ cup (35g) arugula (rocket)
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, arugula and avocado. Whisk together the orange juice, zest and oil. Toss through the salad, and season.
Mixed Bean Salad

**INGREDIENTS**

- ¾ cups (145g) artichoke heart in oil
- ½ tbsp sundried tomato paste
- ½ tsp red wine vinegar
- 7 oz can (200g) cannellini beans, drained and rinsed
- ¾ cup (120g) cherry tomatoes, chopped
- handful Kalamata black olives
- 2 spring onions, thinly sliced on the diagonal
- ¾ cup (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

**Suitable**
Vegan

**Prep Time**
20 mins

**Cook Time**
No Cook

**Serves**
2

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**Ingredients**

- 2 cups (300g) cherry tomatoes, chopped
- 1 garlic clove, crushed
- 1 tbsp capers, drained and rinsed
- 1 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.
Spiced Carrot and Lentil Soup

**INGREDIENTS**
- 1 tsp cumin seeds
- pinch chilli flakes
- 1 tbsp olive oil
- 2 cups (300g) carrots, washed and coarsely grated
- ⅓ cup (70g) split red lentils
- 2 ¼ cups (500ml) hot vegetable stock
- ¼ cup (60ml) 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.

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Moroccan Chickpea Soup

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**Ingredients**

1 tbsp olive oil  
½ medium onion, chopped  
1 celery sticks, chopped  
1 tsp ground cumin  
1 ¼ cups (300ml) hot vegetable stock  
7 oz can (200g) chopped tomatoes  
7 oz can (200g) chickpeas, rinsed and drained  
¼ cup (50g) frozen broad beans  
zest and juice ½ lemon  
cilantro (coriander) & bread to serve

**Method**

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
Haddock Risotto

**INGREDIENTS**

1 tbsp olive oil
1 large leek, thinly sliced
¾ cup (150g) risotto rice, such as arborio or carnaroli
1 ½ cups (350ml) vegetable stock
½ cup (125ml) milk
9-10 oz (280g) smoked haddock, skinned and cut into large chunks
2 tbsp Greek yogurt
1 ½ cups (50g) baby spinach

**METHOD**

01 / Heat oven to 400F (200C). Heat the oil in an oven-proof dish over a medium heat. Cook the leek for 4-5 minutes, until just tender. Add the rice and stir for 2 extra minutes.

02 / Add the stock and milk, bring to a boil and simmer for 5 minutes. Add the haddock on top. Cover with foil and bake in the oven for 18 minutes until the rice is tender.

03 / Add the Greek yogurt and spinach and season. Cover the pan again and leave to rest out of the oven for 3 minutes before serving.
Eggplant Lentil Bake

**Nutrition (per serving)**

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**Ingridents**

- 1 eggplant (aubergine), sliced lengthways
- 2 tbsp olive oil
- ½ cup (70g) lentils
- 2 onions, finely chopped
- 2 garlic cloves, finely chopped
- ¾ cup (150g) cooked butternut squash
- 7 oz can (200g) chopped tomatoes
- ½ small pack basil leaves
- ½ cup (60g) feta

**Method**

01 / Heat oven to 425°F (220°C). Add oil to each eggplant 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 eggplant slices and repeat. Scatter feta and bake for 15 more minutes until cheese is golden.
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

**Nutrition (per serving)**

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**INGREDIENTS**

1 pepper, deseeded & quartered
1 eggplant (aubergine), sliced lengthways
2 zucchini (courgettes), sliced lengthways
2 tbsp olive oil

For the mash
14 oz (400g) can haricot beans, rinsed
1 garlic clove, crushed
⅖ cup (100ml) vegetable stock
1 tbsp chopped cilantro (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.
Mediterranean Chicken, Quinoa & Greek Salad

**Nutrition (per serving)**

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**INGREDIENTS**

- ⅔ cup (100g) quinoa
- ½ red chilli, deseeded and finely chopped
- 1 garlic clove, crushed
- 2 chicken breasts
- 1 tbsp extra-virgin olive oil
- 1 cup (150g) cherry tomatoes, chopped
- handful pitted black kalamata olives
- ½ red onion, finely sliced
- ½ cup (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.
Salmon & Chickpea Salad

**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**  
15 mins

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

- 1 large red pepper, quartered and deseeded
- ½ lemon, zest and juice
- pinch smoked paprika
- 1 tbsp extra-virgin olive oil
- 3 ½ cup (100g) baby spinach
- 2 salmon fillets
- 14 oz (400g) can chickpeas

**METHOD**

01/ Heat the grill and grill the pepper quarters for 5 minutes. Leave the grill on. Transfer the peppers to a bowl & leave to cool slightly. Peel off the skins & cut the flesh into strips.

02/ Whisk the lemon zest, juice, smoked paprika, olive oil & seasoning. Toss half the dressing with the spinach leaves and divide between 2 bowls.

03/ Season the salmon and grill for 5 minutes. Meanwhile, heat the chickpeas in their canning liquid for 3-4 minutes, drain well, then mix with the remaining dressing & strips of pepper. Spoon over spinach and top with salmon to serve.
Chicken Gyros

**Nutrition**

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**Ingredients**

1 chicken breast, cut into chunks
2 tsp olive oil
1 garlic clove, minced
½ tsp oregano
2 tbsp Greek yogurt
8-10cm (about half) piece cucumber,
2 tbsp mint, chopped
2 wholemeal pita bread
⅓ cup (50g) cherry tomatoes
1 roasted red pepper from jar, sliced

**Method**

01. Heat a frying pan with some olive oil over a medium heat. Cover the chicken chunks with oregano, then add to the pan with the garlic and some pepper. Cook for 5 minutes or so until cooked through.

02. Meanwhile, grate the cucumber and squeeze out the excess water. Add the yogurt, grated cucumber and mint to make the tzatziki.

03. Cut the tops of the pittas on their longest side. Layer in the chicken, tomatoes and red pepper. If eating immediately, add the tzatziki. If taking away, keep the tzatziki in a separate container and add before eating to stop the pitta going soggy.
Spicy Mediterranean Beet Salad

**Nutrition**

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**Ingredients**

- 8 raw baby beetroots, or 4 medium, scrubbed
- ½ tbsp sumac
- ½ tbsp ground cumin
- 14 oz can (400g) chickpeas, drained and rinsed
- 2 tbsp olive oil
- Zest and juice, ½ lemon
- ¾ cup (200g) Greek yogurt
- 1 tbsp harissa paste
- 1 tsp crushed red chilli flakes
- mint leaves, chopped, to serve

**Method**

01/ Heat oven to 425F (220C). 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**

- ¾ cup (150g) punnet strawberries, chopped
- 1 tbsp sugar
- ⅔ cup (150g) 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

**INGREDIENTS**

14 oz (400g) can cannellini bean  
1 ½ cup (200g) 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

**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**
0 mins

**S E R V E S**
1

**INGREDIENTS**
- 2 figs
- 2 tbsp Greek yogurt
- 1 tbsp honey
- 2 pinches of cinnamon
- handful flaked toasted almonds

**M E T H O D**

01/ Cut the figs in half. Spoon over the yogurt, then drizzle with honey. Sprinkle with cinnamon and a few flaked toasted 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>
# 7 Day Meal Plan

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>Blueberry Blues Porridge (page 5)</td>
<td>Greek Salad (12)</td>
<td>Haddock Risotto (27)</td>
</tr>
<tr>
<td>TUE</td>
<td>Basil and Spinach Scramble (7)</td>
<td>Falafel Wraps (14)</td>
<td>Eggplant and Lentil Bake (29)</td>
</tr>
<tr>
<td>WED</td>
<td>Tomato and Watermelon Salad (9)</td>
<td>Carrot, Orange and Avocado Salad (16)</td>
<td>Mediterranean Chicken, Quinoa &amp; Greek Salad (31)</td>
</tr>
<tr>
<td>THU</td>
<td>Blueberry Blues Porridge (5)</td>
<td>Mixed Bean Salad (18)</td>
<td>Grilled Vegetables with Bean Mash (33)</td>
</tr>
<tr>
<td>FRI</td>
<td>Basil and Spinach Scramble (7)</td>
<td>Panzanella Salad (20)</td>
<td>Salmon &amp; Chickpea Salad (35)</td>
</tr>
<tr>
<td>SAT</td>
<td>Tomato and Watermelon Salad (9)</td>
<td>Spiced Carrot and Lentil Soup (22)</td>
<td>Chicken Gyros (37)</td>
</tr>
<tr>
<td>SUN</td>
<td>Blueberry Blues Porridge (5)</td>
<td>Moroccan Chickpea Soup (24)</td>
<td>Spicy Mediterranean Beet Salad (39)</td>
</tr>
</tbody>
</table>
This shopping list serves 2 people. No snacks are included.

**DAIRY**
- Eggs 8
- Feta Cheese 16 oz (460g)
- Greek Yogurt 15 oz (435g)
- Milk 30.5 fl oz (905 ml)

**BAKERY**
- Wholemead Loaf of Bread 1
- Wholemeal Wraps 2
- Wholemeal Pita Bread 2

**MEAT & FISH**
- Salmon Fillets 2
- Chicken Breasts 3
- Haddock Fillets 2 (10z/280g)

**SPICES & HERBS**
- Crushed Chilli Flakes
- Cumin Seed
- Ground Cumin
- Dried Oregano
- Fresh Basil
- Fresh Coriander / Cilantro
- Fresh Parsley
- Fresh Mint
- Arugula (Rocket) 1 oz (35g)
- Sumac
- Smoked Paprika

**STORE**
- Artichoke Hearts 5 oz (145g)
- Black Olives 4.5 oz (130g)
- Can Cannellini Beans 7 oz (200g)
- Capers
- Can Chopped Tomatoes 14 oz (400g)
- Can Chickpeas 35 oz / (1000g)
- Extra Virgin Olive Oil

- Haricot Beans 14 oz (400g)
- Harrisa Paste
- Porridge Oats 5 oz (150g)
- Quinoa 3.5 oz (100g)
- Red Wine Vinegar
- Risotto Rice 5 oz (150g)
- Split Red Lentils 5 oz (140g)
- Sundried Tomato Paste
- Vanilla Extract
- Vegetable Stock 42 fl oz (1250ml)
- Chia Seeds 2.5 oz (75g)
- Tahini
- Jar Roasted Red Pepper 3.5 oz (100g)
- Falafel 3.5 oz (100g)

**FRUIT & VEG**
- Eggplant (Aubergine) 2
- Avocados 3
- Baby Beetroot 8
- Baby Spinach 18 oz (510g)
- Butternut Squash 5 oz (150g)
- Red Bell Peppers 2
- Broad Beans 2 oz (50g)
- Blueberries 16 oz (450g)
- Carrots 16 oz (460g)
- Celery Stick 1
- Cherry Tomatoes 42 oz (1180g)
- Cucumbers 2
- Garlic Cloves 7
- Leek 1
- Lemons 4
- White Onions 3
- Red Onions 2
- Oranges 2
- Red Chilli 1
- Spring Onions / Scallions 2
- Watermelon 17.5 oz (500g)
- Zucchini (Courgette) 2
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- 4 easy-to-follow prescriptive meal plans
- Shopping lists for each week
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