

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast For 1	¾ c Cheerios + ½ c Milk + ¼ banana or ½ c Berries	¾ c Cheerios + ½ c Milk + ¼ banana or ½ c Berries	¾ c Cheerios + ½ c Milk + ¼ banana or ½ c Berries	¾ c Cheerios + ½ c Milk + ¼ banana or ½ c Berries	2 boiled eggs, tomato on 1 slice whole wheat toast with an orange	2 boiled eggs, tomato on 1 slice whole wheat toast with an orange	2 boiled eggs, tomato on 1 slice whole wheat toast with an orange
Lunch For 1	Peanut Butter Lunch Box	Peanut Butter Lunch Box	Peanut Butter Lunch Box	Peanut Butter Lunch Box	Honey Garlic Chicken Stir Fry *** with ⅔ c Brown Rice	Honey Garlic Chicken Stir Fry with ⅔ c Brown Rice	Honey Garlic Chicken Stir Fry with ⅔ c Brown Rice
Dinner For 4	Garlic & Herb Chicken with Roasted Acorn Squash, Greek Salad*, & Caramel Apples	Roasted Cauliflower & Lentil Tacos ** with Steamed Green Beans, & Melon or Berries	Lighter Chicken Bryan with “Baked” Sweet Potatoes & Greek Salad*	Fish Tacos with Cabbage Slaw & White Sauce with Melon or Berries	Garlic Shrimp Pasta with Steamed Broccoli & Melon or Berries	Order In!	Baked Ziti with Three Cheese **** with Steamed Green Beans & Melon or Berries

*Each “Greek Salad” will be made from 2 of the 4 heads of lettuce in the 4 Pk of Live Mini Lettuce Heads + ½ jar of Mild Banana Peppers + ½ small tub of Feta & dressed with your favorite oil based dressing.`

**The taco recipe makes “2-4” servings; you may want to double the recipe. For the Steamed Green Beans: 1 lb green beans is on the grocery list. Season to your liking. For the melon or berries: 4 cups total, 1 per person.

***You can make the stir fry and all of the rice at once. Make 2 ⅔ cups Rice total for 4 servings of ⅔ c each. The stir fry recipe will make 4 servings, but you only need 3 for this meal plan. You can freeze one portion for future use if it will not be eaten within the next week.

****Ziti makes 6 servings, plan to eat leftovers next week. Or have some guests for dinner!