

LOSE 15 LBS in 7 DAYS

**on the delicious,
super-healthy
eating plan that**

**BEATS
BELLY FAT!**

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



Folks who enjoy
the traditional
diet along the
Mediterranean
coast are
naturally
lean and
healthy.



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 super-satisfying 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 equal-calorie swaps, avoiding processed options. Drink as much water as you like. Add ultra-low-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



- 1 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. all-natural nut butter, 1 tsp. honey
- 1 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

Menus created by Patricia Bannan, R.D.
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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

1/2 cup mixed fruit

3 oz. canned tuna or other

lean protein, 1 oz. feta cheese, 2 cups mixed

lettuce greens, 1 cup

salad vegetables, 2 Tbs.

balsamic vinaigrette

2 small whole-grain

crackers

2 oz. goat cheese

or part-skim mozza-

rella, 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



Dinner

choose one daily



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

Fact!

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

