Mediterranean Diet Meal Plan Printable: Simple 7-Day PDF

Free printable. Full guide and tips: https://betterlifecarez.com/mediterranean-diet-meal-plan-printable/

Your 7-Day Mediterranean Diet Meal Plan Printable

This plan is written for one adult, so double the grocery list for two. Dinners marked "extra" stretch into tomorrow's lunch.

Week 1: Daily Meals

Day	Breakfast	Lunch	Dinner	Snack
Monday	Greek yogurt, berries, walnuts	Chickpea salad, cucumber, feta	Sheet-pan salmon, broccoli, potatoes (extra)	Apple and almonds
Tuesday	Oatmeal, banana, cinnamon	Leftover salmon over greens	Lentil soup, whole-grain bread (extra)	Hummus and carrots
Wednesday	Spinach and tomato egg scramble	Leftover lentil soup	Chicken, peppers, zucchini, brown rice (extra)	Orange and walnuts
Thursday	Whole-grain toast, hummus, tomato	Leftover chicken rice bowl	Whole-wheat pasta, white beans, spinach (extra)	Greek yogurt with honey
Friday	Oatmeal, berries, walnuts	Leftover pasta with greens	Baked cod, green beans, potatoes	Hummus and cucumber
Saturday	Eggs, spinach, whole-grain toast	Tuna, white bean, tomato salad	Veggie pita pizzas with mozzarella	Apple and almonds
Sunday	Greek yogurt, banana, walnuts	Greek salad with chickpeas, pita	Chickpea-tomato stew, brown rice	Olive oil popcorn

A simple plate rule: fill about half with vegetables, a quarter with whole grains or potatoes, and a quarter with protein. Use olive oil as your main cooking fat.

Weekend Prep List

- Cook the brown rice and store it in the fridge.
- Wash and chop peppers, cucumbers, carrots and onions.
- Whisk a jar of dressing: olive oil, red wine vinegar, lemon, oregano.
- Rinse and drain the canned chickpeas and white beans.
- Portion nuts into small handfuls for snacks.

Grocery List: Vegetables

Item	Approx. amount	Used in
Baby spinach	2 bags	Eggs, pasta, salads
Mixed salad greens	1 bag	Tuesday and Friday lunches
Broccoli	1 large head	Monday dinner
Zucchini	2 medium	Wednesday dinner
Bell peppers	3	Chicken dinner, pita pizzas
Cucumbers	2	Salads, snacks
Cherry tomatoes	2 pints	Eggs, toast, salads
Carrots	1 bag	Soup, snacks
Yellow onions	3	Soup, chicken, stew
Garlic	1 head	Most dinners
Lemons	3	Salmon, dressing
Potatoes	2 lb (about 900 g)	Salmon and cod dinners
Frozen green beans	1 bag	Friday dinner

Grocery List: Fruit

Item	Approx. amount	Used in
Frozen mixed berries	1 bag	Yogurt, oatmeal
Bananas	3	Oatmeal, yogurt
Apples	2	Snacks
Oranges	2	Snack

Grocery List: Fish and Chicken

Item	Approx. amount	Used in
Salmon fillets	2 (about 12 oz total)	Monday dinner, Tuesday lunch
Boneless chicken thighs	1 lb (about 450 g)	Wednesday dinner, Thursday lunch
Frozen cod fillets	1 bag	Friday dinner
Canned tuna in water	1 can	Saturday lunch

Grocery List: Dairy and Eggs

Item	Approx. amount	Used in
Eggs	1 dozen	Breakfasts
Plain Greek yogurt	32 oz tub	Breakfasts, snack
Feta cheese	1 small block	Salads
Shredded part-skim mozzarella	1 small bag	Pita pizzas

Grocery List: Beans and Whole Grains

Item	Approx. amount	Used in
Canned chickpeas	3 cans	Salads, stew
Canned white beans	2 cans	Pasta, tuna salad
Dry brown or green lentils	1 cup	Tuesday soup
Rolled oats	1 canister	Breakfasts
Brown rice	1 bag	Two dinners
Whole-wheat pasta	1 box	Thursday dinner
Whole-grain bread	1 loaf	Soup, toast
Whole-wheat pitas	1 pack	Pizzas, Sunday lunch
Popcorn kernels	1 small jar	Sunday snack

Grocery List: Pantry and Flavor

Item	Approx. amount	Used in
Extra-virgin olive oil	1 bottle	Cooking, dressing
Hummus	1 tub	Toast, snacks
Walnuts	1 small bag	Breakfasts, snack
Almonds	1 small bag	Snacks
Canned crushed tomatoes	2 large cans	Soup, stew, pizza
Low-sodium vegetable broth	1 carton	Lentil soup
Red wine vinegar	1 bottle	Dressing
Dried oregano	1 jar	Chicken, salads
Ground cumin	1 jar	Soup, stew
Cinnamon	1 jar	Oatmeal
Honey	1 small jar	Yogurt

Amounts are approximate. Check your pantry first, because you may already own the oil, spices and oats.