



# Modified Mediterranean Diet Guide

# You're Starting a Modified Mediterranean Diet—Now What?

Welcome to the Healthy Transformation® Medical Weight Management Support Program. You and your healthcare practitioner have decided that a modified Mediterranean diet may help support you in your weight loss goals. Regardless of your individual health goals, the information contained in this booklet is designed to optimize your weight loss and health outcomes by providing dietary and lifestyle recommendations demonstrated by research to enhance both.

## What is a modified Mediterranean diet?

A modified Mediterranean diet in this program refers to a balanced diet profile that consists of 40% of energy coming from carbohydrate, 30% of energy coming from protein, and the remaining 30% of energy coming from fat. This macronutrient ratio resembles that of Mediterranean diets and is sometimes also known as a 40:30:30 eating plan.

## What does a healthy modified Mediterranean meal look like?

A modified Mediterranean meal contains the 40:30:30 distribution shown in the plate to the right. Meal replacements reflecting this macronutrient distribution can be an appropriate option on a balanced eating plan.

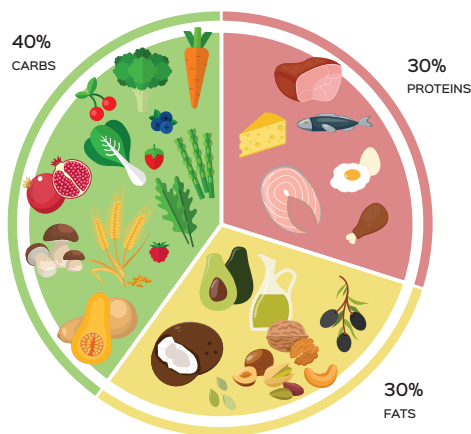
## What are the benefits of a modified Mediterranean diet?

The effectiveness of this approach for body weight loss and beneficial shifts in body composition have been demonstrated clinically:<sup>1,2</sup>

**Weight loss.** Modified Mediterranean diets have been shown to be effective by providing moderate amounts of protein to increase satiety, especially in comparison to higher carbohydrate<sup>3</sup> and lower fat diets.<sup>4</sup>

**Body composition.** Research suggests that long-term adherence (12 months) supports overall weight loss and fat mass loss. Moderate protein appears to support lean tissue maintenance.<sup>1,5</sup>

**Improved biomarkers.** Studies have shown that a modified Mediterranean diet supports healthy plasma triglycerides and HDL cholesterol.<sup>1-2</sup>

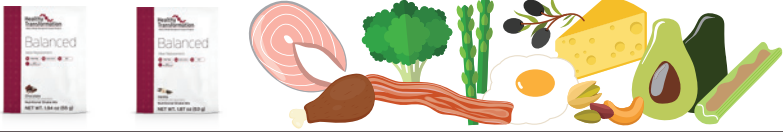


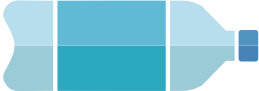




The table below displays general guidelines for daily amounts of carbohydrate, fat, and protein that fall in line with the 40:30:30 ratio for each commonly suggested calorie level. Your healthcare practitioner can also help customize your specific nutrient goals based on your individualized dietary needs and daily calorie goal.

	Daily calories		
	1,200	1,500	1,800
Carbohydrate (40%)	120 g	150 g	180 g
Fat (30%)	40 g	50 g	60 g
Protein (30%)	90 g	112 g	135 g

## Follow the plan

Use the chart below to help you adhere to the plan.

CONSUME EACH DAY	<b>2 Meal Replacements and Allowable Foods</b>	
		
LIFESTYLE	<b>Additional Support</b>	
		
MONITOR	<p><b>Build physical activity to at least 30 minutes, 5 times per week</b></p> 	<p><b>Consume at least 64 oz. of water per day</b></p> 
	<p><b>Daily weight, activity, and food</b></p> 	<p><b>Appointments and coaching</b></p> 

## C Nonstarchy Vegetables

Serving size:

Leafy greens: Approximately 2-3 cups, raw

All others: ½ cup cooked or 1 cup raw

1 serving = approx. 25 calories

C = 5 g, P = 1-2 g, F = 0 g

Alfalfa sprouts

Artichoke

Asparagus

Bamboo shoots

Bean sprouts

Beets

Bitter melon

Bottle gourd

Broccoli/broccolini

Broccoflower

Brussels sprouts

Cabbage (bok choy, green, napa, red, savoy)

Cactus (nopales)

Cauliflower

Celery

Celery root

Chayote

Cucumber

Eggplant

Green or string beans

Hearts of palm

Jerusalem artichoke

Jicama

Kimchi

Kohlrabi

Leeks

Leafy greens (arugula, beet, collard, dandelion, endive, escarole, kale, radicchio, spinach, Swiss chard, watercress)

Lettuce (Boston Bibb, butter, frisée, green leaf, red leaf, romaine)

Mushrooms

Okra

Onions (brown, green, red, scallions, shallot, spring, white, yellow)

Peppers (bell, jalapeño, orange, red, poblano, sweet, yellow)

Radishes (daikon, cherry belle, white icicle, watermelon)

Rutabaga

Sauerkraut

Seaweed (arame, dulse, hijiki, kombu, kelp, nori, wakame)

Shallots

Sprouts

Sugar snap peas, snow peas

Squash (crookneck, delicata, pattypan, spaghetti, yellow, zucchini)

Tomatoes

Water chestnuts



## C Starchy Vegetables

This category of food has a wide variation in caloric density, with potatoes containing more carbohydrate (and calories) per serving. Refer to the table below for serving sizes; this is especially helpful to help you stay within your caloric guidelines.

### Starchy Vegetables

**Serving size: As indicated**

**1 serving = approx. 25-50 calories**

**C = 4-11 g, P = 1 g, F = 0 g**

Acorn squash, mashed: ½ cup

Butternut squash, mashed: ½ cup

Beets, cooked: ½ cup

Carrots, cooked: ½ cup

Carrots, baby: 12

Carrots, raw: 1 medium

### Starchy Vegetables: Potatoes

**Serving size: As indicated**

**1 serving = approx. 50-75 calories**

**C = 12-14 g, P = 1 g, F = 0-2 g**

New potato, diced: ½ cup

Red potato: ½ cup

Sweet potatoes, baked: ⅓ cup

Yukon gold potato, roasted: ¼ cup

## C Fruit

**Serving size: As indicated**

**1 serving = approx. 45-60 calories**

**C = 11-15 g, P = 0-1 g, F = 0 g**

Apple: 1 small

Apricots: 3 small

Blackberries: 1 cup

Blueberries: ¾ cup

Cantaloupe, cubed: 1 cup

Cherries: 14

Fresh figs, black: 2 small

Grapefruit: 1 medium

Grapes: 15

Honeydew melon, diced: 1 cup

Kiwi: 1 large

Mango, fresh, sliced: ½ cup

Nectarines: 1 medium

Orange: 1 large

Peaches, sliced: 1 cup

Pear, sliced: ¾ cup

Plums, sliced: ¾ cup

Persimmon: ½

Pomegranate: ½

Raspberries: 1 cup

Strawberries: 1¼ cup

Tangerines, raw sections: ½ cup

Watermelon: 1½ cups



## C Legumes

Like starchy vegetables, this category of food has a wide variation in caloric density per serving. There is less variation in the carbohydrate content. Refer to the table below for specific foods and their associated serving sizes; this is especially helpful for planning and staying within your caloric guidelines.

**Serving size: As indicated**

**1 serving = approx. 65-100 calories**

**C = 12-15 g, P = 0-6 g, F = 0-2 g**

Bean soup: ½ cup

Black beans, cooked: ⅓ cup

Black-eyed peas, cooked: ⅓ cup

Brown lentils, cooked: ⅓ cup

Cannellini beans, cooked: ⅓ cup

French lentils, cooked: ⅓ cup **(8 g protein)**

Green lentils, cooked: ⅓ cup

Kidney beans, cooked: ⅓ cup

Mung beans, cooked: ⅓ cup

Navy beans, cooked: ⅓ cup

Pigeon peas, cooked: ⅓ cup

Pinto beans, cooked: ⅓ cup

Red lentils, cooked: ½ cup

Split peas, cooked: ⅓ cup

Yellow lentils, cooked: ⅓ cup

**Serving size: As indicated**

**1 serving = approx. 100-200 calories**

**C = 8-15 g, P = 4-7 g, F = 1-2 g**

Edamame, shelled: 1 cup **(6 g fat, 16 g protein)**

Garbanzo beans, cooked: ½ cup

Hummus: 4 Tbsp. **(10 g fat)**

Vegetarian refried beans, cooked: ½ cup



## C Grains & Starches

**Serving size: As indicated**

**1 serving = approx. 50-80 calories,**

**C = 11-15 g, P = 1-3 g, F = 0-2 g**

Amaranth, cooked: ⅓ cup

Barley, cooked: ⅓ cup

Basmati rice, cooked: ⅓ cup

Bread, 100% whole rye: 1 slice **(Calories: 100, Fat: 1 g, Carbohydrate: 20 g, Protein: 3 g)**

Bread, mixed whole grain: 1 slice **(Calories: 90, Fat: 1 g, Carbohydrate: 18 g, Protein: 4 g)**

Brown rice, cooked: ⅓ cup

Buckwheat groats, cooked: ⅓ cup

Bulgur, cooked: ⅓ cup

Millet, cooked: ⅓ cup

Kamut, cooked: ⅓ cup

Pasta, cooked, 100% whole wheat: ⅓ cup

Quinoa, cooked: ⅓ cup **(Calories: 120, Fat: 1 g, Carbohydrate: 16 g, Protein: 3 g)**

Spelt, cooked: ¼ cup

Wild rice, cooked: ⅓ cup

Teff, cooked: ¼ cup

Tortilla, low-carb

Whole grain rye crackers: 2 each

Whole oats, cooked: ⅓ cup

Whole wheat, berries, cooked: ¼ cup

Whole wheat tortilla: ½

Whole wheat pita: ½

## C P F Dairy/Dairy Alternatives

This category of food has a wide variation in both caloric and carbohydrate density per serving. Refer to the table below for specific foods and their associated serving sizes as it may be necessary to consume dairy alternatives to stay within your caloric guidelines while meeting your daily exchange for dairy.

### Dairy

**Serving size: As indicated**

**1 serving = approx. 70-130 calories**

**C = 2-12\* g, P = 5-11\* g, F = 0-5 g\***

Buttermilk (6 fl. oz.)

Fat-free yogurt, plain: 1 cup

**(20 g carbohydrate)**

Feta cheese, fat-free: 2 oz. **(14 g protein)**

Kefir, plain: 1 cup

Low-fat yogurt, plain: 4 oz. **(12 g protein)**

Milk: 1 cup

Nonfat milk: 6 fl. oz.

Sour cream, nonfat: 6 Tbsp.

Yogurt, plain, full-fat, Greek: ½ cup **(9 g fat)**

Yogurt, goat milk, plain, unsweetened: 6 fl. oz.

1% milk: 6 fl. oz.

2% milk: 6 fl. oz.

### Dairy Alternatives

**Serving size: As indicated**

**1 serving = approx. 30-80 calories**

**C = 0-1\* g, P = 0-2\* g, F = 2-4 g**

Almond milk, unsweetened: 8 fl. oz.

Coconut milk, unsweetened: 8 fl. oz.

Hemp milk, plain, unsweetened: 6 fl. oz.

Soy milk, plain, unsweetened: 8 fl. oz.

**(4 g carbohydrate, 7 g protein)**

Yogurt, soy, plain, unsweetened: 4 oz.

**(7 g carbohydrate, 6 g protein)**

\***Bolded** items are out of range (based on the information above) for the indicated macronutrients.



## **P** Protein

**Serving size: As indicated**

**1 serving = approx. 150 calories,**

**C = 0 g, P = 14-28 g, F = 1-9 g**

### Beef

Very lean (5% or less fat): 3-4 oz. cooked

Buffalo: 3 oz. cooked

### Cheese

Cottage:  $\frac{3}{4}$  cup

Feta: 2 oz.

Goat: 2 oz.

Mozzarella: 2 oz. or  $\frac{1}{2}$  cup shredded

Parmesan, grated: 6 Tbsp.

Ricotta:  $\frac{1}{3}$  cup

Chicken, white or dark meat: 3 oz.

Cornish hen: 4 oz.

Eggs, whole: 2

Egg whites: 3 egg whites plus 1 whole egg

Egg substitute:  $\frac{2}{3}$  cup

Elk: 3 oz. cooked

### Fish

#### Salmon

Canned: 3 oz.

Fresh: 3 oz.

Smoked: 3 oz.

Herring: 3 oz.

Mackerel: 2 oz.

Sardines (in water or oil): 3 oz.

Trout: 4 oz.

#### Tuna

Canned, chunk light or solid light  
(in water or oil): 4 oz.

Skipjack: 4 oz.

Yellowtail: 4 oz.

Lamb, leg, chop, or lean roast: 3 oz.

Liver: 3 oz.

Pork, tenderloin: 3 oz.

Shellfish (shrimp, crab, lobster, clams,  
mussels, oysters, scallops): 4-5 oz.

Soy or veggie burger: 4 oz.

Tempeh: 3 oz.

Tofu: 5 oz. fresh or 2-3 oz. baked

Turkey, white or dark meat: 3 oz.

TVP (textured vegetable protein):  $\frac{2}{3}$  cup

Venison: 3 oz. cooked

## **F** Oils & Fats

**Serving size: As indicated**

**1 serving = approx. 45 calories**

**C = 0 g, P = 0 g, F = 5 g**

Avocado: 2 Tbsp.

Avocado oil: 1 tsp.

Butter: 1 tsp.

Canola: 1 tsp.

Coconut milk

Light, canned: 3 Tbsp.

Regular, canned: 1 $\frac{1}{2}$  Tbsp.

Coconut oil: 1 tsp.

Coconut spread: 1 $\frac{1}{2}$  Tbsp.

Cream: 1 tsp.

Cream cheese: 1 Tbsp.

Flaxseed oil: 1 tsp.

Ghee/clarified butter: 1 tsp.

Grapeseed oil: 1 tsp.

High-oleic safflower oil: 1 tsp.

High-oleic sunflower oil: 1 tsp.

Mayonnaise, unsweetened (made with avocado,  
grapeseed, olive, or walnut oil): 1 Tbsp.

Olive oil, extra virgin: 1 tsp.

Olives, 8-10 medium

Sesame oil: 1 tsp.

Sour cream: 2 Tbsp.

Walnut oil: 1 tsp.



## F Nuts & Seeds

Nuts are another food group with a broad range in caloric density per serving. Use the table below to assist you in making appropriate food choices while adhering to your daily caloric guidelines.

**Serving size: As indicated**  
**1 serving = 20-50 calories**  
**C = 0-2 g, P = 0-2 g, F = 2-4 g**

Almonds: 6  
Almond butter: 1½ tsp.  
Cashew butter: 1½ tsp.  
Hazelnuts: 5  
Hemp seeds: 2 tsp.  
Macadamia: 3  
Pecans: 2  
Pistachios: 12  
Pumpkin seeds: 1 Tbsp.  
Shredded unsweetened coconut: 1½ Tbsp.  
Sunflower seeds: 1 Tbsp.  
Tahini: 1½ tsp.

**Serving size: As indicated**  
**1 serving = 51-70 calories**  
**C = 1-3 g, P = 0-2 g, F = 3-7 g**

Brazil nuts: 2  
Flaxseed, ground: 1½ Tbsp.  
Cashews: 6  
Chia seed: 1 Tbsp.  
**(5 g carbohydrate,  
3 g protein)**  
Pine nuts: 1 Tbsp.  
Sesame seeds: 1 Tbsp.  
Soy nuts, roasted: 2 Tbsp. **(5 g carbohydrate,  
6 g protein)**  
Walnuts: 4 halves

\***Bolded** items are out of range (based on the information above) for the indicated macronutrients.



## ○ Condiments, Herbs, & Spices

**Unlimited servings/day unless otherwise indicated**

Blackstrap molasses (limit to 1 tsp. per day)  
Bone broth  
Cacao (powder/nibs)  
Carob  
Flavored extracts (e.g., almond, peppermint, vanilla)  
Garlic  
Ginger  
Herbs, all, fresh or dried (e.g., basil, chives, cilantro, dill, mint, oregano, rosemary, sage, thyme, etc.)  
Horseradish  
Hot sauce  
Lemon and lime juice  
Liquid aminos  
Miso  
Mustard  
Salsa (no sugar added)  
Soy sauce/tamari (in moderation)  
Spices, all, fresh or dried (e.g., cardamom, chili powder, cinnamon, cumin, curry, garlic powder, ginger powder, onion powder, paprika, pepper, turmeric, etc.)  
Tabasco® sauce  
Tomato sauce (no sugar added)  
Vinegars, unsweetened (organic apple cider, balsamic, red wine, white wine)

## ○ Beverages

**Unlimited servings/day**

Coffee/espresso  
Mineral water, still or carbonated  
Sparkling water, no sodium or artificial flavors  
Tea, unsweetened (e.g., black, green, rooibos)  
Tea, herbal, noncaffeinated (e.g., mint, chamomile, hibiscus, etc.)  
Water, ideally filtered

## ○ Allowable Sweeteners

**Recommend limiting to 1-2 servings per day to reduce cravings for sweet-tasting food**

Luo han guo (monk fruit extract)  
Stevia



## Tracking your journey

You will need to track your daily weight (and body composition if available), food intake, and physical activity. Fortunately, technology has made it easy to do so, and there are many web-based programs and phone apps available free of charge to assist you in tracking your daily numbers. You can also use your *My Healthy Transformation Lifestyle and Food Journal* to log this information.



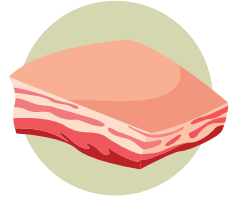
# Foods to Avoid



Unhealthy fats



Fried or breaded foods



Fatty cuts of meat



Sugary foods and beverages



Processed foods



Sugary alcoholic drinks



Sugar-free diet foods that are high in sugar alcohol or artificial sweeteners



Condiments and sauces

**Note:** Always check sugar and carbohydrate content of any foods or beverages you consume, especially when it comes from a box or package.

# Modified Mediterranean Meal Plans and Recipes

This guide provides you with a three-day sample of modified Mediterranean meals and snacks for a 1,500-calorie plan. Speak with your healthcare practitioner about adjusting the menu if your plan requires fewer or more calories.




Use the meal and snack ideas provided here as a starting point but know that you can find an endless supply of modified Mediterranean recipes online.

- Familiarize yourself with healthy recipe websites
- Mediterranean cookbooks and magazines are available at bookstores, some grocery stores, and online; for more meal ideas and recipes, visit **MyHealthyTransformation.com**

## Portion sizes

When starting a reduced-calorie eating plan, it is critical to become familiar with portion sizes. We often underestimate what we are eating, especially if we are eating foods that come in bulk sizing (for example, scooping nut butter from a jar). Spend the first few weeks of your new eating plan weighing or measuring your food to ensure you are accurately accounting for your daily food intake. Exact measurements are provided in the sample menus that follow, as well as within each allowable food category. In addition, you can check the nutrition information label of any packaged foods.



	<h3>Orange Dream Shake</h3> <p>[Calories: 452; Fat: 18 g; Carbohydrate: 51 g; Protein: 25 g]</p>	
	<h3>Open-Faced Chicken Breast Sandwich with Veggies and Hummus</h3> <p>[Calories: 390; Fat: 15 g; Carbohydrate: 36 g; Protein: 25 g]</p>	
	<h3>Balanced Shake</h3> <p>[Calories: 210; Fat: 7g; Carbohydrate: 23 g; Protein: 15 g]</p>	<h3>Seasoned Eggs</h3> <p>[Calories: 140; Fat: 10 g; Carbohydrate: 2 g; Protein: 12 g]</p>
	<ul style="list-style-type: none"> <li>• 1 packet Balanced Meal Replacement</li> </ul> <p><b>Directions:</b> Mix powder in a blender with water and ice. Blend until desired consistency and enjoy!</p>	<ul style="list-style-type: none"> <li>• 1 packet Balanced Meal Replacement Vanilla</li> <li>• ½ cup plain Greek yogurt</li> <li>• 1 large orange, peeled</li> <li>• 1 tsp. vanilla extract</li> </ul> <p><b>Directions:</b> Place all ingredients in a blender with ice. Blend until desired consistency and enjoy!</p>
	<ul style="list-style-type: none"> <li>• 1 slice stone-ground whole wheat bread (regular or gluten-free)</li> <li>• 2 Tbsp. avocado, mashed</li> <li>• 3 oz. chicken breast slices</li> <li>• ½ cup broccoli florets</li> <li>• Romaine lettuce leaves</li> </ul> <p><b>Directions:</b> On a slice of bread, spread mashed avocado. Arrange chicken and top with romaine and sliced tomato, onion, and pepper. Pair with a side of raw broccoli and carrots and serve with hummus for dipping.</p>	<ul style="list-style-type: none"> <li>• Tomato slices</li> <li>• Onion slices</li> <li>• ¼ red bell pepper, sliced</li> <li>• 1 cup raw carrot sticks</li> <li>• ¼ cup hummus</li> </ul> <p><b>Directions:</b> On a slice of bread, spread mashed avocado. Arrange chicken and top with romaine and sliced tomato, onion, and pepper. Pair with a side of raw broccoli and carrots and serve with hummus for dipping.</p>





## Roasted Pork Tenderloin with Steamed Crucifers\*

[Calories: 201; Fat: 8 g; Carbohydrate: 15 g; Protein: 23 g]

- 1 clove garlic, minced
- ¼ tsp. dried herbs (thyme, rosemary, sage, and/or cumin)
- Salt and pepper to taste
- 1 lb. pork tenderloin (note: serving size for one meal is 3 oz.)
- 1 tsp. extra virgin olive oil

For crucifers:\*

- 2 cups steamed broccoli or purple cabbage
- Liquid aminos
- Juice from ½ lemon

**Directions:** Preheat oven to 400° F with the rack in the middle. Combine garlic, dried herbs, salt, and pepper in a small bowl. Pierce pork loin all over with a fork, and rub with olive oil. Sprinkle spices all over tenderloin, using your hands to rub them in until evenly coated. Heat a cast iron pan or Dutch oven over high heat and transfer tenderloin, browning all sides (about 6 minutes total). Place in the oven and bake uncovered for 13-15 minutes, flipping the tenderloin over halfway through baking. Bake until the center registers 150° F. Transfer to a cutting board and let meat rest 5-10 minutes before slicing. Serve with steamed crucifers.

**For crucifers:** Toss steamed broccoli or cabbage along with aminos and lemon juice. Add salt and pepper to suit your taste and serve.

\*Vegetable recipe makes four servings; nutrition information contained here pertains to **three servings** (equal to three servings of nonstarchy vegetables). Eat three servings with this meal and save one for tomorrow's lunch.

Satisfy your sweet tooth with an apple and nut butter after dinner!

### Apple & Nut Butter

[Calories: 100; Fat: 4 g; Carbohydrate: 17 g; Protein: 2 g]

- 1 small apple
- 1½ tsp. almond butter

**Directions:** Spoon almond butter onto slices of apple or use it for dipping!

### Daily Totals

Calories: 1,493; Fat: 62 g; Carbohydrate: 144 g; Protein: 102 g



## Tofu Scramble\* and Fruit

[Calories: 203; Fat: 12 g; Carbohydrate: 9 g; Protein: 14 g]

- 2 tsp. avocado oil or extra virgin olive oil
- ½ cup bell pepper, diced
- ½ cup yellow onion, diced
- 1 tsp. nutritional yeast
- 10 oz. extra-firm tofu, excess water pressed out and mashed
- ½ tsp. powdered turmeric, sea salt, and black pepper for seasoning
- 1 Tbsp. tamari or lemon juice

**Directions:** Sauté bell pepper and onion in heated oil. When vegetables have softened, scramble tofu until cooked through. Add nutritional yeast and seasonings to taste and serve with fruit.

\*Recipe makes **two servings**; nutrition information contained here pertains to one serving only. Eat one serving with this meal; save the other for tomorrow's breakfast.

## Fruit

[Calories: 106; Fat: 4 g; Carbohydrate: 19 g; Protein: 0 g]

- 1-1½ cup berries (see list above for options and serving sizes)
- 1½ Tbsp. shredded coconut

**Directions:** Sprinkle coconut over fresh, drained berries and enjoy.



## Open-Faced Turkey Sandwich with Steamed Crucifers

[Calories: 395; Fat: 13 g; Carbohydrate: 41 g; Protein: 31 g]

- 1 slice stone-ground wheat bread (regular or gluten-free)
- Mustard
- ¼ cup hummus
- 3 oz. roasted turkey breast slices
- Romaine lettuce leaves, tomato slices, onion slices, cucumber slices, ¼ red bell pepper (sliced)

**Directions:** On a slice of bread, spread mustard and hummus. Arrange turkey slices and top with sliced veggies. Serve with leftover steamed vegetables (one of four servings) from previous night's dinner.







## Salmon Marinara with Zucchini Noodles and Colorful Slaw\*

[Calories: 351; Fat: 17 g; Carbohydrate: 32 g; Protein: 23 g]

- 1 tsp. extra virgin olive oil
- 1 clove garlic, crushed or minced
- 1 cup zucchini spirals or ribbons made with a peeler
- ½ cup halved cherry tomatoes
- ½ cup no-sugar tomato pasta sauce
- Dried or fresh chopped basil, oregano, or Italian seasoning, sea salt, and ground black pepper to taste
- 3 oz. canned salmon

**Directions:** Heat the olive oil over medium-high heat in a skillet. Add the garlic and cook for 1 minute. Add the zucchini noodles, tomatoes, sauce, and seasonings. Cook for 3-5 minutes until desired doneness. Season with salt and pepper. Serve flaked salmon over the zucchini noodles.

### Colorful Slaw

- 2 Tbsp. apple cider vinegar
- 1 Tbsp. Dijon mustard
- ¼ tsp. sea salt
- 1 cup grated cabbage
- ½ cup grated carrots (or 1½ cups bagged coleslaw vegetable mix)
- ½ red onion, thinly sliced

**Directions:** In a small measuring cup, combine vinegar, mustard, and salt. In a medium bowl, combine cabbage, carrots, and onion. Pour dressing into vegetables, tossing well to coat evenly. Serve with salmon and zucchini noodles.

\*Recipe and nutrition information for this meal is **per serving**. Double ingredients for the slaw; eat one serving with this meal and save the other for tomorrow's lunch.



### Balanced Shake

[Calories: 210; Fat: 7g; Carbohydrate: 23 g; Protein: 15 g]

- 1 packet Balanced Meal Replacement
- Directions:** Mix powder in a blender with water and ice. Blend until desired consistency and enjoy!

### Berry Blast Shake

[Calories: 307; Fat: 9 g; Carbohydrate: 40 g; Protein: 18 g]

- 1 packet Balanced Meal Replacement
  - 8 oz. plain, unsweetened almond milk
  - ½ cup frozen blueberries
  - ½ cup raspberries
- Directions:** Place all ingredients in a blender with ice. Blend until desired consistency and enjoy!

## Daily Totals

Calories: 1,572; Fat: 62 g; Carbohydrate: 164 g; Protein: 101 g



## Eggs, Toast & Fruit

[Calories: 354; Fat: 15 g; Carbohydrate: 42 g; Protein: 17 g]

- 2 hard-boiled eggs
- 1 slice whole rye bread
- 1 tsp. butter
- 1 medium grapefruit or serving of your choice of fruit (see list on page 3 for options and serving sizes)

**Directions:** Peel grapefruit and plate two hard-boiled eggs while your bread toasts. Spread softened butter on toast, and pair your breakfast with 8 oz. coffee or unlimited herbal tea, as desired.



## Simple Salmon & Asparagus

[Calories: 333; Fat: 15 g; Carbohydrate: 28 g; Protein: 25 g]

- 3 oz. salmon
- Dijon mustard
- Asparagus (1½ cups steamed)
- 1 cup sliced fresh peaches
- 12 pistachios

**Directions:** Preheat oven to 275° F. Spread mustard on salmon before placing in the oven to bake for 22 minutes. Steam asparagus and plate. When salmon has cooked to desired doneness, take out of the oven and serve with asparagus. Enjoy with a side of pistachios and fresh peaches to satisfy a sweet tooth!





## Spicy Mexican Bowl

[Calories: 379; Fat: 9 g; Carbohydrate: 44 g; Protein: 29 g]

- 1 tsp. olive oil
- ½ cup onion, chopped
- 1 clove garlic, minced
- 3 oz. extra lean ground beef
- ½ tsp. red chili pepper flakes
- 1½ tsp. chili powder
- ½ cup low-sodium chicken or vegetable broth
- 1 cup yellow squash or zucchini, cubed
- 1 cup yellow or orange bell pepper, cubed
- 4 oz. canned tomatoes, including juice
- ⅓ cup cooked black beans

**Directions:** In a skillet, heat olive oil. Add chopped onion and garlic, and cook until translucent. Add ground beef, red chili pepper flakes, and chili powder. Cook until browned. In a separate pan, heat broth. Add squash, peppers, and tomatoes, cooking until tender. Stir in black beans to heat. When liquid has evaporated, remove from heat. Serve in a bowl and top with seasoned ground beef.



## Balanced Shake

[Calories: 210; Fat: 7g;  
Carbohydrate: 23 g; Protein: 15 g]

- 1 packet Balanced Meal Replacement

**Directions:** Mix powder in a blender with water and ice. Blend until desired consistency and enjoy!

## Creamy Almond Shake

[Calories: 240; Fat: 9 g;  
Carbohydrate: 24 g; Protein: 16 g]

- 1 packet Balanced Meal Replacement Vanilla
- 8 oz. unsweetened almond milk

**Directions:** Mix powder in a blender with almond milk and ice. Blend until desired consistency and enjoy!

## Daily Totals

Calories: 1,516; Fat: 55 g; Carbohydrate: 161 g; Protein: 102 g



## **A note on dietary fat:**

- Contrary to popular belief, good fat does not necessarily cause weight gain.
- In the context of a balanced and calorie-controlled diet, good fat (along with protein) can actually help promote satiety and support weight loss.
- It is necessary to eliminate unhealthy fats such as partially hydrogenated oils and deep-fried foods.
- Nuts, seeds, and avocados are plant-based fats that are part of a healthy diet (assuming no food allergies or intolerances).

## **A note on protein:**

- Emphasize lean cuts of protein rather than fatty meats.
- Great vegetarian-friendly protein sources include eggs, cheese, and beans.

## **A note on carbohydrates:**

- Complex carbohydrates from plant foods are encouraged, provided you stick to the serving sizes and daily servings for vegetables, fruit, grains, and legumes.
- Bread, cereal, pasta, rice, fruit juice, and sweets are to be avoided, as these cause an immediate spike in blood sugar levels, increase the insulin response, and cause hunger or cravings for more simple sugars.

## **A note on fiber and the gut:**

- Carbohydrates and fiber are important for the gut and overall long-term nutrition.
- Consume more leafy vegetables to increase your fiber intake.
- Opt for whole fruits and vegetables rather than their juice, as juiced foods contain little to no fiber.
- If you find yourself struggling with occasional constipation, consuming magnesium citrate, medium-chain triglyceride (MCT) powder, or avocado oil can have a natural laxation effect.

## **A note on hydration:**

- Adequate water intake can reduce occasional constipation and bloating and prevent both water retention and weight gain.
- It is recommended that you drink up to half your body weight in ounces (at minimum 64 oz. daily).

# Supplementing a Modified Mediterranean Diet

Aside from adhering to a modified Mediterranean diet, you can also benefit from supplementing with a variety of products. Ask your healthcare practitioner about incorporating these products into your diet:

**Balanced Meal Replacement shakes and soup.** These formulas are quick and convenient. Not only can they be used in a pinch when you don't have time to make a proper modified Mediterranean meal, they can be a suitable alternative to unhealthy options like fast food. Look for shakes or soups that fit the 40:30:30 macronutrient profile.

**Vitamins and minerals.** It can be beneficial to supplement with a full-spectrum multivitamin/mineral while following a calorie-restricted diet to ensure adequate micronutrient intake.

**Probiotics.** A targeted probiotic featuring *Bifidobacterium lactis* B420™ can help support regulation of body fat and body weight.\*



\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## What's Next?

Remember to celebrate your weight loss and any health goals that you accomplish! Every pound of weight lost makes an important contribution to keeping you healthy, and every new health behavior that is adopted can help set you up for long-term success.

Here are some practices associated with successful long-term weight loss maintenance:

- **Continue to track your body weight.** Many people have a range of body weight that they aim to stay within; if you continue to track your weight frequently, you will quickly know if you go outside of that range and can make adjustments accordingly.
- **Continue to monitor your food intake.** It's a good idea to continue your meal planning and occasionally measure out your food to ensure that your portion size is appropriate in order to avoid consuming too many calories.
- **Continue to participate in physical activity.** Being physically active has been linked with weight maintenance success. Expert working groups recommend at least 150-300 minutes of physical activity every week to support weight loss maintenance.
- **Use meal replacements often.** Long-term use of meal replacements supports weight loss maintenance. Continue to include meal replacements once per day.
- **Attend regular follow-up sessions with your healthcare practitioner.** Aim for one session per month for at least the next year. This can help reinforce the knowledge you have learned and allow your practitioner to adjust your plan should any changes arise.
- **Use your knowledge.** As you continue to learn about yourself through self-monitoring practices, you and your healthcare practitioner can start to build a toolbox of troubleshooting options and strategies that can be helpful when life changes and you need to readjust your plan.
- **Build a support network.** Find like-minded friends and family to help you on your journey and to establish a support system for staying on track!

## Learn more

If you are feeling overwhelmed and would like to learn more or have a better understanding of the diet, talk to your healthcare practitioner. You can also visit **MyHealthyTransformation.com** for additional tips, FAQ, and other resources about following a modified Mediterranean diet. Good luck on your journey!

## References:

1. Layman DK et al. *J Nutr.* 2003;133(2):411-417.
2. Layman DK et al. *J Nutr.* 2009;139(3):514-521.
3. Skov AR et al. *Int J Obes Relat Metab Disord.* 1999;23:528-536.
4. Weigle DS et al. *Am J Clin Nutr.* 2005;82(1):41-48.
5. Westerterp-Plantenga MS et al. *Int J Obes Relat Metab Disord.* 2004;28(1):57-64.



