

MÖDERE.

# MEDITERRANEAN LIFESTYLE GUIDE

Over 50 years of extensive studies suggest that the Mediterranean diet is directly correlated with good health. The Mediterranean is the only region in the world containing two blue zones—areas of the world where people live measurably longer lives. Research confirms that those on the Mediterranean diet lose 52% more weight than the standard low-fat diet.

## MORNING



**THREE BURN**  
PROMOTES THERMOGENESIS  
calorie burn & increased metabolism\*



**MEDITERRANEAN BREAKFAST**  
GIVE GRATITUDE  
have a healthy mind

## AFTERNOON



**ONE SUSTAIN**  
PROTEIN & VITAMIN D3  
healthy muscles & immune system



**MEDITERRANEAN LUNCH**  
BE PHYSICALLY ACTIVE  
stay physically strong

## EVENING



**ONE SCOOP SYNC**  
OPTIMIZE DIGESTION  
reduce unwanted cravings\*



20 MIN  
wait



**MEDITERRANEAN DINNER**  
WITH FAMILY & FRIENDS  
build relationships



# MEDITERRANEAN FOOD GUIDE

### GRAINS



- QUINOA
- CHICKPEAS
- WHOLE GRAIN BREAD
- BULGUR (CRACKED WHEAT)
- BLACK BEANS
- LENTILS
- WHOLE GRAIN PASTA
- BROWN RICE

### VEGGIES



- SPINACH
- CARROTS
- BROCCOLI
- PEAS
- PEPPERS
- GREEN BEANS
- SWEET POTATO
- CORN
- KALE

### FRUITS



- APPLES
- OLIVES
- AVOCADOS
- BLUEBERRY
- BANANA
- GRAPES
- TOMATOES
- ORANGES

### PROTEINS



- ALMONDS
- SALMON
- TUNA
- PISTACHIOS
- WALNUTS
- SHRIMP
- CHICKEN
- EGGS

### DAIRY



- USE DAIRY SPARINGLY
- GREEK YOGURT
- PART-SKIM MOZZARELLA CHEESE
- LOW-FAT RICOTTA CHEESE
- FETA CHEESE
- RICOTTA CHEESE
- COTTAGE CHEESE

### OTHER



- WATER
- OLIVE OIL
- HERBS
- SPICES



## BREAKFAST SUGGESTIONS

### BANANA NUT OATMEAL

- OATS
- BANANA
- NUTS
- HONEY

### MEDITERRANEAN OMELETTE

- EGGS
- OLIVES
- ONION
- OLIVE OIL
- SEASON TO TASTE

### WHOLE WHEAT AVOCADO TOAST

- AVOCADO
- WHOLE WHEAT BREAD
- LEMON JUICE
- EXTRA-VIRGIN OLIVE OIL
- SEASON TO TASTE
- FETA CHEESE (OPTIONAL)



## LUNCH SUGGESTIONS

### FATTOUSH

- PITA BREAD
- OLIVE OIL
- TOMATO, CUCUMBER, RED ONION
- MINT, PARSLEY, CILANTRO
- GARLIC CLOVES
- LEMON JUICE
- SUMAC
- SEASON TO TASTE

### MEDITERRANEAN PASTA SALAD

- PASTA & TOMATOES
- BALSAMIC VINEGAR
- DIJON MUSTARD
- EXTRA-VIRGIN OLIVE OIL
- SEASON TO TASTE

### CHICKEN-GARBANZO SALAD

- CHICKEN BREAST
- SALAD GREENS
- CUCUMBER & GREEN ONION
- GARBANZO OR CHICKPEAS
- LEMON JUICE
- BASIL LEAVES & GARLIC CLOVES
- OLIVE OIL
- GRATED PARMESAN CHEESE
- SEASON TO TASTE



## DINNER SUGGESTIONS

### TUNA PASTA W/ OLIVES

- TUNA
- WHOLE WHEAT OR VEGGIE PASTA
- EXTRA-VIRGIN OLIVE OIL
- LEMON, ROSEMARY, BASIL
- GARLIC CLOVES
- ARTICHOKE HEARTS
- GREEN OLIVES
- SEASON TO TASTE

### MARGHERITA PIZZA

- WHOLE WHEAT DOUGH
- TOMATO SAUCE & TOMATOES
- OREGANO & BASIL LEAVES
- MOZZARELLA CHEESE
- OLIVE OIL

### CAJUN SALMON

- SALMON
- CUMIN, CORIANDER, PAPRIKA
- GROUND CINNAMON
- SLICED ONIONS
- ZUCCHINI & TOMATO
- SEASON TO TASTE



## SNACK SUGGESTIONS

- SUSTAIN PROTEIN SHAKE
- SYNC FIBER CHOCOLATE SHAKE
- HUMMUS W/ WHOLE GRAIN CRACKERS

- CAPRESE (TOMATO & MOZZARELLA) SALAD
- OLIVES & FETA ON WHOLE GRAIN CRACKERS
- FRESH FRUIT W/ GREEK YOGURT

# MEDITERRANEAN KEY COMPONENTS

### PLANTS BASED



Eating primarily plant-based foods, such as whole fruits (2-4), non-starchy vegetables (4-8), whole grains (4-6), legumes and nuts (1-3) servings per day.

Replacing butter with unsaturated fats, such as 1 TSP. olive oil or 1/8 of an avocado (4-6) servings per day.

Using herbs and spices instead of salt to flavor foods.

### PROTEIN



Eating fish (2-3) and poultry (1-2) servings a week.

Limiting red meat to no more than a few times a month.

### ACTIVITY



Be physically active.

Take a walk at lunch instead of staying inside.

### SOCIAL



Enjoy meals with family and friends.

Burn more calories laughing and enjoying each other's company. Prepare a meal with each other, using only healthy ingredients.

### GRATITUDE



Give gratitude daily.

Write down daily health goals. Surround yourself with others who have the same goals as you.

\*For weight control choose fewer servings from each food group for reduced calorie intake. Read what the appropriate size of each serving should be.



## BURN THERMOGENICS

Burn is a science-based thermogenic. This patent pending formula, using the most powerful elements of the Mediterranean diet, boosts energy, enhances metabolism and supports calorie burning.\*



## SUSTAIN PROTEIN

A delicious weight management help to help you curb appetites, reduce daily calories, and give your body the protein it needs to build healthy muscle. Flourish incorporates elements of the Mediterranean lifestyle like vegetable based proteins and Vitamin D3, while avoiding allergenic milk additives.\*



## SYNC FIBER

As you prepare for your evening meal, sync your digestive track to optimize digestion and curb late-night cravings. Studies show that most people get about a third of the recommended amount of fiber each day. Fiber plays an important role with heart health, weight management, and offers many other benefits. Sync contains the Fiber Trio, a unique and proprietary combination of all three essential fibers: soluble, insoluble, and prebiotic.\*

## MEDITERRANEAN M3 PRODUCTS:

Ask the person that shared this infographic with you how you get start your #M3Pledge today!

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. A healthy, successful weight management program includes reduced calorie intake, balanced diet, and regular physical activity. Consult your physician before starting any new diet or exercise program.