

Meals maker



7-DAY MEDITERRANEAN DIET PLAN

WEEK 1

THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

SPECIAL NOTES: (PLEASE READ)

NOTE 1: Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

NOTE 2: Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



Meals maker

DAY 1

Breakfast:

STRAWBERRY BASIL SMASHED
AVOCADO TOASTED

Lunch:

SPICED CHICKPEAS
AND SHRIMP

Dinner:

PASTA WITH BRUSSELS
SPROUTS

DAY 2

Breakfast:

TURMERIC OATMEAL

Lunch:

BEEF, CARROTS, AND
LENTILS

Dinner:

CAULIFLOWER RICE
AND CAJUN SHRIMP

DAY 3

Breakfast:

SMOKED SALMON AND
EGG WHITE SANDWICH

Lunch:

SHREDDED CHICKEN
BOWL

Dinner:

SALMON AND QUINOA
AND GREENS

DAY 4

Breakfast:

TOFU AND EGG WHITE
SANDWICH

Lunch:

SALMON CARPACCIO

Dinner:

VEGGIE SALAD

DAY 5

Breakfast:

EGGPLANT, CHEESE,
AND BEANS BOWL

Lunch:

SWEET POTATO BLACK
BEAN BOWLS

Dinner:

CHICKEN WITH
BRUSSELS SPROUTS

DAY 6

Breakfast:

EGG WHITES, CHEESE,
AND VEGGIE MUFFINS

Lunch:

CHEESY TOFU, CAULIFLOWER,
AND POTATOES

Dinner:

SPICED QUINOA AND
SALMON

DAY 7

Breakfast:

POTATO AND BELL
PEPPER SKILLET

Lunch:

TOMATO AND
ARTICHOKE SANDWICH

Dinner:

CHEESY TUNA STUFFED
BELL PEPPERS

WEEKLY Notes



STRAWBERRY BASIL SMASHED AVOCADO TOASTED

Prep Time: 15 min.

Cook Time: 0 min.

Total Time: 15 min.

Ingredients:

- 4 slices of whole grain bread
- 1 cup of strawberries, stems removed and sliced
- 1 avocado
- 2 tbsp. of parsley leaves
- 1 lemon
- 1 tbsp. balsamic vinegar, for topping and drizzling
- 1 tsp. pepper
- 1 tsp. dried oregano, garnish

Instructions:

1. Place the strawberries in a small bowl and toss with a small drizzle of balsamic vinegar. Let it sit and marinate for about 5 minutes.
2. Using the back of a spoon smash the avocado inside a small bowl. Then squeeze in the lemon juice, season with pepper, whisk to combine.
3. Toast the bread in a toaster, this step can be optional.
4. Spread the smashed avocado onto each slices of bread, then layer on the strawberries.
5. Top with parsley leaves and dried oregano, serve.



DAY 1 *Lunch*



SPICED CHICKPEAS AND SHRIMP



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21 MEAL RECIPES**



Day 1 Breakfast:
1 tbsp. balsamic vinegar, for topping and drizzling
1 tsp. pepper
1 tsp. dried oregano, garnish

Day 1 Lunch:
Extra virgin olive oil
1 tbsp. paprika powder
1 tbsp. garlic powder
1 tbsp. dried oregano
1 tbsp. onion powder
1 ¼ tbsp. salt, divided

Day 1 Dinner:
Extra virgin olive oil
1 tsp. salt
1 tsp. pepper

Day 2 Breakfast:
¼ tbsp. turmeric powder
1 tbsp. honey, garnish
2 tbsp. coconut shavings, garnish

Day 2 Lunch:
1 tbsp. salt
1 tbsp. pepper
Extra virgin olive oil

Day 2 Dinner:
Extra virgin olive oil
1 tbsp. salt
1 tbsp. pepper
¼ tbsp. garlic powder
1 tbsp. Cajun powder

Day 3 Breakfast:
Extra virgin olive oil
1 tsp. salt
1 tbsp. pepper
1 tsp. dried oregano

Day 3 Lunch:
1 tbsp. salt, garnish
1 tbsp. pepper, garnish

Day 3 Dinner:
Extra virgin olive oil
¼ tbsp. salt
¼ tbsp. pepper
1 tsp. dried oregano, garnish

Day 4 Breakfast:
Extra virgin olive oil
1 tsp. pepper
1 tsp. salt
¼ tbsp. turmeric
¼ tbsp. paprika powder
¼ tbsp. garlic powder
¼ tbsp. onion powder

Day 4 Lunch:
Extra virgin olive oil
1 tbsp. salt
1 tsp. pepper

Day 4 Dinner:
Extra virgin olive oil
¼ tsp. salt

Day 5 Lunch:

Day 5 Dinner:
Extra virgin olive oil
1 tbsp. salt
1 tbsp. pepper

Day 6 Breakfast:
Extra virgin olive oil
1 tbsp. salt
1 tbsp. pepper

Day 6 Lunch:
Extra virgin olive oil
1 tbsp. salt
1 tbsp. pepper
1 tsp. dried oregano, garnish

Day 6 Dinner:
Extra virgin olive oil
1 tbsp. salt
1 tbsp. pepper
1 tbsp. dried oregano

Day 7 Breakfast:
Extra virgin olive oil
¼ tbsp. salt
¼ tbsp. pepper
¼ tbsp. hot sauce, garnish
2 tbsp. dried rosemary

Day 7 Lunch:
Extra virgin olive oil
¼ tbsp. salt

Day 7 Dinner:
1 tsp. salt
1 tbsp. pepper
1 tbsp. hot sauce, garnish
Nonstick cooking spray



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21 MEAL RECIPES**



WEEK 1

GROCERY LIST



Produce:

- 1 jalapeño pepper
- 1 head of garlic cloves
- 1 lime
- 1 eggplant
- 1 large sweet potato
- 2 carrots
- 2 potatoes
- 3 red onions
- 2 onions
- 2 beets
- 3 avocados
- 4 tomatoes
- 5 lemons
- 6 bell peppers
- 1 bag of Brussels sprouts
- 1 bag of kale
- 1 small bag of cauliflower florets
- 1 container of parsley
- 1 container of arugula
- 1 container of cherry tomatoes
- 1 container of strawberries
- 1 banana
- 1 cucumber

- 1 bottle of coconut shavings
- 1 bottle of capers
- 1 bottle of hot sauce, of choice
- 1 bottle of black olives, pitted if possible

Miscellaneous:

- Spatula
- Tongs
- Large skillet
- Saucepan
- Baking sheet
- Large mixing bowl
- Flour
- Black cooking spray
- Foil



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21 MEAL RECIPES**

Refrigerated:

- 1 carton of egg whites
- 1 (lb.) package of tofu
- 1 (8 oz.) block of feta cheese
- 1 carton of milk, of choice
- 1 bottle of basil spread

Seafood:

- 1 (1 lb.) package of smoked salmon
- 1 lb. of shrimp
- 1 lb. of salmon

Meat & Poultry:

- 1 lb. of a chicken breast, skinless and boneless

Canned & Packaged:

- 1 loaf of whole grain bread
- 1 container of rolled oats
- 1 bag of quinoa
- 1 bag of lentils
- 1 box of whole grain elbow shaped pasta
- 1 jar of roasted jarred artichoke hearts
- 2 (8oz.) cans of tuna
- 1 (15oz.) can of refried beans
- 1 (15oz.) can of black beans
- 2 (15oz.) cans of chickpeas
- 1 bottle of honey

