
















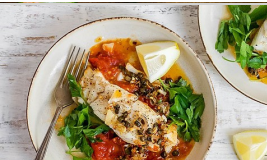
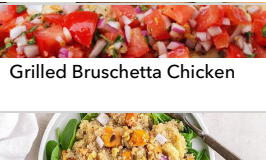


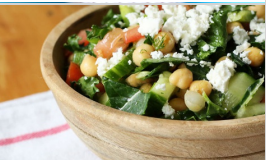


GOLDSTER★
THE BEST SOLUTION FOR YEARS

Mediterranean Diet Recipe
Ideas

<https://www.goldster.co.uk/>

©That Clean Life 2021

	Mon	Tue	Wed	Thu	Fri
Breakfast	 Coconut Yogurt with Berries & Granola	 Protein Overnight Oats with Blueberries	 Coconut Hemp Seed Breakfast Pudding	 Post Workout Green Smoothie	 Hummus Toast with Avocado
Lunch	 Lentil & Feta Tabbouleh	 Sardine & Avocado Salad	 Egyptian Lentil Soup with Caramelized Onions	 Smoked Salmon Open-Face Sandwich	 Quinoa Greek Salad
Snack 2	 Salmon Cucumber Bites	 Apple with Almond Butter	 Celery & Hummus	 Grapes & Pistachios	 Apple Slices & Hummus
Dinner	 Mediterranean Cod with Roasted Tomatoes	 Grilled Bruschetta Chicken	 Roasted Carrots with Lentils & Tahini	 One Pan Mediterranean Trout	 Greek Kale Chickpea Salad



Coconut Yogurt with Berries & Granola

3 servings

5 minutes

Ingredients

- 2 1/4 cups Unsweetened Coconut Yogurt
- 1 1/2 cups Frozen Berries (thawed)
- 3/4 cup Granola

Directions

- 1 Add the coconut yogurt to a bowl and top with the berries, any excess juices, and the granola. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add granola just before serving.

Additional Toppings: Chopped nuts, seeds, a drizzle of honey, cinnamon, other chopped fruit.

No Coconut Yogurt: Use Greek yogurt instead.



Protein Overnight Oats with Blueberries

3 servings

8 hours

Ingredients

3/4 cup Oat Milk (unsweetened, plain)
3/4 cup Oats (rolled)
1 1/2 cups Plain Greek Yogurt
2 1/4 tsp Cinnamon
1/3 cup Vanilla Protein Powder
3/4 cup Frozen Blueberries

Directions

- 1 Add the milk, oats, yogurt, cinnamon, and protein powder to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Store in the fridge until ready to eat. Serve with blueberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

No Oat Milk: Use any milk or milk alternative.

Additional Toppings: Other fresh or frozen fruit, crushed nuts, hemp seeds, coconut flakes, nut butter, or chia jam.



Coconut Hemp Seed Breakfast Pudding

3 servings

3 hours

Ingredients

1 1/2 cups Canned Coconut Milk (full fat)
1 tbsp Monk Fruit Sweetener
3/4 tsp Vanilla Extract
3/4 cup Hemp Seeds
1/4 cup Ground Flax Seed
1/4 cup Chia Seeds
1 tbsp Unsweetened Shredded Coconut
3/4 cup Raspberries

Directions

- 1 In a small mixing bowl, whisk the coconut milk, monk fruit sweetener and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.
- 2 Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
- 3 Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 3/4 cup of hemp seed pudding.

Additional Toppings: Top with chopped nuts, cacao nibs or additional monk fruit sweetener.

No Raspberries: Use strawberries or blueberries instead.



Post Workout Green Smoothie

1 serving

5 minutes

Ingredients

2 tbsps Vanilla Protein Powder
1 cup Water (cold)
1/4 Avocado
1/2 Banana (frozen)
1 cup Baby Spinach

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds.



Hummus Toast with Avocado

1 serving
10 minutes

Ingredients

2 slices Rye Bread (toasted)
1/2 cup Hummus
1/2 Avocado (sliced or mashed)
2 tbsps Sunflower Seeds
Sea Salt & Black Pepper (to taste)

Directions

- 1 Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Notes

No Sunflower Seeds: Use hemp seeds, sesame seeds or pumpkin seeds instead.



Lentil & Feta Tabbouleh

1 serving
10 minutes

Ingredients

1/2 cup Lentils (cooked)
1/2 Tomato (medium, diced)
2 2/3 tbsps Feta Cheese (crumbled)
1 cup Parsley (chopped)
2 tbsps Red Onion (finely diced)
1 tbsp Extra Virgin Olive Oil
1/8 Lemon (juiced)
1/2 tsp Cinnamon (ground)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Dairy-Free: Omit the feta and use sliced olives or capers instead.
Storage: Store in an airtight container in the fridge up to 3 days.



Sardine & Avocado Salad

2 servings

20 minutes

Ingredients

100 grams Sardines (packed in oil, drained)
1/2 Lemon (juiced and divided)
1 tbsp Parsley (finely chopped)
4 cups Baby Spinach (packed)
1/4 cup Radishes (thinly sliced)
1 tbsp Extra Virgin Olive Oil
1 Avocado (sliced)
1/8 tsp Sea Salt

Directions

- 1 Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.
- 2 Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!

Notes

No Sardines: Use tuna instead.



Egyptian Lentil Soup with Caramelized Onions

2 servings

30 minutes

Ingredients

- 1 2/3 cups Water
- 1/2 cup Dry Red Lentils (rinsed)
- 2/3 Yellow Onion (medium, peeled and sliced, divided)
- 3/4 Garlic (cloves, minced)
- 1/3 tsp Cumin
- 1/3 tsp Sea Salt
- 1/3 Lemon (juiced)

Directions

- 1 In a large pot, heat the water over high heat while you prepare the remaining ingredients.
- 2 Add the lentils, 2/3 of the onion, garlic, cumin and salt. Simmer for 20 minutes.
- 3 Meanwhile, prepare a separate pan over medium-high heat with a bit of water. Add the remaining onions and cook until soft and golden brown, about 15 to 20 minutes. Stir frequently and add more water as needed. Set aside.
- 4 Add lemon juice to the soup and adjust the salt to your preference. Use a handheld blender to puree the soup until it reaches a smooth consistency.
- 5 Divide into bowls and top with the caramelized onions. Enjoy!

Notes

More Toppings: Garnish the soup with yogurt, parsley, cilantro, slivered almonds, crushed pistachios, pomegranate seeds or red pepper flakes.

No Lemon Juice: Use apple cider vinegar instead.

Serving Size: One serving is equal to approximately one cup of soup.

Storage: Refrigerate in an airtight container for up to 5 to 7 days. Freeze for longer.



Smoked Salmon Open-Face Sandwich

2 servings

5 minutes

Ingredients

99 grams Sourdough Bread
3 tbsps Cream Cheese, Regular
1/4 Cucumber (thinly sliced)
Sea Salt & Black Pepper (to taste)
113 grams Smoked Salmon
2 tbsps Red Onion (thinly sliced)
1/4 cup Sunflower Sprouts (optional)

Directions

- 1 Spread the cream cheese on the sourdough. Top with the cucumber slices and season with salt and pepper. Add the smoked salmon, onion, and sprouts on top. Enjoy!

Notes

Leftovers: This is best enjoyed immediately after making.

Gluten-Free: Use gluten-free bread or a tortilla instead.

Dairy-Free: Use a dairy-free cream cheese.

Additional Toppings: Capers and/or fresh herbs.



Quinoa Greek Salad

4 servings

45 minutes

Ingredients

- 1 cup Quinoa (dry)
- 2 Tomato (large, diced)
- 1 Cucumber (diced)
- 1/2 cup Red Onion (diced)
- 1 cup Feta Cheese (cubed or crumbled)
- 1/4 cup Red Wine Vinegar
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 cups Arugula

Directions

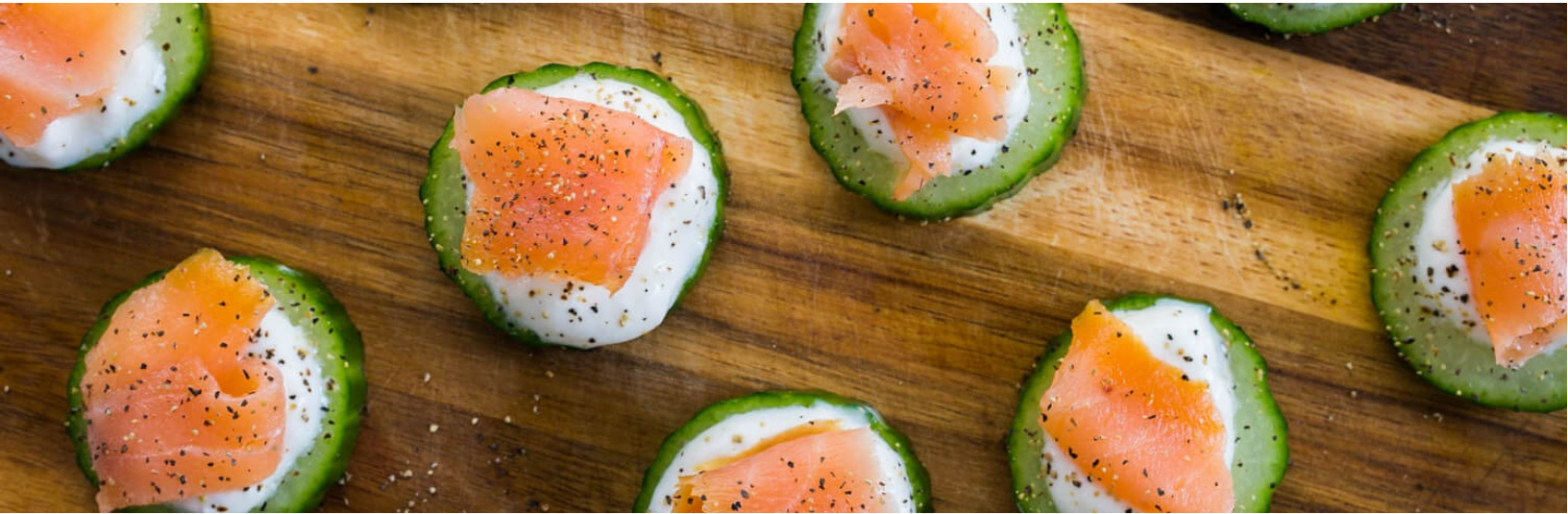
- 1 Cook the quinoa according to the directions on the package. Once the quinoa is cooked, fluff it with a fork and place it in the fridge for about 20 minutes, stirring occasionally to help it cool down faster.
- 2 While the quinoa is cooling, chop your vegetables and feta. Add everything to a large bowl or container. Add the cooled quinoa, red wine vinegar, olive oil, and season with sea salt and black pepper. This mixture can marinate in the fridge for up to 3 days.
- 3 Before serving, add the arugula and toss well. Enjoy!

Notes

Dairy-Free: Replace feta cheese with kalamata olives.

Low-Carb: Use cauliflower rice instead of quinoa.

Leftovers: Keeps well in the fridge for 3 days.



Salmon Cucumber Bites

2 servings

5 minutes

Ingredients

- 1/4 cup Plain Greek Yogurt
- 1/2 Cucumber (sliced)
- 100 grams Smoked Salmon (sliced)
- 1/4 tsp Black Pepper

Directions

- 1 Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

Notes

No Greek Yogurt: Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese instead.



Apple with Almond Butter

1 serving

5 minutes

Ingredients

- 1 Apple
- 2 tbsps Almond Butter

Directions

- 1 Slice apple and cut away the core.
:
- 2 Dip into almond butter.
:
- 3 Yummmm.

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.



Celery & Hummus

1 serving

5 minutes

Ingredients

2 stalks Celery (cut into sticks)

1/4 cup Hummus

1/4 tsp Paprika (optional)

Directions

1

Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

Notes

Make it Yourself: Check out our Green Pea Hummus or Sweet Potato Hummus recipes.



Grapes & Pistachios

1 serving
5 minutes

Ingredients

1 cup Grapes
1/2 cup Pistachios, In Shell

Directions

- 1 Divide into bowls and enjoy!



Apple Slices & Hummus

1 serving
5 minutes

Ingredients

1 Apple
1/4 cup Hummus

Directions

- 1 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Notes

No Apple: Use pear slices instead.



Mediterranean Cod with Roasted Tomatoes

2 servings

25 minutes

Ingredients

- 3 tbsps Extra Virgin Olive Oil
- 3 tbsps Capers
- 2 tbsps Shallot (peeled, finely sliced)
- 2 Garlic (cloves, smashed and sliced thin)
- 1 1/2 cups Cherry Tomatoes (halved)
- 3/4 cup Water
- 1/2 tsp Sea Salt (divided)
- 2 Cod Fillet
- 1/4 cup Parsley (roughly chopped)
- 1/4 Lemon (cut into wedges)

Directions

- 1 Heat a large cast-iron skillet over medium heat. Once hot, add the olive oil and capers. Let them sizzle and crisp for about three minutes. Lower the heat to medium-low and then add the shallot and garlic. Cook for one to two minutes, until fragrant and the shallot is crispy. Transfer the capers, shallot, and garlic to a bowl, leaving a bit of oil behind in the skillet.
- 2 Add the halved cherry tomatoes to the skillet and cook for about seven to eight minutes or until jammy. Add the water and half the salt. Cook until thickened slightly, about four to five minutes.
- 3 Season the cod with the remaining salt. Add to the skillet, cover and cook for five to seven minutes, or until cooked through.
- 4 Divide the cod onto plates along with the tomatoes. Drizzle the remaining oil, capers, and shallot mixture on top. Garnish with parsley and serve with a lemon wedge. Enjoy!

Notes

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add 1/2 tsp red pepper flakes to the shallot and garlic when cooking for more spice.

Additional Toppings: Serve with a grain such as rice, quinoa or couscous.

No Cod: Use another fish such as halibut.



Grilled Bruschetta Chicken

1 serving
30 minutes

Ingredients

113 grams Chicken Breast
Sea Salt & Black Pepper (to taste)
3/4 Tomato (medium, diced)
2 tbsps Red Onion (finely diced)
1/2 Garlic (cloves, minced)
1 tbsp Basil Leaves (chopped)
3/4 tsp Extra Virgin Olive Oil
3/4 tsp Balsamic Vinegar

Directions

- 1 Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
- 2 In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
- 3 To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With: Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

Cheese Lover: Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill: Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.



Squash & Quinoa Spinach Salad

2 servings

35 minutes

Ingredients

- 1 cup Butternut Squash (cut into small cubes)
- 1/8 tsp Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Quinoa
- 2 cups Baby Spinach
- 1/2 Apple (small, peeled and finely chopped)
- 1 tbsp Red Onion (finely chopped)
- 1 tbsp Walnuts (finely chopped)
- 2 tbsps Apple Cider Vinegar

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the butternut squash cubes on the baking sheet and season with the cinnamon and salt and pepper to taste. Toss to coat the squash with the seasoning then arrange into a single, even layer (do not overcrowd the pan). Bake for 25 to 30 minutes, flipping halfway through, or until the cubes are cooked through and have browned on both sides.
- 3 Meanwhile, cook the quinoa according to package directions.
- 4 To assemble the salad, divide the baby spinach, quinoa, and butternut squash between bowls and top with the apple, red onion, and walnuts. Drizzle with apple cider vinegar. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Nut-Free: Omit the walnuts and use sunflower or pumpkin seeds instead.

More Flavor: Mix the apple cider vinegar with honey or maple syrup for sweetness. Add fresh herbs, dried cranberries, or crumbled goat cheese.

More Fat: Add extra virgin olive oil to the apple cider vinegar.



Roasted Carrots with Lentils & Tahini

2 servings

25 minutes

Ingredients

6 Heirloom Carrots (washed)
1 1/2 tsps Coconut Oil
1/4 tsp Sea Salt
1 1/2 tbsps Tahini
1/2 Lemon (juiced)
2 tbsps Water
1 tbsp Extra Virgin Olive Oil (divided)
4 cups Kale Leaves (finely sliced)
1 1/2 tsps Red Wine Vinegar
1 cup Lentils (cooked, drained and rinsed)

Directions

- 1 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
- 2 Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
- 3 Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots overtop and drizzle with tahini dressing. Enjoy!

Notes

Prep Ahead: Slice the kale and massage it in the olive oil and red wine vinegar. Drain and rinse the lentils. Store both covered in the fridge until ready to prep the rest.

Leftovers: Store covered in the fridge up to 3 days.



One Pan Mediterranean Trout

2 servings

25 minutes

Ingredients

- 1 cup Basil Leaves
- 1/4 Lemon (juiced)
- 1/2 Garlic (clove)
- 1/8 tsp Sea Salt
- 2 tbsps Hemp Seeds
- 2 tbsps Extra Virgin Olive Oil
- 2 Rainbow Trout Fillet (about 5 oz. each)
- 3/4 cup Artichoke Hearts
- 1/4 cup Pitted Kalamata Olives
- 2 Tomato (large, quartered)

Directions

- 1 Preheat oven to 450°F (232°C) and line a baking sheet with parchment.
- 2 Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
- 3 Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
- 4 Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

Notes

No Trout: Use salmon fillets instead.

More Carbs: Serve with rice or quinoa.



Quinoa

3 servings

15 minutes

Ingredients

3/4 cup Quinoa (uncooked)

1 1/8 cups Water

Directions

1

Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



Greek Kale Chickpea Salad

2 servings

15 minutes

Ingredients

- 1 tbsp Fresh Dill (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 cup Chickpeas (cooked, drained and rinsed)
- 1/4 Cucumber (diced)
- 1/2 Tomato (diced)
- 1/2 Green Bell Pepper (diced)
- 2 cups Kale Leaves (finely sliced)
- 1/4 cup Feta Cheese (crumbled)

Directions

- 1 In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
- 2 In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

Notes

- No Chickpeas:** Use lentils or kidney beans instead.
- Extra Greek:** Add chopped black olives.
- No Kale:** Use spinach or any dark leafy green instead.