

# Lose Weight, Feel Great Mediterranean Diet Companion Guide

The following pages will help you fully adopt the Mediterranean Diet.

1. First Things To Do
2. The Mediterranean Diet Guidelines
3. My Mediterranean Diet Pyramid
4. Get Started Groceries
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The Mediterranean Diet integrates basic healthy eating with the wonderful flavors, textures, and ingredients that have been enjoyed by the people of the Mediterranean for eons.

- ◆ **Change Habits, Commit To The Change**
- ◆ **Consume Three Servings Of Fruits And Vegetables Each Day**
- ◆ **Pick Ingredients That Have Known Health Benefits**
- ◆ **Prepare And Eat Meals Slowly**
- ◆ **Savor Your Food**
- ◆ **Use Up To 1/4 Cup Of Extra Virgin Olive Oil Daily**
- ◆ **Drink 1/2 Your Body Weight In Ounces Of Water Daily**
- ◆ **Eliminate Sweet Drinks, Don't Drink Calories**
- ◆ **Control Portions To Lose Or Maintain Weight**
- ◆ **Have At Least Two Legume Meals Per Week**
- ◆ **Have At Least Two Servings Of Fish Per Week**
- ◆ **Have Dried Fruit, Nuts or Cheese For Snacks Or Dessert**
- ◆ **Eat Dairy Sparingly, Yogurt Daily**
- ◆ **Reduce Or Eliminate Meat To No More Than Once Or Twice A Week**
- ◆ **Reduce Carbohydrates & Eat Only Wholegrain**
- ◆ **Have Wine In Moderation**
- ◆ **Sweets Are For Special Occasions Only**
- ◆ **Regulate Sleep**
- ◆ **Eat Early In The Day**
- ◆ **Get A Diet Buddy**
- ◆ **Share your Story**

Lose Weight, Feel Great

Mediterranean Diet



By Rick Helvey

# My Mediterranean Diet Pyramid



Less Meats  
and Sweets

Moderate Weekly Poultry,  
Cheese, Yogurt

Twice a Week Fish or Seafood, Wine

Daily Water, Vegetables, Fruits, Whole Grains.  
Olive Oil, Beans, Nuts, Legumes, Seeds, Herbs

Daily Physical Activity and Meals With Others

*Mediterranean Diet*

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# Mediterranean Diet - Get Started Groceries

**Organic is always best. If too expensive or unavailable use the least processed option available**

**Fruits: Oranges, Apples, Bananas, Grapes, Apricots, Avocados, Cherries, Figs, Plums, Pomegranates, Peaches, Melons, Lemons, Grapes**

**Berries: Strawberries, Blueberries, Raspberries, Goji, Bilberries, Acai, Cranberries, Blackberries**

**Common Vegetables: Broccoli, Spinach, Carrots, Kale, Onions, Artichokes, Bell Peppers, Eggplant, Beets, Cabbage, Green Beans, Leaf Greens, Leeks, Mushrooms, Olives, Squash, Tomatoes, Garlic, Potatoes, Sweet Potatoes**

**Frozen veggies: Mixes with vegetables identified above**

**Nuts and Seeds: Almonds, Walnuts, Sunflower Seeds, Pumpkin Seeds, Pine Nuts, Peanuts, Cashews, Flax Seeds, Hemp Seeds**

**Beans and Legumes: Lentils, Hummus, Garbanzo (Chick Peas), Black Beans, Kidney Beans, Peas, Soybean, Pinto Beans, Navy Beans**

**Grains: Quinoa, Polenta, Rice, Whole Grain Pasta, Oatmeal, Couscous, Bulgur, Sourdough Whole Grain Bread**

**Seafood: Shrimp (only wild), Cod, Crab, Pole Caught Albacore (Tuna), Scallops, Wild Caught Salmon, Wild Caught Sardines, Farmed Mussels, Arctic Char, U.S Farmed Barramundi, Wild Atlantic Long fin Squid, Atlantic Mackerel**

**Oils and Fats: Extra Virgin Olive Oil, Avocado Oil, Canola Oil, Grape Seed Oil, Sesame Oil**

**Herbs and Spices: Sea Salt, Himalayan Salt, Black Pepper, Turmeric, Cinnamon, Basil, Cilantro (Coriander), Cumin, Mint, Sage, Thyme, Tarragon, Oregano**

**Dairy: Cheese, Greek Yogurt, Low-fat Milk, Eggs**

# What else can you do?

[Join the Mediterranean Diet Facebook Group here.](#)

This fun, supportive and active group will help you with everything you need to be successful.

[Visit my Mediterranean Diet website for recipes and articles here.](#)

Hundreds of searchable topical posts on every Mediterranean Diet related topic.

Stay tuned for the second edition of the Lose Weight, Feel Great Mediterranean Diet book.

Lose Weight, Feel Great Mediterranean Diet sets newcomers to this diet up for success, while having recipes and topics of interest for long time followers of the Mediterranean Diet Way of Eating. This book discusses the why, what, and how of adopting the Mediterranean Diet.

[Guarantee your success with One on One Coaching here.](#)

Find out more here.