



*Mediterranean
Lifestyle
Grocery List &
Meal Plan*

Grocery List:

Fruits and Vegetables:

Spinach
Tomatoes
Bell peppers
Onions
Cucumbers
Oranges
Berries

Apples
Kiwi
Lemons
Avocados
Zucchini
Eggplant

Proteins:

Salmon
Chicken breast
Lentils
Chickpeas
Tofu
Turkey
Eggs
Beans

Dairy:

Greek yogurt
Feta cheese
Almond Milk
Mozzarella
Goat Cheese
Blue Cheese
Gouda Cheese
Parmesan Cheese
Kefir

Fats and Oils:

Extra virgin olive oil
Avocados
*Nuts (almonds,
walnuts)*
*Dark chocolate (70%
cocoa or higher)*
Avocado Oil
Sesame Oil
Pistachios
Macadamia Nuts

Herbs, Spices & Condiments:

Basil
Thyme
Paprika
Dill
Chives
Oregano
Rosemary
Garlic
Cinnamon
Honey
Balsamic vinegar

Grocery List:

Whole Grains:

Whole-grain bread
Brown rice
Quinoa
Whole-wheat pasta
Rolled Oats

Other:

Hummus
Whole-grain crackers
Rice cakes
Dark chocolate chips
Mixed dried fruits
Herbal teas
*Red wine (optional, in
moderation) 😊*

BREAKFAST**LUNCH****DINNER***Day 1**Day 2**Day 3**Greek Yogurt Parfait*

Greek yogurt topped with mixed berries, nuts, and a drizzle of honey.

Avocado Toast

Whole-grain toast smeared with mashed avocado, topped with sliced tomatoes and a sprinkle of feta cheese.

Smoothie Bowl

Blend spinach, frozen berries, a banana, Greek yogurt, and a splash of almond milk. Top with granola and sliced fruits.

Quinoa Salad

Quinoa mixed with diced cucumbers, bell peppers, onions, and a dressing of olive oil and lemon juice.

Chickpea Salad

A blend of chickpeas, spinach, tomatoes, and feta cheese tossed with a balsamic vinaigrette.

Mediterranean Veggie Wrap

Load a whole-grain wrap with hummus, mixed greens, sliced cucumbers, tomatoes, and feta cheese.

Vegetarian Stuffed Peppers

Stuff bell peppers with a mixture of quinoa, black beans, corn, and diced tomatoes. Bake until tender.

Shrimp Pasta

Whole-wheat pasta tossed with sautéed shrimp, garlic, cherry tomatoes, spinach, and olive oil.

Eggplant Parmesan

Baked eggplant slices layered with marinara sauce, mozzarella, and Parmesan cheese.

Day 4

Day 5

Day 6

BREAKFAST

Veggie Omelette
Whisk together eggs and sautéed spinach, tomatoes, onions, and bell peppers. Serve with whole-grain toast.

Whole Grain Pancakes
Make pancakes using whole-grain flour, topped with sliced bananas, a drizzle of honey, and chopped nuts.

Fruit Salad
Combine oranges, berries, and chopped apples, sprinkled with a handful of mixed nuts and a squeeze of lemon juice.

LUNCH

Lentil Soup
Cook lentils with diced tomatoes, spinach, onions, and spices for a hearty, nutritious soup.

Greek Salad
Toss together tomatoes, cucumbers, onions, olives, and feta cheese with a drizzle of olive oil and oregano.

Grilled Veggie Sandwich
Grilled zucchini, eggplant, and bell peppers served in whole-grain bread with a spread of pesto.

DINNER

Grilled Salmon
Grilled salmon seasoned with herbs and served with a side of steamed vegetables and brown rice.

Mediterranean Chicken
Baked chicken breast marinated in olive oil, garlic, and herbs, accompanied by a mixed green salad.

Veggie Stir-Fry
Stir-fry bell peppers, broccoli, carrots, and tofu in a soy-ginger sauce. Serve over brown rice.

Day 7

BREAKFAST

*Overnight Chia
Pudding*
*Mix chia seeds with
almond milk and a dash
of vanilla extract.
Refrigerate overnight
and top with fresh fruits
before serving.*

LUNCH

Tuna Salad
*Mix canned tuna
with chopped
veggies, olives, olive
oil, and lemon juice.
Serve over a bed of
mixed greens.*

DINNER

*Lemon Herb
Chicken Skewers*
*Skewer chicken
pieces marinated in
lemon juice, olive oil,
and herbs. Grill and
serve with a side of
roasted vegetables.*

Notes

*Consulting a healthcare professional for personalized advice is recommended

Dessert

- *Fruit Salad with Honey and Mint:* Combine various fruits like strawberries, blueberries, and kiwi. Drizzle honey and sprinkle fresh mint for a refreshing dessert.
- *Greek Yogurt with Berries:* Top Greek yogurt with mixed berries and a sprinkle of cinnamon for a creamy, guilt-free treat.
- *Dark Chocolate-Covered Almonds:* Dip almonds in melted dark chocolate and let them cool for a crunchy, indulgent snack.
- *Baked Apples with Cinnamon:* Core apples and sprinkle with cinnamon. Bake until tender for a warm, naturally sweet dessert.
- *Frozen Banana Bites:* Dip banana slices in melted dark chocolate and freeze until solid for a delicious, healthier alternative to ice cream.

Snacks

- *Homemade Trail Mix:* Mix almonds, walnuts, dried fruits, and a sprinkle of dark chocolate chips.
- *Hummus with Veggie Sticks:* Enjoy carrots, celery, and bell peppers with a side of hummus for dipping.
- *Greek Yogurt with Honey:* A simple and satisfying snack to curb cravings.
- *Whole Grain Crackers with Cheese:* Pair whole-grain crackers with slices of your favorite cheese for a savory treat.
- *Rice Cakes with Almond Butter:* Spread almond butter on rice cakes for a quick and nutritious snack.

Beverages

- *Herbal Teas:* Enjoy varieties like chamomile, peppermint, or hibiscus for a soothing drink.
- *Infused Water:* Add slices of lemon, cucumber, or mint to water for a refreshing twist.
- *Red Wine (in moderation):* If you choose to drink alcohol, a glass of red wine occasionally is a common part of the Mediterranean diet.
- *Freshly Squeezed Citrus Juices:* Try orange, grapefruit, or lemon juice for a burst of vitamin C.
- *Green Smoothies:* Blend spinach, kale, banana, and pineapple for a nutritious beverage.