



# A Refresher on the Mediterranean Diet

## And how to nail it for best health

Similar to a clean diet, the Mediterranean diet isn't really a diet but a lifestyle. Hailing from the regions that border the Mediterranean Sea, it's a combination of food, exercise, and community. There's a wide array of produce, proteins, and healthy fat.

**+ What to Eat:** Fruit, vegetables, whole grains, extra virgin olive oil (number one fat choice), meatless meals, fish, beans, nuts, legumes, one glass red wine.

**What to Eat in Moderation:** Cheese, poultry, eggs, yogurt.

**What to Eat Rarely:** Red meat.

**- What to Avoid:** Sugar-sweetened beverages, added sugars, processed meat, refined grains, refined oils and other highly processed foods.

**✓ Pros:** Though there is not one defined Mediterranean diet, this way of eating is generally rich in healthy plant foods and relatively lower in animal foods, with a focus on omega-3-rich fish and seafood. The Mediterranean lifestyle also involves regular physical activity, sharing meals with other people, and enjoying life.

**✗ Cons:** Named one of the top diets to follow to reduce risk of cardiovascular disease, there's not much to criticize. It's very well balanced as it encourages a wide variety of nutrient-dense foods.

**PRO TIP:** Each meal should have a protein, fat, and variety of colorful produce to ensure balance and a diverse intake of vitamins and minerals. Wild-caught fish should be consumed at least twice a week. Focus on trying to maximize intake of anti-inflammatory compounds.

**SUPPLEMENTS:** Vitamin D3/K2 liposomal spray and EGCg. As this diet contains one of the broadest variety of foods, the chosen supplements are for improved variety of foods with a wide range of polyphenolic compounds. EGCg is a powerful free radical scavenger extract found in green tea.\*



VITAMIN D3/K2  
LIPOSOMAL SPRAY

EGCg

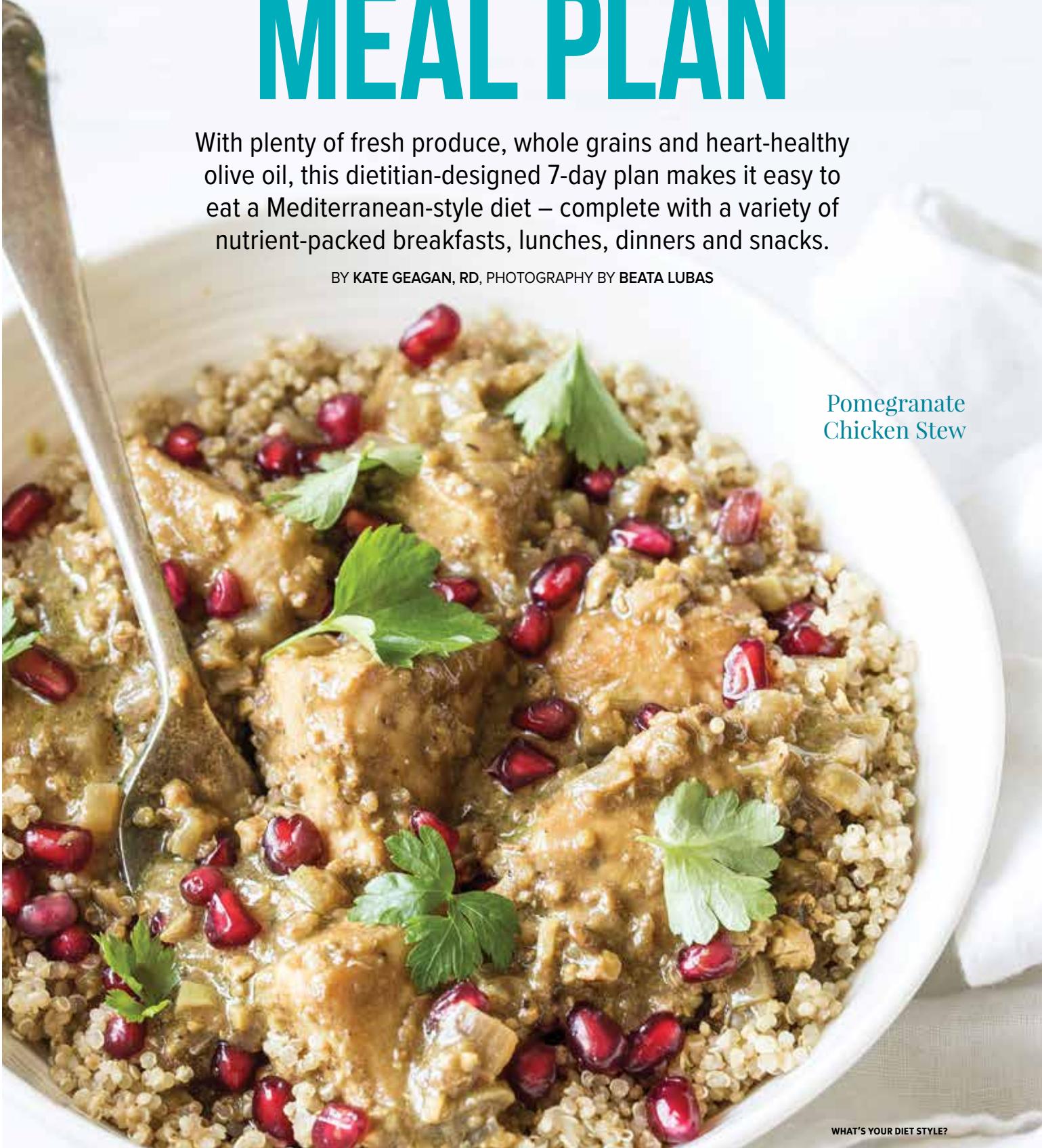
What's Your  
Diet Style?



# Your Mediterranean-Style **MEAL PLAN**

With plenty of fresh produce, whole grains and heart-healthy olive oil, this dietitian-designed 7-day plan makes it easy to eat a Mediterranean-style diet – complete with a variety of nutrient-packed breakfasts, lunches, dinners and snacks.

BY KATE GEAGAN, RD, PHOTOGRAPHY BY BEATA LUBAS



Pomegranate  
Chicken Stew

## No-Cook Almond Cherry Bars

MAKES 8 BARS.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

- 1 cup** pitted and chopped Medjool dates
- ½ cup** natural unsalted almond butter
- ½ cup** unsalted pumpkin seeds
- ½ cup** unsalted raw almonds
- 1 cup** unsweetened dried tart cherries (or naturally sweetened cranberries)
- 1 tsp** ground cinnamon
- 1 tsp** sesame seeds, toasted

**1.** Lightly mist a 9 x 5-inch loaf pan with cooking spray, then line with parchment paper.

**2.** To a food processor, add dates, almond butter, pumpkin seeds, almonds, cherries and cinnamon; pulse until about three-quarters combined, leaving some chunks intact.

**3.** Press mixture evenly into loaf pan. Sprinkle with sesame seeds.

**4.** Refrigerate for at least 1 hour, ideally overnight. Cut into 8 equal-sized bars. (**NOTE:** You will have leftover bars; freeze remaining for future use.)

**PER SERVING** (1 bar): Calories: 287, Total Fat: 15 g, Sat. Fat: 1 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 3.5 g, Carbs: 36 g, Fiber: 8 g, Sugars: 22 g, Protein: 6 g, Sodium: 0 mg, Cholesterol: 0 mg

## Pomegranate Chicken Stew

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 15 MINUTES.

- 8 oz** pomegranate juice\*
- 1 tbsp** raw honey
- 1 tsp** fresh lemon juice
- ½ tsp** + ¼ tsp sea salt, divided
- ¾ cup** unsalted raw walnut pieces (3 oz)
- 2 tbsp** extra-virgin olive oil
- 1¼ lb** boneless, skinless chicken breast, cut into 2-inch cubes
- 2 tbsp** white whole-wheat flour
- Pinch** ground black pepper
- 1** yellow onion, chopped
- 3 cloves** garlic, minced
- 1 tsp** ground turmeric
- ½ tsp** each ground cinnamon and nutmeg
- 2 cups** low-sodium chicken broth
- ⅓ cup** chopped fresh flat-leaf parsley
- ½ cup** pomegranate seeds

**1.** Prepare pomegranate molasses: In a small saucepan, bring pomegranate juice, honey, lemon juice and pinch salt to a boil. Reduce heat to a simmer, stirring occasionally, until reduced to ⅓ cup, about 40 minutes. Set aside.

**2.** Meanwhile, in a small skillet on medium, toast walnuts until starting to brown. Grind in a food processor to small crumbs. Set aside.

**3.** In a Dutch oven on medium, heat oil. Toss chicken with flour and pinch each salt and pepper. Cook chicken in batches until lightly browned, 3 to 4 minutes each side. Transfer to a plate.

**4.** To same pan, add onions and sauté until soft and light golden, about 8 to 10 minutes. (**NOTE:** Add a splash of oil or water to pan if it becomes dry.) Add garlic, turmeric, cinnamon, nutmeg and remaining ¼ tsp salt and cook for 30 seconds, until fragrant.

**5.** Add broth, pomegranate molasses and walnuts. Bring to a boil. Reduce heat and simmer, adding chicken and any juices back into stew, for 15 minutes, until chicken is cooked through and flavors are blended.

**6.** Sprinkle portions with parsley and pomegranate seeds. (**NOTE:** You'll need 3 servings for the Meal Plan; freeze remaining for future use.)

**PER SERVING** (1¼ cups): Calories: 466, Total Fat: 26 g, Sat. Fat: 3 g, Monounsaturated Fat: 8.5 g, Polyunsaturated Fat: 12 g, Carbs: 22 g, Fiber: 3 g, Sugars: 11 g, Protein: 35 g, Sodium: 495 mg, Cholesterol: 91 mg

**\*TIP:** In this recipe, we use pomegranate juice, honey and lemon to make a molasses. To save time, you can use ⅓ cup prepared pomegranate molasses. Look for one without additives or preservatives.



## RECIPES | mediterranean meal plan

MONDAY	TUESDAY	WEDNESDAY	
<p><b>BREAKFAST:</b> 1 No-Cook Almond Cherry Bar (p. 23) and 1 cup green tea</p> <p><b>SNACK:</b> <i>Cottage Cheese Parfait:</i> Top ½ cup cottage cheese with ½ cup thawed frozen wild blueberries and 1 tsp pumpkin seeds</p> <p><b>LUNCH:</b> 1½ cups Orange Carrot Soup (p. 25); 4 crackers with ½ avocado, sliced, and ¼ cup fresh salsa verde</p> <p><b>SNACK:</b> 3 cups Parmesan Popcorn (p. 25)</p> <p><b>DINNER:</b> <i>Greek-Style Salmon:</i> Rub a 3-oz salmon fillet with ¼ tsp EVOO and sprinkle with 2 tsp Za’atar; cook in a skillet with cooking spray; serve over 1 cup steamed spinach with tzatziki (below)</p> <p><b>Tzatziki:</b> Combine ½ cup yogurt with 1 clove minced garlic, ¼ shredded cucumber, 1 tsp chopped mint and pinch each salt and pepper</p> <p>1 piece Dark Chocolate Bark (p. 25)</p>	<p><b>BREAKFAST:</b> <i>Tex-Mex Egg &amp; Salsa:</i> 1 poached egg, ½ avocado, sliced, 2 tbsp salsa on 1 slice toast</p> <p><b>SNACK:</b> Top ½ cup yogurt with 1 pear, chopped, and ½ tsp honey</p> <p><b>LUNCH:</b> <i>Mediterranean Fusilli:</i> Heat ¾ cup tomato sauce with ¼ cup pitted black olives, sliced, pinch red pepper flakes, 1 tsp capers, 3 oz tuna and 1 chopped carrot; toss with ½ cup cooked pasta</p> <p><b>SNACK:</b> 1 oz Spiced Walnuts (p. 25) and ½ orange (leftover from Orange Carrot Soup)</p> <p><b>DINNER:</b> 1 serving Pomegranate Chicken Stew (p. 23) with ½ cup cooked quinoa</p> <p>1 piece Dark Chocolate Bark (leftovers, p. 25)</p>	<p><b>BREAKFAST:</b> 1 No-Cook Almond Cherry Bar (leftovers, p. 23) and 1 cup green tea</p> <p><b>SNACK:</b> Top ½ cup yogurt with ½ pear, chopped, and ½ tsp honey</p> <p><b>LUNCH:</b> 1½ cups Orange Carrot Soup (leftovers, p. 25); 2 oz tuna on 1 slice bread</p> <p><b>SNACK:</b> 3 cups Parmesan Popcorn (p. 25)</p> <p><b>DINNER:</b> Pomegranate Chicken Stew (leftovers, p. 23) with ½ cup cooked quinoa</p> <p>1 cup mixed baby greens with 1 tsp each EVOO and ACV</p>	
<p><b>NUTRIENTS:</b> Calories: 1,765, Fat: 83 g, Sat. Fat: 16 g, Carbs: 197 g, Fiber: 44 g, Sugars: 86 g, Protein: 76 g, Sodium: 2,057 mg, Cholesterol: 76 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,729, Fat: 80 g, Sat. Fat: 14 g, Carbs: 166 g, Fiber: 30 g, Sugars: 63 g, Protein: 98 g, Sodium: 1,964 mg, Cholesterol: 359 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,801, Fat: 76 g, Sat. Fat: 10 g, Carbs: 205 g, Fiber: 40 g, Sugars: 91 g, Protein: 87 g, Sodium: 1,356 mg, Cholesterol: 130 mg</p>	
THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>BREAKFAST:</b> <i>Cinnamon Pear Toast:</i> 1 slice bread topped with ½ cup cottage cheese, ½ pear, sliced, and sprinkled with cinnamon; toast or broil</p> <p><b>SNACK:</b> ½ pear, sliced, with 1 tbsp almond butter</p> <p><b>LUNCH:</b> <i>Supercharged Winter Salad*</i></p> <p>4 crackers</p> <p><b>SNACK:</b> ½ No-Cook Almond Cherry Bar (leftovers, p. 23)</p> <p>1 cup green tea</p> <p><b>DINNER:</b> <i>Quick Pasta Fagioli Soup:</i> Simmer 2 cups vegetable broth, ½ cup each uncooked pasta, diced carrots, celery and onions, until pasta is cooked, about 8 minutes; add ½ cup chickpeas, 1 handful baby spinach and 2 tbsp chopped parsley; simmer 1 minute and remove from heat; sprinkle with a drizzle of EVOO and 1 tsp Parmesan</p> <p>1 piece Dark Chocolate Bark (leftovers, p. 25)</p>	<p><b>BREAKFAST:</b> 1 recipe Purple Power Smoothie (p. 25)</p> <p><b>SNACK:</b> 1 oz Spiced Walnuts (leftovers, p. 25)</p> <p><b>LUNCH:</b> Pomegranate Chicken Stew (leftovers, p. 23) with ½ cup cooked quinoa</p> <p><b>SNACK:</b> 3 cups Parmesan Popcorn (p. 25)</p> <p><b>DINNER:</b> <i>Bison Avocado Slider:</i> Form 4 oz bison or beef into a patty and grill or cook in a nonstick pan; top with 2 oz avocado and handful of fresh baby spinach on 1 slice toasted bread; serve with 1 carrot and ½ cucumber, sliced</p> <p>1 piece Dark Chocolate Bark (leftovers, p. 25)</p>	<p><b>BREAKFAST:</b> <i>Wild Blueberry Toast:</i> 1 slice bread topped with ½ cup cottage cheese, ½ cup wild blueberries (thawed) and sprinkled with cinnamon; toast or broil</p> <p><b>SNACK:</b> ½ No-Cook Almond Cherry Bar (leftovers, p. 23) and 1 cup green tea</p> <p><b>LUNCH:</b> <i>Black Bean Bowl:</i> Heat 1 can black beans with ½ tsp each cumin, garlic powder, chile powder and smoked paprika; roast 1 sweet potato; serve ½ of bean mixture and ½ of sweet potato, sliced, with squeeze lime and ½ avocado over ½ cup cooked rice; top with 1 tbsp pumpkin seeds and 2 tbsp salsa verde</p> <p><b>SNACK:</b> 1 oz Spiced Walnuts (leftovers, p. 25)</p> <p><b>DINNER:</b> <i>Quick Pasta Fagioli Soup:</i> Simmer 2 cups vegetable broth, ½ cup each uncooked pasta, diced carrots, celery and onions, until pasta is cooked, about 8 minutes; add ½ cup chickpeas, 1 handful baby spinach and 2 tbsp chopped parsley; simmer 1 minute and remove from heat; sprinkle with a drizzle EVOO and 1 tsp Parmesan</p> <p>1 oz Dark Chocolate Bark (leftovers, p. 25)</p>	<p><b>BREAKFAST:</b> 1 recipe Purple Power Smoothie (p. 25)</p> <p><b>SNACK:</b> Top ½ cup yogurt with ½ pear, sliced, and ½ tsp honey</p> <p><b>LUNCH:</b> <i>Supercharged Winter Salad*</i></p> <p>4 crackers</p> <p><b>SNACK:</b> 3 cups Parmesan Popcorn (p. 25)</p> <p><b>DINNER:</b> <i>Black Bean Bowl</i> (leftovers): Serve reserved bean mixture and sweet potato, sliced, with squeeze lime and ½ avocado over ½ cup cooked brown rice; top with 1 tbsp pumpkin seeds and 2 tbsp salsa verde</p> <p>1 piece Dark Chocolate Bark (leftovers, p. 25)</p>
<p><b>NUTRIENTS:</b> Calories: 1,728, Fat: 71 g, Sat. Fat: 12 g, Carbs: 227 g, Fiber: 45 g, Sugars: 81 g, Protein: 56 g, Sodium: 1,663 mg, Cholesterol: 13 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,775, Fat: 75 g, Sat. Fat: 14 g, Carbs: 201 g, Fiber: 36 g, Sugars: 78 g, Protein: 87 g, Sodium: 1,107 mg, Cholesterol: 140 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,700, Fat: 66 g, Sat. Fat: 12 g, Carbs: 225 g, Fiber: 52 g, Sugars: 63 g, Protein: 62 g, Sodium: 1,836 mg, Cholesterol: 13 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,796, Fat: 60 g, Sat. Fat: 13 g, Carbs: 278 g, Fiber: 51 g, Sugars: 101 g, Protein: 53 g, Sodium: 1,900 mg, Cholesterol: 10 mg</p>

\**Supercharged Winter Salad:* Toss 2 cups mixed baby greens, ½ cup roasted butternut squash, ½ cup cooked quinoa, ½ oz Spiced Walnuts (leftovers, p. 4), 2 grated Brussels sprouts and 2 tsp pomegranate seeds with 2 tsp EVOO whisked with ½ tsp each mustard, balsamic and honey and pinch salt and pepper

EVOO = extra-virgin olive oil  
ACV = apple cider vinegar

WHAT'S YOUR DIET STYLE?



## Purple Power Smoothie

To a blender, add 1 cup frozen wild blueberries, 1 banana (frozen and cut into chunks), 1 cup soy milk,  $\frac{1}{2}$  cup pomegranate juice, 1 tsp matcha green tea powder and 2 tsp pumpkin seeds. Blend until smooth.

## Spiced Walnuts

- 4 oz** walnut pieces
- 1 tbsp** raw honey
- 1/2 tsp** each ground cinnamon and cumin
- 1/4 tsp** each ground cayenne pepper and sea salt

In a dry skillet on medium, add walnuts and toast, tossing frequently, until they begin to turn golden, about 4 minutes. Transfer to a small bowl. In same saucepan, reduce heat to low and combine remaining ingredients plus 1 tbsp water. Cook, stirring, until a glaze forms, about 1 minute. Add walnuts and toss until combined, about 1 minute. Transfer to a lined baking sheet to cool. Store in an airtight container.

## Dark Chocolate Bark

In a stainless steel bowl over a pot of simmering water, melt 5 oz dark chocolate (at least 70% cacao). Spread mixture evenly to about a 1-inch thickness on a baking sheet lined with parchment paper. Sprinkle  $\frac{1}{2}$  cup chopped pistachios and  $\frac{1}{3}$  cup unsweetened cherries or naturally sweetened cranberries evenly over top. Chill for 1 hour. Cut into 8 pieces.

**NOTE:** You'll have 2 leftover pieces of bark. Freeze them for future use.

## Parmesan Popcorn

Combine 3 cups air-popped popcorn with spritz olive oil cooking spray and  $\frac{1}{2}$  tsp grated Parmesan cheese.

## Orange Carrot Soup

In a pot on medium, sauté  $\frac{1}{2}$  chopped onion in 1 tbsp EVOO until soft, about 8 minutes. Add 6 chopped carrots,  $\frac{1}{2}$  tsp coriander and 2 cups low-sodium vegetable broth. Bring to a boil, then simmer until carrots are tender, about 15 minutes. Let cool. Purée, then add juice and zest from  $\frac{1}{2}$  orange. Season to taste with salt and pepper. Divide into 2 servings (1 $\frac{1}{2}$  cups each serving).

### Use Sunday for prep!

Consider prepping ahead for the week for items such as the No-Cook Almond Cherry Bars, Dark Chocolate Bark and even the Orange Carrot Soup.

**SHOPPING LIST****PROTEINS & DAIRY**

- 1 3-oz wild Alaskan salmon fillet (with skin)
- 1 1/4 lb boneless, skinless chicken breast
- 4 oz grass-fed bison or beef
- 1/2 dozen eggs
- 1 5-oz BPA-free can sustainable tuna
- 1 12-oz container full-fat cottage cheese
- 1 16-oz container plain full-fat Greek yogurt
- 1 32-oz carton unsweetened organic soy milk
- 1/3 oz grated Parmesan cheese

**VEGGIES/FRUITS**

- 2 avocados
- 1 bunch baby spinach
- 7 1/2 oz mixed greens
- 1 bunch fresh flat-leaf parsley
- 1 bunch fresh mint
- 1 pomegranate
- 1 lemon
- 1 lime

**NUTS, SEEDS & OILS**

- extra-virgin olive oil
- 8 oz raw walnut pieces
- 2 1/2 oz raw unsalted almonds
- 1 pkg raw unsalted pumpkin seeds
- 1 jar natural unsalted almond butter
- 2 oz raw unsalted pistachios
- olive oil cooking spray
- 1 pkg sesame seeds

**WHOLE GRAINS**

- 1 orange
- 1 large celery stalk
- 2 bananas
- 1 sweet potato
- 1 butternut squash
- 3 pears
- 1 cucumber
- 1 cup pitted Medjool dates
- 1 head garlic
- 4 Brussels sprouts
- 9 carrots
- 1 pkg sprouted whole-grain bread
- 1 pkg brown rice
- 1 pkg whole-wheat Einkorn fusilli pasta
- 1 bag quinoa
- 1 box whole-grain crackers
- 2 pkgs organic unsalted popcorn or organic corn kernels
- 2/3 oz white whole-wheat flour

**EXTRAS**

- 1 jar Za'atar
- 5 oz dark chocolate
- 1 container unsweetened dried tart cherries or naturally sweetened cranberries
- 1 jar raw honey
- 1 jar all-natural unsalted tomato sauce
- 16 oz 100% pomegranate juice
- 1 jar all-natural salsa verde
- 1 container matcha tea powder
- 1 box green tea
- ground cinnamon
- ground cumin
- ground cayenne pepper
- ground chile powder
- red pepper flakes
- ground turmeric
- ground coriander
- ground nutmeg
- smoked paprika
- ground black pepper
- sea salt
- garlic powder
- balsamic vinegar
- apple cider vinegar
- 1 jar capers
- 1 jar pitted black olives
- 2 32-oz cartons low-sodium vegetable broth
- 1 16-oz carton low-sodium chicken broth
- Dijon mustard
- 6 oz pitted Medjool dates
- 1 15-oz BPA-free can chickpeas (aka garbanzo beans)
- 1 15-oz BPA-free can black beans
- 1 bag frozen wild blueberries