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21 DAYS OF MENUS

The menus in this book follow the nutrition model of the traditional Mediterranean diet, which is recognized for fostering a better quality of life and promoting greater longevity. They respect the same principles, using a wide variety of fresh foods and very few processed foods. Their moderate fat content helps individuals maintain or reduce their waistline.

The suggested snacks and desserts are optional. If you don't feel hungry between meals, don't eat them. To maintain a healthy weight or reduce your waistline, listen to your appetite — it's the best way to avoid overeating. To follow a Mediterranean diet that is low in saturated fat, choose low-fat dairy products — cheeses containing 20% m.f. or less and yogurt and milk containing 2% m.f. or less.

The challenge of this book has been to follow the basic principles of the traditional Mediterranean diet while adding a contemporary touch adapted to today's cuisine. The pleasure of eating remains at the heart of this nutrition model, and it is this pleasure that helps us maintain good eating habits over the long term.

DAY 1

BREAKFAST



1/3 cup (80 ml) rolled oats,
cooked with 3/4 cup (180 ml) milk
or enriched soy milk
1 tbsp slivered almonds
1/2 banana, sliced

LUNCH



Bagels with Tuna and Dill Spread ([p. 136](#))
1 cup (250 ml) cherry tomatoes

Snack

Hummus ([p. 176](#))
Whole-grain crackers



DINNER



Mediterranean-Style Chicken ([p. 152](#))
served with quinoa

Dessert or snack

Grapes
1 small piece of low-fat cheese



MEDITERRANEAN-STYLE

Chicken

6 servings • PREPARATION: 20 minutes • COOKING TIME: 30 minutes

INGREDIENTS

1½ lbs (680 g) boneless skinless chicken breasts

4½ tsp extra virgin olive oil

2 yellow or red bell peppers, cut in strips

1 yellow onion, chopped

1 zucchini, cut into rounds

2 cloves garlic, minced

1½ cups (375 ml) cherry tomatoes, cut in half

Grated zest and juice of 1 lemon

1 tsp ground Espelette pepper

6 tbsp chopped fresh cilantro

Freshly ground black pepper

For the quinoa

1½ cups (375 ml) water or low-sodium chicken broth

1 cup (250 ml) quinoa, rinsed and drained

1 tsp extra virgin olive oil

1 tbsp lemon juice

METHOD

In a saucepan over medium heat, bring water and quinoa to a boil. Cover and let simmer for 12 minutes. Let sit for 10 minutes, then mix with olive oil and lemon juice.

Meanwhile, season chicken breasts with black pepper.

In a large pot over medium-high heat, add oil and sauté chicken for about 5 minutes on each side or until slightly golden. Set aside in a dish.

In the same pot (without changing oil) over medium heat, sauté bell peppers and onion for 2 minutes. Add zucchini and garlic, then continue to cook for 3 minutes.

Add chicken breasts, cherry tomatoes, lemon zest and lemon juice. Mix thoroughly. Reduce heat to low. Cover and cook for 2 to 3 minutes, until chicken is hot and no longer pink inside.

Transfer quinoa to individual dishes. Top with chicken and vegetables. Sprinkle with Espelette pepper and garnish with chopped cilantro. Season with black pepper.



TIP

You can use a grill pan, ordinary skillet or wok to cook this dish.

Nutrition Facts	
Per serving	
Amount	
Calories	339
Fat	10 g
Saturated	2 g
Omega-3	0.17 g
Cholesterol	83 mg
Sodium	66 mg
Carbohydrate	31 g
Fiber	4 g
Protein	32 g

