

# The Mediterranean ~~Diet~~ Approach

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Future You Nutrition



# What does that even mean??

- Eating lots of plant-based foods such as vegetables, fruits, legumes, whole grains, and nuts
- Using olive oil – a good source of heart-healthy monounsaturated fats – instead of butter or margarine
- Reducing intake of red meat; eating fish and poultry at least twice a week
- Drinking alcohol in moderation, if at all (no more than 1 drink per day for women and 2 per day for men), and drinking water instead of sugary drinks like soda
- It also means being physically active and sitting down at the table with your family and friends to enjoy your meal.

# Benefits



- Lowering your risk of [cardiovascular disease](#).
- Supporting a body weight that's healthy for you.
- Supporting healthy blood sugar, [blood pressure](#) and [cholesterol](#).
- Lowering your risk of [metabolic syndrome](#).
- Supporting a healthy balance of gut microbiota (bacteria and other microorganisms) in your [digestive system](#).
- Lowering your risk for certain types of [cancer](#).
- Slowing the decline of [brain](#) function as you age.
- Helping you live longer.

# Eat More....



- **Vegetables:** tomatoes, broccoli, kale, spinach, onions, cauliflower, carrots, Brussels sprouts, cucumbers, potatoes, sweet potatoes, turnips
- **Fruits:** apples, bananas, oranges, pears, strawberries, grapes, dates, figs, melons, peaches
- **Nuts, seeds, and nut butters:** almonds, walnuts, macadamia nuts, hazelnuts, cashews, sunflower seeds, pumpkin seeds, almond butter, peanut butter
- **Legumes:** beans, peas, lentils, pulses, peanuts, chickpeas
- **Whole grains:** oats, brown rice, rye, barley, corn, buckwheat, whole wheat bread and pasta
- **Fish and seafood:** salmon, sardines, trout, tuna, mackerel, shrimp, oysters, clams, crab, mussels
- **Poultry:** chicken, duck, turkey
- **Eggs**
- **Dairy:** cheese, yogurt, milk
- **Herbs and spices:** garlic, basil, mint, rosemary, sage, nutmeg, cinnamon, pepper
- **Healthy fats:** extra virgin olive oil, olives, avocados, and avocado oil

# What's NOT on the Mediterranean Approach?



- Sugar
- Ultra Processed foods
- Soda
- Everyday desserts and treats

# So how do we apply that to everyday ?



- Whole natural foods
- As they say “If your grandma wouldn’t recognize/eat it...”
- Variety



# Off to a good start – Breakfast!

- [Spanakopita-Egg-Muffins](#)
- [Egg Muffin Cups](#)
- [Cottage Cheese Breakfast Bowl](#)
- Eggs (omelet, scrambled, hardboiled, poached, etc.)
  - Or
- Greek Yogurt or Cottage Cheese (be sure to read the label looking for hidden sugars and chems)
  - Or
- Chia Seed pudding
  - Or
- Leftovers from another meal
  - And
- Veggies (sliced cucumbers, wedged tomatoes, olives, avocado, etc.)
  - And
- Fruit (berries, melon, seasonal fruit)

# Refueling (aka Lunch)



- [Shrimp Stir-fry](#)
- <Vegetable> Soup with protein added
  - or
- Creative Salads
  - or
- Anything you might make for dinner!



# Not just a salad...



- [Roasted Mediterranean Salad](#)
- [Mediterranean Cucumber Avocado Salad](#)
- [High Protein Caprese Salad](#)
- [Curried Chicken Salad](#)
- [Feta and Watermelon Towers](#)
- [Chicken Asparagus Feta Salad](#)
- [Cobb Salad](#)
- [Jennifer Aniston Salad](#)



# Soups

- [Easy Shrimp Chowder](#)
- [Broccoli-cheese-soup](#)
- [Roasted Tomato Soup](#)
- [Chipotle Chicken Chowder](#)
- [Taco Soup](#)
- [Lasagna Soup](#)
- [Hearty Chickpea Spinach Stew](#)
- [Slow Cooker Stew](#)



# Some Options

- [Zucchini boats](#)
- [Pistachio Crusted Chicken](#)
- [Lasagna Stuffed Mushrooms with Ricotta](#)
- [Mediterranean Chicken Salad Bake](#)
- [Salmon Power Bowl](#)
- [Yum Yum Sizzling Shrimp](#)
- [Green Goddess Chicken and rice bowl](#)
- [Stuffed Butternut Squash](#)
- [Spicy Salmon Stuffed Cucumbers](#)
- [Chicken Parmesan with cabbage pasta](#)
- [Loaded taco cabbage steaks](#)



# Mix and Match

Protein	Primary Vegetable	Secondary Vegetable	Grains
<b>Chicken</b> (thighs, wings, tenderloins, breasts drumsticks,, whole) <b>Fish</b> (Salmon, Tuna, Grouper, Flounder, etc.) <b>Shellfish</b> ( shrimp, scallops, crab, lobster) <b>Beef</b> (Ground beef, tenderloin, ribs, steak, brisket, flank steak, skirt steak) <b>Pork</b> (tenderloin, chops, Boston butt, ribs, ham, etc.) <b>Tofu, Eggs, Cottage Cheese, Beans/Legumes</b>	Artichokes Avocados Asparagus, Brussel Sprouts, Broccoli, green beans, Cauliflower, Carrots, Cabbage/Slaw Celery, Cucumbers, Garlic, Leeks, Mushrooms, Onions, Lettuce, Peppers, Spinach, Turnips, Yellow Squash, Zucchini	Acorn squash Beets, Butternut squash Corn Parsnips Peas, Potatoes, Sweet potatoes	Brown rice Bulgur Wild Rice Steel cut oats Barley Farro Buckwheat Millet Quinoa

# Menu Planning Exercise

- Interactive exercise



# Sample Meal Plan



Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Egg Muffin Cups	Cottage Cheese Breakfast Bowl	Hardboiled eggs with ½ Avocado and cherry tomatoes & Cucumbers	Egg Muffin Cups	Hemp Seed Cereal with berries	Chia Pudding	Omelette
<b>Lunch</b>	Broccoli Cheese Soup	Basic sandwich with red peppers as bread	Stuffed Butternut Squash	Poor Man's Beef Stroganoff	Stuffed Butternut Squash	Taco Soup	Broccoli Cheese Soup
<b>Dinner</b>	Salmon power bowl	Poor man's beef stroganoff	Pistachio Crusted Chicken	Taco Soup	Chicken Parmesan with Cabbage Pasta		Chicken Parmesan with Cabbage Pasta



# Snacking



- Handful of nuts(peanuts, walnuts, pistachios, pecans, macadamias, cashews)
- Hummus with celery or carrots or apple/pear slices
- Apple/pear with peanut/almond butter
- Hardboiled egg with Everything bagel seasoning or S&P
- Seasonal fruit
- [Frozen Yogurt Bark](#)



# Contact me

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