

7-Day Mediterranean Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	¾ cup (180 mL) plain 0% Greek yogurt topped with ½ cup (125 mL) berries and ¼ cup (60 mL) walnuts or almonds 2 slices whole-grain or rye toast 2 tsp (10 mL) soft margarine	1 serving Shakshuka 1 whole-wheat pita (8 inch/20 cm)	¼ cup (75 mL) steel-cut oats, uncooked 1 medium-sized apple ¼ cup (60 mL) walnuts or almonds Dash of cinnamon	1 large egg, scrambled with ½ cup (125 mL) vegetables (spinach, tomatoes, or other vegetable of your choice) 2 slices whole-grain or rye toast 2 tsp (10 mL) soft margarine 1 cup (250 mL) low-fat milk	BELT (bacon, egg, lettuce and tomato) sandwich Serve on whole-wheat English muffin with 1 large fried egg, 4 slices turkey bacon, and ½ cup (125 mL) vegetables (lettuce and tomatoes) or other vegetables of your choice. ½ cup (125 mL) melon	2 slices whole-grain or rye toast 2 tbsp (30 mL) almond butter 1 cup (250 mL) berries	¾ cup (75 mL) steel-cut oats, uncooked Half medium-sized banana 2 tbsp (30 mL) peanut butter
Calories	495	435	430	500	375	420	365
Carbs (g)	46	54	54	42	50	45	41
Fibre (g)	10	9	11	6	5	10	6
Net carb (g)	36	45	43	38	45	35	35
Lunch	Baked Lemon Herb Salmon 2½ oz. (75 g) salmon, baked with 1 cup (250 mL) dark leafy vegetables or other vegetables of your choice (cooked to your liking) Season with salt, black pepper, lemon and garlic to taste. ½ cup (125 mL) cooked brown rice	1 serving Garden Veggie Buddha Bowl with Lentils and Tahini Sauce 1 cup (250 mL) berries topped with ¼ cup (60 mL) plain 0% Greek yogurt	1 serving (1½ cups/375 mL) Mediterranean Roasted Vegetables and Chickpeas 1 serving Chilled Avocado and Cucumber Soup with Feta	1 serving (1 fish fillet & ½ cup/125 mL mash) White Fish with Roast Garlic & Lentil Mash Whole-wheat breadstick (8 inch/20 cm)	1 serving (2 cups/500 mL salad & 1 tbsp/15 mL dressing) Kale, Beet & Chickpea Power Bowls	2 servings (2 cups/500 mL) Roasted Cauliflower Salad Whole-wheat dinner roll (3½ inch/9 cm)	Italian Chicken Wrap 2½ oz. (75 g) cooked chicken with ½ cup (125 mL) raw vegetables (peppers, spinach, onions) or other vegetables of your choice Serve on whole-wheat tortilla (8 inch/20 cm) with 1½ tbsp (25 g) shredded mozzarella cheese. Oil (optional) and vinegar dressings
Calories	345	430	530	650	410	460	505
Carbs (g)	41	49	53	45	46	49	38
Fibre (g)	6	11	12	11	11	10	5
Net carb (g)	35	38	41	34	35	39	33
Dinner	Mediterranean Salad Tacos ½ cup (125 mL) canned and drained chickpeas heated in 1 tbsp (15 mL) olive oil Serve on whole-wheat tortilla wrap (8 inch/20 cm) with ½ cup (125 mL) raw vegetables (arugula, tomatoes, cucumbers) or other vegetables of your choice. Garnish with sesame seeds and salsa.	1 serving Chicken Gyros Serve with ½ cup (125 mL) vegetables (tomato, cucumber, lettuce, red onion) and 2 tbsp (30 mL) crumbled feta. Serve on whole-wheat tortilla (8 inch/20 cm).	Shrimp Linguine 10 pieces of shrimp cooked in 1 tbsp (15 mL) olive oil with vegetables (onions, broccoli and bell peppers) or other vegetables of your choice Toss with 1 cup (250 mL) cooked al dente whole-wheat linguine noodles. Season with salt and black pepper, lemon and garlic to taste. Garnish with fresh parsley.	Half serving (1 patty) Ealafel burgers with Creamy Sesame Sauce Serve on toasted whole-wheat hamburger bun topped with vegetables (lettuce, tomatoes) or other vegetables of your choice. Side garden salad and 1 tbsp (25 mL) light dressing	1 serving (¼ piece) of Farm-Fresh Tofu Frittata 1 serving Creamy Carrot Salad Serve with ½ cup (125 mL) sweet potato, cooked to your liking.	Chicken Kebabs 2½ oz. (75 g) chicken cooked in 1 tbsp (25 mL) olive oil with 1 cup (250 mL) of vegetables (onions, peppers, zucchini) or other vegetables of your choice Season with salt, black pepper and dried oregano. ½ cup (60 mL) plain 0% Greek yogurt ½ cup (125 mL) cooked brown rice	Stuffed Pepper Cut 1 large red bell pepper in half (top to bottom) Stuff pepper halves with filling: ¼ cup (60 mL) cooked brown rice, ¼ cup (180 mL) black bean and ½ cup (125 mL) vegetables (onions, tomatoes) or other vegetables of your choice. Season filling with cumin, paprika, chili powder, salt and black pepper. Bake pepper halves with filling for 30 minutes at 350°F (175°C), or until almost soft. Top with ½ cup (50 g) mozzarella or cheddar cheese, and bake until cheese is golden.
Calories	520	420	405	335	570	450	555
Carbs (g)	55	38	51	51	50	38	65
Fibre (g)	10	6	8	8	9	6	20
Net carb (g)	45	32	43	43	41	32	45