

Mediterranean Diet

Sample Meal Plan



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	Breakfast	Lunch	Dinner
Monday	Mediterranean Breakfast Bowls	Farro Salad	Lemon Garlic Salmon + Roasted Broccoli
Tuesday	Greek Yogurt + Homemade Granola	Greek Salmon Salad	Ribollita Soup
Wednesday	Hummus Toast	Ribollita Soup Leftovers	Lemon Chicken + Toasted Orzo + Greek Salad
Thursday	Za'atar Eggs + Whole Wheat Bread	Leftovers	Grilled Scallops + Tomato Salsa + Lemon Rice
Friday	Greek Yogurt + Fresh Fruit and a Drizzle of Honey	Easy Mediterranean Tuna Salad Sandwiches	Eggplant Rollatini + Lentil Salad + Crusty Bread
	Brunch		Dinner
Saturday	Vegetable Frittata + Smashed Potatoes		Garlic Mushroom Pasta + Shirazi Salad
Sunday	Mezze Platter + Pita Bread		Spatchcock Chicken + Italian Roasted Veggies