



# **Free Weekly Mediterranean Meal Plan**

**Reach Your Ideal Weight  
Enjoy the Foods You Love!**



**The Mediterranean Diet eBook**

**A Meal Plan and Cookbook to Reach Your Ideal Weight Enjoying the Food You Love**

**By Enrico & Valerie Forte [www.MediterraneanBook.com](http://www.MediterraneanBook.com)**

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Medi Solutions srl  
Via San Nicolò,22- 95022 –  
Acicatena, Italy  
[www.MediterraneanBook.com](http://www.MediterraneanBook.com)

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Best regards,

Enrico and Valerie



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A 28-Day Meal Plan With 100+Recipe Cookbook Plus a  
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*"I feel so much better and I have  
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my Cholesterol and Blood Pressure  
are now at normal levels."*

Lyn Morris – Bakersfield, California (\*)

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## About the Authors

Before we get started with the Mediterranean diet ebook, you are probably wondering if this type of lifestyle is really going to help with weight loss and increase overall health to fight against disease.

I am proof that it does, and there are many testimonials from subscribers to our newsletter that have wonderful success stories that can attribute to the quality of the Mediterranean lifestyle as well.

I used the program myself to drastically **reduce my total cholesterol levels to 108 mg/dl** and triglycerides to 62 mg/dl, numbers that are nice and low, well within the healthy range. Changing my lifestyle made that possible, and it may help to change your life, as well.

Created by my husband Enrico Forte, a Certified Nutrition and Wellness Consultant and member of the Alliance for Natural Health US, the *Mediterranean Diet eBook* has been going strong. We are healthy eating blogger and we've helping people change eating lifestyles since 2004.

Through intense study of the modern diet solutions of Dr. Ancel Keys (The American scientist who discovered and promoted the Mediterranean diet worldwide) and by trying the various theories on ourselves, we are able to provide our readers with what really works.

**We're Italians**, and the same principles in the book have worked for our families for centuries. This is the Mediterranean based dietary lifestyle after all! It can work for you too.

## Dr. Ancel Keys

To understand the Mediterranean diet, and how this lifestyle became popular around the world, it's important to understand a bit more about the man who studied it and pioneered the spread of the dietary lifestyle around the world.

Born on January 26 in 1904, Dr. Keys was a scientist whose main area of study was in the realm of the influence of diet on health. He came to the realization that different types of diets and different types of dietary fat could have a huge effect on the health of a person or group of people. The study of and formulation of the Mediterranean diet is easily one of his most important works.

Keys developed an interest in cardiovascular disease, or CVD, when he saw some data that seemed strange. The development of CVD was higher in those who were wealthy and could afford whatever they wanted to eat.

The instances of CVD in Europe after the devastation of WWII dropped. Keys began studying this phenomenon in other countries as well, such as Italy and Spain.

Those who were eating a "poor" diet, meaning they didn't have access to the high fat, high calorie foods, were actually much healthier.

He theorized that by adopting a diet low in fat, such as what he saw when he studied the Mediterranean diet, would lead healthier lives.

His work is very important in the formation of this book and the program that it contains. By adopting a healthier lifestyle with low intake of animal fat, then it is possible to live a longer and healthier life. Dr. Keys was a man who lived by his work. He ate well, lived a healthy lifestyle, and lived to be 100 years old.



## Introduction: (Jump to the [Meal Plan](#))

When most people hear the word diet, they cringe. That's because most of the "diets" that people try are faddish and have no long-term way to keep a person healthy or to help a person keep off weight that they've lost when they quit the diet. Many of these fad diets are unhealthy as well. Instead of dieting, you need to adopt a different dietary lifestyle, and this book will show you what you need to do.

A lot of scientists believe the Mediterranean Diet is the gold standard in healthy eating. New studies appear regularly on leading scientific journals, supporting the healthfulness of the Mediterranean Diet.

## What You Will Learn From This eBook

You will learn how to hear your body and control yourself to eat right. Most people think they should not eat to lose weight. It's not true because if you feel hungry and ignore it, your body will start slower your metabolism. This way your body will stop burning calories.

You will learn that an excessive control of your intake of carbs, fat, cholesterol etc...will not results in long term benefits. By learning the simple rules in this ebook, you will learn how to plan balanced meals to get all the nutrients you need and forget about counting calories....this is the real secret for long term weight loss.



If you eat the right  
foods your body will  
work properly and will  
burn the excess calories  
as body heat.



# The Basic Principles of Weight Loss in the Mediterranean Diet

People want to lose weight for a number of different reasons. Both women and men want to feel better and be healthier, and they know that a slim and attractive physique is one of the rewards for living well. The Mediterranean diet can help people to accomplish that goal regardless of age.

## How Does the Diet Help with Weight Loss?

The Mediterranean diet is a lifestyle change, not simply a diet that you will want to go on for a month or two. Changing your lifestyle and sticking to it are the best ways that you can lose weight and keep it off.

Portion control, along with a reduction of fats in the diet, elimination of processed and unhealthy foods, and the intake of quality, natural foods are key ingredients in a healthy lifestyle and the cornerstone of the Mediterranean diet. All of the little changes that you make will be able to help you with your weight loss goals.

When you add exercise into the mix, you are able to increase your caloric expenditure each day, thus letting you lose weight faster in most cases. Adding exercise can be a huge boost for those who want to drop some pounds. Of course, you should always consult your physician to make sure that you are healthy enough for exercise.

## Most Common Mistakes

Probably the most common mistake people make is to be enthusiastic and / or impatient with their weight loss plan. They may reduce their calories too much and the body will respond by reducing metabolism and slowing down weight loss. To avoid this, make smaller changes to your diet plan. Your patience will probably pay off in terms of constant fat loss, more vitality, and fewer food cravings.

Counting calories excessively is another mistake. It's your body that ultimately decides how many calories to use and what to do with them. Weighting every day or several times a day has little value because your body weight may vary. On a weight loss diet, you can even gain weight (or keep it) but still lose some fat (e.g. You've built muscle mass with exercise).

Don't be stressed by calorie counting or complicated calculations like the BMI (Body Mass Index). Even though we can easily reduce our calorie consumption, it's your body that ultimately decides how many calories to use and what to do with this extra energy. Consequently limiting our calorie consumption will have a short-term impact on the body weight.

Body mass index isn't a safe way of diagnosing over weight or obesity. It's because body weight is not a definitive way of measuring your risk. It's having a high percentage of extra fat that makes someone over weight. For example, a "big boned" person may weigh more, but that obviously does not mean he has more fat.



Body weight is not a  
definitive way of  
measuring your risk.  
It's having a high  
percentage of extra fat  
that makes someone  
over weight.

The body mass index also tells you precisely nothing about where the extra fat is located in the body. When it comes to measuring health risks, in particular cardiovascular disease, it's fat location (especially if it's around your belly) that is much more effective than the overall amount of body fat.

Other common mistakes are eating on large plates and bowls, making too large portions, overeating red meat, chicken skin, snacks, refined carbs or sugar.

**...continues**

[Sample] The Mediterranean Diet Food List:  =Ok  = No! [Sample]

**Food List Index:**

[Fruits](#)

Sweets & Sweeteners

Milk & Dairy

Herbs, Spices &  
Condiments

[Dried Fruits](#)

Drinks & Beverages

Meat & Fish

Frozen Foods

Grains

Beans & Legumes

Oils

Snacks & Bakery

Vegetables

Nuts & Seeds

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*"I feel so much better and I have  
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are now at normal levels."*

Lyn Morris – Bakersfield, California (\*)

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Food	Tips	Weight Loss Power	The Good	The Bad
<b>Fruits:</b>				
Apples	Buy organic, they may contain pesticides		Antioxidant, Rich in fiber	
Apricots			Antioxidant	
Avocado			Rich in healthy fats and B vitamins	
Banana			Good for Blood Pressure, Rich in fiber, Prebiotic	
Blueberries	Do not store in the fridge for over 3 days. Wash them before consuming. Buy in season. Buy local. Raw are good for salads.		Antioxidant, Prevent Cognitive Damages	
Cantaloupe		Eat moderately	Antioxidant, Good for Blood Pressure	
Cherries	Buy organic, they may contain pesticides	Eat moderately	Anti Inflammatory, Antioxidant Contains Folic Acid	
Grapes	Do not store in the fridge for over 3 days. Wash them right before consuming. Buy in season. Buy local. Raw is good for salads. Buy organic, they may contain pesticides	Eat moderately	Anti Inflammatory, Antioxidant rich in Resveratrol, Prevent Cognitive Damages	
Kiwi		Eat moderately	Antioxidant	
Oranges (Lemons, Lime, Grapefruit, Citrus, Tangerine)	Do not store in the fridge for over 3 days. Wash them right before consuming. Buy in season. Buy local. Raw is good for salads.		Antioxidant, Good for Blood Pressure, Anti Inflammatory, Good for Cholesterol	
Peaches	Do not store in the fridge for over 3 days. Wash them right before consuming. Buy in season. Buy local. Raw is good for salads. Buy organic, they may contain pesticides		Antioxidant, Anti Inflammatory, Good for Cholesterol	
Peaches, Canned in Syrup			Watch for the sugar content. They may not maintain 100% of their nutrients.	


Food	Tips	Weight Loss Power	The Good	The Bad
Pears	Buy organic, they may contain pesticides			
Pear, canned in pear juice			Watch for the sugar content. They may not maintain 100% of their nutrients.	
Pineapple		Eat moderately	Antioxidant	
Pomegranate			Anti Inflammatory, Antioxidant	
Prunes		Eat moderately		
Strawberries	Buy organic, they may contain pesticides		Antioxidant, Rich in Calcium and Iron	
Watermelon	Do not store in the fridge for over 3 days. Wash them right before consuming. Buy in season. Buy local. Raw is good for salads.	Eat moderately	Antioxidant rich in Lycopene, Heart Healthy	
<b>Dried Fruit:</b>				
Dried Apples		Eat moderately	Rich in Fiber, Antioxidant	Watch the Caloric Intake
Dried Apricots		Eat moderately	Rich in Fiber, Antioxidant	Watch the Caloric Intake
Dried Dates		Eat moderately		
Dried Figs		Eat moderately	Rich in Calcium, Good for Blood Pressure, Antioxidant	Watch the Caloric Intake
Dried Prunes		Eat moderately	Rich in Fiber, Antioxidant	Watch the Caloric Intake
Raisins	Are a good sugar substitute.	Eat moderately	Antioxidant, Rich in Iron	Watch the Caloric Intake
<b>Grains:</b>				
Barley	Simmer 10-12 min.		Antioxidant, Metabolism Booster, Good for cholesterol, Prebiotic	
Basmati Rice				
Breakfast Cereals	Watch the ingredients list and avoid those with sugar added.	Eat moderately		May contain too much sugar.


...continues




# [Sample] 28 Day Mediterranean Meal Plan: Preliminary Notes [Sample]

Before we get started with the meal plan, we'd like to grab your attention on some notes to maximize the benefits of the meal plan. **Fruit – Nuts – Seeds:** The meal plan below does not indicate exactly what fruit, nut or seed to eat. It mentions only the name “1 Medium fruit” or “11 kernels nuts” for example. You are free to

choose the foods marked with a  from the [Mediterranean diet food list](#) above. **Beverages:** The meal plan does not indicate any beverage. This mean you can drink any beverage in the group “Drinks &

Beverages” marked with a  whenever you like. We have added an optional glass of red wine for each dinner (Wine calorie amount has not been included in the overall daily calories count). **Other Ingredients:** In case you find some ingredients you don't like, you can get a great alternative in the food list above, just be

sure to choose an ingredient marked with a . **Shopping Lists:** The 28 day meal plan contains 109 different recipes and 4 grocery shopping lists (1 per week). The shopping list and the recipes themselves provide average guidance for 2 or 4 people following the plan together. You may want to adjust the quantities for your specific needs. Hopefully this allows more flexibility for your plan.

## Meal Plan: Table of Contents (Click on the day # to jump to the meal plan)

Week #	Day						
1	<a href="#">1</a>	<a href="#">2</a>	<a href="#">3</a>	4	5	6	7
2	8	9	10	11	12	13	14
3	15	16	17	18	19	20	21
4	22	23	24	25	26	27	28

Meal Day: 1	Calories	Prep. Time (Min.)
Breakfast: 663 Cal.		
Click to View the Recipe		
1 Serv. French Toast with Berries (Pag. 80)	324	15
1 Serv. Sunrise Smoothie (Pag. 61)	339	5
Lunch: 400 Cal.		
1 Serv. Peanut Banana Finger Sandwiches (Pag. 100)	300	5
1 Medium Fruit	100	
Snack 177 Cal.		
1 Serv. Apple Dip (Pag. 129)	Recipe's Calories 177	2
Dinner: 356 Cal.		
1 Serv. Chili Rice Pot (Pag. 143)	197	12
Dessert: 1 Serv. Chocolate Mousse with Berries (Pag. 161)	159	5
[Optional] 5 fl oz Red Wine	125	
Total Day 1	Total Daily Calories 1,596	

Meal Day: 1	Calories	Prep. Time (Min.)
<b>Breakfast: 663 Cal.</b>		
1 Serv. French Toast with Berries ( <a href="#">View</a> )	324	15
1 Serv. Sunrise Smoothie ( <a href="#">View</a> )	339	5
<b>Lunch: 400 Cal.</b>		
1 Serv. Peanut Banana Finger Sandwiches ( <a href="#">View</a> )	300	5
1 Medium Fruit	100	
<b>Snack 177 Cal.</b>		
1 Serv. Apple Dip ( <a href="#">View</a> )	177	2
<b>Dinner: 356 Cal.</b>		
1 Serv. Chili Rice Pot ( <a href="#">View</a> )	197	12
Dessert: 1 Serv. Chocolate Mousse with Berries ( <a href="#">View</a> )	159	5
<i>[Optional] 5 fl oz Red Wine</i>	125	
<b>Total Day 1</b>	<b>1,596</b>	<a href="#">(Back to Index)</a>

Meal Day: 2	Calories	Prep. Time (Min.)
<b>Breakfast: 450 Cal.</b>		
1 Serv. Oatmeal & Raisins ( <a href="#">View</a> )	319	10
1 Serv. Frosty Fruit Smoothie ( <a href="#">View</a> )	131	5
<b>Lunch: 480 Cal.</b>		
2 Serv. Summertime Chicken Salad ( <a href="#">View</a> )	280	5
3x Regular Sized Slices Multigrain Bread	200	
<b>Snack 151 Cal.</b>		
1 Serv. Frozen Bananas ( <a href="#">View</a> )	151	5
<b>Dinner: 531 Cal.</b>		
1 Serv. Black Beans and Rice ( <a href="#">View</a> )	381	20
Dessert: 1 Serv. Fresh Berries and Mango Mousse ( <a href="#">View</a> )	150	5
<i>[Optional] 5 fl oz Red Wine</i>	125	
<b>Total Day 2</b>	<b>1,612</b>	<a href="#">(Back to Index)</a>

Meal Day: 3	Calories	Prep. Time (Min.)
<b>Breakfast: 550 Cal.</b>		
1 Serv. Banana Waffles ( <a href="#">View</a> )	302	15
1 Serv. Ice Cream Sundae Smoothie ( <a href="#">View</a> )	248	5
<b>Lunch: 410 Cal.</b>		
1 Serv. Salmon Salad Sandwich ( <a href="#">View</a> )	310	10
1 Medium Fruit	100	
<b>Snack 150 Cal.</b>		
1 Serv. Frozen Fruit Pop Cups ( <a href="#">View</a> )	150	5
<b>Dinner: 450 Cal.</b>		
1 Serv. Gold Broccoli Potato ( <a href="#">View</a> )	350	10
Dessert: 1 Serv. Frosty Fruit Sundae ( <a href="#">View</a> )	100	5
<i>[Optional] 5 fl oz Red Wine</i>	125	
<b>Total Day 3</b>	<b>1,560</b>	<a href="#">(Back to Index)</a>

...continues

# [Sample] Quick & Easy Mediterranean Diet Recipes [Sample]

## Index of Recipes:

- [Breakfast and Beverages](#)
- [Lunch](#)
- Salads
- [Snacks](#)
- [Dinner](#)
- [Desserts](#)

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Lyn Morris – Bakersfield, California (\*)

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## Sunrise Smoothie

N° Servings: Serves 1

Difficulty: Easy - Ready In: 5 Min.

Category: Beverages

Low Cholesterol

Low Sodium

Has Gluten

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### Ingredients & Directions:

- 1 cup fortified soy milk
- 1/2 cup orange juice (why not use calcium-fortified)
- 1/4 cup wheat germ
- 1 banana

#### Directions:

Place all ingredients in a blender and blend on high speed until smooth.

#### Nutritional Facts x Serving:

Calories: 339

Carbs: 59.5 g

Fiber: 6 g

Sugar: 34.61 g

Protein: 19.61 g

Fat: 4 g

Sat. Fat: 1 g

Cholesterol: 4 mg

Sodium: 128 mg

## Frosty Fruit Smoothie

N° Servings: Serves 2. 1 cup per serving.

Difficulty: Easy - Ready In: 5 Min.

Category: Beverages

Low Cholesterol

Low Sodium

[\(Back to Index\)](#)

### Ingredients & Directions:

- 1 frozen banana
- 1 cup frozen strawberries
- 1 cup orange juice

Place all ingredients in blender and puree on high speed.  
Serve immediately in tall glass.

### Nutritional Facts x Serving:

Calories: 131

Carbs: 31.81 g

Fiber: 3.28 g

Sugar: 26 g

Protein: 1.89 g

Fat: 0.84 g

Sat. Fat: 0.21 g

Cholesterol: 0 mg

Sodium: 2 mg

## Oatmeal & Raisins

N° Servings: Serves 1.

Difficulty: Easy - Ready In: 10 Min.

Category: Breakfast

Low Cholesterol

Low Sodium

Low Acid

Has Gluten

[\(Back to Index\)](#)

### Ingredients & Directions:

- 1/3 cup rolled oats
- 2/3 cup water
- 1/4 cup raisins
- pinch cinnamon

#### Directions:

Place all ingredients in a plastic or glass microwaveable container. Microwave on full power until bubbly and thick, about 5 minutes. Serve with 1 cup skim milk (or Calcium Fortified Soy Milk).

#### Nutritional Facts x Serving:

Calories: 319

Carbs: 62 g

Fiber: 4.702 g

Sugar: 34.8 g

Protein: 14 g

Fat: 3 g

Sat. Fat: 1 g

Cholesterol: 4 mg

Sodium: 136 mg

## French Toast with Berries

N° Servings: Serves 2. Each serving: 2 slices of bread, 1/2 cup berries.

Difficulty: Easy - Ready In: 15 Min.

Category: Breakfast

Low Cholesterol

Has Gluten

[\(Back to Index\)](#)

### Ingredients & Directions:

- 1 teaspoon light soft, trans-fat-free margarine spread
- 1/3 cup non-fat egg substitute
- 3/4 cup skim milk (or Calcium Fortified Soy Milk)
- 1/4 tsp ground cinnamon
- 4 slices 100% whole wheat bread
- 1 cup strawberries, sliced

In a frying pan melt the margarine spread. Mix egg with milk and spices; dip bread into it.

Cook bread in melted margarine spread until lightly brown on both sides.

Top with strawberries. You can also sprinkle some powdered sugar or top with sugar-free syrup.

### Nutritional Facts x Serving:

Calories:	324
Carbs:	54.3 g
Fiber:	7.5 g
Sugar:	11.81 g
Protein:	14.5 g
Fat:	7.06 g
Sat. Fat:	1.601 g
Cholesterol:	2 mg
Sodium:	723 mg

## Banana Waffles

N° Servings: Serves 4. Each serving: 1 waffle.

Difficulty: Easy - Ready In: 15 Min.

Category: Breakfast

Low Cholesterol

Low Acid

Has Gluten

[\(Back to Index\)](#)

### Ingredients & Directions:

- 4 whole grain frozen waffles
- 2 bananas, peeled and sliced
- 1/2 cup sugar-free syrup

Toast the waffles and place a waffle on a serving plate for a total of 4 servings.

Top each waffle with one half of a sliced banana and 2 tablespoons of syrup.

### Nutritional Facts x Serving:

Calories: 302

Carbs: 51.8 g

Fiber: 3.39 g

Sugar: 17 g

Protein: 7.56 g

Fat: 8.63 g

Sat. Fat: 2.39 g

Cholesterol: 71 mg

Sodium: 434 mg



## Ice Cream Sundae Smoothie

N° Servings: Serves 1

Difficulty: Easy - Ready In: 5 Min.

Category: Beverages

Low Cholesterol

Low Sodium

Has Gluten

[\(Back to Index\)](#)

### Ingredients & Directions:

- 1/2 cup light yogurt, fruit flavors
- 1/2 cup strawberries
- 1 cup nonfat/skim milk (or Calcium Fortified Soy Milk)
- 1 serving lite chocolate syrup
- 1 teaspoon chocolate sprinkles

#### Directions:

Place yogurt, strawberries and milk in blender. Blend on high speed until smooth.

Serve in glass and top with chocolate syrup and chocolate sprinkles.

#### Nutritional Facts x Serving:

Calories:	248
Carbs:	42.8 g
Fiber:	1.7 g
Sugar:	31.61 g
Protein:	12.5 g
Fat:	2.5 g
Sat. Fat:	1.7 g
Cholesterol:	10 mg
Sodium:	218 mg

# Peanut Banana Finger Sandwiches

N° Servings: Serves 4.

Difficulty: Easy - Ready In: 5 Min.

Category: Lunch

Low Cholesterol

Low Sodium

Low Acid

Has Gluten

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## Ingredients & Directions:

- 4 slices whole wheat bread
- 4 tablespoon natural peanut butter
- 2 bananas, slice in half lengthwise
- 4 tablespoon wheat germ

Make 4 open-faced sandwiches using 1 tablespoon of peanut butter, 1/2 banana and 1 tablespoon of wheat germ per sandwich. Cut each sandwich in half. Eat immediately or cover and refrigerate up to one hour until ready to serve.

## Nutritional Facts x Serving:

Calories:	300
Carbs:	42.3 g
Fiber:	6.404 g
Sugar:	11.1 g
Protein:	9.807 g
Fat:	11.81 g
Sat. Fat:	1.8 g
Cholesterol:	0 mg
Sodium:	296 mg

## Salmon Salad Sandwich

N° Servings: Serves 4. 1 sandwich per serving.

Difficulty: Easy - Ready In: 10 Min.

Category: Lunch

Low Cholesterol

Low Sodium

Has Gluten

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### Ingredients & Directions:

- 7.5 ounce can red salmon, drained
- 1/2 cup diced cucumber
- 1/4 cup sliced green onion
- 1/4 cup sliced red bell pepper
- 2 ripe plum tomatoes, diced
- 1/3 cup nonfat plain yogurt
- 8 slices whole grain bread
- 2 cups shredded dark green lettuce

Mix salmon, vegetables and yogurt together in medium-sized mixing bowl.

Make 4 sandwiches with salmon and dark green lettuce in between 2 slices of whole grain bread.

Serve with slaw and fresh vegetable sticks.

### Nutritional Facts x Serving:

Calories: 310

Carbs: 40 g

Fiber: 8 g

Sugar: 4 g

Protein: 20 g

Fat: 8 g

Sat. Fat: 1.5 g

Cholesterol: 15 mg

Sodium: 150 mg



## Summertime Chicken Salad

N° Servings: 4- 2 cups per serving

Difficulty: Easy - Ready In: 5 Min.

Category: Lunch

Low Cholesterol

Low Sodium

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### Ingredients & Directions:

- 4 ounces cooked boneless, skinless chicken breast, cut into bite-sized chunks
- 1 cup sliced fresh strawberries
- 1 cup diced fresh peaches
- 1/2 cup fresh or canned pineapple chunks (juice packed)
- 1/2 cup chopped celery
- 1/2 cup nonfat vanilla yogurt
- 2 Tbsp fresh mint, finely chopped
- 1/2 tsp cinnamon
- 1/2 tsp grated lemon rind
- 4 cups lettuce leaves

### Nutritional Facts x Serving:

Calories:	140
Carbs:	19 g
Fiber:	3 g
Sugar:	16 g
Protein:	12 g
Fat:	1.5 g
Sat. Fat:	0 g
Cholesterol:	25 mg
Sodium:	55 mg

In a medium bowl, combine chicken, fruit, and celery. Mix together yogurt, mint, cinnamon, and lemon rind in a separate bowl. Pour this dressing over the chicken and fruit mixture and toss to coat. Spoon salad on lettuce leaves and serve chilled.

## Frozen Fruit Pop Cups

N° Servings: 3

Difficulty: Easy - Ready In: 5 Min.

Category: Snack

Low Cholesterol

Low Sodium

Low Acid

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### Ingredients & Directions:

With a few ingredients and very little time, you can make your own whole-fruit frozen treats.

- 3 5-oz disposable cups
- assorted fresh fruit slices
- 100% fruit juice

#### Directions:

Fill the cups with fresh fruit such as berries or bananas or even watermelon. Add a little fruit juice and freeze for about 3-4 hours. Serve them with a spoon.



### Nutritional Facts x Serving:

Calories:	150
Carbs:	35 g
Fiber:	1.60 g
Sugar:	34.29 g
Protein:	0.84 g
Fat:	0.5 g
Sat. Fat:	0.21 g
Cholesterol:	1 mg
Sodium:	329 mg



## Frozen Bananas

N° Servings: 4

Difficulty: Easy - Ready In: 5 Min.

Category: Snack

Low Cholesterol

Low Acid

Has Gluten

[\(Back to Index\)](#)

### Ingredients & Directions:

- 4 bananas
- 1/2 cup light, nonfat, vanilla yogurt
- lowfat granola
- waxed paper

#### Directions:

Peel the bananas and cut them in half. Roll each half in the yogurt and then in the cereal. Freeze them until firm. Serve them frozen, wrapped in waxed paper.

#### Nutritional Facts x Serving:

Calories: 151

Carbs: 35.5 g

Fiber: 3.601 g

Sugar: 19.1 g

Protein: 3.28 g

Fat: 0.84 g

Sat. Fat: 0.42 g

Cholesterol: 1 mg

Sodium: 489 mg

## Apple Dip

N° Servings: Serves 2. Each serving: 1 apple

Difficulty: Easy - Ready In: 2 Min.

Category: Snack

Low Cholesterol

Low Sodium

Low Acid

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### Ingredients & Directions:

- 2 apples, cored and cut in wedges
- 1 cup nonfat, light vanilla yogurt
- 1/2 teaspoon ground cinnamon

Mix yogurt and cinnamon. Serve apple wedges with cinnamon yogurt and enjoy.

### Nutritional Facts x Serving:

Calories: 177

Carbs: 36.3 g

Fiber: 3.601 g

Sugar: 31.31 g

Protein: 6.404 g

Fat: 1.8 g

Sat. Fat: 1 g

Cholesterol: 6 mg

Sodium: 82 mg

## Chili Rice Pot

N° Servings: Serves 4. Each serving: 1-1/2 cups

Difficulty: Easy - Ready In: 12 Min.

Category: Dinner

Low Cholesterol Low Sodium

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### Ingredients & Directions:

- 1 cup instant brown rice
- 1 12 ounce can pinto beans, drained and rinsed
- 1 12 ounce can no-salt-added diced tomatoes
- 1/2 cup water
- 1/2 tsp chili powder
- 1/2 tsp garlic powder

Place all ingredients into the 2 quart microwave container and mix well. Cover and microwave on high until rice is done and liquid is absorbed, about 10 minutes. Serve hot.

### Nutritional Facts x Serving:

Calories:	197
Carbs:	36 g
Fiber:	8 g
Sugar:	2.702 g
Protein:	9.807 g
Fat:	1.2 g
Sat. Fat:	0.21 g
Cholesterol:	0 mg
Sodium:	36 mg

## Gold Broccoli Potato

N° Servings: Serves 4. 1-1/2 cups per serving.

Difficulty: Easy - Ready In: 10 Min.

Category: Dinner

Low Cholesterol Low Sodium

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### Ingredients & Directions:

- 4 medium sized yukon gold potatoes, baked
- 3 cups hot steamed broccoli florets
- 1 cup nonfat sour cream
- 1/2 cup nonfat grated cheddar cheese

Split baked potatoes lengthwise down the center. Mash them lightly with a fork.

Mash 1/4 cup nonfat sour cream into each potato; add 3/4 cup steamed broccoli florets to each potato and top with nonfat grated cheese.

Arrange potatoes on a platter so they are evenly spaced and not touching each other. Microwave on high for one minute per potato or until cheese melts over broccoli.

Optional serving idea: tossed green salad.

### Nutritional Facts x Serving:

Calories:	350
Carbs:	60 g
Fiber:	6 g
Sugar:	3.5 g
Protein:	15 g
Fat:	6.702 g
Sat. Fat:	0 g
Cholesterol:	15 mg
Sodium:	200 mg

## Black Beans and Rice

N° Servings: Serves 4. 2 cups per serving.

Difficulty: Easy - Ready In: 20 Min.

Category: Dinner

Low Cholesterol Low Sodium

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### Ingredients & Directions:

- 2 tsp olive oil
- 1 cup chopped onions
- 2 cloves garlic, minced
- 2 tsp jalapeno peppers, chopped
- 3-1/2 cups boiled black beans
- 1 tsp cumin
- 1 tsp oregano
- 1/2 cup chicken broth
- 3 cups cooked brown rice

Heat a medium-sized pan or Dutch oven over medium-high heat. Saute the onions and garlic in the olive oil until nutty brown, about 3 minutes. Add the peppers, beans, seasonings and broth. Bring to a boil then lower heat to simmer for 10 minutes.

Serve the beans over top of the cooked brown rice.

### Nutritional Facts x Serving:

Calories:	381
Carbs:	66 g
Fiber:	15 g
Sugar:	3 g
Protein:	19 g
Fat:	4.5 g
Sat. Fat:	0.5 g
Cholesterol:	9 mg
Sodium:	99 mg

## Chocolate Mousse with Berries

N° Servings: Serves 4. 1 cup per serving.

Difficulty: Easy - Ready In: 5 Min.

Category: Dessert

Low Cholesterol

Low Sodium

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### Ingredients & Directions:

- 1 box (12 ounces) silken tofu
- 1/3 cup sugar
- 1/4 cup cocoa powder
- 2 cups assorted berries: sliced strawberries, raspberries, blueberries, etc.
- nonfat whipped cream

Puree tofu, sugar and cocoa powder in a food processor. Divide between four tall stemmed glasses. Refrigerate until ready to serve or proceed to next step right away.

Mash berries in bowl and divide among four glasses, placing them on top of the chocolate mousse. Top each glass with about 2 tablespoons of nonfat whipped cream.

Optional garnish: dust the top of the whipped cream with cocoa powder.

### Nutritional Facts x Serving:

Calories:	159
Carbs:	25.6 g
Fiber:	3.202 g
Sugar:	20.61 g
Protein:	7.404 g
Fat:	3.39 g
Sat. Fat:	0.92 g
Cholesterol:	1 mg
Sodium:	35 mg

## Fresh Berries and Mango Mousse

N° Servings: Serves 4 - 1-1/2 cups per serving.

Difficulty: Easy - Ready In: 5 Min.

Category: Dessert

Low Cholesterol Low Sodium

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### Ingredients & Directions:

- 1 ripe mango
- 1-10 ounce box silken light tofu
- 1/4 cup powdered sugar
- 4 cups fresh assorted berries

Peel and cut the mango. Puree the mango in a food processor or blender. Add tofu and sugar and blend until smooth.

Layer Mango Mousse with berries in a tall, stemmed glass or put in small bowl and use as dip for fresh berries.

### Nutritional Facts x Serving:

Calories: 150

Carbs: 28 g

Fiber: 4 g

Sugar: 16 g

Protein: 6 g

Fat: 1.5 g

Sat. Fat: 0 g

Cholesterol: 0 mg

Sodium: 70 mg

## Frosty Fruit Sundae

N° Servings: 4- 3/4 cup per serving

Difficulty: Easy - Ready In: 5 Min.

Category: Dessert

Low Cholesterol

Low Sodium

Has Gluten

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### Ingredients & Directions:

This frozen fruit treat can be made ahead of time and is great for snacks or a grand finale to a spring meal.

- 3 cups assorted mixed frozen fruit or berries
- 4 Tbsp nonfat chocolate syrup
- 2 Tbsp chopped nonfat cookies

To serve, remove fruit from freezer and place  $\frac{3}{4}$  cup in each glass or dessert dish. Allow to defrost for 10 minutes then top each one with 1 tablespoon of chocolate syrup and  $\frac{1}{2}$  tablespoon of chopped nonfat cookies. Fruit should be soft frozen not hard frozen.

### Nutritional Facts x Serving:

Calories: 100

Carbs: 22 g

Fiber: 3 g

Sugar: 17 g

Protein: 1 g

Fat: 0.5 g

Sat. Fat: 0 g

Cholesterol: 0 mg

Sodium: 15 mg

....continues



## Closing Thoughts

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tons of energy. I lost 40 pounds and  
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are now at normal levels."*

Lyn Morris – Bakersfield, California (\*)

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The only thing left now is for you to take action. We can tell you what to do and how to do it, but we cannot make you do it.

That's up to you.

We will close out by reminding you of a wise saying we learned years ago that has monumentally changed our lives...

There are only two ways to get to the top of an oak tree:

One is to sit on an acorn and wait.

The other is to start climbing...

...See you at the top!

Enrico & Valeria

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