



The Mediterranean Diet: Executive Travel Framework

1. Core Philosophy

- Food, not nutrients: Whole, minimally processed foods.
- Pattern over perfection: Consistency > perfection.
- Quality over quantity: Satiating foods regulate appetite.

2. The MVP Food Categories

M Mostly Plants: Veggies, legumes, fruits, nuts, seeds. Aim for fiber + color.

V Vital Fats: EVOO, avocado, fatty fish. Avoid seed oils/fried foods.

P Protective Proteins: Seafood, beans, eggs, yogurt, poultry. Limit red/processed meats.

3. Travel Cheat Sheet

Hotels/Airports:

- Avoid sugary breakfasts. Choose eggs, fruit, plain yogurt.
- Snacks: almonds, hummus, veggies, tuna pouches, olives.
- Drink water first. Limit soda/juice/alcohol.

Dining Out:

- Favor Mediterranean, Middle Eastern, or farm-to-table.
- Build meals: grilled protein + greens + olive oil.
- Request dressing/sauce on the side.

4. Golden 5 Options (When Limited)

1. Salad + protein (olive oil & vinegar)
2. Grilled fish/chicken + vegetables
3. Lentil/bean soups
4. Oatmeal + berries + nuts
5. Mediterranean bowl (quinoa, hummus, EVOO)

5. Non-Negotiables

- Avoid ultra-processed foods
- Minimize added sugars
- Don't skip meals leads to poor decisions
- Make water your anchor drink

"The Mediterranean Diet isn't a 'diet' it's a cultural template for how humans have thrived for centuries. Adapt it to your modern life, and it will serve you well no matter how far you travel." - Dr. David L. Katz