

# Mediterranean Diet



## Guidelines

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Maximise intake of vegetables & fruit

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Limit red meat intake

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Olive oil is your friend!

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Limit processed foods

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Eat moderate amounts of full fat dairy products

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Replace salt with herbs & spices

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The Mediterranean Diet is one of the most scientifically researched, recognised and recommended diets world wide for health and longevity. It is rich in vegetables, fruit, peas and beans (legumes) and grains. It contains moderate amounts of chicken and fish, with some red meat. Most fat is unsaturated coming from olive oil and nuts.

In combination with exercise, the Mediterranean diet offers an affordable, balanced and health promoting lifestyle choice. With a wide range of fruits and vegetables, it gives the body maximum access to sources of vitamins, minerals and other trace nutrients.

The Mediterranean diet has been shown to reduce the chance of developing:

- Heart disease
- Type 2 diabetes
- High blood pressure
- Metabolic syndrome
- Obesity
- Some cancers
- Alzheimer's disease and dementia

## Breakfast

Most mornings: start your day with oats & fruit or greek yoghurt with berries. Choose fresh fruit.

3-4 mornings per week: enjoy some eggs, or some beans with a slice of whole grain toast.

## Lunch

Most days: try different kinds of salads. Add black beans, chickpeas, cooked salmon, feta or haloumi. Dress with olive oil & vinegar.

2 times per week: have a piece of grilled chicken or turkey on a wrap. Add tomatoes, lettuce, avocado and cottage cheese.

## Dinner

Most days: fill your plate with vegetables that steamed, roasted or sautéed in a little olive oil with herbs & spices. Add beans, lentils or brown rice.

2 times per week: fill half your plate with vegetables, and add some chicken or fish and brown rice or quinoa. Enjoy some fruit for dessert.

## Serving sizes

Vegetables: 6 servings per day. One serve equals cup of raw leafy vegetables or half a cup of other vegetables.

Fruit: 3 servings per day. One serve is one apple, banana, one orange, 200 g of melon or watermelon, 30 g of grapes.

Grains, bread, pasta, rice: up to 4 small servings per day. One serve is half a cup (50-60 grams) of cooked brown pasta or rice; one slice of wholegrain bread (25 grams).

Dairy: 2 servings per day. One serve is one cup of milk or yoghurt; 30 g of cheese. Always choose full fat.

Olive oil: Daily as the main added fat.

Potatoes: 3 servings per week. 100 grams is one serve.

Legumes: 3-4 servings per week. One serve is one cup (100 gram) of cooked dry beans.

Nuts: 3-4 servings per week. 30 grams per serve. Eat as a snack or sprinkle on food for added taste. Avoid salted nuts.

Eggs: 3 servings per week. One egg per serve.

Fish: 5-6 servings per week.

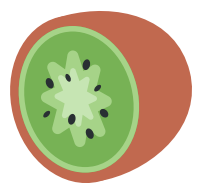
Red Meat: 4 servings per month. Palm sized serve when cooked.

Chicken & poultry: 2-3 times per week. Palm sized serve when cooked.

Sweets and desserts: Should only be eaten in small quantities as a treat. No more than once a month.

# Shopping List

<b>Vegetables</b> <i>Seasonal &amp; local where possible</i> <ul style="list-style-type: none"> <li>○ Tomatoes</li> <li>○ Capsicums</li> <li>○ Onions</li> <li>○ Eggplant</li> <li>○ Cucumbers</li> <li>○ Green beans</li> <li>○ Zucchini</li> <li>○ Garlic</li> <li>○ Peas</li> <li>○ Mushrooms</li> <li>○ Cauliflower</li> <li>○ Broccoli</li> <li>○ Carrots</li> <li>○ Celery leaves</li> <li>○ Beetroots</li> <li>○ Spinach</li> <li>○ Cabbage</li> <li>○ Asparagus</li> <li>○ Artichokes</li> <li>○ Salad greens</li> <li>○ Rocket</li> </ul>	<b>Fruit</b> <i>Seasonal &amp; local where possible</i> <ul style="list-style-type: none"> <li>○ Oranges</li> <li>○ Lemons</li> <li>○ Apples</li> <li>○ Pears</li> <li>○ Cherries</li> <li>○ Watermelon</li> <li>○ Peaches</li> <li>○ Rockmelon</li> <li>○ Figs</li> <li>○ Apricots</li> <li>○ Avocados</li> <li>○ Bananas</li> <li>○ Berries</li> </ul>	<b>Diary</b> <i>Full fat options</i> <ul style="list-style-type: none"> <li>○ Greek yoghurt</li> <li>○ Feta cheese</li> <li>○ Ricotta</li> <li>○ Parmesan</li> <li>○ Mozzarella</li> <li>○ Cheddar</li> </ul>
<b>Fish &amp; seafood</b> <ul style="list-style-type: none"> <li>○ Anchovies (fresh or canned)</li> <li>○ Sardines (fresh or canned)</li> <li>○ Cod</li> <li>○ Tuna (fresh or canned)</li> <li>○ Prawns</li> <li>○ Calamari</li> <li>○ Octopus</li> </ul>	<b>Meat &amp; poultry</b> <i>Red meat only once a week</i> <ul style="list-style-type: none"> <li>○ Chicken (whole, legs, breast)</li> <li>○ Turkey</li> <li>○ Eggs</li> <li>○ Veal</li> <li>○ Pork</li> </ul>	<b>Grains</b> <ul style="list-style-type: none"> <li>○ <u>Quinoa</u></li> <li>○ Oats</li> <li>○ Millet</li> <li>○ Spelt</li> <li>○ <u>Cous cous</u></li> <li>○ Buckwheat</li> <li>○ Polenta</li> <li>○ Brown rice</li> <li>○ Wholegrain or pulse pasta</li> </ul>
<b>Fats &amp; Nuts</b> <ul style="list-style-type: none"> <li>○ Extra virgin olive oil</li> <li>○ Tahini</li> <li>○ Almonds</li> <li>○ Walnuts</li> <li>○ Pine nuts</li> <li>○ Pistachios</li> <li>○ Sesame seeds</li> <li>○ Sunflower seeds</li> <li>○ Pumpkin seeds</li> <li>○ Cashews</li> </ul>	<b>Beans &amp; Legumes</b> <ul style="list-style-type: none"> <li>○ Lentils</li> <li>○ White beans</li> <li>○ Chickpeas</li> <li>○ Yellow split peas</li> <li>○ Kidney beans</li> </ul>	<b>Pantry items</b> <ul style="list-style-type: none"> <li>○ Canned tomatoes</li> <li>○ Tomato paste</li> <li>○ Olives</li> <li>○ Sundried tomatoes</li> <li>○ Capers</li> <li>○ Balsamic vinegar</li> <li>○ Red wine vinegar</li> <li>○ Herbs &amp; spices</li> </ul>



# Recipes

## Overnight Oats

\*A batch can be made at the start of the week & kept in the fridge making it a quick, healthy & time saving option.

Ingredients based on one serve:

- 1/2 cup rolled oats
- 1/2 cup milk of choice
- 1/4 cup greek yoghurt
- 1 tablespoon chia seeds
- 1/4 teaspoon vanilla essence

Method:

- Place ingredients into a large glass container & mix until combined
- Cover & place in fridge overnight
- Top with nuts, fresh fruit & more yoghurt if desired
- Enjoy!

## Sweet Potato Burgers

Ingredients:

- 1 cup red lentils
- 1 sweet potato, grated
- Handful of fresh parsley, chopped
- 1 medium onion, chopped finely
- 1 egg
- 4 tablespoons nutritional yeast
- 1/4 cup breadcrumbs
- Salt and pepper

Method:

- Add lentils to a pot, cover with water and bring to the boil
- Once boiling cook for 15 minutes and remove from heat
- Strain lentils very well, getting out as much water as possible - using the back of a spoon to press excess water out works well - start mashing into a paste
- Put lentil paste into bowl & add other ingredients
- Mix together till all combined - mixture should be sticky and easy to form - if its too wet add more breadcrumbs/flour until it becomes a sticky, dough like consistency
- Place in fridge for an hour or more prior to cooking
- Heat a fry pan with olive oil on a low heat, frying the burgers until golden on each side
- Serve with salad

## Zucchini Slice

Ingredients:

- 1 brown onion, finely chopped
- 2 cloves garlic, crushed
- 450g zucchini grated (approx. 2 cups)
- 250g sweet potato peeled and grated (approx. 1 cup)
- 1 cup almond meal
- 1 tsp baking powder (aluminium free)
- salt and pepper
- 5 eggs, lightly beaten
- 1/4 cup feta

Method:

- Preheat oven to 200 degrees and line baking dish (20cmx30cm, or whatever you have) with parchment paper
- Mix all ingredients in a large bowl
- Spread evenly into baking tray
- Bake for approximately 20-30 minutes
- Dish is cooked when you insert a skewer and it comes out clean
- Serve with salad

## Protein Balls

Ingredients:

- 1.5 cups almonds
- 1 cup dates (pitted)
- 1/2 cup cacao butter
- 1 cup shredded coconut
- 1 tablespoon honey or rice malt syrup
- 1/2 cup protein powder
- 3 tablespoons cacao
- 1 tablespoon chia seeds

Method:

- Blend all ingredients until well processed
- May need to add a little water to get good consistency depending on what is preferred - little bit chunky or blend till smoother
- Roll into small balls and top with desiccated coconut or crushed nuts and store in the fridge

Other recipes can be found here:

<https://www.mediterraneanbook.com/>

<https://paleoglutenfree.com/>