

MEDITERRANEAN DIET MEAL PLAN

BREAKFAST

M

Greek
Omelet

T

PB & Berry
Breakfast
Bowl

W

Oatmeal with
Fruit and
Nuts

T

PB & Banana
English
Muffin

F

Avocado 'n
Egg Toast

S

Longevity
Smoothie

S

Overnight
Oats

LUNCH

Grilled Fish
and Veggies

Mezze Plate
with
Hummus,
Nuts and
Fruit

Mediterranean
Quinoa Salad

Lentil Veggie
Superfood
Stew

Chicken
Caesar Wrap

Wild Salmon
and Chickpea
Salad

Mediterranean
Harvest Bowl

DINNER

Mediterranean
Stuffed
Peppers with
Tahini Drizzle

Lemon
Chicken Soup
with Orzo

Grilled Fish
with
Superfood
Minestrone

Shrimp
Broccoli
Scampi

Greek
Burgers with
Feta and
Roasted Red
Pepper

One Sheet
Mediterranean
Shrimp with
Charred
Vegetables

Chicken
Bruschetta