



7-Day 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 four 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, meats, and dairy products. 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.

Omega-3:

An important source of protein in a Mediterranean diet is fish. Omega-3 fatty acids found in fish provide cardiovascular benefits and reduce inflammation. Fish contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) which are associated with improved cognitive function. This program incorporates salmon, trout, and tuna into several meals and snacks.

Fibre:

Adequate dietary fibre intake is associated with several health benefits including better digestive health, lower blood pressure, weight loss, and reduced inflammation. This meal plan provides up to 40 grams of fibre daily from foods such as fruits,

vegetables, legumes, and whole grains. Soluble fibre found in oats, lentils, hummus, spinach, and apples 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 is packed with vitamin A sources like sweet potato, carrots, and salmon, and incorporates vitamin E through a daily dose of healthy oils, nuts, and seeds. These foods are paired with healthy fats to increase absorption.

7-Day Mediterranean Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Overnight Bircher Muesli	Overnight Bircher Muesli	Overnight Bircher Muesli	Creamy Mango Green Smoothie	Creamy Mango Green Smoothie	Hummus Toast with Avocado	Hummus Toast with Avocado
Snack 1	Crackers & Hummus	Crackers & Hummus	Apple with Almond Butter	Apple with Almond Butter	Yogurt & Berries	Yogurt & Berries	Yogurt & Berries
Lunch	Lentil & Feta Tabbouleh	Penne with Bursted Cherry Tomato Sauce	Greek Chicken Salad	Roasted Carrots with Lentils & Tahini	One Pan Mediterranean Trout	Greek Kale Chickpea Salad	Mediterranean Tuna Pasta Salad
					Quinoa		
Snack 2	Salmon Cucumber Bites	Salmon Cucumber Bites	Celery & Hummus	Celery & Hummus	Apple Slices & Hummus	Apple Slices & Hummus	Apple Slices & Hummus
Dinner	Penne with Bursted Cherry Tomato Sauce	Greek Chicken Salad	Roasted Carrots with Lentils & Tahini	One Pan Mediterranean Trout	Greek Kale Chickpea Salad	Mediterranean Tuna Pasta Salad	Grilled Bruschetta Chicken
				Quinoa			Quinoa

7-Day Mediterranean Meal Plan

62 items

Fruits

- ☐ 5 3/4 Apple
- ☐ 1 Avocado
- ☐ 2 1/3 Lemon
- ☐ 2 Mango

Breakfast

- ☐ 1/4 cup Almond Butter

Seeds, Nuts & Spices

- ☐ 1/3 tsp Black Pepper
- ☐ 1/2 tsp Cardamom
- ☐ 1 tsp Cinnamon
- ☐ 1 tbsp Greek Seasoning
- ☐ 1 1/2 tbsps Ground Flax Seed
- ☐ 1/2 cup Hemp Seeds
- ☐ 1 1/2 tbsps Italian Seasoning
- ☐ 1/2 tsp Paprika
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3 tbsps Sliced Almonds
- ☐ 1/4 cup Sunflower Seeds

Frozen

- ☐ 3 cups Frozen Berries

Vegetables

- ☐ 4 cups Arugula
- ☐ 2 1/16 cups Basil Leaves
- ☐ 4 stalks Celery
- ☐ 4 1/2 cups Cherry Tomatoes
- ☐ 1 1/4 Cucumber
- ☐ 1 tbsp Fresh Dill
- ☐ 3 Garlic
- ☐ 1/2 Green Bell Pepper
- ☐ 1/8 head Green Lettuce
- ☐ 6 Heirloom Carrots
- ☐ 6 cups Kale Leaves
- ☐ 1 cup Parsley
- ☐ 1/3 cup Red Onion
- ☐ 3 3/4 Tomato

Boxed & Canned

- ☐ 1 cup Brown Rice Fusilli, Cooked
- ☐ 113 grams Chickpea Pasta
- ☐ 1 cup Chickpeas
- ☐ 1 1/2 cups Lentils
- ☐ 3/4 cup Quinoa
- ☐ 1/2 can Tuna
- ☐ 100 grams Whole Grain Crackers

Baking

- ☐ 1 tbsp Nutritional Yeast
- ☐ 1 1/2 cups Oats
- ☐ 3 tbsps Raisins
- ☐ 3 tbsps Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- ☐ 397 grams Chicken Breast
- ☐ 1/2 cup Feta Cheese
- ☐ 2 Rainbow Trout Fillet
- ☐ 4 slices Rye Bread
- ☐ 100 grams Smoked Salmon

Condiments & Oils

- ☐ 3/4 cup Artichoke Hearts
- ☐ 1 3/4 tbsps Balsamic Vinegar
- ☐ 1 1/2 tps Coconut Oil
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Green Olives
- ☐ 3/4 cup Pitted Kalamata Olives
- ☐ 1 1/2 tps Red Wine Vinegar
- ☐ 1/4 cup Sun Dried Tomatoes
- ☐ 1 1/2 tbsps Tahini

Cold

- ☐ 2 3/4 cups Hummus
- ☐ 4 1/4 cups Plain Greek Yogurt
- ☐ 2 3/4 cups Unsweetened Almond Milk
- ☐ 1 1/2 cups Unsweetened Coconut Yogurt

Other

- ☐ 1 1/4 cups Water

Overnight Bircher Muesli

10 ingredients · 8 hours · 3 servings



Directions

1. In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
2. Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
3. Divide into bowls or jars in the morning, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Prep Ahead

The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

Likes it Sweet

Serve with fresh berries and/or a drizzle of maple syrup or honey.

More Protein

Make with Greek yogurt instead of coconut yogurt.

Ingredients

- 1 1/2 cups Oats (rolled)
- 3 tbsps Unsweetened Shredded Coconut
- 3 tbsps Sliced Almonds
- 1 1/2 tbsps Ground Flax Seed
- 3 tbsps Raisins
- 3 tbsps Hemp Seeds
- 1/3 tsp Cinnamon
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt
- 3/4 Apple (medium, grated)

Creamy Mango Green Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Dairy-Free

Use coconut yogurt instead of Greek yogurt.

Nut-Free

Use cow's milk or any other milk alternative.

More Flavor

Add protein powder, chia seeds, hemp seeds, or ginger.

Ingredients

1 Mango (peeled, chopped)

1/16 head Green Lettuce (separated into leaves and washed)

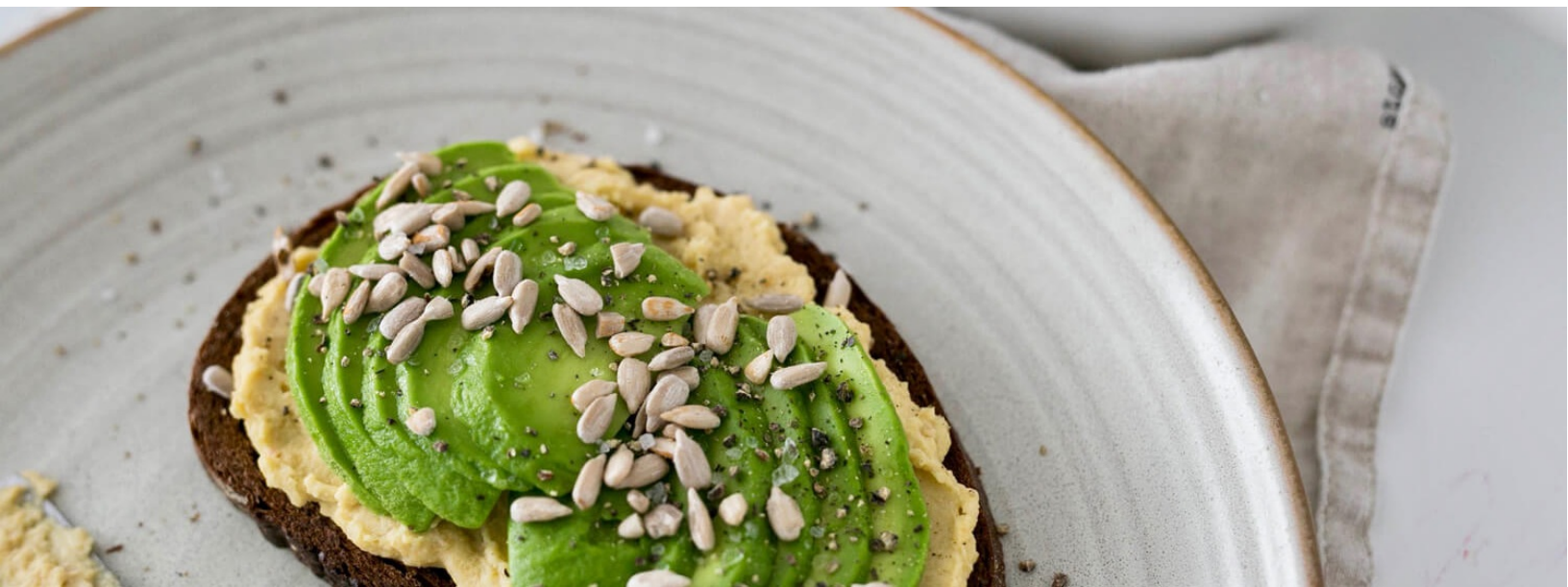
1 cup Unsweetened Almond Milk

1/2 cup Plain Greek Yogurt

1/4 tsp Cardamom (ground)

Hummus Toast with Avocado

5 ingredients · 10 minutes · 1 serving



Directions

1. Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Notes

No Sunflower Seeds

Use hemp seeds, sesame seeds or pumpkin seeds instead.

Ingredients

2 slices Rye Bread (toasted)

1/2 cup Hummus

1/2 Avocado (sliced or mashed)

2 tbsps Sunflower Seeds

Sea Salt & Black Pepper (to taste)

Crackers & Hummus

2 ingredients · 5 minutes · 1 serving



Directions

1. Dip the crackers into the hummus and enjoy!

Ingredients

50 grams Whole Grain Crackers

1/4 cup Hummus

Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

1 Apple

2 tbsps Almond Butter

Yogurt & Berries

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries

Use any type of fresh fruit instead.

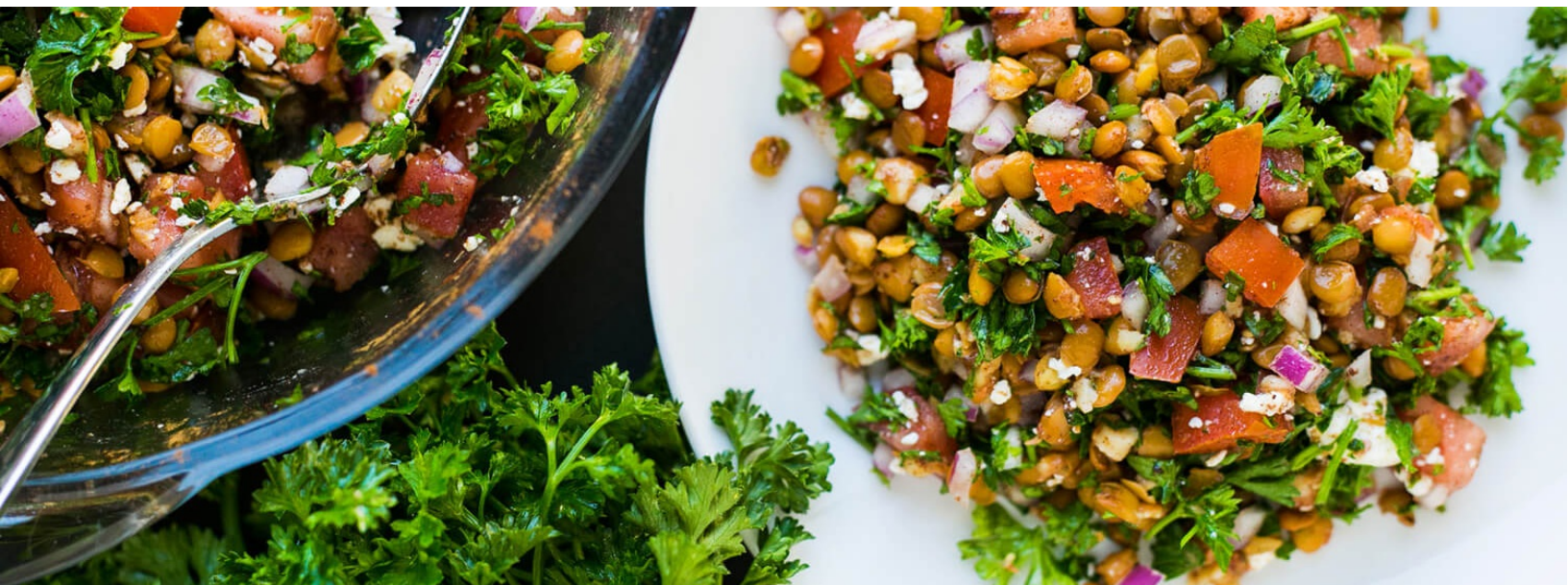
Ingredients

1 cup Plain Greek Yogurt

1 cup Frozen Berries (thawed)

Lentil & Feta Tabbouleh

9 ingredients · 10 minutes · 1 serving



Directions

1. Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Dairy-Free

Omit the feta and use sliced olives or capers instead.

Storage

Store in an airtight container in the fridge up to 3 days.

Ingredients

- 1/2 cup** Lentils (cooked)
- 1/2** Tomato (medium, diced)
- 2 2/3 tbsps** Feta Cheese (crumbled)
- 1 cup** Parsley (chopped)
- 2 tbsps** Red Onion (finely diced)
- 1 tbsp** Extra Virgin Olive Oil
- 1/8** Lemon (juiced)
- 1/2 tsp** Cinnamon (ground)
- Sea Salt & Black Pepper (to taste)

Salmon Cucumber Bites

4 ingredients · 5 minutes · 2 servings



Directions

1. Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

Notes

No Greek Yogurt

Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese instead.

Ingredients

1/4 cup Plain Greek Yogurt

1/2 Cucumber (sliced)

100 grams Smoked Salmon (sliced)

1/4 tsp Black Pepper

Celery & Hummus

3 ingredients · 5 minutes · 1 serving



Directions

1. Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

Ingredients

2 stalks Celery (cut into sticks)

1/4 cup Hummus

1/4 tsp Paprika (optional)

Apple Slices & Hummus

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Notes

No Apple

Use pear slices instead.

Ingredients

1 Apple

1/4 cup Hummus

Penne with Bursted Cherry Tomato Sauce

7 ingredients · 30 minutes · 2 servings



Directions

1. Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
2. In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
3. Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta

Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like crumbled tofu, chickpeas, or hemp seeds.

No Nutritional Yeast

Use parmesan or omit completely.

Ingredients

- 113 grams** Chickpea Pasta (dry)
- 1/4 cup** Extra Virgin Olive Oil
- 3 cups** Cherry Tomatoes
- 2** Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 cup** Basil Leaves (chopped)
- 1 tbsp** Nutritional Yeast

Greek Chicken Salad

10 ingredients · 45 minutes · 2 servings



Directions

1. Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
2. Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
3. While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
4. Divide the salad and chicken between plates. Enjoy!

Notes

Serving Size

One serving is approximately 1 1/4 cup of veggies with chicken.

Leftovers

Refrigerate in an airtight container for up to three days.

More Carbs

Mix quinoa into the salad or serve with roasted potatoes.

Cheese Lover

Sprinkle with feta cheese.

No Greek Seasoning

Use Italian seasoning instead.

Ingredients

1 tbsp Greek Seasoning
1/2 Lemon (juiced)
2 tbsps Extra Virgin Olive Oil
283 grams Chicken Breast (boneless, skinless)
1 1/2 cups Cherry Tomatoes (halved)
1/2 Cucumber (diced)
2 tbsps Red Onion (finely diced)
1/2 cup Pitted Kalamata Olives (chopped)
1 1/2 tbsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)

Roasted Carrots with Lentils & Tahini

10 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
2. Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
3. Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots ontop and drizzle with tahini dressing. Enjoy!

Notes

Prep Ahead

Slice the kale and massage it in the olive oil and red wine vinegar. Drain and rinse the lentils. Store both covered in the fridge until ready to prep the rest.

Leftovers

Store covered in the fridge up to 3 days.

Ingredients

- 6 Heirloom Carrots (washed)
- 1 1/2 **tsps** Coconut Oil
- 1/4 **tsp** Sea Salt
- 1 1/2 **tbsps** Tahini
- 1/2 Lemon (juiced)
- 2 **tbsps** Water
- 1 **tbsp** Extra Virgin Olive Oil (divided)
- 4 **cups** Kale Leaves (finely sliced)
- 1 1/2 **tsps** Red Wine Vinegar
- 1 **cup** Lentils (cooked, drained and rinsed)

One Pan Mediterranean Trout

10 ingredients · 25 minutes · 2 servings



Directions

1. Preheat oven to 450°F (232°C) and line a baking sheet with parchment.
2. Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
3. Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
4. Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

Notes

Serving Size

One serving equals approximately five ounces of Rainbow Trout and two cups of roasted vegetables.

No Trout

Use salmon fillets instead.

More Carbs

Serve with rice or quinoa.

Ingredients

- 1 cup Basil Leaves
- 1/4 Lemon (juiced)
- 1/2 Garlic (clove)
- 1/8 tsp Sea Salt
- 2 tbsps Hemp Seeds
- 2 tbsps Extra Virgin Olive Oil
- 2 Rainbow Trout Fillet (about 5 oz. each)
- 3/4 cup Artichoke Hearts
- 1/4 cup Pitted Kalamata Olives
- 2 Tomato (large, quartered)

Quinoa

2 ingredients · 15 minutes · 3 servings



Directions

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 3/4 cup.

Ingredients

3/4 cup Quinoa (uncooked)

1 1/8 cups Water

Greek Kale Chickpea Salad

11 ingredients · 15 minutes · 2 servings



Directions

1. In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
2. In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

Notes

No Chickpeas

Use lentils or kidney beans instead.

Extra Greek

Add chopped black olives.

No Kale

Use spinach or any dark leafy green instead.

Ingredients

- 1 **tbsp** Fresh Dill (chopped)
- 2 **tbsps** Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 1/8 **tsp** Sea Salt
- 1/8 **tsp** Black Pepper
- 1 **cup** Chickpeas (cooked, drained and rinsed)
- 1/4 Cucumber (diced)
- 1/2 Tomato (diced)
- 1/2 Green Bell Pepper (diced)
- 2 **cups** Kale Leaves (finely sliced)
- 1/4 **cup** Feta Cheese (crumbled)

Mediterranean Tuna Pasta Salad

10 ingredients · 15 minutes · 2 servings



Directions

1. Cook the brown rice pasta according to directions on the package.
2. While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
3. When the pasta is done cooking, drain it and rinse with cold water until cooled.
4. In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until well combined. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate for up to three days.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Vegan

Use chickpeas or lentils instead of tuna.

Ingredients

1 cup Brown Rice Fusilli, Cooked
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1 1/2 tps Italian Seasoning
Sea Salt & Black Pepper (to taste)
1/4 cup Green Olives (sliced)
1/4 cup Sun Dried Tomatoes (sliced)
1/2 can Tuna (drained and flaked)
4 cups Arugula
2 tbsps Hemp Seeds

Grilled Bruschetta Chicken

8 ingredients · 30 minutes · 1 serving



Directions

1. Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
2. In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
3. To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With

Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

Cheese Lover

Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill

Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.

Ingredients

113 grams Chicken Breast
Sea Salt & Black Pepper (to taste)
3/4 Tomato (medium, diced)
2 tbsps Red Onion (finely diced)
1/2 Garlic (cloves, minced)
1 tbsp Basil Leaves (chopped)
3/4 tsp Extra Virgin Olive Oil
3/4 tsp Balsamic Vinegar