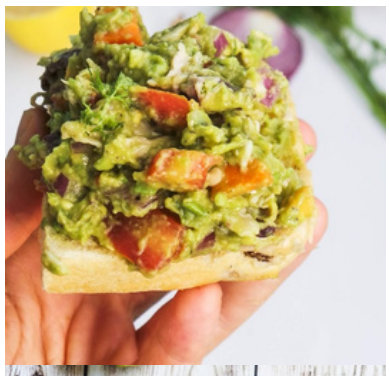
7-DAY MEDITERRANEAN DIET MEAL PLAN

CLICK ON THE IMAGE TO GET TO THE RECIPE

MONDAY

- OVERNIGHT OATS
- CHICKEN SALAD
- MEDITERRANEAN BOWL



TUESDAY

- TUNA QUICHE
- CHICKPEA SALAD
- MEDITERRANEAN CHICKEN WRAPS

WEDNESDAY

- TUNA QUICHE
- QUINOA SALAD
- MEDITERRANEAN CHICKEN WRAPS

THURSDAY

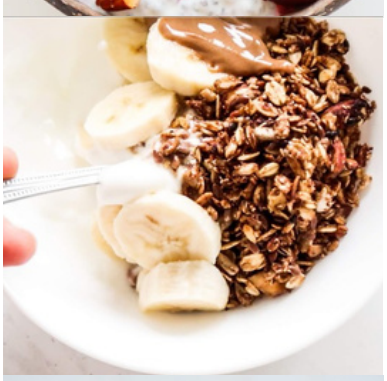
- OVERNIGHT OATS
- MEDITERRANEAN BOWL
- MEDITERRANEAN SALMON BOWL

FRIDAY

- HEALTHY GRANOLA
- CHICKPEA SALAD
- SALMON SALAD

SATURDAY

- HEALTHY GRANOLA
- QUINOA SALAD
- ROASTED CHICKPEA VEGGIE BOWLS



SUNDAY

- OATMEAL PANCAKES
- CHOPPED CHICKEN SALAD
- SHRIMP IN TOMATO GARLIC SAUCE