

WEEK 1

MEDITERRANEAN DIET

7 DAY MEAL PLAN // VEGETARIAN



Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Basil and chilli scrambled eggs	Spinach and feta omelette	3-ingredient pancakes with blueberry syrup	Choc-banana porridge	Blueberry overnight oats	Nutty banana toastie	Cacao mug cake
Morning Snack	Cinnamon apple	3-ingredient banana smoothie	Mandarin (1 x 75g)	Whipped ricotta and berries	Egg and tomato cracker	Homemade tzatziki and crispbread	3-ingredient banana smoothie
Lunch	No fuss lentil soup	One pot Tuscan pasta	Greek grain goodness	Chickpea rissoles with sauteed kale	Quinoa minestrone soup	Cauliflower steaks with tahini and cous cous	Pumpkin spinach and feta frittata
Afternoon Snack	Berry yoghurt cup	Whipped ricotta and berries	Sweet crackers	Homemade tzatziki and crispbread	Whipped ricotta and berries	Mandarin (1 x 75g)	Egg and tomato cracker
Dinner	One pot Tuscan pasta	Greek grain goodness	Chickpea rissoles with sauteed kale	Quinoa minestrone soup	Cauliflower steaks with tahini and cous cous	Pumpkin spinach and feta frittata	Chickpea kale and tomato stew

WEEK 2

MEDITERRANEAN DIET

7 DAY MEAL PLAN // VEGETARIAN



Nourishing you for life

FITNESS
fernwood

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Blue-banana smoothie	Apple pie quinoa porridge	Choc-banana porridge	Mediterranean eggs with chickpeas	Whipped cottage cheese and banana 'crepe'	Cranberry choc muesli with yoghurt	Fast scrambled eggs
Morning Snack	Sweet crackers	Choc hazlenut ball (1)	Homemade tzatziki and crispbread	Sweetened yoghurt	Kiwfruit (1 x 75g)	Sweet crackers	Sweetened yoghurt + mixed frozen berries (75g or 0.5 cup)
Lunch	Chickpea kale and tomato stew	Eggplant and lentil parmigiana	Balsamic tofu wraps	Lentil ragu with wholemeal and zucchini noodles	Roasted dukkah vegetables and quinoa salad	Thyme and garlic portobello mushrooms with salad	Chilli con veg with brown rice
Afternoon Snack	Slice of fruit toast (35g)	Sweet crackers	Mandarin (1 x 75g)	Mandarin (2 x 75g)	Warm chocolate smoothie cup	Egg and tomato cracker	3-ingredient banana smoothie
Dinner	Eggplant and lentil parmigiana	Balsamic tofu wraps	Lentil ragu with wholemeal and zucchini noodles	Roasted dukkah vegetables and quinoa salad	Thyme and garlic portobello mushrooms with salad	Chilli con veg with brown rice	Greek marinated tofu kebabs, pita and salad

WEEK 3

MEDITERRANEAN DIET

7 DAY MEAL PLAN // VEGETARIAN



Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Cranberry choc muesli with yoghurt	3-ingredient pancakes with blueberry syrup	Cacao mug cake	Green pea lemon smash on toast with egg	Cheat's apple crumble	Spinach and feta omelette	Choc-banana porridge
Morning Snack	Berry yoghurt cup	Berry smoothie	Kiwfruit (1 x 75g)	3-ingredient banana smoothie	Tomato ricotta crisp	Sweet crackers	Cinnamon apple
Lunch	Greek marinated tofu kebabs, pita and salad	Roast tomato, white bean, tabbouleh salad	Herbed mushroom burger	Warm beetroot, dill and lentil salad	Roast pumpkin, kale and lentil soup	Tofu and grilled vegetable pita pocket	Mushroom ragu with pasta
Afternoon Snack	Kiwfruit (1 x 75g)	Apple (1 x 150g)	Yoghurt and strawberry salsa	Sweet crackers	Berry yoghurt cup	Warm chocolate smoothie cup	Spiced chickpeas
Dinner	Roast tomato, white bean, tabbouleh salad	Herbed mushroom burger	Warm beetroot, dill and lentil salad	Roast pumpkin, kale and lentil soup	Tofu and grilled vegetable pita pocket	Mushroom ragu with pasta	Roast cauliflower and white bean soup with sourdough

WEEK 4

MEDITERRANEAN DIET

7 DAY MEAL PLAN // VEGETARIAN



FITNESS
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Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Mushroom bruschetta	Choc-banana porridge	Blueberry overnight oats	Basil and chilli scrambled eggs	Raspberry yoghurt pots	Mango yoghurt parfait	Caprese breakfast salad
Morning Snack	Sweet crackers	Berry yoghurt cup	Berry smoothie	Sweet crackers	Banana (1 x 75g)	3-ingredient banana smoothie	Apple (1 x 150g)
Lunch	Roast cauliflower and white bean soup with sourdough	Simple vegetable lasagna	Zucchini, pea and mint fritters with pita and salad	Lentil stuffed eggplant	Pumpkin and chickpea stew with pearl cous cous	Lemon garlic tofu and griddled vegetable bowl	Orzo and tomato soup
Afternoon Snack	Apple (1 x 150g)	3-ingredient banana smoothie	Tomato ricotta crisp	3-ingredient banana smoothie	Egg and tomato cracker	Choc hazlenut ball (1)	Berry smoothie
Dinner	Simple vegetable lasagna	Zucchini, pea and mint fritters with pita and salad	Lentil stuffed eggplant	Pumpkin and chickpea stew with pearl cous cous	Lemon garlic tofu and griddled vegetable bowl	Orzo and tomato soup	Tofu with lemon and spinach rice

WEEK 5

MEDITERRANEAN DIET

7 DAY MEAL PLAN // VEGETARIAN



Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Fast scrambled eggs	Choc-banana porridge	Mushroom bruschetta	Apple pie quinoa porridge	Tomato and ricotta toasts	Blue-banana smoothie	Spinach and feta omelette
Morning Snack	Kiwifruit (1 x 75g)	Sweetened yoghurt	3-ingredient banana smoothie	Tomato ricotta crisp	Berry yoghurt cup	Mandarin (1 x 75g)	3-ingredient banana smoothie
Lunch	Tofu with lemon and spinach rice	Warm lentil salad with poached egg	Honey pumpkin and caramelised onion pita pizza	Shakshuka eggs with sourdough	Braised eggplant and chickpeas with yoghurt and pomegranate	Baked pumpkin eggs	Broccoli lemon and chilli ricotta linguine
Afternoon Snack	3-ingredient banana smoothie	Tomato ricotta crisp	Berry yoghurt cup	Berry smoothie	Banana (1 x 100g)	Homemade tortilla chips	Kiwifruit (2 x 75g)
Dinner	Warm lentil salad with poached egg	Honey pumpkin and caramelised onion pita pizza	Shakshuka eggs with sourdough	Braised eggplant and chickpeas with yoghurt and pomegranate	Baked pumpkin eggs	Broccoli lemon and chilli ricotta linguine	Herbed beetroot and bean patties with greens

WEEK 6

MEDITERRANEAN DIET

7 DAY MEAL PLAN // VEGETARIAN



FITNESS
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Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Raspberry yoghurt pots	Basil and chilli scrambled eggs	Choc-banana porridge	Whipped cottage cheese and banana 'crepe'	Bean 'mush' muffin	Nutty banana toastie	Blueberry overnight oats
Morning Snack	Warm chocolate smoothie cup	Kiwifruit (1 x 75g) + sweetened yoghurt	Apple (1 x 150g)	Berry smoothie	Berry yoghurt cup	Yoghurt and strawberry salsa	Mandarin (2 x 75g)
Lunch	Herbed beetroot and bean patties with greens	Roast cauliflower cranberry and almond salad	Open mediterranean sandwich	Pesto tofu steaks with cous cous and cauliflower rice	Roast beet, apple and lentil soup	Tofu and vegetable skewers with quick tabbouleh	Mushroom, lentil bourbuignon with smashed cauliflower
Afternoon Snack	Mandarin (1 x 75g)	Berry smoothie	Mini Greek salad cup	Choc hazlenut ball (1)	3-ingredient banana smoothie	Berry smoothie	Peanut butter banana bites
Dinner	Roast cauliflower cranberry and almond salad	Open mediterranean sandwich	Pesto tofu steaks with cous cous and cauliflower rice	Roast beet, apple and lentil soup	Tofu and vegetable skewers with quick tabbouleh	Mushroom, lentil bourbuignon with smashed cauliflower	Egg pita pizza