Complementary blog post: 5 Superfoods to Eat on a Mediterranean Diet

Subject: 5 Super Foods Which Have the Most Protein When You’re on a Mediterranean Diet

(firstname)

The Mediterranean diet is considered one of the healthiest and easiest diets to follow. This is largely because of its high protein content.

A lot of fad diets restrict certain things. They focus primarily on completely cutting out fat, along with strict calorie counting. This is not only difficult to keep up, but it leaves you feeling tired, hungry, and miserable.

To ensure you’re getting the right amount of protein in your Mediterranean diet plan, here we’ll look at 5 super foods which are known to contain the most protein.

1. Salmon

Salmon is often referred to as one of the best super foods you can eat. This is down to not only its high omega 3 content, but it’s high protein levels too. It actually contains more protein than nuts and has the additional benefit of containing fantastic healthy fats.

2. Legumes

Legumes refer to lentils, beans and peas and they’re full of fiber, nutrients, and protein. Did you know there’s over 13,000 different types of legumes available? You’ll definitely never get bored of ways to use them in your daily diet!

The benefits don’t just stope there either – legumes are also really affordable and they keep you feeling full for hours. So, if you add just one of the foods to your diet off the list, these are what you’ll want to be focusing on.

3. Quinoa

Each cup full of cooked quinoa, contains around 8g of protein. Being gluten free, this is also one of the best foods for those looking to eat more of a “clean” diet. It’s not as difficult to incorporate into your daily diet as you might think either. You’ll find plenty of recipe ideas online.

4. Chicken

Red meats are replaced by healthier, protein-packed white meats on the Mediterranean diet, such as chicken. It can be used in a wide range of recipes and thanks to herbs and spices, you can create lots of different, flavorful dishes.

5. Eggs

No high-protein food list would be complete without eggs! They’re one of the most versatile ingredients you can use in your Mediterranean diet and they’re especially great for breakfast. They’re also a great source of good cholesterol.

Interested to see what else you can eat on the Mediterranean diet? Check out our great blog post on our website.

LINK

Overall, most of the super foods consumed on the Mediterranean diet are packed full of protein. The above are just 5 of the best protein sources you’ll want to try and eat as much as you can of. Of course, they also have plenty of other great health benefits too so why not do a little research to see exactly what you can expect from these super foods.

(Sign off)