

Med in 28

7 Day Mediterranean
Diet Plan



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.

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Breakfast



Banana Yogurt Pots



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	236	7g	2g	32g	19g	4g	14g	0.1g

INGREDIENTS

225g / $\frac{7}{8}$ cup Greek yogurt
 2 bananas, sliced into chunks
 15g / 2 tbsp walnuts, toasted and chopped

METHOD

01/ Place some of the yogurt into the bottom of a glass. Add a layer of banana, then yogurt and repeat. Once the glass is full, scatter with the nuts.



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
 120g / ⅝ cup tomatoes, chopped
 ½ watermelon, cut into chunks
 100g / ⅔ cup 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.



Blueberry Oats Bowl



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	235	4g	1g	38g	14g	5g	13g	0.1g

INGREDIENTS

60g / $\frac{2}{3}$ cup porridge oats
 160g / $\frac{3}{5}$ cup Greek yogurt
 175g / 1 $\frac{3}{4}$ cups blueberries
 1 tsp honey

METHOD

- 01/ Put the oats in a pan with 400ml of water. Heat and stir for about 2 minutes. Remove from the heat and add a third of the yogurt.
- 02/ Tip the blueberries into a pan with the honey and 1 tbsp of water. Gently poach until the blueberries are tender.
- 03/ Spoon the porridge into bowls and add the remaining yogurt and blueberries.





Lunch



Cannellini Bean Salad



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	302	0g	0g	54g	5g	25g	20g	1.2g

INGREDIENTS

600g / 3 cups cannellini beans
 70g / $\frac{3}{8}$ cup cherry tomatoes,
 halved
 $\frac{1}{2}$ red onion, thinly sliced
 $\frac{1}{2}$ tbsp red wine vinegar
 small bunch basil, torn

METHOD

01/ Rinse and drain the beans and mix with the tomatoes, onion and vinegar. Season, then add basil just before serving.



Edgy Veggie Wraps



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	310	11g	5g	39g	6g	8g	11g	1.6g

INGREDIENTS

100g / ½ cup cherry tomato
 1 cucumber
 6 kalamata olives
 2 large wholemeal tortilla wraps
 50g / ¼ cup feta cheese
 2 tbsp hummus

METHOD

01/ Chop the tomatoes, cut the cucumber into sticks, split the olives and remove the stones.
 02/ Heat the tortillas.
 03/ Spread the hummus over the wrap. Put the vegetable mix in the middle and roll up.



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
 35g / 1 ½ cups rocket / arugula
 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, rocket/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

145g / $\frac{4}{5}$ cups jar artichoke heart in oil
 $\frac{1}{2}$ tbsp sundried tomato paste
 $\frac{1}{2}$ tsp red wine vinegar
 200g / 1 cup cannellini beans, drained and rinsed
 150g / $\frac{3}{4}$ cup tomatoes, quartered
 handful Kalamata black olives
 2 spring onions, thinly sliced on the diagonal
 100g / $\frac{2}{3}$ cups 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

400g / 2 cups tomatoes
 1 garlic clove, crushed
 1 tbsp capers, drained and rinsed
 1 ripe 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.



Quinoa & Stir Fry Veg



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	473	25g	3g	56g	9g	9g	11g	0.3g

INGREDIENTS

100g / $\frac{3}{5}$ cup quinoa
 3 tbsp olive oil
 1 garlic clove, finely chopped
 2 carrots, cut into thin sticks
 150g / 1 $\frac{2}{3}$ cups leek, sliced
 1 broccoli head, cut into small florets
 50g / $\frac{1}{4}$ cup tomatoes
 100ml / $\frac{1}{2}$ cup vegetable stock
 1 tsp tomato purée
 juice $\frac{1}{2}$ lemon

METHOD

01/ Cook the quinoa according to pack instructions. Meanwhile, heat 3 tbsp of the oil in a pan, then add the garlic and quickly fry for 1 minute. Throw in the carrots, leeks and broccoli, then stir-fry for 2 minutes until everything is glistening.

02/ Add the tomatoes, mix together the stock and tomato purée, then add to the pan. Cover and cook for 3 minutes. Drain the quinoa and toss in the remaining oil and lemon juice. Divide between warm plates and spoon the vegetables on top.



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
 300ml / 1¼ cups hot vegetable stock
 200g can / 1 cup chopped tomatoes
 200g can / 1 cup chickpeas, rinsed and drained
 50g / ¼ cup frozen broad beans
 zest and juice ½ lemon
 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



Moussaka



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	577	27g	12g	46g	6g	8g	41g	2.8g

INGREDIENTS

1 tbsp olive oil
 ½ onion, finely chopped
 1 garlic clove, finely chopped
 250g / 9 oz lean beef mince
 200g can / 1 cup chopped tomatoes
 1 tbsp tomato purée
 1 tsp ground cinnamon
 200g / 1 cup can chickpeas
 100g pack / ⅓ cup feta cheese,
 crumbled
 dried mint
 brown bread, to serve

METHOD

01/ Heat the oil in a pan. Add the onion and garlic and fry until soft. Add the mince and fry for 3-4 minutes until browned.

02/ Tip the tomatoes into the pan and stir in the tomato purée and cinnamon, then season. Leave the mince to simmer for 20 minutes. Add the chickpeas half way through.

03/ Sprinkle the feta and dried mint over the mince. Serve with toasted bread.



Spicy Tomato Baked Eggs



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	417	17g	4g	45g	7g	5g	19g	0.8g

INGREDIENTS

1 tbsp olive oil
 2 red onions, chopped
 1 red chilli, deseeded & chopped
 1 garlic clove, sliced
 small bunch coriander, stalks and leaves chopped separately
 800g can / 4 cups cherry tomatoes
 4 eggs
 brown bread, to serve

METHOD

01/ Heat the oil in a frying pan with a lid, then cook the onions, chilli, garlic and coriander stalks for 5 minutes until soft. Stir in the tomatoes, then simmer for 8-10 minutes.

02/ Using the back of a large spoon, make 4 dips in the sauce, then crack an egg into each one. Put a lid on the pan, then cook over a low heat for 6-8 mins, until the eggs are done to your liking. Scatter with the coriander leaves and serve with bread.



Salmon with Potatoes & Corn Salad



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	479	21g	3g	27g	2g	3g	43g	0.5g

INGREDIENTS

200g / 1 ½ cups baby new potatoes
1 sweetcorn cob
2 skinless salmon fillets
60g / ⅓ cup tomatoes

For the dressing

1 tbsp red wine vinegar
1 tbsp extra-virgin olive oil
Bunch of spring onions/scallions,
finely chopped
1 tbsp capers, finely chopped
handful basil leaves

METHOD

- 01/ Cook potatoes in boiling water until tender, adding corn for final 5 minutes. Drain & cool.
- 02/ For the dressing, mix the vinegar, oil, spring onions / scallions, capers, basil & seasoning.
- 03/ Heat grill to high. Rub some dressing on salmon & cook, skinned-side down, for 7-8 minutes. Slice tomatoes & place on plate. Slice the potatoes, cut the corn from the cob & add to plate. Add the salmon & drizzle over the remaining dressing.



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
300g / 2 cups carrots, washed and coarsely grated
70g / 1/3 cup split red lentils
500ml / 2 1/4 cups hot vegetable stock
60ml / 1/4 cup 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



Mediterranean Chicken, Quinoa & Greek Salad



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	424	21g	6g	50g	11g	17g	13g	1.5g

INGREDIENTS

100g / $\frac{3}{5}$ cup quinoa
 $\frac{1}{2}$ red chilli, deseeded and finely chopped
 1 garlic clove, crushed
 2 chicken breasts
 1 tbsp extra-virgin olive oil
 150g / $\frac{3}{4}$ cup tomatoes, roughly chopped
 handful pitted black kalamata olives
 $\frac{1}{2}$ red onion, finely sliced
 50g / $\frac{1}{2}$ cup feta cheese, crumbled
 small bunch mint leaves, chopped
 juice and zest $\frac{1}{2}$ 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.



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 aubergine, sliced lengthways
 2 courgettes, sliced lengthways
 2 tbsp olive oil

For the mash

400g can / 2 cups haricot beans, rinsed
 1 garlic clove, crushed
 100ml / ½ cup vegetable stock
 1 tbsp chopped 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.



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
 400g can / 2 cups chickpeas, drained and rinsed
 2 tbsp olive oil
 ½ tsp lemon zest
 ½ tsp lemon juice
 200g / ½ cup Greek yogurt
 1 tbsp harissa paste
 1 tsp crushed red chilli flakes
 mint leaves, chopped, to serve

METHOD

01/ Heat oven to 425F/220C/200C fan/gas 7. 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

150g / $\frac{3}{4}$ cup punnet strawberries,
chopped
1 tbsp sugar
150g / $\frac{1}{2}$ 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

400g can / 2 cups cannellini bean
 200g / ¾ cups 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	Banana Yogurt Pots (page 5)	Cannellini Bean Salad (12)	Moussaka (27)
TUE	Tomato and Watermelon Salad (7)	Edgy Veggie Wraps (14)	Spicy Tomato Baked Eggs (29)
WED	Blueberry Oats Bowl (9)	Carrot, Orange and Avocado Salad (16)	Salmon with Potatoes and Corn Salad (31)
THU	Banana Yogurt Pots (5)	Mixed Bean Salad (18)	Spiced Carrot and Lentil Soup (33)
FRI	Tomato and Watermelon Salad (7)	Panzanella Salad (20)	Mediterranean Chicken, Quinoa & Greek Salad (35)
SAT	Blueberry Oats Bowl (9)	Quinoa & Stir Fried Veg (22)	Grilled Vegetables with Bean Mash (37)
SUN	Banana Yogurt Pots (5)	Moroccan Chickpea Soup (24)	Spicy Mediterranean Beet Salad (39)

This shopping list corresponds to the meal plan **servicing 2 people**. **No snacks are included.**

DAIRY

- Eggs 4
- Feta Cheese 350 g / 2 ⅓ cups
- Greek Yogurt 1300 g / 4 ⅓ cups
- Milk 60 ml / ¼ cup

BAKERY

- Wholemead Loaf of Bread 1
- Wholemeal Tortillas 2

MEAT & FISH

- Salmon Fillets 2
- Chicken Breasts 2
- Lean Beef Mince 250 g / 9 oz

SPICES & HERBS

- Crushed Red Chilli Flakes
- Cumin Seed
- Ground Cumin
- Ground Cinnamon
- Fresh Basil
- Fresh Coriander / Cilantro
- Fresh Parsley
- Fresh Mint
- Rocket / Arugula
- Sumac
- Turmeric

STORE

- Artichoke Hearts 145 g / ½ cup
- Black Olives 50 g / ¼ cup
- Cannellini Beans 800 g / 4 cups
- Capers 8 g / 1 tbsp
- Canned Tomatoes 1200 g / 6 cups
- Chickpeas 800 g / 4 cups
- Extra Virgin Olive Oil

- Haricot Beans 400 g / 2 cups
- Harrisa Paste
- Honey
- Hummus
- Porridge Oats 120 g / 1 ⅓ cups
- Quinoa 200 g / 1 ⅓ cups
- Red Wine Vinegar
- Split Red Lentils 70 g / ⅓ cup
- Sundried Tomato Paste
- Tomato Puree
- Vegetable Stock 1000 ml / 4 ¼ cup
- Walnuts 45 g / 6 tbsp

FRUIT & VEG

- Aubergine / Eggplant 1
- Avocados 2
- Baby Beetroot 8
- Bananas 6
- Bell Pepper 1
- Broad Beans 50 g / ¼ cups
- Broccoli Head 1
- Blueberries 350 g / 3 ½ cups
- Carrots 500 g / 4 ½ cups
- Celery Stick 1
- Cherry Tomatoes 1220 g / 6 ⅞ cups
- Cucumber 1
- Garlic Clove 1
- Leek 150 g / 1 ⅓ cups
- Lemons 2
- New Potatoes 200 g / 1 ⅓ cups
- Onions 5
- Oranges 2
- Red Chillis 2
- Spring Onions / Scallions
- Sweetcorn Cob 1
- Watermelon 1
- Zucchini / Courgette 2

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- Shopping lists for each week
- Simple guidance on how to eat this way long-term
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