

# Mediterranean Diet Plan

A 7-DAY MEAL PLAN TO BOOST YOUR METABOLISM AND ENERGY



Breakfast

M

Greek Omelet

T

Oatmeal With  
Fruit & Nuts

W

Peanut Butter  
Banana  
Cinnamon  
English Muffin

T

Avocado Toast  
With Eggs

F

Smoothie

S

Savory Protein  
Pancake With  
Lemon-Dill  
Yogurt

S

Muffin With Eggs  
or Yogurt

Lunch

Grilled Fish and  
Veggies

Mezze Plate With  
Hummus, Nuts  
and Fruit

Salad Jar

Lentil Soup and  
Veggies

Chicken and  
Spinach Wrap

Open-Faced  
Veggie Tuna  
Salad Sandwich

Quinoa Chickpea  
Tabbolueh

Dinner

Quinoa and  
Black Bean  
Stuffed Peppers

Chicken-  
Vegetable  
Kebabs and  
Couscous

Pesto Salmon  
With Artichokes  
and Potato

Shrimp Broccoli  
Scampi

Grilled Fish With  
Veggies and Soup

Greek Turkey  
Burger With  
Salad

Spanish Paella