

PERSONALIZED NUTRITION PLAN

7-Day Mediterranean Meal Plan & Recipes

Built around the core pattern of the Mediterranean diet: olive oil as the primary fat, fish and legumes over red meat, vegetables at every meal, and whole grains in place of refined ones.

Breakfast: 4 servings

Lunch: 1 serving

Dinner: 4 servings

How to Use This Plan

Built for a working household: breakfast and dinner are sized to feed a family of 4, while lunch is sized for one and designed to travel to work without any cooking on-site. Every seasoning is measured — no more guessing on "garlic, to taste."

What Makes a Meal "Mediterranean"

Element	Guidance
Fat source	Extra-virgin olive oil as the primary added fat, plus nuts, seeds, and avocado
Protein	Fish and seafood 2–3x/week, legumes and eggs often, poultry in moderation, red meat only occasionally
Carbohydrate	Whole grains (bulgur, farro, whole wheat, brown rice) over refined grains
Produce	Vegetables and/or fruit at every meal; herbs and garlic used generously
Dairy	Yogurt and cheese (feta, parmesan) in modest portions, rather than butter or cream

How the Lunches Work

- **Every lunch is built to eat cold or with, at most, a 1-2 minute microwave reheat** — nothing requires a stovetop, oven, or active cooking once you're at your desk.
- **Batch-cook the components on the weekend** — see the checklist below.
- **Olive oil is the star.** Most recipes call for extra-virgin olive oil specifically — it carries much of the diet's evidence for heart health benefits.
- **Spice measurements are exact** in every recipe below — level teaspoons and tablespoons, not "to taste."
- **Medical conditions:** if you're managing heart disease, high cholesterol, or diabetes, a registered dietitian can help tailor portions to your specific labs.

Weekend Prep Checklist

Component	Used In	Prep Method
Grilled chicken breast	Lunch — Day 2	Season with salt & pepper; grill 5–6 min per side
Lentil soup batch	Lunch — Day 3	Simmer lentils with carrot, celery, onion, broth & cumin, 25–30 min
Cooked farro & roasted zucchini/pepper	Lunch — Day 5	Cook farro; roast vegetables at 425°F, 12–15 min
Chickpea & vegetable stew batch	Lunch — Day 6	Simmer chickpeas with vegetables & spices, 20–25 min
Grilled salmon (extra portion)	Lunch — Day 7	Grill alongside the Day 1 dinner batch, or separately

SUGGESTED PREP ORDER

1. Start the lentil soup and chickpea stew simmering — they need the least hands-on attention.
2. While those cook, grill the chicken and the extra portion of salmon.
3. Cook the farro and roast the zucchini and peppers.
4. Let everything cool, then portion into containers for the week, or store components separately and assemble each morning.

Breakfast

18P · 38C · 6Fb · 14Ft | serves 4

*Greek Yogurt with Honey, Walnuts & Figs***INGREDIENTS (4 SERVINGS)**

- 4 cups plain Greek yogurt
- ¼ cup honey
- 1 cup walnuts, chopped
- 8 fresh figs, quartered (or 2 cups berries)

METHOD

1. Divide yogurt among 4 bowls.
2. Top each with figs and walnuts, then drizzle with honey.

Lunch

22P · 48C · 11Fb · 17Ft | serves 1 · work-ready

*Chickpea & Feta Salad with Whole Grain Pita***INGREDIENTS (1 SERVING)**

- 1 cup chickpeas, drained & rinsed
- ½ cup cucumber, diced
- ½ cup tomato, diced
- ¼ cup red onion, thinly sliced
- ¼ cup feta, crumbled
- 1 tbsp extra-virgin olive oil
- 1 tsp lemon juice
- ½ tsp dried oregano
- Pinch of salt
- 1 small whole grain pita

METHOD

1. **Night before or morning of:** combine chickpeas, cucumber, tomato, and red onion in a container — about 5 minutes.
2. Toss with olive oil, lemon juice, oregano, and salt; top with feta.
3. **At work:** eat cold with the pita — no cooking or reheating needed.

Dinner

32P · 42C · 8Fb · 19Ft | serves 4

*Baked Salmon with Roasted Vegetables & Bulgur***INGREDIENTS (4 SERVINGS)**

- 1 lb salmon (4 fillets, plus 1 extra portion for Day 7 lunch if prepping ahead)
- 2 cups zucchini, sliced
- 2 cups bell pepper, sliced
- 2 cups cooked bulgur
- 6 tbsp extra-virgin olive oil
- 2 cloves garlic, minced
- 1 tsp dried oregano
- ¾ tsp salt, divided
- ¼ tsp black pepper, divided
- 1 lemon, juiced

METHOD

1. Preheat oven to 400°F. Toss zucchini and pepper with 2 tbsp olive oil, ¼ tsp salt, and ⅛ tsp pepper on a large sheet pan; roast 15 minutes.
2. Rub salmon fillets with remaining olive oil, garlic, oregano, lemon juice, remaining salt, and pepper; add to the pan and roast 12–15 minutes more, until they flake easily.
3. Serve over bulgur with the roasted vegetables, 4 servings.

Snack

7P · 22C | serves 1

*Hummus with Vegetable Sticks***INGREDIENTS**

- ½ cup hummus
- 1 cup carrot & cucumber sticks

METHOD

1. Serve hummus with vegetable sticks for dipping.

Breakfast

16P · 34C · 8Fb · 16Ft | serves 4

*Avocado & Feta Toast with Poached Egg***INGREDIENTS (4 SERVINGS)**

- 4 slices whole grain bread, toasted
- 2 avocados, sliced
- ½ cup feta, crumbled
- 4 eggs
- 2 tomatoes, sliced
- 1 tsp olive oil
- Pinch of salt, pepper & chili flake, per serving

METHOD

1. Bring a pot of water to a gentle simmer; poach the eggs in batches, 3 minutes each for a runny yolk.
2. Mash avocado onto toast; top with tomato and feta.
3. Top each with a poached egg and a light drizzle of olive oil, salt, pepper, and chili flake. Serve 4.

Lunch

28P · 30C · 6Fb · 20Ft | serves 1 · work-ready

*Greek Salad with Grilled Chicken (Make-Ahead)***INGREDIENTS (1 SERVING)**

- 3 oz grilled chicken breast, sliced
- 2 cups romaine, chopped
- ½ cup cucumber, ½ cup tomato
- 8 kalamata olives
- 3 tbsp feta, crumbled
- 1½ tbsp olive oil
- 1 tsp red wine vinegar
- 1 tsp dried oregano
- Pinch of salt & black pepper
- 1 small whole grain roll

METHOD

1. **Weekend prep:** season chicken with a pinch of salt and pepper; grill a batch of chicken breasts 5–6 minutes per side — keeps 4 days refrigerated, so make enough for other lunches too.
2. Toss romaine, cucumber, tomato, and olives with olive oil, vinegar, oregano, salt, and pepper; top with chicken and feta.
3. **At work:** eat cold with the roll — ready in seconds.

Dinner

18P · 52C · 7Fb · 15Ft | serves 4

*Whole Wheat Pasta with Cherry Tomatoes & Basil***INGREDIENTS (4 SERVINGS)**

- 4 cups cooked whole wheat pasta (about 2 cups dry)
- 4 cups cherry tomatoes, halved
- 4 cloves garlic, sliced
- 6 tbsp extra-virgin olive oil
- ½ tsp salt
- 2 tbsp fresh basil, chopped
- ½ cup parmesan
- Side salad with olive oil vinaigrette

METHOD

1. Warm olive oil in a large skillet; sauté garlic 1 minute, then add cherry tomatoes and salt; cook until they soften and burst, about 7–8 minutes.
2. Toss cooked pasta with the tomato mixture and fresh basil.
3. Top with parmesan and serve 4, with a side salad.

Snack

6P · 24C | serves 1

*Almonds with an Orange***INGREDIENTS**

- ¼ cup almonds
- 1 medium orange

METHOD

1. No preparation needed — pair together and enjoy.

Breakfast

17P · 42C · 7Fb · 11Ft | serves 4

*Overnight Oats with Chia, Almonds & Berries***INGREDIENTS (4 SERVINGS)**

- 2 cups dry oats
- 2 cups plain Greek yogurt
- 2 cups milk of choice
- ¼ cup chia seeds
- ¼ cup honey
- ½ cup sliced almonds, 2 cups berries

METHOD

1. Stir oats, yogurt, milk, chia, and honey together in a large container or 4 jars.
2. Refrigerate overnight. Top with almonds and berries before eating — makes 4 grab-and-go breakfasts.

Lunch

18P · 46C · 12Fb · 10Ft | serves 1 · work-ready

*Lentil Soup with Whole Grain Bread***INGREDIENTS (1 SERVING)**

- 1½ cups lentil soup (recipe below)
- 1 tbsp olive oil (finishing drizzle)
- 1 slice whole grain bread
- Side salad with lemon-olive oil dressing

FOR THE SOUP BATCH (MAKES ~5 CUPS)

- 1 cup dry lentils, rinsed
- 1 carrot, 1 celery stalk, ½ onion, diced
- 1 tomato, diced
- 4 cups vegetable broth
- 1 tsp ground cumin, 1 bay leaf
- ½ tsp salt, ¼ tsp black pepper

METHOD

1. **Weekend prep:** sauté carrot, celery, and onion in a splash of oil 4–5 minutes. Add lentils, tomato, broth, cumin, bay leaf, salt, and pepper; simmer 25–30 minutes until tender. Remove bay leaf. Portion into containers — makes about 3 lunches.
2. Pack bread and a small side salad alongside.
3. **At work:** microwave the soup 2–3 minutes and finish with a drizzle of olive oil.

Dinner

26P · 44C · 8Fb · 16Ft | serves 4

*Grilled Shrimp with Tabbouleh & Tzatziki***INGREDIENTS (4 SERVINGS)**

- 1 lb shrimp, peeled & deveined
- 3 cups cooked bulgur
- 2 cups parsley, chopped, 1 cup tomato, diced
- 6 tbsp olive oil, divided
- 1 lemon, juiced
- ½ tsp salt, ¼ tsp black pepper
- 1 cup tzatziki (yogurt, cucumber, garlic, dill)

METHOD

1. Toss bulgur with parsley, tomato, 4 tbsp olive oil, and lemon juice to make the tabbouleh.
2. Season shrimp with salt, pepper, and remaining 2 tbsp olive oil; grill or sauté in batches, 2–3 minutes per side.
3. Serve shrimp over tabbouleh with tzatziki, 4 servings.

Snack

4P · 26C | serves 1

*Apple with Almond Butter***INGREDIENTS**

- 1 medium apple, sliced
- 1 tbsp almond butter

METHOD

1. Slice apple and serve with almond butter for dipping.

Breakfast

19P • 24C • 5Fb • 15Ft | serves 4

*Spinach, Tomato & Feta Omelets***INGREDIENTS (4 SERVINGS)**

- 8 eggs
- 4 cups spinach, chopped
- 2 cups tomato, diced
- ½ cup feta, crumbled
- 4 tsp olive oil
- ½ tsp salt, ¼ tsp black pepper
- 4 slices whole grain toast

METHOD

1. Heat olive oil in a large nonstick pan; sauté spinach and tomato in batches, 2–3 minutes each.
2. Whisk eggs (2 per omelet) with salt and pepper, pour over vegetables; cook until set, about 3–4 minutes per omelet. Sprinkle with feta and fold.
3. Serve with toast, 4 servings.

Lunch

26P • 34C • 8Fb • 15Ft | serves 1 • work-ready

*Mediterranean Tuna Salad over Greens***INGREDIENTS (1 SERVING)**

- 5 oz canned tuna in olive oil or water, drained
- ½ cup cucumber, ½ cup tomato, diced
- 6 kalamata olives, sliced
- 1 tbsp olive oil
- 1 tsp lemon juice
- 2 cups mixed greens
- 1 small whole grain pita

METHOD

1. **Night before or morning of:** combine tuna, cucumber, tomato, and olives in a container — under 5 minutes.
2. Dress with olive oil and lemon juice.
3. **At work:** serve over greens with pita — no cooking required.

Dinner

32P • 38C • 7Fb • 14Ft | serves 4

*Lemon-Oregano Baked Chicken with Potatoes & Greens***INGREDIENTS (4 SERVINGS)**

- 1¼ lb boneless chicken thigh, skin removed
- 3 cups baby potatoes, halved
- 6 cups Swiss chard or spinach, sautéed
- 1½ tbsp olive oil, divided
- 2 cloves garlic, minced
- 1½ tsp dried oregano
- ¾ tsp salt, divided
- ¼ tsp black pepper, divided
- 1 lemon, juiced

METHOD

1. Preheat oven to 400°F. Toss chicken and potatoes with 1 tbsp olive oil, lemon juice, garlic, oregano, ½ tsp salt, and ⅛ tsp pepper on a large sheet pan.
2. Roast 30–35 minutes, until chicken reaches 165°F internal temperature.
3. Sauté greens with remaining ½ tbsp olive oil and remaining salt & pepper; serve alongside, 4 servings.

Snack

9P • 20C | serves 1

*Greek Yogurt with Honey & Walnuts***INGREDIENTS**

- ½ cup plain Greek yogurt
- 1 tsp honey
- 1 tbsp walnuts, chopped

METHOD

1. Stir honey into yogurt and top with walnuts.

Breakfast

18P · 40C · 8Fb · 13Ft | serves 4

*Pita with Hummus, Cucumber & Egg***INGREDIENTS (4 SERVINGS)**

- 4 small whole grain pitas
- ¾ cup hummus
- 2 cups cucumber, sliced
- 2 cups tomato, sliced
- 4 hard-boiled eggs

METHOD

1. Warm pitas and spread with hummus.
2. Top or serve alongside cucumber, tomato, and sliced hard-boiled egg. Serve 4.

Lunch

14P · 48C · 9Fb · 16Ft | serves 1 · work-ready

*Farro Salad with Roasted Vegetables & Feta***INGREDIENTS (1 SERVING)**

- ¾ cup cooked farro
- 1 cup roasted zucchini & bell pepper
- 3 tbsp feta, crumbled
- 1½ tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp fresh parsley or mint, chopped

METHOD

1. **Weekend prep:** cook a batch of farro and roast a tray of zucchini and pepper — both keep well 4–5 days.
2. Toss farro with roasted vegetables, olive oil, and lemon juice in a container; top with feta and herbs.
3. **At work:** eat cold — it's a salad by design, no reheating needed.

Dinner

30P · 34C · 9Fb · 13Ft | serves 4

*Baked Cod with White Beans, Tomatoes & Olives***INGREDIENTS (4 SERVINGS)**

- 1¼ lb cod fillet (4 portions)
- 3 cups white beans, drained & rinsed
- 2 cups cherry tomatoes, halved
- 24 kalamata olives
- 6 tbsp olive oil
- 3 cloves garlic, minced
- 1 tsp dried oregano
- 1 lemon, juiced
- ½ tsp salt, ¼ tsp black pepper

METHOD

1. Preheat oven to 400°F. Toss white beans, tomatoes, and olives with olive oil, garlic, oregano, salt, and pepper in a large baking dish.
2. Nestle cod portions into the mixture; roast 15–18 minutes until cod flakes easily.
3. Finish with lemon juice. Serve 4.

Snack

5P · 22C | serves 1

*Fresh Fruit with Pistachios***INGREDIENTS**

- 1 cup fresh fruit (grapes, melon, or pear)
- 2 tbsp pistachios, shelled

METHOD

1. No preparation needed — serve together.

Breakfast

17P · 40C · 6Fb · 8Ft | serves 4

*Yogurt Parfaits with Granola & Pomegranate***INGREDIENTS (4 SERVINGS)**

- 4 cups plain Greek yogurt
- ¾ cup low-fat granola
- ½ cup pomegranate seeds
- 4 tsp honey

METHOD

1. Layer yogurt, granola, and pomegranate seeds in 4 glasses; drizzle with honey.

Lunch

16P · 50C · 13Fb · 12Ft | serves 1 · work-ready

*Chickpea & Vegetable Stew with Whole Grain Bread***INGREDIENTS (1 SERVING)**

- 1½ cups chickpea & vegetable stew (recipe below)
- 1 tbsp olive oil (finishing drizzle)
- 1 slice whole grain bread

FOR THE STEW BATCH (MAKES ~5 CUPS)

- 3 cups chickpeas, drained & rinsed
- 1 carrot, 1 zucchini, diced
- 1 tomato, diced
- 1½ tsp ground cumin, 1 tsp paprika
- ½ tsp salt, ¼ tsp black pepper

METHOD

1. **Weekend prep:** simmer chickpeas with diced carrot, zucchini, tomato, cumin, paprika, salt, and pepper 20–25 minutes; portion into containers — makes about 3 lunches.
2. Pack bread alongside.
3. **At work:** microwave the stew 2–3 minutes and finish with a drizzle of olive oil.

Dinner

30P · 40C · 7Fb · 17Ft | serves 4

*Grilled Beef Kebabs with Bulgur Pilaf & Tzatziki***INGREDIENTS (4 SERVINGS)**

- 1 lb lean beef sirloin, cubed
- 4 cups bell pepper & onion, cubed
- 3 cups cooked bulgur pilaf
- 1 cup tzatziki
- 4 tbsp olive oil
- 2 cloves garlic, minced
- 1½ tsp ground cumin
- ¾ tsp salt, ¼ tsp black pepper

METHOD

1. Toss beef and vegetables with olive oil, garlic, cumin, salt, and pepper; thread onto skewers.
2. Grill or broil in batches, 8–10 minutes, turning occasionally, until beef reaches desired doneness.
3. Serve over bulgur pilaf with tzatziki, 4 servings.

Snack

4P · 18C | serves 1

*Orange Slices with Walnuts***INGREDIENTS**

- 1 medium orange, sliced
- 1 tbsp walnuts

METHOD

1. Serve orange slices with walnuts on the side.

Breakfast

16P · 30C · 7Fb · 13Ft | serves 4

*Shakshuka (Eggs in Tomato-Pepper Sauce)***INGREDIENTS (4 SERVINGS)**

- 8 eggs
- 4 cups crushed tomatoes
- 2 cups bell pepper, diced
- 1 cup onion, diced
- 4 tbsp olive oil
- 3 cloves garlic, minced
- 1½ tsp ground cumin
- 1 tsp paprika
- ¾ tsp salt, ¼ tsp black pepper
- 4 slices whole grain bread

METHOD

1. Heat olive oil in a large skillet; sauté onion and pepper 4–5 minutes. Add garlic, cumin, paprika, salt, and pepper.
2. Stir in crushed tomatoes; simmer 8–10 minutes until slightly thickened.
3. Make 8 wells in the sauce, crack in the eggs, cover, and cook 6–7 minutes until whites are set. Serve with bread, 4 servings.

Lunch

28P · 26C · 6Fb · 19Ft | serves 1 · work-ready

*Greek Salad with Grilled Salmon (Make-Ahead)***INGREDIENTS (1 SERVING)**

- 3 oz grilled salmon, flaked
- 2 cups mixed greens
- ½ cup cucumber, ½ cup tomato
- 6 kalamata olives, 2 tbsp feta
- 1½ tbsp olive oil
- 1 tsp red wine vinegar
- 1 tsp dried oregano
- Pinch of salt & black pepper

METHOD

1. **Weekend prep:** grill a piece of salmon along with the Day 1 dinner batch, or cook extra then — it flakes and holds well cold for a few days.
2. Toss greens, cucumber, tomato, and olives with olive oil, vinegar, oregano, salt, and pepper; top with flaked salmon and feta.
3. **At work:** eat cold — no reheating needed.

Dinner

16P · 50C · 8Fb · 14Ft | serves 4

*Whole Wheat Pasta Primavera***INGREDIENTS (4 SERVINGS)**

- 4 cups cooked whole wheat pasta (about 2 cups dry)
- 6 cups mixed vegetables (zucchini, carrot, peas, cherry tomato)
- 6 tbsp olive oil
- 3 cloves garlic, minced
- ½ tsp salt, ¼ tsp black pepper
- ½ cup parmesan
- 2 tbsp fresh basil, chopped

METHOD

1. Sauté vegetables in olive oil with garlic, salt, and pepper, in batches, 6–7 minutes until just tender.
2. Toss with cooked pasta and fresh basil.
3. Top with parmesan and serve 4.

Snack

6P · 20C | serves 1

*Hummus with Whole Grain Crackers***INGREDIENTS**

- ⅓ cup hummus
- 6–8 whole grain crackers

METHOD

1. Serve hummus with crackers for dipping.

7-Day Grocery List

Organized by grocery section. Quantities are totaled for the full week's plan — adjust for any meals you skip or swap.

Proteins — Fish, Poultry & Meat

- Salmon fillet — about 1¼ lb (1 lb dinner + 3 oz lunch)
- Cod fillet — 1¼ lb (dinner, serves 4)
- Shrimp, raw peeled & deveined — 1 lb (dinner, serves 4)
- Canned tuna — 5 oz (lunch, Day 4)
- Chicken breast — 3 oz (lunch, Day 2)
- Chicken thigh, boneless — 1¼ lb (dinner, serves 4)
- Lean beef sirloin — 1 lb (dinner, serves 4)
- Eggs — 24 (2 dozen)

Grains & Legumes

- Rolled oats — 2 cups
- Bulgur, dry — about 3 cups
- Farro, dry — ½ cup
- Whole wheat pasta, dry — about 4 cups
- Whole grain bread — about 13 slices (1 loaf)
- Whole grain pita — 5
- Whole grain crackers — small box
- Low-fat granola — ¾ cup
- Chickpeas, canned — about 5 cups (3 cans)
- Lentils, dry — about 1 cup (for soup batch)
- White beans, canned — about 3 cups (2 cans)
- Hummus — about 1 cup (1 container)

Fruits

- Fresh figs — 8 (or substitute 2 cups berries)
- Mixed berries — 2 cups
- Oranges — 2
- Apple — 1
- Pomegranate seeds — ½ cup (or 1 small pomegranate)
- Grapes, melon, or pear — 1 cup
- Lemons — 5
- Avocados — 2

Dairy & Alternatives

- Plain Greek yogurt — about 10 cups (~3 tubs, 32 oz each)
- Feta cheese — about 1¼ cups crumbled (1 block, ~8 oz)
- Parmesan — 1 cup shredded or small wedge
- Milk of choice — 2 cups
- Tzatziki — 2 cups (or make your own with yogurt, cucumber, garlic & dill)

Vegetables & Herbs

- Cucumber — 3
- Tomatoes — 5
- Cherry tomatoes — about 3½ pints (7 cups)
- Crushed tomatoes, canned — 1 large can (28 oz)
- Bell peppers — 5-6
- Zucchini — 3
- Onions (red & yellow) — about 3
- Garlic — 2 heads
- Carrots — 2
- Mixed greens/romaine — about 6 cups (1-2 bags)
- Swiss chard or spinach — 6 cups
- Baby potatoes — 3 cups
- Parsley — 1 large bunch
- Fresh basil — 1 bunch
- Fresh mint (for farro salad, optional)
- Fresh dill (for tzatziki, if homemade)
- Peas, frozen — ½ cup
- Celery — 1 stalk (for lentil soup)

Pantry, Oils & Seasonings

- Extra-virgin olive oil (main fat — buy a full bottle)
- Kalamata olives — 1 jar
- Almonds — ¾ cup
- Walnuts — about 1 cup
- Pistachios, shelled — ¼ cup
- Almond butter — small jar
- Chia seeds — ¼ cup
- Honey — about ½ cup
- Red wine vinegar
- Vegetable broth — 4 cups
- Bay leaf — 1
- Ground cumin, dried oregano, paprika, chili flake, salt & black pepper