

Med in 28

7 Day Mediterranean Diet Plan
for Pear Shapes



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.

Copyright © 2023 Medmunch. All rights reserved.

Table of Contents

Breakfast	4
Breakfast Blues Porridge	5
Tomato and Watermelon Salad	7
Basil and Spinach Scramble	9
Lunch	11
Greek Salad	12
Falafel Wraps	14
Carrot, Orange and Avocado Salad	16
Mixed Bean Salad	18
Panzanella Salad	20
Spiced Carrot and Lentil Soup	22
Moroccan Chickpea Soup	24
Dinner	26
Spiced Chicken Bake	27
Eggplant and Lentil Bake	29
Salmon & Chickpea Salad	31
Grilled Vegetables with Bean Mash	33
Mediterranean Chicken with Quinoa Greek Salad.....	35
Chicken Gyros.....	37
Spicy Mediterranean Beet Salad	39
Snacks & Sides	41
Strawberry & Yogurt Parfait	42
Mediterranean Dip	44
Honeyed Figs with Yogurt & Almonds	46
Resources	48
Week 1 Meal Plan	49
Week 1 Shopping List	50



Breakfast



Breakfast Blues Porridge



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	347	15g	3g	42g	14g	10g	15g	0.2g

INGREDIENTS

½ cup (50g) porridge oats
 ⅝ cup (200ml) milk
 ½ tsp vanilla extract
 2 tbsp Greek yogurt
 ⅛ cup (25g) chia seeds
 ¾ cup (150g) blueberries
 ⅓ cup (25g) flaked almonds

METHOD

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



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	177	13g	5g	13g	10g	1g	5g	0.7g

INGREDIENTS

- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- ¼ tsp chilli flakes
- 1 tbsp chopped mint
- ½ cup (120g) cherry tomatoes, chopped
- 1 ⅔ cups (250g) watermelon, cut into chunks
- ⅓ 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)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	294	24g	5g	8g	4g	3g	16g	0.5g

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



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	273	24g	6g	14g	6g	4g	6g	1.5g

INGREDIENTS

$\frac{4}{5}$ cup (120g) cherry tomatoes, chopped

1 cucumber, peeled, deseeded and roughly chopped

$\frac{1}{2}$ red onion, thinly sliced

$\frac{1}{3}$ (60g) or about 16 Kalamata olives

1 tsp dried oregano

$\frac{1}{3}$ cup (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.



Falafel Wraps



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	424	21g	3.6g	44g	4g	10g	17g	1.5g

INGREDIENTS

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

METHOD

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



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	338	27g	5g	26g	13g	11g	4g	0.1g

INGREDIENTS

- 1 orange, plus zest and juice of 1
- 2 carrots, halved lengthways and sliced with a peeler
- 1/3 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



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	240	12g	5g	22g	4g	9g	11g	1.5g

INGREDIENTS

- 4/5 cups (145g) artichoke heart in oil
- 1/2 tbsp sundried tomato paste
- 1/2 tsp red wine vinegar
- 7 oz can (200g) cannellini beans, drained and rinsed
- 4/5 cup (120g) cherry tomatoes, chopped
- handful Kalamata black olives
- 2 spring onions, thinly sliced on the diagonal
- 2/3 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



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	452	35g	6g	37g	7g	11g	6g	1.1g

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



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	238	7g	1g	34g	1g	5g	11g	0.3g

INGREDIENTS

1 tsp cumin seeds
pinch chilli flakes
1 tbsp olive oil
2 cups (300g) carrots, washed and coarsely grated
1/3 cup (70g) split red lentils
2 1/4 cups (500ml) hot vegetable stock
1/4 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



Moroccan Chickpea Soup



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	408	11g	2g	63g	3g	10g	15g	2.0g

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



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	520	10g	2g	65g	6g	3g	43g	3.1g

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 ⅓ 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)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	444	20g	6g	52g	12g	19g	17g	0.7g

INGREDIENTS

- 1 eggplant (*aubergine*), sliced lengthways
- 2 tbsp olive oil
- 1/3 cup (70g) lentils
- 2 onions, finely chopped
- 2 garlic cloves, finely chopped
- 3/4 cup (150g) cooked butternut squash
- 7 oz can (200g) chopped tomatoes
- 1/2 small pack basil leaves
- 1/3 cup (60g) feta

METHOD

- 01/ Heat oven to 425F (220C). 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 1/2 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



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	314	16g	2g	33g	9g	11g	19g	0.1g

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
- $\frac{2}{5}$ cup (100ml) vegetable stock
- 1 tbsp chopped cilantro (*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.

Mediterranean Chicken, Quinoa & Greek Salad



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	424	21g	6g	50g	11g	17g	33g	1.5g

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
 ⅓ 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



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	351	14g	2g	34g	3g	7g	25g	1.1g

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 (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	296	8g	1.0g	29g	3g	7g	26g	0.3g

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 (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	548	20g	4g	58g	6g	11g	23g	1.7g

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
 ⅝ 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



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	161	4g	1g	23g	13g	2g	9g	0.1g

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



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	213	12g	7g	16g	2g	4g	10g	1.5g

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



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	151	5g	1g	24g	11g	2g	4g	0.1g

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



7. Day

Meal Plan




	BREAKFAST	LUNCH	DINNER
MON	Blueberry Blues Porridge (page 5)	Greek Salad (12)	Haddock Risotto (27)
TUE	Basil and Spinach Scramble (7)	Falafel Wraps (14)	Eggplant and Lentil Bake (29)
WED	Tomato and Watermelon Salad (9)	Carrot, Orange and Avocado Salad (16)	Mediterranean Chicken, Quinoa & Greek Salad (31)
THU	Blueberry Blues Porridge (5)	Mixed Bean Salad (18)	Grilled Vegetables with Bean Mash (33)
FRI	Basil and Spinach Scramble (7)	Panzanella Salad (20)	Salmon & Chickpea Salad (35)
SAT	Tomato and Watermelon Salad (9)	Spiced Carrot and Lentil Soup (22)	Chicken Gyros (37)
SUN	Blueberry Blues Porridge (5)	Moroccan Chickpea Soup (24)	Spicy Mediterranean Beet Salad (39)

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

Get Started with an Easy-to-Follow 28 Day Plan

Think diets need to be boring? Think again.

Our 28 day Mediterranean diet plan, Med in 28, makes it easy to cook healthy yet delicious food. You'll be able to eat healthily forever without it ever feeling like a chore.

Our 28 day plan contains everything you need to start eating this way sustainably:

- 65 quick and easy Mediterranean-style recipes
- 4 easy-to-follow prescriptive meal plans
- Shopping lists for each week
- Simple guidance on how to eat this way long-term

It's not about crash diets, but building healthy eating habits that last a lifetime. Our easy-to-follow plan is available in both physical and digital versions.

[Learn More](#)

