

Olea: The 2026 Mediterranean Blueprint

Your Guide to Stable Energy & Vibrant Health

Welcome to the Olea lifestyle. This blueprint isn't a restrictive "diet"—it is a scientifically-backed logic system that combines heart-healthy traditions with modern diabetic safety (Low-Glycemic Index).

1. The Olea "Golden Rules"

- **The 50% Rule:** Fill half your plate with non-starchy vegetables (Greens, Zucchini, Peppers, Artichokes) at every meal.
 - **Fat is Fuel:** Use Extra Virgin Olive Oil (EVOO) as your primary fat. It slows carbohydrate absorption, preventing glucose spikes.
 - **The Grain Shift:** Swap white rice and white bread for "Ancient Grains" like **Farro, Barley, and Quinoa**. These have a high fiber "shell" that protects your blood sugar.
 - **Protein Priority:** Focus on fish (twice a week), legumes (beans/lentils), and Greek yogurt. Keep red meat to a "special occasion" status.
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2. Your "Smarter Swaps" Cheat Sheet

Instead of...	Use Olea's Choice...	Why?
White Pasta	Zucchini Noodles or Lentil Pasta	Drastically lower carb load.
Butter / Margarine	Extra Virgin Olive Oil	Pure monounsaturated fats.
Sugary Cereal	Steel-Cut Oats with Cinnamon	Cinnamon improves insulin sensitivity.
Fruit Juice	Whole Fruit (Berries/Apples)	Fiber prevents the "Sugar Rush."
White Potatoes	Roasted Cauliflower or Sweet Potatoes	Lower Glycemic Index.

3. The 2026 Olea Master Shopping List

Check these off to build your "Spike-Shielded" kitchen.

 **Produce (The 50% Plate)**

- [] **Leafy Greens:** Spinach, Kale, Arugula (for salad bases).
- [] **Cruciferous:** Broccoli, Cauliflower, Brussels Sprouts.
- [] **The Aromatics:** Garlic, Onions, Shallots.
- [] **Vibrant Veg:** Bell Peppers, Zucchini, Cucumbers, Tomatoes.
- [] **Fruit:** Blueberries, Strawberries, Raspberries (Low-GI favorites).
- [] **Fresh Herbs:** Parsley, Cilantro, Mint, Rosemary.

Pantry (The Slow Carbs & Fats)

- [] **Extra Virgin Olive Oil:** Look for "Cold Pressed" and a dark glass bottle.
- [] **Ancient Grains:** Farro, Pearled Barley, Quinoa.
- [] **Legumes:** Canned or dry Chickpeas, Lentils, Black Beans.
- [] **Nuts/Seeds:** Walnuts, Almonds, Chia Seeds, Flaxseeds.
- [] **Steel-Cut Oats:** Avoid "Instant" or "Quick" varieties.
- [] **Vinegars:** Apple Cider Vinegar and Balsamic (the natural glucose buffers).

Protein (The Anti-Inflammatory Lean)

- [] **Fish:** Salmon, Mackerel, Sardines, or Cod.
- [] **Dairy:** Plain Greek Yogurt (Full fat or 2%), Feta Cheese.
- [] **Poultry:** Boneless, skinless Chicken Breast or Turkey.
- [] **Eggs:** Large pasture-raised eggs.

4. Olea Sample Day

- **Breakfast:** Plain Greek yogurt with walnuts, 1/2 cup blueberries, and a dash of cinnamon.
 - **Lunch:** "The Mediterranean Bowl" — Chickpeas, cucumber, tomato, feta, and olives over a bed of spinach with EVOO and lemon.
 - **Dinner:** Grilled Salmon with roasted asparagus and a small side of quinoa.
 - **Snack:** One hard-boiled egg or carrot sticks with hummus.
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 **What's Next?**

Your **Olea Planner** is currently being calibrated for your personal use. Watch your inbox for your first custom meal plan!

The Olea Team

<https://planner.diabetescontrolday.com/>