



# 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 3

## SUNDAY

- B** Greek Yogurt Blueberry Pancakes (freeze 1/2 for Fri)
- L** Tuna Wrap
- D** Zucchini Boats

## MONDAY

- B** Sweet and Salty Steel Cut Oats
- L** Beet & Goat Cheese Salad
- D** Left overs from the night before

## TUESDAY

- B** Eggs, Beans, & Greens
- L** Beet & Goat Cheese Salad
- D** Greek Inspired Turkey Patties

## WEDNESDAY

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

## THURSDAY

- B** Eggs, Beans, & Greens
- L** Mediterranean Quinoa Bowl
- D** Baked Chicken & Peppers

## FRIDAY

- B** Greek Yogurt Blueberry Pancakes
- L** Avocado Chicken Salad
- D** Left overs from the night before

## SATURDAY

- B** Greek Omelette
- L** Avocado Chicken Salad
- D** Garlic Butter Salmon & Broccoli (make 1/2 recipe)

## SHOPPING LIST

### PRODUCE

- 1/4 cup (5 g) arugula
- 4 cups (110 g) mixed salad greens
- 2 cups (60 g) baby spinach
- 2 red bell peppers
- 1 yellow bell pepper
- 3 cucumbers
- 2 medium zucchinis
- 2 yellow onions
- 1 red onion
- 2 bulbs garlic
- 1 large bundle parsley
- 1 sweet potato
- 1 green pepper
- 3 carrots
- 1 head broccoli
- 1 ripe banana
- 1 cup (148 g) blueberries
- 1/2 cup (62 g) raspberries
- 4 medium figs
- 4 lemons
- 5 red apples
- 2 avocados
- 1 1/2 cups (165 g) cherry tomatoes
- 1 jar sun-dried tomatoes in olive oil
- 1 jar cooked beets
- 1 jar kalamata olives
- Small bundle fresh basil

### MEAT, FISH, & DAIRY

- 10 eggs
- 16 oz (456 g) ground turkey
- 2 chicken breasts, skinless and boneless
- 2, 5 oz (256 g) cans organic chicken
- 12oz 95% lean ground beef
- Small jar ghee
- 3oz (85 g) can wild caught tuna
- 4 oz (113 g) wild caught salmon
- 1/2 cup (120 g) nonfat plain Greek yogurt
- 1/2 cup (122 g) milk of choice
- 5 oz (142 g) goat cheese

### GRAINS, BEANS, NUTS, & LEGUMES

- Small container hummus
- Small container tzatziki
- 1 1/2 cup (130 g) canned canellini beans
- Small bag quinoa
- Small bag brown rice
- Small bag steel cut oats
- Small bag hemp hearts
- Small bag sliced almonds
- Small bag almond flour
- Small container sunflower seeds
- 1/4 cup (30 g) raw almonds
- Ezekiel bread

### MISCELLANEOUS

- Salt
- Black pepper
- Dried dill
- Dried oregano
- Dried thyme
- Ground cinnamon
- Dried basil
- Balsamic vinegar
- Vanilla extract
- Baking soda
- Baking powder
- Avocado oil
- Olive oil
- Mayonnaise (made with avocado oil)

# How to Meal Prep Week 3

- Freeze half of cooked pancake recipe to be had for breakfast on Friday.
- Option to pre-cook turkey patties and store in freezer to be had for dinner on Tuesday and Wednesday.
- Precook 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.