

The background is a dense, colorful collage of fresh ingredients. It features several bright red tomatoes, some whole and some sliced into halves. There are several whole lemons and lemon slices. Onions of various sizes are scattered throughout. Purple eggplants are prominent, along with green zucchini and cucumber. A whole, fresh fish with blue and silver scales is positioned in the lower right. The overall composition is rich and appetizing, representing a healthy Mediterranean diet.

Mediterranean

Diet

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Guide

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Mediterranean Diet

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Preface

You, or someone you know, may be curious about the Mediterranean diet. Maybe you've heard of its reputation for promoting long life, heart health, or overall vitality. Or perhaps you're looking for a way to eat that feels less like restriction and more like celebration — food that nourishes both body and soul. Either way, the questions often arise: What makes the Mediterranean diet different from other diets? Why has it consistently topped lists of the world's healthiest diets? Why are scientists, dietitians, and nutritionists always talking about it? And how can you adapt it to fit your own life, kitchen, and goals?

For decades, researchers have been investigating why older generations living around the Mediterranean enjoy some of the longest, healthiest lives on Earth. The answer isn't expensive supplements, restrictive eating, or laborious calorie and macro counting. It's something far simpler and more enduring: a way of eating that has nourished civilisations for millennia.

The Mediterranean diet isn't a "diet" in the conventional sense. It's not about calorie counting, eliminating food groups, or following rigid meal plans and rules. It's a time-tested approach rooted in the traditional foods and lifestyle practices of the countries bordering the Mediterranean Sea — places where people have long enjoyed exceptional health, lower rates of chronic disease, and a high quality of life. It emphasises whole foods, healthy fats, abundant plants, moderate portions of fish and poultry, and the simple pleasure of sharing meals with others. It's about sitting down to a warm bowl of lentil stew, enjoying a vibrant Greek salad on a summer afternoon, and gathering around a table filled with small plates of *keftedes*, hummus, *dolmas*, and roasted vegetables.

Study after study confirms the Mediterranean approach reduces heart disease and cancer rates, supports brain health, helps maintain a healthy body weight, and extends both health- and lifespan — all without compromising on taste or the enjoyment of food. You don't have to eat like a caveman, a monk, a ballerina, or an athlete. The primary strength of this way of eating is that it's relatively easy to follow and keep following for more than a few weeks — ideally, for life. It is a lifestyle, not a diet. Backed by decades of scientific research and centuries of cultural practice, this guide explores the Mediterranean diet in full: from its key ingredients and cooking techniques to the lifestyle factors that make this pattern so effective. By the end, you'll understand not just what to eat, but why the Mediterranean diet is one of the most sustainable, enjoyable, and evidence-backed approaches to nutrition — and how to make it work practically in your own kitchen.

What This Guide Does

This combined guide gives you both the understanding and the practice of Mediterranean eating.

The first half explores all the essential components of the diet: its history and philosophy, the foods that define it, the science behind its health benefits, and the broader lifestyle factors that are often overlooked — like mindful eating, physical activity, and social connection. Each chapter focuses on a different element, giving you both the what and the why. You'll discover what sets the Mediterranean diet apart from fleeting trends and fad diets, and why it consistently outperforms — or at least equals — most other dietary approaches, whether for weight management, healthy ageing, inflammation, or heart, brain, and metabolic health.

The 26 recipes are organised alphabetically — from *Aquacotta*, Tuscany's humble "cooked water" soup, to *Zucchini al Pesto*, a plant-based Ligurian classic — and span the full range of Mediterranean eating.

You'll find hearty soups and stews, vibrant salads, protein-rich legume dishes, simple poultry and seafood preparations, aromatic herb sauces, and naturally sweetened desserts. There are substantial main courses like Lemon Roast Chicken and Chicken Souvlaki, perfect for family dinners; complete-meal-in-a-bowl options like Minestrone, Lentil Stew, and Fave e Cicoria, which prove that plant-based eating can be genuinely satisfying; and foundational recipes like Hummus, Olive Tapenade, and homemade Whole Wheat Flatbread that will become staples you return to again and again.

Every recipe includes nutritional information, preparation and cooking times, cost estimates per serving, and notes on storage and freezing. You'll know what dishes provide which nutrients, which ones are ideal for batch cooking, and which ingredients can be substituted depending on the season or your dietary needs. At the back of the guide, you'll find a glossary covering ingredients, techniques, and nutritional terms, plus comparison tables across all 26 recipes to support easy meal planning.

This Guide Is and Isn't

This is a combined reference and recipe collection: an evidence-based introduction to the Mediterranean diet paired with authentic, affordable, nutritious recipes and practical guidance. It is not a weight-loss plan, a strict meal schedule, or a comprehensive encyclopaedia of every Mediterranean dish. It won't tell you exactly when to eat or precisely how much — because that's not how Mediterranean people approach food, and it's not how this guide approaches it either.

Who This Guide Is For

Whether you're completely new to the Mediterranean diet, returning after trying other approaches, or already familiar with it but wanting deeper insight into why it works so well — this guide is for you.

It's equally suited to health professionals seeking evidence-based guidance, home cooks looking for nutritious and satisfying meals, people managing chronic health concerns, or anyone simply wanting to eat better without deprivation. This guide is designed to meet you wherever you are, and provide clarity, confidence, and practical advice.

The recipes assume some basic kitchen competence — you should know how to chop an onion, boil water, and handle a knife safely — but they don't require expert skills or expensive equipment. A good knife, a cutting board, a few pots and pans, and a baking dish will cover most of what you'll find here.

The Diet's Philosophy

The health benefits of the Mediterranean lifestyle stem from more than just what people eat; they're equally about how people eat and how they live. Meals are social occasions, not fuel stops. They're eaten slowly, often with family or friends, at a table rather than in front of a screen. This mindful approach aids digestion, prevents overeating, and nourishes relationships alongside the body.

Seasonality matters, too. These recipes celebrate ingredients at their peak — when they're most abundant, affordable, flavourful, and nutritious. A Greek salad made with sun-ripened summer tomatoes is a completely different experience to one made with winter hothouse ones. When recipes call for specific vegetables, consider what's most available and vibrant in your market right now. That kind of flexibility is authentically Mediterranean. The recipes here are a guide, not a rulebook.

You'll also notice that these recipes don't give exact measurements for seasonings: salt, pepper, olive oil, herbs, lemon juice, or red wine vinegar. That's intentional. Mediterranean cooks season instinctively, tasting as they go. Start conservatively, then adjust to your preference.

Beyond food, Mediterranean populations maintain active lifestyles not through gym memberships but through daily movement: walking to the market, taking the stairs, tending a garden, spending time outdoors with others. Stress management comes through strong social connections, adequate rest, and plenty of sunlight. While this guide can't replicate Sicilian sunshine or Greek island living, it can bring some of the Mediterranean approach into your daily life — and that's a good start.

Mediterranean Pantry

One of this guide's core principles is accessibility. You won't need to hunt down obscure ingredients or spend a fortune stocking your shelves. Most recipes use everyday items available in any well-stocked supermarket. That said, investing in a few quality staples will make Mediterranean cooking easier and more enjoyable.

Essential pantry items: Extra virgin olive oil (buy the best you can afford), dried oregano, cumin, paprika, good sea salt and black peppercorns, canned tomatoes, dried legumes (chickpeas, lentils, white beans), canned tuna and anchovies, olives, capers, tahini, whole grain pasta and rice.

Fresh staples to keep on hand: Garlic, lemons, onions, fresh herbs (parsley, basil, mint), seasonal vegetables, and Greek yoghurt.

Mediterranean cooking relies on a small number of quality ingredients cooked well. A Greek salad made with watery tomatoes, rubbery olives, and poor-quality olive oil will disappoint. The same recipe made with peak-season tomatoes, good olives, and peppery extra virgin olive oil is something else entirely. "High quality" doesn't always mean expensive — it means fresh, seasonal, and thoughtfully sourced.

How to Use This Guide

The diet section is structured as 26 short, focused chapters — one per letter of the alphabet — designed as quick, easy reads that can fit into your day.

You can read straight through from cover to cover for a full overview, or dip into individual chapters as reference whenever you need specific information.

The recipe section follows the same alphabetical format and can be used just as flexibly. Cook through it in order, jump to whatever sounds right for tonight, or plan weekly menus around what's on sale at the market. Make a recipe exactly as written, or adapt it to your preferences and whatever's in your refrigerator. Difficulty ratings help you choose appropriately for your skill level and available time, and many dishes improve with resting or reheating, making them ideal for batch cooking. Cost per serving ranges from under £1 (flatbread, fig jam) to around £6 for meat- and seafood-based dishes, with most falling in the £1.50–£2.50 range — complete, satisfying meals that compare favourably to processed convenience food or eating out.

The Mediterranean way is flexible, forgiving, and focused on pleasure as much as health. Done right, it isn't complicated or intimidating. It's simple, satisfying, and entirely sustainable — one letter at a time.

- END -

Ageing

A

Growing older doesn't have to mean declining health. The MedDiet provides one of the most well-researched nutritional pathways to a longer, healthier life.

Studies consistently show that people who follow MedDiet patterns tend to live longer. A large-scale study found that those who followed the MedDiet reduced their death rates by over a fifth. In addition to extending life, the diet protects cardiovascular, cognitive and physical health, which decline as we age.

Quality vs. Quantity

The concept of "healthspan" is the period of life spent in good health, free from chronic disease and disability. Research from one of the largest dietary intervention studies ever done showed that older adults following the MedDiet (supplemented with extra virgin olive oil or nuts) experienced significant improvements in their quality of life and reduced frailty compared to a standard low-fat diet.

Participants maintained better physical function, cognitive performance, and independence in their later years. The benefits of the MedDiet on healthy ageing are thought to come from the abundance of antioxidants (from olive oil, colourful fruit and veg), omega-3 fatty acids from oily fish, and the fibre from whole grains, fruit and vegetables.

But How?

These nutrients are thought to work together to reduce inflammation, which underlies a lot of age-related diseases. One example is telomeres: the protective caps around our chromosomes that keep them healthy. Unfortunately, these tend to shrink as we age, damaging our DNA.

People who follow the MedDiet tend to have longer telomeres, potentially slowing ageing at the cellular level.

More importantly, the diet seems to work on several fronts — tackling multiple age-related diseases, which tend to occur together in later life.

Research shows that those who followed the Med Dietary patterns reduced their risk of cardiovascular disease, type 2 diabetes, certain cancers and brain diseases, all at the same time. This makes the diet particularly valuable for older adults.

Anything Else?

The beauty of the MedDiet lies in its sustainability. Unlike restrictive eating plans, it's a pattern people can maintain for decades, precisely what's needed for long-term health benefits. Research suggests that even "moderate adherence" can provide health benefits, meaning the diet doesn't have to be followed to the letter 100% of the time. However, the closer the diet is followed, the better!

The focus should be on the overall pattern: abundant vegetables, fruits, legumes, and whole grains; generous use of extra virgin olive oil; regular intake of fish; moderate amounts of dairy and poultry; and limited red meat and processed foods. The emphasis on flavourful, whole foods, shared meals, taste and flavour means adherence rates remain high, even in people far from the Med.

Summary



The Mediterranean Diet extends both lifespan and healthspan in older adults. It improves the quality of life in later years by preserving physical and cognitive health. The diet also reduces the risk of several age-related diseases all at the same time.

Acquacotta

A

Ingredients (serves 4)

400g (14 oz) leafy greens (spinach, rocket, kale and/or chard)
4 ripe tomatoes, roughly chopped
1 onion, thinly sliced
2 celery sticks, chopped
2 garlic cloves, sliced
120ml (½ cup) EVOO
4 large eggs
4 thick slices of old bread
1.2 L (5 cups) water or veg stock

Aquacotta, meaning “cooked water”, is a humble Tuscan soup from rural Maremma in central Italy. It began as a meal for shepherds and woodcutters; made from foraged greens, stale bread, and whatever vegetables were on hand. The use of seasonal vegetables, EVOO, and whole grains comes together to create something far greater than the sum of its parts.

The leafy greens and tomatoes provide iron, calcium, and vitamins A, C and K. The eggs add high-quality protein and B vitamins. And the EVOO delivers heart-healthy fats and vitamin E. Serve it with fresh herbs and a glass of Chianti for an authentic Tuscan experience.

Instructions

1. Heat half the EVOO in a large pot over medium heat. Add the onion, celery, and cook for 8–10 minutes until soft. Add the garlic and cook for another 2–3 minutes.
2. Add the tomatoes and cook for 4–5 min. Break them down with a wooden spoon. The tomatoes should release their juices and begin to make a sauce.
3. Add the chopped greens and stir until they wilt, about 3–4 min. Pour in the water or stock and bring to a simmer, then cook for 25–30 min. The soup should be brothy but flavourful.
4. While the soup simmers, toast the bread. Rub the bread with a garlic clove and drizzle with EVOO. Place one slice in each serving bowl.
5. Carefully add the egg directly into the pot. Cover the pot and poach the eggs for 3–4 minutes until the whites are set, but yolks remain runny (or as you like it). Season with salt and pepper to taste.
6. Ladle the soup over the bread in each bowl; each serving should get one poached egg. Drizzle with more EVOO and for extra flavour, you can add a dash of red wine and/or grated Parmesan or pecorino.



Recipe Glossary

Al dente: Italian term meaning “to the tooth,” describing pasta or vegetables cooked until tender but still firm when bitten. This texture preserves nutrients and provides better satiety than overcooked food.

Allicin: A sulphur compound formed when garlic is crushed or chopped, responsible for garlic’s distinctive aroma and many of its health benefits, including antimicrobial and cardiovascular protective properties.

Anchovies: Small, oily fish preserved in salt or oil, common throughout the Mediterranean. Rich in omega-3 fatty acids, calcium (when eaten with bones), and umami flavour. A key ingredient in authentic Caesar dressing, tapenade, and puttanesca sauce.

Antioxidants: Compounds that protect cells from oxidative damage caused by free radicals. Mediterranean diet staples like olive oil, tomatoes, berries, and herbs are particularly rich in various antioxidants.

Aubergine (Eggplant): Purple-skinned vegetable common in Mediterranean cooking. Contains anthocyanins (antioxidants) in the skin and becomes creamy when roasted. Central to dishes like moussaka, baba ganoush, and caponata.

Basil (Sweet Basil): An Aromatic herb essential to Italian and Mediterranean cuisine. Contains vitamin K and eugenol, a compound with anti-inflammatory properties. Best added fresh at the end of cooking to preserve flavour.

Beta-carotene: Orange-red pigment found in peppers, tomatoes, and carrots that the body converts to vitamin A. Important for vision, immune function, and skin health.

Blanching: Briefly boiling vegetables, then plunging them into ice water to stop cooking. Preserves colour, texture, and nutrients while reducing bitterness in greens like chicory or kale.

Bulgur: Parboiled, dried, and cracked wheat common in Middle Eastern cuisine. Used in tabbouleh and pilaf. It contains more fibre than white rice and cooks quickly since it’s pre-cooked.

Capers: Unopened flower buds of the caper bush, pickled in brine or salt. Native to the Mediterranean region. High in quercetin, an anti-inflammatory antioxidant. Essential to tapenade, puttanesca, and piccata sauces.

Capsaicin: The Compound is responsible for the heat in chilli peppers. It has anti-inflammatory properties and may boost metabolism. Found in the dried peppers used in romesco and harissa.

Caivolo nero: Italian name for Tuscan kale (also called lacinato or dinosaur kale). Dark blue-green leaves with a slightly sweeter, more delicate flavour than curly kale. Essential to authentic ribollita.

Chicory (Cicoria): Bitter leafy green, widely foraged and cultivated in Italy. Includes varieties like radicchio, endive, and dandelion greens. The bitterness aids digestion and stimulates bile production.

Choline: Essential nutrient found in eggs, important for brain health, liver function, and metabolism. Eggs are one of the best dietary sources.

Complex carbohydrates: Starches and fibres found in whole grains, legumes, and vegetables are digested slowly, providing sustained energy and stable blood sugar levels, unlike simple sugars.

Couscous: Tiny granules of durum wheat semolina, a staple in North African cuisine. While technically pasta, it cooks by steaming in just 5 minutes. Traditional preparation uses a couscoussier (special steamer).

Cucina povera: Italian term meaning “peasant cooking” or “poor kitchen”. Philosophy of creating delicious meals from humble, inexpensive ingredients without waste. Examples include ribollita, pasta e fagioli, and panzanella.

Cumin: Warm, earthy spice common in Mediterranean, Middle Eastern, and North African cooking. Contains iron and may aid digestion. Used in falafel, shakshuka, and many bean dishes.

Durum wheat: Hard wheat variety high in protein and gluten, used to make pasta, couscous, and semolina. Has a golden colour and firm texture when cooked.

Emulsify/Emulsion: Process of combining two liquids that don’t naturally mix (like oil and water/vinegar) into a stable mixture. Examples include vinaigrettes, mayonnaise, and pesto. Proper emulsification creates smooth, creamy sauces.

Endive (Curly endive/Escarole): Slightly bitter salad green with frilly leaves (curly) or broader leaves (escarole). Used in xatò salad and Italian wedding soup. The bitterness balances rich ingredients.

Extra virgin olive oil (EVOO): Highest grade of olive oil, made from pure, cold-pressed olives without chemical processing. Contains polyphenols and vitamin E. Central to Mediterranean cooking and health benefits. Use for finishing dishes and low-heat cooking.

Fava beans (Broad beans): Large, flat beans with an earthy flavour, popular in Mediterranean and Middle Eastern cuisine. Split, dried fava beans are used for soups and purées. Fresh favas require double-podding (removing from the pod and peeling the inner skin).

Feta cheese: Brined white cheese traditionally made from sheep’s or goat’s milk in Greece. Tangy and crumbly, high in calcium and probiotics from the fermentation process.

Fibre (Dietary): Indigestible plant material that aids digestion, regulates blood sugar, lowers cholesterol, and promotes feelings of fullness. Abundant in Mediterranean diet staples like legumes, whole grains, vegetables, and fruits.

Folate (Vitamin B9): A B-vitamin essential for DNA synthesis and cell division, especially important during pregnancy. Found in leafy greens, legumes, and fortified grains.

Diet

Glossary

Adherence: The degree to which a person follows dietary recommendations or maintains an eating pattern over time.

All-cause mortality: Death from any cause, used in research to measure overall survival and longevity across populations.

Antioxidant capacity: The ability of foods or compounds to neutralise harmful free radicals and prevent oxidative damage to cells.

Atherosclerosis: The buildup of fatty plaques inside arteries that narrows vessels and can lead to heart attacks and strokes.

Bioactive compounds: Naturally occurring chemicals in foods that have actions in the body that may promote health beyond basic nutrition.

Bioactive peptides: Small protein fragments with biological activity that can influence various physiological processes and health outcomes.

Bioavailability: The proportion of a nutrient or compound that is absorbed and available for use by the body after consumption.

Blood pressure: The force of blood pushing against artery walls; elevated levels (hypertension) increase cardiovascular disease risk.

Body composition: The proportions of fat, muscle, bone, and water in the body, more informative than weight alone.

Brain atrophy: The loss of brain cells and connections between them, resulting in decreased brain volume, typically associated with ageing.

Caloric density: The number of calories in a given weight or volume of food; lower density allows larger portions.

Cancer incidence: The number of new cancer cases diagnosed in a specific population during a defined time period.

Cardiovascular disease: Disorders of the heart and blood vessels, including coronary heart disease, stroke, and peripheral artery disease.

Cardiovascular mortality: Death specifically from heart and blood vessel diseases, including heart attacks, stroke, and heart failure.

Carotenoids: Yellow, orange, and red plant pigments with antioxidant properties that support eye health and reduce disease risk.

Chronic inflammation: Persistent, low-level inflammation that damages tissues over time and underlies most age-related diseases.

Cognitive function: Mental processes, including memory, attention, processing speed, and executive function, are used for thinking, learning, and decision-making.

Complete amino acids: All nine essential amino acids that the body cannot produce and must obtain from dietary protein sources.

Complete proteins: Proteins containing all nine essential amino acids in adequate proportions required for human nutrition.

Dementia: A syndrome of progressive decline in cognitive abilities severe enough to interfere with daily life and independence.

Dietary diversity: The variety of different foods consumed, particularly important for comprehensive nutrient intake and gut health.

Dietary restraint: The conscious restriction of food intake to control weight or health, which can be flexible or rigid.

Dose-response relationship: A pattern where increasing amounts of an exposure (like vegetable intake) produce progressively greater health effects.

Endothelial function: The ability of blood vessel linings to dilate properly and regulate circulation, crucial for cardiovascular health.

Epidemiological studies: Research examining patterns, causes, and effects of health conditions in populations.

Extra virgin olive oil: The highest quality olive oil from first cold pressing without chemical processing, preserving maximum polyphenols and flavour.

Food literacy: Knowledge and skills related to selecting, preparing, and consuming foods in culturally and nutritionally appropriate ways.

Food matrix effect: The synergistic interaction of nutrients and compounds within whole foods that enhances their biological effects beyond isolated components.

Food matrix: The structure and composition of whole foods where nutrients exist together, affecting digestion and absorption.

Food socialisation: The process by which eating habits, food preferences, and meal practices are learned through family and cultural experiences.

Frailty: A clinical syndrome of decreased physical reserve and resistance to stressors, increasing vulnerability to adverse health outcomes.

Free radicals: Unstable molecules that damage cells and contribute to ageing and disease; neutralised by antioxidants.

Glycemic control: The management of blood sugar levels to keep them within target ranges, crucial for preventing diabetes complications.

Glycemic index: A ranking system measuring how quickly carbohydrate-containing foods raise blood sugar levels after consumption.

Probiotics: Live beneficial bacteria in fermented foods like yoghurt that support gut health, immune function, and metabolism.

Processed meats: Meats preserved by smoking, curing, salting, or adding preservatives, including bacon, sausages, and deli meats.

Prospective cohort study: A research design that follows groups of people over time to observe how exposures affect health outcomes.

Recurrence: The return of cancer after a period of remission or following apparently successful treatment.

Red meat: Meat from mammals, including beef, pork, lamb, and veal, characterised by higher myoglobin content.

Refined grains: Grains processed to remove bran and germ, leaving only the starchy endosperm and eliminating most nutrients and fibre.

Resistant starch: Starch that resists digestion in the small intestine, reaching the colon where it ferments to produce beneficial compounds.

Sarcopenia: Age-related loss of muscle mass, strength, and function that accelerates after age 50 without adequate protein and exercise.

Satiety hormones: Chemical messengers like leptin and peptide YY that signal fullness to the brain after eating.

Satiety: The feeling of fullness and satisfaction after eating that signals the body to stop consuming food.

Saturated fats: Fats primarily from animal sources and tropical oils that raise LDL cholesterol and increase cardiovascular disease risk.

Sensory-specific satiety: The phenomenon where complex, varied flavours maintain satisfaction while bland foods quickly lose appeal during eating.

Short-chain fatty acids: Small fat molecules (like butyrate) produced by gut bacteria from fibre fermentation that reduce inflammation and support health.

Synergistic effects: When two interventions are combined produce greater benefits than the sum of their individual effects when used separately.

Triglycerides: A type of fat in the blood; high levels increase cardiovascular disease risk and often indicate metabolic dysfunction.

Type 2 diabetes: A metabolic disorder characterised by high blood sugar due to insulin resistance and inadequate insulin production.

Ultra-processed foods: Industrially manufactured products containing ingredients not used in home cooking, like emulsifiers, preservatives, and artificial colours.

Whole grains: Grains containing all three parts—bran, germ, and endosperm—preserve fibre, vitamins, minerals, and phytochemicals lost in refining.

Mediterranean Diet Checklist

Item	Amount
Sweets	≤ 2 servings a week
Red Meat	< 2 servings a week
Processed Meat	≤ 1 servings a week
Eggs	2-4 servings a week
Legumes	≥ 2 servings a week
White Meat	2 servings a week
Fish/Seafood	≥ 2 servings a week
Low-Fat Dairy	2 servings a day
Nuts/Olives	1–2 servings a day
Potatoes	≤ 3 servings a week
Herbs/Spices	≥ 1 servings a day
Vegetables	≥ 2 servings a day
Fruit	3–6 servings a day
Olive Oil	≥ 3 tbsp a day
Cereals	3–6 servings a day
Water/Teas	6–8 glasses a day
Wine	1–2 glasses a day
Limited Added Salt, Snacks & Sugary Drinks	
Whole Grains	Over Refined Grains
Physical Activity	150 minutes a week
Nap/Siesta	At weekends
Sleep	6-8 hours a night
Screens (outside work)	< 2 hours a day
Socialising	≥ 2 hours a weekend
Social Sports	≥ 2 hours a week

Mediterranean Lifestyle (MEDLIFE) index. Adapted from [Sotos-Prieto et al. 2015](#). The more items attained the closer you'll get towards the Mediterranean diet and lifestyle practices.

Recipe Information

Recipe	Servings	Time	Cost	Difficulty	Storage (*freezes well)
Acquacotta	4	1 hour	\$3-4	Medium	3 days, refrigerated
Briem	6	1.5 hours	\$2-3	Easy	4 days, refrigerated
Chicken Souvlaki	4	2-6 hours	\$4-5	Medium	3 days, refrigerated
Dolmas	6-8	1.5 hours	\$1-2	Hard	5 days, refrigerated
Egg Frittata	4-6	25 min	\$2-3	Medium	3 days, refrigerated
Fava Bean Puree	4	1.5 hours	\$2-3	Medium	3 days, refrigerated*
Greek Salad	4	50 min	\$3-4	Easy	Best Fresh (4 hours)
Hummus	6-8	50 min	< \$1	Easy	5 days, refrigerated
Insalata Tricolore	4	10 min	\$3-4	Easy	Best Fresh (2 hours)
Fig Jam	20+	50 min	< \$1	Medium	6 months, sealed
Keftedes	4-5	1 hour	\$3-4	Medium	3 days, refrigerated*
Louvi	4-6	1.5 hours	\$2-3	Medium	4 days, refrigerated*
Minestrone	6-8	1.5 hours	\$2-3	Medium	4 days, refrigerated*
Niçoise salad	4	30 min	\$5-6	Medium	Best Fresh (6 hours)
Olive Tapenade	8-10	10 min	\$1-2	Easy	2 weeks, refrigerated
Pollo al Limone	4-5	1.5 hours	\$4-6	Medium	3 days, refrigerated
Quinoa Tabblouleh	4-6	1 hour	\$2-3	Easy	2 days, refrigerated
Ribollita	6-8	1 hour	\$2-3	Medium	4 days, refrigerated*
Shakshuka	4	40 min	\$3-4	Medium	Best Fresh (same day)
Tuna & Bean Salad	4	30 min	\$3-4	Easy	Best Fresh (4 hours)
Umbrian Lentil Stew	4-6	1 hour	\$2-3	Easy	5 days, refrigerated*
Vegetable Couscous	4-6	1 hour	\$2-4	Medium	3 days, refrigerated
Wholemeal Flatbread	8	2 hours	< \$1	Medium	Best Fresh (same day)*
Xato Salad	4-6	40 min	\$4-5	Hard	Best Fresh
Yoghurt Parfait	4	15 min	\$3-4	Easy	Best Fresh (2 hours)
Zucchini al Pesto	4	20 min	\$3-4	Medium	Best Fresh (4 hours)

Nutrition Table (per serving)

Recipe	Kcal	Nutrient Source(s) (> 15% RDA)
Acquacotta	320	Protein, Fibre, Iron, Vitamin A, B9, C, K
Briem	280	Potassium, Fibre, Vitamin A, C, E
Chicken Souvlaki	380	Protein, Phosphorous, Selenium, Vitamin B3, B9
Dolmas	180	Iron, Vitamin A, B9, K
Egg Frittata	280	Protein, Calcium, Selenium, Vitamin A, B9, K
Fava Bean Puree	420	Protein, Fibre, Iron, Vitamin A, C, B9, K
Greek Salad	320	Calcium, Vitamin A, C, K
Hummus	180	Fibre, Iron, Copper, Vitamin B9
Insalata Tricolore	340	Protein, Calcium, Vitamin A, C, K
Fig Jam	45	Potassium
Keftedes	420	Protein, Iron, Selenium, Zinc, B12
Louvi	340	Protein, Fibre, Iron, Vitamin A, C, K
Minestrone	280	Protein, Fibre, Iron, Vitamin A, C, B9, K
Niçoise salad	480	Protein, Fibre, Selenium, Omega-3, Vitamin A, B9, C
Olive Tapenade	90	Fibre, Vitamin E
Pollo al Limone	520	Protein, Selenium, Phosphorous, Vitamin C, B3, B6, B9
Quinoa Tabblouleh	280	Fibre, Iron, Vitamin A, C, B9, K
Ribollita	380	Fibre, Protein, Iron, Vitamin A, B9, C, K
Shakshuka	320	Protein, Fibre, Selenium, Vitamin A, C, B2, K
Tuna & Bean Salad	380	Protein, Fibre, Iron, Selenium, Vitamin B3, B9, B12, K
Umbrian Lentil Stew	340	Protein, Fibre, Iron, Magnesium, Vitamin A, C, B9
Vegetable Couscous	420	Protein, Fibre, Vitamin A, B6, B9, C, K
Wholemeal Flatbread	210	Fibre, Iron, Magnesium, B Vitamins
Xato Salad	520	Protein, Fibre, Selenium, Omega-3, Vitamin C, E, K
Yoghurt Parfait	380	Protein, Fibre, Probiotics, Calcium, Magnesium, Iron, Vitamin C, E
Zucchini al Pesto	320	Protein, Calcium, Magnesium, Vitamin A, C, K

Sources

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