



# Greek Meal Plan

(based on portions for one person)



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

### Breakfast

Usually a smaller meal. May have a mid-morning snack (see snack section below)

2/3 cup Greek yogurt  
1 Tbsp honey  
1 Tbsp walnuts  
Seasoned with thyme  
2oz Greek coffee (similar to espresso) served alongside 8oz water

1-2 eggs, highly scrambled  
¼ cup sautéed diced tomatoes  
Small handful fresh herbs  
1oz feta cheese  
2oz Greek coffee served alongside 8oz water

1 slice sfougato (crustless quiche with egg, cheese, vegetables and fresh herbs)  
Double Greek coffee served alongside 8oz water

1-2 koulouri thessalonikis (wheat dough baked with sesame seeds)  
1 Tbsp molasses  
2oz Greek coffee served alongside 8oz water

2/3 cup polenta with red onions, raisins and feta  
Double Greek coffee served alongside 8oz water

2/3 cup rice pudding with cinnamon  
2oz Greek coffee served alongside 8oz water

1-2 sfakiani pita (similar to a flat pita; flour dough with feta cheese)  
1 Tbsp honey  
1 Tbsp sliced almonds  
2oz Greek coffee served alongside 8oz water

### Lunch

May be the largest meal of the day. A coffee break often occurs in the afternoon.

1 serving spanakopita (Greek spinach pie)  
½ cup grapes  
Double Greek coffee (4oz Greek coffee with milk added) served alongside 8oz water

1 grilled chicken pita with lemon juice, red wine vinegar, romaine, feta and hummus  
1 apricot  
Double Greek coffee served alongside 8oz water

1 roasted chickpea gyro with tzatziki, tomato, pita and red onion  
½ cup grapes  
½ cup basmati rice  
2oz Greek coffee served alongside 8oz water

1 cup Greek salad (feta, tomato, cucumber with vinegar, salt, pepper and olive oil)  
2/3 cup keftedes (large meatball)  
1 whole grain pita  
2oz Greek coffee served alongside 8oz water

1-2 pork kabobs (souvlaki) with lemon juice, Worcestershire sauce, red pepper flakes and other spices  
2 Tbsp tzatziki  
½ cup cold Greek pasta salad (olives, tomato, pasta, olive oil, feta)  
2oz Greek coffee served alongside 8oz water

¼ cup Greek fava dip (yellow split pea puree with red onion and garlic)  
1 whole grain pita (and/or ½ cup raw veggies)  
1 apricot  
Double Greek coffee served alongside 8oz water

1 feta me meli (filo-wrapped feta pouch with a honey drizzle)  
2 figs  
Double Greek coffee served alongside 8oz water

### Dinner

Small meal if there was a large lunch. Otherwise a regular meal.

1-2 Greek stuffed tomatoes (or 1 bell pepper) with rice, herbs and ground meat; choose lean poultry to reduce fat)  
1-2 almond cookies

1 cup mixed green salad  
¾ cup pastitsio (Greek lasagna with cinnamon and béchamel)

1-2 stuffed grape leaves (stuffed with rice and ground beef or lamb) served with lemon wedges  
1-2 almond cookie

1 serving bread  
1oz cheese  
½ cup sliced tomato  
¼ cup olives  
2 figs

1 fillet halibut with herbed lemon-feta yogurt sauce  
½ cup orzo  
1-2 stuffed zucchini with parmesan, onion, herbs, garlic and parsley  
1-2 almond cookies

1.5 cup moussaka (minced beef, eggplant, tomato sauce and béchamel)  
½ cup Greek lima beans (with crushed tomatoes and dill)  
1 slice bread

1-2 courgette balls (similar to a feta fritter with mint leaves)  
1 chicken breast with olive oil, diced tomato and capers  
½ cup crispy lemon potatoes  
1 cup green bean salad with mint, red onion and feta  
1 serving baklava

### Snack

Mid-morning

1/2 cup rice pudding with cinnamon

1-2 pasteli bars (honey and sesame seeds)

½ ham and cheese (such as graviera) grilled sandwich

½ cup grapes

2 figs

1 serving spanakopita

1-2 pasteli bars (honey and sesame seeds)