

Mediterranean

January 2025 Meal Plan

Your Meal Plan Overview

Daily Calories: 1400-1600

Protein Target: 90g daily

Special Focus: Heart-healthy, anti-inflammatory foods

Week 1 Meal Calendar

Day 1

Breakfast: Whole Grain Toast with Avocado and Feta

Lunch: Spanakopita with Greek Salad

Dinner: Grilled Lemon Herb Salmon

Day 2

Breakfast: Overnight Oats with Greek Yogurt

Lunch: Greek Lentil Soup

Dinner: Ratatouille with Grilled Chicken

Day 3

Breakfast: Overnight Oats with Greek Yogurt

Lunch: Mediterranean Chickpea Salad

Dinner: Mediterranean Baked Fish

Day 4

Breakfast: Turkish Breakfast Platter

Lunch: Spanakopita with Greek Salad

Dinner: Moussaka

Day 5

Breakfast: Mediterranean Egg Bites

Lunch: Falafel Wrap with Tahini

Dinner: Chicken Tagine with Couscous

Day 6

Breakfast: Ricotta Pancakes with Berry Compote

Lunch: Stuffed Bell Peppers

Dinner: Seafood Paella

Day 7

Breakfast: Mediterranean Egg Bites

Lunch: Greek Orzo Salad

Dinner: Chicken Souvlaki with Tzatziki

Week 1 Shopping List

Produce

- Tomatoes - 3 lbs
- Cucumbers - 6
- Bell Peppers - 8
- Spinach - 2 bags
- Lemons - 10

Proteins

- Salmon - 1.5 lbs
- Chicken breast - 2 lbs
- Ground lamb - 1 lb
- Eggs - 1 dozen

Pantry

- Olive oil - 1 bottle
- Chickpeas - 3 cans
- Quinoa - 1 bag
- Olives - 2 jars

Dairy

- Greek yogurt - 2 containers
- Feta cheese - 1 lb
- Halloumi - 8 oz

Meal Prep Guide

Sunday Prep (2.5 hours):

- Cook grains in bulk (quinoa, brown rice)
- Wash and chop all vegetables
- Prepare marinades and dressings
- Cook proteins for first 3 days
- Make overnight oats for the week

Wednesday Refresh (45 minutes):

- Prep vegetables for remaining days
- Cook proteins for days 4-7
- Refresh salad greens