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Mediterranean Diet 7 Day Meal Plan

Day 1

Breakfast

2 eggs over medium with feta, cucumber & tomato, and a piece of multi-grain toast w/ labneh, side of fruit, a cup of tea/coffee, and plenty of water

Snack

Hummus with olives and whole grain pita, smoothie

Lunch

Open-faced turkey & feta melt on multi-grain bread with olive oil mayo and tomatoes, and plenty of water

Dinner

Pan-seared Herbed Salmon filets, barley fried rice, sauteed pine nuts, and plenty of water

Dessert

Sorbet or gelato

Day 2

Breakfast

2 hard boiled/scrambled eggs with toast, tomato, and mashed avocado, side of fruit, cup of tea/coffee, and plenty of water

Snack

Russet Potato with plant-based butter, feta, and green onions, fresh fruit juice

Lunch

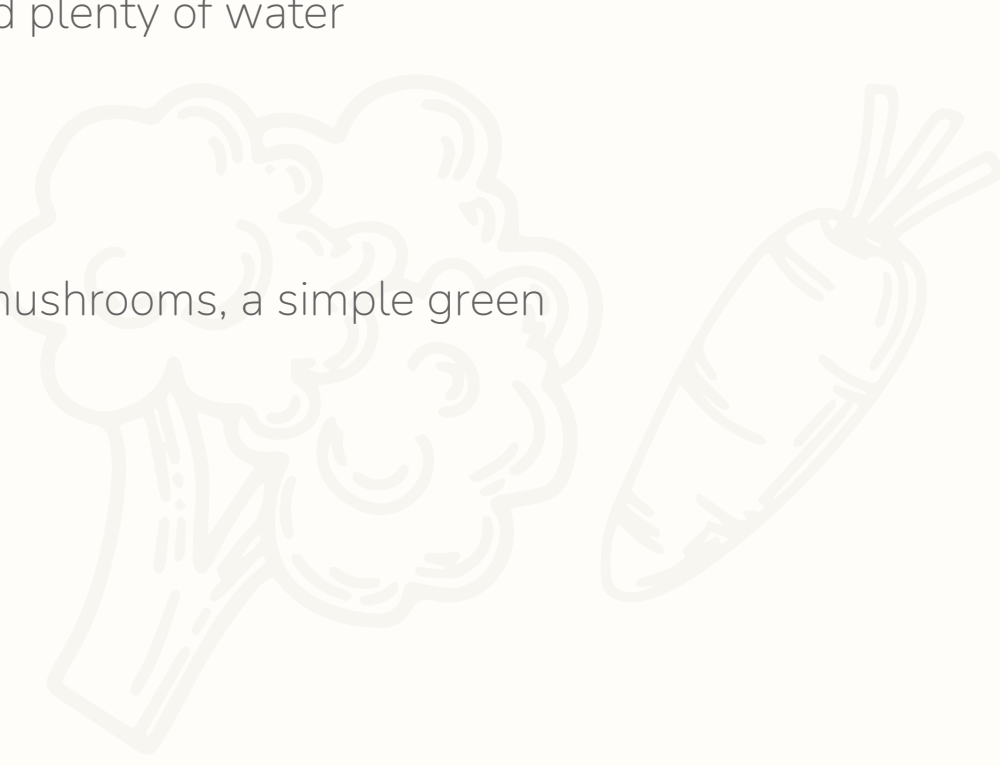
Grilled Shrimp Caesar Salad, and plenty of water

Dinner

White Lasagna with chicken & mushrooms, a simple green salad, plenty of water

Dessert

Baklava



Day 3

Breakfast

Oatmeal with raisins, cinnamon, nuts, honey, and banana, a cup of coffee/tea, and plenty of water

Snack

Piece of multi-grain bread with tuna salad, tomato, and herbs, green tea

Lunch

Hummus with ground beef, pine nuts, whole grain pita bread, and plenty of water

Dinner

Lemon-Chicken & Vegetable Stew, wild rice pilaf, and plenty of water

Dessert

Fresh mangos and fruits



Day 4

Breakfast

Greek yogurt with honey and walnuts, a cup of coffee/tea, and plenty of water

Snack

2 Hard boiled eggs with sliced or mashed avocado, smoothie

Lunch

Labneh, olive oil, zaatar, pita bread, and plenty of water

Dinner

White Bean and Meat Stew in tomato sauce, with Basmati Rice and Shirazi Salad, and plenty of water

Dessert

Rice pudding with rose water and pistachios

Day 5

Breakfast

Slice of Mushroom Quiche, a cup of coffee/tea, a side of fruit, and plenty of water

Snack

Canned salmon, avocado and organic whole grain crackers, lemon water

Lunch

Turkey & feta sliders with garlic lemon aioli and arugula, and plenty of water

Dinner

Chickpea & pita stew with yogurt-tahini sauce, sauteed slivered almonds, and plenty of water

Dessert

Figs with mascarpone honey and ladyfingers



Day 6

Breakfast

Zaatar whole-grain toast, labneh, diced tomatoes and olives, a side of fruit, cup of coffee/tea, and plenty of water

Snack

Turkey sticks, fresh fruit and cheese, unsweetened sparkling water

Lunch

Creamy chicken and wild rice soup with a few spanakopitas, and plenty of water

Dinner

Chicken Schnitzel pita wraps, garlic sauce, Shirazi salad, Lemon Potatoes

Dessert

Whole grain chocolate chip pancakes

Day 7

Breakfast

Breakfast burrito, 2 eggs, cheddar, lemon potatoes, avocado, tomato, salsa, cream cheese, choice of protein, cup of coffee/tea, and plenty of water

Snack

Yogurt with granola with whole grains, seeds, and oats, green tea

Lunch

Yogurt-tahini white pasta with canned tuna and toasted nuts

Dinner

Ground beef and bulghur pilaf with pine nuts and tangy stewed vegetables

Dessert

Watermelon, cantaloupe, melon with honey

