

# MEDITERRANEAN DIET PLAN

FROM: / / TO: / /

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Greek yogurt with honey and berries	Quinoa salad with chickpeas and veggies	Almonds, apple slices	Grilled salmon with roasted vegetables
TUE	Whole grain toast with avocado and poached egg	Lentil soup with whole grain bread	Carrot sticks, hummus	Chicken souvlaki with tzatziki
WED	Smoothie with spinach, banana, and almond milk	Greek salad with feta and olives	Mixed nuts, orange wedges	Shrimp stir-fry with brown rice
THU	Oatmeal with walnuts and fresh berries	Falafel wrap with tahini sauce	Greek yogurt, cucumber slices	Baked cod with quinoa and steamed broccoli
FRI	Whole grain cereal with almond milk	Hummus and veggie sandwich	Mixed berries, dark chocolate	Pasta with tomato sauce and grilled chicken
SAT	Spinach and feta omelet	Grilled vegetable and chickpea salad	Apple slices, cheese	Stuffed bell peppers with ground turkey
SUN	Smoothie bowl with mixed fruits and chia seeds	Tuna salad with olive oil dressing	Olives, handful of walnuts	Ratatouille with whole grain bread

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