7 Day Meal Plan

Date	Breakfast	Lunch	Dinner
	Greek Yogurt with Walnuts and Berries Plain Greek yogurt, crushed walnuts, and fresh mixed berries	**Grilled Salmon Salad with Olive Oil Dressing** Fresh greens, grilled salmon, cucumber, tomato with olive oil dressing	**Zucchini Noodles with Shrimp and Pesto** Zucchini noodles, sautéed shrimp, homemade basil pesto
	Veggie Omelette with Feta Cheese Egg omelette with spinach, tomatoes, and crumbled feta cheese	**Tuna Salad with Olives and Cherry Tomatoes** Flaked tuna, olives, cherry tomatoes, and arugula with olive oil	**Baked Cod with Ratatouille** Oven-baked cod served with stewed vegetable ratatouille
	Avocado and Tomato Slices with Olive Oil Drizzle Sliced avocado and tomatoes drizzled with extra virgin olive oil	**Grilled Chicken and Quinoa Salad** Grilled chicken breast, quinoa, cucumber, and fresh herbs	**Mediterranean Stuffed Peppers** Bell peppers stuffed with lean ground turkey and vegetables
	Chia Pudding with Almond Milk and Fresh Strawberries Chia seeds soaked in almond milk topped with strawberries	**Grilled Sardines with Side Salad** Whole grilled sardines with mixed greens and lemon olive oil dressing	**Eggplant Parmesan (Baked, Low Carb)** Baked eggplant slices layered with tomato sauce and mozzarella
	Scrambled Eggs with Spinach and Cherry Tomatoes Fluffy scrambled eggs cooked with fresh spinach and cherry tomatoes	**Mediterranean Chickpea Salad** Chickpeas, cucumbers, parsley, olives, and tomatoes in olive oil	**Grilled Sea Bass with Roasted Asparagus** Sea bass grilled and served with lemon-garlic roasted asparagus
	Cottage Cheese with Olives and Cucumber Low-fat cottage cheese served with sliced olives and cucumber	**Lentil and Vegetable Soup** Hearty lentil soup with Mediterranean vegetables and herbs	**Grilled Lamb Chops with Cauliflower Mash** Grilled lamb chops served with garlic cauliflower mash
	Smoked Salmon and Avocado Salad Slices of smoked salmon atop avocado and mixed greens	**Zucchini and Feta Salad** Raw zucchini ribbons tossed with crumbled feta and olive oil	**Shrimp and Vegetable Skewers** Grilled shrimp with bell peppers and zucchini on skewers

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