

10 Mediterranean-Inspired

HEALTHY MEAL SUGGESTIONS



Prepared by:

Sally Thibault

10 Mediterranean-Inspired Meal Suggestions

Welcome to our collection of *Mediterranean-Inspired* meal plans specially designed for women over 50 - all with a minimum of 30 grams of protein per serving.

These nutritious and delicious meal suggestions incorporate the principles of the popular Mediterranean diet, known for its health benefits and wholesome ingredients.

If you enjoy the pleasures of good food, these meal plans offer a variety of protein-rich dishes infused with Mediterranean flavors. Each meal is thoughtfully crafted to provide a balance of nutrients, including a minimum of 30 grams of protein per main portion (or more - as marked).

We invite you to explore these meal suggestions and discover delightful, nourishing recipes that can contribute to your healthy eating journey.

Tasty.
Healthy.
Delicious.



Sally Thibault

In addition to providing you with a selection of Mediterranean-inspired meal plans, we understand that determining your specific protein needs based on your weight is important.

The following chart compares women's weight in both pounds and kilograms against the recommended daily protein intake (in grams) for sedentary and active individuals. This chart can help you better understand the protein requirements specific to your weight category, ensuring you meet your nutritional needs effectively.

The Daily Protein Intake Chart

Specifically designed for women over 50

Weight (lbs)	Weight (kg)	Sedentary Protein Intake (g)	Active Protein Intake (g)
100-125	45-57	45-56	56-68
126-150	57-68	57-68	68-80
151-175	68-79	68-79	79-91
176-200	80-91	80-91	91-102
201-225	91-102	91-102	102-113
226-250	102-113	102-113	113-125

Meal Suggestion #1

Grilled Lemon-Herb Chicken

with Quinoa and Roasted Mediterranean Vegetables



PROTEIN COUNT

Grilled chicken breast (30g protein)

Quinoa (8g protein per cup)

Roasted Mediterranean vegetables (Approx. 4-6g protein)

Total Protein: Approximately 42-44g

Savor the flavors of grilled lemon-herb chicken paired with nutty quinoa and a vibrant medley of roasted Mediterranean vegetables. This satisfying meal is rich in protein, fiber, and essential nutrients, making it a perfect choice for a well-rounded dinner. This basic dish goes well with other vegetables like zucchini, bell peppers, cherry tomatoes, and red onions.

Meal Suggestion #2

Baked Lemon-Garlic Salmon

with Herbed Couscous and Sautéed Spinach



PROTEIN COUNT

Baked salmon fillet (30g protein)

Herbed couscous (Approx. 4-6g protein)

Sautéed spinach (Approx. 4-6g protein)

Total Protein: Approximately 38-42g

Indulge in the succulent goodness of baked lemon-garlic salmon, served alongside fluffy herbed couscous and lightly sautéed spinach. This protein-rich meal not only provides the necessary building blocks for muscle repair and maintenance but also offers omega-3 fatty acids, known for their anti-inflammatory properties and potential benefits to heart and brain health.

Meal Suggestion #3

Greek-Style Beef Souvlaki

serve with roasted potatoes and Greek salad



PROTEIN COUNT

Grilled beef souvlaki (Approx. 30g protein)

Roasted lemon-herb potatoes (Approx. 4-6g protein)

Greek salad (Approx. 4-6g protein)

Total Protein: Approximately 38-42g

Experience the essence of Greece with tender beef souvlaki marinated in Mediterranean herbs, complemented by roasted lemon-herb potatoes and a refreshing Greek salad of tomato, onions, and olives. This protein-packed meal will transport you to the Mediterranean coast with every savory bite.

Meal Suggestion #4

Lentil and Vegetable Moussaka

serve with Greek Lemon Potatoes



PROTEIN COUNT

Lentil and vegetable moussaka (Approx. 20-25g protein)

Greek lemon potatoes (Approx. 4-6g protein)

Total Protein: Approximately 24-31g

Enjoy a unique twist on the classic moussaka with this vegetarian rendition featuring protein-packed lentils and layers of roasted eggplant, mushrooms, zucchini and celery. Topped with a creamy béchamel sauce, this dish is accompanied by zesty Greek lemon potatoes, creating a delightful combination of flavors.

Meal Suggestion #5

Grilled Halloumi and Vegetable Skewers

serve with Tabbouleh Salad



PROTEIN COUNT

Grilled halloumi skewers (Approx. 20-25g protein)

Tabbouleh salad (Approx. 4-6g protein)

Total Protein: Approximately 24-31g

Treat yourself to a Mediterranean feast with these grilled halloumi cheese and vegetable skewers, served alongside a refreshing tabbouleh salad bursting with parsley, mint, and zesty lemon. The halloumi's satisfying texture and the salad's vibrant flavors make this meal a true Mediterranean delight.

Meal Suggestion #6

Mediterranean-Style Stuffed Peppers

serve with Quinoa, Chickpeas, and Feta



PROTEIN COUNT

Mediterranean-Style Stuffed Peppers

Stuffed bell peppers (Approx. 20-25g protein)

Mixed greens (Approx. 3-5g protein)

Total Protein: Approximately 23-30g

Indulge in the vibrant flavors of Mediterranean Quinoa Stuffed Bell Peppers. These stuffed peppers are filled with a delicious mixture of cooked quinoa, lean ground turkey, chopped vegetables, feta cheese, and Mediterranean herbs. Baked to perfection, this protein-rich meal offers a delightful combination of flavors and textures. It provides essential building blocks for muscle repair and maintenance while delivering a satisfying and energizing dining experience.

Meal Suggestion #7

Grilled Lemon-Garlic Salmon

with with Mediterranean Couscous Salad and Grilled Asparagus



PROTEIN COUNT

Grilled salmon fillet (Approx. 30g protein)

Mediterranean couscous salad (Approx. 4-6g protein)

Grilled asparagus (Approx. 2-4g protein)

Total Protein: Approximately 36-40g

This protein-rich dish not only satisfies your palate but also provides essential nutrients, including omega-3 fatty acids found in salmon that offer potential benefits to heart and brain health. With the vibrant Mediterranean couscous salad and perfectly grilled asparagus, this meal offers a harmonious blend of textures and flavors, creating a delightful and nourishing dining experience.

Meal Suggestion #8

Grilled Chicken Wraps

with tangy tzatziki sauce



PROTEIN COUNT

Grilled chicken breast (30g protein)

Tzatziki sauce (Approx. 2-4g protein)

Whole wheat pita bread (Approx. 4-6g protein)

Total Protein: Approximately 36-40g

Succulent grilled chicken breast, in a pita wrap, accompanied by tangy tzatziki sauce creates a protein-rich combination that satisfies both your taste buds and your nutritional needs. With a total protein content of approximately 36-40g, this meal provides the necessary building blocks for muscle repair and maintenance. The Greek-inspired flavors and the convenience of the pita wraps make this dish a delightful and satisfying choice for any occasion.

Meal Suggestion #9

Lemon Lamb Kebabs

with lemon rice and Greek salad



PROTEIN COUNT

Grilled Lamb Kebabs (Approx. 32g protein)

Greek lemon rice (Approx. 2-3g protein)

Greek salad (Approx. 2-4g protein)

Total Protein: Approximately 36-39g

Greek-style lamb kebabs with tzatziki sauce and Greek lemon rice. Skewer and grill the lamb, after marinating in a mixture of lemon juice, garlic, and herbs. Add a tzatziki sauce is made from Greek yogurt infused with refreshing flavors to complement the lamb. Serve with Greek lemon rice, cooked in a flavorful broth with lemon zest and herbs. This protein-rich meal offers a harmonious blend of textures and tastes of the famous Mediterranean region.

Meal Suggestion #10

Prawn and Orzo Salad

with Greek salad



PROTEIN COUNT

Prawns (Approx. 30g protein)

Feta Cheese (Approx. 4-6g protein)

Greek salad (Approx. 4-6g protein)

Total Protein: Approximately 38-42g

This delectable dish features tender orzo pasta tossed with Australian prawns (use about 150 grams), crumbled feta cheese, juicy cherry tomatoes, briny Kalamata olives, fresh herbs, and a zesty lemon vinaigrette dressing. The prawns and the tangy feta cheese add a protein-rich element to the dish, making it a satisfying and nutritious choice for a light and refreshing meal.

About

THE AUTHOR

With over 40 years experience in health, wellness, counselling and coaching, I know women want more than cookie-cutter models of meal plans and restrictive eating. We have compiled this list of delicious meals to help you create an eating plan that helps you get adequate amounts of protein with each meal, but also that provides the essential vitamins and minerals from good quality leafy greens, complex carbohydrates and and fats, that you and your whole family can enjoy!



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