

Monday

Breakfast

Greek yogurt with honey, walnuts, flax seeds, and mixed berries

Lunch

Greek salad with tomatoes, cucumbers, olives, feta cheese, and olive oil dressing, served with whole-grain pita bread

Dinner

Grilled lemon and herb-marinated chicken, quinoa, and roasted vegetables (zucchini, bell peppers, and cherry tomatoes)

Snacks

Apple slices with a small amount of nut butter

Tuesday

Breakfast

Omelet with tomatoes, spinach, and feta cheese with a side of sweet potatoes

Lunch

Lentil and vegetable soup served with a whole-grain roll

Dinner

Baked fish (such as cod or salmon) with a side of steamed broccoli and a quinoa salad with cherry tomatoes and herbs

Snacks

Berries (strawberries, blueberries, raspberries) with a dollop of Greek yogurt

Wednesday

Breakfast

Whole-grain toast with avocado slices and poached eggs

Lunch

Chickpea salad with diced cucumbers, cherry tomatoes, red onion, parsley, and a lemon-tahini dressing

Dinner

Mediterranean-style stuffed peppers with a filling of ground turkey, brown rice, tomatoes, and herbs

Snacks

Cherry tomatoes with a sprinkle of feta cheese and olive oil

Thursday

Breakfast

Smoothie with Greek yogurt, mixed berries, banana, and a handful of spinach

Lunch

Whole-grain pasta with tomato and vegetable sauce, topped with grated Parmesan cheese

Dinner

Grilled shrimp skewers with a side of quinoa and a mixed green salad

Snacks

Carrot and cucumber sticks with hummus

Friday

Breakfast

Whole-grain English muffin with smoked salmon, goat cheese, and capers

Lunch

Quinoa tabbouleh salad with diced cucumbers, cherry tomatoes, parsley, mint, and a lemon-olive oil dressing

Dinner

Eggplant and chickpea stew with tomatoes, onions, and garlic, served with whole-grain couscous

Snacks

Greek yogurt parfait with honey, nuts, and fresh berries

Saturday

Breakfast

Oatmeal topped with sliced almonds, fresh berries, and a drizzle of honey and served with a poached egg

Lunch

Hummus and vegetable wrap with whole-grain tortilla and a side of Greek yogurt with berries

Dinner

Roasted chicken with Mediterranean herbs, sweet potato wedges, and a side of green beans

Snacks

Carrot and cucumber sticks with hummus

Sunday

Breakfast

Frittata with tomatoes, spinach, bell peppers, and feta cheese, plus a slice of whole-grain toast drizzled with olive oil

Lunch

Greek-style grilled chicken salad with mixed greens, Kalamata olives, cherry tomatoes, and a Greek yogurt dressing

Dinner

Baked Mediterranean-style fish (such as branzino) with a side of roasted vegetables and quinoa

Snacks

Yogurt with sliced bananas and a drizzle of olive oil