Heather Mason, RDN

Mediterranean Diet Guide

About Me

Welcome! I'm Heather Mason, a Registered Dietitian and Certified Diabetes Care and Education Specialist.

I created this Mediterranean Diet Guide as a resource to help you explore a flexible, enjoyable approach to nutrition—one that supports your health without dieting, restriction, or guilt.



I specialize in eating disorders and intuitive eating, and I'm passionate about helping people rediscover the joy in eating and build a peaceful relationship with food and their body. I work from a Health at Every Size* (HAES) perspective, recognizing that true health is far more complex than a number on the scale.

With over 10 years of experience across all levels of care—from residential treatment to outpatient counseling—I bring deep expertise in:

- **Eating disorders & recovery support**
- **Intuitive eating & body image healing**
- **Type 1, Type 2, and co-occurring diabetes + eating disorders**
- **Supporting adults, teens, and families**

When I'm not working with clients, I love playing competitive dodgeball with my partner, cooking, being in nature, and walking my fur babies.

Why This Guide Matters

The Mediterranean Diet is one of the most extensively researched eating patterns in the world. Its benefits extend far beyond weight or appearance, supporting whole-person health. Some key evidence-backed benefits include:

Benefits of the Mediterranean Diet

- **Improved heart health: Shown to reduce risk of heart disease and support healthy cholesterol levels.**
- **Enhanced cognitive function: Linked to sharper memory, reduced cognitive decline, and better long-term brain health.**
- **Lower rates of depression: Research suggests Mediterranean eating patterns may support improved mood and reduced depressive symptoms.**
- **Blood sugar support: Emphasizing whole grains, fiber, and balanced meals helps promote more stable blood glucose levels.**

This Mediterranean Diet handout is designed to introduce you to a nourishing, evidence-based eating pattern that emphasizes satisfaction, balance, and accessible, real-life eating. It's a taste of the supportive, personalized work we can do together.

Ready to Feel Better in Your Body?

If you're looking for compassionate, expert guidance to improve your relationship with food, support your mental and physical health, or manage diabetes without restriction — I'd love to help.

Contact me today to begin your journey toward food and body image healing.

Contact: Heathercmasonrd@gmail.com

Book Today!

www.HeatherMasonRDN.com

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5-Day Mediterranean Meal Plan



Day 1

Breakfast: Greek Yogurt Parfait

- ¾ cup plain Greek yogurt
- ½ cup mixed berries (fresh, frozen, or dried)
- 1 tsp honey
- 2 tbsp chopped walnuts or preferred nuts

Lunch: Chickpea & Quinoa Salad

- 1 cup cooked quinoa
- ½ can chickpeas (try Trader Joes herbed chickpeas)
- Tomato, cucumber, 2 tbsp feta, 1 tbsp olive oil
- Salt, pepper, and oregano to taste

Dinner: Baked Salmon, Roasted Veggies & Brown Rice

- 4 oz salmon (recipe below)
- 1 cup roasted veggies
- ¾ cup cooked brown rice

Snacks: Apple + 1 tbsp peanut butter

Optional Dessert: 1 ounce dark chocolate with almonds

Day 2

Breakfast: Oatmeal Bowl with fruit and nuts

- ½ cup quick cooking rolled oats
- 1 cup milk of choice (dairy or plant based)

- ¼ cup berries or sliced apple
- Sprinkle of brown sugar and cinnamon

Lunch: Leftover Salmon Grain Bowl

- 4 oz leftover salmon
- ¾ cup brown rice
- Spinach, tomato, 1 tbsp olive oil

Dinner: Lentil Soup + Whole Wheat Pita

- 1.5 cups lentil soup
- 1 pita bread

Snacks: Babybell cheese and 16 wheat thins

Day 3

Breakfast: Choose day 1 or 2 breakfast

Lunch: Lentil Soup + Brown Rice

- 1.5 cups lentil soup (homemade or store bought carton)
- ¾ cup brown rice

Dinner: Greek Chicken Bowl

- 4 oz chicken
- ¾ cup quinoa
- Tomato, cucumber, 2 tbsp tzatziki

Snacks: Choose from day 1 or 2

Day 4

Breakfast: Choose day 1 or 2 breakfast

Lunch: Chicken Pita Wrap

- Leftover chicken
- 1 whole wheat pita
- Veggies + 2 tbsp hummus

Dinner: Salmon, Sweet Potatoes & Green Beans

- 4 oz salmon
- ¾ cup roasted sweet potato
- Green beans + olive oil

Snacks: Choose from day 1 or 2

Day 5

Breakfast: Choose day 1 or 2 breakfast

Lunch: Quinoa & Veggie Bowl

- 1 cup quinoa
- 1 cup roasted vegetables
- 2 tbsp hummus

Dinner: Mediterranean Pasta

- 1.5 cups whole wheat pasta
- Sauté olive oil, garlic, chickpeas spinach, tomato
- Top with Greek olives, 2 tbsp feta

Snacks: Choose from day 1 or 2

Optional Dessert: Chocolate Date Truffles (recipe below)

Shopping List

Produce

- Mixed berries (frozen or fresh, ~2.5 cups)
- Apples (5)
- Lemons (4–5 total)
- Tomatoes (6)
- Cucumbers (2)
- Bell peppers (2)
- Zucchini (2)
- Red onion (1)
- Yellow or white onion (1)
- Sweet potatoes (2)
- Green beans (12 oz)
- Spinach (1 large bag)
- Garlic (1 bulb)
- Medjool dates (1 bag or ~12–15 large dates)

Protein & Dairy

- Salmon fillets (4 total, ~1.5 lb)
- Chicken breast (~1 lb)

- Greek yogurt (large tub, ~40–48 oz total for parfaits + dessert)
- BabyBell or string cheese
- Feta cheese (8 oz)
- Eggs (1 dozen)
- Tzatziki (store-bought OR ingredients to make: yogurt + cucumber + garlic + lemon)
- Milk (low fat or plant-based)

Grains & Starches

- Wheat Thins crackers
- Brown rice or basmati rice (1 lb)
- Quinoa (1 lb)
- Whole wheat pasta (1 box)
- White or Whole wheat pita (1 pack)
- Quick cooking oats

Pantry Items

- Olive oil (extra virgin)
- Honey
- Peanut butter
- Almonds or walnuts (8 oz bag)
- Pistachios (small bag, optional for truffles)
- Cocoa powder (unsweetened)
- Canned chickpeas (2 cans)
- Lentils or Lentil soup
- Greek olives (1 small jar)
- Basic spices:
  - Salt
  - Black pepper
  - Garlic powder
  - Paprika
  - Oregano
  - Cumin
  - cinnamon
- Optional: balsamic vinegar (for roasted veggies)
- Vanilla extract (for truffles)

Recipes

1. Simple Lemon Herb Baked Salmon

Ingredients (serves 2)

- 2 salmon fillets (4–6 oz each)
- 1 tbsp olive oil
- 1 lemon, sliced
- 1 tbsp lemon juice
- 1 tsp garlic powder OR 1 minced garlic clove
- ½ tsp dried oregano
- ½ tsp paprika
- Salt & pepper

Instructions

Preheat oven to **400°F (205°C)**.

1. Place salmon on a parchment-lined sheet pan.
2. Drizzle with olive oil and lemon juice.
3. Season with garlic, oregano, paprika, salt, and pepper.
4. Top with lemon slices.
5. Bake **12–14 minutes**, until flaky but not dry.

Optional additions: capers, fresh parsley, cherry tomatoes baked on the side.

2. Greek Chicken

Ingredients (serves 3–4)

- 1 lb chicken breast, sliced or cubed
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp dried oregano
- 1 tsp garlic powder
- ½ tsp cumin
- ½ tsp paprika
- ½ tsp salt
- Black pepper

Instructions

1. In a bowl, mix olive oil, lemon juice, and spices.
2. Add chicken and marinate **at least 20 minutes** (or overnight).
3. Cook in one of these ways:
    - **Stovetop:** sauté 8–10 min, until lightly browned and cooked through.
    - **Oven:** bake at 400°F for 15–18 min.
    - **Air fryer:** 380°F for 10–12 min.
4. Slice or shred for bowls, pitas, salads, or wraps.

3. Roasted Mediterranean Vegetables

Ingredients

- 1–2 zucchini, chopped
- 1–2 bell peppers, chopped
- 1 red onion, sliced
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp garlic powder
- ½ tsp paprika
- ½ tsp salt
- Black pepper
- Optional: splash of balsamic vinegar after roasting

Instructions

1. Preheat oven to **425°F (220°C)**.
2. Spread vegetables on a sheet pan.
3. Add olive oil and all seasonings; toss well.
4. Roast **25–30 minutes**, flipping halfway.
5. Optional: drizzle with balsamic vinegar and sprinkle fresh parsley.

Olive Oil Chocolate Date Truffles *(no bake)*

Makes ~10 truffles

Ingredients

- 1 cup Medjool dates, pitted
- 2 tbsp olive oil
- 2 tbsp unsweetened cocoa powder
- ¼ tsp vanilla
- Pinch of sea salt
- Optional coating: crushed pistachios or cocoa powder

Instructions

1. Soak dates in warm water 5 minutes if firm; drain.
2. Blend dates, olive oil, cocoa, vanilla, and salt until a sticky dough forms.
3. Roll into small truffle balls.
4. Roll in pistachios or more cocoa.
5. Chill 20–30 minutes.

Contact me today!

www.HeatherMasonRDN.com

Direct booking link: visit.berrystreet.co/providers/Heather-Mason

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