



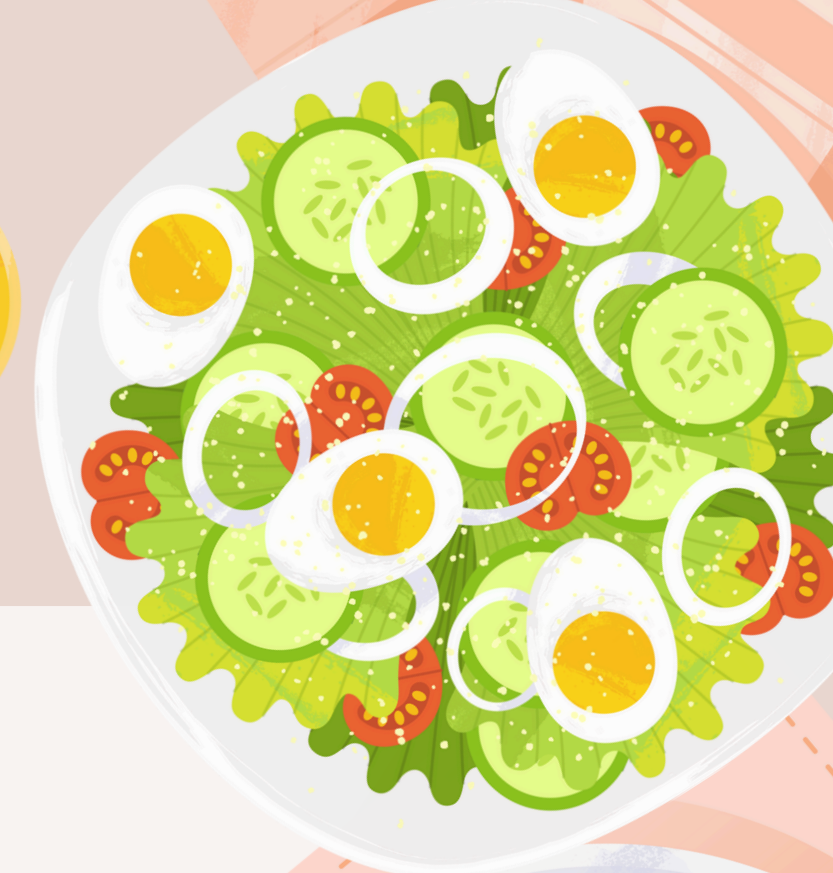
30 DAY MEDITERRANEAN DIET

MEAL PLAN

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<u>Mediterranean vegetable omelet</u>	<u>Shakshuka</u>	<u>Mediterranean vegetable omelet</u>	<u>Greek Yogurt With Berries</u>	<u>Greek Yogurt with Avocado</u>	<u>Spinach, Banana, and Almond Milk Smoothie</u>	<u>Almond Cake</u>
Lunch	<u>Mediterranean Salad</u>	<u>Cibata Ham Panini Roasted Peppers</u>	<u>Chickpea Bowl</u>	<u>Italian Chicken Salad</u>	<u>Cannellini Bean Salad</u>	<u>Italian Chicken Salad</u>	<u>Chickpea Bowl</u>
Dinner	<u>Mediterranean Baked Sea Bass with Roasted Vegetables</u>	<u>Caprese Pasta Salad</u>	<u>Baked Cod with Roasted Potatoes and a Side Salad</u>	<u>Grilled Salmon with Quinoa and Broccoli</u>	<u>Onion Pie</u>	<u>Italian Beef Casserole</u>	<u>Onion Pie</u>
Snacks	1 fruit	Hmmus	Pistachos	Nuts	Olives	Nuts	1 fruit
Drinks	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation

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30 DAY MEDITERRANEAN DIET MEAL PLAN

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<u>Almond Banana Pancakes</u>	<u>Smoked Salmon and Paoched Eggs</u>	<u>Almond And Avocado Omelet</u>	<u>Shakshuka</u>	<u>Almond Cake</u>	<u>Mediterranean Diet Toast</u>	<u>Caprese Croissant Breakfast Sandwich</u>
Lunch	<u>Mediterranean Salad</u>	<u>Cibata Ham Panini Roasted Peppers</u>	<u>Red Lentil Soup</u>	<u>Italian Chicken Salad</u>	<u>Cannellini Bean Salad</u>	<u>Red Lentil Soup</u>	<u>Chickpea Bowl</u>
Dinner	<u>Greek Meatloaf</u>	<u>Chickpea and Vegetable Stir-Fry</u>	<u>Chicken Rollatini Stuffed</u>	<u>Grilled Salmon with Quinoa and Broccoli</u>	<u>Vegetable and Bean Soup with Whole-grain Bread</u>	<u>Chicken Alfredo</u>	<u>Italian Beef Casserole</u>
Snacks	1 fruit	Hmmus	Pistachos	Nuts	Olives	Nuts	1 fruit
Drinks	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation



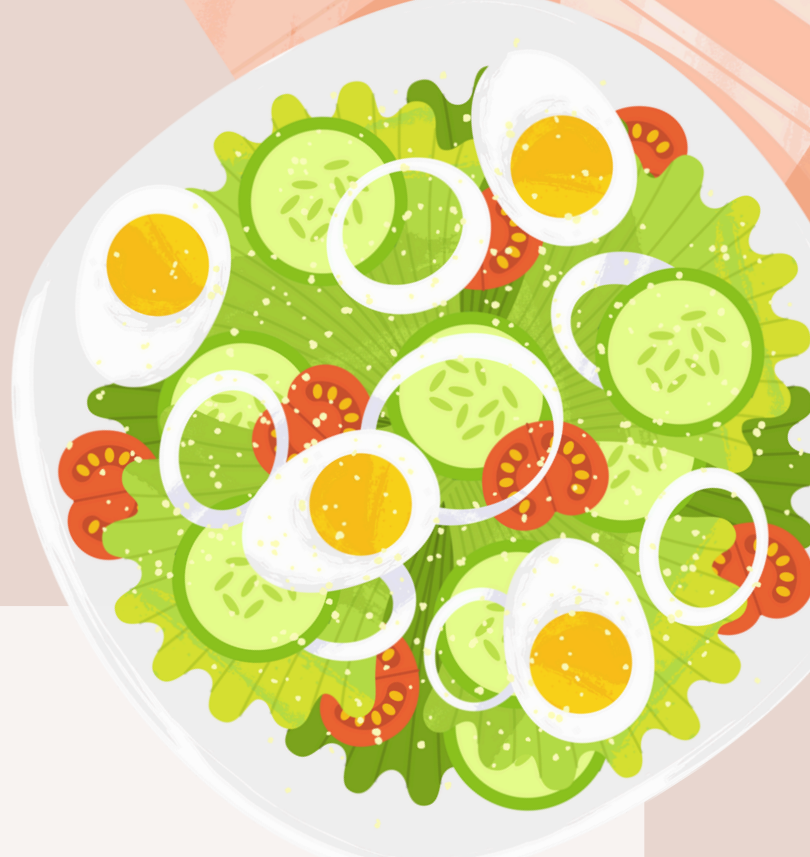
30 DAY MEDITERRANEAN DIET

MEAL PLAN

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<u>Mediterranean vegetable omelet</u>	<u>Shakshuka</u>	<u>Mediterranean vegetable omelet</u>	<u>Greek Yogurt With Berries</u>	<u>Greek Yogurt with Avocado</u>	<u>Spinach, Banana, and Almond Milk Smoothie</u>	<u>Almond Cake</u>
Lunch	<u>Mediterranean Salad</u>	<u>Cibata Ham Panini Roasted Peppers</u>	<u>Chickpea Bowl</u>	<u>Italian Chicken Salad</u>	<u>Cannellini Bean Salad</u>	<u>Italian Chicken Salad</u>	<u>Chickpea Bowl</u>
Dinner	<u>Mediterranean Baked Sea Bass with Roasted Vegetables</u>	<u>Caprese Pasta Salad</u>	<u>Baked Cod with Roasted Potatoes and a Side Salad</u>	<u>Grilled Salmon with Quinoa and Broccoli</u>	<u>Onion Pie</u>	<u>Italian Beef Casserole</u>	<u>Onion Pie</u>
Snacks	1 fruit	Hmmus	Pistachos	Nuts	Olives	Nuts	1 fruit
Drinks	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation

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30 DAY MEDITERRANEAN DIET MEAL PLAN

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<u>Almond Banana Pancakes</u>	<u>Smoked Salmon and Paoched Eggs</u>	<u>Almond And Avocado Omelet</u>	<u>Shakshuka</u>	<u>Almond Cake</u>	<u>Mediterranean Diet Toast</u>	<u>Caprese Croissant Breakfast Sandwich</u>
Lunch	<u>Mediterranean Salad</u>	<u>Cibata Ham Panini Roasted Peppers</u>	<u>Red Lentil Soup</u>	<u>Italian Chicken Salad</u>	<u>Cannellini Bean Salad</u>	<u>Red Lentil Soup</u>	<u>Chickpea Bowl</u>
Dinner	<u>Greek Meatloaf</u>	<u>Chickpea and Vegetable Stir-Fry</u>	<u>Chicken Rollatini Stuffed</u>	<u>Grilled Salmon with Quinoa and Broccoli</u>	<u>Vegetable and Bean Soup with Whole-grain Bread</u>	<u>Chicken Alfredo</u>	<u>Italian Beef Casserole</u>
Snacks	1 fruit	Hmmus	Pistachos	Nuts	Olives	Nuts	1 fruit
Drinks	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation	Berry juice no sugar /water /coffe/tea/red wine in moderation



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