



Mediterranean Meal Plan

Meal Plan

	Breakfast	Lunch	Dinner	Snack
Thu, Jul 21	Quick roasted tomato & feta bruschetta	Cannellini bean & vegetable salad	Fish stew with green beans & cherry tomatoes	Vegetables & fruits
Fri, Jul 22	Easy natural muesli	Greek-style chicken, quinoa & spinach salad	Meze plate with falafels, grilled vegetables & homemade hummus	Vegetables & fruits
Sat, Jul 23	Quick roasted tomato & feta bruschetta	Leftover Cannellini bean & vegetable salad	Leftover Fish stew with green beans & cherry tomatoes	Vegetables & fruits
Sun, Jul 24	Leftover Easy natural muesli	Pita pizza with olives & roasted veggies	Mediterranean-inspired bolognese with green beans	Vegetables & fruits
Mon, Jul 25	Quick roasted tomato & feta bruschetta	Tuna salad pita pockets	Leftover Meze plate with falafels, grilled vegetables & homemade hummus	Vegetables & fruits
Tue, Jul 26	Leftover Easy natural muesli	Leftover Pita pizza with olives & roasted veggies	Chicken souvlaki	Vegetables & fruits
Wed, Jul 27	Leftover Easy natural muesli	Tuna salad pita pockets	Leftover Meze plate with falafels, grilled vegetables & homemade hummus	Vegetables & fruits

Prep steps and tips for this week

Here's your checklist to help you prepare for the week:

1. **Swap meals to suit your preferences.** If you don't like a particular meal, go to your [Meal Plan](#) and click the "Swap" button to select a different recipe.
2. **Shop for all the ingredients.** Review the [Grocery List](#) at the end of this PDF or on the website. Adjust the list to cater for your family and needs. Check off items you already have.
3. **Prepare four servings of the Easy natural muesli*.** In a container or jar, combine oats, apple, hazelnut, coconut and chia seeds. Seal container and store in pantry.
4. **Prepare a triple batch of roasted tomatoes in the Quick roasted tomato & feta bruschetta*.** Make a triple batch of the roasted tomatoes. Store in an airtight container in the fridge until ready to use.
5. **Prepare your fruits and vegetables.** Wash, chop, shred and slice any fruits and vegetables you need for your meals and snacks this week and store them in separate airtight containers in the fridge. Alternately, you can buy pre-packaged cut fruit and vegetables at most supermarkets.
6. **Get a head start on lunch the night before.** Grill the vegetables for the Cannellini bean & vegetable salad*. Cook the quinoa for the Greek-style chicken, quinoa & spinach salad*. Roast the vegetables for the Pita pizza with olives & roasted veggies*. Make a double batch of the tuna salad filling for the Tuna salad pita pockets*. This allows you to simply assemble quick-and-easy lunches for the next day.
7. **Cook once, eat twice.** When preparing your breakfasts and dinners, make a double batch of the recipes that appear twice. Store the second serving in an airtight container in the fridge for a quick reheat-and-eat meal later in the week.
8. **Dried mixed herbs.** If you're unable to find the premixed seasoning blend in the supermarket, you can make your own using this recipe ([Dried mixed herbs](#)).

*Refers to recipes in the meal plan as specified. Your meal plan may differ if you have swapped meals.



Breakfast meals

Quick roasted tomato & feta bruschetta

Cherry tomatoes, 10 cherry tomato(es), mixed colour, halved (6oz)

Extra virgin olive oil, ½ tsp(s) (0.1oz)

Avocado, 3 tbsp(s), mashed (1.6oz)

Whole-grain bread, 2 slice(s), toasted (2.3oz)

Feta cheese, reduced fat, crumbled, ¼ cup(s) (1.3oz)

Basil, fresh, 4 leaf(s) (0.1oz)

Black pepper, 1 dash(es)

Lime, ¼ lime(s), cut into wedges (0.6oz)

Strawberries, ½ pint(s), hulled, halved (6.3oz)

Method

Preheat the oven to 400°F. Scatter the tomatoes in a small roasting pan. Spray lightly with oil, season. Roast for 5 minutes until just softened.

Spread the avocado over the toast. Top with feta and roasted tomatoes. Sprinkle with basil. Season and serve with lime wedge.

Serve with a side of strawberries.

Makes 1 serve. Each serve provides: 1.2 Vegetables, 1.0 Fruit, 2.3 Carbohydrates, 0.8 Protein/Dairy, 2.0 Fats, 437 calories, 20.1g protein.



Lunch meals

Cannellini bean & vegetable salad

Cannellini bean & vegetable salad, makes 2 servings

Red bell pepper, 1 pepper(s), halved and deseeded (4oz)

Zucchini, 1 medium, thickly sliced (6.9oz)

Canned cannellini beans, $\frac{3}{4}$ cup(s) (6.9oz)

Green onion, 1 medium, finely chopped ($\frac{1}{2}$ oz)

Parsley, fresh, $\frac{1}{2}$ cup(s), chopped (1.1oz)

Extra virgin olive oil, $1\frac{1}{2}$ tbsp(s) (0.7oz)

Balsamic vinegar, 2 tbsp(s) (1.1oz)

Black pepper, 1 dash(es)

Whole wheat pita, 4 small pita(s) (4" dia), toasted (4oz)

Method

Cannellini bean & vegetable salad instructions

Start by turning on the broiler to medium-high. Place the red bell pepper under it and cook for 6 to 8 minutes. It will need to be turned every 2 minutes or so to ensure it cooks evenly, and you'll know it's done once the skin is blackened and blistered in places and the flesh is soft. Halfway through cooking, add the zucchini too. It will only need 2 minutes on each side. Remove vegetables from the grill and place to one side to cool.

Once cool, slice the red pepper flesh into strips. Place in a bowl along with the zucchini, cannellini beans, green onions, and parsley.

Pour the olive oil and vinegar over the salad and toss well. Season with black pepper if desired. Divide into two servings. Serve with pita bread, toasted and broken up into 'chips'.

TIP: You can also use a grill pan on the stove to grill the vegetables.

Each serve of 'Cannellini bean & vegetable salad' provides: 1.6 Vegetables, 2.1 Carbohydrates, 1.0 Protein/Dairy, 1.9 Fats, 400 calories, 15g protein.



Dinner meals

Fish stew with green beans & tomatoes

Fish stew with green beans & cherry tomatoes, makes 2 servings

Whitefish, raw, 6 oz(s), skinless and boneless (6oz)

Black pepper, 1 dash(es)

Extra virgin olive oil, 4 tsp(s) (0.6oz)

Garlic, minced, 1 tsp(s) (0.1oz)

Leek, 1 leek(s), thinly sliced (4.4oz)

Green hot chili pepper, raw, ½ pepper(s), thinly sliced (0.8oz)

Tomatoes, canned, 14 oz(s), canned cherry tomatoes, if available (14oz)

Green beans, trimmed, 1 cup(s) (3½oz)

Asparagus, 1 bunch(es), trimmed, halved (4oz)

Baby spinach, raw, 2 handful(s) (1.7oz)

Capers, 2 tsp(s), drained, drained (0.2oz)

Lemon, 1 medium, wedges, to serve (optional) (3oz)

Method

Fish stew with green beans & cherry tomatoes instructions

Cut the fish into 1.5 inch chunks. Season well. Heat a non-stick skillet over medium-high heat. Add 2 teaspoons of olive oil and fish, then cook 1 minute each side or until the fish just starts to brown. Remove to a plate.

Add the remaining oil to the pan with garlic, leek and chilli, sauté for 2 minutes until the leek is soft. Add tomatoes and a quarter cup water, bring to gentle simmer. Return the fish, poking into the sauce. Add the beans and asparagus. Cover and simmer 2 to 3 minutes until fish is cooked through. Remove from the heat, stir in spinach and sprinkle with capers. Serve with lemon wedges (optional).

Each serve of 'Fish stew with green beans & cherry tomatoes' provides: 3.6 Vegetables, 0.2 Fruit, 1.1 Protein/Dairy, 1.7 Fats, 294 calories, 22g protein.



Snack meals

Vegetables & fruits

Vegetable sticks (carrot, celery, cucumber, bell pepper), 1 cup(s) (4oz)

Fruit, any type, 1 small piece(s) (3½oz)

Method

Enjoy unlimited servings of vegetables and fruits throughout the day.

Makes 1 serve. Each serve provides: 1.0 Vegetables, 1.0 Fruit, 86 calories, 1.8g protein.



Grocery List

Fruits & Vegetables

- ☐ Arugula 1.4oz
- ☐ Asparagus, 2 bunch(es) (7.9oz)
- ☐ Avocado 4.8oz
- ☐ Baby spinach, raw 3.4oz
- ☐ Basil, fresh 0.4oz
- ☐ Carrot, shredded 1oz
- ☐ Cherry tomatoes 1.3lb
- ☐ Cilantro, fresh 0.2oz
- ☐ Cucumber, ¾ medium (5.3oz)
- ☐ Eggplant, raw, ¼ eggplant(s), unpeeled (4.8oz)
- ☐ Fruit, any type, 7 small piece(s) (1.5lb)
- ☐ Garlic, minced 0.4oz
- ☐ Green beans, trimmed 7.1oz
- ☐ Green hot chili pepper, raw 0.8oz
- ☐ Green onion 0.5oz
- ☐ Iceberg lettuce 2oz
- ☐ Leek 4.4oz
- ☐ Lemon, 3½ medium (10.4oz)
- ☐ Lime, ¾ lime(s) (1.8oz)
- ☐ Parsley, fresh 2.7oz
- ☐ Red bell pepper, 3 pepper(s) (12.1oz)
- ☐ Red bell pepper, chopped 6.4oz
- ☐ Red onion, chopped 2.8oz

- ☐ Sun-dried tomatoes, 2 tablespoon(s), julienne cut (0.5oz)
- ☐ Tomato, 1 medium, whole (4.3oz)
- ☐ Vegetable sticks (carrot, celery, cucumber, bell pepper), 7 cup(s) (1.8lb)
- ☐ Zucchini, 5 medium (2.2lb)

Pantry Items

- ☐ Allspice
- ☐ Balsamic vinegar 1.1oz
- ☐ Black pepper
- ☐ Canned cannellini beans, ¾ cup(s) (6.9oz)
- ☐ Canned chickpeas, 1½ cup(s) (8.7oz)
- ☐ Capers 0.3oz
- ☐ Cayenne pepper, ¼ tsp(s)
- ☐ Chia seeds 0.4oz
- ☐ Cumin, ground
- ☐ Dried apple 3.8oz
- ☐ Dried cilantro
- ☐ Dried mixed herbs 0.2oz
- ☐ Extra virgin olive oil 4.1oz
- ☐ Green olive 2.3oz
- ☐ Hazelnuts 1oz
- ☐ Low sodium vegetable broth, 3.4fl oz
- ☐ Old fashioned (rolled) oats 5.6oz