

A close-up photograph of a white ceramic bowl with a textured, woven pattern. The bowl is filled with a vibrant Mediterranean salad, featuring chunks of red and orange tomatoes, sliced cucumbers, dark olives, and white feta cheese cubes. The background is softly blurred, showing a wooden surface and some other ingredients like a red onion and bread. The text 'Med in 28' is overlaid in a white, elegant script font.

Med
in 28

VEGETARIAN MEDITERRANEAN PLAN

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.

Copyright © 2019 Medmunch. All rights reserved.

Table of Contents

Breakfast	4
Fruity Bircher Museli	5
Tomato and Watermelon Salad	7
Basil and Spinach Scramble	9
Lunch	11
Edgy Veggie Wraps	12
Cannellini Bean Salad	14
Tangy Couscous Salad	16
Mixed Bean Salad	18
Carrot, Orange and Avocado Salad	20
Moroccan Chickpea Soup	22
Turkish Bulgur Wheat	24
Dinner	26
Quinoa and Stir Fried Vegetables	27
Spicy Tomato Baked Eggs	29
Grilled Vegetables with Bean Mash	31
Greek Salad Omelette	33
Spicy Mediterranean Beet Salad	35
Grilled Aubergine and Tabbouleh	37
Aubergine Lentil Bake	39
Snacks & Sides	41
Mediterranean Dip	42
Strawberry & Yogurt Parfait	44
Honeyed Figs with Yogurt & Almonds	46
28 Day Plan	48
Week 1 Meal Plan	49
Week 1 Shopping List	50



Breakfast



Fruity Bircher Muesli



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	323	8g	2g	54g	24g	9g	12g	0.2g

INGREDIENTS

1 apple, coarsely grated
 50g porridge oats
 25g flaxseeds
 ½ tsp ground cinnamon
 100g Greek yogurt
 1 banana, sliced
 10g raisins

METHOD

01/ Place the grated apple, oats, seeds and cinnamon into a bowl. Stir in the yogurt and 100ml of cold water, cover and leave in the fridge overnight.

02/ Spoon muesli into bowls and top with sliced bananas and raisins

Notes:

Try adding some chopped nuts such as almonds or walnuts.



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 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.



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.





Lunch



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 cherry tomato
1 cucumber
6 kalamata olives
2 large wholemeal tortilla wraps
50g feta cheese
2 tbsp houmous

METHOD

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



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 cans cannellini beans
 70g cherry tomatoes, halved
 ½ red onion, thinly sliced
 ½ 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.



Tangy Couscous Salad



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	353	14g	6g	48g	6g	5g	12g	1.6g

INGREDIENTS

200g couscous
vegetable stock
2 courgettes
1 tbsp olive oil
50g feta cheese, crumbled
20g pack parsley, chopped
juice 1 lemon

METHOD

01/ Cook the couscous in vegetable stock according to pack instructions. Trim the ends off the courgettes, then cut into slices.

02/ Heat the oil in a pan. Add the courgette and season. Cook for 2 minutes, then turn over and cook until soft. Tip into a large bowl along with the cooked couscous. Add remaining ingredients, mix through and serve.



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 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.



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 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.



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 hot vegetable stock
 200g can chopped tomatoes
 200g can chickpeas, rinsed and drained
 50g 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.



Turkish Bugur Pilaf



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	305	12g	2g	54g	7g	13g	9g	2.2g

INGREDIENTS

2 tbsp extra virgin olive oil
 1 medium onion, finely chopped
 1 bell pepper, finely chopped
 2 garlic cloves, minced
 100 g mushrooms, finely chopped
 2 tbsp tomato paste
 1 tsp salt
 1 tsp cumin
 ¼ tsp cinnamon
 ¼ tsp turmeric
 225 g bulgur wheat
 2 tomatoes, roughly chopped
 375 ml vegetable stock

METHOD

01/ In a saucepan, warm the oil over medium heat. Add the onion and bell pepper and cook until softened, about 5 minutes. Add the garlic and mushrooms and cook until mushrooms have released their juices, about 5 minutes.

02/ Add the tomato paste, salt, cumin, cinnamon, and turmeric and cook, stirring constantly, for 1 minute to toast the spices and coat the onions in the tomato paste.

03/ Add the tomatoes and stock. Bring to boil, then reduce the heat to low and simmer, covered, for 15-20 minutes or until the water is absorbed and bulgur is cooked. Season with more salt and pepper, to taste.





Dinner



Quinoa & Stir-Fried Veg



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

INGREDIENTS

100g quinoa
 3 tbsp olive oil
 1 garlic clove, finely chopped
 2 carrots, cut into thin sticks
 150g leek, sliced
 150g broccoli, cut into small florets
 50g tomatoes
 100ml vegetable stock
 1 tsp tomato puree
 Juice ½ lemon

METHOD

01/ Cook the quinoa according to pack instructions. Meanwhile, heat 3 tbsp of olive 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 puree, 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 plates and spoon the vegetables on top.



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 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.



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 haricot beans, rinsed
 1 garlic clove, crushed
 100ml 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.



Greek Salad Omelette



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.



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 za'atar
 ½ tbsp sumac
 ½ tbsp ground cumin
 400g can chickpeas, drained and rinsed
 2 tbsp olive oil
 ½ tsp lemon zest
 ½ tsp lemon juice
 200g Greek yogurt
 1 tbsp harissa paste
 1 tsp crushed red chilli flakes
 mint leaves, chopped, to serve

METHOD

01/ Heat oven to 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.



Grilled Aubergines & Tabbouleh



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

INGREDIENTS

70g bulgur wheat
 1 garlic clove, crushed
 2 tbsp olive oil
 1 aubergine, thinly sliced
 200g can chickpeas, drained
 70g cherry tomatoes, halved
 ½ red onion, chopped
 50g feta cheese, crumbled
 bunch of mint, leaves chopped
 juice of 1 lemon

METHOD

01/ Cook the bulgur wheat according to pack instructions, then drain well. In a bowl, mix the garlic and olive oil and drizzle some of the olive oil over both sides of the aubergine strips. Sear the strips in a frying pan for 3 minutes each side until charred.

02/ Tip the bulgur wheat into a bowl with the chickpeas, tomatoes, onion, feta & mint, then pour over the remaining oil and lemon juice. Mix & season well, then serve with aubergines.



Aubergine Lentil Bake



Nutrition (per serving)	Kcal	Fat	Sat Fat	Carb	Sugar	Fibre	Protein	Salt
	444	20g	6g	52g	12g	19g	17g	0.7g

INGREDIENTS

1 aubergine, sliced lengthways
 2 tbsp olive oil
 70g lentils
 2 onions, finely chopped
 2 garlic cloves, finely chopped
 150g cooked butternut squash
 200g can chopped tomatoes
 ½ small pack basil leaves
 60g feta

METHOD

01/ Heat oven to 220C/200C fan/gas 7. Add oil to each aubergine side. Lay on baking sheets, season and bake for 15-20 minutes, turning once. Cook lentils following pack instructions.

02/ Heat oil in frying pan. Add onions and garlic and cook until soft. Add squash & tomatoes, plus ½ can of water. Simmer for 10-15 minutes until the sauce thickens. Stir in lentils, basil & seasoning.

03/ Spoon layer of lentils into baking dish, then aubergine slices and repeat. Scatter feta and bake for 15 more minutes until cheese is golden.



7. Day

Meal Plan




	BREAKFAST	LUNCH	DINNER
MON	Fruity Bircher Museli (page 5)	Edgy Veggie Wraps (12)	Quinoa and Stir Fried Vegetables (26)
TUE	Tomato and Watermelon Salad (7)	Cannellini Bean Salad (14)	Spicy Tomato Baked Eggs (28)
WED	Basil and Spinach Scramble (9)	Tangy Couscous Salad (16)	Grilled Veg Bean Mash (30)
THU	Fruity Bircher Museli (5)	Mixed Bean Salad (18)	Greek Salad Omelette (32)
FRI	Tomato and Watermelon Salad (7)	Carrot, Orange and Avocado Salad (20)	Spicy Mediterranean Beet Salad (34)
SAT	Basil and Spinach Scramble (9)	Moroccan Chickpea Soup (22)	Grilled Aubergine and Tabbouleh (36)
SUN	Fruity Bircher Museli (5)	Turkish Bulgur Pilaf (24)	Aubergine Lentil Bake (38)

Shopping List

This shopping list corresponds to the meal plan **servicing 2 people**.

DAIRY

<input type="checkbox"/> Feta Cheese	510g
<input type="checkbox"/> Greek Yogurt	500g
<input type="checkbox"/> Large Eggs	16
<input type="checkbox"/> Milk	120 ml

BAKERY

<input type="checkbox"/> Wholemead Bread Loaf	1
<input type="checkbox"/> Wholemeal Tortillas	2

SPICES & HERBS

<input type="checkbox"/> Cinnamon	
<input type="checkbox"/> Crushed Red Chilli Flakes	
<input type="checkbox"/> Cumin	
<input type="checkbox"/> Fresh Basil	
<input type="checkbox"/> Fresh Coriander	
<input type="checkbox"/> Fresh Parsley	
<input type="checkbox"/> Fresh Mint	
<input type="checkbox"/> Sumac	
<input type="checkbox"/> Turmeric	

STORE

<input type="checkbox"/> Artichoke Hearts	145
<input type="checkbox"/> Bulgur Wheat	305g g
<input type="checkbox"/> Cannellini Beans	800g
<input type="checkbox"/> Couscous	200G
<input type="checkbox"/> Canned Chickpeas	800G
<input type="checkbox"/> Canned Chopped Tomatoes	1200G
<input type="checkbox"/> Extra Virgin Olive Oil	
<input type="checkbox"/> Flax Seeds	75g
<input type="checkbox"/> Harissa Paste	
<input type="checkbox"/> Houmous	
<input type="checkbox"/> Kalamata Black Olives	100g

<input type="checkbox"/> Lentils	70g
<input type="checkbox"/> Porridge Oats	150g
<input type="checkbox"/> Quinoa	100g
<input type="checkbox"/> Raisins	30g
<input type="checkbox"/> Red Wine Vinegar	
<input type="checkbox"/> Rocket Leaves	35g
<input type="checkbox"/> Sundried Tomato Paste	
<input type="checkbox"/> Tomato Puree	
<input type="checkbox"/> Vegetable Stock	1000ml

FRUIT & VEG

<input type="checkbox"/> Apples	3
<input type="checkbox"/> Aubergine (<i>Eggplant</i>)	2
<input type="checkbox"/> Avocado	1
<input type="checkbox"/> Baby Beetroot	8
<input type="checkbox"/> Baby Spinach	400g
<input type="checkbox"/> Bananas	3
<input type="checkbox"/> Bell Pepper	1
<input type="checkbox"/> Broad Beans	50g
<input type="checkbox"/> Broccoli	150g
<input type="checkbox"/> Butternut Squash	1
<input type="checkbox"/> Carrots	4
<input type="checkbox"/> Celery Stick	1
<input type="checkbox"/> Cherry Tomatoes	940g
<input type="checkbox"/> Courgette (<i>Zucchini</i>)	1
<input type="checkbox"/> Cucumber	1
<input type="checkbox"/> Garlic Cloves	7
<input type="checkbox"/> Leek	150g
<input type="checkbox"/> Lemons	4
<input type="checkbox"/> Mushrooms	100g
<input type="checkbox"/> Onions	7
<input type="checkbox"/> Red Chilli	1
<input type="checkbox"/> Spring Onions	2
<input type="checkbox"/> Watermelon	500g

Want to Start a 28 Day Vegetarian Mediterranean Diet Plan?

Like these recipes and want to follow a full 28 day vegetarian Mediterranean diet plan?

Eating vegetarian Mediterranean-style food can be both easy and delicious. Our 28 day plan expands on this 7 day taster plan with 4 new weeks of recipes, meal plans and shopping lists.

Let's kickstart healthy eating habits, lose the weight you've always wanted and keep it off for good.

[Start 28 Day Veggie Mediterranean Diet Plan](#)