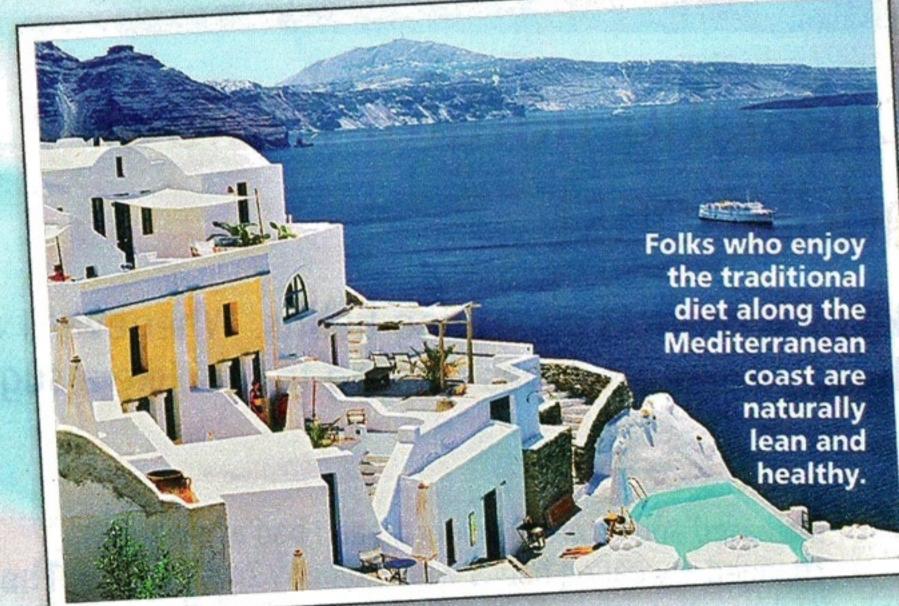


Experts reveal almost-instant Mediterranean meals that boost metabolism and shrink your waist fast!





-Exclusive! Your no-cook

These delicious Mediterranean menus let you eat no-fuss food and still shrink your waist fast. Created by Patricia Bannan, R.D., author of Eat Right When Time Is Tight, they weigh in at about 1,350 supersatisfying calories a day. Not fond of a traditional ingredient included? No problem. Opt for a similar food that suits your taste, such as Parmesan for feta. shrimp or chicken for salmon, Read labels and make equalcalorie swaps, avoiding processed options. Drink as much water as you like. Add ultralow-cal extras (coffee, tea, spices, herbs, vinegar, lemon juice) in moderation. Always get a doctor's okay to try any new plan.

Breakfast choose one daily



cup plain fat-free Greek yogurt mixed with 1/3 cup muesli or other whole-grain cereal, 1 tsp. honey

1 serving fruit, such as 1 cup strawberries or 2 apricots

1/2 whole-wheat pita or slice whole-wheat toast, 1 Tbs. allnatural nut butter, 1 tsp. honey

serving fruit, such as 1/2 banana or 1/2 cup grapes

1 hard-cooked egg 1/2 whole-wheat pita or slice whole-wheat toast, 1 tsp. olive oil

1 serving fruit, such as 1 orange or 1/2 grapefruit

## **Mediterranean menus!**

## LUNCh choose one daily

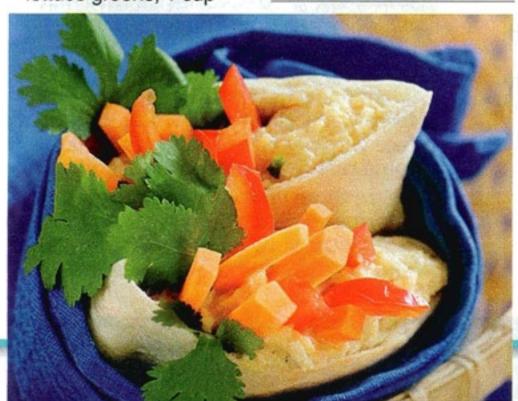
1/3 cup hummus, 6 sliced olives, fresh veggies to taste stuffed into 1/2 whole-wheat pita OR 1 Starbucks Chicken on Flatbread with Hummus Plate 1 serving fruit or

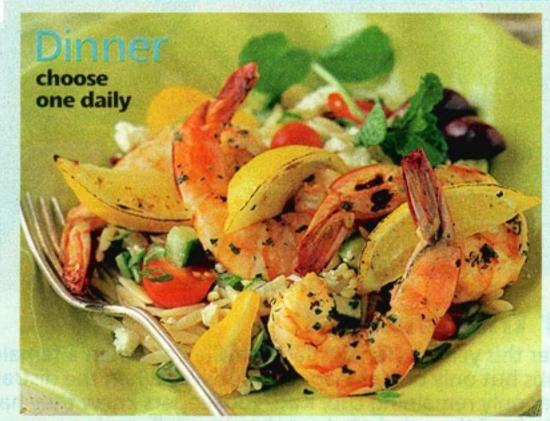
3 oz. canned tuna or other lean protein, 1 oz. feta cheese, 2 cups mixed lettuce greens, 1 cup

1/2 cup mixed fruit

salad vegetables, 2 Tbs. balsamic vinaigrette 2 small whole-grain crackers

2 oz. goat cheese
or part-skim mozzarella, 2-3 tsp. 100%
apricot spread,
fresh baby greens
to taste on 1
whole-grain roll
1 serving fruit, such as
1/2 cup melon





Shrimp Toss: 4 oz.
precooked shrimp,
1/2 cup each chopped
tomato, baby spinach and
microwavable brown rice
or any whole grain; 2 Tbs.
each feta, olives and
balsamic vinaigrette,
lemon and herbs to taste

Smoked Fish Platter: 3 oz. smoked salmon or trout, 2 tsp. capers, 1 oz. cheese, 1 sliced hard-cooked egg, 1/2 cup fresh veggies, 6 large olives 1/2 whole-wheat pita

4 oz. skinless rotisserie chicken breast

1 cup seasonal vegetables

1/3 cup microwavable brown rice

1 serving fruit

## Snacks choose one daily

1/4 cup hummus, extra lemon juice to taste 1 sliced tomato or 20 cucumber slices

1/3 cup muesli or any whole-grain cereal 1/3 cup fat-free milk or plain fat-free Greek yogurt

1 Lara Bar, any flavor, such as Cashew Cookie, or 1 oz. dark chocolate

5 oz. red wine or 1 cup grapes 1/2 oz. cheese or 30 pistachios

Staples of the Mediterranean diet all contain special forms of protein, fiber and antioxidants proven to naturally and automatically reduce hunger!

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