
MEDITERRANEAN DIET 30-DAY MEAL PLAN PDF



The 30 Mediterranean meal plan maintains its status as one of the healthiest eating methods. It was voted the best diet for the third consecutive year by U.S News & World Report.



SAMPLE MEDITERRANEAN DIET 30 DAY MEAL PLAN PDF FREE PRINTABLE

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21-DAY ANTI-INFLAMMATORY DIET PLAN

DAY 1

Breakfast: Pan-fried egg and whole-grain toast

Snack: Dried figs

Lunch: Roasted anchovies and a steamed kale salad

Dinner: Salmon and roasted potatoes with chives and olive oil

DAY 2

Breakfast: Oatmeal with some fruits and nuts

Snack: Hummus with celery

Lunch: Boiled white beans and a cup of arugula with olive oil and feta cheese

Dinner: half a cup of whole-grain pasta with steamed vegetables

DAY 3

Breakfast: Baked eggs with avocado and feta cheese

Snack: Sliced bell peppers with guacamole

Lunch: Chickpea salad sandwich or egg salad sandwich

Dinner: Baked cod and roasted potatoes with chives and olive oil

DAY 4

Breakfast: Whole-grain toast with a slice of avocado

Snack: Fresh fruit with cottage cheese

Lunch: Quinoa salad with chickpeas

Dinner: Grilled lamb with salad and baked potato

DAY 5

Breakfast: Whole-grain oats with honey and cinnamon

Snack: Fruit pudding with chia seeds

Lunch: Caprese zucchini noodles topped with mozzarella and cherry tomatoes

Dinner: Roasted salmon with brown rice and vegetables

DAY 6

Breakfast: Poached eggs on toast

Snack: Apple slices with almond butter

Lunch: Stuffed zucchini boats with turkey sausage, bell peppers, and tomatoes

Dinner: Whole-wheat Mediterranean pizza topped with cheese and olives

DAY 7

Breakfast: Greek yogurt pancakes

Snack: Hard-boiled egg with salt and pepper

Lunch: Hummus with baby carrots

Dinner: Mediterranean lasagna

DAY 8

Breakfast: Avocado toast with fennel and pomegranate

Snack: A small bowl of nuts

Lunch: Whole-grain sandwich with vegetables

Dinner: Chickpea with mozzarella and tomato salad

DAY 9

Breakfast: Banana mocha overnight oats

Snack: A bunch of grapes

Lunch: Hummus with eggplant dip and sliced vegetables

Dinner: A portion of white fish with arugula or spinach

DAY 10

Breakfast: Whole-grain toast and Greek yogurt with some blueberries

Snack: Tuna salad with crackers

Lunch: Stewed zucchini and potatoes in tomato sauce.

Dinner: A cup of whole-grain couscous with roasted vegetables

DAY 13

Breakfast: Scrambled eggs with onions and bell peppers

Snack: Whole fruits such as oranges or mangos

Lunch: Mediterranean lettuce wraps

Dinner: Whole-grain sandwich with grilled vegetables

DAY 16

Breakfast: Greek omelet casserole

Snack: Mixed nuts and dried cranberries

Lunch: Falafel with cheese and hummus

Dinner: Grilled lamb with baked potatoes and salad

DAY 11

Breakfast: Cinnamon Pecan Muesli with almond milk

Snack: Plain yogurt with granola or berries

Lunch: Whole grain pita bread with mixed salad greens

Dinner: Baked pasta with zucchini

DAY 14

Breakfast: A cup of Greek yogurt with half a cup of raspberries

Snack: Whole-grain toast with avocado

Lunch: Mediterranean lentil salad

Dinner: Chicken kebabs with Mediterranean couscous

DAY 17

Breakfast: Poached eggs on toast with salmon

Snack: Pita chips with hummus dip

Lunch: Avocado tuna salad

Dinner: Farm-fresh tofu frittata and creamy carrot salad

DAY 12

Breakfast: Whole wheat toast with sautéed vegetables and eggs

Snack: Roasted almonds and dried cherries

Lunch: Spinach and salmon stuffed with feta cheese

Dinner: Whole-grain pizza with grilled vegetables

DAY 15

Breakfast: Whole-grain oats with dates and shredded almonds

Snack: Greek Guacamole

Lunch: Bulger salad topped with feta cheese

Dinner: Sweet potato noodles with almond sauce

DAY 18

Breakfast: Veggie breakfast bowl with hummus

Snack: A handful of lightly salted nuts such as almonds and pistachios

Lunch: Vegan Italian pasta salad

Dinner: Fish fillet with lentil mash and roast garlic

DAY 19

Breakfast: Spinach feta breakfast wraps

Snack: Sliced veggies with Greek yogurt dip

Lunch: Veggie rolls with hummus

Dinner: shrimp linguine with vegetables

DAY 20

Breakfast: Quinoa and feta cheese egg muffins

Snack: Apple with nut butter

Lunch: Quinoa bowl with goat cheese and walnuts

Dinner: Shakshucka topped with feta cheese

DAY 21

Breakfast: Slow-cooked Mediterranean frittata

Snack: Sliced raw veggies with hummus

Lunch: Salmon salad sandwich with bean soup

Dinner: Artichoke bean pasta with parmesan cheese

DAY 22

Breakfast: Pita Mediterranean breakfast

Snack: Mini peppers stuffed with hummus

Lunch: Greek pasta salad served with romaine

Dinner: Garlic lemon chicken breast served with asparagus

DAY 22

Breakfast: Green smoothie with avocado and an apple

Snack: Pistachios and sliced orange cubes

Lunch: Prepared dolmas (stuffed grape leaves) with pita and hummus

Dinner: Baked white fish and zucchini

DAY 23

Breakfast: Green smoothie with avocado and an apple

Snack: Pistachios and sliced orange cubes

Lunch: Prepared dolmas (stuffed grape leaves) with pita and hummus

Dinner: Baked white fish and zucchini

DAY 24

Breakfast: Hummus and cauliflower fritters

Snack: Roasted chickpeas

Lunch: Tuna salad served with mixed veggies and sundried tomatoes

Dinner: Red lentils and vegetable stew

DAY 25

Breakfast: Mediterranean scrambled eggs

Snack: Olives and a slice of cheese

Lunch: Whole-grain bread with sliced cheese, tomatoes, and olives

Dinner: Moroccan-style lamb stew with couscous

DAY 26

Breakfast: Honey almond ricotta spread with peaches

Snack: Walnuts and dried apricots

Lunch: Whole grain crackers and Mediterranean bean salad

Dinner: Grilled chicken skewers with red onion and cucumber salad

DAY 27

Breakfast: Greek yogurt with whole-grain pancakes

Snack: Pistachios

Lunch: Whole grain bread served with veggie salad

Dinner: Grilled shrimp served with sautéed spinach

DAY 28

Breakfast: Whole-wheat toast with pan-fried eggs and grilled tomatoes

Snack: In-season fruit such as an apple, mango, or peach

Lunch: Italian chicken wrap with shredded mozzarella

Dinner: Salmon with eggplant and roasted zucchini

DAY 29

Breakfast: Milky smoothie and fruits

Snack: Whole grain crackers with mashed avocado

Lunch: Lentil salad with feta cheese and roasted red peppers

Dinner: White bean stew with veggies

DAY 30

Breakfast: Smoked salmon with capers and tomatoes

Snack: Hummus dip with sliced carrots and bell peppers

Lunch: Whole grain turkey sandwich and lentil soup

Dinner: Roasted chicken with a side salad



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