



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 4

SUNDAY

- B** Shakshuka (make 1/2 recipe)
- L** Chicken Cauliflower Rice Bowl (make 1/2 recipe)
- D** Grilled Chicken Kabobs

MONDAY

- B** Greek Yogurt Blueberry Pancakes (freeze half or Wed)
- L** Grab n' Go Lunch Mix
- D** Left overs from the night before

TUESDAY

- B** Strawberry and Pomegranate Yogurt
- L** Grab n' Go Lunch Mix
- D** Caprese Shrimp Zucchini Noodle

WEDNESDAY

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

THURSDAY

- B** Strawberry and Pomegranate Yogurt
- L** Bean Salad
- D** Baked Chicken & Peppers

FRIDAY

- B** Fig & Walnut Chia Seed Pudding
- L** Smoked Salmon Salad
- D** Left overs from the night before

SATURDAY

- B** Greek Omelette
- L** Smoked Salmon Salad
- D** Hearty Quinoa and Veggie Bowl (make 1/2 recipe)

SHOPPING LIST

PRODUCE

- 4 cups (110 g) mixed salad greens
- 1 cup (33 g) sprouts
- 1/2 cup (10 g) arugula
- 2 yellow onions
- 3 red bell peppers
- 1 green bell pepper
- 1 yellow bell pepper
- 1 bulb garlic
- 1 container cauliflower rice
- 3 small - medium red onions
- 2 1/2 cups (340 g) cherry tomatoes
- 2 cucumbers
- 3 carrots
- 2 stalks green onion
- 3 cups (340 g) spiralized zucchini
- 1 cup (33 g) brussels sprouts
- 1 sweet potato
- 3 lemons
- 1 ripe banana
- 1 1/2 cups (222 g) blueberries
- 1/2 cup (70 g) mixed berries
- 1/3 cup (48 g) strawberries
- Small container pomegranate arils
- 2 kiwis
- 2 medium figs
- 2 medium pears
- 1 red apple
- 1 avocado
- 1 bundle fresh basil
- 1 bundle parsley
- 1 jar green olives
- 1 jar kalamata olives

MEAT, FISH, & DAIRY

- 9 eggs
- 5 chicken breasts, skinless and boneless
- 8 oz, (227 g) shrimp, peeled and deveined
- 6 oz (170 g) smoked salmon
- 1/2 oz (14 g) feta cheese
- 2 1/2 cups (600 g) non-fat Greek yogurt
- 1/2 cup (122 g) milk of choice
- 2 cups (452 g) 2% milk fat cottage cheese
- 4 oz (113 g) mozzarella
- 1 oz (28 g) goat cheese

GRAINS, BEANS, NUTS, & LEGUMES

- 1 1/2 cups (260 g) canned cannellini beans
- Small container sesame seeds
- 1/4 cup (31 g) pistachios
- Sprouted grain bread
- Small bag brown rice
- Small bag quinoa
- Small bag paleo granola
- Small bag hemp hearts
- 1/2 cup (60 g) almond flour
- 1/4 cup (34 g) dry roasted mixed nuts
- Small bag sunflower seeds
- Small bag chia seeds
- 1/2 cup (120 g) almond milk
- Small bag raw almonds
- Small bag chopped walnuts

MISCELLANEOUS

- Salt
- Black pepper
- Ground cumin
- Paprika
- Ground coriander
- Dried dill weed
- Dried oregano
- Dried thyme
- Dried basil
- Avocado oil
- Olive oil
- Honey
- 1 1/4 cup (300 g) canned diced and fire roasted tomatoes
- Red wine vinegar
- Balsamic vinegar
- Dijon mustard
- Vanilla extract
- Baking soda
- Baking powder
- Small container tzatziki

How to Meal Prep Week 4

- Sunday Morning marinate chicken to be had for dinner on Sunday evening.
- Freeze half of cooked pancake recipe on Monday to be had for breakfast on Wednesday. Also option to cook the pancakes on Sunday and store in the refrigerator/freezer to be ready for Monday morning.
- Hard boil two eggs ahead of time to be had with lunch on Monday and Tuesday.
- Thursday evening prepare chia seed pudding to be had for breakfast on Friday morning.
- Be sure to save 1/2 of cooked dinner recipe Sunday, Tuesday, and Thursday to be had for dinner the following evening.