

A close-up, slightly blurred photograph of a rustic wooden bowl filled with a Mediterranean salad. The salad includes chunks of red tomatoes, white feta cheese, and dark olives. The bowl sits on a dark, textured wooden surface. The background is softly out of focus, showing more of the same ingredients and the bowl's rim.

7 DAY LOW CARB 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



Basil & Spinach Scramble



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	294	24g	5g	8g	4g	3g	16g	0.5g

INGREDIENTS

2 tbsp olive oil
100g cherry tomatoes
4 eggs
60ml milk
handful basil, chopped
200g baby spinach
black pepper

METHOD

01/ Heat 1 tbsp oil in a pan and add the tomatoes. While they are cooking, beat the eggs in a jug and add the milk, black pepper and basil.

02/ Remove the the tomatoes from the pan and place on the plates. Add the oil, spinach and egg mixture to the pan, stirring occasionally until the eggs scramble. Once set, add to the plates and serve.



Sardines on Toast



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	269	13g	2g	25g	4g	4g	15g	1.3g

INGREDIENTS

1 tbsp olive oil
 1 onion
 1 garlic clove, crushed
 1 red chilli, chopped and deseeded
 1 lemon, juice and zest
 1 x 120g can of sardines in olive oil
 2 slices of brown bread
 small bunch of parsley, chopped

METHOD

01/ Heat the oil in a frying pan, cook onions for a few minutes before adding the garlic, red chilli and lemon zest.

02/ Add sardines and heat for a few minutes until warm.

03/ Toast the bread. Add parsley and a squeeze of lemon juice to the sardines. Divide between toast before serving.



Berry Smoothie



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	207	4g	2g	27g	15g	5g	15g	0.1g

INGREDIENTS

250g frozen berries
250g Greek yogurt
50ml milk
15g porridge oats
2 tsp honey *(optional)*

METHOD

01/ Whizz berries, yogurt and milk together until smooth. Stir through porridge oats and pour into glasses. Serve with a drizzle of honey.

Notes:

Try experimenting with different fruits. If too thick, add extra milk.





Lunch



Mixed Bean Salad



SUITABLE

Vegetarian



PREP TIME

10 mins



COOK TIME

No Cook



SERVES

2

Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	240	12g	5g	22g	4g	9g	11g	1.5g

INGREDIENTS

- 145g jar artichoke heart in oil
- ½ tbsp sundried tomato paste
- ½ tsp red wine vinegar
- 200g can cannellini beans, drained and rinsed
- 150g pack tomatoes, quartered
- handful Kalamata black olives
- 2 spring onions, thinly sliced on the diagonal
- 100g 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



SUITABLE

Vegan



PREP TIME

20 mins



COOK TIME

No Cook



SERVES

2

Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	452	35g	6g	37g	7g	11g	6g	1.1g

INGREDIENTS

- 400g 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.



Tomato & Watermelon Salad



SUITABLE

Vegetarian



PREP TIME

5 mins



COOK TIME

No Cook



SERVES

2

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 tomatoes, chopped
- 250g watermelon, cut into chunks
- 100g 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.



Greek Salad



SUITABLE

Vegetarian



PREP TIME

5 mins



COOK TIME

No Cook



SERVES

2

Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	273	24g	6g	14g	6g	4g	6g	1.5g

INGREDIENTS

- 120g tomatoes, quartered
- 1 cucumber, peeled, deseeded, then roughly chopped
- ½ red onion, thinly sliced
- 16 Kalamata olives
- 1 tsp dried oregano
- 50g feta cheese, crumbled
- 2 tbs olive oil

METHOD

01/ Place all of the ingredients in a large bowl and lightly season. Serve with wholemeal bread.



Carrot, Orange & Avocado Salad



SUITABLE

Vegan



PREP TIME

10 mins



COOK TIME

No Cook



SERVES

2

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 bag rocket
- 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 and avocado. Whisk together the orange juice, zest and oil. Toss through the salad, and season.



Tomato & Feta Omelette



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	320	20g	7g	21g	15g	6g	19g	1.1g

INGREDIENTS

- 2 tsp olive oil
- 4 eggs, beaten
- 8 cherry tomatoes, chopped
- 50g feta cheese, crumbled
- mixed salad leaves, to serve
(optional)

METHOD

01/ Heat the oil in a frying pan, add the eggs and cook, swirling them occasionally. After a few minutes, scatter the feta and tomatoes. Cook for another minute before serving.





Dinner



Salmon & Harissa Yogurt



SUITABLE

Quick



PREP TIME

15 mins



COOK TIME

10 mins



SERVES

2

Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	485	12g	3g	34g	13g	2g	48g	0.3g

INGREDIENTS

- 50g couscous
- 2 tbsp sultanas
- small bunch coriander, chopped
- 1 tsp ground cinnamon, plus a pinch
- 200ml hot vegetable stock
- 1 tbsp honey
- 1 tbsp olive oil
- 2 salmon fillets
- 1 tbsp harissa paste
- 170g Greek yogurt

METHOD

- 01/ Heat the grill. Put the couscous, sultanas, most of the coriander, 1 tsp cinnamon & seasoning into a bowl. Pour over hot vegetable stock and set aside for 5 minutes.
- 02/ Mix together cinnamon, honey & oil. Put salmon on a baking tray, spread over the honey mixture and season. Cook under grill for 8 minutes until the fish is cooked through.
- 03/ Meanwhile, swirl together the harissa and yogurt. Fluff up the couscous with a fork and serve with the fish and yogurt. Sprinkle with the remaining coriander.



Greek Salad Omelette



SUITABLE

Quick



PREP TIME

5 mins



COOK TIME

20 mins



SERVES

2

Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	369	21g	8g	10g	3g	1g	15g	2.3g

INGREDIENTS

- 4 eggs
- handful of parsley leaves, chopped
- 1 tbsp olive oil
- ½ large red onion
- 100g cherry tomato,
- handful black olives
- 50g feta cheese, crumbled

METHOD

- 01/ Heat the grill to high. Whisk the eggs in a bowl with the chopped parsley, pepper and salt. Heat the oil in a frying pan, then fry the onion over a high heat for about 4 minutes until they start to brown. Add the tomatoes and olives and cook for about 2 minutes.
- 02/ Turn the heat to medium & add the eggs, cooking them for about 2 minutes, stirring until they begin to set. Add feta, then place the pan under the grill for 5-6 minutes until the omelette is golden. Cut into wedges and serve.



Grilled Aubergine Slices with Hummus



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	552	37g	4g	49g	10g	17g	17g	1.4g

INGREDIENTS

1 aubergine, sliced lengthways
 2 tbsp olive oil
 2 slices brown bread
 150g hummus
 50g walnut, toasted
 40g parsley, leaves chopped
 100g cherry tomatoes, quartered
 juice ½ lemon

METHOD

01/ Lay aubergine on baking sheet. Add olive oil, then season. Grill for 15 minutes, turning twice until cooked through. Whizz bread into crumbs.

02/ Spread houmous on aubergine slices. Tip breadcrumbs onto a plate, then press the houmous side of the aubergine into the crumbs to coat. Grill again, crumb side up, for 3 minutes. until golden.

03/ Add walnuts, parsley & tomatoes in a bowl, season, then add lemon juice. Serve with salad.



Chicken & Peach Fusion



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	384	22g	6g	20g	19g	3g	26g	0.8g

INGREDIENTS

200g chicken breast
 2 tbsp olive oil
 2 ripe peaches, stoned and cut into quarters
 2 tsp red wine vinegar
 ½ tbsp clear honey
 ½ red chilli, finely chopped
 55g bag herb salad
 50g feta cheese, crumbled
 broccoli/green beans to serve
(optional)

METHOD

01/ Heat a frying pan. Place the chicken in ½ tbsp of oil, and season. Cook for 3-4 minutes on each side until cooked through. Add to a plate.
 02/ Place peach slices in ½ tbsp oil with black pepper. Grill for 1-2 minutes each side.
 03/ Mix the remaining olive oil, vinegar, honey and chilli. Toss with the salad leaves. Arrange the chicken with the peach slices on top and scatter with feta before serving.



Spicy Tomato Baked Eggs



SUITABLE

Quick



PREP TIME

5 mins



COOK TIME

20 mins



SERVES

2

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 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.



Moussaka



SUITABLE

Quick



PREP TIME

10 mins



COOK TIME

20 mins



SERVES

4

Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	457	24g	11g	18g	7g	10g	36g	1.6g

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 500g lean beef mince
- 400g can chopped tomatoes
- 2 tbsp tomato purée
- 2 tsp ground cinnamon
- 1 aubergine
- 200g pack feta cheese, crumbled
- Fresh mint
- brown bread, to serve *(optional)*

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 aubergine half way through.
- 03/ Sprinkle the feta and dried mint over the mince. Serve with toasted bread.



Chicken & Avocado Salad



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	396	26g	5g	15g	4g	9g	31g	0.2g

INGREDIENTS

2 skinless chicken breast
 2 tsp olive oil (*1 for the salad*)
 2 tsp smoked paprika

For the salad

1 avocado, diced
 ½ tsp red wine vinegar
 ½ tbsp parsley, chopped
 120g tomatoes, chopped
 ½ red onion, thinly sliced

METHOD

- 01/ Heat grill to medium. Rub the chicken with 1 tsp of the olive oil and the paprika. Cook for 4-5 minutes each side until lightly charred and cooked through.
- 02/ Mix the salad ingredients together, season and add the rest of the oil. Thickly slice the chicken and serve with the salad.





7 Day Info





7. Day

Meal Plan



	BREAKFAST	LUNCH	DINNER
MON	Basil & Spinach Scramble (page 5)	Mixed Bean Salad (12)	Salmon Harrisa Yogurt (25)
TUE	Sardines on Toast (7)	Panzanella Salad (14)	Greek Salad Omelette (27)
WED	Berry Smoothie (9)	Tomato & Watermelon Salad (16)	Grilled Aubergine Slices with Hummus (29)
THU	Basil & Spinach Scramble (5)	Greek Salad (18)	Chicken & Peach Fusion (31)
FRI	Sardines on Toast (7)	Carrot, Orange & Avocado Salad (20)	Spicy Tomato Baked Egg (33)
SAT	Berry Smoothie (9)	Tomato & Feta Omelette (22)	Moussaka (35)
SUN	Basil & Spinach Scramble (5)	Moussaka (leftovers) (35)	Chicken & Avocado Salad (37)



7. Day

Shopping List



This shopping list corresponds to the 7 day taster weekly meal plan, **serving 2 people.**

DAIRY g

<input type="checkbox"/> Eggs	24
<input type="checkbox"/> Feta Cheese	550
<input type="checkbox"/> Greek Yogurt	670 g
<input type="checkbox"/> Milk	230 ml

BAKERY

<input type="checkbox"/> Brown Bread	1
--------------------------------------	---

MEAT & FISH

<input type="checkbox"/> Chicken Breast	4
<input type="checkbox"/> Lean Beef Mince	500g
<input type="checkbox"/> Salmon Fillets	2
<input type="checkbox"/> Sardines in Oil	240g

STORE

<input type="checkbox"/> Artichoke Hearts	145 g
<input type="checkbox"/> Black Olives	
<input type="checkbox"/> Cannellini Beans	200 g
<input type="checkbox"/> Canned Tomatoes	800 g
<input type="checkbox"/> Capers	8g
<input type="checkbox"/> Couscous	50g
<input type="checkbox"/> Extra Virgin Olive Oil	
<input type="checkbox"/> Harissa Paste	
<input type="checkbox"/> Honey	
<input type="checkbox"/> Hummus	150g
<input type="checkbox"/> Porridge Oats	30 g
<input type="checkbox"/> Red Wine Vinegar	
<input type="checkbox"/> Sultanas	
<input type="checkbox"/> Sundried Tomato Paste	
<input type="checkbox"/> Tomato Puree	
<input type="checkbox"/> Vegetable Stock	
<input type="checkbox"/> Walnuts	50g

FRUIT & VEG

<input type="checkbox"/> Aubergine	2
<input type="checkbox"/> Avocado	3
<input type="checkbox"/> Baby Spinach	600g
<input type="checkbox"/> Carrots	2
<input type="checkbox"/> Cucumber	1
<input type="checkbox"/> Frozen Berries	500g
<input type="checkbox"/> Garlic Clove	6
<input type="checkbox"/> Lemons	3
<input type="checkbox"/> Onions	8
<input type="checkbox"/> Oranges	2
<input type="checkbox"/> Peaches	2
<input type="checkbox"/> Red Chilis	4
<input type="checkbox"/> Tomatoes	1500g
<input type="checkbox"/> Spring Onions	2
<input type="checkbox"/> Watermelon	2

HERBS & SPICES

<input type="checkbox"/> Chillli Flakes	
<input type="checkbox"/> Cinnamon	
<input type="checkbox"/> Fresh Basil	
<input type="checkbox"/> Fresh Coriander	
<input type="checkbox"/> Fresh Parsley	
<input type="checkbox"/> Fresh Mint	
<input type="checkbox"/> Oregano	
<input type="checkbox"/> Rocket / Salad Leaves	90g
<input type="checkbox"/> Smoked Paprika	