

The Mediterranean Diet

A glass bowl filled with fresh Mediterranean vegetables including tomatoes, onions, garlic, and herbs. The bowl is set against a background of green herbs. The text "Live Long and Live Strong" is written in a white, italicized font at the bottom of the bowl.

Live Long and Live Strong

THE MEDITERRANEAN DIET

Live Long and Live Strong

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Preface

Ancel Keys, PhD is a legend. Many people living a long, healthy, energetic, happy lifestyle – anywhere in the world - can give much of the credit to this man.

So how is that so?

Dr. Keys was a physiologist who taught and conducted research at the University of Minnesota for more than 50 years. In the 1950's, he began noticing a health difference in people living in different cultures. Differences of health, longevity, energy, and mental health. So he undertook the most significant work of his stellar career. He initiated the Seven Countries Study.

Men from USA, Finland, Yugoslavia, Netherlands, Italy, Greece, and Japan were enrolled in a multi-year study to determine the effects of diet and lifestyle on cardiovascular health and longevity.

The men were checked at 5 years, 10 years, and finally the mortality rate checked again at 25 years.

The results were astounding. The delicious vegetable and fruit infused diet of the Mediterranean won hands down. Thus began decades of additional research by many different professionals in many different fields.

There have been variations of the early findings, but the results have only endorsed the first study. In fact, not only has the diet increased cardiovascular health, but mental health, diabetes, and auto-immune diseases have been improved by this diet.

Introduction

How would you like to begin a lifestyle of enjoying delicious food, along with the pleasure of entertaining and eating with friends? And at the same time begin arriving at your perfect weight? And finding that your health and energy are improving as you do?

Impossible, you may say. But I say it's very possible. In fact, many people around the globe are enjoying all of those benefit right now.

When people want to lose weight, the first thing they often will do is look around for some kind of diet they can follow. In many cases, this will mean looking for 'fad diets' that involve fasting for long periods, drinking nothing but juice or turning to health bars and shakes for quick weight reduction.

Now these methods may help you to lose quickly, but watch out!! You may be about to gain back all of the weight and more!

Why is that?

Several things are at play here.

First of all, few people can maintain a long term lifestyle of depriving themselves. The desire for more normal eating will build up like water behind a dam, and eventually that dam will break. Suddenly the body will crave all that it has been missing and the diet will be a thing of the past.

Then the second: Fad diets don't work!

Fad diets are called that exactly because of their 'flash-in-the-pan' nature. It's impossible to maintain a diet that requires too strict changes to in your lifestyle and routine, so such diets are just destined for failure.

What's more is that making such big changes to your diet often have severe negative consequences. Juice diets are all fun and games (well not really), until the acids in the juices erode your teeth!

And, as Oprah Winfrey has testified to again and again, these crash methods will ruin your metabolism. When your metabolism is off, you will not be able to lose weight – and your body will be screaming for nutrients with pain and fatigue.

The simple fact of the matter is that we're not *meant* to eat in such extreme ways and our bodies weren't built for such!

But there is another way... it's called *the Mediterranean Diet*. Let me proudly introduce you to this eating plan.

Perhaps you have heard the fable about the little boy who was seeking diligently for the special Bluebird, which was supposed to bring him great happiness. He spent years searching in all parts of the world. Finally, he returned home tired, disappointed, and broke without having found the special bird. As he was sitting depressed on his kitchen floor, he noticed a

sound – a special chirping sound. He ran to look out of his window – and much to his amazement, the special Bluebird was sitting in a tree. The Bluebird of Happiness had been in his own backyard all along.

That's the way I felt when I first discovered the Mediterranean Diet. It is not a newly discovered fad, but a diet which has been the favorite of many people for hundreds of years.

The Mediterranean Diet is of course the diet that is traditionally enjoyed in Mediterranean countries. These include: Italy, France, Greece and Spain; all of which enjoy particularly good health and long lives!

In particular, Mediterranean cuisine is associated with a healthier heart. But in general, it also adheres closely to most government 'healthy eating' guidelines and can provide lots of nutrition without too many calories.

You read about the "super foods?" Well they are right here in this diet. It includes a lot of "super foods" which are absolutely fantastic for your overall health and it includes a superb balance of food groups.

But unlike "fad diets" this is a diet that's easy to stick to (It's already the diet of choice for many people for many centuries!). It's delicious, it's affordable and it includes most of the foods you already love.

I guess the question you're wondering now is

why has no one told you about this before? Time to begin your education!

Chapter 1 History of the Diet



So where did this diet come from? Actually the clue is in the name! The Mediterranean diet is very much based around the natural diet that is enjoyed in the warmer parts of Europe, particularly in Greece, Southern France and Italy.

For a long time, the diet was considered a “poor man’s diet”. The locals lived off the land, having cleared much of it for farming. They didn’t raise many animals for meat, so the primary form of nourishment would be fruits, vegetables and wheat – and fish which could be caught in the sea.

Plants - including olive trees and grapevines also grew very well in these regions, and began to affect the diet. Today, olive oil is a staple of many

Mediterranean dishes – along with grapes and red wine.

But how did this “poor man’s diet” evolve to become a “health diet” recommended by doctors? The answer is fascinating.

The Surprising Benefits of the Mediterranean Diet

At first, no one really expected the Mediterranean Diet to be healthy. On the face of it, consuming lots of oil (which is a fat), lots of cheese and lots of wine sounded like it would be nothing but bad for your heart, your weight and your health in general!

But then came the surprise: studies began to find that people who ate a Mediterranean Diet actually had longer lifespans and were generally healthier. They especially had lower incidence of heart disease and stroke.

A more recent 2013 study found that those who live on this diet have a 30% lower risk!

What’s more is that looking at data regarding lifespans around the world, it’s evident that people who eat this diet live considerably longer on average. This of course led to a lot of researchers being very interested in specifically what was going on.

It has been studied extensively for the last 50 years during which time the diet was also found to reduce the incidence of a wide range of other diseases. Those eating a Mediterranean diet are less likely to suffer from:

- Vision problems
- Certain cancers
- Heart disease
- Alzheimer's disease
- Diabetes
- High blood pressure
- High cholesterol

And as you can imagine, this led to more and more people starting to adopt the diet for its benefits. Word spread that this was a delicious, affordable and convenient diet that was incredibly healthy.

So researchers have discovered some amazing facts as a result of carefully examining this diet. We'll get into more detail about this later on.

Right now we'll just say that our opinions of what makes this diet so healthy have evolved over the years. What have we known for *sure* for the last 50 years though?

This is a healthy way to live!

Chapter 2 Facts and Myths



One of the challenges with the Mediterranean diet then, has always been knowing exactly how it works and *why* it's so good for us.

And over the years, the theories have changed an awful lot – resulting in a lot of misinformation, myths and rumors. In this chapter we're going to address some of those and in doing so, we'll also find out how the Mediterranean diet might work.

Fact or Myth: Is Red Wine Good for You?

One of the things you might hear a lot of when researching the Mediterranean diet yourself, is that

red wine is “good for you” and can actually increase your lifespan.

This might come as something of a surprise, seeing as alcohol is generally considered to be *bad* for us as it kills brain cells, hurts the liver and makes us gain weight.

So what’s going on? Is this a myth or a fact?

As is so often the case, the answer is that it’s a bit of both.

You see, one of the early findings as to why people eating the Mediterranean diet lived so long, was that they were getting a substance called “resveratrol” from the high quantities of red wine they drank.

Resveratrol is found in red grapes and is a very powerful antioxidant meaning that it can combat the free radicals and oxidation that leads to cell damage and in some cases cancer and aging.

Furthermore, resveratrol has the ability to improve the function of mitochondria – the tiny ‘energy plants’ found in the cells that allow the body to use ATP (**ATP** is a high-energy molecule found in every cell. Its job is to store and supply the cell with needed energy for power movements and crucial bodily functions). This actually makes the cells more efficient, which in turn reduces the damage caused by oxidants even further.

Studies found that mice given resveratrol in studies enjoy longer lifespans and are less likely to suffer from cancer and a range of other conditions.

So should you start drinking a lot of wine? I wouldn't advise it.

The "breakthrough" finding was not really the red wine, but the resveratrol. This substance is found not only in red wine, but in red grape juice, blueberries, raspberries, pomegranates and other fruits with that dark red or purple color.

So the idea is to increase the amount of dark red or purple fruits or juices you consume in order to obtain this substance.

Alcohol itself can still be very bad for you, so to get your resveratrol from alcoholic beverages might not be so wise. In fact, if you have a problem sticking to one small glass of red wine, it's probably best to stay away from it altogether.

Some think that alcohol can actually help to relax the heart (it is a depressant) and that this can thereby help to reduce the likelihood of heart disease or stroke. This can be a dangerous theory, however, since alcoholism is at an all time high.

As Dr. Don Colbert says, having a glass of red grape juice (made from red Concord grapes) will accomplish the same as a glass of red wine. And it's much safer to your overall well being.

Fact or Myth: All Fat is Bad for You?

What originally stood out to researchers as strange when they looked at the effects of the Mediterranean diet was that it was able to be supportive of good heart health *despite* the large amounts of olive oil and cheese involved.

This was before nutritionists were distinguishing between saturated and polyunsaturated fats. The cheeses used by most of these diets were made from skim milk. They were white cheeses, thus not as saturated as yellow cheese. And the oil was actually good for you – able to lower cholesterol and contribute to pliable arteries. These are both examples of misinformation which was cleared up by the diet studies.

Lowering any kind of fat was the stance of most health experts for a long time and was even the basis of many diet plans. If you were to buy a 'diet' version of your favorite sandwich for instance, then you would likely find that it was simply the *same* sandwich but without the fat.

But more recent research shows us that polyunsaturated and unsaturated fats actually *aren't* the culprit when it comes to heart problems – and might not even be that bad for losing weight either! They only raise the good kind of cholesterol (HDL) and they are not at all associated with heart disease!

Fats are also *very* important for the absorption of nutrients and also happen to be very nutritious and good for you.

And as though all this wasn't enough reason to start eating more fats in your diet, it may also be the case that fats help to *prevent* weight gain. That's because the body absorbs energy from fats much more slowly than it absorbs energy from carbohydrates.

If you consume bread or pasta, for instance, then the body gets a sudden spike in glucose which triggers the release of insulin. That insulin then causes the sugar to be absorbed by the body, where it gets stored as fat in a process called "lipogenesis". At this point, you then have *low* blood sugar and find yourself feeling hungry.

When you eat good fats however, these are digested much more slowly. The food in the stomach makes you feel fuller and means that the sugar is released at a more steady rate into the blood stream. In fact, even if you eat lots of carbs; eating fats as well will mean they are slower to get absorbed.

So while 'fat free' foods might have lower calories, they leave you feeling hungry and make you want to eat more afterward! The body just isn't getting any sustenance and that leaves you craving more. On the other hand, you can eat considerably *less* on a Mediterranean diet and feel a lot fuller and more satiated for a lot longer.

Fact or Myth: You Can Eat as Much Cheese as You Want?

Okay, let's get real.

Many people on a Mediterranean diet will also eat a lot of cheese. Of course this is very in-keeping with the way most Italians, Greeks and the French eat.

Cheese will keep you full, provide all the benefits we discussed and also supply you with ample calcium and various other benefits.

But can you indulge unrestrained?

Unfortunately not. (And the same goes for olive oil – despite it having a ton of benefits).

The problem with fats is that they are *still* calorific. To be precise, a gram of carbs or protein will contain 4 calories. Conversely, a gram of fat contains 9 calories. So if you eat tons of cheese and oil, you *will* still gain weight.

Calorie counting is not necessarily a requirement of a diet if you are eating healthily and sensibly. But nevertheless, you still need to make sure you aren't over-indulging and you still need to ensure that your overall calorie intake is less than you are burning.

The good news is that you'll find it hard to eat too much cheese or oil before you start to feel full! Just pay attention when your body feels full.

Fact or Myth: The Mediterranean Diet Prevents a Huge Number of Illnesses

The answer is yes!

What's certainly true is that the Mediterranean diet can prevent heart disease as well as a broad range of other health problems. It can improve your energy, your mood and your overall health and in general it's just an incredibly healthy diet to stick to.

So why is all this the case? Simple: because the Mediterranean diet is packed with nutrients. This is where the real power of this diet comes in.

Chapter 3 Is This Lifestyle for Me?



So with all that said, the next question is simple: should *you* try the Mediterranean diet?

At this point, we know what a lot of the benefits are, that there is evidence to support those benefits, and a little bit of the history behind this diet.

But now the next question is whether or not it's right for you. Because ultimately this is just as important and something that you *always* need to consider before starting a diet. Just because the diet is generally healthy and has a lot of positives, that doesn't *necessarily* mean that it's going to be for you...

So who is this diet for?

This diet is for you if you are someone who:

- Enjoys their food and doesn't want to cut out entire food groups
- Loves eating out and doesn't want to put an end to that in order to lose weight!
- Believes that general health is the most important aim of any diet
- Doesn't mind cooking
- Isn't terribly obese
- Has no allergies or unusual eating requirements which would conflict with this diet
- Has enjoyed Mediterranean food in the past!

Who *isn't* this diet for? Well, there are a couple of people who might find this one is less for them...

First, if your main priority is to lose weight very quickly, this diet might not be the very best suited to your requirements. Rather, you might have more luck with a calorie counting diet.

If you need to lose a large amount of weight, you might try a totally plant-based diet – like the Dr Ornish Diet. Later you can transfer to the Mediterranean.

Second, if you're someone who doesn't really *like* Mediterranean foods then this one might be tricky. Ultimately, it's very important to make sure the diet is one you really *can* and really *will* stick to.

Third, if you can't commit to cooking or hate spending time in the kitchen, this might not work for you. Later in this book we look at how to make the cooking

easier and the Mediterranean diet easier to stick to but it is still going to involve more cooking than some plans.

In the next chapter, we'll see exactly why you might choose a Mediterranean diet and why you might not. When you see the pros and cons laid out, you should have a better idea whether it's really for you or not...

Chapter 4 What are the Pros and Cons?



The main pro of the Mediterranean diet is, of course, that it is great for your body and health.

As though that wasn't enough, this is also just a delicious diet and one that's very easy to follow! Forget counting calories, forget eliminating food groups and say goodbye to bland "diet foods".

Instead, say hello to delicious continental eating that is incredibly enjoyable *and* healthy at the same time!

This isn't a fad diet at all – it's a diet that a large portion of the world has been enjoying for centuries. It *does* contain everything that the body needs; and actually it contains *more* of that than most American diets.

There are also countless fun recipes and it's very fun to stick to!

Eating out? That's not a problem seeing as there are countless restaurants that focus on this cuisine. In fact, these meals are perfect for a romantic evening.

It even happens to be very affordable, thanks to the relatively low proportion of meats and the high quantity of leafy vegetables. (If you like to garden, you might enjoy growing some of your own vegetables).

The Cons

It would not be fair to list only the pros of the diet and to ignore the cons. There *are* some cons and it would be unfair to ignore them. Here are some of the drawbacks that you will have to mitigate...

- Losing weight is a little slower on this diet than some others. You *can* lose weight, but counting calories is faster. As it happens though, this is the *healthier* way to do it!
- This diet *does* require a little more cooking. The benefits largely come from the fact you're eating fresh, nutritious food so you can't just pop in a TV dinner.
- This diet does contain carbs. If you're keen on losing weight by avoiding carbs, then you might need to have a rethink!

- This diet isn't as 'strict' as some other diets. Many people would consider this a positive thing but the problem is that it means it's easier to cheat or to bend the rules.
- If you're someone who likes to have very clear and set instructions to prevent yourself from cheating at all – then perhaps another diet would be better for you!

Chapter 5 Is This Good for the Family?



One of the big questions when starting any new diet is whether or not you should get your family involved...

And in this case, the answer is once again yes!

If you were to try a more extreme 'fad' diet, then involving your family would be a very bad idea. Juice fasts are actually dangerous for *everyone* and are based on *zero* science. Especially for young children, this can be dangerous!

But the Mediterranean diet is not like that (see below). This is a diet that children eat all over the world (well, mainly around the Mediterranean!) and that you can very safely serve around your own family table.

What's more is that this is a diet that teaches you to love and appreciate food. This is a great lesson for your kids and a great way to help them lose weight and stay healthy.

All those nutrients will do *wonders* for them while they're growing. And as for you and your partner? This diet is excellent for spending romantic evenings in and eating delicious food.

But what's more is that getting your family to go on this diet will help *you* as well by sticking with it. Dieting is actually something that is very 'social'.

What we eat is often defined by the company we keep and it's when our partner or friend wants to "cheat" and eat McDonalds that we find ourselves slipping. We can't help ourselves and join in on the bandwagon.

Get the whole family on board and you'll find it's *much* easier to stick to this healthy diet! Do it for your children!

Chapter 6 Is the Diet Dangerous?



Unless you have a food allergy to many of the foods involved, the Mediterranean diet is 100% safe and healthy. We know this because those countries that eat this food as their main diet are not only “fine” but actually healthier than most!

Still, it’s good to question any new diet and of course you may have some concerns if you have never heard about a particular diet—Mediterranean diet included.

Healthy Fats Are Fine

We already touched on this but the idea that unsaturated fats cause heart disease is one that has now been disproven without any doubt remaining.

They raise HDL cholesterol (high density lipoprotein) which is the good kind, while simultaneously lowering LDL cholesterol (low density lipoprotein) - AKA the bad kind.

What's more is that unsaturated and polyunsaturated fats actually provide a *ton* of very healthy benefits throughout the body. Fats play a key role in the absorption of many nutrients and this means you can get a lot more health benefits from the fruits and vegetables you consume.

For men good fats are *especially* important. This is because they contribute to the production of anabolic hormones – such as testosterone. Testosterone plays a number of key roles in the body and encourages fat loss and muscle building so this should be considered a priority.

Then there's the brain, which is actually composed *largely* of fats...

So eating the right kind of fats is not only safe – it's also a very good idea.

So Are Dairy and Wheat...

Some diets suggest that eating wheat and dairy is a mistake – such as some versions of the Paleo diet. But there is no such objection in the Mediterranean diet. So is this really okay?

The answer here is a *resounding* yes. Wheat is only bad for you if you have a wheat intolerance or

Celiac's disease and there is *no* evidence to suggest that average members of the public need to avoid it.

If you do have a wheat intolerance, there are many substitutes today which can allow the basic recipes to be used with different flours and pastas.

Meanwhile, the same is also true for milk. The idea that milk might be bad for us comes from the fact that over half the population is lactose intolerant.

If that's a problem you face, you can still use Soy or Almond milk in your recipes and continue to enjoy the tastiness of this plan.

Look Out For the Fad Diets!

But you are right to worry that a diet can be dangerous – as many actually are! If you are trying to lose weight using any kind of fast or to lose weight with a diet which makes you cut out one food group entirely - drastically reducing calories - then you could actually be putting your health at risk.

The dangerous diets are the fads and the “detoxes” which haven't been proven over time or with science.

The Mediterranean diet? This is how people eat in Europe. And they've been enjoying great health for centuries!

For most people, this is one of *the* safest diets out there.

(I might add right now that no change in eating habits should be undertaken without a doctor's advice. Before starting the Mediterranean Diet, you should check with your doctor).

Chapter 7 Will I lose Weight?



The big question for many people when starting a new diet is simple: will I lose weight?

So let's play along. If you're starting the Mediterranean diet, can you expect to shift much weight and start looking leaner and slimmer?

The answer is a big YES. But there are caveats...

The first thing to know is that this diet isn't *primarily* about losing weight. This diet began when people started to notice the impressive health benefits it could bring in terms of heart health and longevity. In other words, the diet didn't become popular because the fat was falling off of people.

And in fact, this diet does contain a lot of calories that come from olive oil and cheese. If you indulge in too

much wine, bread, pasta, and cheese, you might be disappointed in your weight loss.

As we mentioned before, this is all very nutritious and will actually make you less likely to crave snacks between meals. What's more is that you'll eat more slowly, enjoy your food better and feel more energetic so you can be more active.

Because you're avoiding processed and highly sugary foods, you *should* find that weight falls off.

But if you overindulge, it's still possible to gain weight on this diet. Obviously, If you eat huge bowls of pasta with pizza and garlic bread every night, then you will be very disappointed in your results.

There are ways to control the amount of weight you lose. If you want to lose weight faster, you could do so by restricting your calories. Cut down on the pasta and bread for a season. That's your choice.

The better solution though? Rein in your calories just a *little* and with the suggested foods, you *will* see the pounds start to drop off.

Chapter 8 Is it Hard to Change over?



One of the biggest advantages of a Mediterranean diet by far is just how easy it is to switch to it. The point is that this is already a very popular cuisine that is enjoyed all around the world.

In fact, it's very easy to come across a lot of restaurants in most countries that focus on Italian, Greek and French food!

Likewise, the ingredients involved in making Mediterranean foods are actually very affordable in most cases. Buying salad greens, tomatoes, olive oil and more is all very affordable and because there's not that much meat, you'll save a lot of money!

The only expensive parts are the cheese (which is quite pricey) and the fish. Fish is a very important part of the Mediterranean diet as it provides amino acids,

essential fatty acids and other goodness – but it's not cheap.

But this isn't the biggest obstacle you'll face when making the transition...

The first big problem you'll face is that it's always a little hard to move away from your current diet.

The great thing about Mediterranean food is that it's not processed and it's not covered in excess sugar. If you're currently used to drinking large amounts of Coca-Cola and constantly indulging in burgers and fries, you will most likely struggle to make the necessary changes.

This is particularly difficult as some of the ingredients used in processed foods are actually quite addictive! Coca-Cola for instance is very high in sugar and caffeine.

If you're going to be successful, then you need to be a bit strict with yourself – at least for a season. This probably means *not* buying these foods for the house in the first place! Out of sight, out of mind.

The Biggest Challenge

The most difficult thing about this diet by far is simply sticking to it when it takes a while to prepare your food. These meals only work if you make them fresh – a ready made lasagne from the supermarket is not the same as one you make at home!

This then means you're going to have to spend a certain amount of time in the kitchen chopping, cooking and mixing. But before that, you need to go to the supermarket and shop for all these fresh ingredients. Not fun if you don't like grocery shopping, but you will thank yourself in the end.

The results of feeling and looking better will make the effort worth it.

There are several books out there to help you with this and some of them focus on "10 minute meals" or other ways you can make wholesome food quickly and cheaply.

There may be a learning curve, but don't get discouraged. Once you start your routine, it will become faster and easier as you go along.

At the end of this book we supply some recipes that genuinely are a lot easier and simpler to make. And learning these is going to be one of the best ways to ensure that you don't fall into the trap that prevents diet "adherence".

Also you'll find another chapter in this book on how to buy and prepare Mediterranean foods – with plenty of tips on how to save yourself time and make it that much easier to cook these delicious meals!

Chapter 9 Benefits - What to Expect



So now you're starting to get the concepts of the Mediterranean diet and hopefully you've learned how to begin integrating it a little into your lifestyle.

What can you expect to happen? We've discussed the pros and cons of the diet. So now the question is what should you actually expect as you start eating this way.

The first thing you'll likely notice is that your energy levels are *significantly* improved. This is something that happens right away when you start eating more nutrient dense foods.

The vitamins, the antioxidants and the amino acids will all help you to feel much more energetic by increasing your vitality, strengthening your immune

system and helping your brain to produce more of the most important neurotransmitters.

You'll find that this improves your mood and helps you feel more energetic and focused.

This is a great start because you'll likely want to exercise - leading to more weight loss!

What's more is that you'll start to find you crave snacks less often and that your tastes generally start to change. No longer will you crave junk food and you'll find yourself not wanting snacks between meals!

This - combined with the exercise and the improved metabolism, is where you start to lose weight.

Then all the other benefits start to kick in also – things like improved sleep, better skin, hair and nails, and better focus - becoming more alert!

You'll be ill less often and you'll even be more youthful looking. The visible signs of aging can slow down and you might even find your lifespan increases...

Those are some pretty good benefits!

Chapter 10 Should I Exercise?



We've already discussed the many benefits of the Mediterranean diet, how to stick to it and whether or not it is suitable for you and your family long term.

However, losing weight and staying healthy is not only about your diet and there are many more factors to consider if you want to enjoy the very best health possible.

What's also important is exercise and on top of that, you need to think about your lifestyle and routines.

Let's take a look at those components here. If you're on the diet, how should you be exercising?

It's important to realize that the Mediterraneans have a very active life. They bicycle or walk to and from work or school. There are footpaths built into the

landscapes so that walking is naturally part of their routine.

And if it's too far to walk, they often use a bicycle to reach their destination.

People in US or UK have some making up to do in this area. Try to add some walking to your routine. Take the stairs instead of the elevator. Park a distance away from the shop entrance so that you will have to walk a little to do your shopping.

When you are looking for ways to increase your activity, you will find little ways to enhance your regimen.

The Best Workout for the Mediterranean Diet

There is no 'set' exercise routine for the Mediterranean Diet. After all, this was not a diet that was dreamed up in order to sell Ebooks but is rather simply based on the natural way that people in those countries eat. And as you might imagine, the exercise routines and lifestyles of those people vary greatly!

But with that said, it is definitely a good idea to exercise *and* eat well if you want to enjoy the very best health. By sticking to this diet, you will be supplying your body with a lot of very good nutrition and hopefully consuming fewer calories as a by-product of eating such filling and satisfying meals.

If you exercise on top of this, you will be able to burn more calories and at the same time make use of those nutrients in strengthening your muscles and improving your energy efficiency.

We've already seen that this diet is rich in foods that strengthen the mitochondria and thereby enhance energy efficiency in the cells. At the same time, you can enhance this efficiency further by using the right types of exercise which train the mitochondria to burn through more calories and release fewer harmful by-products.

As an added bonus, you should find that this diet helps to supply you with the energy and mood that you need in order to maintain this kind of regimen.

So what kind of exercise should you be doing? There are plenty of books on this topic which can help you but a good tip is to start with something relatively small or light.

Most health professionals promote walking as a routine. Other than the snippets of walking mentioned earlier, a more aggressive approach to walking will really benefit you. One and a half to three miles five days a week are often recommended for the best health. When you start doing this on a regular basis, it becomes quite easy to do, and the extra energy provided will make you want to keep up with your plan.

Some recommend running, but many professionals don't consider this the exercise of choice. Knee and

hip injuries can result from harsh activity on these extremities.

Then there is strength training, which is great for increasing muscle strength and tone.

If you can fit 10 minutes of training into your day in the mornings, then you'll find this helps to support your overall health and give you more energy. Once you get into this easy routine, then you can build on that starting point and start training for longer periods of time.

Don't think you can get a good workout in 10 minutes? You would be wrong!

In fact, it's possible to get a very good workout in just 4 minutes! All you need to do is to use high intensity interval training, which involves alternating between periods of high intensity (around 90% of your maximum heart rate) and then short periods of active recovery.

The Tabata protocol is one such routine that involves sprinting or doing kettlebell swings for 20 seconds, followed by a ten second break for a total of eight rounds. In this short period you can actually burn a lot of calories and significantly increase your VO2 max (your oxygen level) and mitochondrial efficiency!

Even if you do a lighter circuit, or just start with Tabata a few times a week, this is a great way to start introducing a healthier lifestyle to go along with your new nutritious diet.

Once you pair good nutrition with an active lifestyle you start to feel the best you've ever felt.

The Mediterranean Lifestyle

But this is only one part of the process. Equally important is the way that you're spending the rest of your time.

Remember: the Mediterranean Diet first became popular when data started to show that people in those countries we named earlier lived longer and had fewer cases of heart disease. But actually, the diet was only one part of that.

What was also important was the fact that these countries had relatively laid back lifestyles. We look at our continental friends and often feel envious that they start their day casually sipping their coffee while watching the world go by.

After work, they'll often go and dine out at a nice restaurant and eat delicious food while relaxing with a glass of wine and candlelight. Perhaps they can hear the waves lap against the shore, or watch the mountains in the distance.

Of course this is a very romanticised version of what the Mediterranean lifestyle is really like. Many people who live in these countries are just as stressed and hurried as we are! But statistically? It is indeed true

that they live life more and take things a little slower than in the US and the UK.

And this makes a huge difference when it comes to their health – especially heart health! If you currently work 9-5 and stay late until 7pm many days, then chances are that you constantly feel stressed and on-edge.

What's worse is that you may come home only to deal with debt, relationships, children or other issues.

Either way, this means that you're constantly in the "fight or flight" state, which means the body is primed for action by certain hormones and neurotransmitters (adrenaline, noradrenaline, cortisol).

This is what is known as "chronic stress" and because it's designed for fighting, it means that the blood, oxygen and nutrients in your body are being sent to your muscles and your brain and away from your immune system and digestive system.

This makes you more likely to become ill and more likely to experience adrenal fatigue, leading to depression or a nervous breakdown. What's more is that stress causes the blood to thicken (so that it clots more quickly if you get injured) and the heartrate to increase.

Over a long period of time, continued stress drastically increases your chances of getting heart disease.

One of the major remedies for the stress of life is prayer. Read verses from the Bible which bring peace to your heart. If you aren't familiar with the Bible, read Psalm 23 or 112. Meditate on the greatness of God. When you look around at His creation, you recognize the awesomeness of God. Pray and ask Him to bring peace and direction to your life.

Also when you're eating a Mediterranean diet, you should also try to take a bit more of a Mediterranean *attitude* toward it. That means that you need to actually take the time to relax and enjoy your meal.

Focus on the flavors, focus on your partner across the table from you and watch the candle flame. Focus on the conversation you are having with your family. Share the news of the day – and experiences you have had.

Listen to some good music and smell the flowers. Take a moment away from your phone and let the pace of slow living settle in. This will make a massive difference to your health!

Chapter 11 What Can I Eat?



At this point in the book, you've hopefully got a pretty good idea of how the Mediterranean diet works and what you need to do. Basically, you're eating as though you lived in France, Greece and/or Italy. That means lots of oily pastas and salads with plenty of greens, lots of fish and a small amount of meats as well.

You'll also have some nice cheese and great bread and enjoy that with grapes and wine or red grape juice. And all the while, you'll have to pinch yourself to remember that all this is *good* for you as long as you're eating it in moderation!

But in case you wanted some harder and faster rules, here are the basics of what you can and can't eat.

A good way to work this out is to separate what you'll be eating into a few different categories based on how much you should be eating of it and how regularly.

Foods You Can Eat--All You Want

The great thing about the Mediterranean diet is that you'll be eating lots of fruit and vegetables. A look at a Mediterranean diet plate immediately reveals the huge number of different colors of food.

This is a sign that you're getting a ton of healthy nutrition! By adding in some fats, you'll absorb that better too.

So you can eat *lots* of:

- Vegetables
- Fruits
- Nuts
- Seeds
- Legumes
- Grains
- Spices
- Seafood/Fish
- Olive oil

Things You Can Eat--In Moderation

What you'll want to eat in moderation:

- Potatoes
- Cheese
- Yogurt
- Wine
- Meats
- Eggs

Something to note here is that *some* people writing about the Mediterranean diet would tell you to eat red meats rather freely. I have found, however, that most cardiologists who recommend this diet say otherwise. They say to eat red meat only in strict moderation. There are so many other great choices on this diet, limiting red meat should not be a problem.

Very often these recipes call for very small amounts of meat. Actually there's a certain amount of mincing involved (mincing is a food preparation technique in which food ingredients are finely divided into uniform pieces) in a lot of Italian cooking.

Chicken finds its way into salads and pasta dishes.

So you have many delicious foods to enjoy. Not only will you be enjoying an authentic Mediterranean diet but you'll also be getting a ton of amino acids and even rarer nutrients like omega 3 fatty acid and creatine (nitrogenous organic acid that occurs naturally in vertebrates and helps to supply energy to all cells in the body, primarily muscle).

Things you Don't Want to Eat

There's only one rule to this diet.

The only rule when eating a Mediterranean diet is to try and eat a little more like someone from a sunny part of Europe! That's a pretty good rule to go by, and it's also highly flexible.

After all, people from the Mediterranean are just like us and they will eat a large variety of things depending on their mood, their tastes and more! Every now and then, they might go to McDonald's!

What you'll find, however, is that as you load your plate – and your palate – with delicious fresh food, you will be less interested in some of the junk food you may have been indulging in previously.

So there are certain things which you will be eating less of. Processed foods and “empty calories” should go. But there are certainly things that you need to try to eat less of and that you need to try to avoid.

What makes the Mediterranean diet so good is the fact that it is comprised of freshly cooked vegetables and fruits, along with fish and some meats. All of this is highly nutritious- meaning you're getting tons of crucial vitamins, minerals, amino acids and more!

This lies in contrast with a lot of American foods. If you're used to eating microwave meals, fast food, burgers, fries, chocolate bars and the like – then

you're used to getting hits of sugar, calories and salt that contain barely any nutrients at all.

All this means is that we're taking in calories without adding any goodness.

Meanwhile, the sugar is getting absorbed into our bloodstreams much too quickly, resulting in a sudden spike followed by a trough. This latter point is one of the big causes of diabetes and weight gain.

This is what you really need to change if you're going to start improving your health as much as possible. Once you start getting *actual* nutrition from *real* delicious food... that's when you'll find you start feeling fuller and having more energy, better skin and better health.

When you remember the way we're *meant* to eat and when you start to enjoy cooking and eating – that's when you'll find that your food starts to love you back!

Are we saying that you *can't* eat chocolate or burgers ever again? No – because that's becoming too strict and inflexible. But we *are* saying is that this isn't part of your Mediterranean diet and it's what you're slowly trying to get away from!

Chapter 12 Purchasing and Preparing



There is one point which is major for the success of any diet – including this one. That is: pre-planning.

This might sound like a small point but in fact, a lack of pre-planning is one of the biggest issues with a lot of people's diet attempts and it can lead to massive problems and inconveniences that ultimately might make you more likely to quit your diet plan.

Why Lack of Planning is a Big Deal

So why is this so? Why does planning matter so much and what can you do to prevent it from ruining your good intentions?

Well, let's assume you're getting home from work and you're tired, stressed and pushed for time. Now you need to quickly decide what you're going to eat and that probably means using what you have in the fridge/cupboards.

If you're like most people, then this may well mean slim pickings which in turn can make it very tempting to cheat on your diet and have a ready-made meal.

Since a Mediterranean diet generally involves a fair amount of preparation time; it pays to plan in advance and therefore know what you're going to eat.

And when you are in a hurry you might overlook the left over eggplant from the moussaka you made yesterday, and you might allow it to spoil in the fridge. Not only does a lack of planning make you more likely to skip on your diet but it also means you end up wasting food and therefore wasting money.

If you know what you're going to eat in advance, then you can make sure that you buy only what you need next time you go shopping.

A general plan of menus (including how you are going to use leftovers) will not only keep you on track, but will allow you to spend less time preparing. This in turn will allow more time to spend down at the gym, with the family, or whatever other plans you have for that evening.

How to Plan Your Meals

Of course you need to have a little flexibility in your diet in order to be able to live life spontaneously. You don't want to turn down an invitation to eat out because you have chicken defrosting in the fridge!

Instead, plan your meals in advance but also leave some room for flexibility.

A great strategy is to cook one big meal over the weekend in a large pot and then freeze some portions. This could be something like a stew or a bolognese that can be reheated quickly when you get back late or when you don't have the energy for cooking.

Invest in some Tupperware and keep a few meals prepared in the fridge. There are also food saver machines which allow you to seal food tightly and put it in the fridge or freezer. The food stays as fresh as the day you prepared it (be sure not to let air get into the bag when sealing).

This also means finding a good day to shop and cook – but you only need one day out of the week if you do this well!

Meanwhile, buy several ingredients that you know several recipes call for, and keep these in your cupboard, freezer, or fridge. Think of this as your “capsule wardrobe” – the aim is to be able to make

lots of different combinations from the few items of food you have on hand.

This is particularly easy to do for the Mediterranean diet as a number of different foods and ingredients crop up a lot. For example, try keeping on hand:

- Chopped tomatoes
- Herbs
- Tomato Puree
- Eggs
- Onions
- Garlic
- Pasta
- Salad
- Cans of Tuna
- Bacon
- Cheese
- Bread

With these few ingredients there are lots of different things you can make! This is enough to make: tuna salad, tuna pasta, carbonara, eggs on toast, omelette, tomato pasta and more!

This will also help you to avoid wasting food because the ingredients you're using in one meal will then be used time and again rather than going to waste. This is especially useful if you're living alone and not in a large family.

Chapter 13 - Healthy Breakfasts



Here are some excellent Mediterranean breakfasts that represent great ways to start your day!

Americano: In Italy, the best way to start the day is with a Cappuccino. In fact, ordering one of these after mid-day is considered somewhat strange!

However, Cappuccinos are also packed with unhealthy creams and milks so in this case how about swapping it out for the decidedly less European Americano instead. It's actually a great way to start the day because it will increase your metabolism and help you to burn more calories!

Americano also goes by the name of White Coffee – and as you might expect, it's coffee with cream.

Grapefruit: One of the most popular Paleo breakfasts also happens to be a good breakfast if you're on the Mediterranean diet. Grapefruit is incredibly low in calories and also a very healthy food. Note: Don't pile on the sugar!

Watermelon: Or how about going with another low calorie fruit and having some watermelon for breakfast instead? Other types of melon, cantaloupe or honeydew, also work great!

Toast: Toast with pate is popular in France and several other areas. Or you can try it with a little olive oil! These also go well drizzled with a little honey or some hummus.

Choose a wholegrain bread for your toast and that way you'll get a much slower release of energy throughout the day once again!

Chapter 14 - Healthy Lunches



Here are some delicious and healthy Mediterranean lunches you can make quickly and easily!

Pita Bread and Falafel: You can make falafel yourself, but this is one time that it's perfectly fine to buy ready-made. The falafel can then be stuffed into some pita bread (again, you can make it yourself but it's fine as it is) along with some salad and a little humus.

Note: When choosing or preparing your falafel, stick to those cooked in olive or vegetable oil. Stay away from those loaded with animal fat.

Greek Salad: One of the simplest and tastiest salad recipes out there! Simply chop up some tomato, cucumber and pepper and stir in a big bowl. Add feta

cheese and you're good to go! (This can also work well with celery).

Tuna Salad: Or how about making a tuna salad? Just take the salad of your choice and throw in a little tuna with some olive oil and vinegar.

Toasty/Panini: One of my favorite parts of going on holiday to sunny countries in Europe as a kid was always getting to sit outside of sandwich shops with a delicious panini or toasted sandwich.

A great choice is tuna with white cheese.

Once again, stay away from saturated animal fat.

Avocado and Chicken Baguette: Take your baguette, add some sliced chicken and then add avocado and flakes of cheese with a little mayonnaise!

Pro Tip! If you're out and about at lunch and don't have time to prepare your own, then look for a salad bar! You can get some excellent value this way and eat a very healthy lunch very easily too! Don't make a salad for four—just you ;)

Mediterranean Diet Snacks

Looking for something you can enjoy between meals?

Here are a few things you can munch on to fight hunger pangs between meals. These fit within a Mediterranean diet, thus are very healthy.

Raisins

Raisins are high in carbohydrates and make an amazing low-fat snack. They can also make a pudding sweeter without adding icing or sugar. Have these to munch on and you may not crave chocolate in quite the same way. As an added bonus, some raisins and sultanas have similar health benefits to red wine! (Remember: resveratrol)

Apples/Apple Juice and Oranges/Orange Juice

Apples and Oranges are high in vitamin C and help keep colds at bay. Vitamin C is vital for the immune system as well as aiding in the formation of collagen - essential for the connective tissue in skin, bones and ligaments.

Collagen is also high in amino acids and speeds up the healing of wounds and burns. When you train, you deplete your vitamin C (through sweating) so a vitamin rich juice drink immediately after exercising can help repair your muscles.

Of course the Mediterranean Europeans love drinking juices, which are about a billion times healthier than fizzy soda drinks...

Carrots and Humus

If you're struggling to fulfill your fruit and veggie quota, munching on a raw carrot is a quick way to check another one off. They're also tasty, useful in a lot of recipes and supply the body with vitamins A, B, C, D and E.

The Greeks love to enjoy 'crudite' (vegetable tray) this way and it's especially tasty when dipped into a bowl of humus!

Adding a few sticks of celery can increase the enjoyment – with almost no added calories.

Tomatoes

Tomatoes are also one of your five-a-day and are high in antioxidants. Packing in the antioxidants lead to a longer life and less chance of developing cancer!

Tomatoes are very popular on the Mediterranean diet and the plum variety are very easy to munch on between meals. These little gems are so delicious they can be eaten like an apple.

Sunflower Seeds

Sunflower seeds are a great solution to hunger pangs and one bag will last a very long time without costing the Earth. These seeds are a great source of Linoleic acid, an essential fatty acid which helps with healing.

They're also good for your prostate by strengthening it and fighting off cancer. Sunflower seeds are an additional source of protein, iron and fiber.

As you proceed with your new healthy regimen, you will begin to see the many choices you have for healthy snacks. Stay away from the simple carbs and

sugary no-nutrition choices and develop the healthy ones you love. There are plenty of tasty choices.

You will be amazed at the number of items which you can enjoy. And you will be amazed at how great you feel with your new level of health.

Chapter 15 - Healthy Dinners



Here are just a few delicious meals you can enjoy for dinner as part of your Mediterranean diet...

Carbonara: Carbonara is one of the most well-known European recipes originating from Italy. While the original recipe was simply to crack an egg onto hot pasta, a more delicious version is to cook pasta while frying some onion and turkey bacon pieces. (Remember to use the right kind of fat!)

Add cut up bacon and onion to a frying pan and cook on a high temperature allowing it to almost begin burning. Once the pasta is cooked, put it in the frying pan and continue to fry. Adding some grated cheese.

Next, crack an egg into a cup and beat it (one large egg for two people). Once that looks ready, turn off the burner altogether and simply add the egg and stir.

The heat from the pan and the pasta will be enough to cook it. Add some pepper on top and serve! Yum!!

Note: For extra health, use whole wheat pasta. This particular recipe can be high in calories, so if you are trying to lose weight, don't over eat!

Bolognaise: Bolognaise is another classic Italian recipe and it's actually incredibly easy to make. Again, you need to cook some pasta and set aside.

Start the Bolognaise by sautéing chopped onion with some olive oil in a separate pan.

Add minced meat (chicken or turkey works well) and allow it to brown, before throwing in some chopped tomatoes, some grated carrot and some garlic. Add tomato puree (the more you add, the tastier). Simmer for a few minutes and mix with the cooked pasta.

Finally, sprinkle some cheese over the top and you're done!

Lasagne: Lasagne is essentially the same meal as bolognaise. Create your bolognaise, then add it between sheets of pasta with white sauce! You can also throw in vegetables instead of the meat in order to make a vegetable lasagne!

Chorizo and Squid Salad: Wash and drain some salad leaves and put them in a large bowl. (This works well with baby spinach)

Saute a small amount of turkey sausage with some squid. Add haloumi cheese. Once the cheese is

melted, add the mixture to the salad and drizzle with a little vinegar and some olive oil.

You can also add chopped avocado, baked tomatoes and peppers!

If you don't like the idea of squid, you can try the same recipe with white fish.

Garlic Prawns: Simply cook some prawns and then drizzle on some lemon along with olive oil and crushed (cooked) garlic. Have with a side of salad!

Tomato Pasta: There are a number of different tomato pasta meals you can make. A really great one is to sauté some chopped red peppers and some turkey bacon. Add them to cooked pasta with some chopped tomatoes and puree. A very easy meal but also very delicious!

Tuna Pasta: There are various tuna pastas you can make, many of which are essentially similar to other pasta dishes but with added tuna! Try some of your favorite ones, until you arrive at what you want.

A technical term for one of these is 'penne al tonno'.

Chicken Caesar Salad: This is super easy to make! Just take a salad of your choice and add some chicken breast on the side. Cover in delicious Caesar dressing!

Stuffed Pepper: Hollow out a red pepper and stuff it with rice, puree and some vegetables. Drizzle in olive oil and then bake in the oven!

Souvlaki: Souvlaki is a classic Greek meal that is also *delicious*. This is basically a skewer loaded with pork, beef, chicken, chorizo, haloumi, fish or any combination of those things – along with vegetables of your choice. These may be cooked before skewering or grilled on the skewer.

Sometimes the items are placed in a pita bread wrap.

You just need to make/buy some pita bread and then add the meat. Adding Greek yogurt gives the dish a delicious creaminess. Your choice of herbs, paprika and other garnishes may be added to your taste! Cheese also goes very well in many of these. Play around and try making different things. (These also work well for lunch)!

Mussels with Tomatoes and Chili: This is exactly what it sounds like! Prepare some mussels and then add to a mixture of tomatoes, shallots and garlic. Add some chopped (and deseeded) green chilies and mix with olive oil.

Cottage Pie: Cottage pie, also known as shepherd's, pie is another of the best known European recipes, this time hailing from England.

So it's not technically a Mediterranean dish but the ingredients are very similar seeing as it contains a lot of vegetables and oils.

Essentially it's a meaty dish that is normally served alongside cheesy mashed potatoes - placed either on top or to one side.

To make the mincemeat, cook chopped meat of your favorite variety in a pan with some onion. When the meat is brown, add some other savory flavorings – gravy granules, Maggi, mushrooms, salt, pepper – and some passata (uncooked canned tomatoes).

Boil potatoes and mash as you normally would.

Spray a baking dish with non-stick spray, and spread cooked meat mixture in the bottom. Spread the mashed potatoes over the top and sprinkle with cheese. Bake on a high setting (about 400 degrees) for half an hour until the potato crisps up in places

You have just completed one of the best loved European recipes.

Fish of Your Choice with Salad: An incredibly simple meal: Take the fish of your choice (tuna steak, hake, mackerel) and eat it with a side salad! This is also a carb-free meal!

Fondue: Fondue covers several European recipes with mixed Swiss/French origin. Most commonly fondue tends to refer to cheese fondue and this involves melting cheese in a pot, mixing it with cream or milk, and sharing with dipping forks.

You can then dip a range of breads into the pot. Other than cheese fondue, other fondues include chocolate and fondue bourguignon which uses meat cooked in oil.

Note: This recipe is not the best for nutrition or diet, but is an excellent addition to a party buffet.

Chorizo Chicken: Instead of chorizo sausage, use turkey sausage sparingly to make this tasty dish. Brown the sausage and add some chopped chicken in a pan. Add passata (at least two cartons) and chopped tomatoes. Add pre-boiled potatoes. Be certain that they're pre-boiled as they'll take ages in the tomato).

Add extra items: onion, mushrooms, etc. Definitely add some garlic. Simmer all ingredients.

You should have a delicious spicy tomato-y dish.

Pizza: Although pizza was actually an American dish, it was invented by some Italians in America. So we are including it as a Mediterranean choice.

If you make your own pizza it actually can be very healthy since you can pick what goes into it. Simply choose a pizza base that's healthy (or fairly healthy). Whole wheat or a thinner crust is better. Add pieces of chicken, pineapple, vegetables and tomato puree.

Adding cheese is an option as it'll help glue the food to the base. Choose a white cheese in order to keep the calories down....Enjoy!!

Chapter 16 Mediterranean Desserts



There are many excellent choices for Mediterranean desserts.

Greek yogurt is super with fresh fruit tossed in. Blueberries are an excellent choice because they are incredibly high in several nutrients! You can also stir in a little honey...

Ice Cream or Sorbet are other great choices. You can purchase your favorite low fat, low sugar flavors. Or, if you are ambitious, you may make your own in an ice cream churn. A lemon sorbet is an incredibly refreshing way to finish off a meal and won't leave you feeling bloated like some puddings!

Fruit Topped with Cream Bananas are a good choice for this dessert.

Baked Apple Another good option is a baked apple. Slice or core apples and add some currants, brown sugar and cinnamon powder – then put them in the oven and wait until they're soft, juicy and deliciously sweet!

Fruit Salads The Italians also enjoy a wide selection of fruit salads. If you aren't watching your calories too much, you may occasionally add biscotti, or other cookies.

Chocolate The French are a big fan of chocolates, so if you want to make this healthier try having some dark chocolate. Now researchers are insisting that dark chocolate is high in antioxidants and also theobromine – which may make it highly beneficial for cognitive function!

Another great way to enjoy chocolates is in the form of petit fours – small chocolates that you enjoy with a nice coffee after a meal.

Cheese Board One of the favorites of the French is an assortment of cheeses to be enjoyed with assorted fruit.

These are all excellent options for topping off a meal without ruining your diet!

Conclusion



Heart health, longevity, increased immune health and mental acuity are waiting for those who want to transition to the Mediterranean lifestyle.

This Ebook gives you an idea about how to make the change. I hope that you have noticed something. There is no strict plan to accomplish steps one, two, and three. And that's on purpose. The diet is not a temporary fix, but a permanent change, and so there needs to be some liberty in making the switch.

As you start, you will find some changes are easier than others. Be patient with yourself and realize that if you continue to move forward – adding concepts gradually, you will get there. If you have a complete “blowout” and find yourself scarfing down some of the worst food choices, just take a deep breath and get

back on track. The more of these recipes and ideas you can incorporate into your life, the better your results will be.

As you continue in your plan, you will find that it becomes easier. Eventually, the very thing you will be craving will be some healthy veggies or fruits you've learned to love.

One of the unintended benefits of the Mediterranean diet is that you will become a terrific cook. As you proceed with your plan, you will be amazed at how comfortable you will become at throwing a few items in a pan, sautéing them in olive oil, and tossing them with your favorite pasta. Next, you will be experimenting with your favorite herbs and spices – and learning about some new ones.

At this point, your cooking will no longer be just a chore – it will be a pleasure – even a hobby.

You'll hear your guests say, "How do you do it? How do you come up with such delicious meals in such a hurry?"

That's when you smile and say, "I'm just cooking like a Mediterranean."

Bon Appetit!

Let's Live Long and Live Strong.

P.S. Look for more information and more recipes at <http://behealthyandwise.com>

P.P.S Be sure to look for the emails which will be coming with more information. Lots of ideas and help are on the way.

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