

## ONE WEEK MEDITERRIAN MEAL PLAN: 1500 TO 2000 CALORIES

These portion sizes are approximate and can be adjusted based on your specific dietary needs and preferences. Remember to drink plenty of water throughout the day to stay hydrated, and consider consulting with a healthcare provider or registered dietitian before starting any new diet plan, especially if you have specific health concerns or dietary restrictions.

### DAY 1:

#### Breakfast (300-350 calories)

Greek yogurt (150g) with honey (1 tbsp) and fresh berries (1/2 cup)

Whole-grain toast (1 slice) with olive oil (1 tsp) and tomato slices (1/2 medium tomato)

#### Lunch (400-450 calories)

Mediterranean salad with mixed greens (2 cups), cucumbers (1/2 cucumber), tomatoes (1 medium tomato), olives (8-10 olives), feta cheese (30g), and a vinaigrette dressing (2 tbsp)

Grilled chicken breast (150g)

#### Snack (150-200 calories)

Hummus (2 tbsp) with baby carrots (1/2 cup) and cucumber slices (1/2 cup)

#### Dinner (450-500 calories)

Baked salmon (150g) with lemon and dill

Quinoa pilaf (1/2 cup) with mixed vegetables

Steamed broccoli (1 cup)

### DAY 2:

#### Breakfast (300-350 calories)

Oatmeal (1/2 cup, uncooked) topped with sliced almonds (1 tbsp), fresh peaches (1 medium peach, sliced), and a drizzle of honey (1 tsp)

#### Lunch (400-450 calories)

Whole-grain pita bread (1 whole pita) stuffed with hummus (2 tbsp), roasted red peppers (1/2 cup), cucumbers (1/2 cucumber), and grilled chicken (150g)

#### Snack (150-200 calories)

Greek yogurt (150g) with a sprinkle of cinnamon

#### Dinner (450-500 calories)

Mediterranean-style lentil soup (1.5 cups)

Grilled shrimp skewers (150g) with a side of steamed spinach (1 cup)

**DAY 3:****Breakfast (300-350 calories)**

Scrambled eggs (2 eggs) with spinach (1 cup, cooked), tomatoes (1 medium tomato, diced), and feta cheese (30g)

Whole-grain toast (1 slice)

**Lunch (400-450 calories)**

Tabbouleh salad with chickpeas (1 cup) and diced cucumbers (1/2 cucumber)

Grilled lamb kebabs (150g)

**Snack (150-200 calories)**

Mixed nuts (1/4 cup) and dried fruits (1/4 cup)

**Dinner (450-500 calories)**

Grilled chicken (150g) with a Mediterranean salsa made from diced tomatoes (1 medium tomato), cucumbers (1/2 cucumber), red onions (1/4 onion), and parsley (2 tbsp)

Quinoa pilaf (1/2 cup)

Steamed asparagus (1 cup)

**DAY 4:****Breakfast (300-350 calories)**

Greek yogurt (150g) parfait with layers of granola (1/4 cup), honey (1 tsp), and fresh berries (1/2 cup)

**Lunch (400-450 calories)**

Spinach and feta-stuffed chicken breast (150g)

Roasted vegetable medley (1 cup)

**Snack (150-200 calories)**

Hummus (2 tbsp) with whole-grain crackers (6-8 crackers)

**Dinner (450-500 calories)**

Baked trout (150g) with a lemon and herb marinade

Bulgur wheat salad with diced cucumbers (1/2 cucumber), parsley (2 tbsp), and mint (1 tbsp)

**DAY 5:****Breakfast (300-350 calories)**

Whole-grain toast (1 slice) with smashed avocado (1/4 avocado), a poached egg, and a sprinkle of red pepper flakes

**Lunch (400-450 calories)**

Greek salad with grilled shrimp (150g)

Whole-grain pita bread (1 whole pita)

**Snack (150-200 calories)**

Cottage cheese (150g) with sliced peaches (1/2 peach)

**Dinner (450-500 calories)**

Mediterranean-style stuffed peppers with ground turkey (150g), tomatoes (2 medium tomatoes), and herbs

Quinoa (1/2 cup)

**DAY 6:****Breakfast (300-350 calories)**

Omelet with sautéed spinach (1 cup, cooked), tomatoes (1 medium tomato, diced), and feta cheese (30g)

**Lunch (400-450 calories)**

Lentil and vegetable soup (1.5 cups)

Grilled chicken breast (150g) with lemon and oregano

**Snack (150-200 calories)**

Mixed berries (1/2 cup) with a dollop of Greek yogurt (75g)

**Dinner (450-500 calories)**

Baked white fish (150g) with a Mediterranean tomato sauce (1/2 cup)

Roasted Brussels sprouts (1 cup)

Couscous (1/2 cup) with pine nuts (1 tbsp) and raisins (2 tbsp)

**DAY 7:****Breakfast (300-350 calories)**

Smoothie with Greek yogurt (150g), banana (1 medium banana), spinach (1 cup), and a sprinkle of flaxseeds (1 tbsp)

**Lunch (400-450 calories)**

Lentil and vegetable soup (1.5 cups)

Grilled chicken breast (150g) with lemon and oregano

**Snack (150-200 calories)**

Mixed berries (1/2 cup) with a dollop of Greek yogurt (75g)

**Dinner (450-500 calories)**

Baked white fish (150g) with a Mediterranean tomato sauce (1/2 cup)

Roasted Brussels sprouts (1 cup)

Couscous (1/2 cup) with pine nuts (1 tbsp) and raisins (2 tbsp)