

WEEK 1

MEDITERRANEAN DIET

7 DAY MEAL PLAN



Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Mushroom bruschetta	Raspberry yoghurt pots	Choc-banana porridge	Kiwi-chia pudding	Apple pie quinoa porridge	Nutty banana toastie	Blueberry overnight oats
Morning Snack	Berry yoghurt cup	Crispbread with hummus	Kiwifruit (2 x 75g)	Tomato ricotta crisp	Peanut butter banana bites	Berry smoothie	Mandarin (2 x 75g)
Lunch	Open tuna toasts	No fuss lentil soup	Lamb pita pizza	Tuna Puttanesca	Eggplant and lentil parmigiana	Steamed fish parcel with lemon parsley cous cous	Yoghurt-marinated chicken pita
Afternoon Snack	Crispbread with hummus	Mandarin (1 x 75g)	Berry yoghurt cup	Oatie mug	Tomato ricotta crisp	Homemade tzatziki with raw veg sticks	Mini Greek salad cup
Dinner	No fuss lentil soup	Lamb pita pizza	Tuna Puttanesca	Eggplant and lentil parmigiana	Steamed fish parcel with lemon parsley cous cous	Yoghurt-marinated chicken pita	Beef stroganoff soup

WEEK 2

MEDITERRANEAN DIET

7 DAY MEAL PLAN



Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Boiled eggs with hummus tomato and spinach toast	3-ingredient pancakes with blueberry syrup	Fast scrambled eggs	Caprese breakfast salad	Choc-banana porridge	Blue-banana smoothie	Mango yoghurt parfait
Morning Snack	Berry yoghurt cup	3-ingredient banana smoothie	Homemade tzatziki with raw veg sticks	Mandarin (2 x 75g)	Sweetened yoghurt	Roasted tamari seeds	Mandarin (2 x 75g)
Lunch	Beef stroganoff soup	Chickpea rissoles with sautéed kale	Greek chicken and lemon soup	Spiced fish and bean bowl	Meaty mushroom bolognese	Lentil ragu with cauliflower mash	Tuna pea and herbed risoni salad
Afternoon Snack	Apple (1 x 150g)	Sweetened yoghurt	Pear (1x 150g)	Berry smoothie	Pear (1x 150g)	Sweet crackers	Spiced chickpeas
Dinner	Chickpea rissoles with sautéed kale	Greek chicken and lemon soup	Spiced fish and bean bowl	Meaty mushroom bolognese	Lentil ragu with cauliflower mash	Tuna pea and herbed risoni salad	Beet and beef meatballs with cauliflower cous cous

WEEK 3

MEDITERRANEAN DIET

7 DAY MEAL PLAN



Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Tomato and ricotta toasts	Chai spiced banana pancake	Cacao mug cake	Blueberry overnight oats	Choc-banana smoothie	Grilled asparagus toasts with egg	Bean mush muffin
Morning Snack	Choc hazelnut ball (1)	Berry yoghurt cup	Homemade tortilla chips	Pear (1x 150g)	Tomato ricotta crisp	Mandarin (2 x 75g)	Berry yoghurt cup
Lunch	Beet and beef meatballs with cauliflower cous cous	Thyme and garlic Portobello mushrooms with salad	One-tray chicken and quinoa bake with basil sauce	Baked honey balsamic salmon with simple roast veg	Pork in mushroom garlic sauce with silverbeet and sourdough	One pot Tuscan pasta	Tuna patties with warm greens
Afternoon Snack	Cinnamon apple	Tomato ricotta crisp	3-ingredient banana smoothie	Homemade tortilla chips	Pear (1x 150g)	Berry smoothie	Mandarin (2 x 75g)
Dinner	Thyme and garlic Portobello mushrooms with salad	One-tray chicken and quinoa bake with basil sauce	Baked honey balsamic salmon with simple roast veg	Pork in mushroom garlic sauce with silverbeet and sourdough	One pot Tuscan pasta	Tuna patties with warm greens	Herbed chicken and quinoa bowl

WEEK 4

MEDITERRANEAN DIET

7 DAY MEAL PLAN



FITNESS
fernwood

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Choc-banana porridge	Tomato and ricotta toasts	Mango yoghurt parfait	Mediterranean quesadilla	Cranberry choc muesli with yoghurt	Boiled eggs with hummus tomato and spinach toast	Cranberry choc muesli with yoghurt
Morning Snack	Apple (1 x 150g)	Berry yoghurt cup + kiwifruit (1)	Homemade tzatziki and crispbread	3-ingredient banana smoothie	Slice of fruit toast (35g)	Mandarin (2 x 75g)	Homemade tzatziki with raw veg sticks
Lunch	Herbed chicken and quinoa bowl	Cauliflower steaks with tahini and cous cous	Salmon pea and asparagus pearl cous cous	Baked Turkish lamb eggs	Chicken and white bean soup	Open roasted vegetable and hummus pita	Lemon pepper fish with easy rice salad
Afternoon Snack	Homemade tzatziki with raw veg sticks	Mandarin (2 x 75g)	Kiwifruit (1 x 75g)	Berry yoghurt cup	Whipped ricotta and berries	Warm chocolate smoothie cup	Pear (1 x 150g)
Dinner	Cauliflower steaks with tahini and cous cous	Salmon pea and asparagus pearl cous cous	Baked Turkish lamb eggs	Chicken and white bean soup	Open roasted vegetable and hummus pita	Lemon pepper fish with easy rice salad	Mediterranean chicken with cous cous and sautéed silverbeet

WEEK 5

MEDITERRANEAN DIET

7 DAY MEAL PLAN



Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	3-ingredient pancakes with blueberry syrup	Spinach and feta omelette	Nutty banana toastie	Choc-banana porridge	Blueberry overnight oats	Tomato and ricotta toasts	Mediterranean eggs with chickpeas
Morning Snack	Warm chocolate smoothie cup	Sweet crackers	Berry yoghurt cup	Slice of fruit toast (35g)	Apple (1 x 150g)	Cinnamon apple	Mandarin (2 x 75g)
Lunch	Mediterranean chicken with cous cous and sautéed silverbeet	Quinoa minestrone soup	Mediterranean fish burrito	Lamb lentil and barley stew	One-pan roast chicken breast and veg with crusty croutons	Herbed mushroom burger	Zucchini and salmon pasta with creamy ricotta sauce
Afternoon Snack	Mandarin (1 x 75g)	Banana (1 x 75g)	Kiwifruit (1 x 75g)	Berry smoothie	Homemade tzatziki and crispbread	Slice of fruit toast (35g)	Berry yoghurt cup
Dinner	Quinoa minestrone soup	Mediterranean fish burrito	Lamb lentil and barley stew	One-pan roast chicken breast and veg with crusty croutons	Herbed mushroom burger	Zucchini and salmon pasta with creamy ricotta sauce	Rump steak with herbed mushroom rice

WEEK 6

MEDITERRANEAN DIET

7 DAY MEAL PLAN



FITNESS
fernwood

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Choc-banana smoothie	Whipped cottage cheese and banana "crepe"	Apple pie quinoa porridge	Mushroom bruschetta	Raspberry yoghurt pots	Nutty banana toastie	Basil and chilli scrambled eggs
Morning Snack	Kiwifruit (1 x 75g)	Tomato ricotta crisp	3-ingredient banana smoothie	Mandarin (1 x 75g) + Kiwifruit (1x 75g)	Pear (1x 150g)	Sweet crackers	3-ingredient banana smoothie
Lunch	Rump steak with herbed mushroom rice	Greek grain goodness	Herb crusted salmon with warm bruschetta salad	Fast chicken basil and tomato soup	Herbed honey beef skewers with beetroot cous cous	Chilli con veg with brown rice	Fish in white bean kale and tomato sauce with crusty bread
Afternoon Snack	Mini Greek salad cup	Berry yoghurt cup	Sweet crackers	Warm chocolate smoothie cup	Tomato and ricotta crisp	Berry smoothie	Mandarin (2 x 75g)
Dinner	Greek grain goodness	Herb crusted salmon with warm bruschetta salad	Fast chicken basil and tomato soup	Herbed honey beef skewers with beetroot cous cous	Chilli con veg with brown rice	Fish in white bean kale and tomato sauce with crusty bread	Easy lamb kebab