



Mediterranean Diet Meal Plan 2 People Week 3

Created by The Mediterranean Movement



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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,

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 3

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Melon Breakfast Bowls	Berry & Greek Yogurt Smoothie	Melon Breakfast Bowls	Berry & Greek Yogurt Smoothie	Figs & Yogurt with Flax	Simple Banana Pancakes	Figs & Yogurt with Flax
						Toasted Walnuts	
Lunch	Chickpea Waldorf Salad	Slow Cooker Lentil Chili	Grilled Mediterranean Chicken Kabobs	Kale, Salmon & Beet Salad	Chickpea Waldorf Salad	Blueberry Kale Salad	Blueberry Kale Salad
	Toasted Walnuts		Brown Rice	Simple Avocado Salad			
Dinner	Slow Cooker Lentil Chili	Grilled Mediterranean Chicken Kabobs	Kale, Salmon & Beet Salad	Slow Cooker Lentil Chili	One Pan Hawaiian Salmon	One Pan Hawaiian Salmon	Lemony Shrimp Pasta
	Rye Bread	Brown Rice	Simple Avocado Salad	Rye Bread	Simple Avocado Salad		



Meal Plan 2 People Week 3

70 items

Fruits

- ☐ 1/2 Apple
- ☐ 4 1/4 Avocado
- ☐ 6 Banana
- ☐ 1 1/3 cups Blueberries
- ☐ 2 Cantaloupe
- ☐ 12 Fig
- ☐ 1/2 cup Grapes
- ☐ 3 1/3 Lemon
- ☐ 2 tbsps Lemon Juice
- ☐ 2 cups Pineapple
- ☐ 2 cups Raspberries

Breakfast

- ☐ 1/2 cup Granola
- ☐ 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 tsp Black Pepper
- ☐ 1/2 tsp Chili Flakes
- ☐ 1 tbsp Chili Powder
- ☐ 1 tsp Cinnamon
- ☐ 1 tsp Cumin
- ☐ 1/2 cup Ground Flax Seed
- ☐ 1 tbsp Oregano
- ☐ 1/3 cup Pumpkin Seeds
- ☐ 1 tbsp Red Pepper Flakes
- ☐ 1 3/4 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Smoked Paprika
- ☐ 3/4 cup Walnuts

Frozen

- ☐ 4 cups Frozen Raspberries

Vegetables

- ☐ 2 cups Arugula
- ☐ 2 cups Baby Spinach
- ☐ 5 1/3 Beet
- ☐ 1 Carrot
- ☐ 3 2/3 stalks Celery
- ☐ 2 cups Cherry Tomatoes
- ☐ 1/4 cup Chives
- ☐ 1/4 cup Cilantro
- ☐ 2/3 Cucumber
- ☐ 3 Garlic
- ☐ 14 2/3 cups Kale Leaves
- ☐ 2 tbsps Parsley
- ☐ 1/4 cup Radishes
- ☐ 5 Red Bell Pepper
- ☐ 1 1/4 cups Red Onion
- ☐ 1 Yellow Bell Pepper
- ☐ 1 Yellow Onion
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 1 cup Brown Rice
- ☐ 1/2 cup Brown Rice Spaghetti
- ☐ 10 ozs Canned Wild Salmon
- ☐ 1 cup Chickpeas
- ☐ 3 1/2 cups Diced Tomatoes
- ☐ 1 cup Dry Red Lentils
- ☐ 2 cups Organic Vegetable Broth
- ☐ 1 3/4 cups Red Kidney Beans
- ☐ 2 tbsps Tomato Paste

Baking

- ☐ 1/4 cup Raw Honey

Bread, Fish, Meat & Cheese

- ☐ 1 lb Chicken Breast
- ☐ 4 slices Rye Bread
- ☐ 1 lb Salmon Fillet
- ☐ 8 ozs Shrimp

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1 tbsp Coconut Oil
- ☐ 2 1/8 tps Dijon Mustard
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 1 tbsp Red Wine Vinegar

Cold

- ☐ 2 tbsps Butter
- ☐ 4 Egg
- ☐ 6 cups Plain Greek Yogurt

Other

- ☐ 8 Barbecue Skewers
- ☐ 0 Sea Salt And Pepper
- ☐ 6 1/16 cups Water



Melon Breakfast Bowls

4 ingredients · 10 minutes · 2 servings

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



Directions

1. Cut the cantaloupe in half and scoop out the seeds.
2. Divide the yogurt and raspberries evenly between each hollowed out cantaloupe half. Top with the granola and enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt such as coconut.

Likes it Sweet

Add a drizzle of honey or maple syrup on top.

No Raspberries

Use strawberries, blueberries or blackberries instead.

No Granola

Use nuts or seeds instead.

Ingredients

- 1 Cantaloupe (small)
- 1 cup Plain Greek Yogurt
- 1 cup Raspberries
- 1/4 cup Granola



Berry & Greek Yogurt Smoothie

6 ingredients · 5 minutes · 2 servings

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



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Ultra Creamy

Use milk instead of water.

Ingredients

- 1 cup** Plain Greek Yogurt
- 2 tbsps** Raw Honey
- 2** Banana (frozen)
- 2 cups** Frozen Raspberries
- 2 tbsps** Ground Flax Seed
- 2 cups** Water



Figs & Yogurt with Flax

4 ingredients · 5 minutes · 2 servings

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



Directions

1. In a small bowl, mix together yogurt and flax. Top with figs and drizzle syrup overtop. Enjoy!

Notes

No Greek Yogurt

Use any yogurt alternative or coconut cream.

No Maple Syrup

Use honey instead.

Leftovers

Refrigerate in an airtight container up to 5 days.

Ingredients

- 1 cup Plain Greek Yogurt
- 2 tbsps Ground Flax Seed
- 6 Fig (sliced)
- 2 tbsps Maple Syrup



Simple Banana Pancakes

5 ingredients · 20 minutes · 2 servings



Directions

1. In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
2. Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
3. Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

Notes

Likes it Sweet

Add blueberries or chocolate chips into the batter.

Ingredients

- 2 Banana (ripe)
- 4 Egg
- 1 **tbsp** Coconut Oil
- 1 **tsp** Cinnamon
- 1 **tbsp** Maple Syrup



Chickpea Waldorf Salad

15 ingredients · 15 minutes · 2 servings



Directions

1. Prepare your dressing by combining your avocado, apple cider vinegar, mustard, olive oil, salt, pepper and water. in a blender or food processor. Blend until smooth.
2. Combine chickpeas, celery, apple, grapes, onion, parsley and walnuts in a large bowl. Stir in the dressing and toss until evenly coated. Serve over baby spinach. Enjoy!

Notes

On-the-Go

Turn it into a mason jar salad by layering the spinach in the bottom of the jar and the waldorf mix on top.

Nut-Free

Use sunflower seeds instead of walnuts.

Ingredients

- 1/4 Avocado (peeled and diced)
- 1 tbs Apple Cider Vinegar
- 1 1/2 tsps Dijon Mustard
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 1/2 tsps Water
- 1 cup Chickpeas (cooked, drained and rinsed)
- 1 stalk Celery (chopped)
- 1/2 Apple (cored and diced)
- 1/2 cup Grapes (halved)
- 1/4 cup Red Onion (finely diced)
- 2 tsps Parsley
- 1/4 cup Walnuts (chopped)
- 2 cups Baby Spinach



Toasted Walnuts

1 ingredient · 15 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
2. Remove from oven, let cool and enjoy!

Notes

Extra Flavour

Sprinkle with sea salt or spices of your choice.

Ingredients

2/3 cup Walnuts (shelled)

Blueberry Kale Salad

11 ingredients · 20 minutes · 4 servings



Directions

1. In a large bowl, combine the kale, cucumber, celery, blueberries, spiralized beets, and pumpkin seeds.
2. In a mason jar, combine the olive oil, lemon juice, Dijon mustard, salt and pepper. Shake well.
3. Before serving, pour dressing over the salad and toss well. Enjoy!

Notes

Storage

Keeps well in the fridge for 4 days.

More Protein

Add a salmon fillet, grilled chicken breast, or lentils.

More Carbs

Add cooked quinoa.

Ingredients

- 6 **2/3 cups** Kale Leaves (chopped)
- 2/3** Cucumber (chopped)
- 2 **2/3 stalks** Celery (chopped)
- 1 **1/3 cups** Blueberries
- 1 **1/3 Beet** (peeled and spiralized)
- 1/3 cup** Pumpkin Seeds
- 1/3 cup** Extra Virgin Olive Oil
- 2 Lemon (medium, juiced)
- 2/3 tsp** Dijon Mustard
- 2/3 tsp** Sea Salt
- 1/8 tsp** Black Pepper



Slow Cooker Lentil Chili

15 ingredients · 5 hours · 6 servings



Directions

1. Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
2. Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
3. Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

Notes

Serving Size

One serving is equal to approximately 1.5 to 2 cups of chili.

Likes it Spicy

Add one chopped jalapeno pepper.

More Flavor

Add the juice of one lime to the slow cooker just before serving.

No Beans

Use lentils only.

Leftovers

Store leftovers in the fridge for up to five days, or freeze for longer.

Ingredients

- 1 cup** Dry Red Lentils (rinsed, uncooked)
- 1** Yellow Onion (medium, diced)
- 1** Red Bell Pepper (chopped)
- 1** Carrot (chopped)
- 3** Garlic (cloves, minced)
- 1 tbsp** Chili Powder
- 1 tsp** Cumin
- 1 tsp** Smoked Paprika
- 3 1/2 cups** Diced Tomatoes (from the can with juices)
- 2 tbsps** Tomato Paste
- 2 cups** Organic Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups** Red Kidney Beans (from the can, drained and rinsed)
- 1** Avocado (optional, sliced)
- 1/4 cup** Cilantro (optional, chopped)



Grilled Mediterranean Chicken Kabobs

10 ingredients · 30 minutes · 4 servings



Directions

1. Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
2. Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
3. Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
4. Preheat the grill to medium heat.
5. Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
6. Remove the kabobs from the grill and divide onto plates. Enjoy!

Notes

Serve Them With

Rice, quinoa, grilled potatoes and/or tzatziki sauce.

Leftovers

Store covered in an airtight container in the fridge up to three days.

Serving Size

One serving is equal to approximately two kabobs.

Vegan & Vegetarian

Omit the chicken and use marinated tofu or whole mushrooms instead.

Wooden Skewers

If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

Ingredients

- 1 Lemon (juiced)
- 1 **tbsp** Red Wine Vinegar
- 1 **tbsp** Oregano (dried)
- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 1 **lb** Chicken Breast (boneless, skinless, diced into cubes)
- 1 Zucchini (large)
- 1 Yellow Bell Pepper
- 1 **cup** Red Onion
- 2 **cups** Cherry Tomatoes
- 8 Barbecue Skewers



Brown Rice

2 ingredients · 45 minutes · 4 servings



Directions

1. Combine the brown rice 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 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

1 cup Brown Rice (uncooked)
2 cups Water



Kale, Salmon & Beet Salad

8 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven and let them cool. Once cooled, peel and slice into quarters.
2. While the beets cook, make the dressing in a small bowl by whisking together the olive oil, apple cider vinegar, honey and sea salt. Set aside.
3. Add the kale to a bowl and add half of the dressing, using your hands to massage it into the kale leaves. Then add the radishes, salmon and beets. Drizzle the remaining dressing on top. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Add pickled onions or your favorite nuts and seeds.

No Salmon

Use canned tuna or sardines instead.

Ingredients

- 4 Beet (skin on, washed)
- 2 **tbsps** Extra Virgin Olive Oil
- 1 **tbsp** Apple Cider Vinegar
- 1/2 **tsp** Raw Honey
- 1/8 **tsp** Sea Salt
- 8 **cups** Kale Leaves (finely shredded)
- 1/4 **cup** Radishes (thinly sliced)
- 10 **ozs** Canned Wild Salmon



Simple Avocado Salad

5 ingredients · 5 minutes · 6 servings



Directions

1. Combine all ingredients in a bowl. Toss and serve immediately. Enjoy!

Notes

No Lemon

Use lime juice or apple cider vinegar instead.

Less Spicy

Omit the red pepper flakes.

Serve it With

Our Grilled Bruschetta Chicken, Thai Turkey Burgers with Almond Carrot Slaw or Herbed Pork Roast with Sweet Potato Mash.

Ingredients

- 3 Avocado (cubed)
- 3 tbsps Extra Virgin Olive Oil
- 1/3 Lemon (juiced)
- 1 tbsps Red Pepper Flakes
- 3/4 tsp Sea Salt



One Pan Hawaiian Salmon

5 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to the perimeter of a baking sheet, and add the salmon fillets to the middle.
3. Sprinkle the salmon with salt and pepper, then top with the pineapple slices. Place the baking sheet in the oven for 30 minutes.
4. After 30 minutes, divide the peppers, salmon, and pineapple between plates. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 2 to 3 days.

No Salmon

Use chicken breast instead. You may need to adjust cooking time to ensure chicken is cooked through.

Ingredients

- 4 Red Bell Pepper (sliced)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Pineapple (cored and sliced into rounds)



Lemony Shrimp Pasta

9 ingredients · 20 minutes · 2 servings



Directions

1. Cook the spaghetti according to the directions on the package. Remove from heat, strain and run cold water over the pasta to prevent over-cooking.
2. In a skillet over medium heat, add half the butter and extra virgin olive oil. Add the shrimp and cook for 1 to 3 minutes per side or until the shrimp are no longer translucent. Remove the shrimp and set aside. Add the arugula to the pan and sauté until just wilted.
3. Add the pasta to the pan along with the shrimp, lemon juice and the remaining butter and olive oil. Toss to coat. Divide onto plates and top with chives, chili flakes and salt and pepper. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Oil-Free

Omit the oil. Save some of the pasta water and use it to help make the sauce.

Dairy-Free

Use additional olive oil instead of butter.

No Arugula

Use another leafy green such as spinach instead.

Ingredients

1/2 cup Brown Rice Spaghetti
2 tbsps Butter (divided)
2 tbsps Extra Virgin Olive Oil (divided)
8 ozs Shrimp (peeled, deveined)
2 cups Arugula
2 tbsps Lemon Juice
1/4 cup Chives (chopped)
1/2 tsp Chili Flakes (for topping)
Sea Salt And Pepper (to taste)

