



Mediterranean Meal Plan

The Mediterranean style of eating has been well studied over the decades and has been shown to promote health and well being. Give this tried and true way of eating your best shot.

FASTFIT

Week 1

SUNDAY

- B** Eggs, Beans, & Greens
- L** Beet & Goat Cheese Salad
- D** Sheet Pan Chicken & Cabbage Dinner

MONDAY

- B** Sweet and Salty Steel Cut Oats
- L** Lemony Shrimp & Avocado Salad
- D** Left overs from the night before

TUESDAY

- B** Pomegranate & Pistachio Cottage Cheese
- L** Lemony Shrimp & Avocado Salad
- D** Greek Inspired Turkey Patties

WEDNESDAY

- B** Sweet and Salty Steel Cut Oats
- L** Mediterranean Quinoa Bowl
- D** Left overs from the night before

THURSDAY

- B** Pomegranate & Pistachio Cottage Cheese
- L** Mediterranean Quinoa Bowl
- D** Spaghetti Squash & Scallops

FRIDAY

- B** Eggs, Beans, & Greens
- L** Avocado Chicken Salad
- D** Left overs from the night before

SATURDAY

- B** Greek Omelette
- L** Avocado Chicken Salad
- D** Zucchini Boats (make 1/2 recipe)

SHOPPING LIST

PRODUCE

- 3 cups (80 g) baby spinach
- 2 cups (60g) mixed salad greens
- 4 cups (80 g) arugula or rocket
- 2 large cucumbers
- 1 jar cooked beets
- 3 large carrots
- 1 head red cabbage
- 3 yellow onions
- 1 red onion
- 1 large bulb garlic
- 1 medium sweet potato
- 1 medium spaghetti squash
- 1 red bell pepper
- 1 green bell pepper
- 1 medium zucchini
- 5 medium red apples
- 3 lemons
- 1 small container raspberries
- 4 medium figs
- 16oz (460 g) cherry tomatoes
- 1 medium peach
- 2 avocados
- 1 bundle fresh parsley
- 1 bundle fresh basil
- 1 bundle fresh rosemary
- Small container pomegranate arils

MEAT, FISH, & DAIRY

- 7 eggs
- 16 oz (456 g) ground turkey
- 2, 5 oz (256 g) cans organic chicken
- 6 oz (170 g) 95% lean ground beef
- 2, 4 oz (114 g) chicken breasts
- 20 medium shrimp, peeled and deveined
- 10 medium scallops
- 3 oz (85 g) goat cheese
- 2 1/2 cups (565 g) 2% milk fat cottage cheese
- 2 oz (57 g) feta cheese

GRAINS, BEANS, NUTS, & LEGUMES

- 1/4 cup (30 g) raw almonds
- 1/4 cup (31 g) dry roasted pistachios
- 1 small container sunflower seeds
- Small bag sliced almonds
- Small bag chopped walnuts
- Small bag quinoa
- Small bag rice
- Small container hemp hearts
- Small container steel cut oats

MISCELLANEOUS

- 1 small jar sun dried tomatoes in olive oil
- Salt
- Black pepper
- Dried oregano
- Dried rosemary
- Ground cinnamon
- Dried dill weed
- Dried thyme
- 1 jar kalamata olives
- 1/4 cup (28 g) bone broth
- Small container tzatziki sauce
- Small container pesto sauce (made with olive oil)
- 1 small can cannellini beans
- 1 small container hummus
- Avocado oil
- Olive oil

How to Meal Prep Week 1

- Monday morning, cook shrimp to be had with lunch on Monday and Tuesday.
- Option to pre-cook turkey patties and store in freezer to be had for dinner on Tuesday and Wednesday.
- Pre-cook quinoa to be had with lunch on Wednesday and Thursday.
- Be sure to save 1/2 of cooked dinner recipe Sunday, Tuesday, and Thursday to be had for dinner the following evening.