Mediterranean Diet for Weight Loss by Chef Jeff - Cheese and Recipes

Breakfast Greek Yogurt Bowl

Calories: ~300

Ingredients:

- 1 cup (240g) plain Greek yogurt (2% fat)
- 1/2 cup (75g) sliced strawberries
- 1 tbsp (10g) chia seeds
- 1 tsp (7g) raw honey (optional)
- 1/4 tsp cinnamon
- 1 tbsp chopped almonds (7g)
- 1 small mint leaf for garnish (optional)

Instructions:

Mix all ingredients in a bowl and serve chilled.

Morning Snack Almonds & Apple

Calories: ~180

Ingredients:

- 1 small apple (100g)
- 12 raw almonds (15g)

Instructions:

Eat together as a snack.

Lunch Mediterranean Chickpea Salad

Calories: ~450

Ingredients:

- 3/4 cup canned chickpeas, rinsed (130g)
- 1/2 cup chopped cucumber (60g)
- 1/2 cup cherry tomatoes (75g)

- 1/4 red onion, sliced
- 1 tbsp sliced Kalamata olives (10g)
- 1 oz (30g) crumbled feta
- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- Spices: oregano, salt, pepper

Instructions:

Toss everything together and let sit for 10 minutes.

Afternoon Snack Hummus & Veggie Sticks

Calories: ~200

Ingredients:

- 1/4 cup hummus (60g)
- 1/2 medium carrot, in sticks
- 1 celery stalk
- 1/4 bell pepper
- 1/4 cucumber

Instructions:

Serve hummus with chopped veggies.

Dinner Grilled Salmon with Quinoa & Roasted Vegetables

Calories: ~500550

Ingredients:

- 4 oz (115g) salmon
- 1/2 tsp olive oil
- Spices: salt, pepper, garlic powder
- 1/2 cup cooked quinoa (90g)
- 1/2 cup zucchini (60g)

- 1/2 cup eggplant (60g)
- 1/4 cup bell pepper
- 1 tbsp olive oil
- 1/4 lemon juice
- 1 tsp chopped parsley

Instructions:

Roast veggies at 400F for 20 min.

Grill salmon until cooked through. Serve over quinoa with veggies and lemon.

Optional Red Wine

Calories: ~120

- 1 glass (5 oz / 150ml) dry red wine

Instructions:

Enjoy with dinner if desired.