

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



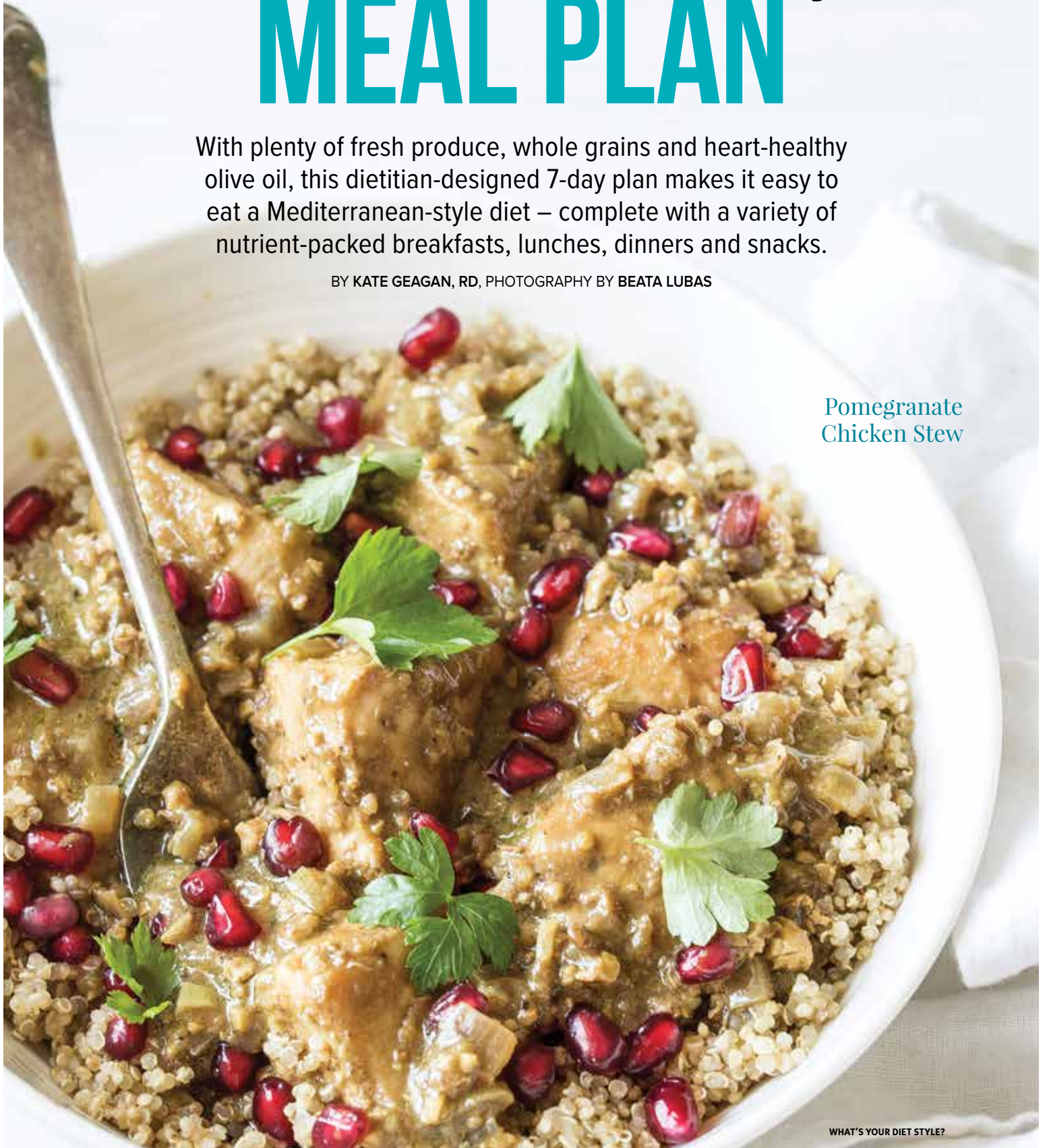
EGCG

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** + ⅛ 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 ½ 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.



MONDAY	TUESDAY	WEDNESDAY	
<p>BREAKFAST: 1 No-Cook Almond Cherry Bar (p. 23) and 1 cup green tea</p> <p>SNACK: <i>Cottage Cheese Parfait:</i> Top ½ cup cottage cheese with ½ cup thawed frozen wild blueberries and 1 tsp pumpkin seeds</p> <p>LUNCH: 1½ cups Orange Carrot Soup (p. 25); 4 crackers with ½ avocado, sliced, and ¼ cup fresh salsa verde</p> <p>SNACK: 3 cups Parmesan Popcorn (p. 25)</p> <p>DINNER: <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><i>Tzatziki:</i> 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>BREAKFAST: <i>Tex-Mex Egg & Salsa:</i> 1 poached egg, ½ avocado, sliced, 2 tbsp salsa on 1 slice toast</p> <p>SNACK: Top ½ cup yogurt with 1 pear, chopped, and ½ tsp honey</p> <p>LUNCH: <i>Mediterranean Fusilli:</i> Heat ⅔ 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>SNACK: 1 oz Spiced Walnuts (p. 25) and ½ orange (leftover from Orange Carrot Soup)</p> <p>DINNER: 1 serving Pomegranate Chicken Stew (p. 23) with ½ cup cooked quinoa</p> <p>1 piece Dark Chocolate Bark (leftovers, p. 25)</p>	<p>BREAKFAST: 1 No-Cook Almond Cherry Bar (leftovers, p. 23) and 1 cup green tea</p> <p>SNACK: Top ½ cup yogurt with ½ pear, chopped, and ½ tsp honey</p> <p>LUNCH: 1½ cups Orange Carrot Soup (leftovers, p. 25); 2 oz tuna on 1 slice bread</p> <p>SNACK: 3 cups Parmesan Popcorn (p. 25)</p> <p>DINNER: 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>NUTRIENTS: 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>NUTRIENTS: 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>NUTRIENTS: 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>BREAKFAST: <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>SNACK: ½ pear, sliced, with 1 tbsp almond butter</p> <p>LUNCH: <i>Supercharged Winter Salad*</i></p> <p>4 crackers</p> <p>SNACK: ½ No-Cook Almond Cherry Bar (leftovers, p. 23)</p> <p>1 cup green tea</p> <p>DINNER: <i>Quick Pasta Fagioli Soup:</i> Simmer 2 cups vegetable broth, ⅓ 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>BREAKFAST: 1 recipe Purple Power Smoothie (p. 25)</p> <p>SNACK: 1 oz Spiced Walnuts (leftovers, p. 25)</p> <p>LUNCH: Pomegranate Chicken Stew (leftovers, p. 23) with ½ cup cooked quinoa</p> <p>SNACK: 3 cups Parmesan Popcorn (p. 25)</p> <p>DINNER: <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>BREAKFAST: <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>SNACK: ½ No-Cook Almond Cherry Bar (leftovers, p. 23) and 1 cup green tea</p> <p>LUNCH: <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 ⅓ avocado over ½ cup cooked rice; top with 1 tbsp pumpkin seeds and 2 tbsp salsa verde</p> <p>SNACK: 1 oz Spiced Walnuts (leftovers, p. 25)</p> <p>DINNER: <i>Quick Pasta Fagioli Soup:</i> Simmer 2 cups vegetable broth, ⅓ 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>BREAKFAST: 1 recipe Purple Power Smoothie (p. 25)</p> <p>SNACK: Top ½ cup yogurt with ½ pear, sliced, and ½ tsp honey</p> <p>LUNCH: <i>Supercharged Winter Salad*</i></p> <p>4 crackers</p> <p>SNACK: 3 cups Parmesan Popcorn (p. 25)</p> <p>DINNER: <i>Black Bean Bowl</i> (leftovers): Serve reserved bean mixture and sweet potato, sliced, with squeeze lime and ⅓ 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>NUTRIENTS: 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>NUTRIENTS: 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>NUTRIENTS: 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>NUTRIENTS: 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, ⅓ 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



Purple Power Smoothie

To a blender, add 1 cup frozen wild blueberries, 1 banana (frozen and cut into chunks), 1 cup soy milk, ½ 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
- ½ tsp** each ground cinnamon and cumin
- ¼ 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 ½ cup chopped pistachios and ⅓ 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 ½ tsp grated Parmesan cheese.

Orange Carrot Soup

In a pot on medium, sauté ½ chopped onion in 1 tbsp EVOO until soft, about 8 minutes. Add 6 chopped carrots, ½ 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 ½ orange. Season to taste with salt and pepper. Divide into 2 servings (1½ 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)
- 1¼ lb boneless, skinless chicken breast
- 4 oz grass-fed bison or beef
- ½ 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
- ⅓ oz grated Parmesan cheese

VEGGIES/FRUITS

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

- 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

NUTS, SEEDS & OILS

- extra-virgin olive oil
- 8 oz raw walnut pieces
- 2½ 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 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
- ⅔ 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

