

Healthy & Balanced 7 Day Meal Plan based on the Mediterranean Diet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast For 1	5 oz Vanilla Greek Yogurt with ½ c Blueberries & ¼ c Almonds	5 oz Vanilla Greek Yogurt with ½ c Blueberries & ¼ c Almonds	5 oz Vanilla Greek Yogurt with ½ c Blueberries & ¼ c Almonds	5 oz Vanilla Greek Yogurt with ½ c Blueberries & ¼ c Almonds	5 oz Vanilla Greek Yogurt with ½ c Blueberries & ¼ c Almonds	5 oz Vanilla Greek Yogurt with ½ c Blueberries & ¼ c Almonds	5 oz Vanilla Greek Yogurt with ½ c Blueberries & ¼ c Almonds
Lunch For 1	Hummus Lunch Box	Hummus Lunch Box	Hummus Lunch Box	Hummus Lunch Box	Leftovers or U-Pick	Leftovers or U-Pick	Leftovers or U-Pick
Dinner For 4	Chili Cornbread Skillet * with a Green Salad** & Fruit of Your Choice	Roasted Cauliflower Taco Bowls with Cantaloupe	Sheet Pan Blackened Salmon with Creamy Lemon Caper Sauce & Fruit of Your Choice	Mediterranean Grilled Chicken Salad with Whole Wheat Pitas & Mixed Berry Salad***	Spicy Black Bean Burgers with Chipotle Mayo with a Green Salad & Fruit of Your Choice	Treat Yo Self!	Sheet Pan Steak Fajitas with Homemade Guacamole & Mixed Berry Salad

*The Chili Cornbread Skillet makes 6 servings. You could take 2 servings out to use for lunch before you serve dinner.

**Green Salad for 4 = 1 Romaine Heart chopped, with 2 cups of chopped veggies added in (such as carrots, bell peppers, tomatoes, cucumbers, onions, celery) & your favorite oil based dressing

***Mixed Berry Salad = 1 cup of mixed berries per person. Choose from strawberries, raspberries, blueberries, or blackberries, mixed to your preference. Another idea - chop the cantaloupe for Tuesday up & put it with the berry salad to have a melon + berry salad instead.

[Link to the Grocery List.](#)