

30-Day Mediterranean Meal Plan

Week 1

Day 1:

Breakfast: Greek yogurt with honey and walnuts

Lunch: Grilled chicken salad with olives and feta

Dinner: Baked salmon with quinoa and steamed broccoli

Day 2:

Breakfast: Oatmeal with fresh berries and almonds

Lunch: Lentil soup with whole grain bread

Dinner: Grilled shrimp with couscous and roasted vegetables

Day 3:

Breakfast: Avocado toast with tomatoes and poached egg

Lunch: Tuna salad with chickpeas and olive oil

Dinner: Stuffed bell peppers with brown rice and herbs

Day 4:

Breakfast: Smoothie with spinach, banana, and almond milk

Lunch: Falafel wrap with tahini sauce

Dinner: Grilled chicken with sweet potatoes and green beans

Day 5:

Breakfast: Greek yogurt parfait with granola and berries

Lunch: Caprese salad with whole grain bread

Dinner: Baked cod with wild rice and mixed vegetables

Day 6:

Breakfast: Whole grain toast with hummus and cucumber

Lunch: Mediterranean quinoa bowl

Dinner: Eggplant parmesan with side salad

Day 7:

Breakfast: Scrambled eggs with spinach and tomato

Lunch: Chickpea and vegetable stew

Dinner: Grilled lamb with orzo and grilled zucchini

Week 2

Day 8:

Breakfast: Chia pudding with figs and almonds

Lunch: Greek salad with grilled chicken

Dinner: Seafood paella

Day 9:

Breakfast: Whole grain cereal with nuts and fruit

Lunch: Lentil and tomato salad

Dinner: Grilled swordfish with steamed greens

Day 10:

Breakfast: Frittata with vegetables and feta

Lunch: Roasted vegetable wrap

Dinner: Stuffed eggplant with bulgur

Day 11:

Breakfast: Yogurt with sliced peaches and almonds

Lunch: Couscous salad with chickpeas and parsley

Dinner: Baked trout with potatoes

Day 12:

Breakfast: Banana oatmeal with chia seeds

Lunch: Spinach and feta pie

Dinner: Grilled chicken kabobs with brown rice

Day 13:

Breakfast: Green smoothie with avocado and kale

Lunch: Quinoa and arugula salad

Dinner: Vegetable stir fry with tofu

Day 14:

Breakfast: Boiled eggs with whole grain toast

Lunch: Tomato and lentil soup

Dinner: Moussaka with cucumber salad

Week 3-4

Day 15-21:

Repeat Week 1

Day 22-28:

Repeat Week 2

Day 29:

Breakfast: Smoothie bowl with berries and flaxseeds

Lunch: Greek salad wrap

Dinner: Baked salmon with asparagus

Day 30:

Breakfast: Omelette with spinach and tomatoes

Lunch: Chickpea salad with cucumber and feta

Dinner: Grilled shrimp with roasted vegetables