



CHOLESTEROL
MANAGEMENT PROGRAM

WEEK TWO PROGRAM MANUAL

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Mediterranean
wellness



"Habits of Health Eating" Cheat Sheet

First Rule: Plan on Seconds

Second Rule: Plan on Dessert

Third Rule: Put away your large dinner plates — never to return!

Bites:

- Your bite size should be equal to the end joint of your thumb.
- Practice eating small by the bite.

Fork:

- Just as you eat on a medium plate, use the dessert fork.
- Habits:
 - Take a bite
 - Put your fork down
 - Finish what you have in your mouth
 - Pick up your fork
 - Repeat process

Mouth:

- Never fill your mouth with food
- If there's food in your mouth, there should be none in your hand.

Hands:

- Get the food out of your hands
- Only hold one fry or food piece at a time
- For hand held foods that are too large, cut them into bites

Drinks:

- Never wash your food down with your drink
- Buy small or you'll drink it all
- Become a sipper

Restaurants:

- Never go to the buffet — if you get your money's worth, you've overeaten
- Split a plate
- Put half your meal in a to-go box before you start eating
- Don't let them rush you out the door
- Order the salad and then the main
- Never biggie size — order the appetizer if need be



Plant Based Eating

A great way to also limit consumption of saturated fat and cholesterol is to move more to a plant-based diet. A plant-based diet focuses on limiting animal products; and including more vegetables, fruits, beans, whole grains, nuts and seeds.

You do not have to fully give up meat, fish, eggs and dairy to adopt a plant-based eating approach. It just means you try and focus on having plant-based foods to be the base of your diet.

And as with any diet, decreasing highly-processed, high-sugar foods and drinks is beneficial too.

Scientific-Based Reasons for a Plant Based Diet:

- May reduce risk and help manage:
 - Heart disease
 - High blood pressure
 - Type 2 diabetes
 - Cancer
 - Asthma attacks in asthmatics
 - Arthritic pain
- It's a better choice for the environment
 - And that is especially so when you choose foods from local and organic sources as much as you are able.

Suggestions to Get Started:

- Focus on having 1 meal a day that is vegetarian.
- Pick one day a week that you make a completely meatless day.

Work towards increasing the amount of days you commit to these plant-based eating practices.



Plant Based Menus

Breakfasts

- **Oatmeal** with crushed nuts of choice, cinnamon, blueberries, coffee or tea
- Half an apple (sliced), nut butter of choice to dip slices in, coffee or tea
- Half a banana (sliced), nut butter of choice to dip slices in, coffee or tea
- **Quinoa** with crushed nuts of choice, cinnamon, apple slices, coffee or tea
- Piece of whole grain toast topped with nut butter, coffee or tea

Lunches

- Green salad with **Balsamic Vinaigrette Dressing** along-side half of a baked sweet potato with sautéed mushrooms and onions.
- Green Salad topped with **Black Bean Salsa** served with a small side of **Corn Chips**.
- **Quinoa Garbanzo Beans and Veggie Dish** with side of celery and carrot slices and roasted almonds.
- **Greek Bean Soup**, side salad. Pistachios and half an orange.
- **Hummus**. Sliced cucumbers, tomatoes and onions topped with **Tahini Dressing**

Dinners

- **Jazzed up Garbanzo Beans, Peanut Salad**, half a piece of fruit
- **Baked Falafel** on a bed of green salad, topped with **Tahini Dressing**, pistachios
- **Beans and greens** and an **Arugula, Tomato Salad**
- **Olive Tapenade** and **Baba Ghanoush**, served with tomato, cucumber, celery and carrot slices and some whole grain small squares of bread. **Lemon Broccoli**, Half a grapefruit.
- **Moroccan Chick peas, Broccoli, Avocado Salad**. Small piece dark chocolate.

Recipes for the names in bold can be found in the recipe section.



How can sugar fit into a healthy diet?

The World Health Organization made a current recommendation of no more than 6 teaspoons of added sweetener (24 grams) a day for overall health and weight management.

Currently on a daily average Americans are eating close to 22 teaspoons of added sweetener. These coming from: table sugar, high fructose corn syrup, honey, dextrose, etc.

So how does this add up?

- 10 teaspoons of sugar (in the form of food additives such as high fructose corn syrup or sugar) in a can of Pepsi.
- Approximately 3 to 5 added teaspoons of sugar in $\frac{3}{4}$ cup flavored yogurt. Examples:
 - 1 cup Chobani non-fat strawberry flavored yogurt: 4 $\frac{1}{4}$ teaspoons sugar
 - 6 ounces Brown Cow maple flavored yogurt: 3 added teaspoons sugar
- 1 cup of Honey Nut Cheerios: approximately 4 teaspoons of sugar
- 1 instant packet of flavored oatmeal: approximately 3 teaspoons of added sugar
- 1, 20 ounce bottle of SoBe Green tea: 15 $\frac{1}{4}$ teaspoons
- Approximately 2 $\frac{1}{2}$ to 3 $\frac{1}{2}$ teaspoons sugar in $\frac{1}{2}$ cup vanilla ice cream
- Approximately 1 teaspoon sugar in $\frac{1}{2}$ tablespoon semi-sweet chocolate chips (approximately 50% cocoa)
- 8 ounce cup of black coffee: you add 1 teaspoon of sugar

Your goal is to avoid food additive sweeteners. And if a food product does have them, at least make sure the sweetener is a real food. And, overall, try to stay under 6 teaspoons of added sugar a day. The more days you stay under this amount the better.

4 grams of sugar is equal to 1 teaspoon.

To find out the approximate amount of teaspoons of sugar in a product divide the grams of sugar by 4.

Example: If one serving of a food or drink contains 28 grams of sugar, this equals 7 teaspoons of sugar per serving.

Examples of Daily Sweetened Food and Drink Intake

Check out these examples on how easy it is to go over your sugar allotment for the day and how easy it is to stay under.

Food or Drink	Amount Sweetener Per Serving
12 ounce can of Pepsi with Lunch	10 teaspoons
Over for the day	
1 cup Honey Nut Cherrios for breakfast	4 teaspoons
1 teaspoon honey in afternoon tea	1 teaspoon
12 ounce Gatorade after workout	2 teaspoons
Over for the day	
6 oz prepacked maple flavored yogurt	3 teaspoons
8 oz Starbucks Chai Latte	4 teaspoon
Over for the day	
1/2 cup oatmeal 1 teaspoon brown sugar, apple pieces, walnuts for breakfast	1 teaspoon
1 teaspoon honey in afternoon tea	1 teaspoon
1/2 cup vanilla ice cream for dinner dessert	3 teaspoons
Under for the Day	
1/3 cup plain yogurt 1/2 teaspoon brown sugar, banana slices, pecans for breakfast	1/2 teaspoon
Coffee with sugar	1/2 teaspoon
1/2 Tablespoon semi-sweet chocolate chips with some peanut butter for a mealtime ender.	1 teaspoon
Under for the Day	
4 oz full-fat plain yogurt with 3/4 teaspoon brown sugar	3/4 teaspoon
1 teaspoon honey in afternoon tea	1 teaspoon
1 1/2 by 1 1/2 piece of shortbread	1 teaspoons
Under for the Day	



Snack or Meal Starters

- Cheese slices, small piece of bread, sliced tomato
- Apple or banana slices and nut butter
- Apple or banana slices topped with cinnamon
- Dried figs and walnuts
- Granola and yogurt or granola and nuts
- Small amount of yogurt and nuts and/or fruit
- Half a piece of toast and nut butter
- Sliced fruit and cheese slices
- Fruit and nuts
- Tuna fish and bread or lettuce leaves
- Pickles and slices of cheese
- Olives and cheese
- Olive tapenade and bread or crackers or vegetables
- Some almonds and dried cherries or cranberries (or other dried fruit)
- Sliced veggies dipped in olive oil
- Carrots and celery and a portion controlled amount of dressing
- Half baked apple with walnuts and cinnamon
- Sliced tomato topped with balsamic vinegar, and a slice of cheese
- Hummus and carrots, red bell peppers or celery slices
- Avocado, and tomato on half a piece of toast
- A few olives and some sliced veggies
- Popcorn topped with a little bit of olive oil or butter and seasoned salt
- Golden raisins and walnuts
- Baked sweet potato slices (you can also top with a bit of butter or olive oil)
- Purple raisins and dark chocolate chips and pecans
- Fruit smoothie
- Sliced tomato and bell pepper drizzled with olive oil and balsamic vinegar
- Nuts and dried figs or dates
- Piece of dark chocolate and some nuts

- Cookies and chips are not snacks.... they are treat foods. And there is nothing wrong with a treat food as long as it is placed in its proper context.
- A snack serves as a bridge to the next meal. These are examples of snacks that keep you feeling satisfied. Listen to your body if you're hungry and meal time is not going to be for a while this may be an appropriate time for a snack. And remember as always, portion control is key, and take your time with that snack.



The Ender

What is the Ender? It is a little bit of yumminess that you tack on after your meal. In Mediterranean countries, this can be something like a little cheese, or perhaps a little dark chocolate. The key here is that your Ender of Choice is high in quality and low in quantity.

Utilizing the ender is a great way to help curb between meal snacking. Here are some examples to give a try. But remember with an ender, size matters. Have small and take your time with it to make it last longer.

Some Meal Enders to Give a Try:

- Small piece of dark chocolate (70% or higher)
- Small amount of unsalted nuts
- Small amount of hummus with some veggies slices
- Small piece smoked salmon
- Green tea
- Black tea
- Hibiscus tea
- White tea
- Oolong tea
- Ginger tea



Recipes

Oatmeal

Serves 2

You'll Need

- 1/2 cup old-fashioned rolled oats
- 1 cup water
- A pinch of salt

Directions

- In a medium saucepan, bring water and salt to a boil.
- Stir in oats and lower to medium heat. Cook for approximately 5 minutes or until water is absorbed into oats.
- Add in toppings of choice such as diced fresh/dried fruit. Sweetener of choice (brown sugar, maple syrup, or honey). A pinch of cinnamon and/or nutmeg and or ginger, chopped nuts of choice.

Quiona Breakfast Bowl

Serves 4

You'll Need

- 1 cup quinoa, rinse before cooking
- 2 cups coconut milk, or almond milk (no sugar added)
- 1/2 teaspoon cinnamon
- 1/2 cup walnuts, or pecans (especially good toasted)
- 1/4 cup berries
- Honey, as needed

Directions

- Combine quinoa and liquid and cook per the package directions, or bring to a boil. Cover and simmer for 15 minutes, then let it sit for 5 minutes. Fluff with fork.
- Top with cinnamon, nuts, and fruit.
- If you want sweetness, you can drizzle a small amount of honey on top.

Balsamic Vinaigrette Salad Dressing

Serves 4

You'll Need

- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 2 or more teaspoons Dijon mustard
- Honey, (optional)

Directions

- Mix all the ingredients together. Add the Dijon until you reach a consistency you like. This is your base.
- If you would like, add a tad bit of honey.

Tips

- Add herbs or spices (oregano, garlic, cayenne, etc.)
- Try a flavored vinegar.
- Make a larger quantity and store in the refrigerator. Take out and let come to room temperature and mix before using.

Black Bean Salsa

Serves 6

You'll Need

- 14.5 ounce can of black beans, drained (or use black beans that have been cooked from the dried state)
- 14.5 ounce can corn drained (or use fresh corn)
- 12 ounces of salsa
- 1/4 bunch cilantro, chopped
- 1/2 tablespoon fresh lime juice

Directions

- Mix all the above together and use this as your base.
- Use as a dip or serve on top of a salad, baked potato, in a wrap, or taco shell.

Tips

- Add some chopped vegetables or fruit such as bell pepper, carrots, yellow onion, red onion, green onion, avocado, tomato, or mango.
- Add a chopped chili, chili powder, or jalapeno for a spicy flavor.

Corn Chips

You'll Need

- 6 soft corn tortillas
- 1/2 tablespoon coconut oil
- Salt

Directions

- Preheat the oven to 350 degrees F.
- Brush one side of the tortillas with oil.
- Cut tortillas into triangles with a pizza cutter.
- With the oiled side up, spread the chips out in a single layer on a baking sheet. Do not overlap them.
- Sprinkle with salt (and other spices of choice, if desired).
- Bake until golden brown and crisp.

Quinoa Garbanzo Beans Veggies

Serves 6

You'll Need

- 1 can garbanzo beans, drained, or 1 1/2 cups cooked from the dried state
- 3 tablespoons fresh lemon juice
- 5 tablespoons olive oil
- 2 garlic cloves, peeled
- 2 teaspoons cumin seeds
- 1 teaspoon turmeric, dried, divided
- 2 cups water
- 1 cup quinoa, (about 6 ounces) ** rinsed well, drained
- 1 teaspoon salt
- 1 1/2 pounds zucchini, cut into 1/4 inch chunks
- 1 1/2 teaspoons cumin, ground
- 4 green onions, thinly sliced

Directions

- Preheat oven to 375° F.
- Combine garbanzo beans and lemon juice in a large bowl. Add 3 tablespoons of olive oil; press in garlic and stir to combine. Let marinate for at least 15 minutes and up to 2 hours. Set aside.
- Place zucchini in baking dish. Toss with 1 tablespoon of olive oil, ground cumin, 1/2 teaspoon turmeric, salt and pepper until coated. Roast until browned, check at 15 minutes.
- Heat 1 tablespoon olive oil in medium saucepan over medium-high heat. Add cumin seeds, 1/2 teaspoon turmeric, and stir until fragrant, about 1 minute. Add 2 cups water, quinoa, and salt; bring to simmer, stirring occasionally. Reduce heat to medium-low. Cover and simmer until all water is absorbed, about 16 minutes.
- Mix all together. Adjust seasonings as needed.

Fasolatha (Greek Bean Soup)

Serves 6

You'll Need

- 1 pound Navy beans, dried
- 2 carrots
- 1 yellow onion
- 2 celery stalks
- 1 cup tomato sauce
- $\frac{3}{4}$ cup olive oil
- 2 quarts Water
- Salt and Pepper

Directions

- Soak beans overnight and drain in the morning. In a medium sized pot, add 2 quarts of water and beans, bring to a boil and simmer for 1 hour.
- Add the chopped veggies and oil, cook for another $\frac{1}{2}$ an hour or so. When almost done, add the tomato sauce and salt and pepper to taste.

Hummus

Serves 3

You'll Need

- 1 can garbanzo beans, or 1 1/2 cups cooked garbanzo beans
- Water
- 2 tablespoons Tahini, Sesame seed paste (more or less as you like)
- 1/2 tablespoon fresh lemon juice, (more or less as you like)
- 1 garlic clove, crushed
- Salt

Directions

- Place all ingredients in a blender including 1 tablespoon water (or bean juice from can). Mix and add more water until smooth but thick consistency is reached. Add salt as needed.

Tips

- Examples of spices and herbs to season: cumin powder, dried or fresh parsley, sweet paprika

Tahini Dressing

Serves 6

You'll Need

- 2 garlic cloves, crushed
- $\frac{1}{2}$ cup tahini, (sesame paste)
- $\frac{1}{3}$ cup fresh lemon juice
- $\frac{1}{4}$ cup water
- Salt

Directions

- Mix all ingredients together. Thin out with more water as you feel needed.

Jazzed Up Garbanzo Beans

Serves 3

You'll Need

- 1 green chili, (deseeded and finely chopped)
- 1 can garbanzo beans, or 1 1/2 cups cooked from the dried state
- 2 garlic cloves, (finely chopped)
- 1 medium yellow onion, (chopped)
- 2 tablespoons olive oil
- 1/3 cup water
- 1/4 inch fresh ginger, peeled, finely sliced (or 1/2 teaspoon ground)
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin, ground
- 1/2 teaspoon ground coriander
- 1/2 tablespoon lemon juice

Directions

- Place the olive oil in a pan that can be covered. Sauté the onion, until slightly browned. Add the chili, garbanzo beans, garlic, ginger, chili powder, cumin and coriander. Cook for approximately 2 minutes.
- Add water, cover, and simmer for about 10 minutes. Add the lemon juice.
- Enjoy with pita bread, over rice or by itself.

Peanut Salad

Serves 4

You'll Need

- 1 cup lightly salted peanuts
- ½ lime
- ¼ cup chopped Chinese parsley (cilantro) leaves
- Pinch of crushed red pepper (optional)
- 1 tablespoon finely chopped yellow onion (or green onion)

Directions

- Mix all ingredients together.

Tips

- This recipe is a flexible base. Adjust to your liking. Consider adding in some chopped garlic or ginger.

Baked Falafel

Serves 3

You'll Need

- 1 can chickpeas, drained (or use cooked dried chick peas)
- 2 garlic cloves, minced
- 1/8 medium red onion, minced (or yellow)
- 2 teaspoons cumin, ground
- Pinch of crushed red pepper
- 1/2 teaspoon ground coriander
- 1/4 teaspoon salt
- 1 bunch cilantro
- 1 bunch parsley
- A pinch of baking soda
- Peanut oil, (or grapeseed oil)

Directions

- Preheat oven to 400 degrees F.
- Combine all ingredients except peanut oil in a food processor or blender. Process until ground and well combined.
- Form mixture into 8 patties.
- In a pie dish or baking dish, fully coat with peanut oil and place patties on oil. Then, coat top of patties with peanut oil.
- Bake for 20 minutes, turn over, and bake for approximately 20 more minutes.

Tips

- Serve topped with sliced tomato and chopped lettuce. Place in a pita or on top of a salad.

Beans and Greens

Serves 3

You'll Need

- 4 garlic cloves, large, thinly sliced
- 3 tablespoons olive oil
- Pinch of crushed red pepper
- 1 can cannellini beans, or 1 ½ cups cooked cannellini beans (reserving ⅓ cup liquid)
- ½ pound kale, chopped
- Salt and pepper
- ½ baguette, (optional)

Directions

- In a medium pot, sauté sliced garlic and red pepper flakes in oil on low heat until aroma is released.
- Add the chopped kale and sauté until all kale is completely wilted.
- Add beans and simmer until they're heated through but still firm.
- Add salt and pepper to taste.
- Serve with a nice piece of bread.

Tips

- If you want the dish to be more like a soup, add water or bean juice.
- Use collard greens instead of kale.

Arugula Tomato Salad

Serves 3

You'll Need

- 1 cup arugula, 1 cup roughly packed equals approximately 1 ounce
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1/2 teaspoon Dijon mustard
- 2 medium tomatoes, cut into wedges or 6 small, or cherry tomatoes, halved
- Salt
- Pepper

Directions

- Wash and dry the arugula, remove the tough stems and arrange on the outside of a platter.
- Whisk together the olive oil, vinegar, and mustard.
- Add salt and pepper to taste.
- Toss the tomatoes gently in the salad dressing.
- Place the tomatoes in the center of the arugula.
- Drizzle the remainder of the dressing over the arugula.

Olive Tapanade

Serves 4

You'll Need

- 2 garlic cloves, peeled
- 1 cup Kalamata olives, pitted
- 1 tablespoon capers
- 3 tablespoons fresh parsley, chopped
- 1 tablespoon fresh lemon juice
- 2 tablespoons olive oil

Directions

- Place the garlic cloves into a blender or food processor; pulse to mince.
- Add the olives, capers, parsley, lemon juice, and olive oil.
- Blend until everything is finely chopped.
- Serve as a sandwich spread or with vegetables or pita chips.

Tips

- Try this recipe with chives instead of parsley or just add some chives to the tapanade.
- Try 2 teaspoons of red wine vinegar instead of the lemon juice.

Baba Ghanough

Serves 4

You'll Need

- 1 medium eggplant
- 1 garlic clove, crushed (add more if you'd like)
- 1 tablespoon tahini, (sesame seed paste)
- 3 tablespoons fresh lemon juice, Juice from one lemon
- Salt
- 4 pita breads

Directions

- Cut eggplant in half lengthwise.
- Place eggplant cut side down on cookie sheet. Place in oven on broil to burn skin. You could also grill to burn skin too. Remove burnt skin.
- Place inside of the eggplant in food processor, blender, or mash by hand (if adding to blender you may want to add a bit of the lemon juice to aid in the pureeing process).
- In a small bowl mix garlic, lemon juice, and tahini. Add this mixture to eggplant and add salt to taste.
- Serve as a sandwich spread, or as a dip with raw vegetables of choice or pita chips.
- Garnish with paprika and parsley.

Lemon Broccoli

Serves 4

You'll Need

- 1 pound broccoli, 16 ounces (frozen or fresh)
- Fresh lemon juice
- Salt and pepper to taste

Directions

- Steam broccoli.
- Toss with lemon juice, salt and pepper to taste.

Moroccan Chick Peas

Serves 3

You'll Need

- 1 can garbanzo beans, or 1 1/2 cups cooked from the dried state
- 2 tablespoons olive oil, (or coconut oil)
- 1/4 teaspoon chili powder
- 1 teaspoon cumin, ground
- 1/2 teaspoon salt
- 1 tablespoon fresh lemon juice

Directions

- In a small pan on low-medium heat, heat oil. Add chili powder and cumin for a minute to release flavor.
- Add in all other ingredients and heat through.
- Serve over rice, with pita or simply by itself.

Broccoli, Avocado Salad

Serves 4

You'll Need

- 1 pound fresh broccoli, approximately one bunch
- Salt
- 2 small avocados
- 1 1/2 tablespoons fresh lemon juice, juice from 1/2 lemon
- 1 teaspoon Dijon mustard
- 1 garlic clove, finely chopped
- 1 tablespoon red wine vinegar
- 3 tablespoons olive oil, (or avocado oil)

Directions

- Chop broccoli.
- Drop broccoli into boiling salted water to cover. Bring to a boil and cook 2 minutes. Drain and run the broccoli briefly under cold water to cool.
- Cut the avocado in half. Cut each half into 8 lengthwise strips. Pour the lemon juice over the strips to prevent discoloration.
- Arrange the broccoli and the avocado alternately on each a serving plate.
- With a wire whisk, blend the mustard, garlic, vinegar, pepper and oil, adding salt if needed in a bowl.
- Pour over the broccoli and avocado.
- Serve immediately.