



Mediterranean Diet Meal Plan

2 People Week 2

Created by The Mediterranean Movement



Meal Plan 2 People Week 2

The Mediterranean Movement

Hello and welcome~

We are so glad to be part of your journey!

We have put together some helpful tips about this meal plan and about the Mediterranean Diet in general. We recommend that you take a moment to review them before diving in!

Our Community:

As you eat through this plan, we would love for you to be part of our community. Here you can get questions answered, share tips, and be in community with like-minded people.

- Facebook: <https://www.facebook.com/MediterraneanMovement/>
- Instagram: https://www.instagram.com/Mediterranean_Movement/

About this way of life:

The Mediterranean Diet is a way of eating based on the traditional cuisine of countries that border the Mediterranean Sea. This way of eating has been shown to naturally reduce an individual's risk of many lifestyle-related diseases including Heart Disease, Cancer, Alzheimer's, Obesity, and more. The Mediterranean Diet was named the "Best Diet Overall" by health experts for three years in a row, due to its sound health principles and flexibility.

The key principles of the diet include:

- An emphasis on whole grains, fruits, vegetables
- A focus on healthy fats including olive oil, avocado, and walnuts
- Consumption of lean protein including beans, legumes, nuts, poultry, and fish
- Moderate consumption of dairy products
- Use of herbs and spices to add flavor to your plate, limiting salt intake
- Limit red meat, processed foods, and added sugar
- Aim to drink 6-8 glasses of water each day to stay hydrated
- Highlights the importance of physical activity and meals together with the family

About this meal plan:

This meal plan incorporates the principles of the Mediterranean Diet and was designed under the guidance of a Registered Dietitian Nutritionist to provide balanced nutrition.

A Mediterranean way of eating naturally reduces calories because instead of eating nutrient-poor foods that keep you reaching for more, you will be consuming whole foods full of satiating fiber, healthy fats, and plenty of vitamins. The meals in this plan have also been optimized to provide plenty of fiber and protein so that you feel satisfied.

Snacking:

We have not included snacks as part of this plan, but you should feel free to snack if you are hungry between meals. A Mediterranean Lifestyle encourages you to listen to your body and its hunger cues to know when you might need to add a snack, skip a snack, or share a portion with a friend or family member. Check out our "Snack Book" for tons of great snacks, including those that can be batch cooked ahead of time and those that you can make and eat at the same time.

Tips for using this plan:

You will notice the meal plan starts you off on a Monday, but feel free to start on whichever day of the week you prefer. However, if you decide to start on a different day of the week, be sure to start with the recipes from "Monday" so that the leftovers workout in your favor!



Leftovers:

As you work your way through the recipes, you will notice some call for more servings. The recipes that create more than 2 servings are designed so that you may use the leftovers as a meal for later on in the week.

In the meal plan summary, you will notice that the meals highlighted in light grey are those that are considered leftovers from days prior.

Tips for the grocery list:

A full grocery list is included, which outlines the ingredients that you will need to follow this meal plan. It's organized by type of food to make your trip to the grocery store quick and painless! Before you head out to do your shopping, take a few minutes to go through the list and check off any items you already have. This will save you time and money!

The Mediterranean Diet is more than just a diet - it's a LIFESTYLE - and we encourage you to enjoy these delicious, whole-food, homemade meals with your friends and family around the table!

For more help:

Visit www.TheMediMove.com and check out blogs on:

- Common FAQs (www.themedimove.com/mediterranean-diet/faqs)
- No-Cook Meal ideas (www.themedimove.com/blog/no-cook-meals)
- Easy Ingredient Swaps (www.themedimove.com/blog/easy-meal-swaps)
- Mediterranean Diet Cheat Sheet (www.themedimove.com/blog/the-mediterranean-diet-what-you-need-to-know)

You'll find tons more resources and lots of recipes there as well!

Snack Recipe Books

Check out our Snack Recipe Books! Over 20 super delicious snack recipes for every hunger: savory to sweet, creamy to crunchy! <https://www.themedimove.com/product-category/extra-resources/snack-recipe-books-extra-resources/>

Coaching

We also invite you to consider Nutrition Coaching or Weight Loss Coaching with our Registered Dietitians. They will hold your hand and provide expert support every step of your journey! <https://www.themedimove.com/nutrition-coach/>

Our goal is to provide tons of tips, recipes, and motivation to keep you looking and feeling your best!

Happy Eating,

Ashley & Jamie

The Mediterranean Movement

Disclaimer:

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of our services shall be used to diagnose or treat any health problem or disease, and the use of this meal plan does not guarantee the prevention of any medical conditions. We cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. We do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.



Meal Plan 2 People Week 2

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Overnight Bircher Muesli	Overnight Bircher Muesli	Avocado Breakfast Toast	Overnight Bircher Muesli	Avocado Breakfast Toast	Eggs and kale	Eggs and kale
Lunch	Lentil & Feta Tabbouleh	Lentil & Feta Tabbouleh	Greek Chicken Salad	Lentil & Feta Tabbouleh	Penne & Shrimp with Bursted Cherry Tomato Sauce	Lentil Tahini Burgers with Sauerkraut	Kale Greek Salad with Steak
		Apple					
Dinner	Penne & Shrimp with Bursted Cherry Tomato Sauce	Greek Chicken Salad	Penne & Shrimp with Bursted Cherry Tomato Sauce	One Pan Mediterranean Trout	Lentil Tahini Burgers with Sauerkraut	Kale Greek Salad with Steak	Steamed White Fish with Tomato & Olive Sauce
	Simple green salad		Simple green salad	Quinoa			Garlic & Herb Broccoli



Meal Plan 2 People Week 2

56 items

Fruits

- ☐ 3 1/2 Apple
- ☐ 2 Avocado
- ☐ 3 Lemon

Seeds, Nuts & Spices

- ☐ 1/3 tsp Black Pepper
- ☐ 1 1/4 tbsps Cinnamon
- ☐ 2 tbsps Greek Seasoning
- ☐ 3 tbsps Ground Flax Seed
- ☐ 1/2 cup Hemp Seeds
- ☐ 1/2 tsp Oregano
- ☐ 1 2/3 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/3 cup Sliced Almonds

Vegetables

- ☐ 3 1/4 cups Basil Leaves
- ☐ 2 cups Broccoli
- ☐ 11 cups Cherry Tomatoes
- ☐ 1 1/2 tps Chives
- ☐ 2 Cucumber
- ☐ 6 Garlic
- ☐ 1/2 head Green Lettuce
- ☐ 1 stalk Green Onion
- ☐ 16 cups Kale Leaves
- ☐ 8 cups Mixed Greens
- ☐ 6 1/16 cups Parsley
- ☐ 1 Red Bell Pepper
- ☐ 1 1/2 cups Red Onion
- ☐ 7 Tomato

Boxed & Canned

- ☐ 2 2/3 cups Green Lentils
- ☐ 3 cups Lentils
- ☐ 1/2 cup Quinoa
- ☐ 6 cups Whole Wheat Penne

Baking

- ☐ 1/4 cup Nutritional Yeast
- ☐ 3 cups Oats
- ☐ 1/3 cup Organic Raisins
- ☐ 1/3 cup Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- ☐ 12 ozs Beef Tenderloin
- ☐ 1 1/4 lbs Chicken Breast
- ☐ 1 1/2 cups Feta Cheese
- ☐ 2 Haddock Fillet
- ☐ 2 Rainbow Trout Fillet
- ☐ 1 lb Shrimp, Cooked
- ☐ 4 slices Whole Grain Bread

Condiments & Oils

- ☐ 1 tbsp Apple Cider Vinegar
- ☐ 3/4 cup Artichoke Hearts
- ☐ 1/3 cup Balsamic Vinegar
- ☐ 1/4 cup Black Olives
- ☐ 1 3/4 cups Extra Virgin Olive Oil
- ☐ 2 1/4 cups Pitted Kalamata Olives
- ☐ 3 tbsps Red Wine Vinegar
- ☐ 1/2 cup Sauerkraut
- ☐ 1/4 cup Tahini

Cold

- ☐ 12 Egg
- ☐ 2 tps Ghee
- ☐ 1 1/2 cups Unsweetened Almond Milk
- ☐ 3 1/4 cups Unsweetened Coconut Yogurt

Other

- ☐ 1 cup Water



Overnight Bircher Muesli

10 ingredients · 8 hours · 6 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

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



Avocado Breakfast Toast

5 ingredients · 25 minutes · 2 servings

Note: You will be eating this twice, so you can either make this recipe twice or double the recipe and have leftovers. (It's better fresh).



Directions

1. Spread the mashed avocado on the toast then arrange the tomato and hard-boiled egg slices on top. Season with salt and pepper to taste and enjoy!

Notes

How to Hard-Boil Eggs

Bring a small pot of salted water to a boil then carefully add the eggs. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Place eggs in a bowl of ice water for 10 minutes before peeling.

Gluten-Free

Use gluten-free bread.

No Hard-Boiled Eggs

Use fried, scrambled or poached eggs instead.

Likes it Spicy

Add a pinch of chili flakes or hot sauce to the mashed avocado.

Ingredients

- 1 Avocado (small, mashed)
- 2 slices Whole Grain Bread (toasted)
- 1 Tomato (small, sliced)
- 2 Egg (hard-boiled, peeled and sliced)
- Sea Salt & Black Pepper (to taste)



Eggs and kale

6 ingredients · 10 minutes · 2 servings

Note: You will be eating this twice, so you can either make this recipe twice or double the recipe and have leftovers. (It's better fresh).



Directions

1. Heat a skillet over medium heat and add the ghee. Once the skillet is hot, add the kale and cook for 2 to 3 minutes, until just wilted, stirring as needed.
2. Make two spaces in the kale and crack eggs into each space. Add the olives and season everything with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
3. Add the kale, olives and eggs to a plate. Serve and enjoy!

Notes

No Kale

Use another leafy green, such as collards, Swiss chard, beet greens or rapini.

No Ghee

Use organic butter, avocado oil or olive oil.

More Flavor

Add extra seasonings such as garlic.

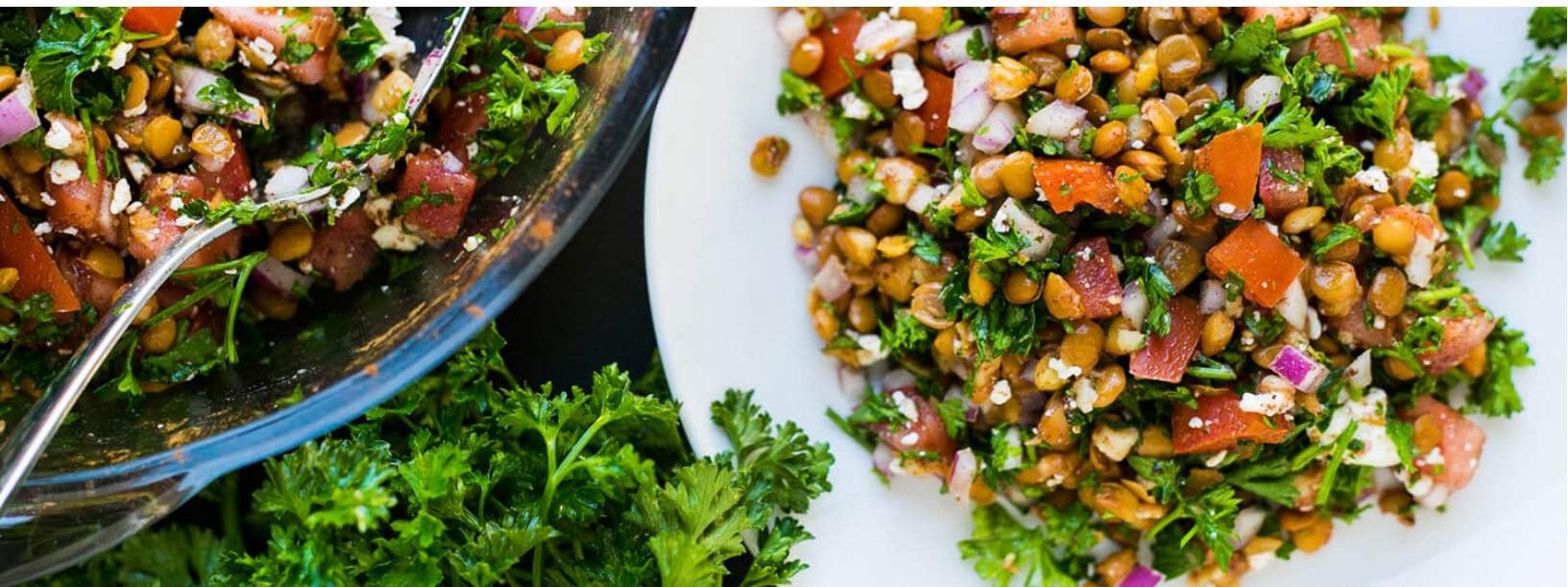
Ingredients

- 1 tsp Ghee
- 6 cups Kale Leaves (roughly chopped)
- 4 Egg
- 1/4 cup Pitted Kalamata Olives
- 2 tbsps Nutritional Yeast
- 1/4 tsp Sea Salt



Lentil & Feta Tabbouleh

9 ingredients · 10 minutes · 6 servings



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

3 cups Lentils (cooked)
3 Tomato (medium, diced)
1 cup Feta Cheese (crumbled)
6 cups Parsley (chopped)
3/4 cup Red Onion (finely diced)
1/3 cup Extra Virgin Olive Oil
3/4 Lemon (juiced)
1 tbsp Cinnamon (ground)
Sea Salt & Black Pepper (to taste)



Apple

1 ingredient · 2 minutes · 2 servings



Directions

1. Slice into wedges, or enjoy whole.

Ingredients

2 Apple



Penne & Shrimp with Bursted Cherry Tomato Sauce

7 ingredients · 30 minutes · 6 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, cook shrimp according to the directions on packaging. 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 shrimp and the tomato sauce. 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 chicken or, chickpeas, hemp seeds.

No Nutritional Yeast

Use parmesan or omit completely.

Ingredients

6 cups Whole Wheat Penne (dry)

1/2 cup Extra Virgin Olive Oil

6 cups Cherry Tomatoes

4 Garlic (cloves, minced)

Sea Salt & Black Pepper (to taste)

2 cups Basil Leaves (chopped)

1 lb Shrimp, Cooked



Simple green salad

3 ingredients · 5 minutes · 2 servings

Directions

1. Layer greens in a bowl and top with oil and vinegar. This is designed to be a very simple green salad that you could add to any meal. Feel free to top with whatever veggies you have in the fridge! Adjust olive oil and vinegar to your preference, or use your own homemade salad dressing.

Ingredients

- 4 cups** Mixed Greens
- 1 1/2 tps** Extra Virgin Olive Oil
- 1 tbsp** Balsamic Vinegar



Greek Chicken Salad

10 ingredients · 45 minutes · 4 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

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

2 tbsps Greek Seasoning
1 Lemon (juiced)
1/4 cup Extra Virgin Olive Oil
1 1/4 lbs Chicken Breast (boneless, skinless)
3 cups Cherry Tomatoes (halved)
1 Cucumber (diced)
1/4 cup Red Onion (finely diced)
1 cup Pitted Kalamata Olives (chopped)
3 tbsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)



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

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 · 2 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 - 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

1/2 cup Quinoa (uncooked)

3/4 cup Water



Lentil Tahini Burgers with Sauerkraut

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a food processor or blender, combine the lentils, tahini, salt and apple cider vinegar.
3. Form the mixture into patties using about 1/4 cup of the mixture for each patty. Bake for 20 to 25 minutes or until warmed through and firm.
4. Remove the burgers from the oven. Serve on a bed of lettuce and top with coconut yogurt and sauerkraut. Enjoy!

Notes

Leftovers

Refrigerate the burgers in an airtight container for up to 7 days. Freeze for up to two months. Add the toppings just before serving.

Serving Size

One serving is equal to one 5- to 6-inch burger patty.

More Flavor

Add cumin and fresh herbs to the lentil tahini mixture.

Additional Toppings

Caramelized onions, feta, sautéed mushrooms and/or avocado.

No Lettuce

Use whole grain bread, brown rice tortilla wraps, collard greens, swiss chard or omit completely.

Ingredients

2 2/3 cups Green Lentils (cooked, drained and rinsed)

1/4 cup Tahini

1/2 tsp Sea Salt

1 tbsp Apple Cider Vinegar

1/2 head Green Lettuce (separated into leaves and washed)

1/4 cup Unsweetened Coconut Yogurt

1/2 cup Sauerkraut



Kale Greek Salad with Steak

15 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Place red peppers in a large mixing bowl and toss with a splash of extra virgin olive oil and sea salt. Spread the red peppers across the baking sheet and bake in the oven on the middle rack for 20 minutes while you prepare the rest.
2. Place red onion, cucumber, kale, cherry tomatoes, olives and feta cheese together in a large salad bowl and set aside.
3. Create dressing by combining olive oil, vinegar, oregano, lemon juice, minced garlic, sea salt and pepper together in a small bowl. Whisk well and set aside.
4. Remove roasted red peppers from oven and let cool. Once cool, add to bowl with salad ingredients.
5. Increase the oven temperature to 500°F (260°C) and move the rack to the top setting.
6. Season steak with sea salt and pepper on both sides. Place on the baking sheet with the parchment paper you used for the peppers. Place in the oven on the top rack and bake for 5 to 8 minutes per side depending on thickness and how you like your steak done.
7. Remove steak from the oven and cut into thin strips. Add dressing to salad and toss well. Plate salad and add strips of steak over top. Enjoy!

Notes

Vegan & Vegetarians

Skip the steak and add roasted chickpeas.

Ingredients

- 1 Red Bell Pepper (de-seeded and cut into slices)
- 1/2 cup Red Onion (finely sliced)
- 1 Cucumber (diced)
- 4 cups Kale Leaves (finely chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Pitted Kalamata Olives (diced)
- 1/2 cup Feta Cheese (crumbled)
- 1/3 cup Extra Virgin Olive Oil
- 3 tbsps Red Wine Vinegar
- 1/2 tsp Oregano
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper
- 12 ozs Beef Tenderloin



Steamed White Fish with Tomato & Olive Sauce

9 ingredients · 20 minutes · 2 servings



Directions

1. Heat the oil in a medium-sized pan with a lid over medium heat. Season the fish with half of the salt and half of the pepper and set aside.
2. Add the cherry tomatoes to the pan and cook for about five minutes or until the tomatoes have softened and released their juices. Season the tomatoes with the remaining salt and pepper. Add the olives, green onions, basil and water. Stir to combine, bringing the mixture to a simmer.
3. Place the fish fillets on top of the tomato mixture and cover with a lid. Let the fish steam for 4 to 8 minutes or until the fish is cooked through and flakes easily.
4. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one fish fillet and approximately 3/4 cup of the tomato & olive sauce.

More Flavor

Add garlic or red pepper flakes. Use chicken broth instead of water.

Additional Toppings

Top with additional basil, green onions and/or red pepper flakes.

No Haddock

Use another white fish, like cod, instead of haddock.

Fillet Size

Each haddock fillet is equal to 150 grams or 5.3 ounces.

Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 1/4 **tsp** Sea Salt (divided)
- 1/4 **tsp** Black Pepper (divided)
- 1 **cup** Cherry Tomatoes (cut in half)
- 1/4 **cup** Black Olives (pits removed)
- 1 **stalk** Green Onion (chopped)
- 1/4 **cup** Basil Leaves (chopped)
- 1/4 **cup** Water
- 2 Haddock Fillet



Garlic & Herb Broccoli

7 ingredients · 15 minutes · 2 servings



Directions

1. In a small mixing bowl combine the olive oil, herbs, garlic and salt with a fork until well mixed.
2. Bring a pot of water to a boil over medium-high heat. Place the broccoli florets in a steamer basket over the boiling water and cover with a lid. Let them steam for 3 to 5 minutes, or until tender but crisp. Transfer the cooked broccoli to a plate or bowl and drain the water from the pot. Adjust the heat to medium-low and place the pot back on the burner.
3. Melt the butter in the pot and add the cooked broccoli. Toss to coat the broccoli in the garlic herb olive oil. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate butter in an airtight container for up to two weeks. Refrigerate broccoli in an airtight container for up to five days.

Serving Size

One serving is equal to approximately one cup.

No Broccoli

Use green beans, cauliflower, asparagus or peas instead.

Ingredients

- 1 **tbsp** Olive Oil
- 1 **1/2 tsps** Basil Leaves (very finely chopped)
- 1 **1/2 tsps** Parsley (very finely chopped)
- 1 **1/2 tsps** Chives (very finely chopped)
- 1/2 Garlic (clove, minced)
- 1/16 **tsp** Sea Salt
- 2 **cups** Broccoli (cut into florets)

