



## **Mediterranean Diet Meal Plan 2 People Week One**

Created by The Mediterranean Movement



# Meal Plan 2 People Week One

The Mediterranean Movement

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## Hello and welcome~

We are so glad to be part of your journey!

We have put together some helpful tips about this meal plan and about the Mediterranean Diet in general. We recommend that you take a moment to review them before diving in!

## Our Community:

As you eat through this plan, we would love for you to be part of our community. Here you can get questions answered, share tips, and be in community with like-minded people.

- Facebook: <https://www.facebook.com/MediterraneanMovement/>
- Instagram: [https://www.instagram.com/Mediterranean\\_Movement/](https://www.instagram.com/Mediterranean_Movement/)

## About this way of life:

The Mediterranean Diet is a way of eating based on the traditional cuisine of countries that border the Mediterranean Sea. This way of eating has been shown to naturally reduce an individual's risk of many lifestyle-related diseases including Heart Disease, Cancer, Alzheimer's, Obesity, and more. The Mediterranean Diet was named the "Best Diet Overall" by health experts for three years in a row, due to its sound health principles and flexibility.

## The key principles of the diet include:

- An emphasis on whole grains, fruits, vegetables
  - A focus on healthy fats including olive oil, avocado, and walnuts
- Consumption of lean protein including beans, legumes, nuts, poultry, and fish
- Moderate consumption of dairy products
- Use of herbs and spices to add flavor to your plate, limiting salt intake
- Limit red meat, processed foods, and added sugar
- Aim to drink 6-8 glasses of water each day to stay hydrated
- Highlights the importance of physical activity and meals together with the family

## About this meal plan:

This meal plan incorporates the principles of the Mediterranean Diet and was designed under the guidance of a Registered Dietitian Nutritionist to provide balanced nutrition.

A Mediterranean way of eating naturally reduces calories because instead of eating nutrient-poor foods that keep you reaching for more, you will be consuming whole foods full of satiating fiber, healthy fats, and plenty of vitamins. The meals in this plan have also been optimized to provide plenty of fiber and protein so that you feel satisfied.

## Snacking:

We have not included snacks as part of this plan, but you should feel free to snack if you are hungry between meals. A Mediterranean Lifestyle encourages you to listen to your body and its hunger cues to know when you might need to add a snack, skip a snack, or share a portion with a friend or family member. Check out our "Snack Books" on our website for tons of great snacks, including those that can be batch cooked ahead of time and those that you can make and eat at the same time.

## Tips for using this plan:

You will notice the meal plan starts you off on a Monday, but feel free to start on whichever day of the week you prefer. However, if you decide to start on a different day of the week, be sure to start with the recipes from "Monday" so that the leftovers workout in your favor!



**Leftovers:**

As you work your way through the recipes, you will notice some call for more servings. The recipes that create more than 2 servings are designed so that you may use the leftovers as a meal for later on in the week. In the meal plan summary, you will notice that the meals highlighted in light grey are those that are considered leftovers from days prior.

**Tips for the grocery list:**

A full grocery list is included, which outlines the ingredients that you will need to follow this meal plan. It's organized by type of food to make your trip to the grocery store quick and painless! Before you head out to do your shopping, take a few minutes to go through the list and check off any items you already have. This will save you time and money!

The Mediterranean Diet is more than just a diet - it's a LIFESTYLE - and we encourage you to enjoy these delicious, whole-food, homemade meals with your friends and family around the table!

**For more help:**

Visit [www.TheMediMove.com](http://www.TheMediMove.com) and check out blogs on:

- Common FAQs ([www.themedimove.com/mediterranean-diet/faqs](http://www.themedimove.com/mediterranean-diet/faqs))
- No-Cook Meal ideas ([www.themedimove.com/blog/no-cook-meals](http://www.themedimove.com/blog/no-cook-meals))
- Easy Ingredient Swaps ([www.themedimove.com/blog/easy-meal-swaps](http://www.themedimove.com/blog/easy-meal-swaps))
- Mediterranean Diet Cheat Sheet ([www.themedimove.com/blog/the-mediterranean-diet-what-you-need-to-know](http://www.themedimove.com/blog/the-mediterranean-diet-what-you-need-to-know))

You'll find tons more resources and lots of recipes there as well!

**Snack Recipe Books**

Check out our Snack Recipe Books! Over 20 super delicious snack recipes for every hunger: savory to sweet, creamy to crunchy! <https://www.themedimove.com/product-category/extra-resources/snack-recipe-books-extra-resources/>

**Coaching**

We also invite you to consider Nutrition Coaching or Weight Loss Coaching with our Registered Dietitians. They will hold your hand and provide expert support every step of your journey! <https://www.themedimove.com/nutrition-coach/>

Our goal is to provide tons of tips, recipes, and motivation to keep you looking and feeling your best!

Happy Eating!

Ashley and Jamie

The Mediterranean Movement

**Disclaimer:**

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of our services shall be used to diagnose or treat any health problem or disease, and the use of this meal plan does not guarantee the prevention of any medical conditions. We cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. We do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.



## MedMeal 2 person Week 1

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Carrot Cake Overnight Oats	Berry Chia Parfait	Carrot Cake Overnight Oats	Berry Chia Parfait	Berry Chia Parfait	Protein-Packed Avocado Toast	0.5 Protein-Packed Avocado Toast
							Clementines
Lunch	Hummus & Veggie Wrap	Hummus & Veggie Wrap	Pan Fried Turmeric Ginger Tilapia	Hummus & Veggie Wrap	Low Sodium Ground Turkey and Bean Minestrone	Salmon, Rice & Arugula	Kale, Lentil & Sweet Potato Salad
	Grapes	Grapes	Apple, Beet & Carrot Slaw	Grapes	Rye Bread		Grapes & Almonds
Dinner	Deluxe Portobello Pizzas	Pan Fried Turmeric Ginger Tilapia	Low Sodium Ground Turkey and Bean Minestrone	Deluxe Portobello Pizzas	Salmon, Rice & Arugula	Kale, Lentil & Sweet Potato Salad	Low Sodium Ground Turkey and Bean Minestrone
	Quinoa	Apple, Beet & Carrot Slaw	Rye Bread	Quinoa		Chocolate Nutty Baked Pears	Rye Bread





# Meal Plan 2 people Week 1

75 items

## Fruits

- ☐ 1 1/3 Apple
- ☐ 3 1/2 Avocado
- ☐ 6 Clementines
- ☐ 8 cups Grapes
- ☐ 1 Lemon
- ☐ 1 1/3 tbsps Lemon Juice
- ☐ 1 Lime
- ☐ 1 Pear
- ☐ 2 tsps Pomegranate Seeds

## Breakfast

- ☐ 1/2 cup Maple Syrup

## Seeds, Nuts & Spices

- ☐ 1/2 cup Almonds
- ☐ 1 Bay Leaf
- ☐ 1 3/4 cups Chia Seeds
- ☐ 1 tsp Chili Powder
- ☐ 2 1/16 tsps Cinnamon
- ☐ 1 tsp Cumin
- ☐ 1/2 tsp Ground Ginger
- ☐ 1/2 cup Hemp Seeds
- ☐ 1 1/3 tbsps Italian Seasoning
- ☐ 2 tsps Oregano
- ☐ 2 tsps Red Pepper Flakes
- ☐ 2 1/3 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3/4 cup Slivered Almonds
- ☐ 2 tsps Turmeric
- ☐ 1/3 cup Walnuts

## Frozen

- ☐ 4 cups Frozen Berries

## Vegetables

- ☐ 4 cups Arugula
- ☐ 2 cups Baby Spinach
- ☐ 2 2/3 Beet
- ☐ 5 2/3 Carrot
- ☐ 2 stalks Celery
- ☐ 1 cup Cherry Tomatoes
- ☐ 1 1/2 Cucumber
- ☐ 6 Garlic
- ☐ 1 tbsp Ginger
- ☐ 1 Green Bell Pepper
- ☐ 6 2/3 cups Kale Leaves
- ☐ 1 cup Mushrooms
- ☐ 1/3 cup Parsley
- ☐ 1 1/2 lbs Portobello Mushroom Caps
- ☐ 1 1/2 Red Bell Pepper
- ☐ 1 cup Red Onion
- ☐ 12 leaves Romaine
- ☐ 2 Sweet Potato
- ☐ 1 tbsp Thyme
- ☐ 1 Yellow Onion
- ☐ 1 Zucchini

## Boxed & Canned

- ☐ 3 cups Crushed Tomatoes
- ☐ 3 1/2 cups Diced Tomatoes
- ☐ 2 cups Green Lentils
- ☐ 1 cup Jasmine Rice
- ☐ 4 cups Low Sodium Vegetable Broth
- ☐ 3 cups Mixed Beans
- ☐ 1 1/2 cups Quinoa
- ☐ 1/4 cup Tomato Paste
- ☐ 2 cups White Navy Beans

## Baking

- ☐ 2 cups Oats
- ☐ 1 tsp Organic Dark Chocolate Chips

## Bread, Fish, Meat & Cheese

- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 1 1/2 cups Feta Cheese
- ☐ 1 1/2 cups Hummus
- ☐ 8 slices Organic Bread
- ☐ 6 slices Rye Bread
- ☐ 1 lb Salmon Fillet
- ☐ 4 Tilapia Fillet
- ☐ 6 Whole Wheat Tortilla

## Condiments & Oils

- ☐ 2 tsps Balsamic Vinegar
- ☐ 1 1/16 tbsps Coconut Oil
- ☐ 1 tbsp Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil

## Cold

- ☐ 1/4 cup Orange Juice
- ☐ 7 3/4 cups Unsweetened Almond Milk
- ☐ 1/4 cup Unsweetened Coconut Yogurt

## Other

- ☐ 2 cups Water



# Carrot Cake Overnight Oats

9 ingredients · 8 hours · 4 servings



## Directions

1. Add the oats, grated carrot, chia seeds, cinnamon, ground ginger, almond milk and maple syrup to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with yogurt and walnuts. Enjoy!

## Notes

### No Coconut Yogurt

Omit, or use another type of yogurt instead.

### Nut-Free

Omit, or use pumpkin seeds.

### Sugar-Free

Omit the maple syrup, or use a sugar-free sweetener of your choice.

### No Almond Milk

Use any other type of milk instead.

### Grated Carrot

Half a medium carrot is equal to about 1/2 cup of grated carrot.

### Hot or Cold

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave.

### Leftovers

Refrigerate in an airtight container for up to four days.

## Ingredients

- 2 cups Oats (rolled)
- 1 Carrot (medium, grated)
- 1/4 cup Chia Seeds
- 1 tsp Cinnamon
- 1/2 tsp Ground Ginger
- 2 1/2 cups Unsweetened Almond Milk
- 1/4 cup Maple Syrup
- 1/4 cup Unsweetened Coconut Yogurt
- 1/4 cup Walnuts (roughly chopped)



# Berry Chia Parfait

5 ingredients · 30 minutes · 6 servings



## Directions

1. In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
2. Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
3. Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

## Notes

### No Slivered Almonds

Use shredded coconut or hemp seeds instead.

### Chia Will Not Gel

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

## Ingredients

**5 1/4 cups** Unsweetened Almond Milk

**1 1/2 cups** Chia Seeds

**3 tbsps** Maple Syrup

**4 cups** Frozen Berries (Thawed)

**3/4 cup** Slivered Almonds





## Protein-Packed Avocado Toast

6 ingredients · 15 minutes · 2 servings

Note: You will be eating this meal twice, so you can either double and have leftovers or make it fresh twice. (It's best fresh.)



### Directions

1. In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
2. Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

### Notes

#### No White Beans

Use chickpeas instead.

#### Likes it Spicy

Add hot sauce or chili flakes into the avocado bean mixture.

### Ingredients

- 1 Avocado
- 1 cup White Navy Beans (cooked)
- 1/4 Lemon (juiced)
- 1/4 tsp Sea Salt
- 4 slices Organic Bread
- 1/4 cup Hemp Seeds





# Clementines

1 ingredient · 2 minutes · 2 servings



## Directions

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1. Peel, section and enjoy!

## Notes

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### Storage

Store clementines in a basket with open sides at room temperature or keep them in your fridge crisper.

## Ingredients

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6 Clementines



## Hummus & Veggie Wrap

6 ingredients · 5 minutes · 2 servings

Note: You will be eating this meal three times, so you can either triple the recipe and have leftovers or make it fresh three times. (It's best fresh.)



### Directions

1. Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
2. Serve immediately and enjoy!

### Notes

#### Gluten-Free

Use a brown rice tortilla instead.

#### Oil-Free

Use an oil-free hummus.

#### More Flavor

Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

#### Easy Eating

Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.

### Ingredients

- 2 Whole Wheat Tortilla (large)
- 1/2 cup Hummus
- 4 leaves Romaine (large, whole)
- 1/2 Avocado (sliced)
- 1/2 Cucumber (sliced)
- 1/2 Red Bell Pepper (sliced)



# Grapes

1 ingredient · 2 minutes · 2 servings



## Directions

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1. Wash grapes, divide into bowls and enjoy!

## Ingredients

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**2 cups** Grapes





# Grapes & Almonds

2 ingredients · 5 minutes · 2 servings



## Directions

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1. Combine grapes and almonds together in a bowl.
2. Happy snacking!

## Ingredients

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**2 cups** Grapes  
**1/2 cup** Almonds





# Deluxe Portobello Pizzas

11 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat oven to 400°F (204°C).
2. Line a baking sheet with parchment paper and add mushroom caps. Brush both sides of each with a bit of olive oil. Sprinkle the inside gills with oregano and season with sea salt and black pepper. Place in the oven and bake for 5 minutes.
3. Meanwhile, prepare your veggies.
4. Pull mushroom caps out of the oven and spoon crushed tomato sauce into the caps. Top with diced veggies and sprinkle with feta cheese. Place back into the oven and bake for 15 minutes.
5. Remove pizzas from oven. Plate and sprinkle with some red chili flakes for a bit of heat. Enjoy!

## Notes

### More Veggies

Top with whatever vegetables you have on hand.

### No Feta Cheese

Use goat cheese instead.

### Vegan

Sprinkle with some nutritional yeast instead of feta.

### Prep Ahead

Veggies can be diced in advance and stored in airtight containers or baggies.

## Ingredients

**1 1/2 lbs** Portobello Mushroom Caps (wiped clean and stems removed)

**2 tbsps** Extra Virgin Olive Oil

**2 tsps** Oregano

Sea Salt & Black Pepper (to taste)

**3 cups** Crushed Tomatoes

**1 cup** Red Onion (finely diced)

**1 cup** Mushrooms

**1 cup** Cherry Tomatoes (halved)

**1** Green Bell Pepper (diced)

**1 1/3 cups** Feta Cheese (crumbled)

**2 tsps** Red Pepper Flakes (optional)



# Quinoa

2 ingredients · 15 minutes · 4 servings



## Directions

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1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 - 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

## Ingredients

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**1 1/2 cups** Quinoa (uncooked)

**2 cups** Water





# Pan Fried Turmeric Ginger Tilapia

10 ingredients · 45 minutes · 4 servings



## Directions

1. In a small mixing bowl whisk together olive oil, lime juice, ginger, garlic, turmeric, cumin, chili powder and sea salt. Transfer the mixture to a zipper-lock bag.
2. Place fish fillets in the bag, press out the extra air and seal the bag. Using your hands massage the turmeric-ginger sauce onto each fillet. Let fish marinate for at least 15 minutes or for up to one hour.
3. Heat the coconut oil in a large skillet or frying pan over medium-high heat. Transfer the fillets from the bag to the pan and cook for 3 to 4 minutes per side until golden brown and crisp. (Note: You may need to cook the fillets in batches depending on the size of your pan.)
4. Transfer the fillets to a plate and season with additional salt if needed. Enjoy!

## Notes

### Extra Flavour

Serve with lemon, lime or orange wedges.

### Likes it Spicy

Add cayenne pepper to the marinade to taste.

### No Tilapia

Use any type of white fish fillet instead like cod, haddock, pickerel or orange roughy. Cooking times may vary depending on the thickness of the fillet.

### Meal Prep

Combine the marinade and fish together in a bag and freeze for up to three months. Thaw before cooking.

## Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 1 Lime (juiced)
- 1 **tbsp** Ginger (peeled and grated)
- 2 Garlic (cloves, minced)
- 2 **tsp**s Turmeric (ground)
- 1 **tsp** Cumin (ground)
- 1 **tsp** Chili Powder
- 1/4 **tsp** Sea Salt
- 4 Tilapia Fillet (about 6 oz. each)
- 1 **tbsp** Coconut Oil



# Apple, Beet & Carrot Slaw

8 ingredients · 10 minutes · 4 servings



## Directions

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1. In a large bowl add the beets, carrots, kale and apple.
2. In a small bowl, whisk together the orange juice, lemon juice and sea salt.
3. Add the dressing to the salad and toss to combine. Top with parsley and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to about 3/4 cup salad.

### More Flavor

Add some dijon or honey mustard to the dressing.

### Additional Toppings

Top with pumpkin seeds.

## Ingredients

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**2 2/3** Beet (medium-size, peeled, julienned)

**2 2/3** Carrot (julienned)

**2 2/3 cups** Kale Leaves (shredded)

**1 1/3** Apple (julienned)

**1/4 cup** Orange Juice

**1 1/3 tbsps** Lemon Juice

**1/8 tsp** Sea Salt

**1/3 cup** Parsley (chopped)





# Low Sodium Ground Turkey and Bean Minestrone

15 ingredients · 1 hour 15 minutes · 6 servings



## Directions

1. In a large pot, heat the oil over medium-high heat. Add ground turkey to the pot. With a wooden spoon or spatula, break the turkey into small pieces as it cooks. Stir until it is cooked through and no longer pink.
2. Add the onions, carrots, celery, garlic, Italian seasoning and salt. Cook until onions are just translucent, about 7 minutes. Add tomato paste and stir to incorporate.
3. Add the vegetable broth, diced tomatoes, mixed beans and bay leaf. Stir to incorporate then bring soup to a gentle boil.
4. Stir in the zucchini and the spinach. Reduce heat to a simmer and cook uncovered for about 40 minutes until vegetables are very tender and soup has reduced slightly.
5. Remove the bay leaf. Divide into bowls and enjoy!

## Notes

### Leftovers

Keeps well in the fridge up to 3 days. Store in the freezer for longer.

### No Ground Beef

Use ground turkey or ground chicken instead.

### More Carbs

Stir in cooked pasta or noodles before serving.

### Likes it Cheesey

Sprinkle with parmesan or nutritional yeast.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Turkey
- 1 Yellow Onion (medium, finely chopped)
- 2 Carrot (medium, chopped)
- 2 **stalks** Celery (finely chopped)
- 4 Garlic (cloves, minced)
- 1 **1/3 tsps** Italian Seasoning
- 1 **tsp** Sea Salt
- 1/4 **cup** Tomato Paste
- 4 **cups** Low Sodium Vegetable Broth
- 3 **1/2 cups** Diced Tomatoes (from the can)
- 3 **cups** Mixed Beans (cooked)
- 1 Bay Leaf
- 1 Zucchini (medium, chopped)
- 2 **cups** Baby Spinach



# Rye Bread

1 ingredient · 1 minute · 6 servings

## Directions

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1. Top with your desired spread or filling, or serve as a side to soups, salads or entree. Enjoy!

## Ingredients

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**6 slices** Rye Bread



# Salmon, Rice & Arugula

6 ingredients · 25 minutes · 4 servings



## Directions

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1. Preheat oven to 425°F (218°C).
2. Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
3. While the salmon roasts, make your jasmine rice according to the instructions on the package.
4. Combine the extra virgin olive oil and lemon juice in a jar and mix well.
5. Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

## Notes

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### No Salmon

Use any type of fish fillet instead, or use canned fish.

### No Arugula

Use baby spinach, kale or mixed greens instead.

### No Rice

Use quinoa instead.

### Leftovers

Refrigerate in an air-tight container up to 3 days.

## Ingredients

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- 1 lb Salmon Fillet
- 1/2 tsp Sea Salt
- 1 cup Jasmine Rice (dry, uncooked)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 4 cups Arugula



# Kale, Lentil & Sweet Potato Salad

11 ingredients · 45 minutes · 4 servings



## Directions

1. Preheat oven to 410°F (210°C). Place chopped sweet potato in a mixing bowl and toss with half your extra virgin olive oil, cinnamon and season with a bit of salt and pepper. Place on a parchment-lined baking sheet and bake in the oven for 30 to 35 minutes or until golden.
2. In the meantime, drain lentils and rinse with cold water. Set aside.
3. Place remaining extra virgin olive oil in a frying pan and warm over medium heat. Add in kale leaves and saute just until wilted. Remove from heat immediately.
4. Prepare dressing by mixing balsamic vinegar, maple syrup, mustard and thyme. Mix well.
5. Combine sweet potatoes, lentils, wilted kale, feta cheese and dressing together in a large mixing bowl. Toss well and serve. Enjoy!

## Ingredients

**2 cups** Green Lentils (cooked, drained and rinsed)  
**2** Sweet Potato (diced into 1 inch cubes)  
**4 cups** Kale Leaves  
**2 tbsps** Balsamic Vinegar  
**1 tbsp** Maple Syrup  
**1 tbsp** Thyme  
**1 tsp** Cinnamon  
**1 tbsp** Extra Virgin Olive Oil (divided)  
**1 tbsp** Dijon Mustard  
Sea Salt & Black Pepper (to taste)  
**1/4 cup** Feta Cheese (crumbled)





# Chocolate Nutty Baked Pears

7 ingredients · 35 minutes · 2 servings



## Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Cut a small piece off of the bottom of each pear half so that it can lay flat on the baking sheet. Sprinkle each pear half with cinnamon and add the walnuts to each cored pear. Drizzle with maple syrup and bake for 30 to 35 minutes or until cooked through.
3. In a small bowl, add the chocolate chips and coconut oil. Microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to mix into a chocolate drizzle.
4. Remove the pears, top with pomegranate and drizzle with melted chocolate mixture. Divide between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven and serve while warm.

### Serving Size

One serving is equal to one pear half.

### Nut-Free

Omit the walnuts and top with nut-free granola or use pumpkin seeds.

### No Pomegranate

Use fresh cranberries instead.

## Ingredients

- 1 Pear (sliced in half, cored)
- 1/16 tsp Cinnamon
- 1 1/3 tbsps Walnuts (chopped)
- 1/2 tsp Maple Syrup
- 2 tsps Pomegranate Seeds
- 1 tsp Organic Dark Chocolate Chips (for drizzling)
- 1/8 tsp Coconut Oil (for drizzling)

