

Mediterranean Diet

Day 1

Breakfast

Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
Greek Yogurt(1 cup)	281	22.06	12.1	9.73	0	11.09
Sliced Almonds(1/4)	133	11.65	4.54	4.89	2.7	1.1
Raspberries(1/3 cup)	21	0.26	4.85	0.49	2.6	1.79
Total	435	33.97	21.49	15.11	5.3	13.98

Lunch

Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
Quinoa(1 cup)	636	9.86	117.13	22.27	10	0
Chickpeas(425 gm)	506	4.84	96.14	21.04	18.7	0
Medium hard boiled egg	68	4.65	0.49	5.51	0	0.49
Total	1210	19.35	213.76	48.82	28.7	0.49

Dinner

Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
Whole grain pasta	198	0.8	42.77	8.34	0	0
Ground Turkey	676	37.47	0	79.2	0	0
Borccoli	154	1.68	30.12	12.79	11.8	7.71
Mushroom Sauce	102	8.25	4.95	4.12	1.2	2.2
Total	1130	48.2	77.84	104.45	13	9.91

Overall Nutrition of a Day	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
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Day - 2

Breakfast

Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
4 Whole eggs Large	294	19.88	1.54	25.16	0	1.54
2 ounces shredded Swiss cheese	215	15.76	3.05	15.27	0	0.75
Total	509	35.64	4.59	40.43	0	2.29

Lunch

Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
1 cup red lentils	678	2.04	115.35	49.54	58.66	3.9
1 small carrot	20	0.12	4.79	0.46	1.4	2.27
1 white onion	29	0.06	7.08	0.64	1	3
1 tsp olive oil	40	4.5	0	0	0	0
1 wedge yields lemon juice	1	0	0.51	0.02	0	0.14
Total	768	6.72	127.73	50.66	61.06	9.31

Dinner

Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
Roasted chicken(4 oz)	126	3.06	0	23.05	0	0
1 medium Zucchini	31	0.35	6.57	2.37	2.2	3.39
2 cup Farro	400	2	88	10	8	0
Total	557	5.41	94.57	35.42	10.2	3.39

Breakfast

Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
Museli No added sugar (80 gm)	292	5.4	58.4	6.4	4.2	1.2
Milk(2/3 cup)	97	5.23	7.28	5.19	0	8.47
Berries (1 Cup)	48	0.43	11.49	0.98	3	7
Total	437	11.06	77.17	12.57	7.2	16.67

Lunch

Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
Vegetarian Chili	272	7.47	35.36	18.77	11.2	6.6
5 Whole wheat crackers	89	3.44	13.72	1.76	2.1	0.07
Total	361	10.91	49.08	20.53	13.3	6.67

Dinner

Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
Salmon 4 oz	166	6.72	0	24.52	0	0
200 gm Brussel Sprouts	86	0.06	17.9	6.76	17.2	4.4
4 oz orzo(Enriched Dry Pasta)	423	1.72	85.12	14.87	3.6	2.02
Total	675	8.5	103.02	46.15	20.8	6.42

Day - 3

Day - 4

Breakfast						
Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
(1 cup or 1 piece) Vegetable Fritata	203	10.32	21.93	6.41	2	3.02
100gm Strawberry	32	0.3	7.68	0.67	2	4.66
Total	235	10.62	29.61	7.08	4	7.68
Lunch						
Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
2 tsp extra virgin olive oil	80	9.38	0	0	0	0
2 tsp red curry paste	30	0	4	2	2	0
6 whole wheat pita pockets	1080	6	192	48	24	0
1 3/4 cups coconut milk	385	38.5	7	0	0	1.75
1 dash salt	0	0	0.06	0.01	0	0
1 1/2 cups broccoli, chopped	46	0.51	9.06	3.85	3.5	2.32
1 large carrot	30	0.17	6.9	0.67	2	3.27
1 medium onion	46	0.09	11.12	1.01	1.5	4.71
1 medium green pepper	24	0.2	5.52	1.02	2	2.86
2 potatoes, peeled	237	0.27	54.75	5.09	4.9	2.37
1 large yellow sweet pepper	50	0.39	11.76	1.86	1.7	0
Total	2008	55.51	302.17	63.51	41.6	17.28
Dinner						
Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
1/2 lb Shrimp	240	3.92	2.06	46.06	0	0
Cooked Artichoke	116	3.96	18.81	5.83	9	1.66
1 cup Greek Olives	154	14.02	8.91	1.29	4.4	0
Total	510	21.9	29.78	53.18	13.4	1.66

Day - 5

Breakfast

Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
1 slice Whole grain Toasted Cheese Bread	72	1.31	12.42	2.35	0.6	1.09
1 Avocado	322	29.47	17.15	4.02	13.5	1.33
Total	394	30.78	29.57	6.37	14.1	2.42

Lunch

Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
1/2 lb butternut squash	102	0.23	26.51	2.27	4.5	4.99
1	574	49	6.91	29.8	6.5	1.29
170 gm Salmon	248	10.08	0	36.75	0	0
	924	59.31	33.42	68.82	11	6.28

Dinner

Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
Cannellini Beans	100	0	19	6	5	0
Sauted Kale(4 seving)	102	5	12	4	2	0
	202	5	31	10	7	0

Day - 6

Breakfast						
Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
1 cup shakshuka	393	29.31	14.35	19.86	2.9	6.9
Lunch						
Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
Chickpea & Quinoa Bowl	444	32.4	27	11.1	21.3	12
Viggie bowl	455	15	65	21	15	8
Dinner						
Ingredients	kcal	Fat(in gm)	Carbs(in gm)	Protien(in gm)	Fibre(in gm)	Sugar(in gm)
400 gm lamb	1168	83.08	0	97.28	0	0
500 gm beans	115	0.06	35.65	9.1	17	7
300 gm potatoes	231	0.27	52.41	6.06	6.6	2.34
	1514	83.41	88.06	112.44	23.6	9.34

