



# Mediterranean Meal Plan

(based on portions for one person)



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

## Breakfast

*Light or even skipped. Usually eat again mid-morning.*

2 eggs, scrambled  
½ cup cherry tomatoes  
½ cup spinach  
Olive oil and herbs  
1 slice whole wheat toast  
8oz black coffee

1 cup Greek yogurt  
½ cup blueberries  
1 Tbsp walnuts  
8oz green tea

1.5 cup Mediterranean grain bowl (quinoa, salmon fillet, avocado, asparagus, tomato, cucumber, olives)  
8oz green tea

1 slice whole wheat toast  
2 Tbsp mashed avocado  
1 Tbsp pine nuts  
8oz black coffee

1 cup Greek yogurt  
¼ cup charred cherry tomatoes and/or roasted red pepper  
1 Tbsp pine nuts  
1 Tbsp pesto  
1 Tbsp olive oil for garnish  
8oz black coffee

2 eggs, scrambled  
1oz feta cheese  
½ cup roasted eggplant  
½ cup roasted potatoes  
Olive oil and herbs  
8oz green tea

1.5 cup hearty farro fruit salad (farro, pineapple cubes, mint leaves, mandarin oranges, pomegranate arils, honey, lemon juice and lime juice)  
8oz black coffee

## Lunch

*Often served with bread.*

1-2 seasoned beef skewers  
1-2 whole grain pita bread  
½ cup pesto roasted vegetables  
Olive oil and herbs  
8oz green tea

¾ cup hummus  
½ cup baby carrots  
½ cup cucumber slices  
1 cup citrus, fennel and avocado salad  
8oz black coffee

1 cup pasta e fagioli  
¾ cup roasted eggplant with herbs and olive oil  
8oz green tea

¾ cup shakshuka (baked dish of spiced tomato sauce, egg, seasoning and feta cheese)  
1-2 whole grain pita bread  
1 cup citrus, fennel and avocado salad  
8oz black coffee

2oz fresh mozzarella  
½ cup sliced roma tomatoes  
6-8 basil leaves  
1 Tbsp balsamic vinegar  
½ cup lemon orzo soup (vegetarian or chicken)  
8oz green tea

1-2 Italian chicken wrap (grilled chicken, salad dressing, parmesan, roma tomato and basil in a tortilla)  
½ cup cold Mediterranean orzo salad  
8oz black coffee

1.5 cup Mediterranean power bowl (served cold; quinoa, chickpeas, cucumber, tomato, greens, olives, hummus)  
½ cup black fig and tomato salad  
8oz green tea

## Dinner

*Full meal or tapas late at night.*

1 cup pasta e fagioli (soup with pasta, beans, vegetables and pancetta)  
½ cup black fig and tomato salad

1 chicken breast (seasoned with lemon, garlic and herbs)  
½ cup roasted potatoes with olive oil  
½ cup roasted vegetables

1 filet parmesan crusted tilapia  
½ cup jasmine rice  
¾ cup sauteed spinach

1 chicken tuscan (seasoned with garlic, rosemary and sage)  
½ cup cooked pasta  
½ cup black fig and tomato salad

1.5 cup paella (can be vegetarian, seafood or other meat)  
½ cup roasted vegetables

1-3 stuffed tomatoes (or 1 bell pepper) stuffed with ground meat, rice, onion, spices and goat cheese  
1-2 whole grain pita bread  
1 cup citrus, fennel and avocado salad

1.5 cups seafood pasta (pasta with scallops, shrimp, clams, tomatoes and olive oil)  
¾ cup roasted eggplant with herbs and olive oil

## Snack

*Usually late afternoon or early evening.*

1oz almonds

15 grapes

1oz dark chocolate

1oz mixed nuts

15 grapes

¼ cup dried apricots

1oz dark chocolate