

# 7-Day Mediterranean Meal Plan

## 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