

2-WEEK MEDITERRANEAN DIET PLAN

The Mediterranean diet emphasizes whole foods, healthy fats, and lean proteins. It is inspired by the dietary habits of people living in countries bordering the Mediterranean Sea. This diet is linked to numerous health benefits, including reduced risk of heart disease, improved blood sugar control, and weight management.



EMPHASIZE:	INCLUDE:	LIMIT:	AVOID:	DRINK:
Fruits, vegetables, whole grains, legumes, nuts, seeds, and olive oil	Moderate amounts of fish and poultry, dairy (mainly cheese and yogurt)	Red meat and sweets	Processed foods and refined sugars	Water is the main beverage, with moderate wine consumption if desired

WEEK 1

	 BREAKFAST:	 LUNCH:	 DINNER:	 SNACKS:
DAY 01	Greek yogurt with honey, walnuts, and berries (350 kcal)	Quinoa salad with chickpeas, cucumber, tomatoes, and feta (450 kcal)	Baked salmon with a side of roasted Brussels sprouts (600 kcal)	Apple slices (80 kcal), a handful of almonds (100 kcal)
DAY 02	Whole grain toast with avocado and a poached egg (350 kcal)	Lentil soup with a side of mixed greens salad (400 kcal)	Chicken breast with sautéed spinach and garlic (500 kcal)	Carrot sticks (50 kcal), hummus (100 kcal)
DAY 03	Overnight oats with chia seeds, almond milk, and fresh fruit (300 kcal)	Caprese salad with tomatoes, mozzarella, basil, and olive oil (350 kcal)	Grilled shrimp with a side of brown rice and steamed broccoli (500 kcal)	Fresh figs (80 kcal), a small handful of pistachios (100 kcal)
DAY 04	Smoothie with spinach, banana, Greek yogurt, and flaxseeds (300 kcal)	Whole grain wrap with turkey, avocado, lettuce, and tomato (400 kcal)	Baked cod with a side of ratatouille (450 kcal)	Orange slices (80 kcal), cucumber with tzatziki (100 kcal)
DAY 05	Whole grain cereal with milk and a handful of berries (300 kcal)	Chickpea and vegetable stew with a side of whole grain bread (450 kcal)	Chicken thighs with roasted vegetables (500 kcal)	Pear slices (80 kcal), a few olives (60 kcal)
DAY 06	Greek yogurt parfait with granola and mixed berries (350 kcal)	Farro salad with roasted vegetables and feta (400 kcal)	Grilled swordfish with a side of quinoa and sautéed kale (500 kcal)	Strawberries (50 kcal), a small handful of walnuts (100 kcal)
DAY 07	Frittata with spinach, tomatoes, and onions (300 kcal)	Mixed greens salad with chickpeas, olives, cucumber, and tahini dressing (400 kcal)	Roasted chicken with a side of bulgur and steamed green beans (500 kcal)	Banana (100 kcal), raw almonds (100 kcal)



BREAKFAST:



LUNCH:



DINNER:



SNACKS:

DAY 08

Smoothie bowl with mixed berries, spinach, and chia seeds (300 kcal)

Mediterranean platter with hummus, tabbouleh, olives, and whole grain pita (450 kcal)

Baked salmon with a side of wild rice and roasted asparagus (500 kcal)

Apple slices with almond butter (150 kcal), cherry tomatoes (50 kcal)

DAY 09

Whole grain toast with almond butter and banana slices (350 kcal)

Tomato and cucumber salad with tuna and olive oil dressing (400 kcal)

Grilled chicken skewers with a side of quinoa and mixed vegetables (500 kcal)

Greek yogurt with honey (150 kcal), a handful of walnuts (100 kcal)

DAY 10

Oatmeal with sliced almonds, raisins, and a drizzle of honey (300 kcal)

Lentil and spinach soup with a side of whole grain bread (400 kcal)

Stuffed bell peppers with quinoa, chickpeas, and feta (500 kcal)

Fresh apricots (80 kcal), celery sticks with hummus (100 kcal)

DAY 11

Greek yogurt with granola and fresh fruit (350 kcal)

Whole grain wrap with hummus, spinach, and roasted red peppers (400 kcal)

Grilled trout with a side of barley and roasted Brussels sprouts (500 kcal)

Pear slices (80 kcal), a small handful of pistachios (100 kcal)

DAY 12

Smoothie with kale, pineapple, Greek yogurt, and chia seeds (300 kcal)

Quinoa salad with black beans, corn, avocado, and lime dressing (400 kcal)

Baked chicken with a side of couscous and sautéed zucchini (500 kcal)

Fresh strawberries (50 kcal), a few olives (60 kcal)

DAY 13

Whole grain cereal with milk and a handful of berries (300 kcal)

Falafel wrap with lettuce, tomato, cucumber, and tahini (400 kcal)

Baked cod with a side of roasted vegetables and brown rice (500 kcal)

Fresh figs (80 kcal), carrot sticks with tzatziki (100 kcal)

DAY 14

Whole grain toast with ricotta, honey, and sliced figs (350 kcal)

Greek salad with grilled chicken and olive oil dressing (400 kcal)

Grilled lamb with a side of bulgur and steamed green beans (500 kcal)

Orange slices (80 kcal), a small handful of walnuts (100 kcal)

TIPS FOR SUCCESS

HYDRATION:

Drink plenty of water throughout the day.

PORTION CONTROL:

Be mindful of portion sizes, especially for higher-calorie foods like nuts and olive oil.

VARIETY:

Include a wide range of fruits and vegetables to ensure nutrient diversity.

COOKING METHODS:

Opt for grilling, baking, steaming, and sautéing instead of frying.

REFERENCES

- Estruch, R., et al. (2013). Primary prevention of cardiovascular disease with a Mediterranean diet. New England Journal of Medicine, 368(14), 1279–1290.
- Willett, W. C., & Skerrett, P. J. (2017). Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating.
- Sofi, F., et al. (2010). Accruing evidence on benefits of adherence to the Mediterranean diet on health: An updated systematic review and meta-analysis. American Journal of Clinical Nutrition, 92(5),