

Here is a quick list of the top foods we recommend in the Mediterranean Diet. Print this out and hang it on your fridge as a reminder of what you should be eating each day to be your healthiest.

Carbohydrates:

- Sweet Potatoes (1/2 cup)
- Brown or Wild Rice (1 cup)
- Broccoli, Kale or Spinach (1 cup)
- Berries (1 cup)



Protein (4 oz. unless otherwise noted):

- Chicken or Turkey Breast
- Wild Salmon
- Eggs (3 Eggs)
- Low-fat Cottage Cheese

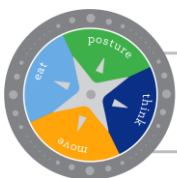


Fat:

- Olive Oil
- Coconut Oil
- Nuts and Seeds (1/4)—
Almonds, Walnuts, Macadamia Nuts,
Pecans, Pistachios, Pine Nuts
- Flaxseed Oil and Seeds
- Avocados



Avoid refined carbs and fried or partially hydrogenated foods. Be mindful of animal proteins and sugar levels and focus on foods that are rich in fiber, healthy fats and antioxidants.



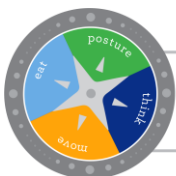
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This is a comprehensive list of the preferred foods in the Mediterranean diet (most grain and legume amounts implied are for cooked—not dry—products). In most cases we have listed what one serving looks like. The exception would be eggs, which will vary according to individual taste and recipes prepared. We recommend no more than an average of 10 eggs/week.

Carbohydrate	Protein (4 ounces unless otherwise noted)	Fat
Sweet Potatoes (½ cup)	Chicken or Turkey Breast	Olive Oil
Brown Rice or Wild Rice	Lean Free Range Beef	Coconut Oil
Oats (non instant) (1 cup)	Wild Salmon	Avocado
Quinoa (½ cup)	Buffalo	Flaxseed oil and seeds
Barley (½ cup)	Eggs – Preferably omega-3 eggs	Hempseeds
Beans and Legumes: Black beans, Garbanzo beans, Lima Beans, Pinto beans, Unsalted peanuts, Adzuki beans, Navy beans, Soy beans (all ½ cup), Lentils (¼ cup)	Lowfat Cottage Cheese	Nuts and Seeds: Almonds, Walnuts, Macadamia nuts, Pecans, Pistachios, Pine nuts (¼ cup)
Apple (1 medium)	Alaskan/Pacific Halibut	Canola Oil - limited
Pear (1 medium)	Alaskan/Pacific wild Salmon	
Berries (1 cup)	Scallops	
Unlimited Greens	Lean cuts of pork or ham	
Broccoli (1 cup)	Skim cheeses 1 ounce	
Cauliflower (1 cup)	Chunk light Tuna (water packed)	
Carrots	Whey, Brown Rice, Hemp, Pea Protein powder (2 T)	
Zucchini (1 cup)	Tofu or tempeh	
Plain lowfat or nonfat yogurt	Edamame ½ cup	
Asparagus (1 cup)	Organic Milk, skim, 1%, 2%) 1 cup	
Hummus	Plain Greek-style yogurt 4-6 ounces	
Grapefruit (½ medium)	Alaskan Cod	
Pitted Prunes (6)	Arctic char	
Kale (1 cup cooked/ 2 cups raw)	Rainbow Trout	
Eggplant (1 cup)	Mussels	
Bell Peppers (1 cup, cooked or raw)		
Mango (½ medium)		
Cherries (10 large)		
Whole grain pasta (1 cup cooked)		
Spinach (1 cup cooked; 2 cups raw)		
Artichoke		



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