



Adapting the Mediterranean Diet for Real Appeal

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- Year-long, 50-session weight loss program
- Offered by United Health Group
- Paid for by health insurance plans

WE GIVE YOU
EVERYTHING YOU
NEED TO SUCCEED.

ALL THIS!
At no cost
to you!*



Including
your own
weight loss
coach!

* Real Appeal is offered at no cost to you as part of your benefit plan



PREP 10 mins TOTAL 30 mins

4 Servings:

- 2 teaspoons olive oil
- 1 large carrot, chopped
- 1 onion, chopped
- 2 cloves garlic, roughly chopped
- 6 cups water
- 1 15-ounce can white beans (preferably no-salt-added or low sodium), drained and rinsed
- 2 teaspoon chopped fresh sage (or 1 teaspoon dried sage)
- 1 14.5 ounce can no-salt-added whole tomatoes (about 2 cups)
- 8 cups spinach
- ½ teaspoon salt
- 8 tablespoons grated Parmesan

White Bean and Spinach Soup

If you'd like, you can substitute different greens for spinach. If you use a tender green like chard, follow the instructions as-is. Using a hardier green, such as kale or collards? Chop the greens before adding and use them earlier in the recipe because they need more time to cook; see below for instructions.

1. Heat a large heavy bottom pot over medium heat.
2. Add oil, carrot, onion and garlic. Cook, stirring constantly, for 3 minutes.
3. Add water, beans, sage and tomatoes. (If using hardier greens in place of spinach, add them to pot now with salt and skip step 4). Bring to a simmer and cook for 10 minutes.
4. Add spinach and salt. Bring back to a simmer and stir.
5. Evenly divide into four soup bowls. Top each with 2 tablespoons Parmesan. Serve hot.

Nutrition Facts (per serving)

Calories	262	Total Fat	7g
Protein	17g	Saturated Fat	2.9g
Carbohydrate	37g	Cholesterol	10mg
Dietary Fiber	9g	Calcium	381mg
Total Sugars	6g	Sodium	392mg

LUNCHES



Chicken Pita Bread Pizza





 PREP 5 mins	 TOTAL 5 mins
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1 Serving:

- 2 hard-boiled eggs, peeled and chopped
- 1 tablespoon olive oil
- 1 tablespoon diced celery
- 1 ½ teaspoons sweet relish
- Dash salt
- Freshly ground black pepper
- 1 large slice whole grain bread, toasted if desired
- 2 leaves romaine lettuce



Olive Oil Egg Salad Sandwich

Try this re-make of a lunchtime classic.

1. In a small bowl, combine eggs, oil, celery, relish, salt and pepper to taste. Mix gently until just combined.
2. Top bread with lettuce and egg salad and serve.

Sardine Salad

with Garlic Toast Points





Fill 'Er Up! (on Fewer Calories)

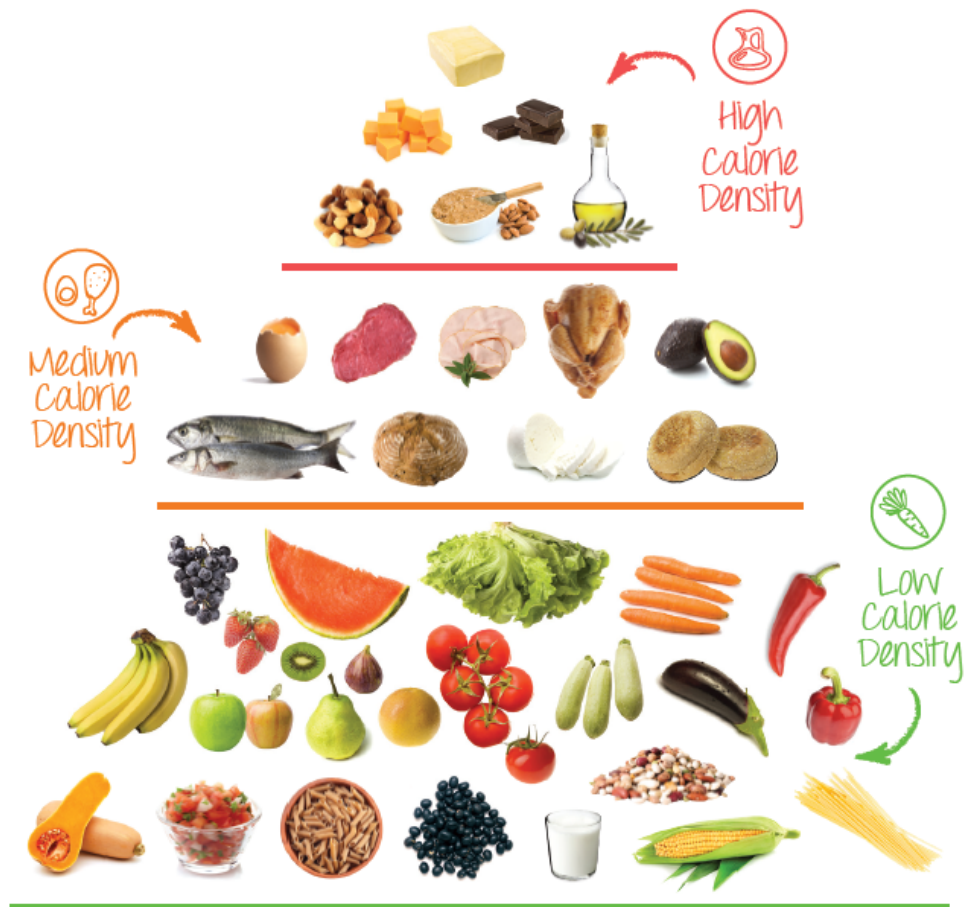
When you learn how to fill your plate with the right foods, you'll be surprised that you can eat more while actually filling up on fewer calories.

It's All About Balance

Using the Real Appeal Food Calorie Density Chart

The idea isn't to eat *only* low calorie density foods, but a nice balance of mostly low calorie density foods, moderate portions of medium calorie density foods, and small portions of high calorie density

foods (mainly healthy fats). This balance helps you feel full and stay satisfied on fewer calories. Check out how Real Appeal-recommended foods fit into the categories of low, medium, and high calorie density.



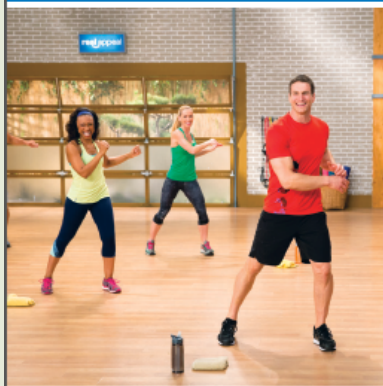
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Design Your Own Meals



Real Moves

Fitness Guide



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Move It (And Lose It!)
All Day Long

