

# The Quick MEDITERRANEAN Diet Cookbook

AMAZINGLY DELICIOUS RECIPES  
TO LOWER YOUR BLOOD PRESSURE  
AND IMPROVE YOUR HEALTH



**THELMA HENNESSY**

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## INTRODUCTION

The Mediterranean diet is foundation of the traditional eating patterns of countries bordering the Mediterranean Sea, like Italy, Greece and Spain. The Mediterranean diet is characterised by high intake of plant-based foods like nuts, fruits and vegetables, olive oil, legumes, beans and lentils, moderate intake of fish and a low intake of dairy and red meat. This diet is rich in vegetables, olive oil, whole grains, legumes, and nuts. The diet is also low in red meat and dairy, and low in sugar. This diet has been associated with lower rates of heart disease, obesity, and cancer.

The foods you can eat while you are on a Mediterranean diet fall into two categories. There are those foods that you can eat regularly and there are those that you should only eat in moderation.

Foods to eat regularly

Healthy fats like avocado oil, avocados, olives and extra virgin olive oil

Fruits like peaches, figs, melons, dates, bananas, strawberries, grapes, pears, oranges, and apples. Note that you can eat most fruits while on this diet

Vegetables like cucumbers, Brussels sprouts, artichoke, eggplant, carrots, cauliflower, onions, spinach, kale, broccoli and tomatoes. Those are just popular examples but basically all vegetables are allowed in the Mediterranean diet

Whole grains like pasta, whole wheat, whole grain bread, corn, buckwheat, barley, rye, brown rice and whole oats.

Tubers like sweet potatoes, yams, turnips and potatoes.

Legumes like chickpeas, peanuts, pulses, lentils, peas and beans.

Fish and seafood, which are actually your primary source of protein. Good examples include shellfish like crab, mussels and oysters, shrimp, tuna, haddock and salmon.

### **Food to Avoid**

Refined oils - stay away from unhealthy oils like cottonseed oil, vegetable oil and soybean oil.

Saturated or Trans-fats - good example of these fats include butter and margarine.

Highly processed foods - avoid all highly processed foods. By this, I mean all the foods that are packaged. This can be packaged crisp, nuts, wheat etc. Some of these foods are marked and labeled low fat but are actually quite high in sugar.

Refined grains - avoid refined grains like refined pasta, white bread, cereals, bagels etc

Added sugar- foods, which contain added sugar like sodas, chocolates, candy and ice cream should be completely avoided. If you have a sweet tooth, you can substitute products with added sugar with natural sweeteners.

# BREAKFAST RECIPES

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## 1. Tahini & Apple Toast



Preparation Time: 15 minutes

Cooking Time: 0 minute

Servings: 1

**Ingredients:**

- 2 Tablespoons Tahini
- 2 Slices Whole Wheat Bread, Toasted
- 1 Teaspoon Honey, Raw
- 1 Apple, Small, Cored & Sliced Thin

**Directions:**

1. Start by spreading the tahini over your toast, and then lay your apples over it. drizzle with honey before serving.

**Nutrition** 366 calories 13g fats 29g protein



## 2. Scrambled Basil Eggs



Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 2

### **Ingredients:**

- 4 Eggs, Large