

THE 30-Day MEDITERRANEAN MEAL PLAN

The Essential Guide For Absolute Beginners
**CONQUER THE MEDITERRANEAN DIET
IN 4 WEEKS OR LESS**

INCLUDES A
4-WEEK DIET
PLAN, DELICIOUS
RECIPES, AND
MUCH MORE!



**I STARTED THE MEDITERRANEAN DIET AND
LOST 33 POUNDS IN ABOUT A MONTH!**

Mediterranean Diet 30-Day Meal Plan

Day 1

Breakfast: Greek Yogurt Parfait

- 1 cup plain Greek yogurt, 1/4 cup granola, fresh berries, drizzle of honey.

Lunch: Mediterranean Chickpea Salad

- Chickpeas, cucumbers, tomatoes, red onion, feta, parsley, olive oil, lemon juice.

Dinner: Grilled Salmon with Quinoa and Asparagus

- Grilled salmon fillet, 1/2 cup quinoa, steamed asparagus drizzled with olive oil and lemon.

Snack: Hummus with Veggie Sticks

- 2 tbsp hummus, carrot, celery, and bell pepper sticks.
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Day 2

Breakfast: Avocado Toast with Egg

- Whole-grain toast, 1/2 avocado, 1 poached egg, sprinkle of chili flakes.

Lunch: Tuna Salad Lettuce Wraps

- Tuna, olive oil mayo, diced celery, olives, wrapped in Romaine leaves.

Dinner: Chicken Souvlaki with Tzatziki and Couscous

- Grilled chicken skewers, 1/2 cup couscous, tzatziki sauce, side Greek salad.

Snack: Fresh Fruit

- 1 orange or a handful of grapes.
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Day 3

Breakfast: Spinach and Feta Omelette

- 2 eggs, fresh spinach, crumbled feta, cooked in olive oil.

Lunch: Lentil Soup with Whole-Grain Bread

- Lentils, carrots, celery, onion, garlic, tomatoes, and herbs.

Dinner: Baked Cod with Tomato and Olive Tapenade

- Cod fillet topped with tapenade, served with roasted zucchini.

Snack: Almonds and Dried Apricots

- 10 almonds, 2-3 dried apricots.
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Day 4

Breakfast: Smoothie Bowl

- Blended banana, spinach, almond milk, topped with chia seeds and sliced kiwi.

Lunch: Falafel Salad Bowl

- Falafel, mixed greens, tahini dressing, tomatoes, cucumbers, and red onion.

Dinner: Eggplant Parmesan

- Baked eggplant slices layered with marinara, mozzarella, and basil.

Snack: Greek Yogurt with Honey

- 1/2 cup Greek yogurt, drizzle of honey, and a sprinkle of walnuts.
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Day 5

Breakfast: Mediterranean Breakfast Platter

- Sliced cucumbers, cherry tomatoes, olives, boiled egg, and whole-grain pita.

Lunch: Caprese Sandwich

- Whole-grain bread, fresh mozzarella, tomatoes, basil, balsamic glaze.

Dinner: Shrimp and Orzo Salad

- Grilled shrimp, orzo, arugula, cherry tomatoes, and lemon dressing.

Snack: Dark Chocolate and Strawberries

- 2 pieces of dark chocolate, fresh strawberries.
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Day 6

Breakfast: Tomato and Avocado Toast

- Whole-grain toast, smashed avocado, sliced tomato, sprinkle of sea salt and olive oil.

Lunch: Greek Quinoa Salad

- Quinoa, cucumbers, cherry tomatoes, red onion, olives, feta, lemon-olive oil dressing.

Dinner: Baked Lemon Herb Chicken Thighs

- Chicken thighs baked with olive oil, lemon, garlic, oregano, served with steamed green beans.

Snack: Apple Slices with Almond Butter

- 1 apple sliced, 2 tbsp almond butter.
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Day 7

Breakfast: Mediterranean Scrambled Eggs

- Scrambled eggs with spinach, tomatoes, and a sprinkle of feta cheese.

Lunch: Roasted Veggie Wrap

- Whole-grain wrap, hummus, roasted zucchini, red peppers, and spinach.

Dinner: Grilled Lamb Chops with Tabbouleh

- Lamb chops, parsley, bulgur, mint, lemon, and tomatoes.

Snack: Mixed Nuts and Seeds

- 1/4 cup mixed nuts and seeds (unsalted).
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Day 8

Breakfast: Yogurt and Walnut Bowl

- Greek yogurt, crushed walnuts, drizzle of honey, sliced pear.

Lunch: Mediterranean Stuffed Peppers

- Bell peppers stuffed with quinoa, chickpeas, spinach, and feta.

Dinner: Baked Sea Bass with Ratatouille

- Sea bass fillet baked with herbs, served with ratatouille (eggplant, zucchini, peppers, and tomatoes).

Snack: Cucumber Slices with Tzatziki

- Sliced cucumber with 2 tbsp tzatziki.
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Day 9

Breakfast: Overnight Oats with Berries

- Oats soaked in almond milk, topped with fresh berries and a sprinkle of chia seeds.

Lunch: Spinach and Goat Cheese Salad

- Spinach, goat cheese, walnuts, dried cranberries, balsamic vinaigrette.

Dinner: Grilled Chicken with Sweet Potato and Broccoli

- Chicken breast, roasted sweet potato cubes, steamed broccoli.

Snack: Fresh Fruit

- 1 peach or a handful of cherries.
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Day 10

Breakfast: Vegetable Frittata

- Eggs, zucchini, bell peppers, onions, and herbs baked into a frittata.

Lunch: Pita Sandwich with Hummus and Veggies

- Whole-grain pita, hummus, shredded carrots, cucumbers, and sprouts.

Dinner: Garlic Shrimp with Spinach and Brown Rice

- Sautéed shrimp with garlic, olive oil, spinach, and 1/2 cup brown rice.

Snack: Dark Chocolate and Almonds

- 2 pieces of dark chocolate, 10 almonds.
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Day 11

Breakfast: Avocado and Tomato Omelette

- 2 eggs, diced avocado and tomato, cooked with olive oil.

Lunch: Hearty Lentil and Kale Soup

- Lentils, kale, carrots, onions, garlic, vegetable broth.

Dinner: Baked Tilapia with Roasted Vegetables

- Tilapia fillet, roasted carrots, Brussels sprouts, and cherry tomatoes.

Snack: Mixed Berries

- 1 cup mixed fresh berries.
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Day 12

Breakfast: Smoothie

- Spinach, banana, frozen mango, almond milk, and a scoop of protein powder.

Lunch: Roasted Chickpea and Arugula Salad

- Roasted chickpeas, arugula, cherry tomatoes, lemon-tahini dressing.

Dinner: Chicken and Vegetable Stir-Fry

- Chicken breast, bell peppers, zucchini, and onions stir-fried in olive oil.

Snack: Stuffed Dates

- Dates stuffed with almond butter.
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Day 13

Breakfast: Whole-Grain Toast with Ricotta and Honey

- Whole-grain toast, ricotta cheese, drizzle of honey, sliced figs.

Lunch: Mediterranean Pasta Salad

- Whole-grain pasta, cherry tomatoes, olives, artichoke hearts, feta, olive oil dressing.

Dinner: Grilled Swordfish with Couscous and Steamed Vegetables

- Swordfish steak, 1/2 cup couscous, steamed broccoli and cauliflower.

Snack: Fresh Veggie Sticks with Baba Ganoush

- Carrot, celery, and cucumber sticks with 2 tbsp baba ganoush.
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Day 14

Breakfast: Poached Eggs on Whole-Grain Toast

- Whole-grain toast, 2 poached eggs, sprinkle of paprika.

Lunch: Zucchini Noodle Salad

- Zucchini noodles, cherry tomatoes, basil, olive oil, lemon juice, Parmesan.

Dinner: Ratatouille and Baked Chicken Breast

- Ratatouille (eggplant, zucchini, peppers, and tomatoes), baked chicken breast.

Snack: Greek Yogurt with Pomegranate Seeds

- 1/2 cup Greek yogurt, sprinkle of pomegranate seeds.
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Day 15

Breakfast: Mediterranean Breakfast Bowl

- Quinoa, diced tomatoes, cucumber, avocado, and a poached egg.

Lunch: Grilled Vegetable and Hummus Wrap

- Whole-grain wrap, hummus, grilled zucchini, eggplant, and red peppers.

Dinner: Herb-Crusted Salmon with Farro

- Salmon fillet crusted with herbs, served with 1/2 cup farro and roasted asparagus.

Snack: Fresh Orange and a Handful of Pistachios

Day 16

Breakfast: Chia Pudding with Mango

- Chia seeds soaked in almond milk, topped with diced mango.

Lunch: Classic Greek Salad

- Romaine, tomatoes, cucumbers, olives, red onion, feta, olive oil, and oregano.

Dinner: Stuffed Bell Peppers with Ground Turkey

- Bell peppers stuffed with ground turkey, quinoa, tomatoes, and herbs.

Snack: Almond Butter and Banana Slices

Day 17

Breakfast: Frittata with Mushrooms and Spinach

- Eggs, sautéed mushrooms, spinach, and a sprinkle of Parmesan.

Lunch: Mediterranean Tuna Salad

- Tuna, mixed greens, cucumbers, olives, olive oil, and lemon juice.

Dinner: Grilled Swordfish with Roasted Cauliflower

- Swordfish steak, roasted cauliflower, and steamed green beans.

Snack: Apple Slices with Walnuts

Day 18

Breakfast: Smoothie Bowl

- Blended frozen mixed berries, almond milk, topped with granola and chia seeds.

Lunch: Falafel with Mixed Greens

- Baked falafel served on a bed of mixed greens with tahini dressing.

Dinner: Shrimp and Vegetable Skewers with Rice

- Shrimp, cherry tomatoes, zucchini, and bell peppers grilled on skewers, with brown rice.

Snack: Cucumber Slices with Hummus

Day 19

Breakfast: Ricotta and Berry Toast

- Whole-grain toast topped with ricotta cheese and fresh berries.

Lunch: Lentil and Arugula Salad

- Lentils, arugula, cherry tomatoes, and balsamic vinaigrette.

Dinner: Roasted Chicken Thighs with Ratatouille

- Herb-roasted chicken thighs, ratatouille, and a side of quinoa.

Snack: Dark Chocolate with Almonds

Day 20

Breakfast: Greek Yogurt with Honey and Nuts

- Greek yogurt, drizzle of honey, sprinkle of walnuts and sunflower seeds.

Lunch: Veggie-Stuffed Pita

- Whole-grain pita stuffed with hummus, shredded carrots, cucumbers, and spinach.

Dinner: Grilled Lamb Chops with Tabbouleh

- Lamb chops, parsley, mint, bulgur wheat, diced tomatoes, and lemon juice.

Snack: Fresh Strawberries with a Dollop of Greek Yogurt

Day 21

Breakfast: Poached Eggs with Avocado

- 2 poached eggs served with smashed avocado on whole-grain toast.

Lunch: Minestrone Soup

- Broth-based soup with cannellini beans, zucchini, tomatoes, carrots, and pasta.

Dinner: Baked Cod with Steamed Vegetables

- Cod fillet baked with lemon and olive oil, served with broccoli and carrots.

Snack: Handful of Mixed Nuts

Day 22

Breakfast: Spinach and Tomato Omelette

- 2 eggs, sautéed spinach, and cherry tomatoes.

Lunch: Grilled Eggplant and Tomato Salad

- Grilled eggplant slices, diced tomatoes, parsley, olive oil, and lemon juice.

Dinner: Shrimp Pasta with Garlic and Olive Oil

- Whole-grain pasta, shrimp, garlic, olive oil, and parsley.

Snack: Sliced Pear with Almond Butter

Day 23

Breakfast: Chia Seed Pudding with Berries

- Chia seeds soaked in almond milk, topped with fresh blueberries.

Lunch: Quinoa and Vegetable Bowl

- Quinoa, roasted vegetables, and tahini dressing.

Dinner: Baked Herb Chicken Breast with Roasted Potatoes

- Chicken breast baked with rosemary and thyme, roasted baby potatoes.

Snack: Dark Chocolate and Orange Slices

Day 24

Breakfast: Whole-Grain Toast with Feta and Tomato

- Whole-grain toast topped with crumbled feta, sliced tomato, and olive oil.

Lunch: Cucumber and Chickpea Salad

- Cucumbers, chickpeas, dill, olive oil, and lemon juice.

Dinner: Grilled Mackerel with Steamed Asparagus

- Mackerel grilled with olive oil and garlic, served with asparagus.

Snack: Greek Yogurt with Honey and Walnuts

Day 25

Breakfast: Avocado Toast with Chili Flakes

- Whole-grain toast, mashed avocado, and a sprinkle of chili flakes.

Lunch: Mediterranean Veggie Wrap

- Whole-grain wrap, hummus, cucumbers, shredded carrots, and spinach.

Dinner: Grilled Chicken Kabobs with Couscous

- Chicken, bell peppers, and onion skewers served with couscous.

Snack: Fresh Berries

Day 26

Breakfast: Smoothie

- Spinach, banana, almond milk, frozen mango, and flaxseeds.

Lunch: Lentil Salad with Feta

- Lentils, chopped parsley, crumbled feta, olive oil, and lemon juice.

Dinner: Roasted Salmon with Steamed Broccoli

- Salmon fillet, steamed broccoli, and roasted sweet potato.

Snack: Sliced Apple with Walnuts

Day 27

Breakfast: Tomato and Basil Omelette

- 2 eggs, diced tomatoes, fresh basil, cooked in olive oil.

Lunch: Chickpea and Spinach Salad

- Chickpeas, spinach, red onion, olive oil, and balsamic dressing.

Dinner: Grilled Swordfish with Roasted Veggies

- Swordfish, roasted zucchini, and cherry tomatoes.

Snack: Dark Chocolate and Almonds

Day 28

Breakfast: Greek Yogurt with Granola

- Greek yogurt, granola, and sliced banana.

Lunch: Mediterranean Quinoa Bowl

- Quinoa, cucumbers, tomatoes, olives, and tahini dressing.

Dinner: Grilled Shrimp with Asparagus

- Shrimp grilled with olive oil and garlic, steamed asparagus.

Snack: Handful of Pistachios

Day 29

Breakfast: Avocado and Tomato Toast

- Whole-grain toast topped with avocado, tomato slices, and olive oil.

Lunch: Roasted Vegetable and Hummus Wrap

- Roasted veggies, hummus, and spinach in a whole-grain wrap.

Dinner: Herb-Crusted Cod with Green Beans

- Cod fillet with a herb crust, served with green beans.

Snack: Fresh Orange Slices

Day 30

Breakfast: Vegetable Frittata

- Eggs, zucchini, red peppers, and spinach cooked in olive oil.

Lunch: Tuna and Cucumber Salad

- Tuna, cucumber, cherry tomatoes, olive oil, and lemon juice.

Dinner: Grilled Chicken with Roasted Vegetables

- Chicken breast, roasted carrots, zucchini, and onions.

Snack: Sliced Pear with Almond Butter
