Ikarian Diet®

7-Day Ikarian Meal Plan

A week of traditional island eating: greens, legumes, olive oil and garden vegetables, with fish and goat dairy in moderation.

FREE GUIDE

Your week at a glance

DAY	BREAKFAST	LUNCH	SNACK	DINNER
Monday	Goat yogurt with thyme honey and walnuts	Fakes (lentil soup), sourdough, olives	Apple and a few almonds	Horta (boiled greens) with olive oil and lemon, boiled potatoes, feta
Tuesday	Banana oatmeal with cinnamon	Black-eyed peas with chard and dill	Mountain tea and a handful of walnuts	Greens and feta omelette, tomato salad
Wednesday	Wholegrain toast with tomato, olive oil and oregano	Soufiko (summer vegetable stew), bread	Fresh fruit	Chickpea and quinoa salad with lemon
Thursday	Apple and cinnamon porridge	Lentil and beetroot salad with feta and herbs	Yogurt with honey	Baked sardines, potato salad, boiled greens
Friday	Fruit, walnuts and mountain tea	Chickpea soup or chickpea stew	Carrot sticks with a little tahini	Tabbouleh, olives and wholegrain bread
Saturday	Greek yogurt crêpe with banana	Ikarian pasta salad with tomato, cucumber, olives and feta	Fresh figs or grapes in season	Gnocchi with tomato and basil, green salad
Sunday	Three-ingredient pancakes with berries	Family meal: slow-cooked chicken or goat with vegetables (the week's one meat meal)	Mountain tea	Light vegetable soup and bread

Every day

- 3 to 4 tablespoons of extra-virgin olive oil
- A plate of greens or vegetables at lunch and dinner
- 1 to 3 cups of herbal tea (mountain tea, sage, chamomile)
- Water as your main drink

Each week

- Legumes at least 4 times
- Fish 2 to 3 times, ideally small oily fish
- Meat no more than once or twice
- Sweets kept for the weekend

Tips from the island

- **Cook once, eat twice.** Make a big pot of lentils or beans on Monday and use the leftovers for Tuesday's lunch.
- **Eat with others** whenever you can, and take your time over meals.
- **Walk after lunch** and, if your day allows, rest for 20 to 30 minutes in the afternoon.
- **Follow the season.** Swap any vegetable for whatever is fresh and cheap this week.

Find all recipes free at **ikariandiet.org/recipes**

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General information, not medical advice. Check with your doctor before major diet changes.