



Mediterranean *Meal Plan*

The Mediterranean style of eating has been well studied over the decades and has been shown to promote health and well being. Give this tried and true way of eating your best shot.

Week 1

SUNDAY

- B** Eggs, Beans, & Greens
- L** Beet & Goat Cheese Salad
- D** Sheet Pan Chicken & Cabbage Dinner

MONDAY

- B** Sweet and Salty Steel Cut Oats
- L** Lemony Shrimp & Avocado Salad
- D** Left overs from the night before

TUESDAY

- B** Pomegranate & Pistachio Cottage Cheese
- L** Lemony Shrimp & Avocado Salad
- D** Greek Inspired Turkey Patties

WEDNESDAY

- B** Sweet and Salty Steel Cut Oats
- L** Mediterranean Quinoa Bowl
- D** Left overs from the night before

THURSDAY

- B** Pomegranate & Pistachio Cottage Cheese
- L** Mediterranean Quinoa Bowl
- D** Spaghetti Squash & Scallops

FRIDAY

- B** Eggs, Beans, & Greens
- L** Avocado Chicken Salad
- D** Left overs from the night before

SATURDAY

- B** Greek Omelette
- L** Avocado Chicken Salad
- D** Zucchini Boats (make 1/2 recipe)

SHOPPING LIST

PRODUCE

- 3 cups (80 g) baby spinach
- 2 cups (60g) mixed salad greens
- 4 cups (80 g) arugula or rocket
- 2 large cucumbers
- 1 jar cooked beets
- 3 large carrots
- 1 head red cabbage
- 3 yellow onions
- 1 red onion
- 1 large bulb garlic
- 1 medium sweet potato
- 1 medium spaghetti squash
- 1 red bell pepper
- 1 green bell pepper
- 1 medium zucchini
- 5 medium red apples
- 3 lemons
- 1 small container raspberries
- 4 medium figs
- 16oz (460 g) cherry tomatoes
- 1 medium peach
- 2 avocados
- 1 bundle fresh parsley
- 1 bundle fresh basil
- 1 bundle fresh rosemary
- Small container pomegranate arils

MEAT, FISH, & DAIRY

- 7 eggs
- 16 oz (456 g) ground turkey
- 2, 5 oz (256 g) cans organic chicken
- 6 oz (170 g) 95% lean ground beef
- 2, 4 oz (114 g) chicken breasts
- 20 medium shrimp, peeled and deveined
- 10 medium scallops
- 3 oz (85 g) goat cheese
- 2 1/2 cups (565 g) 2% milk fat cottage cheese
- 2 oz (57 g) feta cheese

GRAINS, BEANS, NUTS, & LEGUMES

- 1/4 cup (30 g) raw almonds
- 1/4 cup (31 g) dry roasted pistachios
- 1 small container sunflower seeds
- Small bag sliced almonds
- Small bag chopped walnuts
- Small bag quinoa
- Small bag rice
- Small container hemp hearts
- Small container steel cut oats

MISCELLANEOUS

- 1 small jar sun dried tomatoes in olive oil
- Salt
- Black pepper
- Dried oregano
- Dried rosemary
- Ground cinnamon
- Dried dill weed
- Dried thyme
- 1 jar kalamata olives
- 1/4 cup (28 g) bone broth
- Small container tzatziki sauce
- Small container pesto sauce (made with olive oil)
- 1 small can cannellini beans
- 1 small container hummus
- Avocado oil
- Olive oil

How to Meal Prep Week 1

- Monday morning, cook shrimp to be had with lunch on Monday and Tuesday.
- Option to pre-cook turkey patties and store in freezer to be had for dinner on Tuesday and Wednesday.
- Pre-cook quinoa to be had with lunch on Wednesday and Thursday.
- Be sure to save 1/2 of cooked dinner recipe Sunday, Tuesday, and Thursday to be had for dinner the following evening.

DAILY AVERAGES

Calories: 1368

Carbohydrates: 104 g, Protein: 74 g, Fat: 80.5 g

Week 2

SUNDAY

- B** Smoked Salmon & Avocado Toast
- L** Bean Salad
- D** Lamb Chops & Salad

MONDAY

- B** Apple Cinnamon Oatmeal
- L** Mujadara (save 1/2 for tomorrow)
- D** Left overs from the night before

TUESDAY

- B** Fig & Walnut Chia Seed Pudding
- L** Mujadara
- D** Grilled Chicken Kabobs

WEDNESDAY

- B** Apple Cinnamon Oatmeal
- L** Grab n' Go Lunch Mix
- D** Left overs from the night before

THURSDAY

- B** Fig & Walnut Chia Seed Pudding
- L** Grab n' Go Lunch Mix
- D** Hearty Quinoa and Veggie Bowl

FRIDAY

- B** Shakshuka
- L** Chicken Cauliflower Rice Bowl (save 1/2 for tomorrow)
- D** Left overs from the night before

SATURDAY

- B** Shakshuka
- L** Chicken Cauliflower Rice Bowl
- D** Caprese Shrimp Zucchini Noodles (make 1/2 recipe)

SHOPPING LIST

PRODUCE

- 1 medium radish
- 3 cups (80 g) mixed salad greens
- 1 cup (20 g) arugula or rocket
- 2 red onions
- 3 yellow onions
- 1 bundle parsley
- 3 sweet potatoes
- 1 garlic bulb
- 2 red bell peppers
- 1 green bell pepper
- 2 cucumbers
- 2 cups (175 g) brussel sprouts
- Small container micro greens
- 1 1/2 cups (170 g) spiralized zucchini
- 1 container (200 g) riced cauliflower
- 2 cups (220 g) cherry tomatoes
- 2 avocados
- 3 lemons
- 2 red apples
- 4 medium figs
- 1/2 cup (70 g) mixed berries
- 1 small bundle fresh mint
- 1 jar kalamata olives
- 1 jar green olives
- 1 small bundle fresh basil

MEAT, FISH, & DAIRY

- 9 eggs
- 5 chicken breasts, skinless and boneless
- 3 oz (85 g) smoked salmon
- 4 oz (113 g) shrimp, peeled and deveined
- 10 oz lamb chops
- 1/2 cup (120 g) non-fat Greek yogurt
- 2 cups (452 g) cottage cheese
- 1 oz (28 g) feta cheese
- 2 oz (57 g) mozzarella cheese

GRAINS, BEANS, NUTS, & LEGUMES

- 1 1/2 cup (130 g) canned canellini beans
- Small container almond butter
- Small container chopped walnuts
- Small container pistachios
- Small bag rolled oats
- Small bag brown rice
- Small bag quinoa
- Sprouted grain bread
- Small bag brown lentils
- Small bag hemp hearts
- 1/4 cup (34 g) dry roasted mixed nuts
- Small bag raw almonds
- Small bag sunflower seeds
- Small bag flaxseed
- small bag chia seeds
- 2 cups (480 g) almond milk

MISCELLANEOUS

- Salt
- Black pepper
- Dried thyme
- Crushed red bell pepper
- Ground cumin
- Dried oregano
- Paprika
- Ground coriander
- Dried dill weed
- Honey
- 2 1/2 cups (600 g) diced and fire roasted canned tomatoes.
- Red wine vinegar
- White wine vinegar
- Dijon mustard
- Small container tzatziki
- Olive oil
- Avocado oil

How to Meal Prep Week 2

- Cook mujadara on Sunday to be had for lunch on Monday and Tuesday.
- On Monday evening marinate chicken for kababs to be made for dinner on Tuesday.
- On Monday and Wednesday evening prepare chia seed pudding to be had for breakfast on Tuesday and Thursday.
- Hard boil two eggs ahead of time to be had with lunch on Wednesday and Thursday.
- Pre-cook chicken breast and cauliflower rice to be had for lunch on Friday and Saturday.
- Be sure to save 1/2 of cooked dinner recipe Sunday, Tuesday, and Thursday to be had for dinner the following evening.

DAILY AVERAGES

Calories: 1397

Carbohydrates: 110 g, Protein: 76 g, Fat: 76 g

Week 3

SUNDAY

- B** Greek Yogurt Blueberry Pancakes (freeze 1/2 for Fri)
- L** Tuna Wrap
- D** Zucchini Boats

MONDAY

- B** Sweet and Salty Steel Cut Oats
- L** Beet & Goat Cheese Salad
- D** Left overs from the night before

TUESDAY

- B** Eggs, Beans, & Greens
- L** Beet & Goat Cheese Salad
- D** Greek Inspired Turkey Patties

WEDNESDAY

- B** Sweet and Salty Steel Cut Oats
- L** Mediterranean Quinoa Bowlx
- D** Left overs from the night before

THURSDAY

- B** Eggs, Beans, & Greens
- L** Mediterranean Quinoa Bowl
- D** Baked Chicken & Peppers

FRIDAY

- B** Greek Yogurt Blueberry Pancakes
- L** Avocado Chicken Salad
- D** Left overs from the night before

SATURDAY

- B** Greek Omelette
- L** Avocado Chicken Salad
- D** Garlic Butter Salmon & Broccoli (make 1/2 recipe)

SHOPPING LIST

PRODUCE

- 1/4 cup (5 g) arugula
- 4 cups (110 g) mixed salad greens
- 2 cups (60 g) baby spinach
- 2 red bell peppers
- 1 yellow bell pepper
- 3 cucumbers
- 2 medium zucchinis
- 2 yellow onions
- 1 red onion
- 2 bulbs garlic
- 1 large bundle parsley
- 1 sweet potato
- 1 green pepper
- 3 carrots
- 1 head broccoli
- 1 ripe banana
- 1 cup (148 g) blueberries
- 1/2 cup (62 g) raspberries
- 4 medium figs
- 4 lemons
- 5 red apples
- 2 avocados
- 1 1/2 cups (165 g) cherry tomatoes
- 1 jar sun-dried tomatoes in olive oil
- 1 jar cooked beets
- 1 jar kalamata olives
- Small bundle fresh basil

MEAT, FISH, & DAIRY

- 10 eggs
- 16 oz (456 g) ground turkey
- 2 chicken breasts, skinless and boneless
- 2, 5 oz (256 g) cans organic chicken
- 12oz 95% lean ground beef
- Small jar ghee
- 3oz (85 g) can wild caught tuna
- 4 oz (113 g) wild caught salmon
- 1/2 cup (120 g) nonfat plain Greek yogurt
- 1/2 cup (122 g) milk of choice
- 5 oz (142 g) goat cheese

GRAINS, BEANS, NUTS, & LEGUMES

- Small container hummus
- Small container tzatziki
- 1 1/2 cup (130 g) canned canellini beans
- Small bag quinoa
- Small bag brown rice
- Small bag steel cut oats
- Small bag hemp hearts
- Small bag sliced almonds
- Small bag almond flour
- Small container sunflower seeds
- 1/4 cup (30 g) raw almonds
- Ezekiel bread

MISCELLANEOUS

- Salt
- Black pepper
- Dried dill
- Dried oregano
- Dried thyme
- Ground cinnamon
- Dried basil
- Balsamic vinegar
- Vanilla extract
- Baking soda
- Baking powder
- Avocado oil
- Olive oil
- Mayonnaise (made with avocado oil)

How to Meal Prep Week 3

- Freeze half of cooked pancake recipe to be had for breakfast on Friday.
- Option to pre-cook turkey patties and store in freezer to be had for dinner on Tuesday and Wednesday.
- Precook quinoa to be had with lunch on Wednesday and Thursday.
- Be sure to save 1/2 of cooked dinner recipe Sunday, Tuesday, and Thursday to be had for dinner the following evening.

DAILY AVERAGES

Calories: 1459

Carbohydrates: 122 g, Protein: 85 g, Fat: 74 g

Week 4

SUNDAY

- B** Shakshuka (make 1/2 recipe)
- L** Chicken Cauliflower Rice Bowl (make 1/2 recipe)
- D** Grilled Chicken Kabobs

MONDAY

- B** Greek Yogurt Blueberry Pancakes (freeze half or Wed)
- L** Grab n' Go Lunch Mix
- D** Left overs from the night before

TUESDAY

- B** Strawberry and Pomegranate Yogurt
- L** Grab n' Go Lunch Mix
- D** Caprese Shrimp Zucchini Noodle

WEDNESDAY

- B** Greek Yogurt Blueberry Pancakes
- L** Bean Salad
- D** Left overs from the night before

THURSDAY

- B** Strawberry and Pomegranate Yogurt
- L** Bean Salad
- D** Baked Chicken & Peppers

FRIDAY

- B** Fig & Walnut Chia Seed Pudding
- L** Smoked Salmon Salad
- D** Left overs from the night before

SATURDAY

- B** Greek Omelette
- L** Smoked Salmon Salad
- D** Hearty Quinoa and Veggie Bowl (make 1/2 recipe)

SHOPPING LIST

PRODUCE

- 4 cups (110 g) mixed salad greens
- 1 cup (33 g) sprouts
- 1/2 cup (10 g) arugula
- 2 yellow onions
- 3 red bell peppers
- 1 green bell pepper
- 1 yellow bell pepper
- 1 bulb garlic
- 1 container cauliflower rice
- 3 small - medium red onions
- 2 1/2 cups (340 g) cherry tomatoes
- 2 cucumbers
- 3 carrots
- 2 stalks green onion
- 3 cups (340 g) spiralized zucchini
- 1 cup (33 g) brussels sprouts
- 1 sweet potato
- 3 lemons
- 1 ripe banana
- 1 1/2 cups (222 g) blueberries
- 1/2 cup (70 g) mixed berries
- 1/3 cup (48 g) strawberries
- Small container pomegranate arils
- 2 kiwis
- 2 medium figs
- 2 medium pears
- 1 red apple
- 1 avocado
- 1 bundle fresh basil
- 1 bundle parsley
- 1 jar green olives
- 1 jar kalamata olives

MEAT, FISH, & DAIRY

- 9 eggs
- 5 chicken breasts, skinless and boneless
- 8 oz, (227 g) shrimp, peeled and deveined
- 6 oz (170 g) smoked salmon
- 1/2 oz (14 g) feta cheese
- 2 1/2 cups (600 g) non-fat Greek yogurt
- 1/2 cup (122 g) milk of choice
- 2 cups (452 g) 2% milk fat cottage cheese
- 4 oz (113 g) mozzarella
- 1 oz (28 g) goat cheese

GRAINS, BEANS, NUTS, & LEGUMES

- 1 1/2 cups (260 g) canned cannellini beans
- Small container sesame seeds
- 1/4 cup (31 g) pistachios
- Sprouted grain bread
- Small bag brown rice
- Small bag quinoa
- Small bag paleo granola
- Small bag hemp hearts
- 1/2 cup (60 g) almond flour
- 1/4 cup (34 g) dry roasted mixed nuts
- Small bag sunflower seeds
- Small bag chia seeds
- 1/2 cup (120 g) almond milk
- Small bag raw almonds
- Small bag chopped walnuts

MISCELLANEOUS

- Salt
- Black pepper
- Ground cumin
- Paprika
- Ground coriander
- Dried dill weed
- Dried oregano
- Dried thyme
- Dried basil
- Avocado oil
- Olive oil
- Honey
- 1 1/4 cup (300 g) canned diced and fire roasted tomatoes
- Red wine vinegar
- Balsamic vinegar
- Dijon mustard
- Vanilla extract
- Baking soda
- Baking powder
- Small container tzatziki

How to Meal Prep Week 4

- Sunday Morning marinate chicken to be had for dinner on Sunday evening.
- Freeze half of cooked pancake recipe on Monday to be had for breakfast on Wednesday. Also option to cook the pancakes on Sunday and store in the refrigerator/freezer to be ready for Monday morning.
- Hard boil two eggs ahead of time to be had with lunch on Monday and Tuesday.
- Thursday evening prepare chia seed pudding to be had for breakfast on Friday morning.
- Be sure to save 1/2 of cooked dinner recipe Sunday, Tuesday, and Thursday to be had for dinner the following evening.

DAILY AVERAGES

Calories: 1356

Carbohydrates: 97 g, Protein: 80 g, Fat: 75 g