



# NO GRAIN MEDITERRANEAN FOOD GUIDE

MEAL PLAN, RECIPES  
& SHOPPING LIST

MÖDERE.

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# NO GRAIN MEDITERRANEAN MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	2 Poached eggs with baby spinach and ½ an avocado	Vegetable omelette	Feta and cherry tomato omelette	Passionfruit chia seed pudding	2 Poached eggs with baby spinach and ½ an avocado	Grilled Haloumi with fried tomatoes and mushrooms	Apple and cinnamon waffles
MORNING TEA	150g blueberries 30g almonds	150g rockmelon 30g walnuts	1 banana 5 brazil nuts	150g honeydew melon	1 orange 30g walnuts	150g strawberries 5 brazil nuts	1 apple 30g almonds
LUNCH	Minestrone soup	Avocado and tuna salad	Grain free falafel with tzatziki and salad	Quinoa and egg salad	Chicken meatballs with pesto and broccolini	Zucchini and sweet potato slice	Pesto stuffed eggs
AFTERNOON TEA	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack
30 MINS BEFORE DINNER	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink
DINNER	Italian meatloaf with steamed vegies	Stuffed chicken breast with sundried tomatoes and pesto and salad	Salmon cakes with red cabbage	Paleo stuffed peppers with steamed asparagus and baby carrots	Tahini and lemon chicken	Paleo cabbage rolls	Lamb souvlaki with Greek salad
SUPPER	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea



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MEDITERRANEAN MEAL PLAN

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## VEGETABLE OMELETTE

### INGREDIENTS

½ tbsp. olive oil  
1 cup thinly sliced fresh fennel bulb  
½ cup diced roma tomatos  
½ cup diced mushrooms  
4 eggs

### TO SERVE

pinch of salt  
pinch of pepper  
2 tbsp of chopped fresh dill, basil and/or parsley

### DIRECTIONS

In a large skillet, heat the olive oil over medium-high heat. Add the fennel and sauté for 5 minutes, until soft.

Add in the tomato and mushrooms and sauté for 3 minutes, until softened.

Whisk the eggs in a large bowl and season with the salt and pepper.

Pour the whisked eggs into the skillet over the vegetables and stir with a heat-proof spoon for 2 minutes. As it starts to set fold half of it over the other half and turn heat to low until eggs are cooked through.

Top with the dill, basil, or parsley.

Serves 2

*Recipe from Malissa Corrie*

## FETA AND CHERRY TOMATO OMELETTE

### INGREDIENTS

4 eggs  
60g feta crumbled  
10 cherry tomatoes halved  
Splash of milk  
2 tsp. finely diced parsley  
Pinch of Himalayan Salt

### DIRECTIONS

Whisk eggs and milk in a bowl then add all the other ingredients

Pour ingredients into an oiled frypan over medium heat.

When mixture appears half cooked fold half of it over the other half and turn heat to low and cook until firm all the way through.

Serves 2

*Recipe from Malissa Corrie*



## PASSIONFRUIT CHIA PUDDING

### INGREDIENTS

- ⅔ cup white chia seeds
- 1½ cup skim milk, almond or coconut milk
- 2 passionfruit (more if you prefer!)
- 2 tbsp. of toasted almond slivers (to toast place on pan and bake at 150°C for just a couple of minutes until lightly browned. Watch them closely to make sure they don't burn!)
- Sprinkle of shredded coconut

### DIRECTIONS

To make chia pudding combine chia seeds and milk. Mix well and refrigerate overnight for a delicious breakfast

Top pudding with passion fruit, toasted almond slivers and a sprinkle of shredded coconut.

Serves 2

*Recipe from Malissa Corrie*

## APPLE AND CINNAMON WAFFLES

### INGREDIENTS

- ¾ cup almond flour
- ¼ cup flax seed meal (Organic Golden Flax from Bob's Red Mill is good)
- 1 tsp. Natvia
- 30g Vanilla Protein Powder
- ½ tbsp. ground cinnamon
- 1 tsp. baking powder
- 2 large eggs, room temperature
- ½ cup finely chopped or grated apple
- ¾ cup almond milk
- ¼ cup melted butter
- 1 tsp. vanilla extract
- 6 strawberries

### INSTRUCTIONS

Preheat a waffle iron to medium and grease if necessary.

In a large bowl, whisk together almond flour, flax seed meal, sweetener, pea protein powder, baking powder and cinnamon.

Stir in eggs, apple, almond milk, butter and vanilla extract and stir until well combined.

Spoon a few tablespoons of batter into each section of the waffle iron and close lid. Cook 4 to 6 minutes, or until golden brown on both sides (the amount of batter and time of cooking will depend on your waffle iron).

Remove waffles and repeat with remaining batter.

Serve with diced strawberries

Serves 2

*Recipe from Malissa Corrie*





APPLE AND CINNAMON WAFFLES

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## MINISTRONE SOUP

### INGREDIENTS

splash of olive oil  
1 medium carrots, peeled and roughly chopped  
2 celery stalks, trimmed and roughly chopped  
2 garlic cloves, thinly sliced  
1 small onions, roughly chopped  
1 small potato, low carb is good, roughly chopped  
½ tbsp. of tomato puree  
130g of chopped tomatoes  
1 bouquet garni  
750ml of reduced-salt vegetable stock  
1 zucchini, trimmed and roughly chopped

### TO SERVE

½ handful fresh flatleaf parsley, leaves finely chopped  
20g of Parmesan, finely grated

### DIRECTIONS

Heat the oil in a large saucepan over a medium heat.

Add the carrot, celery, garlic and onion and fry for 4-5 minutes. Add the potato and fry for 4-5 minutes, stirring occasionally, until softened.

Stir in the tomato purée and cook for 1 minute, then add the tomatoes, bouquet garni and stock and bring to the boil. Reduce the heat, then simmer gently for 30 minutes.

Add the zucchini and return to the boil. Reduce the heat, cover the pan with the lid, then simmer for 5-8 minutes. Discard the bouquet garni.

To serve, ladle the soup into bowls, then sprinkle over the parsley and Parmesan.

Serves 2

*Recipe from [http://www.bbc.co.uk/food/recipes/healthy\\_minestrone\\_soup\\_64571](http://www.bbc.co.uk/food/recipes/healthy_minestrone_soup_64571)*

## AVOCADO AND TUNA SALAD

### INGREDIENTS

2 whole avocados diced  
Juice of a quarter of a medium lemon  
1 Lebanese cucumber diced  
1 tomato diced  
8 Kalamata olives pitted and cut in halves  
2 x 90g can of tuna in olive oil (drained)

### DIRECTIONS

Mix all the ingredients together in a bowl and serve chilled.

Serves 2

*Recipe from Malissa Corrie*



## GRAIN FREE FALAFEL

### INGREDIENTS

½ medium head cauliflower  
1 egg, beaten  
¼ cup almond flour  
Sea salt and pepper to taste  
1 Tbsp. parsley, minced  
1 tsp cumin  
¾ cup coconut oil

### DIRECTIONS

Cut the cauliflower into florets.  
Chop the cauliflower in the food processor until it is fine.  
Steam the cauliflower until al dente.  
Squeeze the cauliflower in a clean towel to get rid of the excess water.  
Place the cauliflower in a bowl then add the egg, almond flour, salt, pepper, parsley and cumin.  
Heat up the oil in the frying pan over medium high heat.  
Form the dough into 2 cm balls and carefully drop them into the hot fat.  
Cook the falafel balls for two minutes then flip them with a slotted spoon.  
Remove the balls and let them rest on a paper towel for two minutes.  
Serve with Tzatziki and salad  
Serves 2

*Recipe from [www.mommypotamus.com/easy-paleo-falafel/](http://www.mommypotamus.com/easy-paleo-falafel/)*

## TZATZIKI

### INGREDIENTS

70g organic Lebanese cucumbers  
½ tsp. unrefined sea salt  
80g organic full-fat Greek yogurt  
1 small organic garlic cloves, peeled and crushed  
1 dessertspoon organic extra virgin olive oil

### DIRECTIONS

Wash the cucumber and pat dry. Grate the cucumber.  
Place a mesh strainer on a large bowl. Place the grated cucumber and salt in the strainer. Mix well so that the salt and cucumber are well mixed.  
Place the cucumber in a medium bowl. Add the rest of the ingredients: yogurt, garlic and olive oil.  
Mix well with spoon. Taste, and add more salt if needed.  
Place the tzatziki in an airtight container and place the container in the fridge for a few hours so that the flavours mingle properly.  
Serves 2

*Recipe from <http://www.lowcarbsosimple.com/tzatziki/>*



## QUINOA AND EGG SALAD

### INGREDIENTS

2 cups cooked quinoa  
4 boiled eggs quartered  
2 tsp. capers  
1 Lebanese cucumber diced  
½ cup almonds  
1 cup rocket and baby spinach mix  
2 tbsp. Balsamic vinegar

### DIRECTIONS

Mix all ingredients together except eggs. Add eggs after combing other ingredients.

Serves 2

*Recipe from Malissa Corrie*

## CHICKEN MEATBALLS WITH PESTO AND BROCCOLINI

### INGREDIENTS

FOR THE CHICKEN MEATBALLS

½ tbsp. extra-virgin olive oil  
¼ cup finely diced onion  
½ large clove garlic, grated  
250g ground chicken  
1 tbsp. tomato paste  
¼ tsp. sea salt  
¼ tsp. ground black pepper  
⅛ tsp. dried oregano  
½ tbsp. finely chopped fresh parsley

FOR THE SPINACH ALMOND PESTO

15g hard cheese, like Parmigiano Reggiano or Grana Padano  
15g raw (unsalted, unroasted) almonds  
30g fresh spinach  
⅛ tsp. sea salt  
⅛ tsp. coarse black pepper  
a pinch of red chili pepper  
¼ cup extra virgin olive oil  
1 bunch broccolini, steamed

### DIRECTIONS

Preheat oven to 180°C and line a large baking sheet with foil. Spray the foil with non-stick cooking spray. In a small skillet, heat the olive oil over medium heat and gently sauté the onion for about 7 minutes, until soft. Add the grated garlic and sauté for about a minute more. Transfer to a medium sized bowl and allow to cool.

Add the ground chicken to the onion mixture, along with the tomato paste, sea salt, pepper, oregano and fresh parsley. Mix gently but thoroughly, using your hands. Do not overmix. Form the meatball mixture into 12 small meatballs, about a tablespoon each. Place on baking sheet and bake for about 20 minutes.

While the meatballs are baking, make the pesto. In a food processor, grind the cheese and almonds until fine. Add the spinach, salt, and both peppers and process until spinach is ground. Scrape down with a spatula if you need to. Add the olive oil slowly through the feed tube and process until smooth.

The meatballs can be served hot or cold with steamed broccolini. Pour over pesto after heating.

Serves 2

*Recipe modified from [www.theitaliandishblog.com](http://www.theitaliandishblog.com)*





## ZUCCHINI & SWEET POTATO SLICE

### INGREDIENTS

- 1 medium sweet potatoes, peeled and coarsely grated
- 1 large zucchini, coarsely grated
- 2 eggs
- ½ cup almond meal (or ⅓ cup coconut flour for nut free version)
- 1 garlic cloves minced
- 1 tbsp. fresh chives, roughly chopped
- Pinch of sea salt
- Pinch of black pepper
- Optional
- ½ a packet feta, crumbled
- ½ tsp. chili flakes

### DIRECTIONS

Pre-heat oven to 180°C.

Add all ingredients to a large mixing bowl and mix until well combined. Spoon mixture into a baking dish lined with baking paper.

Place in the oven and cook for approximately 30-35 minutes until set and golden on top. Let it cool for a few minutes and then slice to serve.

Serves 2

*Recipe by Malissa Corrie*

## PESTO STUFFED EGGS

### INGREDIENTS

- 6 extra large eggs
- 3 tbsp. ricotta cheese
- 2 tbsp. pesto (premade one is fine)
- 1 tbsp. lemon juice
- sea salt to taste
- freshly ground black pepper to taste
- 1 tbsp. extra-virgin olive oil (or more)

### DIRECTIONS

Hard boil the eggs by placing the eggs in a medium saucepan and covering them with cold water. Bring the water to a boil, place a lid on the pot, remove from the heat and let the eggs sit in the hot water for 12 minutes.

While the eggs are sitting in the hot water, prepare an ice bath by filling a large bowl with ice water. Remove the eggs from the hot water and place in the ice bath to stop the cooking.

After the eggs have cooled, peel and cut the eggs in half.

Scoop out the yolks carefully and place them in a bowl. Add the ricotta cheese and mash together with a fork. Add the lemon juice, salt and pepper and olive oil. Continue to mash and taste the mixture and adjust the seasoning. If the mixture is overly dry, add a drizzle more of olive oil to thin.

Place the eggs on a serving dish and fill the cavities with the yolk mixture. I like to use a pastry bag with a jumbo tip to fill the eggs.

Refrigerate until ready to serve (wrap lightly with plastic wrap).

Serve on a bed of Rocket, baby spinach and roasted capsicum. Top with a dollop of pesto.

Serves 2

*Recipe from [www.theitaliandishblog.com](http://www.theitaliandishblog.com)*



## ITALIAN MEATLOAF

### INGREDIENTS

350g ground beef  
¼ cup red onions, chopped  
¼ tsp. ground pepper  
1 tsp. minced garlic  
½ tsp. Worcestershire sauce  
¾ tsp. ground mustard  
¾ tsp. chili powder  
50ml tomato sauce  
1 eggs  
¼ cup extra tomato sauce  
½ onion diced

### DIRECTIONS

Preheat oven to 180°C

In a large bowl, combine all ingredients but extra tomato sauce.

Place mixture in a 12.5x 18cm loaf pan. Press and shape into a loaf shape.

Bake for 35-40 minutes or until reaching desired texture. Let cool for 2-5 minutes.

Spread extra tomato sauce on loaf. Remove from loaf pan and then cut and serve with steamed broccoli, green beans and carrots.

Serves 2

*Recipe from Malissa Corrie*

## STEAMED VEGETABLES

### INGREDIENTS

1 cup broccoli flowerettes  
1 cup green beans, cut in halves  
1 carrot, cut in 2cm x 1cm x 6cm

### DIRECTIONS

Steam vegetables separately for 1-2 minutes or until cooked.

## STUFFED CHICKEN BREAST WITH SUNDRIED TOMATOES AND PESTO

### INGREDIENTS

2 chicken breasts butterflied  
2 tbsp. sundried tomatoes  
1 tbsp. basil pesto

### DIRECTIONS

Preheat oven to 160°C

Open-up chicken breasts and spread with ½ the pesto and 1 tablespoon of sundried tomatoes.

Fold over other side of chicken breast and secure with toothpicks

Put on lined baking tray and cover with foil. Bake for 35 mins or until cooked all the way through.

Serve with baby spinach, cucumber, onion and tomato salad (100g)

Serves 2

*Recipe from Malissa Corrie*

## BABY SPINACH, CUCUMBER AND TOMATO SALAD

### INGREDIENTS

1 cup baby spinach  
1 lebanese cucumber  
8 cherry tomatoes  
pinch of salt and pepper  
1 tbsp. olive oil  
1 tbsp. balsamic vinegar

### DIRECTIONS

Toss spinach, cut up cucumber and cherry tomatoes.

Drizzle with olive oil and balsamic vinegar.

Sprinkle with salt and pepper.

Serves 2

*Recipe from Anne Tuazon*



## EASY GRAIN FREE SALMON CAKES: PALEO

### INGREDIENTS

1 x 170g can Paramount Alaskan Salmon  
1 tbsp. egg mayonnaise  
1 tbsp. chives, chopper  
1 tbsp. fresh parsley or coriander, chopped  
1 tsp. garlic, mince  
Herbamere salt and pepper to taste  
1 egg  
1 tbsp. coconut flour  
2 tbsp. coconut oil, divided  
Red cabbage, sliced

### DIRECTIONS

Mix all the ingredients together except cabbage and coconut oil for frying in one bowl, then form into patties.

Fry in coconut oil on medium high for 2-3 minutes on each side until golden brown.

Serve with some egg mayonnaise or mustard.

You can also fry up some shredded organic red cabbage in Virgin Coconut Oil for a great side item.

Sauté the cabbage over medium heat in 1 tablespoon coconut oil until soft, and add some salt and pepper before serving.

Serves 2

*Recipe from <http://www.grassfedgirl.com/easy-salmon-cakes/>*

## PALEO STUFFED PEPPERS

### INGREDIENTS

2 large red/green peppers, halved, cored and seeded  
500g grass fed ground beef  
1 onion, finely diced  
2 cloves minced garlic  
1 tsp. chili powder  
1 tsp. paprika  
2 tsp. ground cumin  
1 tsp. cinnamon  
2 tbsp. minced parsley or coriander  
½ teaspoon Himalayan salt and 1/2 teaspoon pepper  
2 Free range eggs, whisked  
1 tbsp. coconut flour

### DIRECTIONS

Preheat the oven to 180°C.

Put ground meat in a bowl then add the garlic and onion.

Then combine meat, eggs, spices, and coconut flour in the bowl and mix well with clean hands.

Stuff the cored peppers with this mixture.

Put the peppers in a baking dish with 4cm's of liquid vegetable stock (it is okay to use water if you do not have any stock), until the peppers are half-way submerged.

Bake for 30 minutes until peppers are done. The meat should be cooked all the way through.

Serves 2

*Recipe From [www.grassfedgirl.com/low-carb-stuffed-peppers-2/](http://www.grassfedgirl.com/low-carb-stuffed-peppers-2/)*



## TAHINI AND LEMON CHICKEN

### INGREDIENTS

2 tablespoons tahini  
1 lemons, juiced  
1 cloves garlic, crushed  
500g boneless chicken thighs  
Sea salt and pepper  
Steamed spaghetti squash, broccoli, zucchini noodles, for serving

### FOR THE SALSA

2 medium tomatoes  
½ handful parsley  
½ handful basil or coriander  
Pinch of salt and pepper  
Juice of ½ lemon

### DIRECTIONS

Place the tahini, lemon juice, garlic, minced garlic, chicken in a bowl with a generous pinch of salt and pepper and mix well to coat. Marinate for 30 minutes in the refrigerator (optional).

Preheat the oven to 180°C and prepare a metal tray with baking paper. Place the chicken on the tray and bake for 25 minutes.

Place the tomatoes, herbs, lemon and salt and pepper in the food processor and pulse until well combined, set aside.

When the chicken is done turn the oven to 200°C for 2 or 3 minutes to make it golden brown.

Place the chicken on top of steamed vegetable and top with herb salsa. Serve and enjoy.

Serves 2

*Recipe from [www.grassfedgirl.com/tahini-and-lemon-chicken-recipe/](http://www.grassfedgirl.com/tahini-and-lemon-chicken-recipe/)*

## PALEO CABBAGE ROLLS

### INGREDIENTS

6 large leaves of a green cabbage (see process below)  
250g ground beef  
250g lean ground pork  
½ tbsp. coconut oil  
¼ white onion, diced finely  
¾ cup of riced or grated cauliflower  
½ tsp. garlic powder  
¼ tsp. sea salt  
½ tsp. black pepper  
125ml crushed tomatoes  
60ml tomato sauce (not pasta sauce)

### DIRECTIONS

Rice or grate the cauliflower using a food processor.

In a large bowl, mix the beef, pork, garlic powder, salt and pepper.

Put a large pot of water on the stove over high heat. To prepare the cabbage for rolling, you'll lightly boil it whole and peel the leaves off a few at a time. Cut the core out of the cabbage and place in the pot. Bring to a boil and then reduce the heat to a simmer. As the leaves soften, you can peel them off with a spoon. Take care not to rip them in half. The entire process usually takes about 15 minutes.

Alternatively, you can throw the whole cabbage in and let it simmer for about 15 minutes. The outermost leaves will become very soft but still usable. In either case, peel as many of the leaves off as you can and let cool a bit.

In a large skillet over medium-high heat, add a tablespoon of coconut oil or olive oil. Add the onion and grated cauliflower and sauté for 3 to 5 minutes until the onion is translucent and the cauliflower is softened. Turn off the heat and allow to cool for 5 minutes.

Combine the onion and cauliflower with the meat, and mix by hand to incorporate all the ingredients.

Make rolls by holding a cabbage leaf, concave side up with the stem toward you, and placing a large spoonful of the meat mixture at the stem end. Then roll forward, fold the sides in and end with the seam down.

Mix the crushed tomatoes and tomato sauce in a bowl. Put 1 cup in the bottom of a casserole dish. Lay the cabbage rolls in with the seam side down. Cover with the remaining tomato mixture. Cover with foil and bake for 90mins at 180°C

*Recipe serves 2 by <https://stupid easypaleo.com/2013/01/30/paleo-cabbage-rolls-golumbki/>*



## LAMB SOUVLAKI

### INGREDIENTS

500g Lamb Backstrap, thinly sliced  
½ Spanish onion, thinly sliced  
Zest & juice of ½ a lemon  
1 clove garlic, crushed  
¼ cup vegetable oil  
¼ cup good red wine  
1cm piece of ginger, grated  
2-3 stalks fresh rosemary  
½ bunch fresh oregano  
Salt and pepper  
Greek salad  
2 tbsp. Tzatziki

### DIRECTIONS

Mix all ingredients, except salad and tzatziki, in a bowl and let lamb marinate overnight.

Shallow fry the lamb quickly in a hot fry-pan, serve with Greek salad (make sure there are olives and good feta through it) then top with tzatziki and serve.

Serves 2

*Recipe from Malissa Corrie*

## GREEK SALAD

### INGREDIENTS

½ cup red onions, thinly sliced  
1 cup Lebanese cucumber  
3 roma tomatoes, wedges  
8 kalamatta olives  
¼ cup dill, chopped  
¼ cup fresh mint leaves, chopped  
½ green capsicum, cut 2 cm thick  
½ cup feta cheese  
½ tbsp. red wine vinegar  
2 tbsp. olive oil  
pinch of Himalayan salt  
pinch of cracked pepper

### DIRECTIONS

Toss all ingredients in a large salad bowl. Drizzle with olive oil and red wine vinegar.

Sprinkle with Himalayan salt, give one last toss and serve.

Serves 2

*Recipe from Anne Tuazon*



# NO GRAIN MEDITERRANEAN MEAL PLAN SHOPPING LIST – SERVES 2

PROTEIN	QTY	VEGETABLES	QTY	FRUIT	QTY	NUTS & SEEDS	QTY	CONDIMENTS, OILS, GRAINS	QTY
Eggs	31	Asparagus	1 bunch	Avocado	4	Almonds	150g	Almond flour/meal	1½ cups
Boneless chicken thigh	500g	Baby spinach	5 cups	Apple	1 pc	Brazil nuts	10	Baking powder	1 tsp
Canned tuna in olive oil 90g	2	Broccoli	1½ cup	Bananas	1	Cashew	30g	Balsamic vinegar	3 tbsp
Chicken breast	2	Broccolini	1 bunch	Blueberries	150g	Hazelnuts		Basil pesto	1 tbsp
Lamb backstrap	500g	Brown & white onions	3 pcs	Honeydew Melon	150g	Hummus	20g	Capers	1½ tbsp
Minced beef	1100g	Carrots	3	Lemon	4 pcs	Pepitas		Coconut flour	1 tbsp
Minced chicken	250g	Cauliflower	1 head	Oranges	1	Walnuts	60g	Coconut oil	1 cup
Paramount Alaskan salmon	170g	Celery	4 stalks	Passionfruit	2	White chia seeds	⅓ cup	Egg mayonnaise	1 tbsp
Pork minced	250g	Cherry tomatoes	28 pcs	Rockmelon	150g			Flaxseed meal	¼ cup
		Cos lettuce	6 leaves	Strawberries	12 pcs			Garlic powder	½ tsp
		Diced tomatoes						Ground mustard	¾ tsp
		English cucumber	½					Nativa	1 tsp
		Fennel bulb	1 bulb	<b>DAIRY</b>	<b>QTY</b>	<b>HERBS</b>	<b>QTY</b>	Olive oil	1 cup
Protein Bar Choc Fudge		Green beans	1 cup	Almond milk	¾ cup	Basil	1 tbsp	Pesto	2 tbsp
Cottage Cheese		Green cabbage	1 half	Boccocini		Bouquet of garni	1	Quinoa	2 cups
Haloumi		Green capsicum	½	Butter	¼ cup	Chilli flakes	½ tsp	Red wine vinegar	¾ cup
Hard Cheese (low fat)		Kalamata olives	1 jar	Chevre goats cheese	270g	Chilli powder	2 tsp	Reduced-salt vegetable stock	1 litre
Quark (low fat German style)		Lebanese cucumber	8	Fat-free greek-style yogurt	80g	Chives	1 bunch	Roast Capsicum	
Salmon Smoked*		Mushrooms	1 cup	Fontina cheese		Cinnamon	2 tbsp	Sea salt	1 tsp
Sardines**		Potatoes	1	Goats cheese		Coriander	1 bunch	Tahini	2 tbsp
Tuna**		Red cabbage	2 cups	Haloumi	80g	Cumin	3 tsp	Tomato paste	1 tbsp
		Red capsicum	3	Milk	2 tbsp	Dill	½ cup	Tomato puree	⅓ tbsp
		Red onions	2 pcs	Mozzarella		Garlic	1 whole	Tomato sauce	170ml
		Rocket	1 cup	Parmesan	20g	Ginger	1 cm	Shredded coconut	3 tbsp
		Roma tomatoes	8 pcs	Parmigiano reggiano	15g	Himalayan salt	1 tsp	Vanilla extract	1 tsp
		Spanish onions	½ cup	Ricotta Cheese	3 tbsp	Lemon juice	1 tbsp	Vanilla protein powder	
		Spinach	30g	Skim Milk	1½ cups	Mint	½ cup	Vegetable oil	¼ cup
		Squash/Pumpkin	½ cup	Usweetended Low Fat Yogurt		Oregano	1 bunch	Worcestershire sauce	½ tbsp
		Sundried tomatoes	2 tbsp	Vanilla protein powder	30g	Paprika	1 tbsp		
		Sweet potato	1			Parsley	1 cup		
		Tomatoes	10 pcs			Pepper	2 tsp		
		Zucchini	2 pcs			Red chilli pepper			
						Rosemary	3 stalks		



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