

GREEN MEDITERRANEAN DIET

MEAL PLAN



	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1	Overnight Oats	Turkey and Hummus on Whole Wheat Bread	Baked Cod with Quinoa and spinach sauteed in olive oil	Fruit
DAY 2	Greek Yogurt with Granola and Berries	Chickpea and Tuna Salad	Spicy Lentil Spinach Soup	Carrots and Celery with Hummus
DAY 3	Overnight Oats	Spicy Lentil Spinach Soup (leftover)	Cauliflower Schwarma Bowls	Nuts and Fruit
DAY 4	Mediterranean Omelet	Greek Salad	Greek Marinated Chicken Drumsticks with Rice and Broccoli	Roasted Chickpeas