














GO MEDITERRANEAN FOR 1 WEEK

Transport yourself to the Mediterranean with this healthy and flavorful meal plan. Not only is the Mediterranean diet delicious, it is also known to help reduce depression, support heart health and may even help fend off cancer.

BY JESSE LANE LEE

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 2 servings Green Banana Mint Smoothie (p. 2, save leftovers)	 1 serving Grain-Free Chicken & Vegetable Quiche (p. 2, save leftovers)	  1 serving Shrimp & Farro Pilaf (p. 3, save leftovers); 1 serving Strawberry Basil Mascarpone Mousse (p. 4, save leftovers)	Calories: 1,430, Fat: 72 g, Sat. Fat: 36 g, Carbs: 126 g, Fiber: 29 g, Sugars: 27 g, Protein: 71 g, Sodium: 675 mg, Cholesterol: 355 mg
TUESDAY	 1 serving Gluten-Free, Dairy-Free Banana Pancakes (p. 5, save leftovers)	 1 serving Shrimp & Farro Pilaf (leftovers, p. 3)	  1 serving Grain-Free Chicken & Vegetable Quiche (leftovers, p. 2); 1 serving Strawberry Basil Mascarpone Mousse (leftovers, p. 4)	Calories: 1,468, Fat: 86 g, Sat. Fat: 39 g, Carbs: 117 g, Fiber: 27 g, Sugars: 24 g, Protein: 63 g, Sodium: 1,035 mg, Cholesterol: 417 mg
WEDNESDAY	 1 serving Gluten-Free, Dairy-Free Banana Pancakes (leftovers, p. 5)	 2 servings Spinach Feta Pie (p. 6, save leftovers)	  1 serving Shrimp & Farro Pilaf (leftovers, p. 3)	Calories: 1,333, Fat: 71 g, Sat. Fat: 19 g, Carbs: 118 g, Fiber: 26 g, Sugars: 17 g, Protein: 63 g, Sodium: 1,802 mg, Cholesterol: 452 mg
THURSDAY	 1 serving Grain-Free Chicken & Vegetable Quiche (leftovers, p. 2)	 1 serving Shrimp & Farro Pilaf (leftovers, p. 3)	  1 serving Mediterranean Farro Salad (p. 7, save leftovers); 1 serving Strawberry Basil Mascarpone Mousse (leftovers, p. 4)	Calories: 1,246, Fat: 61 g, Sat. Fat: 25 g, Carbs: 138 g, Fiber: 22 g, Sugars: 26 g, Protein: 44 g, Sodium: 888 mg, Cholesterol: 181 mg
FRIDAY	 1 serving Gluten-Free, Dairy-Free Banana Pancakes (leftovers, p. 5)	 1 serving Mediterranean Farro Salad (leftovers, p. 7)	  2 servings Spinach Feta Pie (leftovers, p. 6); 1 serving Strawberry Basil Mascarpone Mousse (leftovers, p. 4)	Calories: 1,449, Fat: 94 g, Sat. Fat: 36 g, Carbs: 110 g, Fiber: 20 g, Sugars: 39 g, Protein: 49 g, Sodium: 1,846 mg, Cholesterol: 457 mg
SATURDAY	 1 serving Gluten-Free, Dairy-Free Banana Pancakes (leftovers, p. 5)	 1 serving Mediterranean Farro Salad (leftovers, p. 7)	 2 servings Grain-Free Chicken & Vegetable Quiche (leftovers, p. 2)	Calories: 1,377, Fat: 85 g, Sat. Fat: 40 g, Carbs: 98 g, Fiber: 26 g, Sugars: 28 g, Protein: 62 g, Sodium: 1,308 mg, Cholesterol: 461 mg
SUNDAY	 2 servings Green Banana Mint Smoothie (leftovers, p. 2)	 1 serving Grain-Free Chicken & Vegetable Quiche (leftovers, p. 2)	  1 serving Mediterranean Farro Salad (leftovers, p. 7); 1 serving Strawberry Basil Mascarpone Mousse (leftovers, p. 4)	Calories: 1,282, Fat: 72 g, Sat. Fat: 37 g, Carbs: 107 g, Fiber: 23 g, Sugars: 38 g, Protein: 54 g, Sodium: 711 mg, Cholesterol: 284 mg

Green Banana Mint Smoothie

(P) (F) (Q) (V) (GF)

SERVES 4.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 5 MINUTES.

Mint has many health benefits, including promoting digestion and soothing stomach aches, and it adds a refreshing touch to this protein-packed smoothie that will leave you feeling energized.

- 1 cup unsweetened almond milk
- 3 cups baby spinach
- 1 frozen banana
- 4 tbsp (1 scoop) protein powder
- 3 tbsp mint
- 2 tbsp flaxseeds
- 1 cup ice

Add all ingredients to a blender and blend until smooth.

NOTE: If following our Meal Plan, freeze leftovers.

PER SERVING Calories: 140, Total Fat: 4 g, Sat. Fat: 0 g, Carbs: 15 g, Fiber: 5 g, Sugars: 5 g, Protein: 10 g, Sodium: 0 mg, Cholesterol: 0 mg

Grain-Free Chicken & Vegetable Quiche (F) (GF)

SERVES 6. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

A simple press-in crust of egg, coconut oil and coconut flour forms the base for this grain-free twist on a quiche. Feta cheese and fresh mint and dill make this dish a flavorful addition to a Mediterranean eating plan.

- 1 cup cooked and diced boneless, skinless chicken breasts
- ½ cup halved cherry tomatoes
- ⅓ cup crumbled feta cheese
- 1 green onion, thinly sliced
- 2 tbsp chopped fresh dill
- 1 to 2 tbsp chopped fresh mint leaves
- 3 eggs
- 1 cup whole milk
- ¼ tsp ground nutmeg
- sea salt and ground black pepper, to taste

CRUST

- 2 eggs, beaten
- ⅓ cup coconut oil, melted + additional for greasing pie plate
- ¾ cup coconut flour

1. Preheat oven to 350°F. Prepare crust: In a medium bowl, whisk 2 eggs and oil until blended. Stir in flour until just combined.
2. Lightly grease a 9-inch pie plate. Using your hands, press crust mixture into plate until base and sides are evenly covered and smooth. Bake until light golden brown, about 10 minutes. **(MAKE AHEAD:** Prepare crust up to this point up to 2 days ahead; cover and refrigerate. Bring to room temperature before filling and baking.)
3. Increase oven temperature to 375°F. In a medium bowl, combine chicken, tomatoes, cheese, green onion, dill and mint. Sprinkle evenly into pie shell. In bowl, whisk together 3 eggs, milk, nutmeg, salt and pepper; pour evenly over ingredients in shell.
4. Bake until a knife inserted in center of quiche comes out clean, about 30 minutes. **(TIP:** If edges begin to brown too quickly before quiche is set, loosely cover crust with foil.) Let cool on a wire rack for 10 minutes before serving.

NOTE: If following our Meal Plan, freeze leftover servings. Reheat in a 350°F oven for 30 minutes, or to an internal temperature of 165°F.

PER SERVING (⅙ of recipe): Calories: 321, Total Fat: 22 g, Sat. Fat: 16 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 11.5 g, Fiber: 5 g, Sugars: 4 g, Protein: 19 g, Sodium: 245 mg, Cholesterol: 191 mg

Shrimp & Farro Pilaf

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 55 MINUTES.*

*PLUS OVERNIGHT SOAKING.

Always choose your carbohydrates carefully to keep your energy levels steady. Here, we've chosen whole-grain farro as the base of our scrumptious pilaf – it contains fiber as well as iron, a mineral that's essential for your body to make hemoglobin, which delivers oxygen to your body's cells.

- 1½ cups** whole-grain farro, soaked overnight (see tip)
- 1** red onion, cut into small dice
- 3 cloves** garlic, minced
- 3 tbsp** extra-virgin olive oil, divided
- 2 tsp** dried oregano
- ¼ tsp** red pepper flakes
- 1 15-oz** BPA-free can great northern beans, drained and rinsed (or 1½ cups cooked)
- ½ tsp** sea salt, divided
- zest and juice of** 1 small lemon
- ¼ tsp** raw honey
- ⅛ tsp** ground black pepper
- 3 cups** baby spinach leaves
- 8 oz** large shrimp, peeled and deveined
- ¼ cup** crumbled feta cheese
- ¼ cup** unsalted walnuts, toasted and chopped

- 1.** Drain farro and spread it out on a baking sheet to dry slightly.
- 2.** In a small bowl, combine onion and garlic. In a medium saucepan on medium, add 2 tsp oil. Sauté half of onion and garlic mixture for 1 minute. Add farro, oregano and pepper flakes; stir for 1 minute more. Pour in 2¼ cups water, stir and increase heat to bring to a boil. Cover, reduce heat to low; simmer for 35 to 40 minutes, until farro is tender but still chewy. Stir in beans and ¼ tsp salt; cover to keep warm.
- 3.** Meanwhile, in a small bowl, whisk together lemon zest and juice, 2 tbsp oil, honey, remaining ¼ tsp salt and black pepper. Set aside.
- 4.** In a large sauté pan on medium-high, heat remaining 1 tsp oil. Add remaining half of onion and garlic mixture; sauté for 1 minute. Add spinach and sauté for 2 minutes, until wilted. Toss in shrimp and sauté for 3 minutes, until pink and cooked through.

- 5.** Transfer farro to a serving bowl. Drizzle with vinaigrette and toss. Top with shrimp and spinach and sprinkle with feta and walnuts.

NOTE: If following our Meal Plan, store leftover servings in the refrigerator.

PER SERVING (¼ of recipe): Calories: 565, Total Fat: 19 g, Sat. Fat: 4 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 5 g, Carbs: 73 g, Fiber: 14 g, Sugars: 2 g, Protein: 29 g, Sodium: 422 mg, Cholesterol: 88 mg

TIP: Whole-grain farro, a staple grain in Mediterranean regions, retains the hull, bran and germ, making it nutritionally superior to semi-pearled and pearled varieties. Soak whole-grain farro overnight before cooking. If you can't find whole-grain farro, opt for semi-pearled or pearled varieties, skip the soaking step and reduce cook time to 15 to 30 minutes.

Strawberry Basil Mascarpone Mousse

F V GF

SERVES 6. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 35 MINUTES.*

*PLUS CHILLING TIME.

Less tangy than cream cheese, mascarpone is a velvety Italian cheese is made from heavy cream, which gives it a buttery and slightly sweet taste that's perfect for desserts. Here, we combine it with whipping cream and a basil-infused strawberry purée for a decadent mousse with a Mediterranean flavor.

- 3 cups** sliced strawberries (about 1 lb)
- ¼ cup** organic evaporated cane juice (aka organic sugar)
- ¼ cup** loosely packed torn basil leaves
- 1 cup** mascarpone cheese
- ⅔ cup** whipping cream, chilled

1. Set a fine mesh sieve over a bowl. In a large saucepan on medium-high, combine strawberries and cane juice. Cook, stirring occasionally, until berries begin to break down and release their juices, 4 to 5 minutes. Add basil and reduce heat to low. Simmer until berries are very soft, 10 minutes. Remove from heat and purée using an immersion blender. Strain mixture through sieve, pressing on solids with a rubber spatula and then scraping bottom of sieve to get all the purée into the bowl; discard seeds and basil. Place purée in refrigerator until well chilled, 1 to 2 hours.

2. Using a handheld mixer on medium, beat mascarpone into chilled strawberry purée until light and fluffy, 2 to 3 minutes. Clean beaters. In a second bowl, beat cream at medium speed until stiff peaks form, 3 to 4 minutes.

3. Fold whipped cream into strawberry mixture until no white streaks are visible. Spoon or pipe mousse into dessert cups and chill until set, at least 1 hour or overnight.

NOTE: If following our Meal Plan, cover and freeze 2 leftover servings and refrigerate remaining. Thaw frozen servings in the refrigerator for at least 1 hour before eating. Recipe makes 1 extra serving; store in freezer for future use.

PER SERVING (½ of recipe): Calories: 264, Total Fat: 23 g, Sat. Fat: 16 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 2.5 g, Carbs: 11 g, Fiber: 0 g, Sugars: 11 g, Protein: 3 g, Sodium: 8 mg, Cholesterol: 76 mg

Gluten-Free, Dairy-Free Banana Pancakes

P F Q V GF

SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

Almond and coconut flours give these gluten-free pancakes a boost of fiber and protein to keep you well-fueled through the morning. There's no added sugar, so be sure to use ripe bananas – the riper they are, the sweeter your pancakes will be. Top with sliced bananas and/or berries and a drizzle of pure maple syrup or raw honey, if you like.

- 1½ cups almond flour
- 5 tbsp coconut flour
- 1 tsp ground cinnamon
- ½ tsp each sea salt and baking soda
- 2 large eggs + 2 large egg whites
- 1 cup mashed ripe banana (about 2 bananas)
- 1¼ cups plain unsweetened almond milk
- 1 tsp pure vanilla extract
- 6 tbsp chopped toasted unsalted walnuts

1. In a large bowl, whisk together almond flour, coconut flour, cinnamon, salt and baking soda. In a separate bowl, whisk together eggs, egg whites, banana, milk and vanilla; add to flour mixture and stir to combine.

2. Mist a large nonstick skillet with cooking spray and heat on medium. Drop ¼ cup batter into skillet; spread out to a 3½- to 4-inch round. Repeat 2 to 3 times to fill skillet.

3. Reduce heat to medium-low; cook until bottoms are golden brown, about 2 minutes. Carefully flip pancakes; cook until golden brown, 1 to 2 minutes more. Transfer to a large plate; mist skillet again with cooking spray and repeat with remaining batter, reducing heat as necessary if pancakes brown too quickly. (**MAKE AHEAD:** Let cool completely, then store in a covered container between layers of parchment paper. Refrigerate for 3 to 4 days, or freeze.)

4. To reheat, heat a large nonstick skillet on medium; add pancakes (thawed if frozen) and cook, turning once until warmed through, about 2 minutes. Or reheat from frozen in a toaster until warmed through. Sprinkle servings with walnuts.

NOTE: If following our Meal Plan, refrigerate 3 servings and reheat as directed in Step 4 when called for in the plan. Recipe makes 2 extra servings; freeze for future use.

PER SERVING (⅙ of recipe): Calories: 318, Total Fat: 22 g, Sat. Fat: 3 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 7.5 g, Carbs: 21 g, Fiber: 8 g, Sugars: 7 g, Protein: 12 g, Sodium: 360 mg, Cholesterol: 62 mg

Spinach Feta Pie with Sweet Potato Crust V GF

SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 15 MINUTES.

With the Greek flavors of feta, spinach and dill, this low-carb take on a pie is reminiscent of spanakopita. We used sweet potatoes instead of a typical pie crust for a boost of fiber and antioxidants.

- 12 oz** sweet potatoes (1 large or 2 small), peeled and thinly sliced
- 2 tbsp** avocado oil
- 1** yellow onion, diced
- ¾ tsp** sea salt, divided
- 2 cloves** garlic, minced
- 5 cups** loosely packed baby spinach
- ¼ tsp** ground black pepper, divided
- 4 large** eggs
- ½ cup** full-fat ricotta cheese
- 1½ tsp** dried dill (or use about 1½ tbsp chopped fresh dill and garnish with dill fronds)
- 4 oz** crumbled full-fat feta cheese

1. Preheat oven to 400°F. Mist a 9-inch pie plate with cooking spray. Place a layer of sweet potato slices over bottom and up sides of pie plate. Mist sweet potatoes with cooking spray and add remaining sweet potato slices, filling in any gaps; mist again with cooking spray. Bake until sweet potatoes are tender, 13 to 15 minutes. Reduce oven temperature to 350°F.

2. In a large skillet on medium, heat oil. Add onion and ⅛ tsp salt; sauté until tender, 5 minutes. Add garlic; sauté 1 minute, until fragrant. Add spinach, one large handful at a time, cooking and stirring until it wilts before adding more. Season with ⅛ tsp each salt and pepper. Continue to cook until all spinach has wilted and liquid has cooked off, about 3 minutes. Spread mixture evenly over sweet potato slices in pie plate.

3. In a large bowl, whisk together eggs, ricotta, dill, remaining ½ tsp salt and remaining ⅛ tsp pepper. Pour over spinach mixture. Sprinkle feta over top. Bake until eggs have set, about 25 minutes. (**NOTE:** Check after 25 minutes by cutting a small slit into center with a paring knife. If eggs are still runny, continue baking until cooked through, checking every 2 minutes.) Let pie cool 5 minutes before cutting into wedges.

NOTE: If following our Meal Plan, store 2 leftover servings in the refrigerator for later in the week. Reheat in a 350°F oven for 20 minutes, or until warmed through. Recipe makes 2 extra servings; freeze for future use.

PER SERVING (¼ of recipe):
Calories: 225, Fat: 15 g, Sat. Fat: 6 g,
Monounsaturated Fat: 6 g, Polyunsaturated
Fat: 2 g, Carbs: 12 g, Fiber: 2 g, Sugars: 4 g,
Protein: 11 g, Sodium: 510 mg, Cholesterol: 151 mg

Mediterranean Farro Salad

with Lemon Thyme Dressing



SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 1 HOUR.

Chewy farro provides toothsome texture to this meatless salad topped with feta, olives and roasted grapes.

- 2 cups** red grapes
- 2 tbsp** extra-virgin olive oil, divided
- ¼ tsp** each sea salt and ground black pepper, divided
- 1 cup** whole-grain farro
- 3 tbsp** fresh lemon juice + 1 tsp lemon zest
- 2 tbsp** white wine vinegar
- 2 tbsp** chopped fresh thyme
- 4 cups** baby spinach
- ½ cup** crumbled feta cheese
- ¼ cup** chopped Kalamata olives
- ¼ cup** toasted unsalted pecans

1. Preheat oven to 400°F. Spread grapes on a parchment-lined baking sheet; drizzle with 1 tsp oil. Sprinkle with ⅛ tsp each salt and pepper. Roast until blistered, 15 minutes. Set aside to cool.

2. Meanwhile, place farro in large pot with 4 cups water; bring to a boil. Cover and reduce heat to low. Cook until tender. Drain and spread on a separate baking sheet to cool, 7 to 10 minutes. **(TIP:** Whole-grain farro takes about 35 to 40 minutes to become tender; if you can't find whole-grain farro, look for semi-pearled or pearled and reduce cooking time to 15 to 30 minutes.)

3. Meanwhile, make dressing: In a small bowl, mix together lemon juice and zest, vinegar, remaining 5 tsp oil, thyme and remaining ⅛ tsp each salt and pepper.

4. In a large bowl, combine farro, grapes, spinach, feta, olives and pecans. Drizzle with dressing; toss gently to combine.

NOTE: If following our Meal Plan, refrigerate leftovers.

PER SERVING (¼ of recipe): Calories: 417, Total Fat: 19 g, Sat. Fat: 5 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 3 g, Carbs: 54 g, Fiber: 8 g, Sugars: 13 g, Protein: 12 g, Sodium: 458 mg, Cholesterol: 17 mg

GROCERY LIST

PROTEINS & DAIRY

- ☐ 9 oz feta cheese
- ☐ 3 oz full-fat ricotta cheese
- ☐ 6 oz mascarpone cheese
- ☐ 1 15-oz BPA-free can great northern beans
- ☐ 8 oz large shrimp
- ☐ 1 rotisserie chicken (or cook your own; you'll need 5 oz cooked boneless, skinless chicken breast)
- ☐ 13 large eggs
- ☐ 8 oz whole milk
- ☐ ½ pint whipping cream
- ☐ 8 oz almond milk
- ☐ 1 container protein powder

VEGGIES & FRUITS

- ☐ 11 oz red grapes
- ☐ 2 lemons
- ☐ 1 bundle fresh thyme
- ☐ 1 bundle fresh dill
- ☐ 1 bundle fresh mint
- ☐ 1 bundle fresh basil
- ☐ 1 15-oz container baby spinach
- ☐ 1 container Kalamata olives
- ☐ 1 red onion
- ☐ 1 yellow onion
- ☐ 1 green onion
- ☐ ½ pint cherry tomatoes
- ☐ 3 bananas
- ☐ 1 pint strawberries
- ☐ 1 large (12 oz) sweet potato
- ☐ 1 head garlic

WHOLE GRAINS

- ☐ 1 bag whole-grain farro

NUTS, SEEDS & OILS

- ☐ 1 oz toasted unsalted pecans
- ☐ 3 oz unsalted walnuts
- ☐ 1 bag flaxseeds
- ☐ 1 bottle extra-virgin olive oil
- ☐ 1 bottle coconut oil
- ☐ 1 bottle avocado oil
- ☐ 1 bag almond flour

PANTRY STAPLES

- ☐ 1 bottle white wine vinegar
- ☐ 1 bottle raw honey
- ☐ 1 bag coconut flour
- ☐ 1 bottle sea salt
- ☐ 1 bottle ground black pepper
- ☐ 1 bottle dried oregano
- ☐ 1 bottle red pepper flakes
- ☐ 1 bottle ground nutmeg
- ☐ 1 bottle ground cinnamon
- ☐ 1 bottle baking soda
- ☐ 1 bottle pure vanilla extract
- ☐ 1 bag organic evaporated cane juice

We include our symbols on every recipe for easy reading.

P Paleo

F Freezable

Q Quick under 45 minutes

V Vegetarian may contain eggs and dairy

GF Gluten-free

GFA Gluten-free adaptable Recipe contains soy sauce, hoisin sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.