



7 Day Mediterranean Meal Plan

Seven days of meal ideas

Breakfast, Lunch,
Dinner and Snack
ideas for 7 days of
healthy eating!



Easy & free links to recipes

Simply click on the
recipe name or the
photo to be taken
right to the recipe
post.

Focus on
whole foods,
and a variety
of real
ingredients



Mediterranean meal plan

MONDAY

day 1



breakfast



Egg zucchini muffins

An easy and delicious way to start the day! These simple muffins are made with eggs, zucchini, milk and feta cheese. Added herbs make them even more flavourful.

lunch

Bonamatsi: Spinach and potato stew

A hearty vegan stew made with potatoes and spinach, cooked in a rich tomato based sauce. This dish is also called Bonamatsi and is very popular in the northern part of Greece. It is a rustic, hearty and nutritious meal that exemplifies much of what is great about Mediterranean cooking.



snack



Tahini honey cookies

Eating a healthy Mediterranean diet does not mean never having sweets, or a treat. It does mean making smart choices though, like these gluten-free, refined sugar free, dairy-free and oil-free cookies. The flavour is nutty and the texture is buttery, even with no butter added!

dinner

Greek chicken with chickpeas

Greek chicken with chickpeas, in Greek called kota me revithia kokkinista, is rustic, comforting, and so simple to make. There are only a few ingredients needed along with the chicken and chickpeas. You will need some common vegetables like onion, leek, garlic, carrots and bell pepper along with some tomato sauce or passata and olive oil to make a truly nutritious, satisfying and delicious meal.



Mediterranean meal plan

TUESDAY

day 2



breakfast



Tomato and feta toast

Tomato and feta toast is the way many Greeks start their day. A very simple breakfast, or even mid-day snack, of bread, grilled or not, drizzled with olive oil, topped with vine-ripened tomato, feta, oregano and more olive oil. Simple, easy, and so delicious!

lunch

Greek pasta salad

A light and refreshing orzo salad full of Greek flavours! This salad contains orzo, cherry tomatoes, kalamata olives, cucumber, red peppers, green onions, fresh herbs and is tossed in an olive oil, pesto and lemon juice vinaigrette.



snack

Easy banana muffins

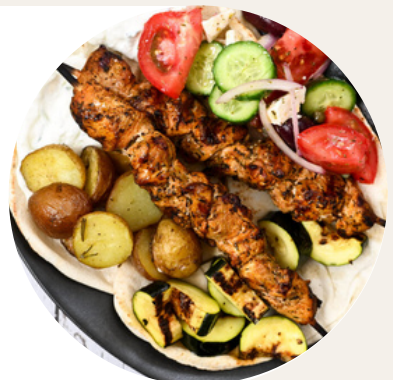
Easy and delicious banana muffins, slightly sweetened and super moist! Add some chopped walnuts or pecans. For a special treat you can also add some dark chocolate chips.



dinner

Greek chicken souvlaki

Authentic Greek chicken souvlaki or brochette made with the most delicious marinade. You can serve the chicken souvlaki as is, with a side salad like a healthy Greek village salad, or wrap it up in a homemade pita, dressed with veggies and homemade tzatziki sauce.



Mediterranean meal plan

WEDNESDAY

day 3



breakfast



Green shakshuka

There are a great combination of greens in this shakshuka! We include chicory, fresh herbs, caramelized leeks, chopped broccoli and more as the base for the gorgeous eggs. Topped with crumbled feta and some lemon juice, this is a healthy and hearty way to start the day!

lunch

Maniatiki Salad

A gorgeous salad made with potatoes, fennel, orange segments, onion, olives, capers and fresh herbs. Tossed with a homemade vinaigrette, this is a beautiful salad straight from Mani, in Greece.



snack



Smoothie with orange juice and berries

Dairy free and made with only a few simple ingredients! Use frozen fruit of your liking to help make this smoothie creamy and cold! Perfect as an afternoon pick-me-up!

dinner

Fakes, Greek lentil soup

Fakes are the perfect example of why Mediterranean food is so wonderful. This classic Greek soup is made with lentils, which are a powerhouse of nutrition. We add some vegetables and a tomato base to make this simple and pretty delicious soup!



Mediterranean meal plan

THURSDAY

day 4



breakfast



Healthy brownie baked oatmeal

A great breakfast that you can make the day before and just reheat before serving. Made with oatmeal, almond butter, maple syrup, cocoa powder, dark chocolate, oat milk, and topped with slivered almonds, this is a heart-healthy, vegan breakfast option that you are going to love.

lunch

Easy vegan chili

You will not miss the meat with this incredibly delicious vegan chili. Made with an assortment of vegetables and bean, and flavoured with spices, herbs and other aromatics, this vegan chili comes together so easily, and keeps for days. A bowl of chili makes the perfect take along lunch!



snack

Cucumber salad

We may not automatically think of salad when you think snack, but honestly, we should! This refreshing and delicious salad is made simply with thinly sliced cucumbers, red onion, herbs and it is tossed with a simple homemade vinaigrette. So good!



dinner

Pasta with tomato and red pepper sauce

Choose any pasta you like for this dish, including whole grain, gluten-free, or high protein pastas. The sauce itself is vegan, and made with tomato, a bit of spinach and red peppers. It is quick to put together, ends up really creamy (even though there is no cream) and coats each past beautifully! A filling and nutritious meal!



Mediterranean meal plan

FRIDAY

day 5



breakfast



Zucchini and cherry tomato frittata

This is a great breakfast, packed with protein from the eggs and the cheese, and packed full of vegetables too! Heart healthy ingredients at the start of the day set the tone for the rest of your meals!

lunch

Lahanorizo, Greek cabbage and rice

Lahanorizo is a Greek cabbage and rice recipe that is an easy, one pot meal. This vegan recipe is perfect for quick lunches that pack well for work. Made with simple ingredients like rice, cabbage, olive oil onion, leek and garlic this is a perfect meal that will please everyone.



snack



Dandelion greens and grilled bread

This is a hearty snack, and in fact could even substitute for a light lunch. For a mid-day pick me up, consider having one slice of bread topped with the dandelion greens (or other greens). You can also forego the bread and have a plate of dandelion greens (known as horta in Greek).

dinner

Cedar planked salmon

Salmon is a great source nutrition, full of Omega fats that are healthy for your heart and brain. Recipe options include baking the salmon in the oven. Consider serving with a side of rapini and a bit of wild rice.



Mediterranean meal plan

SATURDAY

day 6



breakfast



Soft boiled egg in a cup

A perfect soft boiled egg served in a small bowl or a cup with cubes of white or whole grain bread. Seasoned with salt and pepper, this is a delicious way to start the day.

lunch

Orzo with shrimp

This is a great make ahead , take along lunch. Orzo with shrimp can be eaten cold or just brought to room temperature. It is a wonderful combination of orzo pasta, fresh herbs and perfectly cooked shrimp. Nutritious and delicious!



snack



Rizogalo, Greek rice pudding

Rizogalo is a Greek rice pudding that is made with a few simple ingredients like rice, milk, and sugar topped with a sprinkling of cinnamon. The result is a creamy rice pudding that is perfect as a snack. If you want to keep it dairy free, you can try this version of vegan rizogalo.

dinner

Greek green beans with potatoes

Greek green bean stew with potatoes, or fasolakia ladera me patates, is a one-pot Greek meal that is made with fresh green beans, potatoes, olive oil, tomato sauce, onion, garlic, water and a few basic seasonings like salt and pepper. You will not believe how delicious a few simple ingredients can be.



Mediterranean meal plan

SUNDAY

day 7



breakfast



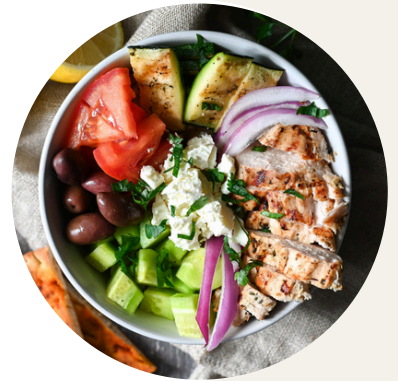
Sheet pan eggs and breakfast sandwich

A sheet pan omelet filled with fresh vegetables is the perfect filling for a breakfast sandwich. Add some lettuce, tomatoes, some avocado and cheese and you have a well rounded meal that will keep you satisfied until lunch! You can also skip the bread, and enjoy the sheet pan eggs all on their own.

lunch

Grilled chicken bowl

A beautiful assortment of healthy ingredients make up this grilled chicken bowl. Made with boneless and skinless chicken breast which is lean and flavourful, we add fresh vegetables, olives and cheese. Change things up as you like, but keep the ingredients simple and focused on freshness.



snack



Spanakotyropitakia, spinach and cheese bites

Spinach, feta, and fresh herbs are combined with a few other simple ingredients to make perfect pitas without phyllo. These are so easy to make, and even easier to eat! Enjoy them as a light meal, a side dish, or a simple snack.

dinner

Fasolatha, Greek bean soup

Fasolatha is a traditional Greek white bean soup. It is made with white beans, onion, carrots, celery and leek and the broth is flavoured with lemon. It is easy to make and is hearty and satisfying.

