



Mediterranean Diet Cookbooks



By Alex Cauley, MS, Dietetic Intern



Easy Everyday Mediterranean Diet Cookbook

By Serena Ball, MS, RD and Deanna Segrave-Daly, RD

Benefits:

- This cookbook is designed for the home cook with simplicity and busy schedules in mind
- Contains many recipes that can be made in 30 minutes or less, on a single sheet pan, or with minimal ingredients

Things to Consider:

- While most recipes are considered “no fuss,” some require equipment like a food processor or blender
- Some Mediterranean spices may not be commonly kept on hand



The 30-Minute Mediterranean Diet Cookbook

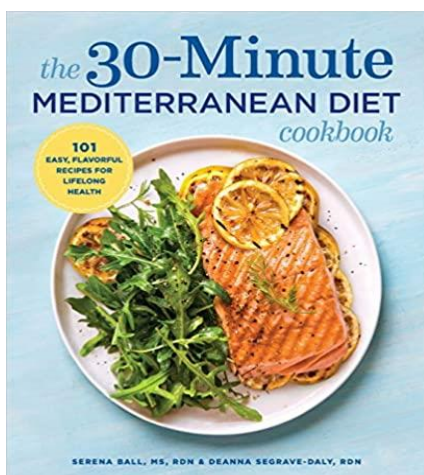
By Serena Ball, MS, RD and Deanna Segrave-Daly, RD

Benefits:

- This book is similar in skill level to their *Easy Everyday Mediterranean Diet Cookbook* (above)
- This book also has research-based information on how to implement the Mediterranean diet and why it can be so beneficial for your health

Things to Consider:

- All recipes are estimated to be around 30 minutes, but may vary based on experience level

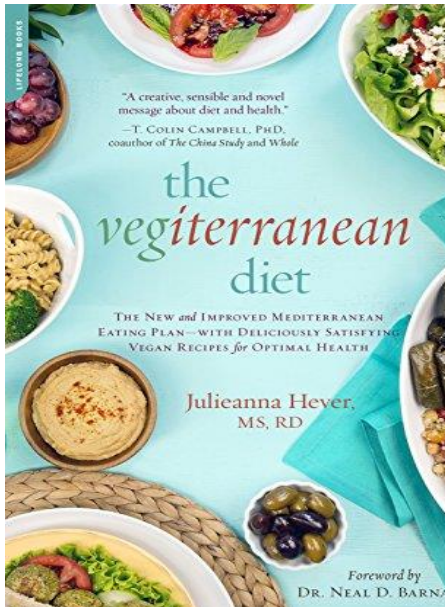


The Mediterranean Diet Made Easy

By Brynn McDowell, RD

Benefits:

- This book illustrates how to update everyday recipes to embrace Mediterranean diet guidelines
- Recipes combine both fresh and budget-friendly dried, canned, and frozen items to make healthy cooking more accessible
- Includes quick meals, as well as options for slower weekend mornings or dinner parties



The Vegiterranean Diet

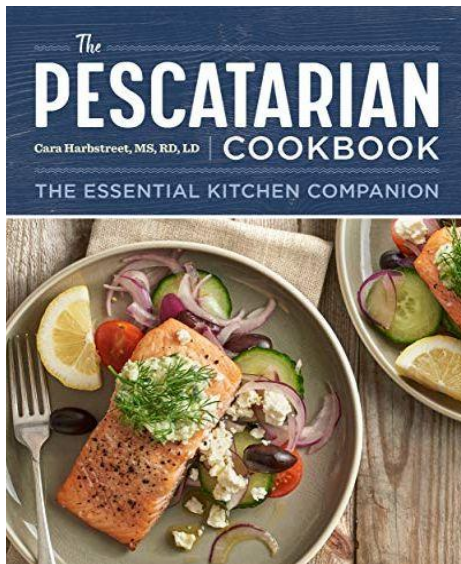
By Julieanna Hever, MS, RD

Benefits:

- This cookbook combines some history and science behind vegetarianism and the Mediterranean diet with simplistic recipes and family meal ideas
- It also provides detailed nutrient information for common foods

Things to Consider:

- The beginning section of this book is heavy in scientific research and complex language
- It is important to note that it reads more like a textbook than a traditional cookbook



The Pescatarian Cookbook: The Essential Kitchen Companion

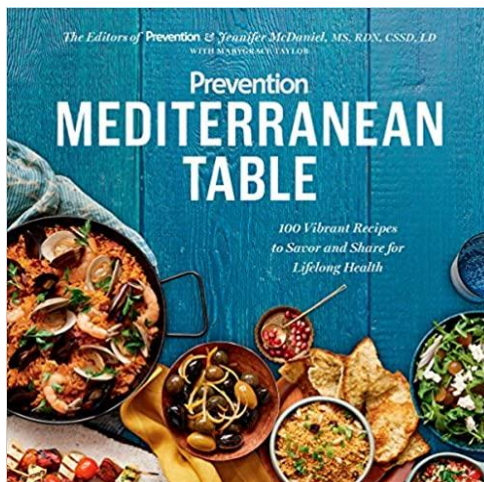
By Cara Harbstreet, MS, RD, LD

Benefits:

- This cookbook aims to make a seafood-based diet as easy and flavorful as possible
- Also incorporates eggs and dairy, as well as many plant-based options, so there is no shortage of protein selections

Things to Consider:

- Prices for fish and shellfish can be very high, though the cookbook highlights widely available options and provide swaps for more expensive choices
- Not all recipes are made with Mediterranean flavors – it includes spices from Thailand, Mexico, and beyond



Prevention Mediterranean Table

By the Editors of Prevention
with Jennifer McDaniel, MS, RDN, CSSD, LD

Benefits:

- Explains the science behind the Mediterranean diet and how to adapt its components to fit your lifestyle

Things to Consider:

- The recipes are high on flavor, but can also be long with ingredients
- Contains some ingredients that may be harder to source