

30-Day Meal Plan

Week

1

Day 1

Breakfast: Creamy Amaranth Porridge with Figs, p. 12

Lunch: Greek Quinoa Salad with Lemon-Herb Dressing, p. 25

Dinner: Grilled Lemon-Herb Sea Bass with Olive Tapenade, p. 47

Day 2

Breakfast: Greek Yogurt Bowl with Honey, Walnuts & Figs, p. 13

Lunch: Roasted Beet & Walnut Salad with Balsamic Glaze, p. 26

Dinner: Greek-Style Grilled Swordfish with Herb Marinade, p. 50

Day 3

Breakfast: Mediterranean Berry & Almond Yogurt Bowl, p. 14

Lunch: Mediterranean Chickpea & Avocado Salad, p. 27

Dinner: Baked Mediterranean Cod with Tomatoes & Capers, p. 48

Day 4

Breakfast: Greek Spinach & Feta Scramble, p. 16

Lunch: Cypriot Grain Bowl with Halloumi & Pomegranate, p. 28

Dinner: Lemon-Herb Grilled Chicken with Roasted Vegetables, p. 62

Day 5

Breakfast: Herbed Zucchini & Egg Muffins, p. 17

Lunch: Sicilian Orange & Fennel Salad with Olives, p. 29

Dinner: Grilled Lemon-Garlic Lamb Chops, p. 68

Day 6

Breakfast: Citrus & Pistachio Yogurt Bowl, p. 15

Lunch: Lebanese Tabbouleh with Quinoa & Pomegranate, p. 31

Dinner: Moroccan-Spiced Chicken Tagine with Apricots, p. 72

Day 7

Breakfast: Greek-Inspired Avocado & Feta Tartine, p. 22

Lunch: Sicilian Fish & Fennel Soup, p. 33

Dinner: Herbed Salmon with Sorghum Penne, p. 54

Week

2

Day 8

Breakfast: Spiced Apple & Pistachio Parfait, p. 20

Lunch: Turkish Eggplant & Yogurt Salad with Walnuts, p. 30

Dinner: Garlic & Rosemary Roasted Chicken with Ratatouille, p. 63

Day 9

Breakfast: Mediterranean Green Smoothie, p. 21

Lunch: Lemon-Garlic Chickpea & Spinach Soup, p. 31

Dinner: Grilled Sardines with Garlic & Smoked Paprika, p. 49

Day 10

Breakfast: Citrus-Almond Medley with Pomegranate, p. 19

Lunch: Provençal Pistou Soup (Vegetable & Basil), p. 35

Dinner: Seared Pork Medallions with Fig & Balsamic Glaze, p. 70

Day 11

Breakfast: Greek Yogurt with Honey-Walnut Figs, p. 18

Lunch: Mediterranean Stuffed Bell Pepper, p. 37

Dinner: Greek-Style Turkey Meatballs with Tzatziki, p. 61

Day 12

Breakfast: Mediterranean Hummus & Roasted Pepper Toast, p. 23

Lunch: Roasted Eggplant with Chickpeas and Tahini, p. 38

Dinner: Lemon-Garlic Shrimp with Quinoa Spaghetti, p. 52

Day 13

Breakfast: Greek Spinach & Feta Scramble, p. 16

Lunch: Grilled Mediterranean Veggie Plate with Lemon-Tahini Drizzle, p. 41

Dinner: Rosemary & Garlic Grilled Beef Skewers, p. 69

Day 14

Breakfast: Herbed Zucchini & Egg Muffins, p. 17

Lunch: Baked Zucchini with Herbed Almond Crust, p. 40

Dinner: Greek-Inspired Stuffed Calamari with Spinach and Feta, p. 56

Week

3

Day 15

Breakfast: Almond-Honey Yogurt Parfait, p. 86

Lunch: Roasted Eggplant & Cherry Tomato Plate with Feta, p. 39

Dinner: Baked Salmon with Lemon-Dill Yogurt Sauce, p. 51

Day 16

Breakfast: Tropical Coconut Yogurt with Mango & Toasted Coconut, p. 82

Lunch: Herbed Quinoa Pasta with Spinach & Artichokes, p. 43

Dinner: Moroccan-Spiced Beef & Carrot Tagine, p. 72

Day 17

Breakfast: Greek Yogurt Bowl with Honey, Walnuts & Figs, p. 13

Lunch: Creamy Avocado & Basil Zucchini Noodles, p. 44

Dinner: One-Pan Lemon-Artichoke Chicken with Olives, p. 65

Day 18

Breakfast: Citrus & Pistachio Yogurt Bowl, p. 15

Lunch: Mushroom & Thyme Buckwheat Pasta, p. 45

Dinner: Mediterranean Tuna with Brown Rice Penne, p. 53

Day 19

Breakfast: Greek-Inspired Avocado & Feta Tartine, p. 22

Lunch: Grilled Asparagus & Red Pepper Plate with Kalamata Olives, p. 42

Dinner: Turkish-Inspired Spiced Chicken Kebabs with Tahini Sauce, p. 66

Day 20

Breakfast: Mediterranean Berry & Almond Yogurt Bowl, p. 14

Lunch: Smashed Chickpea and Olive Tapas, p. 75

Dinner: Seared Herb-Crusted Pork Tenderloin with Roasted Peppers, p. 71

Day 21

Breakfast: Spiced Apple & Pistachio Parfait, p. 20

Lunch: Roasted Red Pepper and Feta Dip (with veggies/pita), p. 76

Dinner: Garlicky Mussels with Buckwheat Linguine, p. 55

Week

4

Day 22

Breakfast: Honey-Greek Yogurt Parfait with Figs and Pistachios, p. 89

Lunch: Mediterranean Stuffed Sardines with Lemon-Herb Quinoa, p. 57

Dinner: Grilled Lemon-Garlic Lamb Chops, p. 68

Day 23

Breakfast: Baked Cinnamon Apples with Almond Butter, p. 84

Lunch: Baked Stuffed Mussels with Herbed Chickpea Filling, p. 58

Dinner: Lemon-Herb Grilled Chicken with Roasted Vegetables, p. 62

Day 24

Breakfast: Orange-Blossom Panna Cotta with Pomegranate (light breakfast), p. 90

Lunch: Lebanese Tabbouleh with Quinoa & Pomegranate, p. 31

Dinner: Baked Stuffed Shrimp with Artichoke and Olive Tapenade, p. 59

Day 25

Breakfast: Dark Chocolate & Olive Oil Whole-Grain Mug Brownie (with yogurt), p. 87

Lunch: Sicilian Fish & Fennel Soup, p. 33

Dinner: Greek-Style Grilled Swordfish with Herb Marinade, p. 50

Day 26

Breakfast: Baked Ricotta with Lemon and Berries, p. 88

Lunch: Turkish Eggplant & Yogurt Salad with Walnuts, p. 30

Dinner: Mediterranean Tuna with Brown Rice Penne, p. 53

Day 27

Breakfast: Herbed Almond-Stuffed Dates, p. 77

Lunch: Citrus & Pomegranate Olive Oil Salad, p. 83

Dinner: Moroccan-Spiced Chicken Tagine with Apricots, p. 64

Day 28

Breakfast: Lemon-Tahini Cucumber Bites (with toast), p. 78

Lunch: Grilled Mediterranean Veggie Plate, p. 41

Dinner: Seared Pork Medallions with Fig & Balsamic Glaze, p. 70

Week

5

Day 29

Breakfast: Avocado & Sun-Dried Tomato Hummus Toast, p. 80

Lunch: Cypriot Grain Bowl with Halloumi & Pomegranate, p. 28

Dinner: Garlic & Rosemary Roasted Chicken with Ratatouille, p. 63

Day 30

Breakfast: Honey-Glazed Walnut-Stuffed Dates (with yogurt), p. 85

Lunch: Provençal Pistou Soup, p. 35

Dinner: Grilled Lemon-Herb Sea Bass with Olive Tapenade, p. 47