

Low GI Daily Menu: Mediterranean Spring Flavours

Saturday 24 October 2026 | Mediterranean | Recipes & method (serves 2)

Soak up some spring sunshine with today's Mediterranean-inspired menu, built on legumes, wholegrains and plenty of fresh herbs. These low GI dishes keep blood glucose steadier while delivering the bright, olive-oil-rich flavours the Mediterranean is famous for.

Daily total per person (approx.): 105 g carbs | 30 g fibre | 75 g protein | 1260 kcal

BREAKFAST

LOW GI

Mediterranean Baked Eggs with Chickpeas and Spinach

A gently spiced tomato and chickpea sauce topped with baked eggs and crumbled fetta, served with wholegrain sourdough.

Prep 10 min | Cook 18 min | Serves 2

Per serve: 34 g carbs | 9 g fibre | 23 g protein | 15 g fat | 390 kcal

Ingredients

- 2 tsp olive oil
- 1 small onion, diced
- 2 cloves garlic, crushed
- 1 red capsicum, diced
- 400 g can chopped tomatoes, no added sugar
- 200 g canned chickpeas, drained and rinsed (reserve remaining 200 g for lunch)
- 60 g baby spinach
- 4 eggs
- 60 g reduced-fat fetta, crumbled
- 2 slices wholegrain sourdough bread, toasted

Method

1. Heat olive oil in a large non-stick frypan over medium heat; cook onion and garlic for 3 minutes until soft.
2. Add capsicum and cook for 3-4 minutes, then stir in tomatoes and chickpeas; simmer 8 minutes until thickened.
3. Stir spinach through until wilted, then make 4 small wells and crack in the eggs.
4. Cover and cook for 5-6 minutes until egg whites are set but yolks still soft.
5. Scatter with fetta and serve with toasted sourdough.

Why it's low GI: Chickpeas and tomatoes provide low GI carbohydrate and fibre that slow glucose release, while wholegrain sourdough replaces white bread for a steadier energy start.

Tip: Reserve the remaining chickpeas from the can and keep refrigerated for today's lunch salad.

Drink: Fresh mint tea, steeped from a handful of mint leaves in hot water

LUNCH

LOW GI

Greek-Style Barley, Chickpea and Fetta Salad

A hearty pearl barley salad with chickpeas, olives, cucumber and fetta, dressed simply with lemon and olive oil.

Prep 15 min | Cook 22 min | Serves 2

Per serve: 38 g carbs | 10 g fibre | 16 g protein | 17 g fat | 390 kcal

Ingredients

- 150 g pearl barley
- 200 g canned chickpeas, drained and rinsed (reserved from breakfast)
- 1 Lebanese cucumber, diced
- 200 g cherry tomatoes, halved
- 60 g kalamata olives, pitted
- 60 g reduced-fat fetta, crumbled
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 tsp dried oregano
- Small handful parsley, chopped

Method

1. Cook pearl barley in a saucepan of boiling water for 20-25 minutes until tender; drain and cool slightly.
2. Combine barley, chickpeas, cucumber, tomatoes and olives in a large bowl.
3. Whisk lemon juice, olive oil and oregano together and toss through the salad.
4. Top with crumbled fetta and parsley to serve.

Why it's low GI: Pearl barley and chickpeas are both low GI, slow-digesting carbohydrates that help keep blood glucose levels more stable through the afternoon.

Tip: Cook a double batch of barley and freeze portions for a quick low GI side another day.

Drink: Sparkling water with lemon slices

Baked Lemon Salmon with Freekeh Tabbouleh

Garlicky baked salmon served with a herby freekeh tabbouleh and oven-roasted zucchini and eggplant.

Prep 15 min | Cook 25 min | Serves 2

Per serve: 33 g carbs | 11 g fibre | 36 g protein | 20 g fat | 480 kcal

Ingredients

- 2 x 150 g salmon fillets, skinless
- 150 g cracked freekeh
- 1 zucchini, sliced
- 1 small eggplant, cubed
- 2 tomatoes, diced
- 1 Lebanese cucumber, diced
- Large handful parsley and mint, chopped
- 2 tbsp lemon juice
- 2 tsp olive oil
- 2 cloves garlic, crushed

Method

1. Preheat oven to 200°C. Toss zucchini and eggplant with 1 tsp olive oil and roast for 20 minutes.
2. Meanwhile, cook freekeh in boiling water for 15-18 minutes until tender; drain.
3. Place salmon on a lined tray, top with garlic and half the lemon juice, and bake for 12-15 minutes until cooked through.
4. Combine freekeh, tomato, cucumber, parsley and mint; dress with remaining olive oil and lemon juice.
5. Serve salmon alongside the tabbouleh and roasted vegetables.

Why it's low GI: Freekeh is a low GI wholegrain high in fibre, and the oily salmon adds healthy fats that help slow digestion and further moderate the glucose response.

Tip: Swap salmon for ocean trout, or use canned salmon stirred through the warm tabbouleh for a budget option.

Drink: Sparkling water with mint leaves and lime

Why this menu helps

Each meal today pairs a low GI wholegrain or legume, such as chickpeas, pearl barley and freekeh, with lean protein and olive oil to slow digestion and help keep blood glucose steadier. Generous servings of non-starchy vegetables and fresh herbs add fibre and volume without extra carbohydrate. Keeping carb portions consistent across breakfast, lunch and dinner, along with zero-sugar drinks, supports more predictable glucose levels throughout the day.

Nutrition values are estimates per serve and will vary with brands and portion sizes. Everyone's needs are different; talk to your GP, accredited practising dietitian or credentialed diabetes educator about the right amount of carbohydrate for you, and check your blood glucose as advised.