

MEDITERRANEAN DIET MEAL PLAN FOR WEIGHT LOSS

DAY 1

M: TEA AND BERRY-MIXED OATMEAL
S: A HANDFUL OF NUTS
A: LENTIL SOUP (ONE CUP), WITH HALF A TURKEY SANDWICH (WHOLE-GRAIN BREAD)
S: SLICED BELL PEPPERS, CUCUMBERS, AND CARROTS DIPPED IN HUMMUS
E: WHITE BEAN STEW WITH VEGETABLES

DAY 2

M: COFFEE WITH GREEK YOGURT (PLAIN) TOPPED WITH WALNUTS AND HONEY
S: ROASTED CARBANZO BEANS
A: WHITE BEAN STEW WITH VEGETABLES
S: ONE PEACH OR APPLE
E: ROASTED CHICKEN WITH TZATZIKI, PITA BREAD, AND SALAD

DAY 3

M: SMOOTHIE (MILK, NUT BUTTER, AND FRUIT)
S: MASHED AVOCADO (1/4 AVOCADO, LEMON JUICE, AND SALT) ON CRACKERS (WHOLE-GRAIN)
A: THREE BEAN SOUP WITH A DOLLOP OF PESTO AND A WHOLE-GRAIN ROLL
S: FRESH VEGETABLES AND OLIVES
E: FARRO, ROASTED ZUCCHINI, AND EGGPLANT WITH SALMON

DAY 4

M: TEA, TOASTED BREAD (WHOLE-GRAIN), STRAWBERRIES, AND SLICED CHEESE
S: PISTACHIOS
A: SALAD (LENTIL-BASED) WITH FETA, SUN-DRIED TOMATOES, ROASTED RED PEPPERS, AND OLIVES
S: GREEK YOGURT WITH FRUITS
E: GRILLED SHRIMP, SAUTÉED KALE, AND POLENTA

DAY 5

M: COFFEE WITH FARRO BOWL, ONE POACHED EGG, AND AVOCADO SLICES
S: DRIED WALNUTS OR APRICOTS
A: SALAD (BEANS, QUINOA, VEGETABLES) WITH WHOLE-GRAIN BREAD (ONE SLICE)
S: CRACKERS (WHOLE-GRAIN) WITH BLACK BEAN DIP
E: GRILLED CHICKEN SKEWERS WITH SALAD (BULGUR WHEAT, ONE CUCUMBER, ONE RED ONION)

DAY 5

M: TEA WITH SMOKED SALMON, CAPERS, AND SLICED TOMATOES
S: FRUITS
A: MEDITERRANEAN BEAN SALAD WITH WHOLE-GRAIN CRACKERS
S: CHEESE AND OLIVES
E: MOROCCAN LAMB STEW AND COUSCOUS

DAY 7

M: COFFEE AND GREEK YOGURT TOPPED WITH RASPBERRIES AND SUNFLOWER SEEDS
S: PISTACHIOS WITH SLICED ORANGES
A: WHOLE-GRAIN BREAD, CHEESE, SLICED TOMATOES, AND OLIVES
S: LUPINI BEANS (PACKAGED AND FLAVORED)
E: RED LENTIL AND VEGETABLE STEW