

**7 DAY**

**Mediterranean**

**Meal Plan PDF**



# 7 DAY MEDITERRANEAN MEAL PLAN

## Monday



### BREAKFAST

#### Cherry-Almond Quinoa with Yogurt



Prep	Cook	Total
10m	15m	25m

### Ingredients

- ½ cup quinoa
- 1/3 cup slivered almonds
- 1½ cups cherries, pitted
- 1½ cups plain whole milk Greek yogurt
- 3 Tbsp honey

### Instructions

Cook quinoa according to package directions.

Stir in nuts and cherries. Divide quinoa mixture among 4 bowls. Top each serving with yogurt and honey.

Servings	4
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Calories	281
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Fat (g)	15
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Sat. Fat (g)	4
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Protein (g)	24
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Carb (g)	13
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Fiber (g)	2
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Sodium (mg)	673
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## Tuesday



### BREAKFAST

#### Bacon-Cheddar Breakfast Crepes



Prep	Cook	Total
10m	15m	25m

### Ingredients

- 1 Tbsp olive oil
- 4 large eggs
- 4 (9-inch) crepes
- ¾ cup freshly shredded reduced fat Cheddar cheese, divided
- ¼ cup crumbled bacon
- 2 Tbsp chopped fresh chives

### Instructions

Heat oil in a skillet over medium heat; crack 4 eggs into skillet. Cover and cook 3 minutes or until whites are set and yolks are cooked to desired doneness; remove eggs from skillet; keep warm.

Place 1 crepe in skillet coated in cooking spray over medium-low heat. Place 3 Tbsp cheese and 1 egg in center of crepe; fold sides over to create a square, leaving yolk exposed. Cook 2 to 3 minutes or until toasted and cheese is melted. Repeat procedure with remaining crepes, cheese, and eggs.

Sprinkle with bacon and chives.

Servings	4
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Calories	246
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Fat (g)	16
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Sat. Fat (g)	6
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Protein (g)	16
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Carb (g)	10
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Fiber (g)	0
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Sodium (mg)	544
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# 7 DAY MEDITERRANEAN MEAL PLAN

## Wednesday



### BREAKFAST

#### Raspberry-Croissant French Toast

	Prep	Cook	Total
	20m	15m	35m

### Ingredients

- 3 large eggs
- ¼ cup 2% reduced fat milk
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- 6 (1-oz) all butter croissants, halved lengthwise
- ¼ cup raspberry fruit spread
- 1 (6-oz) pkg raspberries
- Powdered sugar, optional

### Instructions

Whisk together eggs, milk, cinnamon, and vanilla in a shallow dish. Dip croissant halves in egg mixture, soaking 10 seconds on each side.

Cook croissants, in batches, in a large nonstick skillet coated with cooking spray over medium heat 2 to 3 minutes per side or until

Servings	4
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Calories	286
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Fat (g)	13
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Sat. Fat (g)	6
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Protein (g)	9
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Carb (g)	32
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Fiber (g)	4
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Sodium (mg)	224
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## Thursday



### BREAKFAST

#### Egg Migas

	Prep	Cook	Total
	10m	20m	30m

### Ingredients

- 6 large eggs
- ½ tsp ground cumin
- ¼ tsp pepper
- ½ lb lean turkey breakfast sausage
- 1 tsp olive oil
- 1 clove garlic, minced
- 1 small red bell pepper, chopped
- ½ cup chopped onion

### Instructions

Whisk together eggs, cumin, and pepper in a bowl.

Cook sausage in hot oil in large nonstick skillet over medium heat 5 to 6 minutes or until browned and crumbly. Transfer sausage to a plate, reserving drippings in skillet.

Cook garlic in hot drippings over medium heat 30 seconds or until tender and fragrant. Add bell pepper and onion; cook 6 to 8 minutes or until tender.

Add tortillas; cook 2 minutes, stirring often. Return sausage to skillet. Add eggs; cook 4 minutes or until eggs are thickened and set, stirring constantly.

Servings	4
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Calories	551
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Fat (g)	49
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Sat. Fat (g)	15
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Protein (g)	21
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Carb (g)	7
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Fiber (g)	1
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Sodium (mg)	831
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# 7 DAY MEDITERRANEAN MEAL PLAN

## Friday



### BREAKFAST

#### Whipped Ricotta and Citrus Toast



Prep	Cook	Total
15m	5m	20m

### Ingredients

- 1 cup part skim ricotta cheese
- 2 tbsp 1% low fat milk
- 2 Tbsp plus 2 tsp honey, divided
- 1 tsp vanilla extract
- ¼ tsp kosher salt
- ¼ tsp ground cinnamon
- 4 (1.5-oz) slices multigrain bread, toasted
- 1 small orange, peeled and thinly sliced
- 1 small Ruby Red grapefruit, peeled and sectioned
- ¼ cup pomegranate seeds
- ¼ cup sliced almonds

### Instructions

Pulse ricotta, milk, 2 Tbsp honey, vanilla, salt, and cinnamon in a food processor 2 minutes or until creamy and fluffy.

Spread ricotta mixture on each toast slice. Top with fruit and nuts. Drizzle with 2 tsp honey.

Servings	4
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Calories	304
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Fat (g)	10
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Sat. Fat (g)	3
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Protein (g)	14
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Carb (g)	45
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Fiber (g)	6
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Sodium (mg)	337
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## Saturday



### BREAKFAST

#### Cherry-Almond Quinoa with Yogurt



Prep	Cook	Total
10m	15m	25m

### Ingredients

- ½ cup quinoa
- 1/3 cup slivered almonds
- 1½ cups cherries, pitted
- 1½ cups plain whole milk Greek yogurt
- 3 Tbsp honey

### Instructions

Cook quinoa according to package directions.

Stir in nuts and cherries. Divide quinoa mixture among 4 bowls. Top each serving with yogurt and honey.

Servings	4
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Calories	307
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Fat (g)	11
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Sat. Fat (g)	3
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Protein (g)	14
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Carb (g)	42
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Fiber (g)	4
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Sodium (mg)	35
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# 7 DAY MEDITERRANEAN MEAL PLAN

## Sunday



### BREAKFAST

#### Creamy Berry Smoothies

	Prep	Cook	Total
	10m	0m	10m

### Ingredients

- 1 (16-oz) pkg frozen mixed berries
- 2 bananas, halved
- 1½ cups whole milk plain Greek yogurt
- 1 cup 2% reduced fat milk
- 2 Tbsp honey

### Instructions

Process all ingredients in a blender or food processor until smooth. Pour into 4 glasses to serve.

Servings 4

Calories 256

Fat (g) 6

Sat. Fat (g) 3

Protein (g) 12

Carb (g) 41

Fiber (g) 6


Sodium (mg) 63

## Bonus Dessert



### BREAKFAST

#### Sweet Spring Snack Mix

	Prep	Cook	Total
	15m	5m	20m

### Ingredients

- 1 cup semisweet chocolate chips
- ½ cup peanut butter
- ¼ cup butter
- 1 tsp vanilla extract
- 9 cups corn cereal squares
- 1½ cups powdered sugar
- 1 (10-oz) pkg pastel miniature candy coated chocolate pieces
- 2 cups miniature marshmallows

### Instructions

Toss together strawberries and honey in a bowl; let stand 10 minutes.

Meanwhile, whisk together ricotta and lemon zest. Spread ricotta mixture on one side of each bread slice; top with strawberries.

Servings 4

Calories 275

Fat (g) 9

Sat. Fat (g) 5

Protein (g) 11

Carb (g) 42

Fiber (g) 11

Sodium (mg) 187

# 7 DAY MEDITERRANEAN MEAL PLAN

## Monday



LUNCH

### Ranch Orzo-Chicken Salad



Prep	Cook	Total
15m	15m	30m

#### Ingredients

- ¾ cup orzo
- 1/3 cup homestyle buttermilk Ranch dressing
- 2 Tbsp chopped fresh dill
- 2 Tbsp chopped fresh chives
- 4 cups spring mix
- 1 English cucumber, sliced
- 1½ cups cubed rotisserie chicken
- 6 radishes, thinly sliced
- ½ cup freshly shredded reduced fat white Cheddar cheese

#### Instructions

Cook orzo according to package directions; drain and rinse under cold water to cool. Whisk together dressing, dill, and chives in a small bowl.

Toss together greens, cucumber, chicken, radishes, and cheese in a large bowl. Toss with dressing just before serving.

Servings	4
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Calories	390
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Fat (g)	17
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Sat. Fat (g)	4
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Protein (g)	26
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Carb (g)	31
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Fiber (g)	6
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Sodium (mg)	562
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## Tuesday



LUNCH

### Garden Minestrone Soup



Prep	Cook	Total
15m	7h15m	7h30m

#### Ingredients

- 3 cups vegetable broth
- 1 (14.5-oz) can diced tomatoes
- 1 (15-oz) can cannellini beans, rinsed and drained
- 2 carrots, chopped
- 1 small zucchini, chopped
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 Tbsp Italian seasoning
- ¼ tsp salt
- ¼ tsp pepper
- ½ (16-oz) pkg whole grain elbow macaroni

#### Instructions

Combine all ingredients except pasta in a 3- to 4-quart slow cooker. Cover and cook on LOW 7 to 8 hours.

Increase heat to HIGH; stir in pasta. Cover and cook 15 minutes or until pasta is done.

Servings	4
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Calories	345
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Fat (g)	2
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Sat. Fat (g)	0
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Protein (g)	14
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Carb (g)	69
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Fiber (g)	2
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Sodium (mg)	915
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# 7 DAY MEDITERRANEAN MEAL PLAN

## Wednesday



### LUNCH

#### Quick Chicken Enchilada Nachos



Prep	Cook	Total
15m	5m	20m

### Ingredients

- 1 cup shredded rotisserie chicken
- ¼ cup enchilada sauce
- 1 (5.5-oz) pkg multigrain tortilla chips
- ½ (4-oz) can medium diced green chiles, drained
- 1 cup shredded reduced fat Mexican blend cheese
- ¾ cup refrigerated salsa
- ½ cup fat free sour cream
- 1 green onion, chopped

### Instructions

Combine chicken and enchilada sauce in a bowl. Spread chips on a large microwave-safe plate. Top with chicken mixture, chiles, and cheese.

Microwave at HIGH power 2 minutes or until thoroughly heated and cheese is melted. Top nachos with salsa, sour cream, and onion.

Servings 4

Calories 400

Fat (g) 17

Sat. Fat (g) 5

Protein (g) 23

Carb (g) 34

Fiber (g) 4

Sodium (mg) 839

## Thursday



### LUNCH

#### Tuna Panzanella Salad



Prep	Cook	Total
20m	10m	30m

### Ingredients

- 1 (8-oz) Italian five grain baguette
- 2 (5-oz) cans wild caught tuna in water, drained
- 4 large heirloom tomatoes, cut into wedges
- 1 yellow bell pepper, cut into 1-inch strips
- 1 English cucumber, coarsely chopped
- ½ small red onion, thinly sliced
- ½ cup chopped fresh basil
- 1/3 cup light balsamic vinaigrette

### Instructions

Preheat oven to 375°F. Cut bread into 1-inch cubes; place on a large rimmed baking sheet, and lightly coat with cooking spray.

Bake 10 to 15 minutes or until toasted, stirring once halfway through cooking.

Combine toasted bread, tuna, tomatoes, bell pepper, cucumber, onion, and basil in a large bowl. Add vinaigrette; toss.

Servings 4

Calories 302

Fat (g) 6

Sat. Fat (g) 1

Protein (g) 24

Carb (g) 38

Fiber (g) 8

Sodium (mg) 589

# 7 DAY MEDITERRANEAN MEAL PLAN

## Friday



### LUNCH

#### Pesto English Muffin Toasts



Prep	Cook	Total
10m	5m	15m

### Ingredients

- ½ (8-oz) pkg 1/3 less fat cream cheese, softened
- 3 Tbsp pesto
- 4 whole wheat English muffins, split and toasted
- 1 pint cherry tomatoes, halved
- 1 (0.5-oz) pkg fresh basil, sliced

### Instructions

Stir together cream cheese and pesto in a bowl with a fork until smooth; spread over cut sides of muffins. Top with tomatoes and basil.

Servings	4
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Calories	249
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Fat (g)	12
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Sat. Fat (g)	5
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Protein (g)	9
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Carb (g)	28
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Fiber (g)	4
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Sodium (mg)	454
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## Saturday



### LUNCH

#### Ramen Stir Fry



Prep	Cook	Total
10m	10m	20m

### Ingredients

- 3 (3-oz) pkg ramen noodles
- 2 Tbsp hoisin sauce
- 1 Tbsp low sodium soy sauce
- 2 tsp natural rice vinegar
- ½ tsp honey
- 2 cloves garlic, minced
- 2 fresh plant based burger patties
- 3 cups tricolor coleslaw
- 2 green onions, chopped
- Crushed red pepper, optional

### Instructions

Prepare noodles according to package directions without seasoning packets. Combine hoisin, soy sauce, rice vinegar, garlic, and honey in a small bowl.

Meanwhile, crumble patties into a large skillet; cook over medium-high heat 6 to 8 minutes or until brown and crumbly. Stir in slaw and hoisin mixture; cook 4 minutes or until vegetables are tender.

Toss noodles with stir fry. Sprinkle with onions and, if desired, crushed red pepper.

Servings	4
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Calories	383
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Fat (g)	11
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Sat. Fat (g)	3
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Protein (g)	18
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Carb (g)	54
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Fiber (g)	4
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Sodium (mg)	665
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# 7 DAY MEDITERRANEAN MEAL PLAN

## Sunday



### LUNCH

#### Greek Chicken Tacos

	Prep	Cook	Total
	15m	10m	25m

#### Ingredients

- 2 lb boneless, skinless chicken breasts
- 1 Tbsp olive oil
- 1½ Tbsp Greek seasoning, divided
- ¼ tsp cayenne pepper
- 1 (8-oz) carton sour cream
- 3 Tbsp chopped fresh parsley
- 1 Tbsp fresh lime juice
- 1 (7.1-oz) pkg stand-and-stuff taco shells
- 1 (16-oz) pkg tricolor coleslaw

#### Instructions

Preheat grill to medium-high heat. Pound chicken to an even thickness. Brush with oil, and sprinkle with 1 Tbsp Greek seasoning and cayenne pepper.

Grill chicken, covered, 5 to 6 minutes per side or until done. Let stand 5 minutes; thinly slice.

Stir together sour cream, parsley, lime juice, and 1½ tsp Greek seasoning.

Heat taco shells according to package directions; place chicken in shells. Top with slaw and sour cream mixture.

Servings	2
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Calories	346
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Fat (g)	17
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Sat. Fat (g)	5
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Protein (g)	27
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Carb (g)	20
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Fiber (g)	4
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Sodium (mg)	677
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## Bonus Cocktail



### LUNCH

#### Mint-Lime Gimlet

	Prep	Cook	Total
	5m	0m	5m

#### Ingredients

- 2 fresh mint leaves, torn
- 5 Tbsp gin
- 1 Tbsp fresh lime juice
- 1 Tbsp simple syrup
- Garnishes: lime wedge, fresh mint sprig

#### Instructions

Add mint leaves, gin, lime juice, simple syrup, and 1 cup ice cubes to a cocktail shaker. Cover and shake until chilled, about 30 seconds.

Strain mixture into a coupe glass. Garnish, if desired.

Servings	1
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Calories	192
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Fat (g)	0
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Sat. Fat (g)	0
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Protein (g)	0
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Carb (g)	8
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Fiber (g)	0
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Sodium (mg)	1
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# 7 DAY MEDITERRANEAN MEAL PLAN

## Monday



**DINNER**

### Skillet Eggplant Parmesan



Prep	Cook	Total
15m	15m	30m

#### Ingredients

- ½ eggplant, cut into 1-inch-thick slices
- 1 Tbsp olive oil
- ½ (24-oz) jar marinara sauce
- ½ pint grape tomatoes
- ½ (8-oz) ball fresh mozzarella cheese, sliced
- ¼ cup freshly grated Parmesan cheese
- 3 Tbsp pesto
- 2 Tbsp chopped fresh basil

#### Instructions

Preheat broiler. Cook eggplant in hot oil in an ovenproof skillet over medium-high heat 4 minutes per side or until golden. Remove from skillet; keep warm.

Add marinara to skillet; cook 5 minutes or until thoroughly heated. Stir in tomatoes. Nestle eggplant in sauce; top with cheeses.

Broil 1 to 2 minutes or until cheese is browned and bubbly. Drizzle with pesto, and sprinkle with basil.

<b>Servings</b>	3
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<b>Calories</b>	341
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<b>4Fat (g)</b>	24
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<b>Sat. Fat (g)</b>	8
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<b>Protein (g)</b>	15
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<b>Carb (g)</b>	19
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<b>Fiber (g)</b>	5
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<b>Sodium (mg)</b>	681
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## Tuesday



**DINNER**

### Salmon with Creamy Spinach and Artichokes



Prep	Cook	Total
20m	15m	35m

#### Ingredients

- 3 (4-oz) salmon fillets
- 1/8 tsp kosher salt
- 1/8 tsp pepper
- ½ (12-oz) jar marinated artichoke hearts, drained and chopped
- 1 Tbsp olive oil
- 1 (10-oz) pkg frozen chopped spinach, thawed and squeezed dry
- ½ (8-oz) carton crème fraîche
- ¼ cup freshly grated Parmesan cheese
- ½ tsp garlic powder

#### Instructions

Preheat oven to 450°F. Place fish on a greased baking sheet; sprinkle with salt and pepper. Bake 15 minutes or until fish flakes with a fork.

Meanwhile, cook artichokes in hot oil in a skillet over medium-high heat 2 minutes. Add spinach; cook 2 minutes. Stir in crème fraîche, Parmesan, and garlic powder. Cook until blended and creamy. Serve with fish.

<b>Servings</b>	3
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<b>Calories</b>	401
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<b>Fat (g)</b>	26
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<b>Sat. Fat (g)</b>	12
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<b>Protein (g)</b>	31
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<b>Carb (g)</b>	11
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<b>Fiber (g)</b>	4
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<b>Sodium (mg)</b>	506
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# 7 DAY MEDITERRANEAN MEAL PLAN

## Wednesday



### DINNER

#### Chicken and Artichoke Quesadillas



Prep	Cook	Total
10m	10m	20m

### Ingredients

- 4 soft taco size whole wheat tortillas
- 1 (6.5-oz) jar quartered marinated artichoke hearts, drained and chopped
- 2 tomatoes, chopped
- 1½ cups shredded rotisserie chicken breast
- 2/3 cup crumbled feta cheese
- 1 Tbsp olive oil

### Instructions

Top half of each tortilla with artichokes, tomatoes, chicken, and cheese. Fold in half over filling.

Cook quesadillas, in 2 batches, in ½ Tbsp hot oil per batch in a large nonstick skillet over medium heat 2 to 3 minutes per side or until browned and crisp.

Servings 4

Calories 325

Fat (g) 13

Sat. Fat (g) 6

Protein (g) 26

Carb (g) 27

Fiber (g) 4

Sodium (mg) 823

## Thursday



### DINNER

#### Grilled Halloumi and Vegetable Orzo



Prep	Cook	Total
10m	20m	30m

### Ingredients

- ½ cup orzo
- 2 Tbsp olive oil vinaigrette, divided
- ½ (8-oz) block halloumi cheese, cut into ¾-inch-thick slices
- ½ small red onion, cut into wedges
- 1 small red bell pepper, halved and seeded
- 1 zucchini, cut into planks
- ¼ cup chopped fresh basil
- 1 Tbsp balsamic glaze

### Instructions

Preheat grill or grill pan to medium-high heat. Cook orzo according to package directions; drain and toss with 2 tsp vinaigrette.

Brush cheese, onion, bell peppers, and zucchini with remaining vinaigrette. Grill vegetables, covered, 8 minutes or until tender and slightly charred. Grill cheese, covered, 2 minutes per side or until grill marks appear.

Cut bell pepper halves into 1-inch pieces. Divide orzo, vegetables, cheese, and basil between 2 bowls; drizzle with balsamic glaze.

Servings 2

Calories 847

Fat (g) 25

Sat. Fat (g) 12

Protein (g) 20

Carb (g) 44

Fiber (g) 8

Sodium (mg) 718


# 7 DAY MEDITERRANEAN MEAL PLAN

## Friday



**DINNER**

### Greek Turkey Orzo

	Prep	Cook	Total
	10m	25m	35m

#### Ingredients

- ¾ lb ground turkey
- 2 shallots, diced
- ½ (6-oz) can tomato paste
- 2 Tbsp chopped fresh mint, divided
- ½ tsp kosher salt
- ¼ tsp ground cinnamon
- ¼ tsp pepper
- 2½ cups water

#### Instructions

Cook turkey and shallots in a Dutch oven over medium-high heat 8 minutes or until browned and crumbly. Drain, if needed, and return to pot.

Stir in tomato paste, 1 Tbsp mint, salt, cinnamon, and pepper. Cook 2 to 3 minutes or until thoroughly heated.

Add 2½ cups water; bring to a boil. Add orzo; stir. Cover, reduce heat, and simmer 10 minutes or until orzo is done, stirring occasionally. Sprinkle with 1 Tbsp mint.

**Servings** 3

**Calories** 415

**Fat (g)** 14

**Sat. Fat (g)** 4

**Protein (g)** 27

**Carb (g)** 43

**Fiber (g)** 8


**Sodium (mg)** 430

## Saturday



**DINNER**

### Sheet Pan Shrimp and Broccoli Bake

	Prep	Cook	Total
	15m	15m	30m

#### Ingredients

- 1 (12-oz) pkg broccoli florets
- 1 lb peeled and deveined, large raw shrimp
- ¼ cup olive oil vinaigrette
- 1/8 tsp crushed red pepper
- 2 lemons, thinly sliced
- 6 Tbsp freshly grated Parmesan cheese

#### Instructions

Preheat oven to 450°F. Cut larger broccoli florets into small florets. Toss together shrimp, broccoli, vinaigrette, and red pepper in a large bowl.

Arrange lemon slices on a large rimmed baking sheet; spread shrimp mixture in a single layer over lemons.

Bake 10 to 15 minutes or until shrimp turn pink. Sprinkle with cheese.

**Servings** 3

**Calories** 298

**Fat (g)** 17

**Sat. Fat (g)** 3

**Protein (g)** 27

**Carb (g)** 12

**Fiber (g)** 4

**Sodium (mg)** 548

# 7 DAY MEDITERRANEAN MEAL PLAN

## Sunday



### DINNER

#### Pistachio-Dijon Salmon



Prep	Cook	Total
10m	45m	55m

### Ingredients

- 2 tsp whole grain Dijon mustard
- ½ tsp honey
- ½ tsp white wine vinegar
- 1 (½-lb) salmon fillet
- 1/8 tsp kosher salt
- 1/8 tsp pepper
- ¼ cup chopped pistachios

### Instructions

Preheat oven to 425°F. Combine mustard, honey, and vinegar in a small bowl.

Place fish on a foil-lined baking sheet. Spread mustard mixture over fish. Sprinkle with nuts, pressing gently to adhere.

Bake 10 to 15 minutes or until fish flakes with a fork.

Servings	2
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Calories	232
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Fat (g)	11
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Sat. Fat (g)	2
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Protein (g)	26
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Carb (g)	6
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Fiber (g)	2
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Sodium (mg)	362
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## Bonus Cocktail



### DINNER

#### Figgy Apple Bourbon



Prep	Cook	Total
5m	0m	5m

### Ingredients

- 4 dried figs, chopped
- ¼ cup sparkling apple cider
- 3 Tbsp bourbon
- Pinch of ground cinnamon
- Ice cubes

### Instructions

Add figs and cider to a mixing glass; muddle for 1 minute. Add bourbon, cinnamon, and ½ cup ice to fig mixture. Stir vigorously until very cold, about 10 to 20 seconds. Strain into a martini glass.

Servings	1
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Calories	209
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Fat (g)	0
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Sat. Fat (g)	0
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Protein (g)	1
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Carb (g)	29
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Fiber (g)	4
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Sodium (mg)	6
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