

The 28 Day Mediterranean Diet Plan introduces you to a healthy and professional diet that features delicious, fast and easy-to-make recipes. Ayhan's authentic recipes have been enjoyed by thousands and are endorsed by doctors.

28 Day Mediterranean Diet Plan

**Buy The Complete Version of This Book at  
Booklocker.com:**

<http://www.booklocker.com/p/books/3237.html?s=pdf>

# 28 Day Mediterranean Diet Plan

MOST  
RECIPES  
UNDER  
10 MINUTES



PRESENTED BY:

**Ayhan with Debra Grossano, MS, RD, CDN, CNE**

AYHAN'S 28-DAY MEDITERRANEAN DIET PLAN®

Copyright 2007 Ayhan Hassan and William R. Menzel

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Printed in the United States of America.

ISBN 978-1-60145-249-8

Booklocker.com, Inc. 2007

#### DISCLAIMER

This book details the author's personal experiences with and opinions about health, wellness, fitness and longevity. The author is not a healthcare provider.

The author and publisher are providing this book and its contents on an "as is" basis and make no representations or warranties of any kind with respect to this book or its contents. The author and publisher disclaim all such representations and warranties, including for example warranties of merchantability and healthcare for a particular purpose. In addition, the author and publisher do not represent or warrant that the information accessible via this book is accurate, complete or current.

The statements made about products and services have not been evaluated by the U.S. Food and Drug Administration. They are not intended to diagnose, treat, cure, or prevent any condition or disease. Please consult with your own physician or healthcare specialist regarding the suggestions and recommendations made in this book.

Except as specifically stated in this book, neither the author or publisher, nor any authors, contributors, or other representatives will be liable for damages arising out of or in connection with the use of this book. This is a comprehensive limitation of liability that applies to all damages of any kind, including (without limitation) compensatory; direct, indirect or consequential damages; loss of data, income or profit; loss of or damage to property and claims of third parties.

You understand that this book is not intended as a substitute for consultation with a licensed healthcare practitioner, such as your physician. Before you begin any healthcare program, or change your lifestyle in anyway, you will consult your physician or other licensed healthcare practitioner to ensure that you are in good health and that the examples contained in this book will not harm you.

This book provides content related to topics physical and/or mental health issues. As such, use of this book implies your acceptance of this disclaimer.

# Table of Contents

The Healthiest Diet in the World! .....	1
Lose the weight and keep it off! .....	2
A Healthy Body means Better Living .....	3
What makes the Mediterranean diet better than the rest? .....	4
Ayhan's Mediterranean Menu Plans® vs. Atkins® .....	5
Ayhan's Mediterranean Menu Plans® vs. South Beach® .....	6
Ayhan's Mediterranean Menu Plans® vs. The Sonoma Diet™ .....	7
Mediterranean Diet Pyramid – The Key to Successful Dieting! .....	8
Taking it one week at a time/Sample Weekly Plan .....	9
Quick and Easy Great Tasting Meals! .....	11
Ayhan's 28 Day Meal Plan© Guidelines .....	12
Definitions .....	13
Hints for Making our Plan Even Faster .....	16
Low Sodium Options and Substitutions .....	17
Week 1 Meal Plan and Recipes .....	18
Week 2 Meal Plan and Recipes .....	31
Week 3 Meal Plan and Recipes .....	40
Week 4 Meal Plan and Recipes .....	49
Keeping it off with the Anti-Aging Maintenance Program .....	59
How you can start your own healthy Diet plan .....	60
Research Studies .....	60
The People behind Ayhan's Mediterranean Diet .....	61
Some Other Reading Material .....	62



## The Healthiest Diet in the World!

The Mediterranean diet has been hailed as “The World’s Healthiest Diet!” Ayhan, founder of a leading restaurant group in New York for over 25 years, used his popular Mediterranean restaurant cuisine to create Ayhan’s Mediterranean Menu Plans®, a healthy weight loss program. It combines delicious, healthy foods in the proper portions to ensure steady weight loss that stays off.

The recipes, founded on two thousand years of cuisine are made for quick, easy preparation using high quality ingredients. These award winning recipes have been analyzed and portion controlled by the nutritionist Debra Grossano. Now you can enjoy delicious meals that will help you lose weight and stay healthy, if you follow the plan’s ingredients and the proper portions.

Mediterranean cuisine has many healthy foods. Debra enhanced this latent health factor by focusing each meal on balanced nutritional content and regulated portions. From wine for a healthy heart to whole grains, dry fruits and vegetables for its high fiber, each meal has been created to offer the high nutritional value in keeping with your individual weight loss goal.

Ayhan is originally from the island of Cyprus, and spent many years studying Mediterranean cuisine from Greece, Turkey, Lebanon, Israel and Sicily. He opened his first Mediterranean restaurant in Long Island over 25 years ago and now has the largest group of Mediterranean restaurants in New York. He used this knowledge and experience to create a well balanced, enjoyable, healthy diet that is proven to take off the weight for good. The many health benefits of the Mediterranean diet include helping to prevent heart attacks, reducing blood pressure, and assist in reducing the risk of breast and prostate cancer.

All of the recipes are created to provide an enjoyable balanced meal and the ingredients selected are intended to promote health and weight reduction in a harmonious blend. All the ingredients needed are easily available either online or at your local supermarket. From fresh vegetables and fish to wine, the recipes offer the delicious dining experiences prepared in a few minutes. The quality of easily prepared meals that are rich in flavor and use fresh ingredients is generally superior to most diet plans that use pre-packed or frozen meals.



Now you can lose **10 pounds or more in a month** and keep that weight off. The “Anti-Aging” Maintenance plan used in conjunction with **Ayhan’s Mediterranean Menu Plans®** will ensure you remain your target weight indefinitely.

The plan is intended to promote greater physical energy while reducing stress. Anti-aging and heart healthy ingredients found in the recipes, such as **Vitamin E** and **omega 3 fatty acids**, maximize these benefits. All of this while enjoying delicious, health conscious meals that can be made in minutes.

## Lose weight and keep it off!

How would you like to lose 10 pounds per month and keep it off indefinitely? Now you can lose the weight and keep it off while enjoying a more active lifestyle. The benefits Mediterranean diet make Ayhan's Mediterranean Menu Plans® diet the best in the world.

***"I lost 42 lbs with this cuisine."***

— W.M., Randolph, NJ

There are so many diets out there today it can be overwhelming having to choose which one to use. The hundreds of diet books rarely match a person's specific individual needs and it is very difficult to cater many diets to any one person. Now it's easy. Ayhan's Mediterranean Menu Plans® offers a diet plan that will be tailored to your needs, while still offering astounding weight loss benefits. This customization is offered online is unique in the diet industry and separates Ayhan's Mediterranean Menu Plans weight loss program from the pack.

Some diets you can buy from the supermarket come pre-packaged and might not meet your individual requirements, or make you feel satisfied. Ayhan's Mediterranean Menu Plans® diet combines high quality ingredients in moderate amounts so you can easily make delicious meals that are nutritionally balanced and tailored to your needs so you can shed pounds fast.



***"What's the best diet? No question, according to dozens of recent studies: the Mediterranean diet wins, hands down."***

— USA Weekend

Ayhan's Mediterranean Menu Plans® weight loss recipes are derived from the award winning Ayhan's restaurants and cover the entire spectrum of Mediterranean cuisine, and many are available for free. You can check out the online recipes here. There are classic and grilled salad recipes that revolve around a variety of different salads. These are heavy in vegetables and light, healthy dressings with Vitamin E for anti-aging properties. Marinade recipes focus on the preparation and cooking of meats for a hearty meal of moderate size. The low-carb recipes offer delicious meals designed to limit carbohydrate intake. These are just a few of the recipes offered by Ayhan's Mediterranean Menu Plans® diet and by joining the My Mediterranean Club you can find many more and save on online food purchases.

## A Healthy Body means Better Living

Most diets only look into devising ways to take weight off, but take little or no interest into your overall health. This can cause many health problems besides resulting in regaining all the weight the short term fix diet took off. Ayhan's Mediterranean Menu Plans® is balanced so that you will be able to lose weight and have more energy for your daily activities. There is no reason you need to feel tired or worn out from dieting. A healthy weight loss diet should make you feel better and full of vigor and that is exactly what Ayhan's Mediterranean Diet does for you.

The Mediterranean diet has a high proportion of fish, fruits and vegetables, and monounsaturated fats such as olive oil. It allows a low intake of meat and dairy products. This combination has been found in scientific studies to lower the risk of Alzheimer's by 40 percent over conventional diets.

***“That is a pretty significant effect,” said Dr. Nicolas Scarmeas, assistant professor of neurology at Columbia University Medical Center.***

— Forbes

Many studies have indicated that the Mediterranean diet has shown conclusive evidence in helping prevent heart attacks and cardiovascular disease. High concentrations of omega 3 fatty acids found in fish, such as salmon and flounder, are ideal in helping reduce heart disorders. These same studies have proven that following the diet reduces high blood pressure and cholesterol. It has also been shown to help reduce the chance of ALS (Lou Gehrig Disease) and birth defects such as spina bifida. All of these heart benefits make the Mediterranean diet the smart choice for anyone looking for a healthy way to lose weight.

***“The Mediterranean diet will prevent heart problems, also will help with post-surgery, and maintaining a healthy lifestyle. I highly recommend this diet to all my patients.”***

— Dr. Sinan Berkay, Heart Specialist, Long Island

Oleic acid found in olive oil has been conclusively linked to helping protect against cancer, including prostate and breast cancer. Olive oil is a principal ingredient in the Mediterranean diet and its cancer preventive properties offer a compelling argument for using the Mediterranean diet. Vitamin E is a proven anti-aging agent and is found in all Ayhan's Salad Dressings and Marinades. These affects are apparent in people of all ages, making the Mediterranean diet a great choice whether you are in your twenties, or eighties.

***Researchers looked at people aged 70 to 90 for more than a decade, and found those who adhered to a healthy low-fat Mediterranean-style diet lowered their risk of death by 23 percent, reports The Early Show's Dr. Emily Senay.***

These are just some of the many health benefits gained by using the Mediterranean diet. Other benefits include: reducing the risk of gallstones, hypertension, and metabolic syndrome, while increasing insulin protection and longevity. There is no reason why everyone cannot be enjoying healthier living while eating great and losing weight.

## What makes the Mediterranean diet better than the rest?



The **Atkins Diet** has many disadvantages when matched up against Ayhan's Mediterranean Menu Plans® diet. An in-depth comparison reveals many flaws in the Atkins Diet and displays the balance and heart healthy benefits Ayhan's provides. Atkins is high in saturated fats, low in fiber and carbohydrates, while limiting the variety of foods you can eat, such as fruit. Ayhan's Mediterranean Menu Plans® diet has none of those deficiencies, helps you lose weight fast, and keeps you fit. It's a much healthier way to take off the weight and keep it off all while enjoying yummy food that's good for you.

Successful diets inevitably lead to spin-offs. One of these spin-offs of the Mediterranean diet is called the **South Beach Diet**. A highly popular diet, it still comes up short. Ayhan's Mediterranean Menu Plans® weight loss program is more comprehensive, convenient and less restrictive. A full comparison shows Ayhan's is more balanced and healthier, while the portion-control program devised by Debra Grossano is designed with long term weight loss in mind. Health problems can arise by constantly changing your diet. Ayhan's Mediterranean Menu Plans® is for life and this stability is another important advantage this brings to successfully maintaining a healthy body.

The **Sonoma Diet** is yet another weight loss program that is derived from the Mediterranean diet. However, it also does not match up to the quality of Ayhan's Mediterranean Menu Plans® weight loss program. The Sonoma Diet is highly regimented with three phases and is restrictive and expensive. The Sonoma Diet's first phase curtails the use of many healthy ingredients. This approach may provide short term weight loss, but it is counterproductive for long term results, and is expensive to boot. Ayhan's diet is consistent, easy to use, allows a wide variety of high quality food, and is designed to offer a well balanced daily meal plan. Comparing the Ayhan's Mediterranean to the Sonoma Diet readily shows the limitations of the Sonoma Diet and the wide range of advantages Ayhan's Mediterranean Diet secures.

Another aspect of Ayhan's Mediterranean Menu Plans® that separates it from many other diets is that it is completely customizable. Following instructions from a book limits the versatility of a diet.

Ayhan's Mediterranean Menu Plans® is available online and is fully customized to individual needs.



The 28 Day Mediterranean Diet Plan introduces you to a healthy and professional diet that features delicious, fast and easy-to-make recipes. Ayhan's authentic recipes have been enjoyed by thousands and are endorsed by doctors.

28 Day Mediterranean Diet Plan

**Buy The Complete Version of This Book at  
Booklocker.com:**

<http://www.booklocker.com/p/books/3237.html?s=pdf>