# Low GI Daily Menu: Greek Taverna Spring Feast

Tuesday 3 November 2026 | Greek taverna | Recipes & method (serves 2)

Opa! Today we're taking a trip to a sunny Greek taverna with dishes built on legumes, wholegrains and plenty of fresh herbs. Each meal keeps carbs moderate and steady while leaning into the bright, fresh flavours of Greek cooking - perfect for a spring day.

**Daily total per person (approx.): 107 g carbs | 31 g fibre | 78 g protein | 1220 kcal**

## BREAKFAST — LOW GI

### Greek Village Baked Eggs with Spinach, Tomato and Fetta

Eggs gently baked in a herby tomato and spinach sauce, topped with crumbled fetta and served with grainy sourdough.

Prep 10 min | Cook 15 min | Serves 2
Per serve: 34 g carbs | 9 g fibre | 23 g protein | 18 g fat | 390 kcal

#### Ingredients

- 1 tbsp olive oil
- 1 brown onion, finely diced
- 2 cloves garlic, crushed
- 120 g baby spinach
- 150 g cherry tomatoes, halved
- 4 eggs
- 60 g fetta, crumbled
- 1 tsp dried oregano
- 4 slices grainy sourdough bread

#### Method

1. Heat olive oil in a large frying pan and sauté onion and garlic until soft.
2. Add spinach and cherry tomatoes, cooking until spinach wilts and tomatoes soften.
3. Make four small wells in the mixture and crack an egg into each.
4. Cover and cook on low heat until egg whites are just set, about 5-6 minutes.
5. Scatter with fetta and oregano, then serve with toasted sourdough.

> Why it's low GI: Grainy sourdough has a low GI due to its dense structure and fibre, while eggs, spinach and fetta add protein and healthy fat to slow digestion further.

Tip: Swap cherry tomatoes for a tin of diced tomatoes if fresh ones aren't in season yet.

**Drink: Unsweetened Greek mountain tea, served warm**

LUNCH LOW GI

# Greek Chickpea and Barley Salad with Fetta and Olives

A hearty, herby salad of pearl barley and chickpeas tossed with cucumber, tomato, olives and fetta in a lemon-oregano dressing.

Prep 15 min | Cook 20 min | Serves 2
Per serve: 38 g carbs | 12 g fibre | 17 g protein | 16 g fat | 400 kcal

## Ingredients

- 100 g pearl barley
- 400 g tin chickpeas, drained and rinsed
- 1 Lebanese cucumber, diced
- 2 tomatoes, diced
- 1/2 red onion, finely sliced
- 50 g kalamata olives
- 60 g fetta, crumbled
- 1/2 cup parsley leaves, chopped
- 1 lemon, juiced
- 2 tbsp olive oil
- 1 tsp dried oregano

## Method

1. Cook pearl barley in a saucepan of water according to packet directions, then drain and cool slightly.
2. Combine barley with chickpeas, cucumber, tomato, red onion, olives and parsley in a large bowl.
3. Whisk lemon juice, olive oil and oregano together, then pour over the salad.
4. Toss gently, top with crumbled fetta and season with black pepper.

> Why it's low GI: Pearl barley and chickpeas are both low GI, slow-digesting carbohydrate sources rich in fibre, helping keep blood glucose steadier after lunch.

Tip: Cook a double batch of barley to use for tomorrow's lunch or a quick side dish.

**Drink: Sparkling water with lemon slices and fresh mint**

# Lemon Chicken Souvlaki with Freekeh Tabbouleh and Tzatziki

Charred lemon-oregano chicken skewers served with a herby freekeh tabbouleh and cooling cucumber tzatziki.

Prep 15 min | Cook 20 min | Serves 2
Per serve: 35 g carbs | 10 g fibre | 38 g protein | 15 g fat | 430 kcal

## Ingredients

- 300 g chicken breast, cubed
- 2 lemons
- 2 tbsp olive oil
- 2 cloves garlic, crushed
- 2 tsp dried oregano
- 100 g freekeh
- 1/2 cup parsley, finely chopped
- 1/4 cup mint, finely chopped
- 1 tomato, diced
- 1 Lebanese cucumber, diced
- 200 g natural Greek yoghurt, unsweetened

## Method

1. Marinate chicken cubes in juice of one lemon, 1 tbsp olive oil, garlic and oregano for 10 minutes, then thread onto skewers.
2. Cook freekeh in a saucepan of water according to packet directions, then drain and cool slightly.
3. Grill or pan-fry skewers for 10-12 minutes, turning, until cooked through.
4. Toss cooked freekeh with parsley, mint, tomato and remaining olive oil for the tabbouleh.
5. Stir diced cucumber, remaining garlic and lemon juice into yoghurt to make tzatziki.
6. Serve skewers over tabbouleh with a generous spoon of tzatziki on the side.

> Why it's low GI: Freekeh is a low GI wholegrain high in fibre, and combined with lean chicken breast and yoghurt-based tzatziki, this meal supports steady post-dinner blood glucose levels.

Tip: Soak wooden skewers in water for 10 minutes before use to stop them scorching on the grill.

**Drink: Sparkling water with cucumber slices and mint**

## Why this menu helps

Each meal pairs a low GI wholegrain or legume, such as sourdough, pearl barley, chickpeas and freekeh, with lean protein and healthy fats from eggs, chicken, fetta and olive oil. This combination slows the release of glucose into the bloodstream, helping avoid sharp spikes after eating. Generous servings of non-starchy vegetables and herbs add fibre and volume without extra carbohydrate, while all drinks are completely sugar-free.

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 credentialled diabetes educator about the right amount of carbohydrate for you, and check your blood glucose as advised.