



DNAFit[®]
DIET

Mediterranean Plan

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A Word From Our Nutrition Team...

Who are we?

Samuel Impey

Samuel is currently undertaking his PhD at Liverpool John Moores University (LJMU) studying the role of protein during endurance exercise. Sam completed his BSc and MSc at LJMU, studying Sports and Exercise Science for his undergraduate degree and Sports Physiology at master's level.

Sam has previously conducted extensive research into the effect of exercise on our bodies; the results of which have been presented at two international conferences. Throughout his studies and career, Sam has worked with the general public and elite athletes in implementing strength and conditioning programmes and nutritional interventions. Specifically - providing nutritional support for national and international Taekwondo players, international Hand Ball, professional rugby players, iron man triathletes and Great Britain Ski and Snowboard athletes.

Daniel Owens

Dan is currently a PhD student at the research institute for Sport and Exercise Science, Liverpool John Moores University, where he previously gained a first class degree in Sports Science (physiology). He has also spent time as a research assistant at the research institute for aging and chronic disease.

His current research focus is vitamin D deficiency and its implication for muscle function and regeneration. Dan has previously provided nutritional support for amateur North of England boxers, including the British Universities 2011 champion. Dan continues to offer nutritional advice to a range of athletes including Great Britain Ski and Snowboard athletes and to Exeter Chiefs Rugby Union Football Club.

From both Sam and Dan, we wish you the best of luck with your new eating plan!



Samuel Impey



Daniel Owens

How To Use This Document

This report is broken down into two categories. Firstly, there is a 12 week meal calendar to help you plan each day's main meals, and secondly a selection of delicious and healthy recipes. Each recipe is assigned a number so that you can easily reference the monthly meal plan. The meals are specially tailored by our nutrition team to match your genetic needs. Wholesome, good for you and most importantly tasty, these recipes will provide you with all the correct nutrition to match your DNA, they are tailored specifically to the results of your DNAFit Diet test, providing you with the most effective eating plan for your body.

What's special about your diet plan?

Mediterranean

Mediterranean diets have for many years been viewed as "healthy," the reasons for this association were based on the longevity, quality of life and low disease occurrence of the populations living on and around the Mediterranean. The best example of this "healthy" diet is presented in a book published by the New York Times and National Geographic exploring the 5 areas of the globe with the longest living populations, 2 of the 5, Sardinia (Italy) and Ikaria (Greece) are in the Mediterranean region (California, Costa Rica and Japan are the others.) The healthy aspects of the Mediterranean diet come from the contribution of good fats (mono- and poly-unsaturated) from olive oil, nuts, fish and vegetables. This type of diet has been repeatedly shown to lower bad cholesterol (LDL) and raise good cholesterol (HDL) in addition to reducing the amount of fat stored by the body. Recent evidence has also shown that people with heart conditions that switched to a Mediterranean diet showed significantly less re-occurrence of cardiac problems. The diets we have put together are made up of the classic Mediterranean ingredients and structured to support a healthy gut, circulation, bone and muscular system.



Meal Plan Calendar

Month 1

Mediterranean

B = Breakfast **L** = Lunch **D** = Dinner

Each number refers to the meal recipe of that number for that meal time.

E.g. B4 = Breakfast recipe #4

Week 1	B	5	7	3	1	9	10	8
	L	3	10	1	12	9	2	8
	D	1	3	5	6	9	2	8
Week 2	B	2	6	4	7	5	1	9
	L	4	7	11	6	5	10	3
	D	4	12	11	7	10	14	13
Week 3	B	10	3	6	9	4	7	2
	L	1	2	9	12	4	6	11
	D	15	5	1	12	6	3	4
Week 4	B	1	9	5	3	10	4	6
	L	8	5	7	10	1	9	2
	D	2	10	8	11	7	13	15

Meal Plan Calendar

Month 2

Mediterranean

B = Breakfast **L** = Lunch **D** = Dinner

Each number refers to the meal recipe of that number for that meal time.

E.g. B4 = Breakfast recipe #4

Week 1	B	2	6	4	7	5	1	9
	L	4	7	11	6	5	10	3
	D	4	12	11	7	10	14	13
Week 2	B	5	7	3	1	9	10	8
	L	3	10	1	12	9	2	8
	D	1	3	5	6	9	2	8
Week 3	B	1	9	5	3	10	4	6
	L	8	5	7	10	1	9	2
	D	2	10	8	11	7	13	15
Week 4	B	10	3	6	9	4	7	2
	L	1	2	9	12	4	6	11
	D	15	5	1	12	6	3	4

Meal Plan Calendar

Month 3

Mediterranean

B = Breakfast **L** = Lunch **D** = Dinner

Each number refers to the meal recipe of that number for that meal time.

E.g. B4 = Breakfast recipe #4

Week 1	B	5	7	3	1	9	10	8
	L	3	10	1	12	9	2	8
	D	1	3	5	6	9	2	8
Week 2	B	2	6	4	7	5	1	9
	L	4	7	11	6	5	10	3
	D	4	12	11	7	10	14	13
Week 3	B	10	3	6	9	4	7	2
	L	1	2	9	12	4	6	11
	D	15	5	1	12	6	3	4
Week 4	B	1	9	5	3	10	4	6
	L	8	5	7	10	1	9	2
	D	2	10	8	11	7	13	15



Med Egg Scramble

Breakfast 1 Mediterranean

Ingredients

- 1 tsp olive oil
- 1 tsp butter
- 1 ½ new potatoes, sliced thinly
- ¼ red bell pepper, diced
- Tbsp fresh parsley, chopped finely
- 2 black olives
- 2 large eggs
- Salt and pepper (for seasoning)

Instructions

- In a large pan, heat the olive oil and butter. Add the sliced potatoes and cook for ~15 mins until golden.
- Add the red bell pepper and olives, cook for ~4 mins.
- In a bowl, whisk the eggs, parsley and ricotta. Pour the egg mixture over the potatoes in the pan, stirring every 30 secs until firm and set (but not dry - ~3 mins).
- Add salt and pepper to taste
- Serve

CHO (g)	17
Fat (g)	27
Protein (g)	56
Energy (Kcal)	375

Greek Yoghurts

Breakfast 2, 3 & 4 Mediterranean

Ingredients

Base of the breakfast

- 200g fat free Greek yoghurt

#2 Peach and almond

- 15 g almonds
- 1 medium sized peach

#3 Banana and walnut

- 1 banana
- Handful of walnuts

#4 Muesli, seeds and berries

- 50g muesli
- Tbsp pumpkin seeds
- Tbsp sunflower seeds
- Tbsp flax seeds
- Tbsp raisins

Instructions

- Always add yoghurt to a breakfast bowl first.
- Add the rest of your ingredients dependent on the breakfast.
- Mix with the yoghurt
- Serve

Breakfast 2

CHO (g)	28
Fat (g)	23
Protein (g)	27
Energy (Kcal)	360

Breakfast 3

CHO (g)	38
Fat (g)	13
Protein (g)	24
Energy (Kcal)	370

Breakfast 4

CHO (g)	62
Fat (g)	4
Protein (g)	27
Energy (Kcal)	395

Turkish Spinach and Eggs

Breakfast 5 Mediterranean

Ingredients

- 2 medium hen eggs
- 500g spinach
- 1 onion, sliced
- 1 tbsp olive oil
- 2 tbsp tomato puree
- ½ tsp salt
- A pinch of red pepper and black pepper

Instructions

- Heat the olive oil in a large pan.
- Fry the onion and tomato puree for 2-3 minutes at low-medium heat.
- Add the spinach and salt, cook for 5-6 minutes by stirring occasionally.
- Make holes for eggs in the middle of the spinach mixture. Break the eggs into these holes, sprinkle some salt. Sprinkle some red and black pepper on top.
- Close the lid of the pan and cook until the egg whites are cooked.

CHO (g)	33
Fat (g)	18
Protein (g)	27
Energy (Kcal)	340

Spicy Corn Pancakes with Dill Yoghurt

Breakfast 6 Mediterranean

Ingredients

- 200g 0% fat Greek yoghurt
- ½ tbsp fresh dill, chopped
- 3 tbsp lemon juice
- 1 tbsp olive oil
- 100g corn kernels
- 1 jalapeno, chopped finely
- 1 onion, chopped finely
- 30g cornmeal
- 1 tbsp flour
- ½ tsp baking powder
- 1 egg, lightly beaten
- 120ml whole milk
- Salt and pepper

Instructions

- Combine yogurt with dill and lemon juice; season to taste with salt and pepper and stir to combine. Set aside.
- Heat olive oil in a frying pan over a medium heat. Add corn kernels, jalapeño and green onions .
- Cook, stirring occasionally, until vegetables soften and begin to brown (about 5 minutes). Transfer vegetables to a large mixing bowl.
- Whisk together cornmeal, flour, baking powder, and 1 teaspoon salt in a medium bowl. Whisk together eggs and milk in a second medium bowl. Add flour mixture to bowl with corn, then add buttermilk mixture and fold with a spatula .
- Add tbsp olive oil to pan over a medium heat.
- Scoop pancake batter into pan (-2 heaped tbsp each)
- Fry until edges of pancakes brown (flip carefully). Cook until other side is browned, about 4 minutes.
- Transfer pancakes to serving plate and top with dill yogurt and additional fresh dill, if desired. Serve.

CHO (g)	55
Fat (g)	19
Protein (g)	16
Energy (Kcal)	453

Italian Breakfast Skewers

Breakfast 7 Mediterranean

Ingredients

- 4 skewers
- 60g sweet Italian sausage
- 1 red pepper, core removed and cut into squares (-inch).
- 100g Pancetta, cubed
- Small tin pineapple cubes

Makes 4 Skewers

Instructions

- Pre heat oven to 200oC
- Thread the ingredients onto the skewer as follows; sausage, red pepper, pancetta and pineapple. Repeat ~2 times.
- Repeat the process on the remaining 3 skewers.
- Place the skewers on a baking tray and cook until golden brown and the pancetta is cooked throughout (~20-25 mins).
- Serve.

CHO (g)	37
Fat (g)	30
Protein (g)	21
Energy (Kcal)	508



Prosciutto Cups

Breakfast 8 Mediterranean

Ingredients

- 4 slices prosciutto (fat trimmed in half)
- 2 egg whites
- 1 whole egg
- 3 tbsp 0% fat Greek yoghurt
- 1 tbsp black olives (chopped)
- ½ tsp fresh rosemary, finely chopped
- ¼ tsp salt
- 1/8 tsp black pepper

Makes 8

*Can be served with olive bread to add extra calories.

Instructions

- Heat oven to 200oC.
- Coat a mini muffin pan with cooking spray.
- Press 1 piece prosciutto into each of 8 cups.
- Whisk egg whites and whole egg until smooth. Whisk in yogurt, olives, rosemary, salt and pepper.
- Divide mixture among cups.
- Bake, uncovered, until quiches are cooked through (~10 to 12 mins).
- Garnish with rosemary. Serve.

CHO (g)	1
Fat (g)	1
Protein (g)	4
Energy (Kcal)	27

Cottage Cheese Pancakes and Manuka

Breakfast 9 Mediterranean

Ingredients

- 100g cottage cheese
- 50g all purpose flour
- 2 eggs lightly beaten
- 1 tbsp olive oil
- Manuka honey (for serving)

Instructions

- Combine cottage cheese, flour, oil, and eggs in a large bowl. Mix well
- Heat a large frying pan over medium heat, and grease with some olive oil or cooking spray.
- Pour a ladle of the batter onto the pan. Flip when golden.
- Remove when golden on both sides and repeat with remaining batter.
- Serve with tbsp manuka honey drizzled over.

CHO (g)	50
Fat (g)	12
Protein (g)	32
Energy (Kcal)	435

Med Smoothie

Breakfast 10 Mediterranean

Ingredients

- 2 cups loosely packed baby spinach
- ½ inch slice fresh ginger root
- 1 banana (pre-sliced)
- 1 small mango
- 120ml beet juice
- 120ml whole milk
- 4-6 ice cubes

Instructions

- Put all of the ingredients in a blender and blend until smooth.
- Serve

CHO (g)	80
Fat (g)	2
Protein (g)	8
Energy (Kcal)	380

Grilled Chicken and Greek Quinoa Salad

Lunch 1

Mediterranean

Ingredients

- 75g quinoa
- 5 butter
- 1 red chili
- ½ garlic clove
- 100g chicken, sliced
- Tbsp olive oil
- 50g vine tomatoes
- Handful of black olives
- ½ red onion
- 30g feta cheese
- 2-4 mint leaves
- Zest and juice of half a lemon

Instructions

- Cook the quinoa as per the packet instructions, then rinse in cold water and drain.
- While cooking, mix the butter, chili and garlic into a paste in a bowl.
- In a separate bowl mix the chicken with olive oil and herbs of choice.
- Heat a grill pan and transfer the chicken onto the pan over a medium-hot heat. 3-4 mins each side will cook the chicken, but ensure no pink inside.
- Set aside on a plate and spread some of the spicy butter over the chicken to melt.
- Tip the tomatoes, olives, onion and feta into a bowl. Spoon in the quinoa.
- Stir through olive oil, lemon juice and zest.
- Serve with the chicken on top.

CHO (g)	29
Fat (g)	24
Protein (g)	33
Energy (Kcal)	464

Seafood Paella with Couscous

Lunch 2

Mediterranean

Ingredients

- 2 tsp olive oil
- 1 medium onion, chopped
- 1 minced clove of garlic
- ½ tsp thyme, chopped
- ¼ tsp fennel seeds
- Salt and ground black pepper
- Pinch of crumbled saffron threads
- 1 diced tomato, with juice
- 250 ml vegetable stock
- 60g bay scallops, tough muscle removed
- 60g prawns
- 50g couscous

Instructions

- Heat oil in a large saucepan over medium heat. Add onion stirring constantly for 3 minutes.
- Add garlic, thyme, fennel seed, salt, pepper and saffron and cook for 20 seconds.
- Stir in tomatoes and stock. Bring to a simmer. Cover, reduce heat and simmer for 2 minutes.
- Increase heat, stir in scallops and cook, stirring occasionally, for 2 minutes.
- Add prawns and cook, stirring occasionally for 2 minutes.
- Stir in couscous. Cover, remove from heat and let stand for 5 minutes.
- Fluff with a fork and serve.

CHO (g)	59
Fat (g)	5
Protein (g)	29
Energy (Kcal)	410



Veg and Houmous Wrap

Lunch 3 Mediterranean

Ingredients

- ½ red onion, cut into thick slices
- ½ red bell pepper, seeded and quartered
- ½ aubergine, cut into ½ inch-thick slices
- ½ tbsp olive oil
- A few chopped fresh flat-leaf parsley leaves
- 1/8 teaspoon salt
- 50g houmous
- 1 whole-grain flatbreads
- 30g crumbled feta cheese

Instructions

- Heat a large grill pan over medium-high heat. Drizzle onion, bell pepper, and aubergine with 1 tbsp oil.
- Add onion and bell pepper to pan and cook for 3 minutes on each side or until grill marks appear.
- Remove from pan. Add aubergine to pan. Cook for 3 minutes on each side.
- Remove from pan and coarsely chop vegetables. Combine vegetables, remaining 1 tablespoon oil, parsley, and salt. Toss to combine.
- Spread houmous over each flatbread, leaving a ½ inch border around edges. Spread vegetables over flatbread
- Top with 2 tbsp feta. Roll up wrap, and cut diagonally in half.

CHO (g)	35
Fat (g)	22
Protein (g)	17
Energy (Kcal)	415

Beefy Bean Burrito

Lunch 4

Mediterranean

Ingredients

For the beef

- ½ red onion finely sliced
- ½ red pepper thinly sliced
- 1 tsp smoked paprika
- ½ tsp cumin seeds
- 100g sirloin steak with fat removed cut into strips
- ½ tbsp olive oil

For the lime yoghurt

- 50g 0% fat Greek yoghurt
- ½ lime (juice and zest)

For the beans

- ½ tsp olive oil
- 4 garlic clove peeled
- 1 tsp cumin seeds
- 100g black beans partially drained.

For the salsa

- 1 ripe tomato
- ¼ red onion diced finely
- 1 red chili finely chopped
- 1 lime (juice and zest)

+ 1 iceberg lettuce or mixed leaves to serve
and 2 small wholemeal tortilla wraps

CHO (g)	48
Fat (g)	10
Protein (g)	50
Energy (Kcal)	420

Instructions

For the beef

- Mix all the beef ingredients together in a bowl and stir to evenly coat the steak in the oil and spices. Leave while you prepare the lime yoghurt.
- In a hot frying pan, cook the beef mixture with a pinch of salt over a high heat for 3-4 minutes, or until the beef is browned all over. Remove from the pan and rest on a plate while you cook the black beans.

For the beans

- Add the oil to the pan you cooked the steak in. Add the garlic and cumin seeds and cook over a medium heat for two minutes until aromatic. Add the black beans and stir to mix well. Crush them lightly with the back of a wooden spoon as you heat them through. Once hot, remove from the heat and set aside.

For the lime yoghurt

- Mix the lime juice and yoghurt together until combined. Set aside until ready to use.

For the salsa

- Mix all the salsa ingredients together in a small bowl.

To serve

- Spread some of the beans over each tortilla and top with a little of the beef. Spoon over a little salsa, to taste, and drizzle a spoonful of lime yoghurt over. Add a scattering of lettuce, roll up and serve immediately.

Avo Chicken Wrap with Salsa

Lunch 5

Mediterranean

Ingredients

- 1 chicken breast (~200g)
- 25g corn kernels
- 100g roma tomatoes
- ½ fresh green chili
- 1 tbsp coarsely chopped coriander
- 1 wholemeal wrap
- ½ small ripe avocado
- 4 cos lettuce leaves

Instructions

- Place the chicken in a medium saucepan and cover with hot water. Bring to the boil over high heat. Reduce heat to low and simmer, uncovered, for 10-12 minutes or until tender and cooked through. Remove from heat. Transfer chicken to a plate lined with paper towel. Set aside for 5 minutes to cool and drain. Use a fork to roughly shred the chicken.
- Combine the corn, tomato, chilli and coriander in large bowl.
- Heat the wholemeal
- Spread wrap with avocado. Divide chicken evenly in the wrap.
- Place the lettuce on serving plates. Top with chicken & avocado tortilla wrap and serve with the corn salsa.

CHO (g)	35
Fat (g)	21
Protein (g)	35
Energy (Kcal)	462

Fiesta Chicken and Guacamole

Lunch 6 Mediterranean

Ingredients

- 1 cooked chicken breast
- ½ avocado
- 1 red chili finely chopped
- Few sprigs of coriander finely chopped
- 1 small tomato
- Chipotle chili sauce
- Handful of peppery mixed leaf salad
- 1 finely chopped spring onion
- ½ diced red onion
- Tbsp cooked kidney beans

Instructions

For the Guacamole

- In a pestle and mortar, pound the chilli, coriander, half of the tomato, salt and ½ red onion to a fine paste.
- Add a little water and lime juice to make a looser mixture. Scoop out the avocado flesh and mash in to the mix. Serve.

For the chicken

- Tear the breast apart with a fork and add to a bowl.
- Drizzle with a little chipotle chili sauce and work through the chicken.

For the salad

- In a bowl, add the salad leaves, kidney beans, spring onion, other half of the chopped tomato, a few coriander leaves and toss together.
- Drizzle with juice of half a lime.
- Put the salad onto a serving dish, roughly place the shredded chicken on top and serve the guacamole on the side

CHO (g)	16
Fat (g)	18
Protein (g)	32
Energy (Kcal)	342

Turkey Orzo Soup

Lunch 7

Mediterranean

Ingredients

- 125 ml chicken stock
- 1 tsp fresh dill (finely chopped)
- 50g orzo rice
- 2 eggs
- 2 tbsp lemon juice, freshly squeezed
- 1 shredded carrot
- ¼ tsp salt
- ¼ tsp pepper
- 1 large turkey breast (200g), cut into small pieces

Instructions

- Bring stock and dill to a boil in a large saucepan.
- Add orzo, reduce heat and simmer 5 minutes or until orzo is slightly tender then remove from heat.
- Blend eggs and lemon juice in a blender until smooth.
- Remove 1 ladle of stock from the pan, making sure to leave out orzo. With blender on, slowly add stock and blend until smooth.
- Add carrot, salt, pepper, and chicken to pan. Bring to a simmer over medium-low heat, and cook 5 minutes or until chicken and orzo are done.
- Reduce heat to low. Slowly stir in egg mixture; cook 30 seconds, stirring constantly
- Be careful not to boil.

This soup can be stored in a container and refrigerated. Reheat until hot throughout when needed.

CHO (g)	32
Fat (g)	12
Protein (g)	50
Energy (Kcal)	440



Italian Mixed Bean and Kale Soup

Lunch 8

Mediterranean

Ingredients

- 1 ½ tbsp olive oil
- 2 celery stalks, chopped
- 1 ½ garlic cloves, finely chopped
- 1 red onion, sliced
- 1 carrot, chopped
- 200ml crushed tomatoes
- 200g Tuscan kale
- 300g cooked white beans
- Lemon zest
- Sea salt and ground black pepper
- 5 black olives, stoned and chopped
- 2 Thick slices crusty bread or ciabatta

Makes 2 servings (share or refrigerate!)

CHO (g)	62
Fat (g)	25
Protein (g)	18
Energy (Kcal)	543

Instructions

- In your largest thick-bottomed pot over medium heat combine the olive oil, celery, garlic, carrot, and red onion.
- Cook for 10 -15 minutes sweating the vegetables, avoiding browning.
- Stir in the tomatoes and simmer for another 10 minutes, long enough for the tomatoes to thicken up.
- Stir in the kale, ¾ of the beans, and 8 cups 2 litres water. Bring to a boil, reduce the heat, and simmer until the greens are tender, about 15 minutes.
- In the meantime, mash or puree the remaining beans with a generous splash of water until smooth.
- Tear the bread into bite-sized chunks. Stir both the beans and bread into the soup. Simmer, stirring occasionally, until the bread breaks down and the soup thickens, 20 - 30 minutes. Stir in the salt, taste and add more if needed. Stir in the lemon zest.
- Serve immediately, or cool and refrigerate overnight and serve reheated. Finish each serving with a drizzle of olive oil and some chopped olives.

Turkey and Mint Burger

Lunch 9

Mediterranean

Ingredients

- 1 large egg white
- ½ red onion, finely chopped
- 1 tbsp chopped fresh mint
- 30g dry breadcrumbs
- 20g feta cheese
- 2 tablespoons fresh lemon juice
- 1 teaspoon dried dill
- 200g Turkey mince
- 2 wholegrain burger buns
- 2 pickled roasted red bell peppers

Makes 2 burgers

Instructions

- Place egg white in a large bowl and lightly beat. Add onion, mint, breadcrumbs, crumbled feta. Lemon juice, dill and turkey mince. Stir well with (clean) hands to combine.
- Divide turkey mixture into 2 equal portions, shaping each into a ½ inch-thick burger.
- Heat a large non-stick pan over medium-high heat and add some olive oil. Add burgers to pan and cook 8 minutes on each side or until done.
- Lightly toast the burger buns whilst burgers are cooking.
- Place patties on bottom halves of hamburger buns. Divide peppers evenly among burgers and cover with top halves of buns. Serve.

Per burger

CHO (g)	45
Fat (g)	8
Protein (g)	30
Energy (Kcal)	385

Lemon Fennel Salad with Halibut

Lunch 10 Mediterranean

Ingredients

- 1 tsp ground coriander
- ½ teaspoon salt
- Pinch of ground cumin
- ¼ teaspoon freshly ground black pepper
- 2 tsp extra-virgin olive oil
- 1 garlic cloves, minced
- 1 halibut fillet
- 1 fennel bulb finely chopped
- ½ red onion, thinly sliced
- 2 tbsp fresh lemon juice
- ½ tbsp chopped flat-leaf parsley
- 1 tsp fresh thyme leaves

Instructions

- Combine first 4 ingredients in a small bowl.
- Add 1 tsp spice mix, 2 tsp oil and garlic in a small bowl.
- Rub garlic mixture evenly over fish.
- Heat 1 teaspoon oil in a large non-stick pan over medium-high heat.
- Add fish to pan and cook 5 minutes on each side.
- Combine remaining spice mixture, remaining oil, fennel bulb and remaining ingredients in a medium bowl, tossing well to coat.
- Serve salad with fish.

CHO (g)	15
Fat (g)	10
Protein (g)	36
Energy (Kcal)	300

Crisp Salad with Ham and Corn

Lunch 11 Mediterranean

Ingredients

- 60g reduced-fat sour cream
- 1 tablespoons white vinegar
- 1 teaspoon smoked paprika
- ¼ teaspoon salt
- 150g mixed baby leaf salad
- 1 medium tomato, diced
- 100g corn kernels
- Handful croutons, whole-grain
- Handful of mixed olives
- 50g thick cut ham

Instructions

- Whisk sour cream, vinegar, paprika and salt in a large bowl.
- Add salad greens, tomato, corn, olives, croutons and ham
- Toss to coat, serve.

CHO (g)	32
Fat (g)	13
Protein (g)	28
Energy (Kcal)	360

Kale and Whole Wheat Pasta Salad

Lunch 12 Mediterranean

Ingredients

- 100g Whole wheat fusilli
- 100g kale leaves
- 4 – 5 cherry tomatoes
- ½ handful black olives
- 1 tbsp olive oil
- 20g fetta
- ½ lemon
- 1 tbsp white wine vinegar
- 1 tbsp pesto
- ½ tbsp extra virgin olive oil

Instructions

- Put 700ml boiling water into a large pan with a good pinch of salt, add the pasta and cook to taste
- Put a deep frying pan on a medium heat, add 1 tbsp olive oil, slice the kale into 2cm strips and fry in the pan with seasoning, turning regularly until wilted and soft
- Half the tomato's and olives into a bowl and crumble in the feta
- In a bowl mix the pesto, lemon juice and vinegar
- Drain the pasta and return to the pan add the dressing and kale to the pasta and serve in pasta bowl with the tomato's, olives and feta mix on top
- Drizzle with extra virgin olive oil to taste

CHO (g)	71
Fat (g)	24
Protein (g)	18
Energy (Kcal)	572



Spanish Fish Stew

Dinner 1 Mediterranean

Ingredients

- Tbsp flat leaf parsley, chopped
- 1 garlic clove, finely chopped
- Zest and juice of ½ lemon
- 1 tbsp olive oil + extra for serving
- ½ onion, sliced
- 120g floury potatoes, roughly cut into pieces (~2cm cubed or less).
- ½ tsp paprika
- 100g of canned chopped tomatoes
- ½ fish stock cube
- 75g chickpeas, rinsed and drained
- 50g peeled king prawns
- 100g skinless fish fillets (i.e. cod, plaice, Pollock)

Instructions

- In a small bowl, mix the parsley with ½ the garlic and lemon zest, then set aside.
- Heat 1 tbsp oil in a large frying pan. Add the onion and potatoes, cover the pan, then sweat everything for ~5 mins until the onion has softened.
- Add the remaining oil, garlic and spices, then cook for 2 mins more.
- Pour over the lemon juice and sizzle for 150ml of water and crumble in the stock. Season with a little salt, then cover the pan. Simmer everything for 15-20 mins until the potatoes are cooked.
- Add in the prawns and chickpeas, then put the fish chunks into the top of the stew.
- Reduce the heat and cover the pan, then cook for ~8 mins,
- When the fish is cooked through, remove from the heat, scatter with the parsley mix.
- Serve with crusty bread if you want.

CHO (g)	35
Fat (g)	15
Protein (g)	39
Energy (Kcal)	431

Beef Tagine

Dinner 2 Mediterranean

Ingredients

Main ingredients

- 150g stewing beef
- Olive oil
- 1 onion, peeled and finely chopped
- Few fresh coriander leaves
- 100g chickpeas
- 100g tinned chopped tomatoes
- 200ml vegetable stock
- 20 prunes, stoned and roughly cut
- ½ tbsp flaked almond
- 75g couscous

Spice rub

- Sea salt and ground black pepper
- Tsp cumin
- Tsp cinnamon
- Tsp ground ginger
- Tsp paprika

Instructions

- Mix the spice rub ingredients in a bowl and then massage into the beef. Leave in the fridge for a couple of hours to marinate.
- When ready to cook, heat olive oil in a tagine or casserole and fry the meat over a medium heat for 5 minutes.
- Add the onion and coriander and fry for a further 5 mins.
- Add the chickpeas and tomato then add 150ml of the veg stock and stir. Bring to the boil then put the lid on the pan and cover with foil. Reduce to simmer for 1 ½ hours.
- Add the prunes and rest of the stock, give a gentle stir, put the lid back on and leave to simmer for a further 1 ½ hours. Keep watching and if looks dry, give a splash of water.
- Once ready serve on the couscous (to prepare the couscous add an equal amount of boiling water to the amount of couscous and let stand for 5 minutes).

CHO (g)	51
Fat (g)	23
Protein (g)	52
Energy (Kcal)	620

Stuffed Grilled Veg

Dinner 3 Mediterranean

Ingredients

- 1 beef tomato
- 1 red bell pepper
- 1 yellow pepper
- 25g shelled pistachio nuts
- 1 chopped onion
- 75g long grain rice
- 1 garlic clove, finely chopped
- 1 tsp dried oregano
- 1 fresh red chili
- Sea salt and ground black pepper
- 200ml vegetable stock
- 50g feta cheese
- Couple of mint leaves
- 1 tsp flat leaf parsley
- 1 tbsp tomato puree

Instructions

- Preheat the oven to 200oC
- Cut the tops off the tomatoes and put aside. Use a spoon to hollow out the inside of the tomatoes. Dispose the flesh.
- Halve the peppers lengthways keeping stalk intact. Carefully remove the seeds.
- Place all of these veg in a roasting tray so that they fit snug.
- Roughly crush the pistachios in a pestle and mortar.
- Add some olive oil to a frying pan and put on a medium heat. Add the onions and garlic.
- Cook until softened (~10 mins). Add rice, chili, oregano and salt and pepper. Add half of the veg stock and cook for 10 mins. Stir occasionally.
- Remove from the heat and crumble in the feta, fresh herbs and crushed pistachios.
- Carefully fill the stuffed veg with the rice mix but don't overfill. Put the tomato lids back on and drizzle all the veg with olive oil. Add the remaining veg stock to the baking tray too.
- Bake for 1 hour
- Remove from oven and serve.

CHO (g)	69
Fat (g)	23
Protein (g)	21
Energy (Kcal)	570

Wholemeal Pizza with Tuna, Olives and Capers

Dinner 4

Mediterranean

Ingredients

For pizza base

- 200g strong whole wheat flour
- 1 tsp or 7g sachet easy-blend dried yeast
- 125ml warm water

For topping

- One 160g tin of flaked tuna
- 200g can chopped tomatoes, juice drained
- handful cherry tomatoes, sliced
- 1 large courgette, thinly sliced using a peeler
- 25g mozzarella, torn into pieces
- 1 tsp capers in brine, drained
- 8 green olives, roughly chopped
- 1 garlic clove, finely chopped
- 1 tbsp olive oil
- 2 tbsp chopped parsley, to serve

Serves 2

Instructions

- Mix the flour and yeast with a pinch of salt in a bowl. Pour in the water and mix to a soft, springy dough, then work for 1 min.
- Put the dough ball in a flour dusted bowl/tin, cover with a damp cloth and leave for 45 mins – will double in size.
- Remove the dough and roll out on a lightly floured surface to a round about 30cm across. Lift onto a pizza tray or oiled baking sheet.
- Spread the canned tomatoes over the dough to within 2cm of the edges. Arrange the cherry tomatoes and courgettes over the top, then scatter with the mozzarella and tuna.
- Mix the capers, olives and garlic, then scatter over the top. Drizzle evenly with the oil.
- Heat oven to 240C/ fan 220C/gas 9 or the highest setting.
- Bake the pizza for 10-12 mins until crisp and golden around the edges. Scatter with the parsley to serve.

You can use the pizza base recipe and change the topping. Just make sure there is lean meat/fish, low fat cheese like mozzarella and some Mediterranean veg

CHO (g)	76
Fat (g)	23
Protein (g)	13
Energy (Kcal)	479

Roasted Garlic Pasta Salad

Dinner 5 Mediterranean

Ingredients

- ½ garlic bulb
- ½ tbsp olive oil
- 80 – 100g pasta shells
- 75g ricotta
- 2 tbsp fat-free natural yogurt
- ½ tsp salt
- ground black pepper
- 5 cherry tomatoes
- ½ handful black olives
- 1 handful fresh basil leaves

Instructions

- Heat the oven to 200°C, slice the top off the garlic bulb and drizzle with olive oil, place on a large sheet of foil and fold in to make a parcel – place on a baking sheet and roast for 30 – 40 minutes until very soft – remove and allow to cool
- Cook pasta according to directions, drain and place in a large bowl, toss with a little olive oil
- Whisk the ricotta and yoghurt together until lightened and smooth, squeeze in the roasted garlic from each clove and whisk vigorously, season well
- Half the tomato's, olives and finely slice the basil, add to the pasta with the ricotta mix and toss

CHO (g)	41
Fat (g)	16
Protein (g)	12
Energy (Kcal)	367



Chilli Crab Risotto

Dinner 6 Mediterranean

Ingredients

- 500ml chicken stock (2 stock cubes in 500ml water)
- Pinch of saffron strands
- 1 tbsp garlic oil
- 2 spring onions
- 1 fresh red chilli
- 100g Arborio rice
- 40ml white wine
- 50g brown crab meat
- 50g white crab meat
- ½ lemon
- 25g fresh rocket

Instructions

- Add the saffron strands to the stock on a low heat to keep the stock hot.
- Slice the spring onions and ¾ chilli (de-seeded) add to a deep frying pan on a medium heat, stir till soft.
- Increase the heat add the rice and fry for 1 – 2 minutes
- Add the white wine and allow to bubble until absorbed by the rice.
- Turn the heat down and add a ladleful of hot stock stirring constantly until the liquid is absorbed, repeat this process until all the stock is incorporated.
- When the stock has been taken up by the rice remove the pan from the heat and add the crab meat, zest and juice of the lemon and season to taste.
- Add the rocket leaves and stir in for 1 minute then serve.

CHO (g)	83
Fat (g)	10
Protein (g)	22
Energy (Kcal)	515

Quick Venetian Stew

Dinner 7

Mediterranean

Ingredients

- 15g raisins
- 1 tsp garlic oil
- 100g smoked pancetta cubes
- ½ banana shallot
- ½ tsp cumin
- 200g borlotti beans
- 100g Radicchio (chicory)
- Chunk of brown crusty bread (25g)

Instructions

- In a mug cover the raisins with 100ml boiling water
- Finely chop the shallot and slice the pancetta
- Add the pancetta to a deep frying pan on a medium heat for 3 – 5 minutes then add the shallot cook for another 3- 5 minutes until soft
- Add the cumin and stir in for 30 sec, then add the raisins with water and allow to come to a simmer
- Drain and rinse the borlotti beans and add to the pan with sliced radicchio, add 100 – 200ml of water to cover the beans and cover the pan with a lid and cook for 10 – 15 minutes
- Mash a few of the beans during the last few minutes of cooking to thicken the stew, season to taste, serve with chunk of brown crusty bread

CHO (g)	49
Fat (g)	31
Protein (g)	38
Energy (Kcal)	627

Italian Sausage and Pepper Stew

Dinner 8

Mediterranean

Ingredients

- 200g Italian sausages (or you favourite)
- 30ml red wine
- 200g butterbeans
- 100g roasted pickled red peppers
- 200g passata
- 2 bay leaves
- ½ tsp dried chilli
- 2 cloves garlic
- Garlic oil
- Crusty olive bread

Instructions

- In a large pot, fry the sausages on a medium heat in the garlic oil until coloured
- Thinly slice the garlic and add to the pot with the chili, fry for 1 – 2 minutes
- Add the red wine and allow the alcohol to evaporate
- Add the drained beans, passata, peppers and bay leaves, cover the pan with a lid and simmer for 10 – 15 minutes until the sausages are cooked through
- Serve with a chunk of crusty olive bread

CHO (g)	51
Fat (g)	24
Protein (g)	44
Energy (Kcal)	609

Tarragon Chicken, Roast Vegetables and Salsa Verde

Dinner 9 Mediterranean

Ingredients

- 1 Chicken breast
- ½ red onion
- ½ yellow or red pepper
- 2 sprigs tender stem broccoli
- 1 handful parsley
- 1 spring onion
- 1 handful basil
- ½ lemon
- ½ handful black olives
- 1 handful Tarragon leaves
- Olive oil
- Balsamic vinegar

Instructions

- Heat the oven to 180oc
- Place the chicken in a small roasting tin, season on both sides, drizzle with olive oil and ½ tarragon leaves
- Slice the onion and pepper and add to a second roasting tray with the broccoli and black olives, season, drizzle with olive oil and ½ tbsp balsamic vinegar
- Place chicken and vegetables in the oven for 30 – 35 minutes, until chicken is cooked
- In a blender add the parsley, spring onion, basil, zest and juice of the lemon 2 tbsp's olive oil, the remaining tarragon leaves and seasoning, blend until smooth
- Pour the salsa verde over the chicken and vegetables to serve

CHO (g)	23
Fat (g)	19
Protein (g)	25
Energy (Kcal)	375

Haddock and Spinach Bake

Dinner 10 Mediterranean

Ingredients

- 200g smoked haddock filets (2 x 100g)
- 300g baby spinach leaves
- 30ml white wine
- 30g parmesan
- 50g ricotta
- 2 eggs
- 2 cloves garlic
- Nutmeg
- Butter for greasing

Instructions

- Preheat the oven to 200°C and butter a medium ovenproof dish
- In a large deep frying pan on a medium heat, slice and fry the garlic until golden
- Add the spinach and wilt by half
- Increase the heat and add the white wine, toss gently until the spinach is fully wilted
- When the spinach had wilted great in the parmesan and stir in the ricotta, season to taste and add a little nutmeg
- Beat the eggs into the mixture
- Place the haddock filets into the oven dish and season on both sides
- Pour over the eggy spinach mix over the haddock and bake in the oven for 15 minutes

CHO (g)	9
Fat (g)	16
Protein (g)	36
Energy (Kcal)	349



Lemon Chicken and Catalan Salad

Dinner 11 Mediterranean

Ingredients

For the Chicken

- 1 skinless chicken breast
- ½ lemon
- 1 tsp dried thyme
- Olive oil

For the salad

- 15g pine nuts
- 1 radicchio (chicory)
- 100g baby spinach
- 1 clementine
- ½ handful fresh mint leaves
- 1 tbsp cherry vinegar
- 1 tbsp extra virgin olive oil
- 1 tsp runny honey
- Parmesan to great

Instructions

- Slice the chicken into strips, in a bowl toss the chicken in the juice and zest of the lemon, ½ tbsp olive oil and the thyme – allow to marinade for 30 minutes
- Cook the chicken on a griddle pan on a medium heat until charred and cooked through
- Finely slice the stalk ends of the chicory and click apart the upper leaves into a serving bowl, peel and finely slice the clementine's and add to the bowl with baby spinach
- Toast the pine nuts in a frying pan for 3 – 5 minutes until golden, scatter over the salad
- Mix the vinegar, extra virgin olive oil and honey and pour over the salad and add the chicken, scatter over the mint and great parmesan to finish

CHO (g)	16
Fat (g)	15
Protein (g)	31
Energy (Kcal)	336

Smoked Trout Fettuccine

Dinner 12 Mediterranean

Ingredients

- 2 spring onions
- 3 – 4 asparagus
- 75g frozen peas
- 1 handful fresh mint leaves
- 75g dried fettuccine
- 75g hot smoked trout
- 1 tbsp plain flour
- 150ml semi-skimmed milk
- Parmesan to serve
- Olive oil

Instructions

- Roughly slice the spring onions and asparagus stalks into a pan with 1 tbsp olive oil, leave the tips whole to one side
- After 3 -5 minutes add the frozen peas, and half the mint sliced in to the pan cook for a further 5 minutes
- Put the pasta into a large pan and cover with boiling salted water, cook according to packet instructions
- Stir the flour into the asparagus pan and cook for 2 minutes, then add the milk, bring to a simmer for 10 minutes
- Using a stick blender, puree the asparagus sauce until fairly smooth, add the asparagus tips and flake in the trout, simmer for 3 – 5 minutes
- Drain the pasta, reserving a cup or cooking water, toss the pasta in the sauce (loosen with cooking water if required) and serve with parmesan shavings on top

CHO (g)	94
Fat (g)	10
Protein (g)	40
Energy (Kcal)	516

Falafel Wraps with Grilled Vegetables

Dinner 13

Mediterranean

Ingredients

For the falafel

- 100g mixed beans
- 100g chickpeas
- ½ lemon
- ½ tbsp harissa
- 1 tsp allspice
- ½ tbsp plain flour
- ½ a handful fresh coriander
- Olive oil

For the vegetables and sides

- 1 pepper
- 2 spring onions
- 2 small whole wheat tortillas
- 50g low-fat cottage cheese
- 2 tsp chilli sauce

Instructions

- Drain the beans and chickpeas put them into a processor with the lemon zest, seasoning, harissa, allspice, flour and coriander stalks, blitz until smooth
- Scrape out the mixture into a bowl and divide and shape into 4 patties about 1.5cm thick, fry in 1 tbsp olive oil turning when golden
- Remove the seeds and stalks of the pepper and slice into strips, half the spring onions and add both to a griddle pan on a medium heat until charred and cooked
- Heat the tortillas in the microwave
- Squeeze the juice of the lemon over the vegetables
- Combine the chilli sauce and cottage cheese in a bowl to serve
- Combine vegetables falafel and cottage cheese to serve

CHO (g)	43
Fat (g)	7
Protein (g)	17
Energy (Kcal)	321

Summer Minestrone

Dinner 14 Mediterranean

Ingredients

- 2 cloves of garlic
- 50g baby carrots
- 50g baby courgettes
- ½ red onion
- 2 rasher smoked bacon
- 1 tomato
- 1 handful fresh flat leaf parsley
- 1 big handful baby spinach
- 50g thick cut roast ham
- 50g frozen peas
- 500ml vegetable stock
- 50g whole wheat spaghetti broken into small pieces
- 1 handful lettuce leaves
- ½ tbsp pesto
- Olive oil

Instructions

- Finely slice the garlic, carrots, courgettes and chop the onion and bacon
- Place the garlic, carrots and bacon into a large pan on a medium heat with 1 tbsp olive oil, cook for 5 minutes then add the courgettes and sliced up ham, cook for 3 – 4 minutes
- Roughly chop the tomato, parsley and spinach and add to the pan, add the peas and stock next
- When boiling add the pasta and seasoning, simmer for 15 minutes, until pasta is cooked
- Just before the soup is ready slice the lettuce leaves and stir in
- Serve the soup with pesto on top

CHO (g)	42
Fat (g)	10
Protein (g)	24
Energy (Kcal)	368

Greek Chicken

Dinner 15 Mediterranean

Ingredients

For the chicken

- 1 skinless chicken breast
- 1 tsp dried oregano
- 1 tsp ground allspice
- ½ lemon
- Olive oil

For the couscous

- 100g couscous
- 1 pepper
- 1 spring onion
- ½ handful fresh dill
- 75g frozen peas
- ½ tbsp extra virgin olive oil
- 10g feta cheese
- ½ tbsp fat-free natural yoghurt

Instructions

- Add an equal volume of boiling water to the couscous with a pinch of salt, cover and set aside
- In a bowl toss the chicken with oregano, allspice, lemon zest, salt and pepper – place in frying pan on medium heat with 1 tbsp olive oil and turn regularly until cooked
- Warm peas in a bowl with boiling water for 5 minutes then drain
- Remove stalk and seeds from the pepper and slice into cubes
- Slice spring onions, chili and dill and mix with pepper
- Mix all the salad and vegetables with the couscous and crumble over feta cheese
- Place the chicken on top and squeeze over lemon juice, extra virgin olive oil and natural yoghurt

CHO (g)	51
Fat (g)	9
Protein (g)	38
Energy (Kcal)	410