

Delicious and Low-Carb Mediterranean

For years, the Mediterranean Diet has been called the best. This low-carb version combines the heart-healthy principles of the traditional Mediterranean diet with fewer carbs to optimize metabolic health, reduce inflammation, and support long-term wellness. This diet addresses the root causes of chronic disease by nourishing the body with nutrient-dense foods, stabilizing blood sugar, and promoting a healthy gut microbiome. The best part is, the food is amazing. I can't wait to hear about your delicious meals!

Food List for a Low-Carb Mediterranean Diet

Foods to Include

- **Non-Starchy Vegetables** (unlimited): Leafy greens (spinach, kale, arugula), broccoli, cauliflower, zucchini, eggplant, bell peppers, asparagus, artichokes, mushrooms, Brussels sprouts.
- **Healthy Fats**: Extra virgin olive oil, avocados, avocado oil, nuts (almonds, walnuts, macadamia nuts), seeds (chia, flax, pumpkin), olives.
- **Protein Sources**: Wild-caught fish (salmon, sardines, mackerel, cod), shellfish (shrimp, mussels), pasture-raised eggs, grass-fed meats (beef, lamb), free-range poultry (chicken, turkey), limited organic dairy (Greek yogurt, feta, Parmesan in moderation).
- **Low-Carb Fruits** (in moderation): Berries (blueberries, raspberries, blackberries), lemons, limes, small amounts of tomatoes.
- **Herbs and Spices**: Basil, oregano, rosemary, thyme, garlic, turmeric, cumin, paprika, black pepper.
- **Fermented Foods** (gut health): Sauerkraut, kimchi, pickles (no added sugar), kefir (unsweetened, in moderation).
- **Occasional Low-Carb Starches** (small portions, if tolerated): Quinoa, lentils, chickpeas, or sweet potatoes (post-workout or for active individuals).

Foods to Avoid

- **Refined Carbohydrates**: Bread, pasta, rice, cereals, pastries, crackers.
- **Sugars**: Sweets, sodas, fruit juices, honey, agave, artificial sweeteners.
- **Processed Foods**: Packaged snacks, fast food, margarine, seed oils (canola, soybean, corn).
- **High-Carb Fruits**: Bananas, grapes, mangoes, dried fruits.
- **Starchy Vegetables**: Potatoes, corn, peas.

A Note About Carbs

Finding the appropriate intake of carbohydrates should be based on metabolic health. If you have insulin resistance or diabetes, aim for 20–50 grams of net carbs daily. For active individuals, 50–100 grams may be appropriate.

Protein and Fat

Optimizing for protein intake and filling in with healthy fats and non-starchy carbs is the key to long-term health. This approach will help keep you full, keep your energy up, and support your body from head to toe. Think optimal hormones, better mood, blood sugar regulation, and reduced inflammation



Benefits of Low-Carb

Why the emphasis on reducing carbs? What are the benefits? Can it really make a difference?

Improved Metabolic Health

- **Blood Sugar and Insulin Sensitivity:** Stabilizes blood sugar and improves insulin sensitivity, critical for preventing or managing type 2 diabetes and metabolic syndrome.
- **Weight Management:** Promotes fat burning and reduces hunger, balancing hormones like leptin and ghrelin.

Cardiovascular Health

- Emphasis on healthy fats like EVOO and nuts improves HDL cholesterol and lowers triglycerides.
- Reducing carbs can further optimize lipid profiles for those with insulin resistance.

Longevity and Cellular Health

- The diet's nutrient density and low glycemic load activate pathways like AMPK and sirtuins, promoting cellular repair and longevity.
- Intermittent fasting, often paired with this diet, enhances autophagy, the body's cellular cleanup process.

Reduced Inflammation

- High intake of omega-3 fatty acids (from fish) and polyphenols (from olive oil, nuts, and vegetables) lowers chronic inflammation, a root cause of diseases like heart disease, Alzheimer's, and arthritis.
- The elimination of processed foods and sugars further reduces inflammatory markers.

Enhanced Brain Function

- The neuroprotective effects of omega-3s, olive oil, and ketones (from low-carb eating), supports cognitive function and may reduce the risk of neurodegenerative diseases.
- Stable blood sugar prevents energy crashes, improving focus and mood.

Gut Health and Immunity

- Fermented foods and fiber-rich vegetables feed beneficial gut bacteria, supporting a healthy microbiome.
- A robust gut microbiome enhances immune function and reduces systemic inflammation.

Mediterranean Recipes



Check out some of our favorite Mediterranean recipes.

- Grilled Salmon with Lemon-Herb Zucchini Noodles
- Mediterranean Chicken and Cauliflower Rice Bowl
- Avocado and Shrimp Salad

You can also search for "low-carb Mediterranean" on your favorite recipe site.

If you find anything worth sharing let us know!