



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 2

SUNDAY

- B** Smoked Salmon & Avocado Toast
- L** Bean Salad
- D** Lamb Chops & Salad

MONDAY

- B** Apple Cinnamon Oatmeal
- L** Mujadara (save 1/2 for tomorrow)
- D** Left overs from the night before

TUESDAY

- B** Fig & Walnut Chia Seed Pudding
- L** Mujadara
- D** Grilled Chicken Kabobs

WEDNESDAY

- B** Apple Cinnamon Oatmeal
- L** Grab n' Go Lunch Mix
- D** Left overs from the night before

THURSDAY

- B** Fig & Walnut Chia Seed Pudding
- L** Grab n' Go Lunch Mix
- D** Hearty Quinoa and Veggie Bowl

FRIDAY

- B** Shakshuka
- L** Chicken Cauliflower Rice Bowl (save 1/2 for tomorrow)
- D** Left overs from the night before

SATURDAY

- B** Shakshuka
- L** Chicken Cauliflower Rice Bowl
- D** Caprese Shrimp Zucchini Noodles (make 1/2 recipe)

SHOPPING LIST

PRODUCE

- 1 medium radish
- 3 cups (80 g) mixed salad greens
- 1 cup (20 g) arugula or rocket
- 2 red onions
- 3 yellow onions
- 1 bundle parsley
- 3 sweet potatoes
- 1 garlic bulb
- 2 red bell peppers
- 1 green bell pepper
- 2 cucumbers
- 2 cups (175 g) brussel sprouts
- Small container micro greens
- 1 1/2 cups (170 g) spiralized zucchini
- 1 container (200 g) riced cauliflower
- 2 cups (220 g) cherry tomatoes
- 2 avocados
- 3 lemons
- 2 red apples
- 4 medium figs
- 1/2 cup (70 g) mixed berries
- 1 small bundle fresh mint
- 1 jar kalamata olives
- 1 jar green olives
- 1 small bundle fresh basil

MEAT, FISH, & DAIRY

- 9 eggs
- 5 chicken breasts, skinless and boneless
- 3 oz (85 g) smoked salmon
- 4 oz (113 g) shrimp, peeled and deveined
- 10 oz lamb chops
- 1/2 cup (120 g) non-fat Greek yogurt
- 2 cups (452 g) cottage cheese
- 1 oz (28 g) feta cheese
- 2 oz (57 g) mozzarella cheese

GRAINS, BEANS, NUTS, & LEGUMES

- 1 1/2 cup (130 g) canned canellini beans
- Small container almond butter
- Small container chopped walnuts
- Small container pistachios
- Small bag rolled oats
- Small bag brown rice
- Small bag quinoa
- Sprouted grain bread
- Small bag brown lentils
- Small bag hemp hearts
- 1/4 cup (34 g) dry roasted mixed nuts
- Small bag raw almonds
- Small bag sunflower seeds
- Small bag flaxseed
- small bag chia seeds
- 2 cups (480 g) almond milk

MISCELLANEOUS

- Salt
- Black pepper
- Dried thyme
- Crushed red bell pepper
- Ground cumin
- Dried oregano
- Paprika
- Ground coriander
- Dried dill weed
- Honey
- 2 1/2 cups (600 g) diced and fire roasted canned tomatoes.
- Red wine vinegar
- White wine vinegar
- Dijon mustard
- Small container tzatziki
- Olive oil
- Avocado oil

How to Meal Prep Week 2

- Cook mujadara on Sunday to be had for lunch on Monday and Tuesday.
- On Monday evening marinate chicken for kababs to be made for dinner on Tuesday.
- On Monday and Wednesday evening prepare chia seed pudding to be had for breakfast on Tuesday and Thursday.
- Hard boil two eggs ahead of time to be had with lunch on Wednesday and Thursday.
- Pre-cook chicken breast and cauliflower rice to be had for lunch on Friday and Saturday.
- Be sure to save 1/2 of cooked dinner recipe Sunday, Tuesday, and Thursday to be had for dinner the following evening.