How To Eat The Mediterranean Diet On A Budget

The Mediterranean Diet key Points

1. USE OLIVE OIL AS THE MAIN SOURCE OF FAT
2. CONSUME 4 SERVINGS OR MORE OF VEGETABLES PER DAY
3. CONSUME 3 OR MORE SERVINGS OF FRUITS PER DAY
4. CONSUME 3 OR MORE SERVINGS OF LEGUMES EACH WEEK?
5. CONSUME 3 SERVINGS OF FISH OR SEAFOOD PER WEEK
6. CHOOSE LEAN PROTEIN MORE OFTEN THAN RED MEAT
7. REDUCE THE NUMBER OF SUGAR SWEETENED BEVERAGES AND BAKED GOODS
8. LIMIT ALCOHOL CONSUMPTION

Shopping Tips

1. ALWAYS GO WITH A SHOPPING LIST AND STICK TO IT.
2. OPT FOR FROZEN AND CANNED OPTIONS
3. USE COUPONS AND DISCOUNTS
4. CHOOSE GENERIC BRANDS BECAUSE THEY ARE USUALLY CHEAPER THAN BRAND NAME
5. BUY IN BULK
6. SHOP SEASONALLY
7. COMPARE PRICES AMONG STORES USES TOOLS LIKE THE FLIP APP.
8. AVOID PRE-PACKAGED OR CONVENIENCE FOODS
9. CALCULATE UNIT PRICE FOR ITEMS
10. STORE FOODS ACCORDINGLY TO MAKE THEM LAST LONGER

MEDITERRANEAN WHITE BEAN SOUP

Ingredients

- 1 YELLOW ONION (2 CUPS DICED)
- 2 CARROTS (1 CUP DICED)
- 1-2 CELERY RIBS (3/4-1 CUP DICED)
- 3-4 CLOVES GARLIC
- 2 TBSP OLIVE OIL
- 1 TBSP BUTTER
- 2 TSP ITALIAN SEASONING BLEND
- 1/4-1/2 TSP SALT
- ¼ TSP BLACK PEPPER
- 4-5 CUPS VEGETABLE BROTH
- 2 CANS WHITE BEANS
- ½ CUP FRESHLY GRATED PARMESAN CHEESE FOR TOPPING
- FRESH PARSLEY FOR TOPPING

Directions

- PEEL/TRIM ONION, CELERY, CARROTS, AND GARLIC AS NEEDED. DICE VEGGIES AND MINCE GARLIC.
- MEASURE OUT REMAINING INGEDIENTS FOR SPEEDY SOUP ASSEMBLY. DRAIN AND RINSE BEANS.
- HEAT A LARGE POT OR DUTCH OVEN TO MEDIUM-HIGH HEAT WITH OIL AND BUTTER. SAUTÉ ONIONS, CELERY, AND CARROTS UNIL TENDER.
- ADD GARLIC AND SPICES (ITALIAN SEASONING, SALT, AND PEPPER) AND SAUTÉ FOR ABOUT A MINUTE MORE.
- ADD BROTH (OR STOCK) ALONG WITH BEANS AND OPTIONAL PARMESAN RIND. FOR A MORE STEW-LIKE SOUP GO WITH 4 CUPS BROTH OR A LITTLE EXTRA FOR A BROTHIER SOUP.
- BRING SOUP TO A BOIL, THEN REDUCE TO A LOW BUT ACTIVE SIMMER. COOK FOR ABOUT 15 MINUTES OR UNTIL VEGETABLES ARE TENDER AND BEANS ARE WARMED THROUGH.
- REMOVE AND DISCARD PARMESAN RIND, IF USING.
- TASTE AND ADD ANY ADDITONAL HERBS/SPICES YOUR HEART DESIRES.
- ONCE THE SOUP IS HOT AND READY, TOP WITH GRATED PARMESAN CHEESE AND CHOICE OF TOPPINGS AND DIVE ON IN!
- LEFTOVERS CAN BE KEPT IN AIRTIGHT CONTAINER(S) IN THE FRIDGE FOR EASY HEAT-AND-EAT MEALS THROUGHOUT THE WEEK. SOUP MAY ALSO BE FROZEN FOR LATER.

One Pan Salmon & Orzo

Ingredients

- 4 (4-oz.) salmon fillets
- Kosher salt
- Freshly ground black pepper
- 1 tbsp. extra-virgin olive oil
- 1 shallot, diced
- 2 cloves garlic, minced
- 8 oz. orzo
- 1/4 c. red wine vinegar
- 2 c. low-sodium vegetable broth
- 1 tsp. dried oregano
- Pinch crushed red pepper flakes
- 2 c. baby spinach
- 1 c. halved cherry tomatoes
- 1/2 c. crumbled feta
- 2 tbsp. freshly chopped parsley
- Lemon wedges, for serving

Directions

- Season salmon with salt and pepper.
- In a large, deep sided skillet over medium heat, heat oil. Add salmon, skin side down and cook until salmon flakes easily with a fork or internal temperature reaches 140°, about 6 minutes per side. Remove salmon from skillet.
- Add shallot and cook until soft, 5 minutes, then add garlic and cook until fragrant, 1 minute more.
- Add orzo and cook, stirring, 1 minute. Add vinegar and stir until evaporated.
- Add broth and scrape any brown bits from bottom of pan.
- Season with oregano, red pepper flakes, salt, and pepper. Bring to a simmer, then reduce heat and cook, covered, until orzo is tender 6 to 8 minutes.
- Lift lid and stir occasionally to ensure orzo isn't sticking to the bottom of the pan.
- Stir in spinach, tomatoes, feta, and herbs. Return salmon to skillet.
- Serve with lemon wedges.

Easy Greek Salad

Ingredients

- 6 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 2 TABLESPOONS FRESH LEMON JUICE
- 1 TEASPOON RED WINE VINEGAR
- 1/2 TEASPOON CHOPPED GARLIC
- 1/2 TEASPOON DRIED OREGANO OR 1 TEASPOON CHOPPED FRESH OREGANO
- 1/2 TEASPOON DRIED DILL OR 1 TEASPOON CHOPPED FRESH DILL
- SALT AND BLACK PEPPER
- 3 LARGE PLUM TOMATOES CHOPPED
- 3/4 LARGE CUCUMBER CHOPPED
- 1/2 SMALL RED ONION, CHOPPED
- 1 BELL PEPPER, SEEDED CHOPPED
- 1/2 CUP PITTED BLACK OLIVES CHOPPED
- HEAPING 1/2 CUP CRUMBLED FETA CHEESE

Directions

MAKE DRESSING:

- WHISK THE OLIVE OIL, LEMON JUICE, VINEGAR, GARLIC, OREGANO, AND DILL TOGETHER UNTIL BLENDED. SEASON TO TASTE WITH SALT AND FRESHLY GROUND BLACK PEPPER.

COMBINE THE SALAD INGREDIENTS:

- COMBINE THE TOMATOES, CUCUMBER, ONION, BELL PEPPER, AND OLIVES IN A LARGE BOWL. TOSS WITH THE DRESSING. SPRINKLE WITH CHEESE AND SERVE.