

7-Day Mediterranean Meal Plan

2100 calories/day | Heart-healthy fats

Plan Overview:

- Prep time: 50 min/day
- Meals per day: 3 meals + 2 snacks
- Macro split: 20% protein, 45% carbs, 35% fats

7-Day Meal Plan:

Monday:

Breakfast: Greek yogurt with honey and walnuts (300 cal)
Lunch: Mediterranean quinoa salad with feta (500 cal)
Dinner: Grilled fish with olive tapenade and vegetables (650 cal)
Snacks: Olives and cheese, Fresh fruit (650 cal)

Tuesday:

Breakfast: Greek yogurt with honey and walnuts (300 cal)
Lunch: Mediterranean quinoa salad with feta (500 cal)
Dinner: Grilled fish with olive tapenade and vegetables (650 cal)
Snacks: Olives and cheese, Fresh fruit (650 cal)

Wednesday:

Breakfast: Greek yogurt with honey and walnuts (300 cal)
Lunch: Mediterranean quinoa salad with feta (500 cal)
Dinner: Grilled fish with olive tapenade and vegetables (650 cal)
Snacks: Olives and cheese, Fresh fruit (650 cal)

Thursday:

Breakfast: Greek yogurt with honey and walnuts (300 cal)

Lunch: Mediterranean quinoa salad with feta (500 cal)

Dinner: Grilled fish with olive tapenade and vegetables (650 cal)

Snacks: Olives and cheese, Fresh fruit (650 cal)

Friday:

Breakfast: Greek yogurt with honey and walnuts (300 cal)

Lunch: Mediterranean quinoa salad with feta (500 cal)

Dinner: Grilled fish with olive tapenade and vegetables (650 cal)

Snacks: Olives and cheese, Fresh fruit (650 cal)

Saturday:

Breakfast: Greek yogurt with honey and walnuts (300 cal)

Lunch: Mediterranean quinoa salad with feta (500 cal)

Dinner: Grilled fish with olive tapenade and vegetables (650 cal)

Snacks: Olives and cheese, Fresh fruit (650 cal)

Sunday:

Breakfast: Greek yogurt with honey and walnuts (300 cal)

Lunch: Mediterranean quinoa salad with feta (500 cal)

Dinner: Grilled fish with olive tapenade and vegetables (650 cal)

Snacks: Olives and cheese, Fresh fruit (650 cal)

Shopping List:

- Greek yogurt
- Honey
- Walnuts
- Quinoa
- Feta cheese
- Fresh fish
- Olives
- Olive oil
- Fresh vegetables
- Fresh fruits

Tips for Success:

- Use olive oil as your primary fat source
- Include fish at least twice a week
- Eat plenty of vegetables and fruits
- Choose whole grains over refined
- Enjoy meals with family and friends