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.

Lose Weight, Feel Great

Mediterranean Diet

By Rick Helvey

- **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**

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My Mediterranean Diet Pyramid

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

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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.

Pick up my Lose Weight, Feel Great Mediterranean Diet book here.

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.