

Limited Edition

**EAT**  
— **TO** —  
**BEAT**  
**DISEASE**

Mediterranean  
Inspired Meal Plan

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Limited Edition, Eat to Beat Disease Mediterranean  
Inspired Meal Plan  
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Thank you for pre-ordering  
**Eat to Beat Disease: The New Science of How Your Body Can  
Heal Itself**

We have designed this special limited edition meal plan just for you. It is based on the Mediterranean diet, and follows the **Eat to Beat 5x5x5 meal planning guide** by choosing 5 Eat to Beat preferred foods and incorporating them into 5 meals per day.

The Mediterranean diet has long been identified with improved outcomes for heart health. But, we now know from many different clinical and epidemiological studies that the Mediterranean diet can protect against many other types of ailments, and the ways that enables the body to defend itself against disease.

People that consumed a Mediterranean diet for 4 weeks in a study had a five-fold increase in circulating endothelial progenitor cells, which translated to an improvement in blood vessel function. In another study, researchers found that following a Mediterranean diet was associated with longer telomeres, the protective ends of DNA that are a marker of aging and that prevent DNA damage.

You will explore more information about each food and the science behind their effects in the book. This pamphlet will guide you through getting a head-start on incorporating these health-defending bioactives into your lifestyle.

# FOODS INCLUDED IN THE 5x5x5 MEAL PLAN

Below is a list of foods included in the meal plan that activate your body's health defense systems: Angiogenesis, Regeneration (stem cells), the Microbiome, DNA repair and expression, and the Immune system.

- |   |   |
|---|---|
| <input type="checkbox"/> Almonds                              | <input type="checkbox"/> Fish (branzino)        |
| <input type="checkbox"/> Apple                                | <input type="checkbox"/> Kale                   |
| <input type="checkbox"/> Arugula                              | <input type="checkbox"/> Kiwi                   |
| <input type="checkbox"/> Asiago cheese                        | <input type="checkbox"/> Lentils                |
| <input type="checkbox"/> Basil                                | <input type="checkbox"/> Littleneck clams       |
| <input type="checkbox"/> Blackberries                         | <input type="checkbox"/> Oregano                |
| <input type="checkbox"/> Cannellini beans                     | <input type="checkbox"/> Peaches                |
| <input type="checkbox"/> Carrot                               | <input type="checkbox"/> Purple potatoes        |
| <input type="checkbox"/> Chicken thighs (organic, free-range) | <input type="checkbox"/> Red pepper             |
| <input type="checkbox"/> Chickpeas                            | <input type="checkbox"/> Rosemary               |
| <input type="checkbox"/> Chile pepper                         | <input type="checkbox"/> Sourdough bread        |
| <input type="checkbox"/> Cinnamon                             | <input type="checkbox"/> Strawberries           |
| <input type="checkbox"/> Coffee                               | <input type="checkbox"/> Thyme                  |
| <input type="checkbox"/> Cranberries                          | <input type="checkbox"/> Tomatoes (San Marzano) |
| <input type="checkbox"/> Dark chocolate                       | <input type="checkbox"/> Walnuts                |
| <input type="checkbox"/> Eggplant                             | <input type="checkbox"/> Whole grains           |
|   | <input type="checkbox"/> Yogurt                 |

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>5 Daily Foods</b> 1: Blackberries 2: Sourdough bread 3: Walnuts 4: Chicken thigh 5: Dark chocolate		<b>5 Daily Foods</b> 1: Yogurt 2: Strawberries 3: Lentils 4: Carrot 5: Berries		<b>5 Daily Foods</b> 1: Tomatoes 2: Almonds 3: Asiago cheese 4: Fish (branzino) 5: Dark chocolate		<b>5 Daily Foods</b> 1: Kale 2: Strawberries 3: Lentils 4: Carrot 5: Berries		<b>5 Daily Foods</b> 1: Cinnamon 2: Almonds 3: Asiago cheese 4: Purple potatoes 5: Kale		<b>5 Daily Foods</b> 1: Sourdough bread 2: Arugula 3: Strawberries 4: Purple potatoes 5: Kale		<b>5 Daily Foods</b> 1: Blackberries 2: Basil 3: Red peppers 4: Clams 5: Dark chocolate	
<b>Breakfast</b> Muesli with almond milk and blackberries <i>Optional: Coffee or espresso</i>		<b>Breakfast</b> Greek yogurt parfait <i>Optional: Coffee or espresso</i>		<b>Breakfast</b> Sourdough toast with sliced tomatoes <i>Optional: Coffee or espresso</i>		<b>Breakfast</b> Greek yogurt parfait <i>Optional: Coffee or espresso</i>		<b>Breakfast</b> Oatmeal with sliced banana and cinnamon <i>Optional: Coffee or espresso</i>		<b>Breakfast</b> Sourdough toast with avocado <i>Optional: Coffee or espresso</i>		<b>Breakfast</b> Muesli with almond milk and blackberries <i>Optional: Coffee or espresso</i>	
<b>Lunch</b> Caprese panini on sourdough		<b>Lunch</b> Arugula & lentil strawberry salad		<b>Lunch</b> Mediterranean vegetable hummus wrap		<b>Lunch</b> Quinoa bowl with roasted vegetables		<b>Lunch</b> Mediterranean vegetable hummus wrap		<b>Lunch</b> Arugula & lentil strawberry salad		<b>Lunch</b> Caprese salad	
<b>Snack</b> Sliced apples with walnuts <i>Optional: Coffee or espresso</i>		<b>Snack</b> Spiced apple carrot muffin <i>Optional: Coffee or espresso</i>		<b>Snack</b> Almonds and asiago cheese <i>Optional: Coffee or espresso</i>		<b>Snack</b> Apple slices with almond butter <i>Optional: Coffee or espresso</i>		<b>Snack</b> Almonds and asiago cheese <i>Optional: Coffee or espresso</i>		<b>Snack</b> Sliced peaches with walnuts <i>Optional: Coffee or espresso</i>		<b>Snack</b> Sliced red bell peppers and hummus <i>Optional: Coffee or espresso</i>	
<b>Dinner</b> Mediterranean vegetable spaghetti		<b>Dinner</b> [Leftover] Mediterranean vegetable spaghetti		<b>Dinner</b> Roasted lemon branzino		<b>Dinner</b> Cauliflower couscous with kale and cabbage		<b>Dinner</b> Mediterranean vegetable stew		<b>Dinner</b> [Leftover] Mediterranean vegetable stew		<b>Dinner</b> Linguine with clams & arugula	
<b>Dessert (optional)</b> Spiced chocolate mousse		<b>Dessert (optional)</b> Fresh berries with crème fraîche, shaved dark chocolate		<b>Dessert (optional)</b>		<b>Dessert (optional)</b> Fresh berries with crème fraîche, shaved dark chocolate		<b>Dessert (optional)</b>		<b>Dessert (optional)</b>		<b>Dessert (optional)</b> Spiced chocolate mousse	

# RECIPES

1. Greek Yogurt Parfait
2. Spiced Apple and Carrot Muffins
3. Arugula & Lentil Strawberry Salad
4. Mediterranean Vegetable Wraps
5. Caprese Salad
6. Mediterranean Vegetable Stew
7. Linguine with Clams and Arugula
8. Mediterranean Vegetable Spaghetti
9. Roasted Branzino
10. Cauliflower Couscous with Kale and Cabbage
11. Healthy Chocolate Mousse

# GREEK YOGURT PARFAIT

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*Serves 1*

*Prep time: 5 minutes*

*Cooking time: 0 minutes*

## Ingredients

- ¾ cup plain Greek yogurt
- 1 tsp chia seeds
- ¼ cup granola (ideally homemade)
- ⅓ cup sliced strawberries
- ⅓ cup diced kiwi

## Preparation

- Mix the chia seeds into the granola.
- In a glass bowl or cup, layer half the yogurt, half the granola chia mixture, half the fruit, then repeat the layers with the remaining ingredients.
- Sprinkle with additional chia seeds to top.



# SPICED APPLE AND CARROT MUFFINS

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*Makes 9 muffins*

*Cooking time: 20-25 minutes*

*Preparation time: 15 minutes*

## Ingredients

1 large carrot, peeled and grated  
1 Fuji apple, peeled and grated  
2 eggs, lightly beaten  
1/3 cup coconut milk  
3 tablespoons pure maple syrup  
1 teaspoon fresh ginger, peeled and grated  
1/4 cup almond meal  
3/4 cup brown rice flour  
1 tablespoon baking powder  
1 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg  
1/4 teaspoon kosher salt

## Preparation

- Preheat the oven to 375 degrees F and lightly oil a 9-hole muffin pan.
- Whisk together the eggs, coconut milk, maple syrup, and ginger.
- Add in the grated carrot and apple and stir to combine.
- In a separate bowl, mix together the remaining (dry) ingredients.
- Pour the dry ingredients into the bowl with the wet ingredients and mix until combined.
- Fill the muffin holes 3/4 of the way up and bake for 20 to 25 minutes, or until muffins test clean.



# ARUGULA & LENTIL STRAWBERRY SALAD

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*Servings: 6 servings*

*Cooking Time: 0 minutes*

*Prep Time: 10 minutes*

## Ingredients

*For the salad:*

6-8 cups fresh arugula  
1 1/2 cups cooked lentils (3/4 cup dry)  
1 cup fresh strawberries, sliced  
3 garlic scapes, minced  
1/2 cup sliced almonds, toasted  
2 tablespoons fresh basil, thinly sliced

*For the dressing:*

1 1/2 cups fresh strawberries  
2 tablespoons balsamic vinegar  
1/4 cup water  
1/4 cup flaxseed oil  
1 tablespoon fresh basil  
Pinch of salt

## Preparation

*Make the dressing:*

- Add the strawberries, balsamic vinegar, water, flaxseed oil, basil leaves and pinch of salt to a blender or food processor.
- Blend the dressing until smooth, and refrigerate until ready to serve.

*Assemble the salad:*

- Place a large handful of arugula on each plate.
- Add about 1/4 cup of lentils and a generous pinch of garlic scapes, and decorate with fresh strawberry slices.
- Sprinkle with the toasted almonds and basil chiffonade.
- Pour the strawberry-balsamic dressing over the salad and serve.

# MEDITERRANEAN VEGETABLE WRAPS

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*Serves 2*

*Prep time: 5 minutes*

*Cooking time: 0 minutes*

## Ingredients

2 (8 inch) tomato, spinach, or whole wheat wraps  
¼ cup hummus  
2 cups mixed salad greens  
½ zucchini, sliced thinly into strips  
½ summer squash, sliced thinly into strips  
½ tomato, diced  
2 tbsp sliced and pitted kalamata olives  
¼ onion, thinly sliced  
1 tbsp bottled banana peppers  
½ tbsp balsamic vinegar  
½ tbsp olive oil  
1 garlic clove, minced  
¼ tsp black pepper

## Preparation

- Combine greens, zucchini, summer squash, tomato, onion, kalamata olives, and banana peppers in a bowl.
- In a smaller, separate bowl, whisk together balsamic vinegar, olive oil, garlic, and pepper. Pour over vegetable mixture and toss together.
- Divide hummus and spread on each wrap. Top with dressed vegetable mixture and form the wrap by folding the sides in slightly and rolling the wrap closed.

# CAPRESE SALAD

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*Serves 4*

*Prep time: 5 minutes*

*Cooking time: 20 minutes + 30 minutes cool time*

## Ingredients

- 1 cup balsamic vinegar
- 2 ripe San Marzano tomatoes
- 6 oz. fresh mozzarella
- 1 cup fresh basil leaves
- 2 tbsp olive oil
- ½ tsp coarse-ground salt
- ¼ tsp black pepper

## Preparation

- Make the balsamic reduction: Pour balsamic into a small saucepan and bring to a gentle boil over low heat. Keep balsamic over heat for about 10 minutes, until it is thick but still pourable. Remove from pan and let cool to room temperature.
- Cut tomatoes and mozzarella into thick slices, and arrange on a platter alternating tomato with mozzarella. Tuck basil leaves between the cheese and mozzarella slices.
- Drizzle the balsamic reduction over the salad, then top with drizzled olive oil. Sprinkle with salt and pepper.



# MEDITERRANEAN VEGETABLE STEW

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*Makes 4-6 servings*

*Preparation time: 30 minutes*

*Cooking time: 45 minutes*

## Ingredients

3 tbsp extra-virgin olive oil, plus more for garnish  
 1 medium onion, chopped  
 2 ribs celery, cut into ½-inch slices  
 2 carrots with leafy tops; carrots cut into ½-inch cubes, leafy tops roughly chopped  
 2 cloves garlic, finely chopped  
 ½ tsp crushed red pepper  
 2 sprigs fresh oregano, marjoram, or thyme (or combination)  
 1 cup tomato puree  
 1 medium zucchini, cut into ½-inch cubes  
 2 medium purple potatoes, cut into ½-inch cubes  
 1 small sweet potato, cut into ½-inch cubes  
 1 quart vegetable stock  
 1 dry bay leaf  
 2 cups dinosaur kale, chopped  
 1 can cannellini beans, drained and rinsed  
 10-12 mint or basil leaves, chopped  
 Salt, to taste  
 Toasted sourdough bread

## Preparation

- Heat the olive oil in a large stockpot over medium-high heat. Add the onion, celery, and carrots, sprinkle with salt, and cook 3-4 minutes.
- Add the garlic, red pepper flakes, and oregano. Cook 2-3 minutes longer.
- Add the tomato puree, season with salt, and simmer for about 5 minutes.
- Add the zucchini, purple potatoes, sweet potatoes, and the stock. Bring to a boil.
- Add the bay leaf, reduce the heat, and simmer about 20-25 minutes, until the potatoes are fork-tender.
- Add the kale, carrot tops, and beans; cook an additional 10 minutes.
- Remove from the heat. Add the mint and stir. Serve in bowls with a drizzle of extra virgin olive oil and toasted sourdough bread.

# LINGUINE with CLAMS and ARUGULA

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*Serves 4*

*Prep time: 20 minutes*

*Cooking time: 20 minutes*

## Ingredients

20 littleneck clams

1 lb. whole wheat linguine

5 handfuls arugula

¼ cup fresh grated parmesan

3 tbsp extra virgin olive oil

1-2 tsp crushed red pepper

8 cloves garlic, thinly sliced

½ cup white wine

Black pepper to taste

Fresh lemon juice

## Preparation

- Clean clams: Immerse the clams in cold water for 20 minutes, then lift the clams out of the water and sand that has collected. Use a toothbrush to scrub the clam shell to remove any sand or barnacles.
- Bring 6 cups of water to a boil and add 1 tbsp salt. Cook linguine until al dente (about 8 minutes). Drain and reserve 1/2 cup of the pasta water.
- In a Dutch oven, heat the olive oil over medium-low heat. Add the garlic and crushed red peppers, then the clams. Increase the heat to medium and cover. After the clams open (about 3 minutes), remove the clams immediately to avoid overcooking.
- Add the wine and pasta water, then arugula (or spinach) to the pot and toss quickly. Add pepper to taste and toss well. Transfer to bowls, and top with clams and fresh parmesan. Add a squeeze of lemon to each bowl and serve.

# MEDITERRANEAN VEGETABLE SPAGHETTI

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*Makes 2 servings*

*Preparation time: 15 minutes*

*Cooking time: 20 minutes*

## Ingredients

1 red pepper, diced  
1 yellow pepper, diced  
2 plum tomatoes, sliced into eighths  
A dozen cherry tomatoes  
1 zucchini/courgette  
1 bowl of spinach  
A handful of black olives  
2 tbsp of tomato puree  
½ a jalapeño pepper (optional)  
2 tbsp of dried herbs de provence  
2 tbsp of apple cider vinegar or the  
juice of 1 lime  
salt  
1 box whole wheat spaghetti

## Preparation

- Put the pasta water over high heat and bring to a boil. Add the pasta and cook according to package instructions.
- Heat olive oil in a saute pan over medium high heat, and add the chopped peppers, plum tomatoes, and herbs de provence.
- Allow the mix to simmer and gently disintegrate to form the sauce. After a few minutes add the tomato puree and the apple cider vinegar or lime juice.
- Slice the zucchini in half before chopping it into thin half moon shapes, place these to one side as you cut the cherry tomatoes into quarters.
- Once the vegetables in the sauce mixture begin to break down, add the cherry tomatoes, zucchini slices, and spinach, mixing them in well to cook for about 5-7 minutes.
- Drain the pasta and stir it into the sauce. Stir in the olives, and top with additional herbs.

# ROASTED BRANZINO

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*Servings: 4 servings*

*Cooking Time: 15 minutes*

*Prep Time: 30 minutes*

## Ingredients

2 whole branzino, scaled and gutted

2 Belgian endives, thinly sliced

1 leek, thinly sliced

1 cup cherry tomatoes, halved

4 cloves garlic, thinly sliced

4 sprigs rosemary

2 tbsp fresh parsley, chopped

1 lemon, sliced into rounds

4 tbsp extra virgin olive oil

Fine sea salt

Black pepper

## Preparation

- Preheat oven to 425°F
- Rinse fish and make cuts down the sides. Stuff each fish with 2 rosemary sprigs and 2 lemon slices. Combine 3 tablespoons of the olive oil and the parsley, and rub over the outside of the fish.
- Toss the Belgian endives and leeks in the remaining 1 tablespoon of olive oil, tomatoes, and garlic slices, and season with salt and pepper.
- Line a baking sheet with parchment, and spread the vegetables over in a thin layer. Top with fish.
- Bake for 20–30 minutes, until the fish is cooked through and the vegetables are tender.



# CAULIFLOWER COUSCOUS with KALE and CABBAGE

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*Makes 4 servings*

*Preparation time: 15 minutes*

*Cooking time: 0 minutes*

## Ingredients

½ head cauliflower, grated (4 cups)  
2 cups red cabbage, thinly sliced  
2 cups tightly packed dino kale, thinly sliced\*  
5 stalks green onion, chopped (¾ cup)  
1 cup dried cranberries  
1 cup raw walnuts, chopped  
2 tablespoons olive oil  
¼ cup fresh lemon juice  
2 tablespoons stone ground mustard  
Salt and cracked pepper to taste

## Preparation

- Rinse all of the vegetables very well and pat dry.
- Remove the stems on the cauliflower, chop the head in half, and grate one of the halves using a box grater (note: you can also pulse cauliflower florets in a food processor).
- Add cauliflower couscous, cabbage, kale, green onion, dried cranberries, and walnuts to a large serving bowl.
- Whisk together the olive oil, lemon juice, and stone ground mustard together in a small bowl. Pour it over the veggies and toss everything together well.



# HEALTHY CHOCOLATE MOUSSE

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*Serves 4*

*Prep time: 5 minutes*

*Cooking time: 5 minutes + 30 minutes set time*

## Ingredients

4 ounces dark chocolate (70% cacao or greater), chopped into 1-inch pieces

12 ounces silken tofu

2 tablespoons maple syrup

Chopped tree nuts (walnuts, hazelnuts, pecans), for garnish

Blueberries, strawberries, and/or blackberries, for garnish

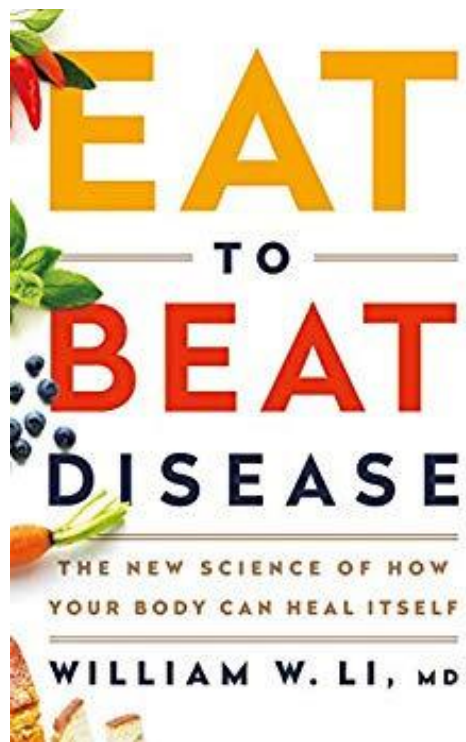
Fresh mint or lavender, for garnish (optional)

## Preparation

- In a double boiler, melt the chocolate over medium heat, stirring periodically to prevent scorching. When the chocolate has completely melted, add the silken tofu and maple syrup. Stir to combine.
- Transfer the mixture to a food processor and whip until fluffy.
- Spoon the mousse into individual ramekins or serving cups. Place in the refrigerator to cool and set for at least 30 minutes.
- To serve, garnish with crushed nuts, berries, and mint leaves, if desired.

Spread the word to your family and friends that you  
can **Eat to Beat Disease!**

EAT TO BEAT DISEASE shows you how to integrate the  
foods you already love into any diet or health plan to  
activate your body's health defense systems –  
Angiogenesis, Regeneration, the Microbiome, DNA  
Protection, and Immunity – to fight cancer, cardiovascular  
disease, diabetes, neurodegenerative disease, autoimmune  
disease, and other debilitating conditions.



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