





30-DAY MEDITERRANEAN DIET MEAL PLAN: 1,200 CALORIES

Week 1

Week 2

Week 3

Week 4

	Breakfast Aim for 250 - 300 cal.	A.M. Snack Aim to fulfill calories	Lunch Aim for 250 - 300 cal.	P.M. Snack Aim to fulfill calories	Dinner Aim for 400 - 500 cal.
Day 1	1 serving Pineapple Green Smoothie	3/4 cup raspberries	1 serving Mediterranean Tuna-Spinach Salad	1 serving Mediterranean Tuna-Spinach Salad	1 serving Dijon Salmon with Green Bean Pilaf
Day 2	1 serving Muffin-Tin Quiches w. Smoked Cheddar & Potato	3/4 cup raspberries 	1 serving Instant Pot White Chicken Chili Freezer Pack w. a side of 2 celery stalks and 3 Tbsp. hummus	2 plum	1 serving Chicken & Vegetable Penne with Parsley-Walnut Pesto
Day 3	1 serving Muffin-Tin Quiches with Smoked Cheddar & Potato	1 peach	1 serving Instant Pot White Chicken Chili Freezer Pack w. a side of 2 celery stalks and 3 Tbsp. hummus	3/4 cup blackberries and 6 walnut halves	1 serving Greek Turkey Burgers w. Spinach, Feta & Tzatziki w. a side of 2 cups mixed greens topped and 1 Tbsp. Basil Vinaigrette
Day 4	1 serving Muffin-Tin Quiches with Smoked Cheddar & Potato	2 plums	1 serving Instant Pot White Chicken Chili Freezer Pack w. a side of 2 celery stalks and 3 Tbsp. hummus	1 large peach	1 serving Meal-Prep Falafel Bowls w. Tahini Sauce
Day 5	1 serving Pineapple Green Smoothie	2 plums	1 serving Instant Pot White Chicken Chili Freezer Pack w. a side of 2 celery stalks and 3 Tbsp. hummus	3/4 cup blueberries 	1 serving Vegetarian Spaghetti Squash Lasagna w. a side of 2 cups mixed greens topped and 1 Tbsp. Basil Vinaigrette
Day 6	1 serving Creamy Blueberry-Pecan Overnight Oatmeal	3/4 cup raspberries	1 serving Mediterranean Tuna-Spinach Salad	3/4 cup blackberries	1 serving Hasselback Caprese Chicken w. 1 1/2 cups Roasted Fresh Green Beans
Day 7	1 serving Pineapple Green Smoothie 	2 plums	1 serving Mediterranean Tuna-Spinach Salad	1 cup sliced cucumbers w. squeeze of lemon juice and salt & pepper to taste	1 serving Stuffed Sweet Potato w. Hummus Dressing
Day 8	1 serving Muffin-Tin Quiches w. Smoked Cheddar & Potato	1 cup sliced cucumber w. lemon juice and salt & pepper to taste	1 serving Stuffed Sweet Potato w. Hummus Dressing	1 plum	1 serving Roasted Root Veggies & Greens over Spiced Lentils
Day 9	1 serving Creamy Blueberry-Pecan Overnight Oatmeal	1/2 cup raspberries	1 serving Roasted Veggie & Quinoa Salad	1/2 cup cucumber w. salt & pepper	1 serving One-Skillet Salmon w. Fennel & Couscous
Day 10	1 serving Everything Bagel Avocado Toast w. 1 hard-boiled egg	1 cup raspberries	1 serving Roasted Veggie & Quinoa Salad	5 oz. nonfat plain Greek yogurt	1 serving Mediterranean Chickpea Quinoa Bowl
Day 11	1 serving Muesli w. Raspberries	1 large peach	1 serving Roasted Veggie & Quinoa Salad	1 plum	1 serving Slow-Cooker Pasta e Fagioli Soup Freezer Pack
Day 12	1 serving Everything Bagel Avocado Toast w. a side of 1 hard-boiled egg	1 cup blackberries	1 serving Roasted Veggie & Quinoa Salad	1 cup nonfat plain Greek yogurt with 1 Tbsp. chopped walnuts	1 serving No-Noodle Eggplant Lasagna w. 2 cups mixed greens topped w. 1 Tbsp. Herb Vinaigrette
Day 13	1 serving Muesli w. Raspberries	1 large peach	1 serving No-Noodle Eggplant Lasagna	1 cup red bell pepper w. 3 Tbsp. hummus	1 serving Slow-Cooker Mediterranean Chicken & Chickpea Soup
Day 14	1 serving Everything Bagel Avocado Toast w. a side of 1 hard-boiled egg	1 serving Everything Bagel Avocado Toast w. a side of 1 hard-boiled egg	1 serving Slow-Cooker Mediterranean Chicken & Chickpea Soup	1/2 cup sliced cucumber w. a pinch of salt & pepper	1 serving One-Pot Greek Pasta
Day 15	1 serving Creamy Blueberry-Pecan Overnight Oatmeal	1 cup blackberries	1 serving Slow-Cooker Mediterranean Chicken & Chickpea Soup	1 plum 	1 serving Summer Shrimp Salad w. 2 cups mixed greens topped with 1 Tbsp. Parsley-Lemon Vinaigrette
Day 16	1 serving Muesli with Raspberries	1/2 cup cucumbers w. salt & pepper	1 serving Vegan Superfood Buddha Bowl	1/2 cup sliced red bell pepper	1 serving Lemon Tahini Couscous w. Chicken & Vegetables
Day 17	1 serving Muffin-Tin Quiches with Smoked Cheddar & Potato	1/2 cup raspberries	1 serving Vegan Superfood Buddha Bowl	1/2 cup blackberries	1 serving Walnut-Rosemary Crusted Salmon w. 1 serving Easy Brown Rice Pilaf and Spring Vegetables
Day 18	2 servings Berry-Mint Kefir Smoothies	1 plum	1 serving Vegan Superfood Buddha Bowl	1/2 cup nonfat plain Greek yogurt	1 serving Farfalle w. Tuna, Lemon & Fennel, 2 cups mixed greens, & 1 Tbsp. Parsley-Lemon Vinaigrette
Day 19	1 serving Muffin-Tin Quiches w. Smoked Cheddar & Potato	1 plum	1 serving Vegan Superfood Buddha Bowls	5 oz. nonfat plain Greek yogurt with 1/4 cup blueberries	1 serving Cilantro Bean Burgers w. Creamy Avocado-Lime Slaw w. 2 cups mixed greens and 1 Tbsp. Parsley-Lemon Vinaigrette
Day 20	2 servings Berry-Mint Kefir Smoothies	2/3 cup raspberries	1 serving Mason Jar Power Salad w. Chickpeas & Tuna	2/3 cup blackberries	1 serving Roasted Chicken & Winter Squash over Mixed Greens
Day 21	2 servings Berry-Mint Kefir Smoothies	1/2 cup raspberries 	1 serving Mason Jar Power Salad w. Chickpeas & Tuna	1/2 cup blackberries	1 serving Sweet & Spicy Roasted Salmon w. Wild Rice Pilaf w. 2 cups mixed greens and 1 Tbsp. Parsley-Lemon Vinaigrette
Day 22	1 serving Pineapple Green Smoothie	1 cup blackberries	1 salmon fillet w. 1 cup Roasted Butternut Squash & Root Vegetables and 1/3 cup Lemon-Roasted Mixed Vegetables	1 large peach	1 serving Green Salad w. Edamame & Beets topped w. 1/4 of an avocado
Day 23	1 serving Muesli with Raspberries	1 plum	1 serving Piled-High Greek Vegetable Pitas	1 cup sliced red bell pepper	1 serving Slow-Cooker Pasta e Fagioli Soup Freezer Pack
Day 24	1 serving Everything Bagel Avocado Toast w. 1 hard-boiled egg	2/3 cup raspberries	1 serving Piled-High Greek Vegetable Pitas	1 plum	1 serving Quinoa, Chicken & Broccoli Salad with Roasted Lemon Dressing
Day 25	1 serving Blueberry Almond Chia Pudding	5 oz. nonfat plain Greek yogurt w. 1/4 cup blueberries and 1 Tbsp. chopped walnuts	1 serving Piled-High Greek Vegetable Pitas	1 large peach 	1 serving Mediterranean Cod w. Roasted Tomatoes and 3/4 cup Quinoa Avocado Salad
Day 26	1 serving Everything Bagel Avocado Toast w. 1 hard-boiled egg	1 cup raspberries	1 serving Piled-High Greek Vegetable Pitas	5 oz. nonfat plain Greek yogurt w. 1/3 cup blackberries	1 serving Caprese Stuffed Portobello Mushrooms w. 3/4 cup Quinoa Avocado Salad
Day 27	1 serving Muesli w. Raspberries	1 large peach	1 serving Instant Pot White Chicken Chili Freezer Pack w. 1/2 cup blueberries	3/4 cup red bell pepper w. 1 Tbsp. hummus	1 serving Stuffed Eggplant w. 1 serving Traditional Greek Salad
Day 28	2 servings Berry-Mint Kefir Smoothies 	1/2 cup sliced red bell peppers	1 serving Instant Pot White Chicken Chili Freezer Pack with 1/2 cup blueberries	1/2 cup cucumbers w. salt & pepper	1 serving Chickpea Pasta w. Lemony-Parsley Pesto
Day 29	1 serving Everything Bagel Avocado Toast w. 1 hard-boiled egg	2/3 cup fresh raspberries w. 5 walnut halves	1 serving Instant Pot White Chicken Chili Freezer Pack w. 1/2 cup blueberries	2/3 cup blackberries w. 7 walnut halves	1 serving Greek Roasted Fish w. Vegetables
Day 30	1 serving Blueberry Almond Chia Pudding	1 large peach	1 serving Instant Pot White Chicken Chili Freezer Pack w. 1/2 cup blueberries	12 walnut halves	1 serving Slow-Cooker Mediterranean Chicken & Orzo w. Cucumber, Tomato & Avocado Salad

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Day 16	1 serving Muesli with Raspberries	1/2 cup cucumbers w. salt & pepper	1 serving Vegan Superfood Buddha Bowl	1/2 cup sliced red bell pepper	1 serving Lemon Tahini Couscous w. Chicken & Vegetables
Day 17	1 serving Muffin-Tin Quiches with Smoked Cheddar & Potato	1/2 cup raspberries	1 serving Vegan Superfood Buddha Bowl	1/2 cup blackberries	1 serving Walnut-Rosemary Crusted Salmon w. 1 serving Easy Brown Rice Pilaf and Spring Vegetables
Day 18	2 servings Berry-Mint Kefir Smoothies	1 plum	1 serving Vegan Superfood Buddha Bowl	1/2 cup nonfat plain Greek yogurt	1 serving Farfalle w. Tuna, Lemon & Fennel, 2 cups mixed greens, & 1 Tbsp. Parsley-Lemon Vinaigrette
Day 19	1 serving Muffin-Tin Quiches w. Smoked Cheddar & Potato	1 plum	1 serving Vegan Superfood Buddha Bowls	5 oz. nonfat plain Greek yogurt with 1/4 cup blueberries	1 serving Cilantro Bean Burgers w. Creamy Avocado-Lime Slaw w. 2 cups mixed greens and 1 Tbsp. Parsley-Lemon Vinaigrette
Day 20	2 servings Berry-Mint Kefir Smoothies	2/3 cup raspberries	1 serving Mason Jar Power Salad w. Chickpeas & Tuna	2/3 cup blackberries	1 serving Roasted Chicken & Winter Squash over Mixed Greens
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Day 22	1 serving Pineapple Green Smoothie	1 cup blackberries	1 salmon fillet w. 1 cup Roasted Butternut Squash & Root Vegetables and 1/3 cup Lemon-Roasted Mixed Vegetables	1 large peach	1 serving Green Salad w. Edamame & Beets topped w. 1/4 of an avocado
Day 23	1 serving Muesli with Raspberries	1 plum	1 serving Piled-High Greek Vegetable Pitas	1 cup sliced red bell pepper	1 serving Slow-Cooker Pasta e Fagioli Soup Freezer Pack
Day 24	1 serving Everything Bagel Avocado Toast w. 1 hard-boiled egg	2/3 cup raspberries	1 serving Piled-High Greek Vegetable Pitas	1 plum	1 serving Quinoa, Chicken & Broccoli Salad with Roasted Lemon Dressing
Day 25	1 serving Blueberry Almond Chia Pudding	5 oz. nonfat plain Greek yogurt w. 1/4 cup blueberries and 1 Tbsp. chopped walnuts	1 serving Piled-High Greek Vegetable Pitas	1 large peach	1 serving Mediterranean Cod w. Roasted Tomatoes and 3/4 cup Quinoa Avocado Salad
Day 26	1 serving Everything Bagel Avocado Toast w. 1 hard-boiled egg	1 cup raspberries	1 serving Piled-High Greek Vegetable Pitas	5 oz. nonfat plain Greek yogurt w. 1/3 cup blackberries	1 serving Caprese Stuffed Portobello Mushrooms w. 3/4 cup Quinoa Avocado Salad
Day 27	1 serving Muesli w. Raspberries	1 large peach	1 serving Instant Pot White Chicken Chili Freezer Pack w. 1/2 cup blueberries	3/4 cup red bell pepper w. 1 Tbsp. hummus	1 serving Stuffed Eggplant w. 1 serving Traditional Greek Salad
Day 28	2 servings Berry-Mint Kefir Smoothies	1/2 cup sliced red bell peppers	1 serving Instant Pot White Chicken Chili Freezer Pack with 1/2 cup blueberries	1/2 cup cucumbers w. salt & pepper	1 serving Chickpea Pasta w. Lemon-Parsley Pesto
Day 29	1 serving Everything Bagel Avocado Toast w. 1 hard-boiled egg	2/3 cup fresh raspberries w. 5 walnut halves	1 serving Instant Pot White Chicken Chili Freezer Pack w. 1/2 cup blueberries	2/3 cup blackberries w. 7 walnut halves	1 serving Greek Roasted Fish w. Vegetables
Day 30	1 serving Blueberry Almond Chia Pudding	1 large peach	1 serving Instant Pot White Chicken Chili Freezer Pack w. 1/2 cup blueberries	12 walnut halves	1 serving Slow-Cooker Mediterranean Chicken & Orzo w. Cucumber, Tomato & Avocado Salad