



7-Day Plant-Based Mediterranean Meal Plan

Created by sanoMidLife



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Overview:

This 7-day meal plan is designed to inspire you. Feel free to make adjustments based on your dietary needs, preferences and/or what works best for your lifestyle.

Here's a brief overview to help you navigate this resource:

- This meal plan includes a calendar with an overview of meals and snacks for the week.
- A grocery list is provided, outlining the supplies and quantities needed to prepare all the meals and snacks.
- Each recipe includes directions, ingredients, helpful notes, and nutritional details per serving.
- Meals and snacks highlighted in grey represent leftovers, meaning you won't need to cook again - there will be enough prepared from the original dish for future meals.

By making intentional and informed choices about your nutrition, you can feel strong and healthy during midlife. Stay consistent, listen to your body, and celebrate your progress!

Evidence:

This meal plan was created with the following key nutrients in mind:

Monounsaturated Fats:

Good quality fats are associated with a lower risk of both heart disease and cancer. This plan is rich in monounsaturated fat from olive oil, avocado, nuts, and seeds, and lower in saturated fat. Olive oil is the main source of fat in a Mediterranean diet and contains tocopherols, polyphenols, and a balanced linoleic/alpha-linolenic acid profile, which is beneficial for the immune system and inflammatory responses.

Low Sodium:

Guidelines recommend restricting sodium to less than 2,000 milligrams per day to prevent or treat hypertension and reduce the risk of stroke and cardiovascular disease. This program meets the sodium limit and provides less than 1,700 milligrams daily.

Fibre:

Adequate dietary fibre intake is associated with several health benefits including better digestive health and reduced inflammation. This meal plan provides up to 50 grams of fibre daily from foods such as fruits, vegetables, legumes, and whole grains. Soluble fibre found in lentils, hummus, and ground flaxseeds is incorporated into the program and has been shown to improve glycemic control and lower blood cholesterol.

Antioxidants:

Essential fat-soluble antioxidants like vitamin A and vitamin E support various cellular functions of our immune system, reduce oxidative stress in cells, and are useful in the treatment of inflammatory diseases. This meal plan has vitamin A sources like bell pepper, lettuce, fortified beverages and yogurt. It incorporates vitamin E through a daily dose of healthy oils, nuts, and seeds.

7-Day Plant-Based Mediterranean Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Banana & Nut Quinoa Bowl	Banana & Nut Quinoa Bowl	Cornmeal Porridge with Peanut Butter	Cornmeal Porridge with Peanut Butter	Cornmeal Porridge with Peanut Butter	Cherry Yogurt Bowl	Cherry Yogurt Bowl
Snack 1	Creamy Pesto Dip Snack Plate	Coconut Yogurt Parfait	Creamy Pesto Dip Snack Plate	Almonds	Creamy Pesto Dip & Crackers	Roasted Chickpeas	Toasted Walnuts
							Banana
Lunch	Lentil Meatballs & Pasta	Lentil & Corn Chopped Salad	Lentil Meatballs & Pasta	Mediterranean Chickpea Quinoa Bowl	Lemony White Bean & Quinoa Bowl	Hummus Pasta	Pesto Quinoa & White Bean Salad
Snack 2	Coconut Yogurt Parfait	Creamy Pesto Dip Snack Plate	Almonds	Creamy Pesto Dip & Crackers	Roasted Chickpeas	Toasted Walnuts	Roasted Chickpeas
						Banana	
Dinner	Lentil & Corn Chopped Salad	Lentil Meatballs & Pasta	Mediterranean Chickpea Quinoa Bowl	Lemony White Bean & Quinoa Bowl	Hummus Pasta	Pesto Quinoa & White Bean Salad	Hummus Pasta

7-Day Plant-Based Mediterranean Meal Plan

51 items

Fruits

- ☐ 1 Avocado
- ☐ 4 1/2 Banana
- ☐ 1 cup Cherries
- ☐ 1/3 cup Lemon Juice
- ☐ 2 tbsps Lime Juice
- ☐ 1 3/4 cups Strawberries

Breakfast

- ☐ 1/3 cup All Natural Peanut Butter

Seeds, Nuts & Spices

- ☐ 3/4 cup Almonds
- ☐ 3 tbsps Chia Seeds
- ☐ 1/4 tsp Cinnamon
- ☐ 1 tsp Dried Parsley
- ☐ 1 1/2 tpsps Everything Bagel Seasoning
- ☐ 1 3/4 tpsps Ground Flax Seed
- ☐ 1/4 tsp Italian Seasoning
- ☐ 1 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/8 cups Walnuts

Frozen

- ☐ 1/2 cup Frozen Edamame

Vegetables

- ☐ 2 cups Arugula
- ☐ 1 1/2 cups Cherry Tomatoes
- ☐ 1 tbsps Cilantro
- ☐ 1 Cucumber
- ☐ 1 1/2 Garlic
- ☐ 1/3 cup Parsley
- ☐ 3 1/2 Red Bell Pepper
- ☐ 1 cup Red Onion
- ☐ 1/2 head Romaine Hearts
- ☐ 3 1/4 tbsps Shallot
- ☐ 1 Tomato

Boxed & Canned

- ☐ 3 cups Cannellini Beans
- ☐ 340 grams Chickpea Pasta
- ☐ 3 1/2 cups Chickpeas
- ☐ 1 cup Corn
- ☐ 1/3 cup Dry Green Lentils
- ☐ 1 cup Lentils
- ☐ 1 2/3 cups Quinoa
- ☐ 1/2 cup Quinoa Flakes
- ☐ 135 grams Seed Crackers
- ☐ 2/3 cup Vegetable Broth

Baking

- ☐ 3/4 cup Cornmeal
- ☐ 2 1/3 tbsps Nutritional Yeast
- ☐ 1/2 tsp Vanilla Extract

Condiments & Oils

- ☐ 1 1/2 tbsps Apple Cider Vinegar
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 3/4 cup Pesto
- ☐ 2/3 cup Pitted Kalamata Olives
- ☐ 1 1/4 cups Tomato Sauce

Cold

- ☐ 3/4 cup Hummus
- ☐ 1 cup Unsweetened Almond Milk
- ☐ 4 1/16 cups Unsweetened Coconut Yogurt

Other

- ☐ 3 3/4 cups Water

Banana & Nut Quinoa Bowl

6 ingredients · 5 minutes · 2 servings



Directions

1. In a small saucepan, over medium heat, combine the quinoa flakes, almond milk, cinnamon, and vanilla. Add half the banana and mash with a fork to incorporate.
2. Bring to a boil and then reduce the heat to low and simmer for three minutes.
3. Divide into bowls and top with sliced banana and walnuts. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Likes it Sweet

Add some maple syrup.

Nut-Free

Use pumpkin seeds instead of walnuts.

More Protein

Add vanilla protein powder.

Ingredients

- 1/2 cup** Quinoa Flakes
- 1 cup** Unsweetened Almond Milk
- 1/4 tsp** Cinnamon
- 1/2 tsp** Vanilla Extract
- 1** Banana (divided)
- 1/4 cup** Walnuts (roughly chopped)

Cornmeal Porridge with Peanut Butter

6 ingredients · 10 minutes · 3 servings



Directions

1. In a small pot, whisk together the cornmeal and 1/5 of the water to form a paste.
2. Over medium heat, slowly whisk in the rest of the water. Simmer for three to four minutes, stirring continuously until thickened. Remove from the heat and stir in the salt and half of the peanut butter.
3. Pour into a bowl and top with the remaining peanut butter, sliced banana, and strawberries. Enjoy!

Notes

Leftovers

Refrigerate leftovers for up to three days. Reheat with additional liquid and stir thoroughly.

Serving Size

One serving size is equal to approximately 1 1/4 cups.

Cornmeal Brand

This recipe was developed using PAN Pre-Cooked White Cornmeal.

Make It Thicker or Thinner

For a thicker consistency, cook for an additional minute or two. To make a thinner porridge, add more water during cooking or serve with milk.

Other Toppings

Substitute strawberries and bananas for your favorite fruit. Add dried fruit, nuts, seeds, or coconut.

More Flavor

Add a dash of vanilla extract or top with cinnamon.

Nut-Free

Use sunflower seed butter instead of peanut butter.

Ingredients

3/4 cup Cornmeal (white, precooked)

3 3/4 cups Water (divided)

1/8 tsp Sea Salt

1/3 cup All Natural Peanut Butter (divided)

1 1/2 Banana (medium, sliced)

3/4 cup Strawberries (sliced)

Cherry Yogurt Bowl

3 ingredients · 5 minutes · 2 servings



Directions

1. Add the coconut yogurt to a bowl and stir in the chia seeds. Top with sliced cherries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Add chia seeds just before serving.

Additional Toppings

Chopped nuts, seeds, a drizzle of honey, cinnamon, granola, other chopped fruit.

No Coconut Yogurt

Use Greek yogurt instead.

No Chia Seeds

Use ground flaxseeds or hemp seeds instead.

Ingredients

1 1/2 cups Unsweetened Coconut Yogurt

3 tbsps Chia Seeds

1 cup Cherries (pits removed)

Creamy Pesto Dip Snack Plate

5 ingredients · 5 minutes · 3 servings



Directions

1. In a small bowl combine the yogurt and pesto. Serve with the remaining ingredients and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Store crackers separately.

Pesto

Use store-bought or homemade pesto.

No Seed Crackers

Use another cracker instead.

No Bell Pepper

Use cucumber, tomatoes, carrots, or celery instead.

No Kalamata Olives

Use another kind of olive instead.

Ingredients

1/4 cup Unsweetened Coconut Yogurt

1/4 cup Pesto

75 grams Seed Crackers

1 1/2 Red Bell Pepper (medium, cut into strips)

1/3 cup Pitted Kalamata Olives

Banana

1 ingredient · 1 minute · 1 serving



Directions

1. Peel and enjoy!

Notes

More protein

Dip in almond butter.

Ingredients

1 Banana

Lentil Meatballs & Pasta

12 ingredients · 35 minutes · 3 servings



Directions

1. Add the lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes or until softened and cooked through. Drain any excess liquid and set aside.
2. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.
3. In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.
4. In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, salt, and half of the parsley. Pulse until combined and the dough starts to hold together.
5. Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.
6. While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!

Notes

Leftovers

For best results, store the meatballs and pasta separately. Refrigerate the meatballs for up to three days or freeze for up to two months. Refrigerate the pasta for up to three days.

Serving Size

One serving is approximately three lentil meatballs balls with roughly one cup of pasta.

More Flavor

Add minced garlic to the shallot mixture. Add tomato paste and/or tamari for more flavor. Top the pasta with red pepper flakes.

Ingredients

1/3 cup Dry Green Lentils
2/3 cup Vegetable Broth
1/3 tsp Extra Virgin Olive Oil
3 1/4 tbsps Shallot (chopped)
1 3/4 tps Ground Flax Seed
1 3/4 tbsps Water
2 1/3 tbsps Nutritional Yeast
1/3 cup Almonds (chopped)
1/2 tsp Sea Salt
1/3 cup Parsley (divided, chopped)
170 grams Chickpea Pasta (shells)
1 1/4 cups Tomato Sauce

Coconut Yogurt Parfait

3 ingredients · 5 minutes · 2 servings



Directions

1. Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Nut-Free

Use sunflower seeds instead of walnuts.

Additional Toppings

Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.

Ingredients

2 cups Unsweetened Coconut Yogurt (divided)

1/4 cup Walnuts (roughly chopped, divided)

1 cup Strawberries (chopped, divided)

Almonds

1 ingredient · 2 minutes · 2 servings



Directions

1. Place in a bowl and enjoy!

Notes

Leftovers

Store in an airtight container in the pantry.

More Flavor

Roast, toast and/or season with salt.

Ingredients

1/2 cup Almonds (raw)

Creamy Pesto Dip & Crackers

3 ingredients · 5 minutes · 4 servings



Directions

1. In a small bowl combine the yogurt and pesto. Serve with the crackers and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Seed Crackers

1 1/16 ounces (30 grams) is approximately 12 crackers.

Pesto

Use store-bought or homemade pesto.

No Seed Crackers

Use any cracker, pita bread, tortilla, or veggie sticks instead.

No Coconut Yogurt

Use plain Greek yogurt instead.

Ingredients

1/4 cup Unsweetened Coconut Yogurt

1/4 cup Pesto

60 grams Seed Crackers

Roasted Chickpeas

3 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
3. Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

Leftovers

Store in an airtight container for up to two days. If leftover chickpeas get too chewy, reheat in the oven for five to eight minutes or until crispy again.

Serving Size

One serving is approximately 1/2 cup.

More Flavor

Add other dried herbs and spices to taste.

No Extra Virgin Olive Oil

Use avocado oil instead.

Ingredients

3 cups Chickpeas (cooked, rinsed)

1 tbsp Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

Toasted Walnuts

1 ingredient · 15 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
2. Remove from oven, let cool and enjoy!

Notes

Extra Flavour

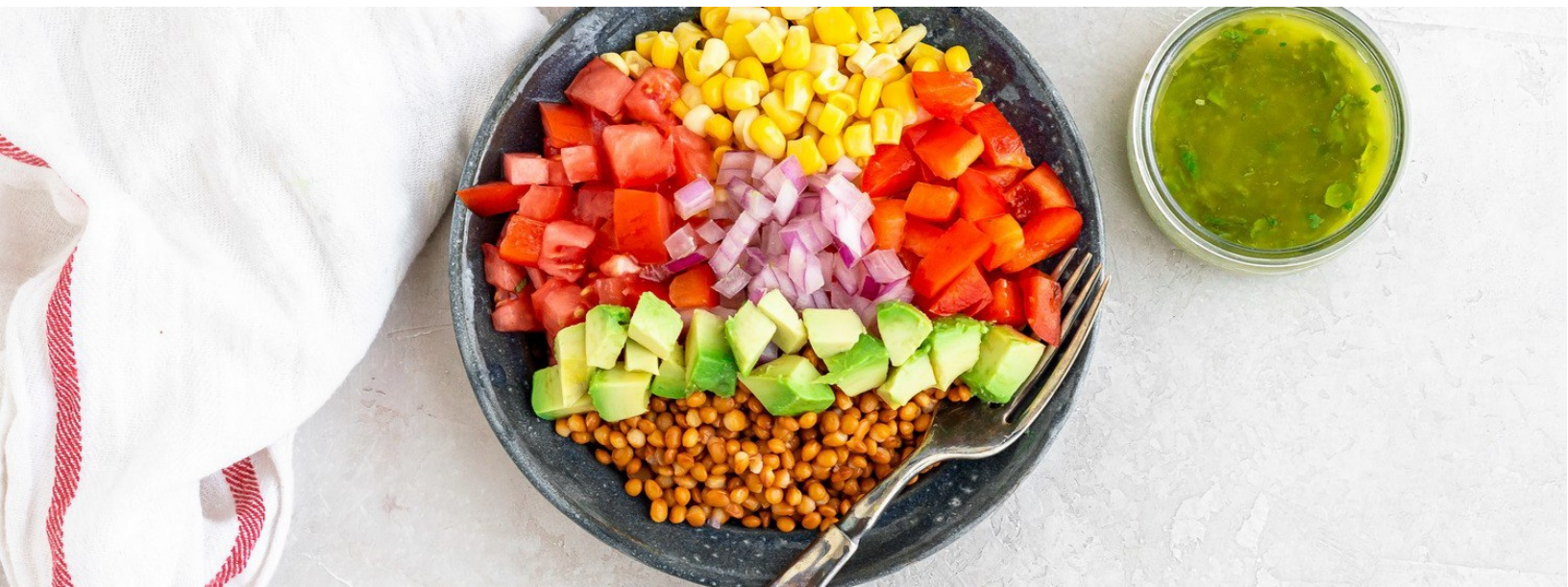
Sprinkle with sea salt or spices of your choice.

Ingredients

2/3 cup Walnuts (shelled)

Lentil & Corn Chopped Salad

10 ingredients · 10 minutes · 2 servings



Directions

1. Divide the lentils, corn, pepper, tomato, red onion, and avocado between bowls or plates.
2. To a small jar add the oil, lime juice, cilantro, and garlic and shake well until combined. Pour the dressing over the salads, mix well and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Chop the avocado just before serving. For best results, store the dressing and salad separately.

Serving Size

One serving is approximately 2 1/2 cups.

No Lentils

Use black beans or chickpeas instead.

More Veggies

Serve over lettuce or baby spinach. Add cucumber, fresh herbs, or grated carrot.

Ingredients

- 1 cup Lentils (cooked and rinsed)
- 1 cup Corn (cooked)
- 1 Red Bell Pepper (diced)
- 1 Tomato (medium, diced)
- 1/4 cup Red Onion (finely chopped)
- 1 Avocado (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lime Juice
- 1 tbsp Cilantro (very finely chopped)
- 1 Garlic (clove, small, minced)

Mediterranean Chickpea Quinoa Bowl

12 ingredients · 10 minutes · 2 servings



Directions

1. Cook the quinoa according to the directions on the package, and set aside.
2. Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
3. Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
4. Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

Notes

Leftovers

For best results, refrigerate the ingredients separately in airtight containers for up to four days.

No Hummus

Use tzatziki instead.

Prep Ahead

All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

More Flavour

Serve with a lemon wedge and black pepper. Top with crumbled feta cheese.

Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 1/2 head Romaine Hearts (chopped)
- 1/2 cup Chickpeas (cooked, from the can)
- 1/2 Cucumber (chopped)
- 1/2 Red Bell Pepper (chopped)
- 1/4 cup Red Onion (finely chopped)
- 1/4 cup Hummus
- 1/4 cup Pitted Kalamata Olives
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Apple Cider Vinegar
- 1/4 tsp Italian Seasoning
- 1/16 tsp Sea Salt

Lemony White Bean & Quinoa Bowl

10 ingredients · 25 minutes · 2 servings



Directions

1. Cook the quinoa according to package directions. Allow the cooked quinoa to cool slightly.
2. Meanwhile, add the beans, red pepper and onion to a mixing bowl. Stir to combine.
3. In a jar or small bowl combine the lemon juice, garlic, parsley, and salt. Pour the dressing over the bean mixture and stir to combine. Season with additional salt or lemon juice if needed.
4. To serve, divide the quinoa and bean mixture between bowls along with the cucumber and tomatoes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

More lemon juice, fresh herbs, salad greens, olives, capers, or crumbled feta cheese.

No Cannellini Beans

Use another white bean or chickpeas instead.

No Quinoa

Use brown rice or cauliflower rice instead.

More Fat

Add extra virgin olive oil to the dressing.

Ingredients

- 2/3 cup** Quinoa (dry)
- 2 cups** Cannellini Beans (drained, rinsed)
- 1/2** Red Bell Pepper (chopped)
- 1/4 cup** Red Onion (finely chopped)
- 1/4 cup** Lemon Juice
- 1/2** Garlic (clove, minced)
- 1 tsp** Dried Parsley
- 1/4 tsp** Sea Salt
- 1/2** Cucumber (sliced)
- 1 cup** Cherry Tomatoes (chopped)

Hummus Pasta

9 ingredients · 15 minutes · 3 servings



Directions

1. Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.
2. In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame into the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup of pasta.

Additional Toppings

Top with chopped parsley and a drizzle of olive oil.

Ingredients

170 grams Chickpea Pasta (dry)
1/2 cup Frozen Edamame
3/4 tsp Extra Virgin Olive Oil
1/2 cup Cherry Tomatoes (halved)
2 cups Arugula
2 1/4 tsps Lemon Juice
1/2 cup Hummus
1 1/2 tsps Everything Bagel Seasoning
Sea Salt & Black Pepper (to taste)

Pesto Quinoa & White Bean Salad

6 ingredients · 30 minutes · 2 servings



Directions

1. Cook the quinoa according to package directions. Let it cool for 10 to 15 minutes.
2. In a mixing bowl combine the pesto and lemon juice. Add the cooled quinoa, cannellini beans, and red onion and stir to combine. Season the salad with salt and pepper to taste.
3. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately equal to 1 1/2 cups.

More Flavor

Add fresh garlic, extra lemon juice, or red pepper flakes.

More Veggies

Serve salad over mixed greens or add tomato, cucumber, or bell pepper.

No Cannellini Beans

Use chickpeas or another white bean, like navy beans, instead.

Meal Prep

Use cooked quinoa to save time.

Ingredients

1/2 cup Quinoa (dry)

1/3 cup Pesto

1 1/2 tbsps Lemon Juice

1 cup Cannellini Beans (cooked, drained and rinsed)

1/4 cup Red Onion (finely chopped)

Sea Salt & Black Pepper (to taste)